



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

June 24th - September 3rd 2018
Summer Guide

**GET
HAPPY!**

Fall Soccer
Sign Ups begin
August 1, 2018

Fall Sign-Ups for
Gymnastics &
Swim Lessons
begin August 20, 2018

**Summer
Swim Lessons
Sessions**

July 8, 2018 through August 4, 2018
August 5, 2018 through August 31, 2018

**Summer 2018 AT THE
GENEVA FAMILY YMCA**



ABOUT US

About the Geneva Family YMCA

When you join the Y, you're coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

We know firsthand how difficult it can be to find balance in life. That's why we're here with you everyday, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive.

We do that by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.

Y Mission Statement

The Geneva Family YMCA is a non-profit, charitable organization dedicated to the development of spirit, mind and body. To achieve this mission, our board of directors, staff and programs will be guided by the following core values: **Caring, Honesty, Respect and Responsibility.**

Geneva YMCA Annual Campaign Fund

We count on the generosity of our members and partners to keep our doors open to those who need a place to go to help them be more healthy, confident, connected and secure. Donations to our Y Annual Campaign can be made by sending your donation to the Y attention: **Geneva YMCA Annual Campaign.**

Code of Conduct

All individuals using the YMCA facilities are expected to conduct themselves in a manner consistent with the character, welfare, best interests and policies of the YMCA. Failure to do so will result in immediate dismissal from the premises and may result in revocation of membership and/or usage privileges.

Geneva Family YMCA WIFI

Limited free Wifi is available to members. The system is password protected and encrypted. To receive the current password you must visit the member services desk and review the Geneva Y WiFi policies and sign that you agree to our terms of usage. Once this is completed you will be given the current password.

To ensure the security of our network, please do not share the password with any other members or guests.



Facility Hours *Effective 6/24/18*

Monday - Thursday	5:00 am - 9:00 pm
Fridays	5:00 am—8:00 pm
Saturdays	7:00 am - 5:00 pm
Sundays	9:00 am - 2:00 pm

Holiday Hours

Memorial Day	CLOSED
4th of July	CLOSED
Labor Day	CLOSED

For pool operating hours please see the enclosed schedule located in the back of this brochure.

The Y facility areas close at the above times. Members may use the locker rooms at closing but must vacate the building within 15 minutes of closing time.

Guests

YMCA members are encouraged to bring their friends who are not familiar with the YMCA. Guests must show ID, sign in and pay the guest fee.

Youth	1 - 17 yrs	\$5.00
Adult	18 + yrs	\$10.00
Family		\$15.00

All guests under the age of 12 **MUST** be under the direct supervision of a parent or guardian age 18 or greater when using the facility.

No non members under the age of 18 are permitted in the Wellness Center, Cardio Room or Adult Locker Rooms.

Youth Facility Usage

All children 11 years and under must be under direct supervision of a parent or guardian age 18 or greater when using the facility.

Unsupervised children between the ages of 12 - 17 are permitted in the facility **ONLY** during Open Gym & Open Swim times for no longer than 3 consecutive hours. Unsupervised children will be asked to leave the facility during scheduled program times when Open Gym & Open Swim is unavailable.

Teen members ages 14 - 17 must complete a required Wellness Center Training Class and present their Training ID to use the Wellness Center.

Children ages 12 & 13 may attend group exercise classes with a parent or guardian. At the age of 14 parental supervision is no longer required. **NO** children under the age of 12 may be present in the gym during class times. The instructor reserves the right to request disruptive members to leave any class at anytime.

Wellness Center Age Requirements:

Members ages 12 & 13 must be under direct parent/guardian supervision. Members ages 14—17 must be trained by wellness center staff before using the Wellness Center unsupervised. Non-Members must be 18 years old to use the Wellness Center. **NO** exceptions. No children under the age of 12 may use the Wellness Center.

MEMBERSHIP FEES

MEMBERSHIP CATEGORY	ANNUAL FEE	MONTHLY FEE	JOINING FEE
FAMILY: Two adults and their children under the age of 22 living in the same household	\$763.50	\$65.00	\$65
SENIOR CITIZEN FAMILY: Two seniors living in the same household	\$690	\$59.00	\$55
ADULT: Single person 23 - 61 years old	\$594.50	\$50.75	\$55
SENIOR CITIZEN: Single person over 62 years old	\$530	\$45.00	\$30
YOUNG ADULT: Single person 18 - 22 years old	\$333	\$28.50	\$25
YOUTH: One child up to age 17	\$186	\$16.00	\$25

Annual Membership

- Paid annually by cash, check, VISA/MASTERCARD/AMEX or DISCOVER
- Must be renewed annually
- If membership lapses joining fee must be paid again
- All membership fees are non-refundable and non-transferable

Continuous Membership

- Payments through automatic bank draft
- Cancellation requires 30 day written notice prior to bank draft date. Cancellations are not accepted by phone. If you cancel by mail, fax or email, please confirm that the Membership Director has received your cancellation. E-Mail may be sent to sallen@genevafamilyymca.org.
- If membership lapses, joining fee must be paid again
- All membership fees are non-refundable and non-transferable
- The Geneva Family YMCA is not responsible for more than one month's draft if failure to properly notify the YMCA of an error.

Group Exercise Class Punch Cards

Land & Aqua Class Punch Cards:	12 classes	\$65
	18 classes	\$90
	24 classes	\$105

Cycling Cards:

Members	\$40	for 11 classes
Non-Members	\$100	for 11 classes

Financial Assistance

Since it is our intent that no one be denied membership or participation in programs because of an inability to pay, we offer limited financial assistance to those who qualify. Please complete a scholarship application, attach proof of financial situation and a letter of request. Applications may be picked up at the Front Desk. All requests are kept confidential.

A.W.A.Y. Program

Members of the Geneva Family YMCA are welcome at more than 1,000 Y's nationwide. When visiting a participating Y, use of the facilities is free of charge or for no more than half of its guest fee. Please contact the YMCA you are visiting to see if it participates. The Geneva Family YMCA welcomes members of non-Geneva Family YMCAs free of charge 4 times a month. Proof of membership is required.

Carry Your Membership ID Card/Key Tag

It is necessary to present your membership ID card or key tag for admittance to your YMCA. If a member forgets his/her card, the member must verify membership with a photo ID. Membership cards are non-transferable. Any member who lends his/her card or assists a non-member in unauthorized use of the facility subjects their membership to revocation. If a card is lost a \$5 fee will be charged to replace it.

YMCA Multi-Media Policy

YMCA programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included in YMCA promotional materials, please indicate this to YMCA event and/or program staff. The use of cell phones and other electronic devices are prohibited in ALL locker rooms and restrooms.

Membership and Program Registration

All registration must be done in person. Program days, times, and fees are listed in this brochure. Enrollment in all programs is limited, so members are encouraged to adhere to each registration date. Payment with registration is required at time of sign-up for all programs. Any member registering for a program must have a valid YMCA membership card when registering. YMCA memberships are non-refundable and non-transferable.

Use of Lockers

We request that you use the lockers on a daily basis only. Anyone having valuables is encouraged to bring a lock and lock them in a locker. The YMCA does not assume liability for lost or stolen items. Adult locker rentals are available. Contact the Front Desk for more information. Locks will be cut off when found overnight.

Proper Attire

Gym shoes and athletic attire are required for all gym, and Wellness Center activities. Only non-markable soled shoes may be worn on the Gym floor. Coats and street clothes must be stored in locker rooms or designated areas. Please do not bring them to exercise areas.

Accident Insurance

The YMCA does not carry medical insurance for injuries. The YMCA shall be held harmless for injuries. Participants use the facilities at their own risk.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILD CARE

Preschool



The YMCA Preschool Program builds on children's natural desire to learn new things and become more self-reliant. Children develop a variety of skills through hands-on child centered activities. Our curriculum includes: emergent reading and writing skills, color and shape recognition, number recognition & math skills, seasonal concepts, sign language, health and safety and much, much more!!



Registration is now open for the 2018-19 school year.

Applications and health forms may be picked up at the Front Desk. There is a \$20 non-refundable registration fee and the first month's tuition is due at the time of registration. Enrollment is limited, (Min. 10, Max. 20 children). Children must be three and four by December 1st to be eligible for fall enrollment.

3 & 4 Year Old Preschool Program

Monday - Fridays
September 2018- June 2019
8:30 am—11:30 am

Tuition Fees:

Registration Fee - \$20.00

5 Day per Week Option

Members - \$175.00/Month
 Non-Members - \$200.00/Month

3 Day per Week Option

Members \$125.00/Month
 Non-Members-\$145.00/Month



Afterschool Care Program 2018 - 19

EFFECTIVE SEPTEMBER 2018

Geneva Family YMCA Afterschool Care is a New York State Licensed program for children in grades K – 6. It involves healthy, constructive activities in a safe, structured environment, while parents are at work. Activities include crafts, group games, individual time, gym time, swim time, outdoor activities and snacks. Children are bussed from North Street School and St. Stephen's School, as well as walked by YMCA staff from West Street School. Our Kidfit program encourages children to participate in healthy physical and educational activities. Kidzlit is the newest addition to our afterschool activities. Kidzlit encourages children to participate in reading and literacy activities daily.

Regular School Days	2:30 pm – 6:00 pm
Registration Fee	\$20 per family
Members Only	\$175.00 per month

Monthly payments for all children is required on or before the 1st of the month. Payments received after the 1st will incur a \$10 late fee.

Kids Club Program

Available on most days when the Geneva City Public Schools are closed. **REGISTRATION REQUIRED, PAYMENT IS DUE AT REGISTRATION** space is limited so sign up early and make sure your child is among the first to take part in this exciting updated program. Once registered for any day, failure to attend will result in the appropriate charges for the day. **Please note, families must be current on all YMCA fees to be eligible to participate in Kids Club days.** (Minimum of 10 children per day)

Dates: TBA

Fee: \$40 per day
\$30 per day for After School participants

***Registration Fee: \$20**
(waived for after school participants)

Childwatch

In order to help parents make full use of the YMCA facility, child care is available for children ages 6 weeks and up. Children are cared for in a safe and nurturing environment while you exercise. Parents must remain in the building

Caregivers: Joan Carter, Courtney Chavez, Kaitlyn Lee

Monday - Thursday: 8:30 - 11:00 am
Monday - Thursday: 5:00 - 7:45 pm

Fee: Free (Members Only)
Donations appreciated



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SWIM, SPORTS & PLAY

FALL YOUTH SOCCER

September 8th - October 20th
Registration begins August 1st

*Please note: **NO** special requests will be honored after 8/31/18.



Our soccer program focuses on teaching the basic skills of soccer including kicking, passing, dribbling and defense. Games will be played Saturday mornings and one practice will be scheduled per week. Players will also be invited to attend a one day soccer clinic with the Hobart Statesmen Soccer Team during the season.
REGISTRATION IS REQUIRED.

Game Times:	Ages 4-6	10:15 am - 11:15 am
	Ages 7-8	11:30 am - 12:30 pm
	Ages 9 +	9:00 am - 10:00 am

Fee:	Family Members	\$25.00
	Non-Members	\$45.00



Level 1 Gymnastics (ages 5 - 10 & 11 - 14)

Ideal for beginner gymnasts, this class focuses on the fundamentals of gymnastics, dance, strength and flexibility.

Students will learn the following:

- **Floor:** forward, straddle & backwards rolls, cartwheels & bridges body awareness
- **Beam:** walking on high & low beams, forward, sideways, backwards, dip step, step kick & jumps
- **Vault:** running, jumping and squat ons
- **Bars:** pull-over, casting, back hip circles, swinging tuck-ups and pull ups

Times:	Thursdays	5:30 - 6:30 pm
		6:30 - 7:30 pm
Fee:	Members	\$40
	Non-Members	\$65



FALL GYMNASTICS CLASSES

Registration begins 8/20/2018

Mommy & Me Gymnastics (18mths - 3yrs)

A gymnastics class designed for you and your child together. Experience creative movement through weekly obstacle courses to climb, crawl, jump, swing and roll on. Children will learn various skills on equipment sized just for them.

Times:	Tuesdays	5:45- 6:15 pm
Fee:	Member	\$20
	Non-Member	\$45



Tiny Tumblers (ages 3 - 4 years old)

A fun beginners gymnastics program that focuses on improving motor skills by introducing strength, flexibility, balance, weight transfer and gymnastic exercise.

Times:	Tuesdays	6:15 - 6:45 pm
Fee:	Member	\$25
	Non-Member	\$50

Level 2 Gymnastics

Learning new skills while perfecting the old will be the focus of this class. **To participate students must be able to perform the following skills:**

1. Forward, straddle and backwards rolls
2. Bridge off their head with straight arms
3. Good cartwheel with straight legs

Will learn to do the following:

- **Floor:** one handed cartwheel, round offs, handstands, back bend pull up, back bend kick over & start back hand springs
- **Beam:** forwards, sideways and backwards walk on high beams without help. Dip step, step kick, straight and tuck jumps, forward rolls and hand stand on low beam.
- **Vault:** run with good technique, reach squat reach & straight jump on
- **Bars:** jump to front support, 3 hollow body cast, sole circle, hang on high bar, swing and release.

Times:	Thursdays	6:30 - 7:30 pm
Fee:	Members	\$40
	Non-Members	\$65

YOUTH DEVELOPMENT

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SWIM, SPORTS & PLAY

Summer Swim Lessons

We teach the nationally recognized Y Progressive swim program. We have a staff of certified guards and instructors who are experienced in teaching both children and adults aquatic skills and personal safety. We can teach you to swim whatever your age or ability.

This season we are offering two 4 week mini-sessions with classes twice a week on Mondays and Wednesdays. Please note these mini-sessions will be offered during summer session ONLY.

*** PLEASE NOTE - Children with floatation devices must be accompanied by an adult at all times in the pool area.**

Mini- Session Dates:

Session 1 Mon. & Wed. July 8, 2018 - August 3, 2018
Session 2 Mon. & Wed. August 5, 2018 - Aug. 31, 2018

MONDAYS & WEDNESDAYS

Tiny Tots/Flying Fish/Shark	5:30 pm
Pike/Eel/Fish	6:00 pm
Polliwog/Eel/Minnow	6:30 pm
Ray/Guppy/Pike	7:00 pm

***Classes and times are subject to change/
Each level is taught individually**

Fees:

Members	\$35
Non-Members	\$65



Interested in private Swim Lessons?

Private lessons are designed to serve the need for one on one attention. This instruction is adaptable for all ages and swimming abilities. Ideal for adults and children alike. Arrangements may be made with the Aquatics Director Kristal Swartley. jkswartley@gmail.com

Swim Levels

Use these guidelines when choosing your child's class

The YMCA Youth Swim Lesson Program is a nine level program with each level building upon the preceding one, designed to develop more efficient and self-confident swimmers.

Under Age 6 (Preschool Skippers)

Tiny Tots/Parent Child - (6 months – 3 years)

This class is designed to help your child feel comfortable in the water at an early age. The child becomes acclimated to the sights and sounds of the pool and is introduced to kicking, blowing bubbles, floating, and general water movement through the use of games and toys. You, the parent, are the teacher, partnering with the Y instructor, who will guide you and your child through a positive experience. Children should wear swim diapers under their swim suit.

Pike - (Beginner)

The Pike level is the first level without a parent. Instructors will focus on helping swimmers become acclimated to the water, how to balance in the water using a floatation device, and how to maneuver through the water. Swimmers will learn to enter the water safely and swim up to 5 feet without a floatation device.

Eel - (Intermediate)

Eel instructors will work with your child to refine his/her body position in the water, develop front and back strokes, and be comfortable swimming 15 feet without a floatation device.

Ray- (Advanced)

Swimmers will no longer wear a floatation device at this level. Instructors will work on building the child's skills that were taught in Eel and teach them to swim 20 feet unassisted using the front and back crawl. Instructors will also work on elementary backstroke and sitting/kneeling dives.

Ages 6 and Over (Progressive)

Polliwog - (Beginner)

Do you have a child who is just learning to swim or is still apprehensive? If so, the polliwog level is a perfect fit. Instructors assist swimmers with water safety and orientation while focusing on the front and back crawl. This level will also teach swimmers how to tread water for 30 seconds and will be introduced to standing/kneeling dives.

Guppy - (Intermediate)

The Guppy level is the next level for children who passed Ray or Polliwog. They may still need some assistance in the pool. Swimmers will learn how to swim 25 yards with minimal assistance and be introduced to rotary breathing techniques, the breaststroke and sidestroke.

Minnow- (Intermediate/Advanced)

The Minnow program is designed for children who can swim without assistance. Swimmers will learn to complete 1-2 lengths in the pool without stopping using rotary breathing, master the breast stroke, and be introduced to over-arm recovery and the dolphin kick. Swimmers will learn to tread water for 1 minute.

Fish - (Pre-Advanced)

Swimmers at this level will learn how to swim each stroke (breast, front, back and side) 50 yards without stopping. They will also be introduced to open-turns, butterfly stroke and the dolphin kick.

Flying Fish/Shark (Advanced)

Building on the skills learned at earlier levels, Flying Fish and Sharks will learn to swim each stroke 100 yards without stopping. Instructors will also work with swimmers on refining open turns and pull-outs, and continue their skills for the butterfly stroke. They will be introduced to the flip turn.

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HEALTH, WELL-BEING & FITNESS

YOUTH POOL USAGE POLICIES:

All children 11 years and under must be under direct supervision of a parent or guardian age 18 or greater when using the pool.

Children may attend aquatic exercise classes with a parent or guardian at the instructor/Aquatic Director's discretion. The instructor reserves the right to request disruptive participants to leave any class at their discretion.

The lifeguards word is final in all situations.

AQUATIC EXERCISE PROGRAMS

Water Exercise I

This low impact, non-aerobic class is designed to help you maintain your current range of motion, increase your flexibility and help you maintain your muscle tone. This is a great class for those who suffer with arthritis. This is a shallow water class, and no swimming experience is required.

Instructor: Diane Reid

Mon., Wed., & Thurs. 10:30 – 11:30 am

Water Exercise II

A step up from the Water Exercise I class, this class is slightly aerobic with much more muscle movement. Uses muscles in the lower back, hips, legs and upper body. This is a great class for those who suffer with arthritis. This is a shallow water class, and no swimming experience is required.

Instructor: Ellen Ferrara

Tues. 10:30 - 11:30 am

Water Exercise Deep Water

This class is the same as the Shallow Water Exercise II class but is taught in the deep end. Floatation belts are worn to allow participants to exercise without bearing any weight on your hips and joints. If walking or running bothers you, this is the class for you. This is a deep water class, swimming experience suggested.

Instructor: Marcia Maslyn

Mon., Wed. & Fri. 10:00 - 11:00 am

Aqua Fit

Join us for a total body workout. This class offers a workout for all the muscles using the resistance of the water. It stresses joint mobility and plenty of cardiovascular endurance. All moves can be modified to fit everyone's individual needs. This is a wonderful alternative to land aerobics. Swim experience is not necessary to participate.

Instructor: Tracy Walters

Thursday 6:30 – 7:30 pm

AQUATIC EXERCISE SCHEDULE

Monday

10:30 am - 11:30 am - Water Exercise I

10:00 am - 11:00 am - Water Exercise Deep Water

Tuesday

10:30 am - 11:30 am - Water Exercise II

Wednesday

10:30 am - 11:30 am - Water Exercise I

10:00 am - 11:00 am - Water Exercise Deep Water

Thursday

10:30 am - 11:30 am - Water Exercise I

6:30 pm - 7:30 pm - Aqua Fit

Friday

10:00 am - 11:00 am - Water Exercise Deep Water

Gators Swim Team

Does your child love to swim and have strong swimming abilities? The YMCA swim team is the next level for them to further challenge their skills. Swim team is a unique sport that allows them to compete on a team as well as individually. Regardless of age or grade level, all participants swim on the same team. They learn about team spirit and setting personal goals. Swimmers compete on local, state and national levels based on their ability. Parents also have the option to allow their children to participate in both home and away meets or elect to simply have them practice with the team. *Pre-requisite: swimmer must be a YMCA member and need to be able to swim 2 lengths of the pool. Coaches will evaluate and assess each swimmer individually and assign groups based on their ability.

Season begins: September 2018

Fee:	6 Month Swimmer	\$270
	9 Month Swimmer	\$360
	6 Month Varsity Swimmer	\$150



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Rise and Shine It's Interval Time

This class will consist of simple routines that will not overwork your mind at this early morning hour. A strengthening, toning and stretching segment will end the class.

Instructor: Arlene Eddington

Times: Mon. & Fri. 6:15 am - 7:00 am

Cardio Fusion

After warm up you will be put through intervals of 4 – 5 minute cardio combinations. Cardio balls and tubing are used for body sculpting and abs strengthening, followed by a stretching segment.

Instructor: Arlene Eddington

Times: Saturdays 8:00 am – 9:15 am

Zumba Gold

Get Groovin at your own pace! An easy to follow program that lets you move to the beat at your own speed. Zumba Gold provides modified, low impact moves and easy to follow pacing for a healthy active lifestyle.

Instructor: Sue Marino

Times: Tuesdays 9:30 am - 10:30 am

Zumba Toning

Zumba Toning targets arms, abs and thighs and is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast!

Instructor: Sue Marino

Times: Thursdays 9:30 am - 10:30 am

Total Body Strength (TBS)

Increase strength and promote lean muscle gain, giving you a full body workout in just 45 minutes. Building muscle mass increases one's metabolic rate which can aid in burning fat and maintaining a healthy weight. Perfect for beginner and experienced weight lifters.

Instructor: Sue Marino

Times: Mondays 8:30 am – 9:15 am
Wednesday 9:30 am - 10:15 am

Tif's X-Treme Strength & Sculpt Workout

This class combines elements from Yoga, Pilates, & Strength Training. A combination of strength, core and flexibility that will incorporate new exercises each week to keep things fresh and prevent plateauing. Perfect for both guys and ladies, of all fitness levels.

Instructor: Tiffany Sculli

Times: Mondays 5:30 pm - 6:30 pm

X-Celerate! A 'personal training' Group Ex Class!!

Taking X-Celerate is like having your very own personal training session in class! X-Celerate incorporates interval training mixed with weights and is designed to burn fat, tone muscles and improve your overall fitness level.

Instructor: Tiffany Sculli

Times: Wednesdays 5:30 pm - 6:30 pm

Balls, Bands & Barre (30—45 Minute Class)

One of the hottest trends in the industry - Barre-like exercises for that long, lean, sculpted look. A total body workout that lifts your booty, tones your thighs, abs and arms, and scorches fat.

Instructor: Arlene Eddington

Times: Wednesdays 6:45 - 7:45 pm

Yoga Essentials

Yoga helps you develop and maintain your physical fitness, and expand your overall flexibility and strength, while also sculpting your muscles.

Instructor: Carol Lynch, Karen Lynch, Leigh Pitifer, Susan Srmack & Angie Urbano

Times: Carol Mon. & Wed. 8:30 am – 9:30 am

Karen Mondays 6:45 pm - 7:45 pm

Karen Wednesdays 6:45 pm - 7:45 pm

Rotating Saturdays 10:15 am - 11:15 am

Advanced Yoga Flow

A more advanced practice, this class enjoys flowing from pose to pose for the experienced Yogi.

Instructor: Karen Lynch

Times: Fridays 5:15 - 6:00 pm

H.I.I.T. Bootcamp Style @the Lake - *NEW NEW

An intense group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training. This class is FREE and open to all comers. Dress appropriately for the weather. Class is weather dependent.

Instructor: Arlene Eddington

Times: Tuesday 5:30 - 6:30 pm

Yoga at the Lake—*NEW NEW NEW*

Come practice by our beautiful Seneca Lake, surrounded by natural beauty during this summer outdoor yoga series. This class is FREE and open to all comers. Dress appropriate to the weather. Bring a yoga mat. Optional: Towel to place under your mat. Class is weather dependent.

Instructor: Leigh Pitifer, Karen Lynch, Angie Urbano

Times: Thursdays w/Leigh, Karen or Angie 6:30 - 7:30 pm
June 21st - August 30th

Location: Lakefront Park, Decks in front of the Event Center

Barre/Pilates/Yogalates

Slow controlled movements are used to sculpt and shape to give you long lean muscles, improve posture, increase balance & control, and improve overall well-being.

Instructors: Angie Urbano & Megan Jacobs & Sarah Heieck

Times: Tues. & Thurs. w/Megan 6:30 - 7:15 pm

Wednesdays w/Sarah 6:00 - 6:45 am

Fridays w/Angie 9:00 – 10:00 am (Yogalates)

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Silver Sneakers - Classic

This class is designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capabilities, physical fitness level and sense of well being. Entire class may be done in the chair so perfect for individuals who are sedentary, intimidated, unfamiliar with exercise or entering post-rehabilitation programs, and /or those who enjoy a positive social environment.

Instructor: Kristal Swartley, & Karen Lynch

Tues. & Thurs. 11:00 am – 11:45 am

Silver Sneakers Cardio Circuit

A class consisting of standing non-impact choreography alternated with standing upper bodywork with hand held weights, elastic tubing with handles and the Silver Sneakers ball. Designed to increase cardiovascular and muscular endurance. Ends with stretching in the chair.

Instructor: Sue Marino, Laura Snook & Kristal Swartley

Mondays 9:30 - 10:15 am

Wednesdays 10:45 – 11:30 am

Silver Sneakers Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

Instructor: Karen Lynch

Fridays: 9:30 - 10:15 am



WELLNESS CENTER HOURS

Monday - Thursday 5 am - 9:00 pm

Fridays 5 am - 8:00 pm

Saturday 7 am - 5:00 pm

Sunday 9 am - 2:00 pm

The Expanded YMCA

Wellness Center & Cardio Studio

Live Well . . . Feel Well . . . Be Well . . .

Enhance your physical and mental well being in the wellness center where we take your fitness goals seriously. Whether you are new to health and fitness or have been active your entire life, the YMCA wellness center staff and state of the art equipment can help you move toward meeting your goals for a healthier, more well balanced lifestyle. Our newly designed Cardio Center offers Cardio Theater to help push you through your workouts and our Wellness Center equipment will satisfy every requirement for our members strength training goals. Our professional staff will guide you and assist you in reaching your personal goals of developing healthy habits that will help you live a well balanced lifestyle.

Free Fitness Orientation

All YMCA Members (14 years and older) receive a free one on one appointment with a Wellness Center Staff Member to acquaint you with our workout facility. We will teach you the correct use of strength and cardio equipment, and provide guidance, support and encouragement to help you get started on the right exercise routine to fit your personal needs and schedule. Orientations are by appointment only and can be scheduled at the YMCA Front Desk.

The YMCA recommends that all individuals consult with their physician before beginning a new exercise program.

Teen Wellness Center Training Class

The YMCA encourages **teen members** ages 14 - 17 to utilize the Wellness Center after completing a **required** Wellness Center Training Class. A Training ID card will be issued to participants upon completion of the class. Appointment requests can be submitted at the YMCA Front Desk.

***Teens 14 - 17 must present Training ID card to use the Wellness Center.**

Personal Training

Personal training provides you with the opportunity to exercise with a highly qualified fitness professional that sincerely cares about helping you reach new heights in fitness. Your Personal Trainer will customize a fitness program that corresponds to your fitness level and goals. After assessing your needs, your trainer will coach and motivate you through effective exercise sessions. Contact Laura Snook, Tiffany Sculli, Karen Lynch or Lyndsey Mandela.

SUMMER GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 – 6:00 am OPEN GYM	5:00 - 9:15 am OPEN GYM	5:00 – 9:15 am OPEN GYM	5:00 – 9:15 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
9:00 am – 1:45 pm OPEN GYM	6:00 – 7:00 am Rise & Shine w/ Arlene				6:00 – 7:00 am Rise & Shine w/ Arlene	
	8:30 – 9:15 am TBS w/Sue				7:00 - 9:30 am OPEN GYM	8 – 9:15 am Cardio Fusion w/ Arlene
	9:30 - 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	9:30 - 10:15 am TBS w/Sue	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	9:30 am– 2:45 pm OPEN GYM
	10:30am – 12:00 pm OPEN GYM	11:00 - 11:45 am Silver Sneakers	10:45 – 11:30 am Silver Sneakers	11:00 - 11:45 am Silver Sneakers	10:30 - Noon OPEN GYM	3:00 - 5:00 pm EPIC ZONE ONLY
	12:00 – 2:00 pm Member Basketball	12:00 - 3:30 pm OPEN GYM	12:00 – 2:00 pm Member Basketball	12:00 – 3:30 pm OPEN GYM	12:00 – 2:00 pm Member Basketball	
	2:00 - 3:30 pm OPEN GYM		2:00 - 3:30 pm OPEN GYM		2:00 - 7:45 pm OPEN GYM	
	3:30 - 5:30 pm Summer Camp	3:30 - 5:30 pm Summer Camp	3:30 – 5:30 pm Summer Camp	3:30 – 5:30 pm Summer Camp		
	5:30 – 6:30 pm X-treme Strength & Sculpt w/ Tiff	6:00 - 7:00 pm Zumba w/Melissa	5:30 – 6:30 pm Xcelerate w/ Tiff	6:00 - 7:00 pm Zumba w/Melissa		
		* H.I.I.T. @ the Lake w/Arlene 5:30 - 6:30 pm	6:45 – 7:45 pm Barre-Less w/ Arlene	* Yoga @ the Lake w/ Leigh 6:30–7:30 pm		
	6:30 - 8:45 pm OPEN GYM	5:30 - 8:45 pm OPEN GYM	7:45 – 8:45 pm OPEN GYM	6:30 - 8:45 pm OPEN GYM		

* Call for Summer Dates.

SUMMER POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30– 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	7 – 11:00 am Lap Swim
	8:30 – 10:00 am 1/2 Open/ 1/2 Lap	8:30 – 9:30 am 1/2 Open/ 1/2 Lap	8:30 – 10:00 am 1/2 Open/ 1/2 Lap	8:30 – 9:30 am 1/2 Open/ 1/2 Lap	8:30 – 9:30 am 1/2 Open/ 1/2 Lap	
9:00am – 12:00 pm Lap Swim		9:30 – 10:30 am OPEN SWIM		9:30 – 10:30 am OPEN SWIM	9:30 – 10:00 am OPEN SWIM	
12:00 pm - 1:45 pm Open Swim	10:00 am – 11:00 am Water Exercise Deep Water		10:00 am – 11:00 am Water Exercise Deep Water		10:00 - 11:00 am Water Exercise Deep Water	11:00am – 2:45pm OPEN SWIM
	10:30 - 11:30 am Water Exercise I	10:30 am – 11:30 am Water Exercise II	10:30 - 11:30 am Water Exercise I	10:30 am – 11:30 am Water Exercise I		2:45 - 4:45 pm Community Open Swim
	11:30am – 1:15 pm Lap Swim	11:30am – 1:15 pm Lap Swim	11:30am – 1:15 pm Lap Swim	11:30am – 1:15 pm Lap Swim	11:00am – 1:15 pm Lap Swim	
	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 5:30 pm OPEN SWIM	
	4:00 - 5:30 pm Open Swim	4:00pm–6:00 pm Open Swim	4:00 - 5:30 pm Open Swim	4:00 – 6:30 pm Open Swim		
	5:30 pm - 7:30 pm Youth Lessons	6:00 – 8:00 pm Community Open Swim	5:30 – 7:30 pm Youth Lessons	6:30 – 7:30 pm Aquafit w/Tracy	5:30 - 7:00 pm Open Swim	
	7:30 - 8:45 pm *1/2 Open/ 1/2 Lap	8:00 - 8:45 pm Lap Swim	7:30 - 8:45 pm *1/2 Open/ 1/2 Lap	7:45 - 8:45 pm 1/2 Open/ 1/2 Lap	7:00 - 7:45 pm Lap Swim	

Yoga, Pilates, TRX, Cycling Studio Class Schedule *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 - 6:00 am TRX Tabata w/Jessica	5:45-6:45 am Cycling w/ Sarah	6:00-6:45 am Barre w/Sarah		5:30 - 6:00 am TRX Tabata w/Jessica	
					6:15-7:15 am Cycling w/Jen	9:15-10:00 am Barre w/ Megan or Michele
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol		9:00-10:00 am Yogalates w/ Angie	10:15-11:15 am Yoga Instructor Rotates
	5:30-6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/Tiffany	5:30-6:30pm Cycling w/ Donna	5:30-6:30 pm TRX w/ Tiffany	Advanced Yoga w/Karen 5:15 - 6:00 pm	
	6:45-7:45 pm Yoga w/ Karen	6:30-7:15 pm Barre w/ Megan	6:45-7:45 pm Yoga w/Karen	6:30-7:15 pm Barre w/ Megan		

Cycling Classes

Sometimes referred to as "Spinning," Indoor Cycling is a fitness class that is performed on stationary bikes to music. Instructors will guide you through an entire biking adventure that will challenge the most fit, but is very modifiable for those that are just starting their fitness journey. You'll have a ton of fun while enjoying a great ride time after time, not to mention burning an enormous amount of calories.

Cycling Fees:

Members \$4.00 per class

Non-Members \$10.00 per class

Temporary Membership Card-Holders must pay Non-Member Price

RESERVATIONS CAN BE MADE AFER 12:00 PM ON THE DAY BEFORE THE CLASS MEETS

(for ex. Mon. at noon for Tuesday class)

Please bring a towel, bottle of water and arrive 10 minutes before class!

*** All Class and Program Times, Dates and Prices are subject to change by the YMCA at any time.**

TRX & Barre Classes

TRX - Total Resistance Training

TRX, or Total Resistance Exercise, is a suspension training system that allows you to use your own body weight, and gravity for a great strength workout. Using the TRX Suspension Trainer will help you build strength, coordination, flexibility, balance, and joint stability.

TRX TABATA

A Tabata Interval also called a Tabata Sequence is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes.

RESERVATIONS CAN BE MADE AFER 1:00 PM ON THE DAY BEFORE THE CLASS MEETS (for ex. Mon. at 1pm for Tuesday class)

Please bring a towel, bottle of water and arrive 10 minutes before class!

BARRE

An elegant, but challenging series of Ballet Barre and Pilates postures targeting the thighs, seat and core. These fluid exercises are designed to help you sculpt and tone your wat to a dancer-style body.



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