



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND YOUR FIT



## Winter / Spring 2019 Program Guide Geneva Family YMCA

399 William Street-Geneva, NY-14456  
315-789-1616  
[www.genevafamilyymca.org](http://www.genevafamilyymca.org)

Session 3  
January 7 - March 3

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Session 4  
March 4 - April 14

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Session 5  
April 22 - June 16

# 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.

## Sex Offender Screening Policy

The Geneva Family YMCA takes very seriously the safety and well-being of its members and program participants. A principle endeavor of the YMCA is to provide a healthy atmosphere for the growth and development of children. Because of our concern for the welfare of children, the YMCA has developed policies, procedures and trainings to aid in the detection and prevention of child abuse. Effective January 1, 2019 the YMCA will conduct regular sex offender screenings on ALL members, participants and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access to any person. The YMCA further reserves the right to deny access to any person who has been charged or convicted of a crime involving sexual abuse but is not on the sex offender registry.

## 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

Monday - Friday	5:00 am - 9:30 pm
Saturdays	7:00 am - 5:00 pm
Sundays	9:00 am - 5:00 pm

## Holiday Hours

New Years Eve	9:00 am - 2:00 pm
New Years Day	10:00 am—2:00 pm
Easter Day	CLOSED
Memorial Day	CLOSED
4th of July	CLOSED

The Y facility areas closes 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
<b>FAMILY:</b> Two adults and their children under the age of 22 living in the same household	\$763.50	\$66.50	\$65
<b>SENIOR CITIZEN FAMILY:</b> Two seniors living in the same household	\$690	\$60.50	\$55
<b>ADULT:</b> Single person 23 - 61 years old	\$594.50	\$52.00	\$55
<b>SENIOR CITIZEN:</b> Single person over 62 years old	\$530	\$46.00	\$30
<b>YOUNG ADULT:</b> Single person 18 - 22 years old	\$333	\$29.25	\$25
<b>YOUTH:</b> One child up to age 17	\$186	\$16.50	\$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](mailto: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

<b>Land &amp; Aqua Class Punch Cards:</b>	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

## SWIM, SPORTS & PLAY

### Bitty Basketball

January 12<sup>th</sup> – February 16<sup>th</sup>  
Registration begins November 1st

Our Bitty Basketball program is designed to introduce the game of basketball in a fun, non-threatening atmosphere. Our goal is for every program participant to be successful. Children will learn basic skills such as dribbling, passing, shooting, proper positions and simple offensive plays. The emphasis of our program is placed more on enjoying the sport of basketball, rather than a struggle for first place. Remember, it's always a tie at the Y!!

#### REGISTRATION IS REQUIRED.

Saturday Mornings at the Y  
Grades K-1 9:30 AM  
2-3 10:30 AM

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



### T-Ball

Dates: TBA  
Registration begins March 1st

YMCA T-Ball is a fun non-competitive program designed to teach players ages 4-6 years old the fundamentals of baseball. Players will take part in one practice a week and one game on Saturday morning. Children will learn skills, teamwork and cooperation that will help build confidence and self-esteem.

Games will be played at the Geneva Little League fields.

Volunteer Coaches are needed; please contact the YMCA if you are interested in helping out with this program.

#### REGISTRATION IS REQUIRED.

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



### Indoor Girls & Boys Lacrosse

January 13th - March 10th

Beginning and experienced players are encouraged to join us for seven one hour lacrosse clinics Sundays at GHS. Players will focus on developing stick skills and athletic ability for the upcoming season of outdoor LAX. Scrimmages will be held weekly as well. This is great opportunity to dust the rust off before the spring season. Players must provide their own sticks. Helmets and pads are available at the YMCA.

Sundays Times & Location TBA

### Boys & Girls Outdoor Lacrosse

April 1st - June  
Registration begins March 1st

The Geneva Family YMCA is again pleased to offer our Boys & Girls Outdoor Lacrosse programs to children in grades K-6. As one of the fastest growing team sports in the US, lacrosse builds speed, agility, and coordination, as well as teamwork and confidence. We aim to create a fun yet competitive atmosphere that can serve as a feeder program for modified lacrosse. Games are played against teams from Waterloo, Penn Yan, Seneca Falls, Marcus Whitman and more. We will also attend up to two tournaments during our 2018 season. The YMCA has equipment available to borrow on a first come, first served basis. Volunteer coaches and helpers are needed; please contact the YMCA if you are interested in helping out.

#### REGISTRATION REQUIRED.

Fee: Grades K-2: \$75.00 Grades 3-6: \$100.00

## Y HOMESCHOOL PE

Homeschool programs at the Y are a great way to work physical activity, healthy living, socialization and play into your homeschool curriculum. Taught by our trained and qualified staff, Homeschool Physical Education classes will rotate through a variety of sports and activities with a focus on fundamental skills.

For homeschool students ages 5-12—Students will need sneakers on gym days and swim gear on swim days.

Gym Time: Tuesdays 1:30-2:15 pm  
Swim Time: Fridays 1:30-2:15 pm

REGISTRATION IS REQUIRED—sessions will run for 7 weeks beginning January 14, 2019

Fee: Family Members FREE  
Youth Members and Non-Members \$45.00

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM, SPORTS & PLAY

### Level 1 Gymnastics (ages 5 - 7 & 8-13)

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 children ages 5-7**  
                                                 **6:30 - 7:30 pm children ages 8-13**

**Fee:**        **Members**            **\$40**  
                 **Non-Members**    **\$65**

### Level 2 Gymnastics (ages 8-13)

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**



### 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**



## Y BIRTHDAY PARTIES

### Splash Party

Your child and up to 15 of their friends will enjoy 1 hour in the pool during Open Swim and 1 hour in their own party room. Parties are scheduled for Saturday and Sunday afternoons from 2pm to 4 pm only.

**Fee:**        \$80.00 for YMCA Members  
                 \$120.00 for Non-Members

### Splash Party \*After-Hours\*

Your child and up to 15 of their friends will enjoy 1 hour in the pool exclusive to your group and 1 hour in their own party room. Parties are scheduled for Saturday evenings after 5:00 pm.

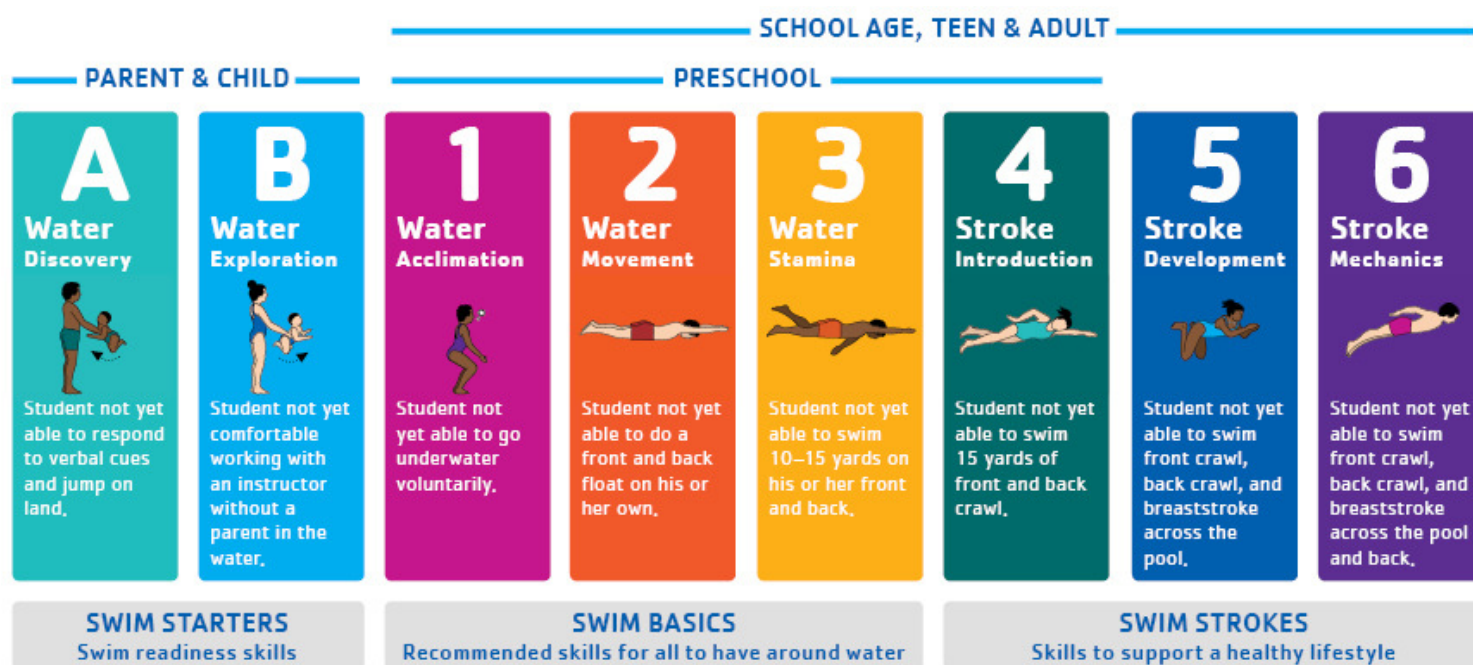
**Fee:**        \$120.00 for YMCA Members  
                 \$160.00 for Non-Members

**Please Note:** A 50% deposit is due one week before the party date along with the signed rental agreement. For after hours parties, reservation and deposit are due 2 weeks in advance. Party cancellations must be made 48 hours in advance or full payment of party fee is required. All parties are subject to availability.

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM, SPORTS & PLAY



**INFANT**  
6-18 MOS

**TODDLER**  
18 MOS-3 YRS

**PRE-SCHOOL 3 YRS TO 5 YRS**



WED 5:30 P  
SAT 10:30 A

WED 6:00 P  
SAT 11:00 A

WED 6:30 P  
WED 7:00 P  
SAT 9:00 A  
SAT 10:00 A

WED 6:30 P  
WED 7:30 P  
SAT 9:30 A  
SAT 10:00 A

WED 7:00 P  
SAT 9:00 A

INSTRUCTOR INVITE ONLY

We teach the nationally recognized Y Progressive swim program.

We have a staff of certified guards & instructors who are experienced in teaching both children & adults aquatic skills & personal safety.

**We can teach you to swim whatever your age or ability!**

**Fees:**  
**Members \$35**  
**Non-Members \$65**

**SCHOOL AGE**

**6YRS—12 YRS**



WED 7:30 P  
SAT 9:30 A

WED 7:30 P  
SAT 10:00 A

WED 6:30 P  
SAT 9:30 A

WED 7:00 P  
SAT 9:00 A

WED 5:30 P  
SAT 10:30 A

WED 6:00 P  
SAT 11:00 A

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

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

# YOUTH DEVELOPMENT

## Nurturing the potential of every child and teen

### 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 will open for the 2019-2020 school year on April 1, 2019

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**  
**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



### Child Watch

In order to help parents make full use of the YMCA facility, child care is available for children ages 6 weeks to 11 years old. Children are cared for in a safe and nurturing environment while you exercise. Parents must remain in the building.

**Caregivers: Joan Carter, Deb Drennan, Angela Cowles & Brandi Healy**

**Monday—Friday Mornings 8:30 am—11:00 am**

**Monday - Thursday Evenings : 5:00 - 7:45 pm**

**Fee: Free for Members ONLY**

### Afterschool Care Program 2018-2019

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.

### 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)

<b>Dates:</b>	<b>Christmas Break</b>	<b>12/26, 12/27, 12/28/18</b>
		<b>1/2/19, 1/3/19, 1/4/19</b>
	<b>Martin Luther King Day</b>	<b>1/21/19</b>
	<b>February Break</b>	<b>2/18/19 - 2/22/19</b>
	<b>Conference Day</b>	<b>3/15/19</b>
	<b>Spring Break</b>	<b>4/15/19 - 4/19/19</b>

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

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

### Parents Night Out

A date night for you....  
A GREAT NIGHT for your kids!!!  
Once per month, drop your child off at the Y for a night of food, games, and themed activities with our licensed childcare staff, while you take some time to enjoy a little R & R, run errands, or have a date night!

Pre Registration is REQUIRED—Children ages 5-11  
Program runs from 6:00pm—9:00pm

Family Members: FREE  
Youth Members: \$10

**Dates:** January 11, 2019  
March 8, 2019  
May 10, 2019

February 8, 2019  
April 12, 2019  
June 7, 2019





# HEALTHY LIVING

Improving the nation's health and well-being

## Geneva YMCA Thrive to Survive Fitness Recovery Program

**This FREE 12-week exercise and group support program focuses on improving survivor's physical strength and endurance and empowering them to maintain a healthy, active life.**

Participants will be introduced to strength training, aerobic exercise & flexibility training at a gradual pace as they work with our trained and certified Cancer Recovery Specialists throughout the program. In a small group setting, participants will focus on building muscle mass and strength, increasing flexibility and endurance while improving energy levels and self-esteem. In addition to physical benefits, the program also focuses on the emotional well-being of survivors and their families, providing a supportive community where people impacted by cancer can connect during treatment and beyond.

For more information or to reserve your spot in our next session beginning April 1, please contact Wellness Director, Laura Snook.



### THRIVE TO SURVIVE

#### Cancer and Exercise

A growing body of research, including studies by the National Cancer Institute, confirms that exercise offers tremendous benefits to cancer patients. Physical activity may reduce the risk of cancer recurrence and increase survivorship. Exercise can help cancer survivors:

- Reduce fatigue
- Improve muscle strength
- Improve energy levels
- Improve balance
- Increase flexibility and endurance
- Enhance confidence and self-esteem
- Improve mood and overall well-being



**Did you know 3 out of 4 people that make a New Years Resolution only stick to it for 6 days....Not this year!!  
Join the Y's Move, Lose, Win Weight Loss Challenge  
and let us help you stick with it to lose!**

- 12 week program with weekly weigh-ins and support meetings—including Nutrition and Stress Management
- Classes will start the week of January 14th and meet Monday evenings from 6:00-6:45 pm
- Fitness Assessment Start/Finish
- Special after hour times in the cardio, weight room and sample classes
- **Members \$60.00**
- **Non-members: \$120.00 (includes 12 week membership to the Y)**
- Weekly prizes to the individual with the highest % of weight loss
- **Grand Prize** to the individual with the highest % of weight loss **6 MONTH ADULT MEMBERSHIP**
- Register at the Front desk



# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### WELLNESS CENTER HOURS

<b>Monday - Friday</b>	<b>5 am - 9:30 pm</b>
<b>Saturday</b>	<b>7 am - 5:00 pm</b>
<b>Sunday</b>	<b>9 am - 5:00 pm</b>

### **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.

**\*\*NEW\*\***

### **SMALL GROUP PERSONAL TRAINING**

Take your fitness to the next level through increased accountability and fun, working out at pre-scheduled times with a small group of 3-6 people. Small group training has been gaining popularity because it's an affordable, fun way for clients to take advantage of a trainer's expertise at a lower financial investment — all while keeping the fun and competitiveness of a group dynamic.

Bring your friends or make new ones!

#### **Rates:**

**Once a week for four weeks: \$45 per person**  
**Twice a week for four weeks: \$90 per person**

Contact Wellness Director Laura Snook for more information.

### **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.

### **Who needs a Personal Trainer?**

Personal training can be valuable to everyone whether you're a beginner or an advanced athlete. Our trainers are qualified to coach you toward specific goals and have helped people in the areas of :

- Overall muscular strength and endurance
- Body fat reductions and weight loss
- Cardiovascular conditioning
- Increase energy and productivity
- Reduce stress
- Sport specific performance training
- Helps control blood pressure, diabetes and other metabolic diseases
- Core stability and strengthening
- Back pain prevention
- Post injury rehabilitation
- Pre/Post natal exercise
- Improves flexibility and agility
- Body building and physique competition
- Promotes self-confidence and high self-esteem

**Contact Wellness Director Laura Snook to schedule your session or for more information.**

**Fee:    \$30/hour long session**  
**\$135/ package of 5 hour long sessions**



# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### Rise and Shine It's Interval Time

Jump-start your morning with an hour long workout that is guaranteed to wake you up and get you moving. 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:** Mondays and Fridays 6:15 am - 7:00 am

### Cardio Fusion

This class has a little bit of everything . . . kickboxing, cardio ball, step, body sculpting and stretching. 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

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)

This class is designed to 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  
Wednesdays 9:30 am - 10:15 am

### Kettlebell

Kettlebell training will build long lean muscles, improve strength & power in the upper body, core and lower body & increase co-ordination, joint mobility and overall endurance. Kettlebell is challenging to both the muscular & cardiovascular systems with dynamic, total body movements.

**Instructor:** Tina Yanotti

**Times:** Mondays 5:30 pm - 6:15 pm  
Fridays 8:30 am - 9:15 am

### X –Celerate / X-FIT HIIT

Rotating sessions, Tif will make sure your body is always in a state of change and progress. 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 overall your overall fitness level. X-Fit HIIT is an intense group exercise class mixing callisthenic and body weight exercises with interval training and strength training.

**Instructor:** Tiffany Sculli

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

### ZUMBA

Ditch the workout and join the PARTY! Zumba is perfect for everybody and Every Body!! A total workout combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of AWESOME!!

**Instructor:** Melissa Dolan

**Times:** Mondays and Wednesdays 6:30 pm – 7:30 pm

### Yoga Essentials

Offering an alignment-oriented practice that emphasizes the forms and actions within yoga postures. Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body.

**Instructors:** Carol Lynch, Karen Lynch & Susan Srmack

<b>Times:</b>	<b>Carol</b>	<b>Mon. &amp; Wed.</b>	<b>8:30 am – 9:30 am</b>
	<b>Karen</b>	<b>Mondays</b>	<b>6:45 pm - 7:45 pm</b>
	<b>Karen</b>	<b>Tuesday</b>	<b>12:00-1:00 pm</b>
	<b>Nancy</b>	<b>Thursdays</b>	<b>12:00 - 1:00 pm</b>
	<b>Karen</b>	<b>Fridays</b>	<b>5:15 pm - 6:00 pm</b>
	<b>Rotates</b>	<b>Saturdays</b>	<b>10:15 am - 11:15 am</b>

### Candlelight Yoga

Come enjoy this traditional yoga class held in a candlelit studio. Enjoy the calmness and peace of mind this atmosphere provides – it doesn't get much better than this...Namaste.

**Instructor:** Karen Lynch

**Time:** Wednesdays  
6:45 pm - 7:45 pm



### Barre / Yogalates

This class is designed to tone and sculpt your entire body. Slow controlled movements are used to sculpt and shape to give you long lean muscles, improve posture, increase balance & control.

**Instructors:** Angie Urbano, Karen Lynch & Arlene Eddington, Sarah Heieck

<b>Times:</b>	<b>Karen</b>	<b>Tuesdays</b>	<b>6:45 pm-7:45 pm</b>
	<b>Sarah</b>	<b>Wednesdays</b>	<b>6:00 am - 6:45 am</b>
	<b>Arlene</b>	<b>Thursdays</b>	<b>6:45 pm-7:45 pm</b>
<b>Yoga-Lates</b>	<b>Angie</b>	<b>Fridays</b>	<b>9:00 am – 10:00 am</b>

**Please Note:** 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 or cycling studio during class times.

The instructor reserves the right to request disruptive participants to leave any class at their discretion.

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS



### Silver Sneakers - Classic

This class is designed to increase strength, range of movement, agility, balance and coordination, & 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:** Karen Lynch & Kristal Swartley  
**Tues. & Thurs.** 11:00 am – 11:45 pm

### 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  
**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

## ATTENTION SENIORS AGE 65 AND OLDER!!

### THERE ARE MANY WAYS TO PARTICIPATE AT THE Y FOR FREE OR AT A SUBSIDIZED COST:

#### Senior GOLD CARD:

- FREE to Seniors RESIDING in the City of Geneva and who are at least 65 years of age
- Access is limited to Mondays, Wednesdays, \*Thursdays and Fridays from 9am—12 Noon ONLY \*additional day in 2019
- Participants MUST present card at the front desk and sign in and out each time they utilize the Y
- Stop in at the front desk for an application

The Senior Gold Card is brought to you by the City of Geneva through an annual renewable grant.

#### Silver Sneakers / Tivity Health:

Do you have MVP or Humana Insurance and are at least 65 years of age? You may qualify for SilverSneakers. SilverSneakers is a fully funded program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health.

Call your insurance company to see if you qualify, order a Silver Sneakers card and start at the Y today!!

#### Silver and Fit:

In 2018 Seniors 65 years of age and older, with Excellus BC/BS can join a fitness facility for only \$25 per year. Membership runs the calendar year January 1 through December 31.

Call the customer service number on the back of your insurance card and get your FIT ID NUMBER and join the Y today!

#### Renew Active Program:

United Healthcare Medicare Advantage Plan members can join the Y with no fee.

Call the customer service number on the back of your insurance card and get your CONFIRMATION ID NUMBER and join the Y today!

#### AARP Medicare Supplement Program:

This program only services AARP Medicare Supplement through UnitedHealthcare members. UnitedHealthcare will pay up to 50% of your membership fee when you use the Y. \*Qualifying members will need to pay 50% of the monthly fee via bank draft.

Call the customer service number on the back of your insurance card and get your CONFIRMATION ID NUMBER and join the Y today!



# WINTER GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am – 4:45 pm OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
	<b>6:15 – 7:00 am</b> <b>Rise &amp; Shine</b> <b>w/ Arlene</b>				<b>6:15 – 7:00 am</b> <b>Rise &amp; Shine</b> <b>w/ Arlene</b>	
	7:00 – 8:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 8:15 am OPEN GYM	
	<b>8:30 – 9:15 am</b> <b>TBS w/Sue</b>				<b>8:30-9:15 am</b> <b>Kettlebell w/Tina</b>	<b>8 – 9:15 am</b> <b>Cardio Fusion</b> <b>w/ Arlene</b>
	9:30 – 10:15 am Silver Sneakers	<b>9:30 – 10:30 am</b> <b>Zumba Gold w/ Sue</b>	<b>9:30 – 10:15 am</b> <b>TBS w/ Sue</b>	<b>9:30 – 10:30 am</b> <b>Zumba Tone w/ Sue</b>	9:30 – 10:15 am Silver Sneakers Yoga	<b>9:30 am—12 noon</b> <b>Bitty Basketball</b> <b>Jan 12—Feb 16</b>
	10:30 – 11:00 am Preschool Gymnastics	10:30 – 11:00 am OPEN GYM	<b>10:45 – 11:30 am</b> <b>Silver Sneakers</b>	10:30 – 11:00 am OPEN GYM	10:30 – 11:00 am Preschool Gym Time	12 noon – 4:45 pm OPEN GYM
	11:00 – Noon OPEN GYM	<b>11:00 – 11:45 am</b> <b>Silver Sneakers</b>	11:30-12:00 OPEN GYM	<b>11:00 – 11:45 am</b> <b>Silver Sneakers</b>	11-Noon OPEN GYM	
	12:00 – 2:30 pm Member Basketball	12:00 – 1:30 pm OPEN GYM 1:30-2:15 Home School Gym	12:00 – 2:30 pm Member Basketball	12:00 – 2:30 pm OPEN GYM	12:00 – 12:30 pm Member Basketball	
	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	
	<b>5:30 – 6:15pm</b> <b>Kettlebell w/Tina</b>	5:30 – 6:45 pm Gymnastics	<b>5:30 – 6:30pm</b> <b>Xcelerate / X-FIT</b> <b>HITT w/ Tif</b>	5:30 – 7:45 pm Gymnastics	5:30 – 9:15 pm OPEN GYM	
	<b>6:30 – 7:30 pm</b> <b>Zumba</b> <b>w/ Melissa</b>					
	7:45 – 9:15 pm OPEN GYM	6:45 – 9:15 pm OPEN GYM	6:45 – 9:15 pm OPEN GYM	7:45– 9:15 pm OPEN GYM		

## GROUP EXERCISE SCHEDULE

### Monday

5:30 am - 6:00 am TRX Tabata w/ Jessica (in studio)  
 6:15 am - 7:00 am - Rise & Shine w/ Arlene  
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)  
 8:30 am - 9:15 am - TBS w/Sue  
 5:30 pm - 6:15 pm - Kettlebell w / Tina  
 5:30 pm - 6:30 pm - Cycling w/ Donna (in studio)  
 6:30 pm - 7:30 pm - Zumba w/ Melissa  
 6:45 pm - 7:45 pm - Yoga w/ Karen (in studio)

### Tuesday

5:45 am - 6:45 am Cycling w/ Sarah (in studio)  
 9:30 am - 10:30 am - Zumba Gold w/ Sue  
 12:00 pm - 1:00 pm - Yoga w/ Karen (in studio)  
 5:30 pm - 6:30 pm TRX w/ Tif (in studio)  
 6:45 pm - 7:45 pm Barre w/ Karen (in studio)

### Wednesday

6:00 am - 6:45 am - Barre w/ Sarah (in studio)  
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)  
 9:30 am - 10:15 am - TBS w/ Sue  
 5:30 pm - 6:30 pm - X-Celerate / X-FIT HIIT w/Tif  
 5:30 pm - 6:30 pm - Cycling w/ Donna (in studio)  
 6:45 pm - 7:45 pm - Candlelight Yoga w/ Karen (in studio)

## GROUP EXERCISE SCHEDULE

### Thursday

5:45 am - 6:45 am Cycling w/ Jessica (in studio)  
 9:30 am - 10:30 am - Zumba Tone w/ Sue  
 10:30 am - 11:30 am - \*Tai Chi w/ Frank (in studio)  
 5:30 pm - 6:30 pm TRX w/ Tif (in studio)  
 6:45 pm - 7:45 pm - Barre w/ Arlene (in studio)

### Friday

5:30 am - 6:00 am TRX Tabata w/ Jessica (in studio)  
 6:15 am - 7:00 am - Rise & Shine w/ Arlene  
 6:15 am - 7:15 am - Cycling w/ Jen  
 8:30 am - 9:15 am - Kettlebell w/ Tina  
 9:00 am - 10:00 am - Yogalates w/ Angie (in studio)  
 5:15 pm - 6:00 pm - Yoga w/ Karen (in studio)

### Saturday

8:00 am - 9:15 am - Cardio Fusion w/ Arlene  
 9:15 am - 10:15 am - Barre w/ Rotates (in studio)  
 10:15 am - 11:15 am - Yoga w/ Rotates (in studio)

**Please Note: The Geneva YMCA reserves the right to  
alter this schedule at any time.**

## 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	5:45 -6:45 am Cycling w/ Jessica	5:30 - 6:00 am TRX Tabata w/Jessica	
					6:15 - 7:15 am Cycling w/Jen	9:15 - 10:00 am Barre Instructor Rotates
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol	10:30-11:30 am Tai Chi w/ Frank **NEW Class***	9:00 - 10:00 am Yoga-lates w/Angie	10:15 - 11:15 am Yoga Instructor Rotates
		12:00-1:00 pm Yoga w/Karen				
	5:30 pm - 6:30 pm Cycling w// Donna	5:30-6:30 pm TRX w/Tif	5:30 - 6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/Tif	5:15-6:00 pm Yoga w/ Karen	
	6:45-7:45 pm Yoga w/ Karen	6:45 - 7:45 pm Barre w/ Karen	6:45 - 7:45 pm Candlelight Yoga w/Karen	6:45 - 7:45 pm Barre w/Arlene		

## 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 - Tai Chi 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.

### 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 you to a dancer-style body.

### TAI CHI

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep **breathing**. Tai chi, also called tai chi chuan, is a noncompetitive, **self**-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

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

# WINTER POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 am – Noon 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	5:30 – 8:30 am Lap Swim	7 – 9:00 am Lap Swim
Noon – 4:45 pm Open Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:30 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:30 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	9:00 – 11:30 am Swim Lessons
	10:00 – 11:00 am Water Exercise Deep Water		10:00 – 10:30 am Preschool Lessons 10:00 – 11:00 am Water Exercise Deep Water		10:00 – 11:00 am Water Exercise Deep Water	
	10:30 – 11:30 am Water Exercise I	10:30 – 11:30 am Water Exercise II	10:30 – 11:30 am Water Exercise I	10:30 – 11:30 am Water Exercise I	10:45–11:30 am <b>NEW</b> Water Zumba	
	11:30 am – 1:30 pm Lap Swim	11:30 am–1:30 pm Lap Swim	11:30am–1:15 pm Lap Swim	11:30 am–1:15 pm Lap Swim	11:30 am–1:30 pm Lap Swim	11:30–1:30 pm Lap Swim
	1:30 pm – 4:00 pm Open Swim	1:30 – 3:30 pm Open Swim	1:15 – 2:30 pm ***2nd Grade Lessons	1:15 – 2:30 pm ***2nd Grade Lessons	1:30 – 2:15 pm Home School Swim	1:30–4:45 pm Open Swim
			2:30–3:30 pm *Dundee Lessons	2:30 – 3:30 pm Open Swim	2:15–4:00 pm Open Swim	
	4:00 – 6:30 pm * Swim Team	3:30 – 4:30 pm *After School Care	3:30 –4:00 pm Open Swim	3:30 – 4:30 pm *After School Care	4:00 – 6:30 pm * Swim Team	
		4:30 – 6:00 pm *Swim Team	4 – 5:00 pm * Swim Team	4:30– 6:00 pm *Swim Team		
		6:00–6:30 pm Open Swim	5:00–5:30 pm Open Swim	6:00–6:30 pm Open Swim		
	6:30 – 8:15 pm Open Swim	6:30 – 7:30 pm Aqua HIIT w/ Arlene	5:30 – 8:00 pm Swim Lessons	6:30 – 7:30 pm Aqua HIITw/ Tracy		
		7:30 – 8:15 pm Open Swim		7:30 – 8:15 pm Open Swim	6:30 – 8:15 pm Open Swim	
	8:15 – 9:15 pm Lap Swim	8:15 – 9:15 pm Lap Swim	8:00– 9:15 pm Lap Swim	8:15 – 9:15 pm Lap Swim	8:15 – 9:15 pm Lap Swim	

## 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  
6:30 pm - 7:30 pm - Aqua HIIT

### 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 HIIT

### Friday

10:00 am - 11:00 am - Water Exercise Deep Water  
10:45 am - 11:30 am - Water Zumba

### Please Note:

- Swim Team begins in September and runs through June 21

**\*The Hot Tub will be CLOSED & there will be NO LAP SWIMMING during Swim Team & Afterschool Swim Times**

**Pool will be reserved for Kids Club from 1:30 - 3:00 pm on the following scheduled dates as well as any additional school closings or early dismissal days to be determined :**

**Christmas Break** 12/26, 12/27, 12/28/18  
1/2, 1/3, 1/4/19  
**Martin Luther King Day** 1/21/19  
**February Break** 2/18/19 - 2/22/19  
**Conference Day** 3/15/19  
**Spring Break** 4/15/19 - 4/19/19

**\*\*All class and program times, & dates are subject to change at any time.**



# HEALTHY LIVING

## Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### 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**

#### Water Zumba **\*\*NEW CLASS\*\***

Come join the pool party! Combining Zumba with water resistance, there is less impact on your joints because the water creates natural resistance. This low impact, high energy aquatic exercise program is geared for participants of all fitness levels.

**Instructor: Kristal Swartley**

**Fridays 10:45-11:30 am**

#### Aqua HIIT

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: Arlene Eddington and Tracy Walters**

**Tuesday/Thursday 6:30 – 7:30 pm**



### 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 by contacting our Aquatics Director, Kristal Swartley.

Fee:	Members	\$25.00 / 30 mins
	Non-Members	\$35.00 / 30 mins



### YOUTH POOL USAGE POLICIES:

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

**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 ages 12 & 13 may attend aquatic 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 pool during class times. The instructor reserves the right to request disruptive participants to leave any class at their discretion.**

**Absolutely NO lap or open swim is available during program times i.e. Swim Lessons, classes, swim team.**

**The lifeguards word is final in all situations.**

## 2nd Annual

# ADULT EASTER EGG HUNT

**Saturday in April TBD, 2019 6—9 pm**

**Three Brothers Winery**

# SENIOR BALL



**2019 brings the  
First Annual SENIOR BALL**

The evening features a buffet, raffles, ballroom music, dancing, crowning of the nights king and queen....all the trimmings of prom.

Proceeds to benefit Senior Programming at the Y!  
**Details to Follow!**



# FROSTFEST 2019

**THREE BROTHERS WINERIES & ESTATES**

GENEVA, NEW YORK

PROCEEDS TO BENEFIT THE GENEVA FAMILY YMCA

**TICKETS ~ \$25**

21 and over only please

**February 16, 2019  
6:00 pm to 9:00 pm**

**NEW IN 2019 FROST FEST FAMILY DAY  
SUNDAY FEBRUARY 17TH 10AM - 2PM**

This is the kids chance to celebrate winter in the Finger Lakes too! Come out for a fun family day of winter activities. Take photos in the Ice Throne, see the other life-sized Ice Carvings, enjoy Snowman Building (weather permitting), Hot Cocoa Bar, Ice Cream Bar and much more!

**Family Day is Free to Attend.**

*New in  
2019!!!*

**SAVE THE DATE!**

**SATURDAY FEBRUARY 16TH 6PM-9PM**

Ice Bar Featuring Wine Cocktails. Ice Sculptures. Food Samples. Music. Ice Sculpture Demolition. Vineyard Fireworks at 9pm.  
*Tickets \$25 per person - must be 21 years+*

Saturday tickets available for purchase at  
[www.brownpapertickets.com](http://www.brownpapertickets.com)