

SOMETHING FOR EVERYONE



Summer 2019 Program Guide Geneva Family

399 William Street
Geneva, NY 14456
315-789-1616

Summer Swim Sessions

June 24—July 28

(no classes July 1-July 7)

July 29-August 25

Registration for fall session begins
August 15th

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED



**Summer hours and NEW Group Ex Class Schedule Begins :
Monday June 17 and ends Labor Day September 2nd.**

Monday - Thursday 5:00 am - 9:30 pm

Friday 5:00 am - 8:00 pm

Saturday 7:00 am - 5:00 pm

Sunday 9:00 am - 2:00 pm

**Pool will be closed for re -marciting :
Saturday August 24th and will re-open September 5th**

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 - Thursday	5:00 am - 9:30 pm
Friday	5:00 am—8:00 pm
Saturdays	7:00 am - 5:00 pm
Sundays	9:00 am - 2:00 pm

Holiday Hours

4th of July	CLOSED
Labor Day	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.

Non members under the age of 18 are NOT 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.

**CHILDREN ARE NOT ALLOWED IN THE ADULT LOCKERROOMS
YOU MUST BE 18 YEARS OF AGE TO ACCESS THE STEAM ROOM /
SAUNA/ HOT TUB**

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	\$66.50	\$65
SENIOR CITIZEN FAMILY: Two seniors living in the same household	\$690	\$60.50	\$55
ADULT: Single person 23 - 61 years old	\$594.50	\$52.00	\$55
SENIOR CITIZEN: Single person over 62 years old	\$530	\$46.00	\$30
YOUNG ADULT: Single person 18 - 22 years old or FT Student	\$333	\$29.25	\$25
YOUTH: 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.
- 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

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.

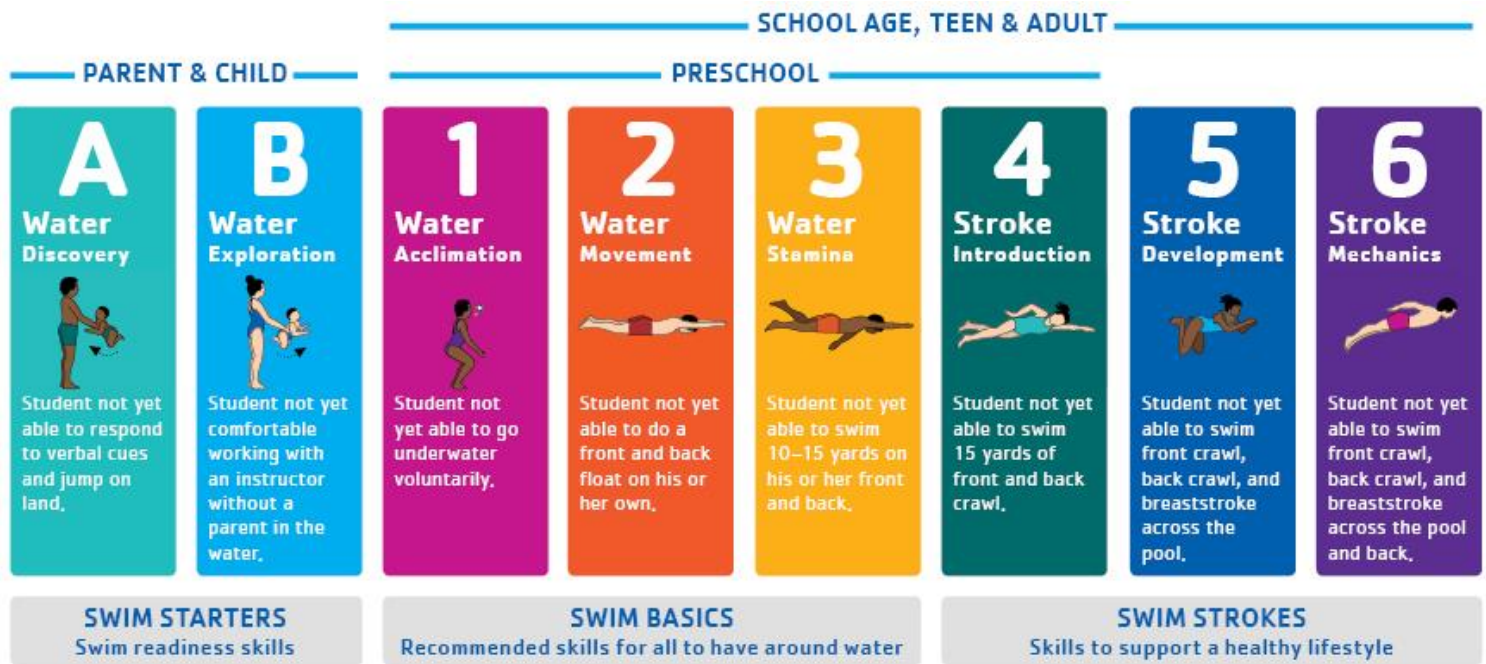
Accident Insurance

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



INFANT 6-18 MOS	TODDLER 18 MOS-3 YRS	PRE-SCHOOL 3 YRS TO 5 YRS			
--------------------	-------------------------	---------------------------	--	--	--

					
M/W 5:30pm	M/W 6:00pm	M/W 6:30pm M/W 7:30pm	M/W 7:00pm	M/W 7:30pm	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				
------------	-------------	--	--	--	--

					
M/W 7:00pm M/W 7:30pm	M/W 6:30pm	M/W 7:00pm	M/W 6:30pm	M/W 5:30pm	M/W 6:00pm

SUMMER CLASSES MEET TWICE PER WEEK FOR 4 WEEKS

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

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

FLIP INTO GYMNASTICS THIS SUMMER!

Gymnastics Mini Session
July 29 to August 25



Monday and Wednesday afternoons
from 4:00 pm—5:30 pm

Includes Open Swim time from 5:00—5:30 pm

**During this 4 week mini session week your child will
receive over 8 hours of gymnastics
instruction on all four events.**

**Everyone will work up a sweat in the gym challenges,
obstacle courses, and games in a fun, safe environment
with our experienced instructors.**

**But don't worry, we have a great way to cool off—
children will be given opportunity to swim
from 5:00-5:30 pm each day.**



**What an awesome combination! This session is
open to children ages 6 to 11 years old.
No experience necessary.
Space is limited, reserve your spot today!
Members : \$40
Non-Members \$65**

FALL YOUTH SOCCER

September 7—October 26



Registration begins August 15th

Our recreational soccer program focuses on teaching the basic skills of soccer, kicking, passing, dribbling and defense. Games will be played on Saturday mornings and one practice will be scheduled by coaches during the week.

GAME TIMES:

Ages 4-6	10:15 am - 11:15 am
Children must be 4 by 9/7 to play	
Ages 7-8	11:30 am - 12:30 pm
Ages 9-11	9:00 am - 10:00 am

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

No special requests will be honored after 8/31

Afterschool Care Program 2019-2020

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 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

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!!

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 - \$225.00/Month



3 Day per Week Option
Members \$125.00/Month
Non-Members - \$175.00/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

HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

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.

TRX / BARRE / TAI CHI

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.

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)

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



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

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

GROUP CYCLING

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.



**RESERVATIONS CAN BE MADE
AFTER 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 and Dates are subject to change by the YMCA at any time.**

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

HIIT the Ropes>>>

*****NEW CLASS Begins June 19th*****

During this class you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Battle ropes are incorporated in this 45 minute class where you will get a full body workout before you start your day!

Instructor: Jessica Askin

Times: Wednesday 5:45 am - 6:30 am

Circuit and Lift

*****NEW CLASS Begins June 18th*****

This class is run like a small group fitness class incorporating strength training, cardio and core. This class employs various circuits to not only keep participants interested, but also to provide a total body workout that works to engage as many muscle groups as possible. Circuit and Lift is an all-level class that allows participants to work at a their own pace.

Instructor: Laura Snook

Times: Tuesdays and Thursdays 6:45 am - 7:30 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: Mon & Wed 8:30 am - 9:15 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 / Zumba Tone

Zumba Gold recreates the original Zumba moves you love at a lower-intensity. Sue will introduce easy-to-follow choreography that focuses on balance, range of motion and coordination. Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Zumba moves to create a calorie-torching, strength-training workout.

Instructor: Sue Marino

Times: Zumba Gold Tuesdays 9:30 am - 10:30 am
Zumba Tone Thursdays 9:30 am - 10:30 am

MONDAY NIGHT MIX UP CLASS

Begins June 17th

Rotating classes and instructors, you will never know what expect other than a fun group exercise class following the excess of the weekend! Burn fat, tone muscles and have fun!

Instructor: ROTATES

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

ShapeUp on Seneca w/ Arlene

8 WEEK Session July 9 - August 27

Arlene will keep you guessing for 8 Tuesdays at the Lake! You'll endure crunches, planks, push-ups, burpees, and mountain climbers one week then jump in the lake the next! I know it sounds rough, but believe me, the intense mix of cardio and strength training will provide a killer workout all while having fun in the sun !!

Instructor: Arlene Eddington

Times: Tuesday 5:30 pm - 6:30 pm

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 callis-thenic 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: Tuesdays and Thursdays 6:00 pm – 7:00 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, Leigh Pitifer, Anigie Urbano & Susan Srmack

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

Karen Wed. 6:45 pm - 7:45 pm

Yoga at the Lake rotating instructor

Thursday 6:30 pm - 7:30 pm

Karen Fridays 5:15 pm - 6:00 pm

Rotates Saturdays 10:15 am - 11:15 am

Barre

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: Michele Barrett, Arlene Eddington, & Karen Lynch

Times: Karen Monday 6:45 pm - 7:45 pm

Arlene Thursdays 6:45 pm - 7:45 pm

Rotating Instructor
Saturday 9:15 am—10:00 am

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: 10:15 - 11:00 am

*****NEW TIME BEGINS FRIDAY June 21, 2019**

ATTENTION SENIORS AGES 65 +

**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.

TOWN OF GENEVA PUNCH CARD:

Seniors ages 65 and up, living in the town of Geneva can receive a punch card good for 12 visits to the Y. Proof of age and residency required—one per person per year.

Silver Sneakers / Tivity Health:

Do you have MVP/Humana/Aetna 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!

GYM SCHEDULE Begins June 17th 2019—September 1, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 – 6:00 am OPEN GYM	5:00 – 6:30 am OPEN GYM	5:00 – 5:30 am OPEN GYM	5:00 – 6:30 am OPEN GYM	5:00 – 6:00 am OPEN GYM	
9:00 am – 1:45 pm OPEN GYM	6:15 – 7:00 am Rise & Shine w/ Arlene	6:45–7:30 am Circuit and Lift w/ Laura	5:30-6:15am HIIT the Ropes w/ Jess	6:45–7:30 am Circuit and Lift w/ Laura	6:15 – 7:00 am Rise & Shine w/ Arlene	7 am – 8 am OPEN GYM
	7:15 - 8:15 am OPEN GYM	7:45-9:15 am OPEN GYM	6:30–8:15 am OPEN GYM	7:45-9:15 am OPEN GYM	7:15–10:00 am OPEN GYM	8 – 9:15 am Cardio Fusion w/ Arlene
	8:30 - 9:30 am TBS w/ Sue		8:30 - 9:30 am TBS w/ Sue			
	9:30 - 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	9:45-10:30 am OPEN GYM	9:30 – 10:30 am Zumba Tone w/ Sue	***** NEW TIME BEGINS 6/21/2019	9:30 am– 4:45 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	10:15– 11:00 am Silver Sneakers Yoga *****	
	12:00 – 2:30 pm OPEN GYM	12:00 - 2:30 pm OPEN GYM	12:00 – 2:30 pm OPEN GYM	12:00 – 2:30 pm OPEN GYM	11:15 am–7:45 pm OPEN GYM	
	2:30 - 5:15 pm Summer Camp	2:30 - 5:45 pm Summer Camp	2:30 - 5:15 pm Summer Camp	2:30 - 5:45 pm Summer Camp		
	4:00–500 pm GYMNASTICS July 29-August 25		4:00–500 pm GYMNASTICS July 29-August 25			
	5:30 – 6:30 pm MONDAY MIX UP Instructor Rotates	6:00 - 7:00 pm Zumba w/ Melissa	5:30 – 6:30 pm HIIT/X-Celerate w/ Tif	6:00 - 7:00 pm Zumba w/ Melissa		
		5:30 - 6:30 pm ShapeUp on Seneca w/ Arlene 7/9/19–8/27/19		6:30 - 7:30 pm Yoga @ the Lake w/ Rotating Instructor 6/20/19–8/29/19 NO CLASS 7/4		
	6:45 - 9:15pm OPEN GYM	7:15 - 9:15 pm OPEN GYM	6:45 – 9:15 pm OPEN GYM	7:15 - 9:15 pm OPEN GYM		

Yoga, Pilates, TRX, Cycling Studio Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45-6:45 am Cycling w/ Sarah		5:45-6:45 am Cycling w/ Jess	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			10:15-11:15 am Yoga Instructor Rotates
	5:30-6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/ Tif	5:30-6:30pm Cycling w/ Donna	5:30-6:30 pm TRX w/ Tif	5:15 - 6:00 pm Yoga w/ Karen	
	6:45-7:45 pm Barre w/ Karen		6:45-7:45 pm Yoga w/ Karen	6:45-7:45 pm Barre w/ Arlene		

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

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: Tracy Walters

Mon., Thurs., Fri. 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 Zumba

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

Wednesdays 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: Tracy Walters

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



COMMUNITY OPEN SWIM

Free to all Geneva Community Members, the Geneva Family YMCA offers recreational swim time each :

**Tuesday from 6:00 pm—7:45 pm &
Saturday from 2:45 pm—4:45 pm.**

Upon arriving at the Y everyone will be asked to sign in. One lap lane is provided. Lifeguard on duty.

Children under age 12 MUST be supervised—children may be asked to preform a swim test .

Guests not conducting themselves appropriately will be asked to leave.—for the safety of all, the lifeguards word is final in ALL situations.

HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

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 – 10:00 am 1/2 Open/ 1/2 Lap	
9:00am – 12:00 pm Lap Swim	10:00 am – 11:00 am Water Exercise Deep Water	9:30 – 10:30 am OPEN SWIM	10:00 am – 11:00 am Water Exercise Deep Water	9:30 – 10:30 am OPEN SWIM	10:00 – 11:00 am Water Exercise Deep Water	11:00am – 2:45pm OPEN SWIM
12:00 – 1:45 pm Open Swim	10:30 – 11:30 am Water Exercise I	10:30 – 11:30 am Water Exercise II	10:45 – 11:30 am Aqua Zumba	10:30 am – 11:30 am Water Exercise I	10:30 – 11:30 am Water Exercise I	2:45 – 4:45 pm Community Open Swim
	11:30 am – 1:15 pm Lap Swim	11:30 am – 1:15 pm Lap Swim	11:30 am – 1:15 pm Lap Swim	11:30 am – 1:15 pm Lap Swim	11:30 am – 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 – 7:00 pm OPEN SWIM	
	4:00 – 5:30 pm Open Swim	4:00 – 6:00 pm Open Swim	4:00 – 5:30 pm Open Swim	4:00 – 6:30 pm Open Swim		
	5:30 – 8:00 pm Youth Lessons	6:00 – 7:45 pm Community Open Swim	5:30 – 8:00 pm Youth Lessons	6:30 – 7:30 pm AquaFit w/Tracy		
	8:00 – 9:15 pm 1/2 Open/ 1/2 Lap	7:45 – 9:15 pm Lap Swim	8:00 – 9:15 pm 1/2 Open/ 1/2 Lap	7:30 – 9:15 pm 1/2 Open/ 1/2 Lap	7:00 – 7:45 pm Lap Swim	

HOT TUB is NOT available during SUMMER CAMP SWIM TIME.

YOUTH POOL USAGE POLICIES:

* PLEASE NOTE - Children with floatation devices must be accompanied by an adult at all times - YES you have to get in the pool.

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

NO PERSONS under age 18 are allowed in the SPA/HOT TUB.

Absolutely NO lap or open swim is available during program times, ie., SUMMER CAMP SWIM TIME, Swim Lessons, Water Fitness Classes.

The lifeguards word is final in all situations.

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

10:45 am – 11:30 am - Aqua Zumba
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

10:30 am – 11:30 am - Water Exercise II
10:00 am – 11:00 am - Water Exercise Deep Water

the **Y** I WANT TO BE A YMCA
'EVERYDAY HERO'!

Donor/Company Name: _____

Corporate Contact: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____ Fax: _____

PLEDGE INFORMATION

I pledge a total of \$1,000 in support of the Geneva Family
YMCA's Capital Improvement Project.

I wish to spread my donation over ____1 ____2 ____3 years,
beginning in ____/____ (mo/yr).

CONTRIBUTION METHOD

I plan to make a monthly contribution in the form of auto
withdraw from a Credit Card:

____ Visa ____ MasterCard ____ AMEX ____ Discover

Credit Card #: _____

Exp Date: _____ Security Code: _____

Charge on the **1st** or the **15th** of each month (circle one)

I plan to make a monthly contribution in the form of auto
withdraw from a Checking Account:

Bank Name: _____

Bank Routing Number: _____

Bank Account Number: _____

Charge on the **1st** or the **15th** of each month (circle one)

Invoice me : Please send pledge reminders -

Annually ____ Semi-Annually ____ Quarterly ____

My gift will be matched by: _____

ACKNOWLEDGMENT

Please print your name as you would like it to appear on formal
recognitions and/or publications.

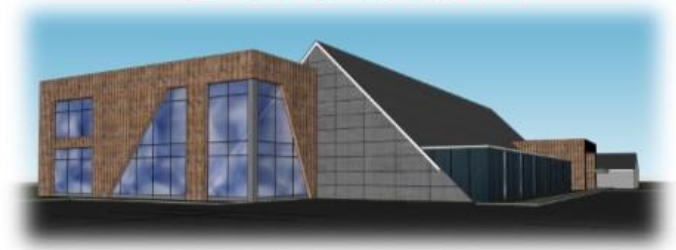
____ I would like my gift to be anonymous and do not want my
name listed for recognition.

Donor Signature: _____

Date: _____



ANNOUNCING THE 'EVERYDAY HERO' DONATION



FOR LESS THAN A \$1 A DAY YOU CAN MAKE HUGE IMPACT



**SUPPORT THE GENEVA Y's CAPITAL CAMPAIGN
'EVERYDAY HERO' DONATION:
\$1000
PAYABLE OVER 3 YEARS**