



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **FALL IN TO A BETTER YOU!**



**THE GENEVA FAMILY YMCA  
FALL 2017 PROGRAM GUIDE**

**Session 1  
Sept. 9, 2017 -  
October 29, 2017**

**Session 2  
October 30, 2017 -  
December 24, 2017**

**Session 3  
January 8, 2018 -  
March 4, 2018**



# 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.



## 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

Labor Day	CLOSED
Thanksgiving Eve	5:00 am - 5:30 pm
Thanksgiving	9:00 am - Noon
Black Friday	7:00 am - 9:30 pm
Christmas Eve	9:00 am - 2:00 pm
Christmas	CLOSED
December 26, 2015	7:00 am - 9:30 pm
New Years Eve	9:00 am - 2:00 pm
New Years Day	10:00 am - 2:00 pm

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
<b>FAMILY:</b> Two adults and their children under the age of 22 living in the same household	\$763.50	\$63.50	\$65
<b>SENIOR CITIZEN FAMILY:</b> Two seniors living in the same household	\$690	\$57.50	\$55
<b>ADULT:</b> Single person 23 - 61 years old	\$594.50	\$49.50	\$55
<b>SENIOR CITIZEN:</b> Single person over 62 years old	\$530	\$44.00	\$30
<b>YOUNG ADULT:</b> Single person 18 - 22 years old	\$333	\$27.75	\$25
<b>YOUTH:</b> One child up to age 17	\$186	\$15.50	\$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

# 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 2017-18 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 11, 2017- June 15, 2018**  
**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



### Preschool Plus

**Monday, Wednesday & Friday**  
**Sept. 11, 2017- June 13, 2018**  
**11:30 am - 2:00 pm**

The preschool plus program is designed to provide a safe, educational and creative afternoon playtime for preschoolers ages 3 - 5 years old. It allows them to socialize with other children and engage in theme-based activities, arts & crafts, group games, gym time and swimming. Children who attend our YMCA 3 & 4 Year Old Preschool Programs are welcome and encouraged to stay after their morning preschool class at a reduced rate. Children will need to bring a bagged lunch.

#### Program Fees:

**Registration Fee - \$10.00 per family**  
**(waived with Preschool registration)**

**\$12.00 per day**

**\$10.00 per day (with Preschool registration)**



### 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 and there is a 90 minute maximum time limit for the service.

**Caregivers: Joan Carter**

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

**Fee: Free (Members Only)**  
**Donations appreciated**



# YOUTH DEVELOPMENT

## Nurturing the potential of every child and teen

### CHILD CARE



#### Afterschool Care Program 2017 - 18

**\*EFFECTIVE SEPTEMBER 2017\***

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.



#### 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. (Minimum of 15 children per day)

<b>Dates:</b>	<b>Columbus Day</b>	<b>10/9/17</b>
	<b>Conference Day</b>	<b>10/27/17</b>
	<b>Veterans Day</b>	<b>11/10/17</b>
	<b>Thanksgiving Break</b>	<b>11/22/17 &amp; 11/24/17</b>
	<b>Christmas Break</b>	<b>12/26/17 - 12/29/17</b>
	<b>Martin Luther King Day</b>	<b>1/15/18</b>
	<b>February Break</b>	<b>2/19/18 - 2/23/18</b>
	<b>Conference Day</b>	<b>3/16/18</b>
	<b>Spring Break</b>	<b>3/30/18 - 4/6/18</b>

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

**\*Registration Fee: \$10**  
**(waived for after school participants)**

<b>Regular School Days</b>	<b>2:30 pm – 6:00 pm</b>
<b>Registration Fee</b>	<b>\$20 per family</b>
<b>Members Only</b>	<b>\$170.00 per month</b>

Monthly payments for all children is required on or before the 1st of the month prior. Payments received after the 1st will incur a \$10 late fee. An autopay option is available, for more information inquire at the Front Desk.



# YOUTH DEVELOPMENT

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## SWIM, SPORTS & PLAY

### Youth Soccer

September 9th - October 21st

Registration begins August 1st



\*Please note: NO special requests will be honored after 8/31/17.

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.**

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

<b>Fee:</b>	<b>Family Members</b>	<b>\$25.00</b>
	<b>Non-Members</b>	<b>\$45.00</b>

### Bitty Basketball

January 6<sup>th</sup> – February 17<sup>th</sup>

Registration begins November 6th

\*Please note:

**NO special requests will be honored after 12/10/17**

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.**

<b>Saturday</b>	<b>Grades K- 1</b>	<b>9:30 AM</b>
	<b>2 – 3</b>	<b>10:30 AM</b>

<b>Fee:</b>	<b>Family Members</b>	<b>\$25.00</b>
	<b>Non-Members</b>	<b>\$45.00</b>



### Little Buddha's Yoga Classes

Ages - 5 - 10

September 10th - October 29th



Yoga benefits children in so many ways and helps them connect their bodies and minds while building confidence and love for themselves inside and out. This class will help them improve strength, balance and flexibility as well as help them concentrate, focus, relax, be creative and imaginative to channel energy more effectively.



**Instructor:**  
**Sundays**  
**Fee:**

**Taylor Racicot**  
**4:00 pm - 4:30 pm**  
**Free for Members**  
**Non-Members -**  
**\$5.00 per class**

### Indoor Boys & Girls Lacrosse



**January 14th - March 18th (10 Weeks)**

Beginning and experienced players are encouraged to join us for seven one hour lacrosse clinics Sunday evenings at the YMCA. 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**

<b>Grades K - 2</b>	<b>Time TBA</b>
<b>Grades 3 - 6</b>	<b>Time TBA</b>

<b>Fee:</b>	<b>Members</b>	<b>\$40.00</b>
	<b>Non-Members</b>	<b>\$60.00</b>
	<b>Drop In Fee</b>	<b>\$5.00 per week</b>





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM, SPORTS & PLAY

### 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.

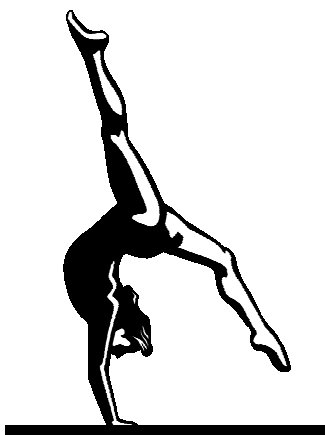
<b>Times:</b>	<b>Tuesdays</b>	<b>5:45 - 6:15 pm</b>
<b>Fee:</b>	<b>Member</b>	<b>\$20</b>
	<b>Non-Member</b>	<b>\$45</b>

### 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.

<b>Times:</b>	<b>Tuesdays</b>	<b>6:15 - 6:45 pm</b>
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<b>Fee:</b>	<b>Member</b>	<b>\$25</b>
	<b>Non-Member</b>	<b>\$50</b>



### 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

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



### 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.

<b>Times:</b>	<b>Thursdays</b>	<b>6:30 - 7:30 pm</b>
<b>Fee:</b>	<b>Members</b>	<b>\$40</b>
	<b>Non-Members</b>	<b>\$65</b>



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM, SPORTS & PLAY

### Challenger Family Open Swim Time

**October 7th– November 18th**

The Geneva Family YMCA is pleased to offer this after hours Open Swim Time to our Challenger Families! This is a great opportunity to become accustomed to our pool and aquatics environment. Families will enjoy free swim and pool games each Saturday afternoon. This will also offer families a wonderful opportunity to gauge their children's interest in our upcoming Special Olympics Gators Swim Team which will begin practicing in March.

#### REGISTRATION REQUIRED.

**Saturdays 4:00 - 5:00 pm**

**Fee: Free for all Participants**

### Special Olympics Gators Swim Team (Ages 7 - 18)

**TBA (Look for more information Spring 2018)**

This ongoing program is a division of our existing YMCA Gators Swim Team for children 7 and up with disabilities. Participants will train to compete in Special Olympic Swim Meets at the Regional, State and National Levels. Swimmers will learn various strokes, work on improving speed and technique and receive training on competitive flip turns and starts both from the pool deck and USA approved starting blocks. Many parents of Special Olympians report that their child's participation promoted social adjustment, life satisfaction, family support, and community involvement.

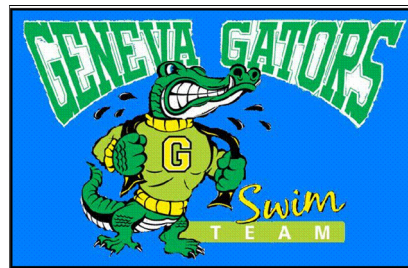
**Swimmers must be able to swim 25 yards un-assisted to participate.**

#### REGISTRATION REQUIRED

**Mondays & Wednesdays**

**4:30 - 6:00 pm**

**Fee: Free for all Participants**



### 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: swimmers 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.

#### There are three classifications of swimmers:

**Beginning Swimmers.** They will learn to develop the four competitive strokes. Swimmers are encouraged to attend 2 – 3 practices a week.

**Intermediate Swimmers.** This group emphasizes the four strokes, racing starts, turns and beginning competitive swimming. Swimmers are encouraged to swim 3 - 4 practices a week. Swim meet attendance is encouraged.

**Advanced/Competitive Swimmers.** This is for the serious swimmer. There are practice requirements and swim meet attendance is strongly encouraged. Emphasis is placed on the complete development of a competitive swimmer with goals of high school and college competition. Practice 4 times per week.

**Season begins: September 2017**

#### Fees:

6 months (September - March 15th)	TBA
9 months (September - June 29th)	TBA
School Swim Team Members	TBA

**\*Beginning in 2017 all fees must be paid via Monthly Bank Draft or Paid in Full at time of registration.**

**For more information please contact  
Aquatics Director Kristal Swartley  
at the Geneva YMCA 789-1616.**

**Or via email at:  
jkswartley@gmail.com**





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM, SPORTS & PLAY

### 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.

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

#### WEDNESDAY

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

#### SATURDAY

Tiny Tots/Flying Fish/Shark	9:00 am
Pike/Ray/Polliwog	9:30 am
Pike/Eel/Minnow	10:00 am
Eel/Guppy/Fish	10:30 am

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

#### Fees:

Members	\$35
Non-Members	\$65



### 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.

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### 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 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.**

### 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: Marcia Maslyn**

**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: Arlene Eddington**

**Thursdays**

**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



#### Lifeguard Training

Have you ever thought about becoming a lifeguard? The Geneva YMCA will soon be offering training courses to gain the certification required to become a professional lifeguard. Upon successful completion of the course, you will be certified in: Lifeguard Training, Waterfront and First Aid, CPR for the Professional Rescuer, and AED usage. Class participants must be 15 years old on or before the last day of class. You must

attend all classes to complete the course.

### 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 the Aquatics Director Kristal Swartley.

[jkswartley@gmail.com](mailto:jkswartley@gmail.com)

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

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### WELLNESS CENTER HOURS

Monday - Friday	5 am - 9:30 pm
Saturday	7 am - 5:00 pm
Sunday	9 am - 5:00 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.

### 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

**By appointment only. See the Front Desk Staff for more information.**

**Fee:**     \$30/Session  
              \$135/ 5 Sessions



### 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.**





# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

**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.

### 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:** Arlene Mon. & Fri. 6:00 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 & Kore

An intense group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

**Instructor:** Tiffany Sculli

**Times:** Mondays 5:30 pm - 6:15 pm

### POUND!

It is the world's first cardio jam session inspired by playing the drums. The music is loud, the energy is high, and the work out is intense. Rip Stix, and mats are provided.

**Instructor:** Jessica Askin

**Times:** Mondays 6:45 pm - 7:45 pm

### H.I.I.T.

This intense class never offers the same workout twice- incorporating cardio interval training with strength segments that target the whole body all set to fun and upbeat music.

**Instructor:** Arlene Eddington & Jessica Askin

**Times:** Wednesdays w/Jessica 5:30 am - 6:15 am  
Tuesdays w/Arlene 6:45 pm - 7:45 pm

### X-Celerate

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.

**Instructor:** Tiffany Sculli

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

### Barre-Less (30 - 45 Minute Class)

One of the hottest trends in the industry - Barre-like exercises without the barre 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 pm - 7:15 pm

### Yoga Essentials

Combine the relaxing benefits of yoga with the muscle toning action of pilates all in one class.

**Instructor:** Leigh Pitifer, Carol Lynch,

Angie Urbano & Karen Lynch

**Times:** Carol Mon. & Wed. 8:30 am - 9:30 am

Karen Mondays 6:45 pm - 7:45 pm

Rotates Saturdays 10:15 am - 11:15 am

### 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

### Pilates

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.

**Instructor:** Angie Urbano & Emily Rogowski

**Times:** Emily Tuesdays 6:30 pm-7:30 pm

Angie Thursdays 6:30 pm-7:30 pm

\*Angie Fridays 9:00 am - 10:00 am



\*This will be a Yogalates Class

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS



### Silver Sneakers Classic - Muscular Strength & Range of Movement

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:** Karen Lynch & Kristal Swartley  
**Tues. & Thurs.** 11:00 – 11:45 am

### Silver Sneakers Cardio Class

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, Kristal Swartley,  
& Lindsey Mandela

**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



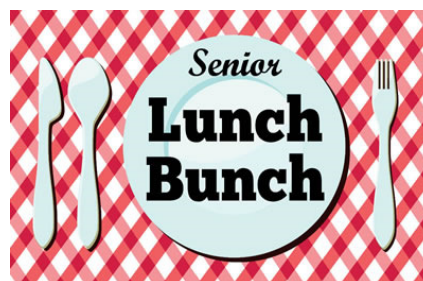
### NOONTIME MEMBERS BASKETBALL

Join us every Monday, Wednesday, and Friday from noon until 2:00 pm for a fun, fast paced pick up game. Get in a good work out while engaging in a friendly competition.



### Senior Lunches

Join us once a month for lunch out at various Geneva eateries. Enjoy your morning workout, then join your Y friends for a chat and lunch! Sign up at the front desk or contact your instructor for more information. Lunch is typically scheduled on a Wednesday afternoon mid-month.



# SPECIAL EVENTS

**GET UP OFF THAT  
COUCH AND RUN!!**



Have you ever wanted to run a 5K but didn't think you could? Now you can! Join us in our Couch to 5K program and be on your way to crossing the finish line of your very first 5K run. This 10-week coached program will meet twice a week. You will be given 1-2 additional workouts to be completed on your own during the rest of the week. Registration fee includes a T-Shirt and entry into the Geneva Y's Turkey Trot 5K Fun Run held on Thanksgiving Day. \*All running will be done outside so dress for the weather!

**Dates:**  
**Wednesdays**  
Sept. 13th - Nov. 22nd  
@ 6:00 pm  
**& Saturdays**  
Sept. 16th - Nov. 18th  
@ 8:00 am

**Program Leaders:**  
**Jessica Askin**  
**Jenn Srmack**

**Fees:**  
**Members - \$45**  
**Non-Members - \$65**

**JUSTIFY YOUR PIE !!!!**

Join us for the YMCA's  
Annual Turkey Trot 5K Race  
&  
Thanksgiving Morning Group  
Fitness Class to fight Hunger



**Thursday November 23rd**  
**9:00 AM**

Join Donna and the YMCA Aerobics staff for a special  
Thanksgiving Day Fitness Class.

(Proceeds to benefit the Geneva Food Pantry)

**Donation \$5 for class**



**10:00 AM**

The annual Turkey Trot takes off from the front door of the YMCA.

Routes include a 5 mile run, 3 mile run, or 2 mile walk.

**Fee: \$25 pre-Sale or \$30 Run Day**

Early registration is encouraged.  
Questions?? Call the YMCA at 789-1616



**Geneva YMCA'S  
1st ANNUAL  
PUMPKIN PLUNGE!!**

**Date & Time TBA  
Stay Tuned!!!!**





# 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

## Baby Bounce House Party (ages 6 & under)

### \*After-Hours\*

Your child and up to 15 of their friends will enjoy 1 hour exclusive use of the Mini-Bounce House & Gymnasium and 1 hour in their own party room. Parties are scheduled for Saturday evenings after 5:00 pm.

Fee: \$140.00 for YMCA Members  
\$180.00 for Non-Members

## Big Bounce House Party (ages 5 & up)

### \*After-Hours\*

Your child and up to 15 of their friends will enjoy 1 hour exclusive use of the Big Bounce House & Gymnasium and 1 hour in their own party room. Parties are scheduled for Saturday evenings after 5:00 pm.

Fee: \$170.00 for YMCA Members  
\$210.00 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.

## 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

## 'Get Vertical' Rock Climbing Wall Party

### \*After-Hours\*

Your child and up to 15 of their friends will enjoy 1 hour exclusive use of the Rock Climbing Wall & Gymnasium and 1 hour in their own party room. Parties are scheduled for Saturday evenings after 5:00 pm.

Fee: \$170.00 for YMCA Members  
\$210.00 for Non-Members

## Splash, Play and Stay

### \*After-Hours\*

Your group will arrive after hours on Saturday evening and stay the night! This party includes 2 hours of exclusive swim time, party room, gym, dodgeball and boys and girls locker room usage. Additional fee of \$50.00 per hour will apply for rock wall, bounce house and adult locker rooms. Participants must vacate the Y by 8:00 am Sunday Morning.

Fee: \$500.00 for YMCA Members/Non-Profit Organization  
\$600.00 for Non-Members



# FALL GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am - 3:45 pm OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 - 7:00 am OPEN GYM	5:00 – 5:30 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
	6:00 – 7:00 am Rise & Shine w/ Arlene		5:30 - 6:15 am H.I.I.T & Ropes w/Jessica		6:00 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:30 am OPEN GYM	7:00 – 9:15 am OPEN GYM	6:30 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 - 9:15 am OPEN GYM	
	8:30 - 9:15 am TBS w/Sue					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 - 10:30 am TBS w/ Sue	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	9:30am – 4:45 pm OPEN GYM
	10:30 – 11:00 am Preschool	10:30 - 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers	10:30 -11:00 am Open Gym	10:30 – 11:00 am Preschool Gymnastics	
	11:00 - Noon OPEN GYM	11:00 - Noon Silver Sneakers		11:00 – Noon Silver Sneakers		
	12:00 – 2:15 pm Member Basketball	12:00 - 2:15 pm OPEN GYM	12:00 – 2:15 pm Member Basketball	12:00 – 2:15 pm OPEN GYM	12:00 – 2:15 pm Member Basketball	
	2:15 - 5:30 pm After School Care	2:15 - 5:30 pm After School Care	2:15 – 5:30 pm After School Care	2:15 – 5:30 pm After School Care	2:15 – 5:30 pm After School Care	
	5:30 – 6:15 pm Kettlebell & Kore w/ Tiff	5:30 – 6:45 pm Gymnastics	5:30 – 6:30 pm Xcelerate w/ Tiff	5:30 - 8:00 pm Gymnastics	5:30 - 9:15 pm OPEN GYM	
	6:45 – 7:45 pm POUND! w/ Jessica	6:45 - 7:45 pm HIIT w/ Arlene	6:45 – 7:45 pm Barre-Less w/Arlene			
	8:00 - 9:15 pm MEMBERS ONLY OPEN GYM	8:00 – 9:15 pm MEMBERS ONLY OPEN GYM	8:00 – 9:15 pm MEMBERS ONLY OPEN GYM	8:00 – 9:15 pm MEMBERS ONLY OPEN GYM		

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

## GROUP EXERCISE SCHEDULE

### Monday

6:00 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 - 6:30 pm - Kettlebell & Kore w/ Tiff  
 6:45 pm - 7:45 pm - POUND w/Jess or Lauren  
 6:45 pm - 7:45 pm - Yoga w/Karen (in studio)

### Tuesday

9:30 am - 10:30 am - Zumba Gold w/ Sue  
 6:45 pm - 7:45 pm H.I.I.T. w/ Arlene  
 6:45 pm - 7:45 pm Pilates w/ Emily

### Wednesday

5:30 am - 6:15 pm - H.I.I.T. & Ropes w/ Jessica  
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)  
 9:30 am - 10:00 am - TBS w/ Sue  
 5:30 pm - 6:30 pm - X-Celerate w/Tiffany  
 6:30 pm - 7:30 pm - Candlelight Yoga w/Karen (in studio)  
 6:45 pm - 7:45 pm - Barre-Less w/Arlene

## GROUP EXERCISE SCHEDULE

### Thursday

5:45 am - 6:45 am - Barre w/ Sarah  
 9:30 am - 10:30 am - Zumba Tone w/ Sue  
 6:15 pm - 7:00 pm - Pilates w/ Angie (in studio)

### Friday

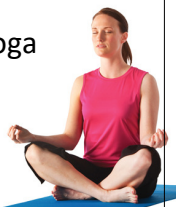
6:00 am - 7:00 am - Rise & Shine w/ Arlene  
 9:00 am - 10:00 am - Yogalates w/ Angie (in studio)

### Saturday

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

### Sunday

4:00 pm - 4:45 pm - Little Buddha's Kids Yoga



## 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		5:45 - 6:30 am Barre w/Sarah	5:30 - 6:00 am TRX Tabata w/Jessica	8:00 - 9:00 am Cycling Instructor Rotates
					6:15 - 7:15 am Cycling w/Jen	9:15 - 10:00 am Barre w/Michele or Emily
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol		9:00 - 10:00 am Yoga-lates w/Angie	10:15 - 11:15 am Yoga Instructor Rotates
4:00 - 4:45 pm Little Buddha's Yoga Class						
	5:30 pm - 6:30 pm Cycling w/Donna	5:30-6:30 pm TRX w/Tiff	5:30 - 6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/Tiff		
	6:45-7:45 pm Yoga w/ Karen	6:45 - 7:45 pm Pilates w/ Emily	6:45 - 7:45 pm Candlelight Yoga w/Karen	6:45 - 7:45 pm Pilates w/Angie		

## 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 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, 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.

### 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 waist to a dancer-style body.

**RESERVATIONS CAN BE MADE AFTER 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!**



# FALL 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 – 11:00 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			
	10:30 – 11:30 am Water Exercise	10:30 – 11:30 am Water Exercise II	10:30 – 11:30 am Water Exercise I	10:30 – 11:30 am Water Exercise I	10:00 – 11:00 am Water Exercise Deep Water	
	11:30 am – 1:30 pm Lap Swim	11:30 am – 1:30 pm Lap Swim	11:30 am – 1:30 pm Lap Swim	11:30 am – 1:30 pm Lap Swim	11:00 am – 1:30 pm Lap Swim	11:00 am – 2:00 pm Lap Swim
	1:30 pm – 4:00 pm Open Swim	1:30 – 3:30 pm Open Swim	1:15 – 2:20 pm 2nd Grade Swim Lessons	1:15 – 2:20 pm 2nd Grade Swim Lessons	1:30 – 4:00 pm Open Swim	2:00 – 4:00 pm Open Swim
		3:30 – 4:30 pm After School Care		3:30 – 4:30 pm After School Care		4:00 – 5:00 pm ** Challenger Swim
	4:00 – 6:30 pm * Swim Team	4:30 – 6:30 pm * Swim Team	4:00 – 6:00 pm * Swim Team	4:30 – 6:30 pm Open Swim	4:00 – 6:30 pm * Swim Team	
	6:30 – 8:15 pm Open Swim		6:00 – 8:00 pm *** Swim Lessons	6:30 – 7:30 pm Aqua Fit		
		6:30 – 8:15 pm Open Swim		7:30 – 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	6:30 – 9:15 pm Open 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

### 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

### **Please Note:**

- Swim Team begins in September and runs through April 2018

\*\* Challenger Swim begins Oct. 8th and runs through November 19th

\*\*\* The Hot Tub will be **CLOSED** & there will be **NO LAP SWIMMING** during Youth Swim Lesson 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 :

Columbus Day	10/9/17
Conference Day	10/27/17
Veterans Day	11/10/17
Thanksgiving Break	11/22/17 & 11/24/17
Christmas Break	12/26/17 - 12/29/17
Martin Luther King Day	1/15/18
February Break	2/19/18 - 2/23/18
Conference Day	3/16/18
Spring Break	3/30/18 - 4/6/18

\*The Geneva YMCA reserves the right to alter this schedule at any time.\*

Community Supported Agriculture



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FARM**

*a gift from the Sun*

**CSA**

EVERGREENFARMONLINE.COM  
ROCK STREAM, NY • 607.243.3613  
CERTIFIED ORGANIC BY: NOFA-NY CERTIFIED ORGANIC, LLC



## FALL SHARES AVAILABLE.

Pick up time Tuesday at the YMCA on the Norwood Ave side parking lot.  
For more information stop by on Tuesday 4:30-7:00pm or visit our website:  
[EverGreenFarmOnline.com](http://EverGreenFarmOnline.com)



# **The Geneva Family YMCA** **2017 Campaign**

At the Geneva Family YMCA, one of our most important goals has always been to enrich the lives of families in our community. But when some are left out, it leaves us all a bit poorer. As a person with vested interest in the future of our community, you can help children grow into responsible, successful adults. YMCA activities help children develop valuable skills, gain confidence and build self-esteem. By contributing to our Annual Campaign, you can help us provide programs that are rooted in the core values of caring, honesty, respect and responsibility.

Please consider making a gift to our 2017 Annual Campaign.  
Contact the YMCA at 315-789-1616





The Geneva Family YMCA  
399 William St.  
Geneva, NY 14456  
315-789-1616  
[www.genevafamilyymca.org](http://www.genevafamilyymca.org)  
Visit us on Facebook

