



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE EVERYONE



BELONGS

GENEVA FAMILY YMCA - 399 WILLIAM STREET - GENEVA, NY 14456

315-789-1616 WWW.GENEVAFAMILYYMCA.ORG



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 - 8:30 pm
Saturday	7:00 am - 5:00 pm
Sunday	9:00 am - 5:00 pm

Holiday Hours

New Years Eve	5:00 am - 2:00 pm
New Years Day	10:00 am - 2:00 pm
Easter Sunday	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
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	\$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

Bitty Basketball

January 11th – February 29th

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 12th - March 8th

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 2020 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
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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 7, 2020

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

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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 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

Kids Club Program

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

Dates:	Christmas Break	12/26, 12/27, 12/30 1/2, 1/3/2020
	Martin Luther King Day	1/20/2020
	February Break	2/17–2/21/2020
	Conference Day	3/13/2020
	Spring Break	4/6-4/10/2020
Times:	7:30 am–6:00 pm	
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 - 8:30pm

Family Members: **FREE**
Youth Members: **\$10**

Dates:	January 10, 2020	February 7, 2020
	March 6, 2020	April 3, 2020
	May 1, 2020	June 5, 2020



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 2020/2021 school year on April 1, 2020.

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 - \$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, Brandi Healy, Deb Drennan & Jasmine Taylor-Galasso

Monday—Friday Mornings	8:30 am—11:00 am
Monday - Thursday Evenings	5:00 pm - 7:45 pm

Fee: Free for Members ONLY

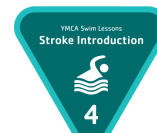
YOUTH DEVELOPMENT

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					
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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				
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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.

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

**Registration for each session begins
2 weeks prior to the first day of the session**

Session 4—March 2 - April 26

Session 5—April 27 - June 14

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

- **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

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

Learning new skills while perfecting the old will be the focus of this class.

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

- **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	6:45 - 7:45 pm
Fee:	Members	\$40
	Non-Members	\$65



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:	Thursdays	5:30- 6:00 pm
Fee:	Member	\$20
	Non-Member	\$45

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

Times:	Tuesdays	6:00 - 6:45 pm
Fee:	Member	\$25
	Non-Member	\$50



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. After Hours Parties are scheduled for Saturday evenings after 5:00 pm.

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

Please Note: A \$20 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.

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 please contact Wellness Director, Laura Snook at the Y, 315-789-1616.



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 13th 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 of a 6 Month Adult Membership** to the individual with the highest % of weight loss
- Register at the Front desk

HEALTHY LIVING

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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.

2020 New Year—NU-Triton

Nutrition Counseling & Personal Training Combo

Karen Lynch is both a Certified Personal Trainer and a Certified Nutrition Specialist, specializing in weight loss. Working with clients of all ages and abilities Karen has helped transform, motivate and change the lives of numerous members of the Y and now she wants to help you!

Karen will customize a nutrition plan and personal train you based on your current fitness level, delivering optimal results, helping you to reach your goals.

Whether your goal is to lose weight, tone, build muscle, increase strength or endurance, Karen will get you to step outside your comfort zone allowing you to see your true potential with her creative and challenging workouts.

Contact Personal Trainer/Nutrition Counselor, Karen Lynch to schedule your session or for more information.

**Fee: \$40 one session
 \$150/ package of 5 sessions**



**SUPPORT
MOTIVATE
ACHIEVE**
TAKING IT TO YOUR NEXT LEVEL!



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

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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: Monday and Friday 6:15 - 7:00 am

HIIT the Ropes

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 5:30 - 6:15 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: Saturday 8:00 – 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: Tuesday 9:30 - 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: Thursday 9:30 - 10:30 am

Balance and Stability

Movements taught in this class focus on exercises that will help improve joint mobility and flexibility while increasing strength and muscle tone.

Instructor: Laura Snook

Times: Wednesday 10:00 - 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: Monday 8:30 - 9:15 am
Wednesday 9:00 - 9:45 am

Tai Chi

Sun Short Form

If you're looking for a way to reduce stress and increase your overall health, consider Tai Chi. Tai Chi is an ancient Chinese martial art that, today in the U.S., is practiced as a graceful form of exercise. This style is low impact and safe for all ages and fitness levels. The Sun style is ideal for adults who have limited mobility and is also known as moving meditation. We will focus on balance.

Instructor: Pam Rishell-Bishop

Times: Friday 10:30 – 11:30 am

Kickboxing/Step

Cardio **kickboxing** is a group fitness **class** that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Instructor: Karen Lynch

Times: Monday 5:30 - 6:30 pm
**NEW TIME Friday 8:30 - 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: Wednesday 5:30 - 6:30 pm

Balls to the Wall

A strength training class, participants will use weighted balls, stability balls, resistance bands, bars and weights, targeting multiple muscle groups as well as working on balance. Class will conclude with a stretch and meditation segment.

Instructor: Arlene Eddington

Times: Wednesday 6:45 - 7:45 pm

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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
Monday 9:30 - 10:15 am
Wednesday 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
Friday 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
- 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 2020 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 and AARP Medicare Supplement through United Healthcare 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!

**UNSURE if you qualify for a wellness benefit?
Call the customer care number on the back of
your insurance card to find out!**

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 – 9:15 am OPEN GYM	5:00 – 5:30 am OPEN GYM	5:00 – 9:15 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
	6:15 – 7:00 am Rise & Shine w/ Arlene		5:30-6:15 am HIIT the Ropes w/ Jess		6:15 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:15 am OPEN GYM		6:15 – 9:15 am OPEN GYM		7:00 – 8:15 am OPEN GYM	
	8:30 – 9:15 am TBS w/Sue		9:00 – 9:45 am TBS w/ Sue		8:30-9:15 am Kick Boxing / Step w/ Karen	8:00 – 9:15 am Cardio Fusion w/ Arlene
	9:30 – 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	10:00 -10:30 am Balance & Stability w/ Laura	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 – 11:30 am Preschool Gymnastics	10:30 – 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers	10:30 -11:00 am OPEN GYM	10:30 – 11:30 am Tai Chi w/ Pam	
		11:00 – 11:45 am Silver Sneakers		11:00 – 11:45 am Silver Sneakers		
	11:45 – 2:30 pm OPEN GYM	12:00 – 2:30 pm OPEN GYM	11:45 – 2:30 pm OPEN GYM	12:00 – 2:30 pm OPEN GYM	11:45 – 2:30 pm OPEN GYM	
	2:30 – 5:30 pm After School Care	2:30 – 6:00 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	
	5:30 – 6:30 pm Kick Boxing /Step w/ Karen		5:30 – 6:30 pm Xcelerate / X-FIT HITT w/ Tif	5:30 – 7:45 pm Gymnastics	5:30 – 8:15 pm OPEN GYM	
			6:45-7:30 Balls to the Wall w/ Arlene			
	6:45 – 9:15 pm OPEN GYM	6:00 – 9:15 pm OPEN GYM	7:45– 9:15 pm OPEN GYM	7:45– 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/ Jessica	5:30 – 6:00 am Min-Barre w/ Sarah	
					6:15 – 7:00 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
		12:00-1:00 pm Yoga w/ Karen		12:00-1:00 pm Yoga w/ Karen		
	5:30 – 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 – 6:15 pm Yoga Flow w/ Karen	
	6:45 – 7:15 pm Foam Rolling w/ Karen	6:45 – 7:30 pm Empowered Yoga w/ Tif 1/7—3/31/20	6:45 – 7:45 Yoga w/ Nancy	6:45 – 7:45 pm Barre w/ Arlene		

HEALTHY LIVING

Improving the nation's health and well-being

JOIN US IN THE STUDIO.....

TRX - Total Resistance Training

Instructors: Tiffany Sculli

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

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.

**RESERVATIONS CAN BE MADE AFTER 1:00 PM
BY CALLING THE FRONT DESK ON THE DAY
BEFORE THE CLASS MEETS
(for ex. Mon. at 1pm for Tuesday class)**

Group Cycling

Instructors: Donna Loeb, Jessica Askin, Sarah Heieck & Jen Srmack

Times:	Donna	Mon. & Wed.	5:30 - 6:30 pm
	Sarah	Tuesday	5:45 - 6:45 am
	Jessica	Thursdays	5:45 - 6:45 am
	Jen	Friday	6:15 - 7:00 am

Indoor Group 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
BY CALLING THE FRONT DESK ON THE DAY
BEFORE THE CLASS MEETS
(for ex. Mon. at noon for Tuesday class)**

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: Karen Lynch, Sarah Heieck,
Michele Barrett-Ross and Arlene Eddington

Times:	Arlene	Thursday	6:45 - 7:45 pm
Mini Barre	Sarah	Friday	5:30 - 6:00 am
	Rotates	Saturday	9:15 - 10:00 am

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, Nancy Deming-May & Susan Srmack

Times:	Carol	Mon. & Wed.	8:30 am - 9:30 am
	Karen	Tuesday	12:00-1:00 pm
	Nancy	Wednesday	6:45-7:45 pm
	Karen	Thursdays	12:00 - 1:00 pm
	Rotates	Saturdays	10:15 am - 11:15 am

Empowered Yoga

Empowered Yoga is a vigorous, fitness-based approach to vinyasa-style yoga. ... incorporating the athleticism of Ashtanga, including lots of vinyasas but giving the instructor the flexibility to teach any poses in any order, including strength training and pilates style exercises, making every class different.

January 6—March 31, 2020

Instructors: Tiffany Sculli

Times: Tuesday 6:45-7:30 pm

Yoga FLOW

Vinyasa (translates to "flowing with breath") is a dynamic style of Hatha yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady internal rhythm for the practice. Our Flow class is designed to cultivate heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, arm balancing, and a strong focus on the power of breath awareness. Flow yoga classes tend to be more vigorous and aerobic.

Instructors: Karen Lynch

Times: Friday 5:15-6:15 pm

Get on a Roll—Foam Rolling Class

Self care is increasingly important to incorporate into our daily activity to ensure that our body functions optimally. Get on the "roll" and explore safe methods of myofascial release, including self massage to manage reduced flexibility, accumulated injuries and decreased mobility and circulation.

Instructors: Karen Lynch

Times: Monday 6:45 pm-7:15 pm

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.

January 1-June 21 2020 - 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	
	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	
	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	7:00 – 9:00 am Lap Swim
9:00 am – Noon Lap Swim	10:30 – 11:30 am Aqua HIIT	10:30 – 11:30 am Water Exercise	10:45 – 11:30 am Aqua Zumba	10:30 – 11:30 am Water Walking	10:30-11:30 Aqua HIIT	9:00 - 11:30 am *** Swim Lessons
Noon – 4:45 pm Open Swim	11:30 am – 1:30 pm Lap Swim	11:30 am–1:30 pm Lap Swim	11:30am–1:15pm 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 *** 1st Grade Swim Lessons	1:15 – 2:30pm *** 1st Grade Swim Lessons	1:30 – 4:00 pm Open Swim	1:30 – 4:45 pm Open Swim
		3:30– 4:30 pm After School Care	2:30-3:30 pm Dundee CSD Swim Lessons	2:30–3:30 pm Open Swim 3:30– 4:30 pm After School Care		
		4:30 - 6:00pm *Swim Team	3:30– 4:00 pm Open Swim	4:30— 6:00 pm * Swim Team		
	4:00 – 6:30 pm * Swim Team	6:00—6:30 pm Open Swim	4:00-5:00 pm * Swim Team	6:00–6:30 pm Open Swim	4:00—6:30 pm * Swim Team	
		6:30 – 7:30 pm Aqua HIIT	5:00—5:30 pm Open Swim	6:30 - 7:30 pm Aqua HIIT		
	6:30 – 8:15 pm Open Swim	7:30 – 8:15 pm Open Swim	5:30 – 8:00pm *** Swim Lessons	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		

Free Family Swim for our Geneva City School District Families

The Following Friday's ONLY
from 6:30 pm - 8:00 pm



ALL children MUST
be accompanied by an
adult and all parties
must sign in.

December 27, 2019
January 17, 2020
January 31, 2020
February 14, 2020
February 28, 2020
March 13, 2020
March 27, 2020
April 10, 2020
April 24, 2020
May 8, 2020
May 22, 2020
June 12, 2020

**The Hot Tub IS CLOSED & there IS NO LAP SWIMMING
during Swim Team & Afterschool Swim Times**

Please Note: *Swim Team runs until March 21
*** 1st Grade Swim Lessons Thursday end March 1
*** 1st Grade Swim Lessons Wednesday end on April 17
Following these dates this time will become OPEN SWIM

**Our Pool is 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 :**

Dates:	Christmas Break	12/23, 12/26, 12/27, 12/30, 1/2 & 1/3/2020
	Martin Luther King Day	1/20/2020
	February Break	2/17—2/21/2020
	Conference Day	3/13/2020
	Spring Break	4/6-4/10/2020

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

HEALTHY LIVING

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HEALTH, WELL-BEING & FITNESS

AQUATIC EXERCISE PROGRAMS

Water Walking

This low impact, non-aerobic class is designed to help you maintain your current range of motion, increase your flexibility, coordination and balance and help you maintain muscle tone by using the natural resistance of the water. This is a shallow water class, no swimming experience required.

Instructor: Diane Reid
Thursday 10:30 – 11:30 am

Water Exercise

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

Instructor: Ellen Ferrara
Tuesday 10:30 - 11:30 am

Water Exercise Deep Water

This class is taught in the deep end of our pool. Floatation belts are worn to allow participants to exercise without bearing any weight on your hips or joints with added balance exercises. If walking or running bothers you, this is the class for you. This is a deep water class, basic swim skills are recommended.

Instructor: Marcia Maslyn
Mon. Wed. & Fri. 10:00 - 11:00 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
Monday and Friday 10:30-11:30 am
Tuesday and Thursday 6:30 – 7:30 pm



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
Wednesday 10:45-11:30 am



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.



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: _____

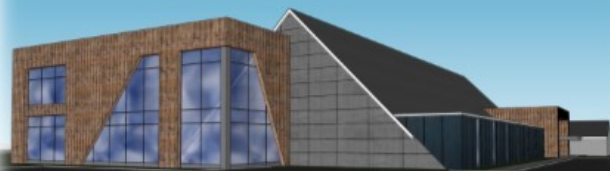


FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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THAT A SMALL GROUP
OF THOUGHTFUL, COMMITTED CITIZENS
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INDEED IT'S THE ONLY THING
THAT EVER HAS



ANNOUNCING THE 'EVERYDAY HERO' DONATION



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HUGE IMPACT



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