



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Families Thrive Here!

Winter/Spring 2018 AT THE
GENEVA FAMILY YMCA

Session 3

January 8, 2018 -
March 4, 2018

Session 4

March 5, 2018 -
April 29, 2018

Session 5

April 30, 2018 -
June 17, 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.

Geneva Family YMCA WIFI

Limited free Wifi is available to members. The system is password protected and encrypted. To receive the current password you must visit the member services desk and review the Geneva Y WiFi policies and sign that you agree to our terms of usage. Once this is completed you will be given the current password. To ensure the security of our network, please do not share the password with any other members or guests.



Facility Hours

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

Holiday Hours

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

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

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

Guests

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

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

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

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

Youth Facility Usage

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

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

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

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

Wellness Center Age Requirements:

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

MEMBERSHIP FEES

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

Annual Membership

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

Continuous Membership

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

Group Exercise Class Punch Cards

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

Cycling Cards:

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

Financial Assistance

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

A.W.A.Y. Program

Members of the Geneva Family YMCA are welcome at more than 1,000 Y's nationwide. When visiting a participating Y, use of the facilities is free of charge or for no more than half of its guest fee. Please contact the YMCA you are visiting to see if it participates.

The Geneva Family YMCA welcomes members of non-Geneva Family YMCAs free of charge 4 times a month. Proof of membership is required.

Carry Your Membership ID Card/Key Tag

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

YMCA Multi-Media Policy

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

Membership and Program Registration

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

Use of Lockers

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

Proper Attire

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

Accident Insurance

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

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILD CARE

Preschool



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

Registration is now open for the 2016-17 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 - 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

Caregivers: Joan Carter, Courtney Chavez, Kaitlyn Lee

Monday - Friday: 8:30 - 11:00 am

Monday - Thursday: 5:00 - 7:30 pm

Fee: Free (Members Only)
Donations appreciated



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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.

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

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

Kids Club Program

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

Dates:	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

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

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



YOUTH DEVELOPMENT

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SWIM, SPORTS & PLAY

Bitty Basketball

January 6th – February 17th
Registration begins November 6th

***Please note:**
NO special requests will be honored after 12/13/18

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 Grades	K-1	9:30 AM
	2-3	10:30 AM
Fee:	Family Members	\$25.00
	Non-Members	\$45.00

Modified—Varsity Lacrosse Open Gym

January 7th - March 19th

This is great opportunity to dust the rust off before the spring season. Players must provide their own sticks. Players must provide their own equipment..

Sundays Grades 7—12 6:00 pm

Fee:	Members	\$25.00
	Non-Members	\$45.00
	Drop In Fee	\$5.00 per week

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: Taylor Racicot
Sundays 4:00 pm - 4:30 pm



Indoor Girls & Boys Lacrosse

January 14th - March 18th

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 February 1st

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

REGISTRATION REQUIRED.

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



T-Ball & Coach Pitch

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 Saturdays.

Coach Pitch is designed for players **6-8 years old**. This league still focuses on basic skills but introduces a pitcher (coach) so that players can hit a moving ball. Children will learn skills, teamwork and cooperation's that will help build confidence and self-esteem. Players will take part in one practice per week and one game on Saturdays. All 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



YOUTH DEVELOPMENT

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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.

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

Tiny Tumblers (ages 3 - 4 years old)

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

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



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

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

Students will learn the following:

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

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



Level 2 Gymnastics

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

To participate students must be able to perform the following skills:

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

Will learn to do the following:

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

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



YOUTH DEVELOPMENT

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SWIM, SPORTS & PLAY

Special Olympics Gators Swim Team (Ages 7 - 18)

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

This brand new 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 - 5:30 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: swimmer must be a YMCA member and need to be able to swim 2 lengths of the pool. Coaches will evaluate and assess each swimmer individually and assign groups based on their ability.

TBA

Teen & Adult Aquatic Programs

Lifeguard Training

Have you ever thought about becoming a lifeguard? The Geneva YMCA will 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 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.



Water Safety Instructor (WSI)

This course certifies those individuals who are interested in teaching swimming lessons. You will learn how to properly teach and evaluate students. Upon successful completion of this course, participants will be certified in the instruction of swimming lessons. You must be 16 years old on or before the end of the course.



***Please keep watch for more information in the spring regarding dates and times for the Lifeguard Training and WSI classes**

YOUTH DEVELOPMENT

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SWIM, SPORTS & PLAY

Swim Lessons

At the Geneva Y we teach children (& adults) how to be safe in and around the water through our progressive swim program. Our staff of certified instructors is ready to work with your child to teach the aquatic skills needed to ensure personal safety and swimming ability.

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

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HEALTH, WELL-BEING & FITNESS

AQUATIC EXERCISE PROGRAMS

Water Exercise I

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

Instructor: Diane Reid

Mon., Wed., & Thurs. 10:30 – 11:30 am

Water Exercise II

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

Instructor: 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

Thursday

6:30 – 7:30 pm



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.

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

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 Kristal Swartley Aquatics Director

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

HEALTHY LIVING

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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 Front Desk for more information.

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



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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

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

Instructor: Arlene Eddington

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

Cardio Fusion

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

Instructor: Arlene Eddington

Times: Saturdays 8:00 am – 9:15 am

Zumba Gold

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

Instructor: Sue Marino

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

Zumba Toning

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

Instructor: Sue Marino

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

Total Body Strength (TBS)

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

Instructor: Sue Marino

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

Kettlebell & Kore

Time-efficient kettlebell workout that will improve cardiovascular fitness, muscular strength and endurance, all while enhancing balance, core strength and coordination.

(Instructor: Tiffany Sculli

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

H.I.I.T.

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

Instructor: Arlene Eddington & Jessica Askin

Times: Mondays w/Jessica 6:30 pm - 7:30 pm
Wednesdays w/Jessica 5:30 am - 6:15 am

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 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

Yoga incorporates traditional yoga postures with the controlled movements of pilates. Yoga helps you develop and maintain your physical fitness, and expand your overall flexibility and strength, while also sculpting your muscles.

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

Times: Carol Mon. & Wed. 8:30 am – 9:30 am
Karen Mondays 6:45 pm - 7:45 pm
Rotating 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

Advanced Yoga Flow

For the more experienced practitioner, this class enjoys flowing from pose to pose for the advanced Yogi.

Instructor: Karen Lynch

Times: Fridays 5:15 - 6:00 pm

Pilates

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

Instructors: Angie Urbano & Emily Rogowski

Times: Emily Tues. & Thurs. 6:30 - 7:15 pm
Fridays 9:00 – 10:00 am (Yogalates)

HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS



Silver Sneakers - Classic

This class is designed to increase strength, range of movement, agility, balance and coordination, 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 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, Kristal Swartley

Mondays 9:30 - 10:15 am

Wednesdays 10:45 – 11:30 am

Silver Sneakers Yoga

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

Instructor: Karen Lynch

Fridays: 9:30 - 10:15 am



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.



Aqua Senior Lunches

Join the morning Aqua Class participants once a month for lunch out at various Geneva eateries. Enjoy your morning workout, then join your Y friends for a chat and lunch! Contact your instructor for more information. Lunch is typically scheduled on a Wednesday afternoon mid-month.



Silver Sneakers Coffee Break

Enjoy a cup of coffee and conversation with other Silver Sneakers members at one of Geneva's yummy eateries. Our group meets for coffee on Monday & Friday and lunch on Wednesday. Please see your SS instructor for more information.



SPECIAL EVENTS

 **TICKETS LIMITED**
BUY EARLY!

FROSTFEST

ICE BAR

GENEVA, NEW YORK
RAMADA INN GENEVA LAKEFRONT
PROCEEDS TO BENEFIT THE GENEVA FAMILY YMCA

February 3, 2018 5:00 pm to 9:00 pm

TICKETS ~ \$25
21 and over only please

Tickets Available At:
GENEVA FAMILY YMCA
Or online at www.brownpapertickets.com



5th Annual & Easter Egg Hunt



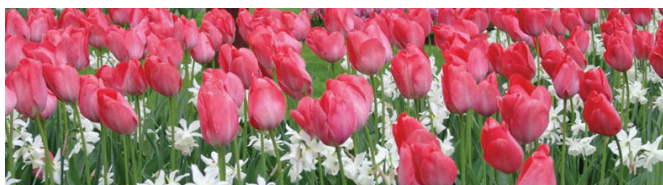
Date & Time
TBA

**THANK YOU FOR SUPPORTING
YOUR YMCA!!**

**Spring Bulb Sale Fundraiser to support
YMCA Childcare Programming**



Spruce up your spring gardens with some gorgeous Dutch Mills Bulbs! Order forms will be available in March for April delivery. Stop by the Front Desk in April to pick up your catalog, have a beautiful garden and support the kids at the Y at the same time!!



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

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.
**Pool inflatable available for an additional \$50.00.*

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



WINTER 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 – 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 H.I.I.T. & Ropes w/Jessica		6:15 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:15 am OPEN GYM	7:00 – 9:30 am OPEN GYM	6:30 - 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 - 10:15 am TBS w/Sue	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	9:30am – 12:30 pm Youth Sports
	10:30 – 11:00 am Preschool	10:30 - 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers	11:00 – 11:45 am Silver Sneakers	10:30 – 11:00 am Preschool Gymnastics	12:30 pm- 4:00 pm Open Gym
	11:00 - Noon OPEN GYM	11:00 - 11:45 am Silver Sneakers			11:00—Noon Open Gym	
	12:00 – 2:00 pm Member Basketball	12:00 - 2:00 pm OPEN GYM	12:00 – 2:00 pm Member Basketball	12:00 – 2:00 pm OPEN GYM	12:00 – 2:00 pm Member Basketball	
	2:00 - 5:30 pm After School Care	2:00 - 5:30 pm After School Care	2:00 – 5:30 pm After School Care	2:00 – 5:30 pm After School Care	2:00 – 5:30 pm After School Care	
	5:30 - 6:15 pm Kettlebell & Kore w/ Tiffany	5:45 - 6:45 pm Gymnastics	5:30 - 6:30 pm Xcelerate w/ Tiff	5:30 - 7:45 pm Gymnastics	5:30 - 9:15 pm OPEN GYM	
	6:30 – 7:30 pm H.I.I.T w/ Jessica	7:00 - 9:15 pm Old Men's B-Ball	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		

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

GROUP EXERCISE SCHEDULE

Monday

5:30 am - 6:00 am - TRX w/Jess (in studio)
 6:15 am - 7:00 am - Rise & Shine w/ Arlene
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)
 8:30 am - 9:15 am - TBS w/Sue
 5:30 pm - 6:15 pm - Kettlebell & Kore w/ Tiff
 5:30 pm - 6:30 pm - Cycling w/Donna (in studio)
 6:30 pm - 7:30 pm - H.I.I.T. w/ Jessica
 6:45 pm - 7:45 pm - Yoga w/Karen (in studio)

Tuesday

5:45 am - 6:45 am - Cycling w/Sarah (in studio)
 9:30 am - 10:30 am - Zumba Gold w/ Sue
 5:30 pm - 6:30 pm - TRX w/ Tiff (in studio)
 6:30 pm - 7:15 pm - Pilates w/Emily (in studio)

Wednesday

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

GROUP EXERCISE SCHEDULE

Thursday

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

Friday

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

Saturday

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

Sunday

9:30 - 10:30 am - Cycling w/Kaylyn (in studio)
 4:00 pm - 4:30 pm - Little Buddha's Yoga w/ Taylor
 (in studio)



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	
9:30-10:30 am Cycling w/Kaylyn					6:15-7:15 am Cycling w/Jen	9:15-10:00 am Barre w/ Emily or Michele
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol		9:00-10:00 am Yogalates w/ Angie	10:15-11:15 am Yoga Instructor Rotates
	5:30-6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/Tiff	5:30-6:30pm Cycling w/ Donna	5:30-6:30 pm TRX w/ Tiff	Advanced Yoga w/Karen 5:15 - 6:00 pm	
	6:45-7:45 pm Yoga	6:30-7:15 pm Pilates w/ Emily	6:45-7:45 pm Candlelight Yoga w/Karen	6:30-7:15 pm Pilates w/ Emily		

Cycling Classes

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

Cycling Fees:

Members \$4.00 per class

Non-Members \$10.00 per class

***Temporary Membership Card-Holders
must pay Non-Member Price***

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

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

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

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

TRX & Barre Classes

TRX - Total Resistance Training

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

TRX TABATA

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

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 way to a dancer-style body.

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

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

WINTER POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 am – Noon Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	7 – 9:00 am Lap Swim
Noon – 4:45 pm Open Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:30 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:30 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	9:00 – 11:00 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	11:30am–1:15 pm Lap Swim	11:30 am–1:15 pm Lap Swim	11:00 am–1:30 pm Lap Swim	11–2:00 pm Lap Swim
	1:30 pm – 4:00 pm Open Swim	1:30 – 3:30 pm Open Swim	1:15 – 2:30 pm ***2nd Grade Lessons	1:15 – 2:30 pm ***2nd Grade Lessons	1:30 – 4:00 pm Open Swim	1:00–4:45 pm Open Swim
			2:30 - 4:00 pm Open Swim	2:30 - 3:30 pm Open Swim		
	4:00 – 6:30 pm * Swim Team	3:30 – 4:30 pm After School Care	4:00 – 6:00 pm * Swim Team	3:30 – 4:45 pm After School Care	4:00 – 6:30 pm * Swim Team	
		4:30 - 6:30 pm Swim Team		4:45 - 6:30 pm Open Swim		
	6:30 – 8:15 pm Open Swim		6:00 – 8:00 pm *** Swim Lessons	6:30 - 7:30 pm Aqua Fit w/ Arlene		
		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 runs through May 2018

***** The Hot Tub will be CLOSED & there will be NO LAP SWIMMING during Youth Swim Lesson, Swim Team and West Street School & Afterschool Swim Times**

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

Christmas-	12/26/17 - 12/29/2017
MLK Day	1/15/18
February Break Week	2/19/18 thru 2/23/18
Conference Day	3/16/18
Spring Break	3/30/18—4/6/18

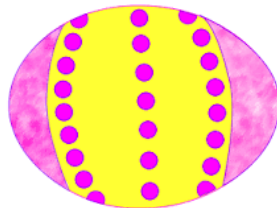
The Geneva YMCA reserves the right to alter this schedule at any time.

Coming Easter 2018



Adult Easter Egg Hunt

PRIZES



MUSIC



FOOD



Proceeds to benefit the Geneva YMCA Date & Time TBA



The Geneva Family YMCA
399 William St.
Geneva, NY 14456
315-789-1616
www.genevafamilyymca.org
Visit us on Facebook



~~RESOLUTION!~~
Make This Year Count
at the YMCA!!