



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALWAYS HERE FOR YOU

## Winter/Early Spring Program Guide DELAWARE FAMILY YMCA

### WINTER SESSION - 8 Weeks

Jan. 1 - Feb. 25, 2012

Member Registration begins:  
Dec. 18, 2011

Open Registration begins:  
Dec. 26, 2011

### EARLY SPRING SESSION - 8 Weeks

Feb. 26 - April 21, 2012

Member Registration begins:  
Feb. 12, 2012

Open Registration begins:  
Feb. 19, 2012



# WELCOME TO THE Y

## Committed to our Community

### WE'RE GLAD YOU'RE HERE

When you become a member of the YMCA, you are joining an organization that believes in and promotes active and healthy lifestyles, progressive skill development, family, fair play, and character development.

### OUR MISSION

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body.

### ALL YMCA STAFF AND PROGRAM VOLUNTEERS:

- Undergo a criminal background check
- Undergo a thorough reference check
- Participate in a child abuse prevention training

### MEMBERSHIP

The YMCA is a worldwide membership organization. There are two ways to participate in YMCA programming either as a **member** who pays annual dues and can participate in programming at discounted rates or at no charge or as a **program participant** who can take part in YMCA programs on an individual basis for a set fee.

### MEMBERSHIP BENEFITS

- Priority registration for classes during member registration week.
- Reduced program fees for classes.
- Complimentary child watch during posted hours. Pre-registration is required.
- Unlimited use of the wellness center, gym, pool, and fitness classes.
- AWAY Program (Always Welcome at YMCA's) – Use of other participating Y's across the USA at no charge or 1/2 the guest fee.

### PROGRAM PARTICIPANT UPGRADES

When you purchase a membership, the difference between any full privilege member and program participant class fees paid within the last 30 days is deducted from your dues.

### Y FRIENDS & FAMILY PASS

Members may invite friends or family members to accompany them to their YMCA branch for a nominal fee per visit, per person. Y members must stay with their guests during visits. Visitors must be over the age of 19 unless accompanied by an adult. All visitors must present photo ID and complete appropriate forms. All building rules and restrictions apply. Each guest is allowed a maximum of five visits per year. At the Delaware branch, a Friends & Family Pass can only be used for land and water fitness classes.

### CANCELLATIONS AND CLOSINGS

In the event that the Y must cancel a class, announcements will be aired on local TV and radio stations. Make up classes will be scheduled when a class is cancelled by the Y. Make up classes will not be scheduled for individuals who miss a class due to their own inability to attend.

### HOURS OF OPERATION

Monday-Friday	6:00 am - 9:30 pm
Saturday	7:00 am - 6:30 pm
Sunday	7:00 am - 4:30 pm

All YMCA Buffalo Niagara facilities are closed on the following holidays:

- New Year's Day
- Good Friday
- Easter
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

### ANNUAL BRANCH SHUTDOWN

Each year around Labor Day branches close all or part of their facilities for several days to one week. During this time necessary repairs and facility enhancements are made such as draining and cleaning the pool, painting, etc.

YMCA members are invited to utilize other YMCA Buffalo Niagara locations as their shutdown schedules allow. Volunteers are always welcome to assist with the various projects and can contact the member services desk for more information or to sign up.

Delaware Shut Down: Aug. 29 - Sept. 5

### CAMERA & CELL PHONE POLICY

The use of video recorders, cameras or any other visual recording devices, including cellular picture phones, is prohibited in locker rooms and rest rooms at YMCA Buffalo Niagara facilities and program locations. Violators will be subject to appropriate sanctions including revocation of membership.

### LOCKER ROOM POLICY

Children 5 years of age and over are not allowed in the locker rooms of the opposite sex. Children 4 years of age and under are allowed in the locker room of the opposite sex only when under the direct supervision of a parent or a responsible adult. Under all circumstances, parents must be aware of the privacy of others. If you have any questions regarding this policy or need suggestions on how to ease into this transition, please speak to the Manager on duty.

### PUBLIC DISCLOSURE

A copy of YMCA Buffalo Niagara's latest annual report may be obtained upon request by calling 716-565-6000, e-mailing [contactus@ymcabuffaloniagara.org](mailto:contactus@ymcabuffaloniagara.org), or by writing to: YMCA Buffalo Niagara, Corporate Offices, 301 Cayuga Road, Suite 100, Buffalo, NY 14225. YMCA Buffalo Niagara's annual report may also be obtained by writing to: New York State Attorney General's Charities Bureau, Attention: FOIL Officer, 120 Broadway, New York, NY 10271.

## AGE REQUIREMENTS

All children under the age of 12 must be accompanied by an adult in the building unless participating in a youth program. Mature behavior is expected in all areas. We reserve the right to exclude anyone who does not adhere to YMCA guidelines and safety standards. Please note the following minimum age requirements for unsupervised activities for members:

- Open Swim: 12 years old (must pass swim test)
- Open Gym: 12 years old
- Wellness Center: 15 years old with orientation; 12 years old with Mandatory Teen Weight Training
- Group Exercise Class: 14 years old or 12 years old with parent
- Lap Swim: 14 years old
- Track: 14 years old unless enrolled in Track Time
- Sauna: 16 years old
- Pick-Up Adult Basketball: 19 years old (unless otherwise specified)

## POOL RULES

YMCA Buffalo Niagara puts safety first. We believe there is no substitute for adequate supervision. The following information is reinforced by YMCA Buffalo Niagara to prevent accidents:

- YMCA Buffalo Niagara lifeguards receive YMCA and American Red Cross certification, AED, first aid, oxygen administration, and professional rescuer CPR training.
- YMCA Buffalo Niagara lifeguards must be 18 years of age or older.
- Children under 12 years of age must be accompanied in the pool area by a parent or guardian (an adult member who is responsible for the children and their behavior).
- Lifeguards are always on deck during hours of operation. YMCA Buffalo Niagara pools are only to be used during these times.
- In the event of an emergency, YMCA Buffalo Niagara recommends contacting 9-1-1. A telephone is provided on every pool deck.
- To ensure the safety of our members, the pool may be temporarily closed due to inclement weather (i.e. lightning, thunderstorms, loss of power).

## LAP SWIM

Open to individuals ages 16 years old and up and advanced swim club participants. Pool schedules are available at the member services desk. Those wishing to float or water walk should do so during open swim.

## OPEN SWIM

Open to adult, family, and youth members ages 12 years old and up who have passed the swim test. Children under 12 MUST be accompanied by an adult who is in the water. Flotation devices are required for all non-swimmers unable to stand in the deepest part of the shallow end.

## REGISTRATION

Members as well as program participants may register by phone or online at [www.YMCABuffaloNiagara.org](http://www.YMCABuffaloNiagara.org). Members may register using their 12 digit facility access number found on their member ID card. An online form is available for non-members which can be submitted to obtain a user ID. For more information, please contact a member service representative.

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# FEES & INFORMATION

## Several Options Available

### PRICING

Fees are separated by a (/). The first amount listed is the full privilege member rate; the second indicates the rate for program participants.

### MEMBERSHIP FEES & PAYMENT PLANS

#### Pay in Full

Members may pay the full amount of their annual dues. MasterCard, Visa, Discover, AMEX, cash, check or YMCA gift certificates are accepted for all transactions.

#### Credit Card Drafting

Membership fees as well as School Age Child Care and camp fees can now be paid automatically through credit card drafting. The charge will appear on your monthly statement.

#### Bank Draft Payment Option

Low monthly fees are deducted automatically from your checking account or credit card. There is no finance charge. A completed authorization form and voided check are necessary for all transactions. Membership remains continuous until member requests cancellation with a 30 day written notice.

#### Join Fee

In addition to membership dues, the join fee is a one-time fee for new members only. Memberships that are expired for more than 30 days are considered new members.

### ADDITIONAL CHILD PRICING

All youth programs have additional child pricing available for youth members and children of family members. When enrollments are made at the same time, the first child in the program will be charged the full member program fee. Each subsequent child from the same family enrolled in that same program will be charged 10% less than the full member fee.

### INSURANCE DISCOUNTS

A variety of insurance discounts are available for: Independent Health FlexFit and Medicare Advantage Plan members, Healthy Univera Plus (Univera Solutions) and Medicare Advantage Plan members, and BlueCross BlueShield of WNY Aqua and Medicare Advantage members. Contact your insurance provider for details.

### FINANCIAL ASSISTANCE

Within its available resources, YMCA Buffalo Niagara will provide services to anyone who desires to participate in our programs and membership regardless of his/her ability to pay. Partial financial assistance may be awarded to those who can demonstrate their inability to pay the full fee. Funds are secured by volunteers during the annual Strong Kids Campaign. Contact the member services desk to apply.

MEMBERSHIP TYPE	MONTHLY BANK DRAFT	ANNUAL DUES	JOIN FEE
<b>YOUTH</b> (0-18)	N/A	\$119.00	\$15.00
<b>YOUNG ADULT</b> (19-23)	\$26.25	\$318.00	\$48.00
<b>ADULT</b> (24-59)	\$31.67	\$384.00	\$58.00
<b>SENIOR ADULT</b> (60 & Over)	\$23.67	\$288.00	\$42.00
<b>MARRIED COUPLE</b> <small>(Any couple whose union is legally recognized by the State of New York as being in a marital relationship.)</small>	\$39.67	\$480.00	\$72.00
<b>FAMILY WITH CHILDREN</b> <small>(Any couple whose union is legally recognized by the State of New York as being in a marital relationship and all unmarried dependent children through the age of 18 and unmarried dependent children through the age of 23 who are full-time students.)</small>	\$45.08	\$546.00	\$82.00
<b>INDIVIDUAL PARENT FAMILY</b> <small>(One parent and all unmarried children through the age of 23 who are full-time students.)</small>	\$37.83	\$459.00	\$68.00
<b>SENIOR COUPLE</b> <small>(Any couple whose union is legally recognized by the State of New York as being in a marital relationship with either spouse being 60 years of age or older.)</small>	\$29.83	\$360.00	\$54.00
<b>MASTERKEY ADULT</b> <small>(Entitled to use any branch of YMCA Buffalo Niagara.)</small>	\$53.50	\$642.00	\$80.00
<b>MASTERKEY FAMILY</b> <small>(Entitled to use any branch of YMCA Buffalo Niagara. See family/children membership info. for eligibility.)</small>	\$69.75	\$837.00	\$100.00
<b>MASTERKEY SENIOR</b> <small>(Entitled to use any branch of YMCA Buffalo Niagara.)</small>	\$36.00	\$432.00	\$70.00

### CREDIT/REFUND POLICY

Fees are nonrefundable however if there are extenuating circumstances please contact a member service representative.

### YMCA GIFT CERTIFICATES

Give the gift of good health. A YMCA gift certificate is perfect for children who would enjoy swim lessons, day camp or youth sports; great for the family that plays together; and wonderful for the adult who is looking to start or continue an exercise program. Gift certificates are available year round, in any amount and may be applied toward membership or programs. Visit the member services desk for more information or to make a purchase.

# YOUTH DEVELOPMENT

## Child Care & Preschool Education

### SCHOOL AGE CHILD CARE

#### AGES 4-12 YEARS

YMCA School Age Child Care offers kids a safe, well supervised, fun, and nurturing environment to go to after school. School Age Child Care offers learning centers, arts and crafts, service learning projects, character development time, swimming, games, outdoor play (weather permitting), homework time, a snack and more. Financial assistance is available. Dinner program free of charge if registered at least 48 hours in advance.

	MEMBER/NON-MEMBER
6:45-9:00 am	\$7.00/\$9.55 per day
2:00-6:00 pm	\$10.00/\$13.00 per day
6:45-9:00 am	\$35.00/\$47.75 per week
2:00-6:00 pm	\$50.00/\$65.00 per week

### VACATION CLUB

#### AGES 3-12 YEARS

Full or half-day School Age Child Care is offered during school holidays, vacations, snow days etc. at the Y. Activities include swimming, games, gym time, arts & crafts, and more. Children need to bring a bag lunch on snow days, bathing suit, and towel. **Pre-registration is required. Space is limited.** Please Note: A minimum enrollment of five participants is required to run full day programs. A lunch and snack are provided if your child is registered at least 48 hours in advance.

**Full Day Hours: 6:45 am – 6:00 pm**

Half Day Care	\$16/\$20 per day
Full Day Care	\$25/\$35 per day

### CHILD WATCH (FAMILY MEMBERS ONLY)

#### AGES 2 MONTHS - 12 YEARS

Child Watch is a benefit for Y family members (Family with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. **Reservations are required 24 hours in advance and parents/guardians must stay on the premises.** We recommend that babies be brought in with an infant seat. Please call to cancel if you are unable to attend.

DAY	WINTER & EARLY SPRING
M, W, F	9:00-11:00 am
M-TH	5:30-8:30 pm
SAT	8:30-11:30 am

\* Child Watch will be closed in the event of a school day cancellation. Please call the front desk to confirm.

### MOMMY AND ME (08210)

#### BIRTH TO 1 YEAR

A wonderful way to connect with your little one while using movement to develop a true mind/body connection. This class is mat based and includes an area available for diaper changing. All caregivers are welcome.

DAY	TIME	WINTER	EARLY SPRING
T/TH	12:00-12:45 pm	FREE/\$35	FREE/\$35

### PRESCHOOL PARENTS' NIGHT OUT (04002)

#### AGES 3-5 YEARS

Enjoy a night out or a few hours working out while your preschooler has a great time at the Y! Children will enjoy playing in the gym, cooperative games, music and movement and much more. Snacks will be provided. Parents/guardians must sign children in and out of the building. Gym shoes recommended. Registration for this event is required 24 hours in advance. Families are invited to participate in Family Swim from 8:00-9:00 pm.

DATE	TIME	FEE
2/17, 4/27	6:30-8:00 pm	\$2/\$10

### LITTLE CHEFS (09217)

#### AGES 3-5 YEARS

Kids love food. Even more, they love to help make it. This class features simple and healthy recipes that can be prepared easily by children ages 3-5. In addition, the kids learn valuable skills including healthy food habits, mathematics, following directions, and cooperation, plus they get to eat the yummy treats they prepare!

DAY	TIME	WINTER	EARLY SPRING
SAT	11:15 am - 12:00 pm	\$5/\$10	\$5/\$10



# YOUTH DEVELOPMENT

## Swimming

### INFANT LESSONS

#### SHRIMP/KIPPER LEVEL (WITH PARENT OR GUARDIAN)

AGES 6-18 MONTHS (1:12 staff to student ratio)

A water adjustment orientation class that emphasizes fun and safety with the use of games and songs.

### TODDLER LESSONS

#### INIA/PERCH LEVEL (WITH PARENT OR GUARDIAN)

AGES 18-36 MONTHS (1:12 staff to student ratio)

Builds on the basic skills from the Shrimp/Kipper class and focuses on further exposure to basic water skills, fun, and safety.

### PRESCHOOL LESSONS

AGES 3-5 YEARS

#### PIKE LEVEL (WITHOUT PARENT)

(1:6 staff to student ratio)

Children are introduced to basic water skills using flotation devices. The class focuses on paddle strokes, basic floats, and activities designed to increase water confidence.

#### EEL LEVEL (WITHOUT PARENT)

(1:6 staff to student ratio; pre-requisites: independent swimming with minimal flotation OR instructor's recommendation.)

For a child with growing comfort in the water. Participants learn paddle strokes, basic floats, and water entries. The class focuses on performing skills and swimming independently with and without flotation.

#### RAY LEVEL

(1:6 staff to student ratio; pre-requisites: independent swimming without flotation OR instructor's recommendation.)

Children swim without the use of flotation devices. Basic skills are reviewed. New skills include under-water swimming, treading water, front and back crawls as well as, kneeling and standing dives.

#### STARFISH LEVEL

(1:6 staff to student ratio; pre-requisites: independent swimming without flotation OR instructor's recommendation.)

Focuses on further development of skills learned at the Ray level as well as improving endurance.

### PRIVATE LESSONS (01038)

AGES 3 YEARS & UP

This class provides one-on-one swim instructions and is open to all abilities. Registration is by lesson, first come, first served.

\$15/\$23 per swimmer/per lesson

\$60/\$100 per swimmer for 5 lessons

### SHRIMP DIP (01101)

AGES 3-36 MONTHS (WITH PARENT OR GRANDPARENT)

Adults and children relax and have fun swimming together. Noodles, bubbles, and toys provided. No diapers in the pool.

DAY	TIME	WINTER	EARLY SPRING
T/TH	11:00 am - 12:00 pm	FREE/\$64	FREE/\$64

### INFANT – SHRIMP/KIPPER (01001)

DAY	TIME	WINTER	EARLY SPRING
TUE	5:15-5:45 pm	\$34/\$64	\$32/\$64
SAT	10:15-10:45 am	\$34/\$64	\$32/\$64

### TODDLER – INIA/PERCH (01002)

DAY	TIME	WINTER	EARLY SPRING
TUE	5:15-5:45 pm	\$34/\$64	\$32/\$64
SAT	10:15-10:45 am	\$34/\$64	\$32/\$64

### PRESCHOOL BEGINNER – PIKE (01003)

DAY	TIME	WINTER	EARLY SPRING
TUE	4:40-5:10 pm	\$34/\$64	\$32/\$64
THU	5:50-6:25 pm	\$34/\$64	\$32/\$64
SAT	10:50-11:20 am	\$34/\$64	\$32/\$64

### PRESCHOOL INTERMEDIATE – EEL (01004)

DAY	TIME	WINTER	EARLY SPRING
THU	4:40-5:20 pm	\$34/\$64	\$32/\$64
SAT	9:35-10:05 am	\$34/\$64	\$32/\$64

### PRESCHOOL ADVANCED – RAY/STARFISH (01005)

DAY	TIME	WINTER	EARLY SPRING
THU	4:00-4:30 pm	\$34/\$64	\$32/\$64
SAT	9:00-9:30 am	\$34/\$64	\$32/\$64



## YOUTH LESSONS

### AGES 6-12 YEARS

#### **POLLIWOG (1:6 staff to student ratio)**

This class is for children who are beginner swimmers and need the assistance of flotation devices (i.e. bubbles) to swim independently. Swimmers learn how to float on their fronts and backs, perform sitting dives and basic paddle strokes, and are introduced to water safety. Children become comfortable blowing bubbles with their faces in the water and remain in this level until they are comfortable swimming independently without a bubble.

#### **GUPPY (1:8 STAFF TO STUDENT RATIO)**

Participants usually have some previous swim lesson experience and should be able to jump into the water without assistance and perform front and back paddle strokes the width of the pool without using flotation devices (i.e. bubbles). Front and back crawl strokes, rhythmic breathing, treading water, and kneeling/standing dives are introduced.

#### **MINNOW (1:8 STAFF TO STUDENT RATIO)**

This class focuses on refining front and back crawl strokes and dives and begins to build endurance. Elementary backstroke, breaststroke, and dolphin kicks are introduced. To improve endurance, students swim a limited number of pool lengths.

#### **FISH (1:8 STAFF TO STUDENT RATIO)**

This class is designed to refine the strokes learned in the Minnow class as well as introduce sidestroke, survival strokes, and floats. Swimmers are taught to swim 50 yards each of crawl stroke, backstroke, and breaststroke before advancing to the next level.

#### **FLYING FISH (1:8 STAFF TO STUDENT RATIO)**

Continued focus on endurance while concentrating on refining more difficult strokes. Swimmers learn butterfly stroke, Individual Medleys, racing starts and turns, and are introduced to lifesaving skills.

#### **SHARK/PORPOISE (1:12 STAFF TO STUDENT RATIO)**

This combination class will focus on advanced swimming, junior lifesaving and competitive swim skills. Ideal for those who are interested in swim team, stroke and turn technique enhancement and lifesaving skills.

## SWIM LESSONS @ D'YOUVILLE COLLEGE

We are happy to be able to offer the same value and program design at D'Youville College, located at 320 Porter Ave. We invite you to take advantage of smaller class sizes and longer youth lessons.

LEVEL	DAY	TIME	WINTER & EARLY SPRING
Pike, Eel, Ray, Starfish	SAT	9:00-9:35 am	\$34/\$64
Polliwog	SAT	9:40-10:20 am	\$34/\$64
Guppy/Minnow	SAT	10:30-11:10 am	\$34/\$64
Fish/Flying Fish	SAT	11:10-11:50 am	\$34/\$64

#### **BEGINNER – POLLIWOG (01009)**

DAY	TIME	WINTER	EARLY SPRING
MON	6:40-7:15 pm	\$34/\$64	\$34/\$64
TUE	4:00-4:35 pm	\$34/\$64	\$34/\$64
TUE	5:50-6:25 pm	\$34/\$64	\$34/\$64
THU	5:15-5:45 pm	\$34/\$64	\$34/\$64
SAT	11:30 am - 12:05 pm	\$34/\$64	\$34/\$64
SAT	12:05-12:40 pm	\$34/\$64	\$34/\$64

#### **INTERMEDIATE I – GUPPY (01010)**

DAY	TIME	WINTER	EARLY SPRING
TUE	5:15-5:50 pm	\$34/\$64	\$34/\$64
THU	4:00-4:35 pm	\$34/\$64	\$34/\$64
SAT	10:10-10:45 am	\$34/\$64	\$34/\$64

#### **INTERMEDIATE II – MINNOW (01011)**

DAY	TIME	WINTER	EARLY SPRING
TUE	4:00-4:35 pm	\$34/\$64	\$34/\$64
THU	5:55-6:30 pm	\$34/\$64	\$34/\$64
SAT	10:50-11:25 am	\$34/\$64	\$34/\$64

#### **ADVANCED I – FISH (01012)**

DAY	TIME	WINTER	EARLY SPRING
TUE	4:40-5:15 pm	\$34/\$64	\$34/\$64
THU	5:15-5:50 pm	\$34/\$64	\$34/\$64
SAT	9:30-10:05 am	\$34/\$64	\$34/\$64

#### **ADVANCED II – FLYING FISH (01013)**

DAY	TIME	WINTER	EARLY SPRING
TUE	5:55-6:30 pm	\$34/\$64	\$34/\$64
THU	4:35-5:10 pm	\$34/\$64	\$34/\$64
SAT	12:10-12:45 pm	\$34/\$64	\$34/\$64

#### **ADVANCED III – SHARK/PORPOISE (01017)**

DAY	TIME	WINTER	EARLY SPRING
SAT	11:25 am - 12:00 pm	\$34/\$64	\$34/\$64



# YOUTH DEVELOPMENT

## Swimming

### SWIM LEVEL EVALUATIONS

AGES 5 YEARS & UP

Unsure of what level to enroll your child in? Have their swim level evaluated by a YMCA swim instructor to determine your class level.

### SWIM CLUB

Swim Club gives the advanced swimmer an opportunity to engage in competitive swimming and learn various techniques to be successful when competing against others in breast stroke, front stroke, backstroke, and butterfly. Open to those who have completed Minnow level in swim lessons.

DAY	TIME	WINTER	EARLY SPRING
FRI	6:00-6:30 pm	FREE/\$32	FREE/\$32

### YOUTH MEMBER ONLY SWIM

Supervised open swim for youth members only.

DAY	TIME	WINTER/EARLY SPRING
WED	7:15-8:15 pm	MEMBERS ONLY
SAT	1:00-2:00 pm	MEMBERS ONLY

### WATER FUN (01014)

AGES 6-12 YEARS

Class is structured with games and activities led by a swim instructor. Must have some swim experience and stand in 3-foot water.

DAY	TIME	WINTER/EARLY SPRING
FRI	6:30-7:00 pm	FREE/\$32

### SPECIAL HOLIDAY SWIM LESSON

Children will enjoy taking part in healthy water activities while on winter break at the Y! Classes begin with reviewing water safety, floating, and end with playing skill-appropriate innovative games and activities. Bring a friend or family member! Registration is required 24 hours in advance.

DAY	TIME	SWIM LEVEL	FEE
12/20	4:30-5:15 pm	Pike	FREE/\$3
12/20	5:15-6:30 pm	Eel, Ray, Starfish	FREE/\$3
12/21	5:00-5:45 pm	Polliwog	FREE/\$3
12/21	5:45-6:30 pm	Guppy	FREE/\$3
12/21	6:30-7:15 pm	Minnow	FREE/\$3
12/22	5:00-6:00 pm	Fish	FREE/\$3
12/22	6:00-7:00 pm	Flying Fish, Shark	FREE/\$3

### BRING A FRIEND FRIDAY

FRIDAY, DEC. 23

6:00-9:00 PM

Start your winter vacation with a bang by bringing a friend or family member to open swim at the Y. The Y provides a safe and caring environment where we support healthy living! Open to children, ages 5-12. Free to members only.

### SWIM-A-THON

SUNDAY, FEB. 26, 2012

Take part in our 5th Annual Swim-a-Thon. Participants learn about social responsibility, goal setting, and staying committed to a cause. Please contact the front desk for more details.

### GIRL SCOUTS PATCH PROGRAM

Earn your water safety, water fitness, and water fun patches. Call 875-1283 for a complete list of offerings.



# YOUTH DEVELOPMENT

## Sports

### SPORTS & SPLASH (08005)

#### AGES 5-12 YEARS

Instructor led gym games and sports followed by supervised open swim for youth. Parent/guardian must sign children in and out of the program. Pre-registration is required.

DAY	TIME	WINTER	EARLY SPRING
MON	6:00-7:30 pm	\$7/\$10	\$7/\$10
WED	6:00-7:30 pm	\$7/\$10	\$7/\$10

### FLOOR HOCKEY LEAGUE (08450)

#### AGES 5-12 YEARS

Children learn and practice with their teams once during the week and play games on Saturday afternoons. Fun, teamwork, skill development, and physical fitness are the goals of this program.

Volunteer coaches needed.

Cost: \$35/\$55

#### EARLY SPRING SESSION

##### Ages 5-8 years

DAY	EVENT	TIME
THU	PRACTICE	6:00-7:00 pm
SAT	GAME	Scheduled between 12:30-2:00 pm

##### Ages 9-12 years

DAY	EVENT	TIME
THU	PRACTICE	7:00-8:00 pm
SAT	GAME	Scheduled between 2:00-4:00 pm

### BASKETBALL LEAGUE (08450)

#### AGES 5-12 YEARS

Our basketball league is the perfect place to learn and practice basketball skills for all levels, including beginners. Children practice with their teams during the week and play games on Saturdays. The league focuses on fun, teamwork, skill development, and physical fitness. Volunteer coaches needed.

Cost: \$35/\$55

Nov. 3, 2011 - Feb. 26, 2012

##### Ages 5-8 years

DAY	EVENT	TIME
THU	PRACTICE	6:00-7:00 pm
SAT	GAME	Scheduled between 12:30-2:00 pm

##### Ages 9-12 years

DAY	EVENT	TIME
THU	PRACTICE	7:00-8:00 pm
SAT	GAME	Scheduled between 2:00-4:00 pm

### SOCCER (08407)

#### AGES 5-12 YEARS

Boys and girls learn basic soccer skills: dribbling, shooting, passing, and positioning. Game-like situations are focused on. The early weeks of the program are spent teaching drills and sharpening skills. Scrimmaging will take place in later weeks as an addition to skill development. Introduce your child to this fast growing international sport.

DAY	TIME	EARLY SPRING
TUE	7:30-8:30 pm	\$7/\$10



# YOUTH DEVELOPMENT

## Play

### EASTER EGG HUNT

SATURDAY, APRIL 7

10:00 AM – 12:00 PM

Children will enjoy searching for eggs, playing games, and taking part in arts and crafts alongside the Easter Bunny! Parent supervision is required for the event.

### HEALTHY KIDS DAY

APRIL 28 – WALDEN GALLERIA (UPPER LEVEL NEAR SEARS)

10:00 AM – 1:00 PM

The Y is encouraging kids and parents to come to the Galleria Mall for a play date and commit to being active every day. It's all part of the YMCA's Healthy Kids Day™ – the nation's largest health day for families. This FREE event will feature activities such as fitness demonstrations, making healthy snacks, sports games and more!

### PARENTS' NIGHT OUT (04002)

AGES 5-12 YEARS (MUST COME PREPARED TO SWIM)

Parents, enjoy a night out while your kids have a great time at the YMCA! Children will be supervised by Y staff and enjoy swimming, gym games, and snacks. Parents/guardians must sign children in and out of the facility with a YMCA youth or family member photo ID card. **Children must be registered 24 hours in advance.**

DATE	TIME	FEE
1/13, 2/10, 3/9, 4/20	6:00-8:30 pm	\$3/\$10

### FLICK & FLOAT

AGES 5-12 YEARS (MUST COME PREPARED TO SWIM)

Parents, drop off your children at the Y for a night of movies and swimming. Contact the member services desk for details. Registration is required. Parents/guardians must sign children in and out of the facility with a YMCA youth or family member photo ID card. **Children must be registered 24 hours in advance.**

DATE	TIME	FEE
1/6, 2/3, 3/2, 4/13	6:00-8:30 pm	\$2/\$10

### BIRTHDAY PARTIES

Celebrate your child's birthday or special event at the YMCA! The birthday boy or girl and their friends will enjoy their celebration in the party room and their choice of swimming pool or gym. Just make your reservation, bring the children, and we'll supply the host and games.

Just make your reservation, bring the children, and we'll supply the host and games.

Birthday parties are available on Saturdays from 12:30-3:00 pm and 3:30-6:00 pm & Sundays from 1:30-4:00 pm. Call 875-1283 for details and to make your reservation.



### INDOOR POOL PARTY

AGES 3+ YEARS

Your birthday child and up to 30 guests will enjoy an hour of swimming in our pool. Children under the age of six years old or any non-swimmer must be accompanied in the water by an adult. All children will be swim tested by YMCA staff to determine their swimming abilities. This is for the safety of all participants. Pool party rental includes party host and use of the party room (2.5 hours) up to 30 people.

YMCA Members \$125      Non-Members \$175

### GYM PARTY

AGES 3+ YEARS

Open gym time for the birthday boy or girl and up to 30 guests. Basketball, soccer, and floor hockey equipment is available for use. Children under the age of six MUST be accompanied in the gym by a parent or guardian. Gym party rental includes party host and use of the party room for up to 30 people.

YMCA Members \$125      Non-Members \$175

### YOUTH GROUP RENTAL

Bring your group to the Y for fun in a safe, supervised environment. Rent a portion of the YMCA facility for one hour of swimming or gym time and an hour for a meeting, fellowship, or food depending on your group. We invite Girl Scouts, Boy Scouts, church youth, and other organized groups to come in and see how much the Y has to offer at group friendly rates. Groups must provide proof of eligibility. For more information, contact the program director.



# YOUTH DEVELOPMENT

## Teens

### SWIM INSTRUCTORS IN TRAINING (01015)

AGES 15-16 YEARS

This course is designed to provide participants with the knowledge and skills needed to become a Swim Instructor. Participants will learn about YMCA progressive parent/child, preschool, and youth swim lesson requirements and expectations based on YMCA USA standards. Participants will become familiar with valuable teaching skills, approaches to learning, and how to create and implement lesson plans. This class will incorporate both pool and classroom time. Participants will assist during swim classes.

DAY	TIME	WINTER	EARLY SPRING
SAT	9:00-9:30 am	\$34/\$64	\$34/\$64

### TEEN WELLNESS CENTER USAGE

- Youth/teens 12-15 years old **MUST** complete the Mandatory Teen Weight Training class. Register at the front desk.
- Teens 16-18 years old may use the Wellness Center once they have successfully completed a Wellness Center Orientation. Appointments can be made at the member services desk.

### TEEN WEIGHT TRAINING (02002)

AGES 12-15 YEARS (MEMBERS ONLY)

This is a mandatory class for all 12-15 year old YMCA members who would like the opportunity to utilize the Wellness Center. This class is a structured, in-depth orientation that consists of proper usage of the weight equipment and cardiovascular equipment. (Four one-hour sessions with a strength instructor.)

Register at the member services desk.

### TEEN PERSONAL TRAINING

AGES 12-17 YEARS

Teens work one-on-one with our trained fitness staff to accomplish goals such as weight management, sport specific conditioning or healthier lifestyle habits. Teens are introduced to the proper usage of free weights, Nautilus equipment, cardiovascular equipment and other fitness tools. Individual appointments are scheduled at convenient times.

\* Payment for the session must be made prior to scheduling an appointment at the front desk. **Personal training is non-refundable.**

Cost:	YMCA Members	Non-Members
1 session	\$30	\$40
6 sessions	\$160	\$240
12 sessions	\$300	\$480

### TEEN FITNESS ASSESSMENTS

Teens can receive their fitness assessments geared specifically toward group fitness and participation in nautilus training. Please call to make an appointment.

### TEEN FITNESS CLASSES

AGES 14 -18 YEARS

Teens can participate in any YMCA aerobic or aquatic fitness classes. Mature behavior and proper attire is expected. See pages 15-18 for available classes and times.

### TWEEN TRACK TIME

AGES 10-12 YEARS (MEMBERS ONLY)

Supervised use of the track for walking or running. Parents are welcome to join in.

DAY	TIME	WINTER	EARLY SPRING
T/TH	4:30-6:00 pm	FREE	FREE



# YOUTH DEVELOPMENT

## Camp

### EARLY BIRD CAMP REGISTRATION

**JAN. 2 – FEB. 29**

Sign your child up for a summer full of fun during our Early Bird Camp Registration. A \$10 deposit per week per camper secures your child's spot at their favorite YMCA Day Camp. Children can also earn their way to camp through the Y's Camp Candy Sale.

### CAMP CANDY SALE

**JAN. 2 – JULY 2**

A fun and easy way to offset the costs of summer camp, children can earn their way to camp by selling candy bars! Each bar sells for \$1.00 with 50 cents from each sale credited toward the camper's session fees. For more information, please speak to a YMCA staff member.

### PASSPORT TO SUMMER

**SATURDAY, MAY 19**

Get a sneak peak of summer camp and register your child for a nominal deposit per week per camper. Parents can meet camp counselors and ask questions, while kids enjoy games, crafts, face painting and more! We'll even waive the join fee for all new youth members who join during the preview event. In addition, an amount equal to the youth membership fee will be waived for all family memberships purchased that day.

### YOUNG EXPLORERS

**AGES 3-4 YEARS**

This camp is carefully designed to meet the emotional and physical needs of preschoolers. Your child can look forward to swimming, gym time, creative projects, storytelling, rest time, field trips, and lots of fun! Half day pickup is at 12:30 pm.

**LOCATION: DELAWARE FAMILY YMCA**  
5 Day: \$128/\$168

**LOCATION: D'YOUVILLE COLLEGE**  
5 Day: \$117/\$163

**LOCATION: UB SOUTH CAMPUS - CLARK HALL**  
5 Day: \$120/\$160

### DAY CAMP

**AGES 5-12 YEARS**

YMCA Day Camp is geared for fun, exploration and adventure! Day campers are broken out into age specific groups to ensure all activities are geared toward their specific interests and abilities. Activities include swimming, nature study, arts & crafts, group games, field trips and more.

**LOCATION: DELAWARE FAMILY YMCA & D'YOUVILLE COLLEGE**  
5 Day: \$128/\$168

**LOCATION: UB SOUTH CAMPUS - CLARK HALL**  
5 Day: \$120/\$160

### TEEN CAMP

**AGES 12-15 YEARS**

Teens take an active role in planning program electives in addition to participating in camp activities such as swimming, creative projects, and team-building activities. Our teen camp counselors encourage personal independence and responsibility while maintaining their roles as program leaders.

**LOCATIONS: DELAWARE FAMILY YMCA &  
UB SOUTH CAMPUS - CLARK HALL**  
5 Day: \$120/\$141

### LEADERS IN TRAINING

**AGES 13-14 YEARS**

This challenging program offers endless rewards through new friendships, an increased self-awareness and self esteem and new interests. LITs help plan and participate in a variety of age-appropriate camp activities and take part in additional activities and field trips focusing on effective leadership traits. Teens are encouraged to commit to a seven-week program.

**LOCATIONS: DELAWARE FAMILY YMCA &  
UB SOUTH CAMPUS - CLARK HALL**  
5 Day: \$120/\$141

### COUNSELORS IN TRAINING

**AGES 14-15 YEARS**

This program is for teens interested in gaining practical experience working with young children. It is designed to prepare participants for positions as camp counselors. CITs work closely alongside our camp counselors, helping to plan and lead activities for the campers.

**LOCATIONS: DELAWARE FAMILY YMCA &  
UB SOUTH CAMPUS - CLARK HALL**  
5 Day: \$120/\$141



# HEALTHY LIVING

## Family Programs

### ADVENTURE GUIDES

AGES 5-13 YEARS (WITH PARENT)

A parent/child program designed to help foster a lifetime of understanding and companionship and to strengthen the relationship between children and parents. As a member of YMCA Adventure Guides, you and your child will spend time together, joining a unique circle of other parents and children, and participate in activities like games, camping trips, ceremonies, and family adventures.

For more information call 565-6008.

### TRAIN WITH YOUR TWEEN

AGES 10-12 YEARS

Establish healthy habits for your tween! Tweens can use the track and cardiovascular equipment in the Wellness Center under the supervision of their parent or guardian. Prior to using the facility, an appointment with a strength instructor is required for you and your child to review rules, appropriate behavior, and equipment safety. Contact the Wellness Center for more details.

### FAMILY FIT (02003)

AGES 7+ YEARS WITH PARENT (FAMILY MEMBERS ONLY)

This class is for the whole family to enjoy! Class combines cardiovascular exercises using a variety of fun games, aerobics classes, and strength exercises appropriate for all age groups. Come and join the fun!

DAY	TIME	WINTER	EARLY SPRING
SAT	11:45 am - 12:30 pm	FREE	FREE

### FAMILY SWIM

Enjoy quality family time in the pool where your children can show off the swimming skills they learned in their lessons.

DAY	TIME	WINTER	EARLY SPRING
WED	7:15-9:00 pm	FREE	FREE
FRI	7:00-9:00 pm	FREE	FREE
SAT	2:00-5:00 pm	FREE	FREE
SUN	11:00 am - 3:00 pm	FREE	FREE

### FAMILY NIGHTS

FAMILY MEMBERS ONLY

Bring the family for a fun-filled evening. The program is designed around a theme and our character development traits. We offer a variety of fun activities that encourage families to spend time together while socializing with other Y families. Families swim from 8:00-9:00 pm. Registration is required at least 24 hours in advance.

DATES	TIME	FEE
1/20, 2/17, 3/16, 4/27	6:30-8:00 pm	FREE

### FAMILY CAMP AT YMCA CAMP WEONA

Bring the whole family for a weekend you will never forget. Spend quality time relaxing and enjoying the outdoors together. Outdoor activities are planned throughout the weekend for total family enjoyment. Offered Memorial Day and Labor Day weekends. Call 565-6008 for information.

### GROWING UP FIT

AGES 7-15 YEARS

Growing Up Fit is an innovative weight management program for children and their families. It consists of an initial health assessment, eight weeks of education and exercise, a post-assessment, and a graduation celebration. A parent or guardian participates with his/her child(ren). Siblings are encouraged to attend. Together they learn that it's fun to get fit! Program fees are paid in full by BlueCross BlueShield of WNY, Univera and in part by Independent Health. To register, please call 875-1283 or visit us at [www.YMCABuffaloNiagara.org](http://www.YMCABuffaloNiagara.org).

Program runs Tuesdays and Saturdays.

BlueCross BlueShield: 02200

Univera: 02201

Independent Health: 02202

Jan. 17 - March 24

DAY	TIME	AND	DAY	TIME
TUE	6:30-7:30 pm		SAT	10:30-11:30 am



# HEALTHY LIVING

## Healthy Lifestyles

### THE WEIGHT IS OVER (08810)

A dynamic eight-week nutrition education program designed to inspire, motivate, and educate. This program focuses on achieving a healthy lifestyle by giving you the skills and tools to choose foods that will make and keep you healthy. The class is limited to 20 participants so any interested parties should register today by calling the Y at 276-5985.

**BlueCross BlueShield: 02210-01**

**Independent Health: 02211-01**

**Location: Southtowns Family YMCA**  
1620 Southwestern Blvd., West Seneca

DAY	TIME	DATES
TUE	7:00-8:00 pm	Jan. 17 - March 6

**Cost \$150 (Fees paid in full for those with BlueCross BlueShield coverage. Independent Health pays \$50 toward class.)**

### DIABETES PREVENTION PROGRAM

The YMCA Diabetes Prevention Program (Y-DPP) was designed and researched by the Indiana University School of Medicine to aid in the prevention of diabetes for individuals who have pre-diabetes. The program meets for 16 weeks in a group setting where personal lifestyle goals are set for each individual. Each one-hour session will cover diet, exercise, and behavior modification. For more information e-mail [wellness@ymcabuffaloniagara.org](mailto:wellness@ymcabuffaloniagara.org) or call 276-5985. \*A referral from your physician is required.

DAY	TIME	DATES
SAT	9:00-10:00 am	Jan. 14 - April 28

**Fees paid in full for those with BlueCross BlueShield coverage. Independent Health subscribers pay a \$50 fee.**



### CPR/FIRST AID/AED CERTIFICATION

CPR, First Aid, and CPR/AED for the Professional Rescuer certification courses are offered throughout the year. The CPR course includes infant, child, and adult certification. Call 565-6000, ext. 304 or log on to [www.YMCABuffaloNiagara.org](http://www.YMCABuffaloNiagara.org) for course dates and times

COURSE	FEE
Adult/Infant/Child CPR*	\$75
Review/Challenge Course	\$65
First Aid**	\$60
CPR/AED for the Professional Rescuer*	\$80
Review/Challenge Course	\$70

\* Necessary to re-certify annually.

\*\* Necessary to re-certify every three years.

### YMCA LIFEGUARD TRAINING

AGES 16 YEARS & UP

This course covers aquatic science, safety, and environment. Survival skills, rescue techniques, personal safety, and responsibilities are practiced and mastered for certification. Pre-requisites: swim test. Call 565-6000, ext. 304 or log on to [www.YMCABuffaloNiagara.org](http://www.YMCABuffaloNiagara.org) for course dates and times.

**Lifeguards employed by the YMCA must be at least 18 years old.**

#### Lifeguard Certification\*

	MEMBERS	NON-MEMBERS
Days & Times TBA	\$195*	\$235*

\* Includes CPR for the Professional Rescuer, First Aid, AED/02.

Prices subject to change.

# HEALTHY LIVING

## Aquatics

### AQUAFIT (01021)

Class includes low/high intensity cardiovascular work and exercise that enhances muscle tone and flexibility. Safety and proper form are emphasized in a relaxed, fun atmosphere. Non-swimmers are welcome.

DAY	TIME	WINTER	EARLY SPRING
T/TH	10:00-11:00 am	FREE	FREE
T/TH	7:15-8:15 pm	FREE	FREE
SUN	10:00-11:00 am	FREE	FREE

### AQUA ZUMBA® (01034)

This class is a "pool party" workout for all ages. You'll learn safe, effective, and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness.

DAY	TIME	WINTER	EARLY SPRING
SAT	8:00-8:45 am	FREE	FREE

### WATERWALKING (01023)

Reap the benefits of a two-hour walk in a mere 30 minutes. Use the resistance of the water to maintain muscle strength and cardiovascular endurance. Non-swimmers are welcome.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	10:30-11:30 am	FREE	FREE

### SILVERSNEAKERS® SILVERSPLASH

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a SilverSneakers® kickboard is used to develop strength, balance, and coordination.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	9:25-10:25 am	FREE	FREE

### WATER BALL WARM UP (01033)

Upon the request of many of our dedicated Aquafit participants we created our brand new Water Ball Warm Up. This activity gives time for adults to have fun in the water, the opportunity to socialize with other members, and to get warmed up before our Aquafit class. It is a great way to meet people and ease you into our Aquafit class.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	9:00-9:25 am	FREE	FREE

Not sure what classes you would like to take? Try our Land or Water Fitness Pass for program participants. Take any 10 Land or Water classes for only \$45. Passes are available at the front desk.

### ADULT SWIM LESSONS (01020)

Learn the basics! This class is designed for the non-swimmer. The focus will be on learning to float on your front and back, increasing confidence in and around the water, and the ability to swim independently.

DAY	TIME	WINTER	EARLY SPRING
MON	7:15-8:15 pm	\$60/\$112	\$60/\$112

### PRIVATE SWIM LESSONS (01038)

This class provides one-on-one swim instructions and is open to all abilities. Registration is by lesson, first come, first served.

\$15/\$23 per swimmer per lesson  
\$60/\$100 per swimmer for 5 lessons

### MASTERS SWIM CLINIC

Are you a lap swimmer who would like to improve your form and endurance? Are you a competitive swimmer who is looking to perfect a skill? Then this is the class for you! Stroke and turn clinics will be held weekly and will focus on a different skill each week. Pre-registration is required at the beginning of each session.

DAY	TIME	WINTER	EARLY SPRING
TBD	TBD	FREE/\$56	FREE/\$56

Call for more information.



# HEALTHY LIVING

## Fitness

### WELLNESS CENTER

Features Nautilus variable resistance strength training equipment. The complete circuit of Nautilus machines targets the upper body, lower body, and the torso. Cardiorespiratory equipment includes: StarTrac treadmills, Stratus Stairmasters & bicycles, Concept II Rower, Gravitron, and Precor Ellipticals.

**We recommend that you consult with your personal physician BEFORE increasing your physical activity and/or beginning any exercise program.**

### WELLNESS CENTER ORIENTATION

Our trained Wellness Center staff provide instruction on the proper use of strength and cardiorespiratory equipment. The emphasis is on correct technique to maximize benefits and minimize risk. Receive guidance, support, and encouragement. Please make an appointment at the front desk.

### TEEN WEIGHT TRAINING

This is a mandatory class for all 12-14 year old YMCA members who would like the opportunity to utilize the YMCA Wellness Center. This class is a structured, in-depth orientation that consists of proper usage of the weight equipment and cardiovascular equipment. Some restrictions apply.

### ONE-ON-ONE ASSESSMENTS

One hour of assessment and orientation with two follow up appointments, including a full fitness assessment that consists of blood pressure screening, body composition (body fat), and target heart rate zone identification. Our fitness professionals will then design a program to fit your individual goals and levels. Please make an appointment at the front desk.

### 12-WEEK FITNESS PROGRAM

This program has been created for members to work with wellness center staff to create a personalized workout that will guide them toward reaching their fitness goals. The program consists of a fitness assessment, program ideas and instruction, and follow-up meetings to provide a motivating way to keep members moving toward their fitness goals. Members can schedule their appointment at the front desk.

### PERSONAL TRAINING (02010)

Certified personal trainers guide participants through a structured workout program. Individualized exercise plans are tailored to meet the member's specific goals. Participants learn the proper techniques for utilizing cardiovascular and strength training equipment. Free weights, resist-a-balls, medicine balls, and other fitness equipment are also utilized. Whether you want to manage your weight, participate in sports conditioning during the off-season, or live healthier, we have a personal training program for you.

Choose from the following programs:

- Basic Personal Training
- Elite Personal Training
- Sports-Specific Personal Training
- Teen Personal Training (Ages 12-17 years)
- Youth Personal Training (Ages 8-11 years)

Cost:	YMCA Members	Non-Members
1 session	\$30	\$40
6 sessions	\$160	\$240
12 sessions	\$300	\$480

### FRIEND FIT (02010)

Two people can receive personal training at the same time for only \$250 for six sessions. **This option is available for YMCA members only.**



# HEALTHY LIVING

## Group Classes

### AMAZING ABS (02019)

A 30-minute intense abdominal workout that helps you trim, firm, and shape your abdominals. Strong abdominal muscles help to support your back and prevent lower back pain. So shape up and improve your posture, too!

DAY	TIME	WINTER	EARLY SPRING
MON	6:30-7:00 pm	FREE	FREE
SUN	12:00-12:30 PM	FREE	FREE

### BODY CONDITIONING (02031)

A non-aerobic class that includes resistance training with weights, resist-a-bands, and flexiballs to help firm and tone the body.

DAY	TIME	WINTER	EARLY SPRING
T/TH	6:30-7:30 pm	FREE	FREE
WED	4:30-5:15 pm	FREE	FREE
SAT	10:00-10:30 am	FREE	FREE

### BOOT CAMP (02039)

No excuses! Enjoy a challenging and fun, yet doable workout! Focus will be on speed, endurance, agility, strength, power moves, and cardiovascular training.

DAY	TIME	WINTER	EARLY SPRING
T/TH	6:30-7:15 am	FREE	FREE

### FUSION (02040)

20 minutes of high/low aerobics, 20 minutes of body conditioning, and 20 minutes of abdominal work and stability ball make this class the total package. Get your whole workout in one class.

DAY	TIME	WINTER	EARLY SPRING
WED	9:00-10:00 am	FREE	FREE

### MISSION MELT AWAY (02210)

#### MEMBERS ONLY

This eight-week weight management program encourages lifestyle changes to improve nutrition and increase physical activity to achieve and maintain a sustainable weight loss. Participants work as a team to eat healthier, be more physically active, and begin to shed some pounds all while having the enthusiasm and support of their team. Pre-registration is required.

DAY	TIME	WINTER	EARLY SPRING
SAT	11:00-11:45 am	FREE	FREE

### GROUP CYCLING (02020)

This high energy group exercise class is a low impact workout that integrates music, camaraderie, and visualization, enabling you to enjoy a powerful mind-body connection. You control the intensity of each class by modifying the resistance and your body position. Your fitness results will be unparalleled and you will leave the class feeling great! We have new bikes to accommodate more participants!

DAY	TIME	WINTER	EARLY SPRING
MON	7:00-7:45 pm	FREE	FREE
WED	6:30-7:15 pm	FREE	FREE
THU	4:30-5:15 pm	FREE	FREE
SUN	1:00-2:00 pm	FREE	FREE

### STEP (02023)

Challenge yourself using adjustable Reebok steps for a high or low impact workout. Includes muscle-toning (free weights), floor work (abs), and stretching for a complete workout.

DAY	TIME	WINTER	EARLY SPRING
M/F	9:00-10:00 am	FREE	FREE

### PILATES (02018)

This class strengthens the body's core muscles, including the abdominals and the lower back. It tones the body and increases flexibility. All exercises are done on a mat (no special equipment needed).

DAY	TIME	WINTER	EARLY SPRING
WED	7:30-8:15 pm	FREE	FREE

### YOGA (02005)

Gentle, effective postures that promote stretching, strengthening, and relaxation. Beginners should arrive at 5:30 pm.

DAY	TIME	WINTER	EARLY SPRING
T/TH	5:45-6:30 pm	FREE	FREE



# HEALTHY LIVING

## Group Classes & Sports

### ZUMBA® (02044)

Zumba® is a new and rapidly expanding, exciting, dynamic and effective fitness system based on unique Latin inspired music and dance steps. The routines feature aerobic fitness/interval training with a combination of fast and slow rhythms that tone and sculpt the body. All exercisers will enjoy the benefits of Zumba®!

DAY	TIME	WINTER	EARLY SPRING
M/W	5:30-6:30 pm	FREE	FREE
M/W/F	6:30-7:30 am	FREE	FREE
T/TH	7:30-8:30 pm	FREE	FREE
SAT	9:00-10:00 am	FREE	FREE
SUN	1:30-2:30 pm	FREE	FREE

### DANCE AEROBICS (02013)

Simple yet challenging choreography set to music. Enhances cardiovascular endurance, muscle tone, flexibility, and coordination.

DAY	TIME	WINTER	EARLY SPRING
WED	11:00-11:45 am	FREE	FREE

### LUNCH TIME PICK-UP BASKETBALL

Come to the Y on your lunch break and get some exercise. All members are invited to come out and play a pick-up game of basketball. It is an easy and fun way to stay active and get fit!

DAY	TIME	WINTER	EARLY SPRING
M-F	12:00-1:00 pm	FREE/\$40	FREE/\$40

### CO-ED RECREATIONAL VOLLEYBALL

AGES 18+ YEARS

The league begins in January and runs every other Saturday between 6:00-10:00 pm. Teams must have a minimum of two women on the court at all times. Individuals will be placed on teams who need additional players.

### PINOCHLE CLUB

Calling all pinochle players! We are interested in starting a non-competitive pinochle club and need to gauge your interest. Players should be familiar with the rules of the game and have some play experience. Interested participants are asked to complete an interest form at the front desk. We are also seeking volunteer pinochle league coordinators. Contact the Executive Director for more information.



### CHESS CLUB

Interested in finding other members to play chess? Want to learn how to play? We're looking to start a chess club, so please stop by the front desk if you're interested.



### SILVERSNEAKERS® MSROM

#### Muscular Strength and Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

DAY	TIME
T/TH	11:00 am - 12:00 pm

### SILVERSNEAKERS® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

DAY	TIME
M/F	11:00 am - 12:00 pm

### SILVERSNEAKERS® YOGASTRETCH

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

DAY	TIME
M/W/F	10:15-10:45 am

### SILVERCIRCUIT

This program is meant to encourage SilverSneakers® members to utilize the Wellness Center and begin a strength training routine. SilverCircuit will include a circuit of six exercises that will rotate every 4-6 weeks. Participants will learn correct techniques so they are able to get the most from their workouts! Advance registration is required.

### LUNCH AND LEARN

Each month, our SilverSneakers® and YMCA members are invited to join us for this unique program. It is a bag or pot luck lunch program with speakers on a variety of pertinent topics. Pick up a schedule at the front desk.

Meets the third Wednesday of every month



# SOCIAL RESPONSIBILITY

## Volunteerism & Giving

### VOLUNTEERS IN PARTNERSHIP PROGRAM

YMCA Buffalo Niagara embraces volunteers and their dedication to our community. We promote the collaboration of staff and volunteers to provide the best possible service and programs. YMCA Buffalo Niagara is committed to providing positive volunteer experiences by matching the individual's interests, talents, and needs to the YMCA's goals for the good of all members of our community. Volunteer opportunities include: program, fundraising, support, and policy volunteers. For more information on how you can help the YMCA by volunteering your time and talent call or visit our member services desk.

### STRONG KIDS CAMPAIGN

Your contribution to the YMCA Strong Kids Campaign helps make the YMCA more affordable and accessible for everyone. Your gift will directly benefit kids, families, and adults in Western New York, providing financial assistance to those who otherwise would be unable to afford YMCA programs and membership services. Please visit our member services desk to make a donation.



### PLANNED GIVING

You can help extend the YMCA's influence beyond your own lifetime when you designate a gift to the YMCA Endowment Fund in your estate plans. There are various gift plans that you can employ to meet personal and family tax, estate, and charitable planning objectives. Call the YMCA financial development office at 276-5978, to confidentially discuss the various options available. Together, we can help build a strong foundation for many years to come.

### BOARD MEMBERS WANTED

We are seeking community minded individuals to serve on our Board of Managers. If you, or someone you know, has passion and shares our mission, please respond in writing, telling us about your background and reason for interest to: Delaware Family YMCA, Attn.: Board of Managers, 2564 Delaware Avenue, Buffalo, NY 14216, or e-mail [nbond@ymcabuffaloniagara.org](mailto:nbond@ymcabuffaloniagara.org).



## BUILDING TOMORROW'S DREAMS TODAY

### Heritage Society

Change and the challenges it creates are inevitable. We know that our children and grandchildren will be faced with challenges of their own as they grow and prosper in life. The YMCA Heritage Society, founded in 2006, was established in order to help our YMCA keep pace with those challenges by insuring the continuation of innovative, high quality, mission driven programs and services.

The guiding principle behind the Heritage Society is that individuals can decide today to make a future financial commitment to the YMCA through estate planning. While the members of the Heritage Society come from diverse backgrounds, they all share a common bond. They are passionate and committed visionaries, who have willfully

chosen to make a difference in the lives of others through their support of the YMCA Endowment Fund.

We encourage you to consider extending your YMCA involvement beyond the here and now by becoming a member of the YMCA Heritage Society. As a Heritage Society member, you will help positively shape the lives of those who will one day shape our community, our country, and our world.





DELAWARE FAMILY YMCA  
2564 Delaware Avenue, Buffalo NY 14216

Non-Profit  
U.S. Postage  
**PAID**  
Buffalo, NY  
Permit No. 1544

# ENDLESS POSSIBILITIES

Join the Y  
DEC. 26, 2011 – JAN. 31, 2012

At the Y, the possibilities are as endless as to how good you'll feel and the new found friends you'll make. We'll help you reach your goals allowing you to live a healthier, happier life together with your family.

"Within a year, I lost 100 pounds - 12 inches off my waist and 4 inches off my neck! It wasn't easy, but the Y helped me through it." – James

Save up to \$100 when you join during the campaign!

