



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

Winter/Early Spring Program Guide KEN-TON 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

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.

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	8:00 am - 8:00 pm
Sunday	8:00 am - 4:00 pm

Guests should be out of the building no more than 15 minutes after closing.

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.

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, 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; 12 years old with adult
- Lap Swim: 14 years old
- Sauna: 18 years old
- Pick-Up Adult Basketball: 19 years old

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 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 team participants. Pool schedules are available at the member services desk. Those wishing to float or water walk should do so during adult open swim.

OPEN FAMILY 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 in the water by an adult. 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. 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 will 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
YOUTH (0-18)	N/A	\$140.00	\$20.00
YOUNG ADULT (19-23)	\$33.00	\$396.00	\$66.00
ADULT (24-59)	\$35.50	\$426.00	\$71.00
SENIOR ADULT (60 & Over)	\$25.25	\$303.00	\$50.50
MARRIED COUPLE <small>(Any couple whose union is legally recognized by the State of New York as being in a marital relationship.)</small>	\$47.25	\$567.00	\$94.50
FAMILY WITH CHILDREN <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>	\$50.75	\$609.00	\$101.50
INDIVIDUAL PARENT FAMILY <small>(One parent and all unmarried children through the age of 23 who are full-time students.)</small>	\$40.75	\$489.00	\$81.50
SENIOR COUPLE <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>	\$33.75	\$405.00	\$67.50
MASTERKEY ADULT <small>(Entitled to use any branch of YMCA Buffalo Niagara.)</small>	\$53.50	\$642.00	\$80.00
MASTERKEY FAMILY <small>(Entitled to use any branch of YMCA Buffalo Niagara. See family/children membership info. for eligibility.)</small>	\$69.75	\$837.00	\$100.00
MASTERKEY SENIOR <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

SCHOOL AGE CHILD CARE

GRADES K-5

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 (where available), games, outdoor play (weather permitting), homework time, a snack and more. Financial assistance is available.

*** NOTE: Prices have changed due to the Ken-Ton Public School District's change in school start and end times.**

AT THE KEN-TON FAMILY YMCA

Bus transportation is provided for before and after school programming for the following schools:

Note: No care on June 22.

• Jefferson & Holmes Elementary

MEMBER/NON-MEMBER

7:00-8:05 am \$5/\$6 per day
2:20-6:00 pm \$15/\$19 per day

• Hamilton & Roosevelt Elementary

MEMBER/NON-MEMBER

7:00-8:35 am \$7/\$8 per day
2:50-6:00 pm \$13/\$16 per day

• Edison Elementary

MEMBER/NON-MEMBER

7:00-9:05 am \$9/\$11 per day
3:20-6:00 pm \$12/\$14 per day

LINDBERGH ELEMENTARY ON-SITE PROGRAM

MEMBER/NON-MEMBER

7:00-8:35 am \$7/\$8 per day
2:50-6:00 pm \$13/\$16 per day

FRANKLIN & HOOVER ON-SITE PROGRAMS

MEMBER/NON-MEMBER

7:00-9:05 am \$9/\$11 per day
3:20-6:00 pm \$12/\$14 per day

Swim days for afternoon off-site:

Please pick up your child from the Ken-Ton Family YMCA

Tuesday: Lindbergh Elementary

Thursday: Franklin Elementary

Friday: Hoover Elementary

NORTH TONAWANDA SCHOOL DISTRICT

The YMCA will be providing School Age Child Care programming to the North Tonawanda School District for the 2011-2012 school year. School Age Child Care will run before and after school at the following elementary schools: Drake, Meadow, Ohio, Spruce, and Gilmore (morning only). Call the Ken-Ton Y at 874-5051 for more information.

VACATION CLUB

GRADES K-6

Full or half-day School Age Child Care is offered during Ken-Ton Public School District holidays, vacations, etc. at the Y. Activities include swimming, games, gym time, arts and crafts, and more. Children need to bring a bag lunch, bathing suit, and towel.

Afternoon snacks are provided. **Pre-registration is required. Space is limited.** Please Note: A minimum enrollment of 10 participants is required to run full day programs. Those children in sixth grade will need to supply their own transportation on half days due to school and bussing schedules. Please check with your site to determine if this will be a conflict.

Early Release	1:00-6:00 pm	\$18/\$28 per day
Half Day Care	11:30 am - 6:00 pm	\$18/\$28 per day
Full Day Care	7:00 am - 6:00 pm	\$27/\$37 per day

*** No program June 22**

CHILD WATCH (MEMBERS ONLY)

AGES 8 WEEKS - 8 YEARS

Child Watch is a benefit for Y members 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.** A two hour time limit is enforced. Please pick up a Child Watch Parent Handbook up registering your child.

M-F	8:30 am - 1:00 pm
M-TH	5:30 pm - 8:00 pm
SAT	8:30 am - 12:00 pm

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



YOUTH DEVELOPMENT

Preschool Education

PRESCHOOL PROGRAM

AGES 3-5 YEARS

Help your child prepare for kindergarten. Children explore colors, shapes, numbers, and letters through our theme-based curriculum. In addition, this program helps develop self-esteem, communication skills, and group interaction. BUT WAIT – there’s more! There are swim lessons, field trips, gym time, dramatic play, cooking, and special events. This well-rounded program is a great start for your child’s success in school (CPR certified and NYS licensed staff).

Follows the Ken-Ton School District calendar.

REGISTRATION

- Enrollment is available for the 2011-12 school year for children ages 3-5 years entering Kindergarten in Fall 2012 and Fall 2013, or for the 2012-13 school year for children ages 3-5 years entering Kindergarten in Fall 2013 and Fall 2014.
- Tuition is based on a yearly cost broken into 10 payments due each month September to June.
- Space is limited so register today!
- A \$50 non-refundable deposit is required to reserve your child’s place for 2012-13.
- Registration for the 2012-13 school year begins March 15.

DAY	TIME	2011-12 FEE	2012-13 FEE
T/TH	9:00-11:55 am	\$110/\$132	\$115/\$144
M/W/F	9:00-11:55 am	\$145/\$174	\$150/\$188
M-F	9:00-11:55 am	\$255/\$306	\$265/\$332

PRESCHOOL PLUS (09004)

AGES 3-5 YEARS

This program is designed to provide a safe and creative afternoon play time for preschoolers. It allows them to socialize with other children and engage in theme-based activities, story time, arts & crafts, group games, and even a little rest. It’s a great transition to full day kindergarten. Children will need a bagged lunch.

Follows the Ken-Ton School District calendar.

DAY	TIME	
M-F	12:00-2:30 pm	
2011-12 FEE		
\$8.50/day	Preschool Education Participant & YMCA Member	
\$10.50/day	YMCA Member	
\$12.50/day	Non-Member	
2011-12 FEE		
\$8.75/day	Preschool Education Participant & YMCA Member	
\$11.00/day	YMCA Member	
\$13.00/day	Non-Member	



TODDLER/PRESCHOOL UNIVERSITY (09224)

AGES 1½ - 4 YEARS (PARENT REQUIRED)

Our Toddler and Preschool University classes provide a variety of hands-on activities centered around a common theme that you and your little one will enjoy. Classes incorporate crafts, story time, songs, games and more. Let Y staff help open up new friendships and fun.

* Price reflects no class Feb. 22, April 11.

Baby It’s Cold Outside

DAY	TIME	WINTER	EARLY SPRING
WED	9:30-10:30 am	\$28/\$35	–

Somewhere Over the Rainbow

DAY	TIME	WINTER	EARLY SPRING
WED	9:30-10:30 am	–	\$28/\$35

PRESCHOOL PLAYHOUSE (09232)

AGES 3-6 YEARS

Let your child come discover what the 'Y' has to offer during school recess. Games, friends, circle time, stories and arts & crafts. There are even learning centers for discovery in math, science, drama, music & more.

FEB. 20-24

DAYS	TIME	FEE
MON	9:00-11:30 am	\$12/\$15
TUE	9:00-11:30 am	\$12/\$15
WED	9:00-11:30 am	\$12/\$15
THU	9:00-11:30 am	\$12/\$15
FRI	9:00-11:30 am	\$12/\$15

MUSIC & MOVEMENT (09212)

AGES 2-5 YEARS

PARENT REQUIRED FOR AGES 2-3 YEARS

PARENT OPTIONAL FOR AGES 4-5 YEARS

Children sing, dance, and create as they explore the world of music and movement. With a variety of instruments, children will learn how to create and appreciate music. Dancing to a wide variety of sounds gets the class moving and grooving to many different beats.

* Price reflects no class Feb. 25, April 7.

DAY	TIME	WINTER	EARLY SPRING
SAT	10:00-10:30 am	\$28/\$35	\$28/\$35

KIDS IN MOTION (08230)

AGES 18 MONTHS - 4 YEARS

Do you have a preschooler who is keeping you hopping? Let us channel that energy into a positive, healthy lifestyle with our Kids In Motion Class! Activity stations including exercise, music, dancing, and games are all part of an integrated program designed to develop your child in spirit, mind, and body.

* Price reflects no class April 9.

Ages 18-36 months

DAY	TIME	WINTER	EARLY SPRING
MON	9:30-10:10 am	\$26/\$40	\$23/\$35

Ages 36 months - 4 years

DAY	TIME	WINTER	EARLY SPRING
MON	10:10-10:55 am	\$26/\$40	\$23/\$35

LITTLE CHEFS (09217)

AGES 3-6 YEARS (PARENT PARTICIPATION OPTIONAL)

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!

* Price reflects no class Feb. 25, April 7.

DAY	TIME	WINTER	EARLY SPRING
SAT	11:00-11:45 am	\$28/\$35	\$28/\$35



YOUTH DEVELOPMENT

Swimming

INFANT LESSONS

SHRIMP (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

PERCH LEVEL (WITH PARENT OR GUARDIAN)

AGES 19-36 MONTHS (1:12 staff to student ratio)

Builds on the basic skills from the Shrimp 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/\$20 per swimmer/per lesson

INFANT – SHRIMP (01001)

DAY	TIME	WINTER	EARLY SPRING
TUE	10:30-11:00 am	\$35/\$62	\$31/\$55
TUE	6:00-6:30 pm	\$35/\$62	\$31/\$55
SAT	9:00-9:30 am	\$35/\$62	\$31/\$55

TODDLER – PERCH (01002)

DAY	TIME	WINTER	EARLY SPRING
WED	10:30-11:00 am	\$35/\$62	\$31/\$55
THU	6:00-6:30 pm	\$35/\$62	\$31/\$55
SAT	9:30-10:00 am	\$35/\$62	\$31/\$55

PRESCHOOL BEGINNER – PIKE (01003)

DAY	TIME	WINTER	EARLY SPRING
MON	10:30-11:00 am	\$50/\$68	\$44/\$60
MON	3:45-4:15 pm	\$50/\$68	\$44/\$60
TUE	7:00-7:30 pm	\$50/\$68	\$44/\$60
WED	4:45-5:15 pm	\$50/\$68	\$44/\$60
THU	6:30-7:00 pm	\$50/\$68	\$44/\$60
SAT	10:05-10:35 am	\$50/\$68	\$44/\$60
SAT	10:40-11:10 am	\$50/\$68	\$44/\$60
SAT	11:15-11:45 am	\$50/\$68	\$44/\$60

PRESCHOOL INTERMEDIATE – EEL (01004)

DAY	TIME	WINTER	EARLY SPRING
MON	3:45-4:15 pm	\$50/\$68	\$44/\$60
MON	4:15-4:45 pm	\$50/\$68	\$44/\$60
TUE	6:30-7:00 pm	\$50/\$68	\$44/\$60
WED	5:15-5:45 pm	\$50/\$68	\$44/\$60
THU	10:30-11:00 am	\$50/\$68	\$44/\$60
THU	6:30-7:00 pm	\$50/\$68	\$44/\$60
SAT	10:40-11:10 am	\$50/\$68	\$44/\$60
SAT	11:50 am - 12:20 pm	\$50/\$68	\$44/\$60

PRESCHOOL ADVANCED – RAY/STARFISH (01005)

DAY	TIME	WINTER	EARLY SPRING
MON	4:45-5:15 pm	\$50/\$68	\$44/\$60
THU	7:00-7:30 pm	\$50/\$68	\$44/\$60
SAT	10:05-10:35 am	\$50/\$68	\$44/\$60
SAT	10:40-11:10 am	\$50/\$68	\$44/\$60



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 (1:12 staff to student ratio)

Students review and show a mastery of all four Individual Medley strokes including competitive starts and turns. At the completion of the Shark level, children will be able to swim 100 yards of all competitive swimming strokes and demonstrate all water safety and survival skills taught at the previous levels.

BEGINNER – POLLIWOG (01009)

DAY	TIME	WINTER	EARLY SPRING
MON	4:45-5:15 pm	\$50/\$68	\$44/\$60
TUE	7:00-7:30 pm	\$50/\$68	\$44/\$60
WED	5:15-5:45 pm	\$50/\$68	\$44/\$60
THU	6:30-7:00 pm	\$50/\$68	\$44/\$60
SAT	10:05-10:35 am	\$50/\$68	\$44/\$60
SAT	11:50 am - 12:20 pm	\$50/\$68	\$44/\$60

INTERMEDIATE I – GUPPY (01010)

DAY	TIME	WINTER	EARLY SPRING
MON	4:15-4:45 pm	\$50/\$68	\$44/\$60
TUE	6:00-6:30 pm	\$50/\$68	\$44/\$60
WED	4:45-5:15 pm	\$50/\$68	\$44/\$60
THU	6:00-6:30 pm	\$50/\$68	\$44/\$60
SAT	10:40-11:10 am	\$50/\$68	\$44/\$60
SAT	11:15-11:45 am	\$50/\$68	\$44/\$60

INTERMEDIATE II – MINNOW (01011)

DAY	TIME	WINTER	EARLY SPRING
MON	4:15-4:45 pm	\$50/\$68	\$44/\$60
TUE	6:30-7:00 pm	\$50/\$68	\$44/\$60
THU	7:00-7:30 pm	\$50/\$68	\$44/\$60
SAT	11:15-11:45 am	\$50/\$68	\$44/\$60

ADVANCED I – FISH (01012)

DAY	TIME	WINTER	EARLY SPRING
TUE	7:00-7:30 pm	\$50/\$68	\$44/\$60
THU	7:00-7:30 pm	\$50/\$68	\$44/\$60
SAT	11:15-11:45 am	\$50/\$68	\$44/\$60

ADVANCED – FLYING FISH/SHARK (01013)

DAY	TIME	WINTER	EARLY SPRING
MON	3:45-4:15 pm	\$50/\$68	\$44/\$60
TUE	6:30-7:00 pm	\$50/\$68	\$44/\$60
SAT	10:05-10:35 am	\$50/\$68	\$44/\$60

COBRAS SWIM TEAM

AGES 5-18 YEARS
OCTOBER - MARCH

Competitive swimming skills are taught and developed in a fun environment that also emphasizes teamwork, discipline, sportsmanship, and accomplishing goals. Competitive swim meets are held throughout the season. Participants must be able to swim two lengths of the pool using the freestyle and backstroke techniques. In addition, participants must be able to demonstrate components of breaststroke and butterfly. Contact the aquatics director for details.

Cost: \$215 for the year



YOUTH DEVELOPMENT

Sports

PEE WEE SPORTS

Children who take part in Pee Wee Sports are taught the fundamental rules and skills of the sport, all while developing basic motor skills, hand/eye coordination, and the importance of engaging in exercise and good sportsmanship.

PEE WEE SOCCER (08207)

AGES 3-5 YEARS

DAY	TIME	WINTER	EARLY SPRING
WED	5:30-6:00 pm	\$26/\$40	\$23/\$35
SAT	9:30-10:00 am	\$26/\$40	\$23/\$35

PEE WEE CHAMPS (08210)

AGES 3-5 YEARS

This program teaches children the fundamentals of soccer, basketball, T-Ball, and hockey. Children learn the importance of physical activity and each class includes a segment on character development, which focuses on honesty, caring, respect, and responsibility.

DAY	TIME	WINTER	EARLY SPRING
SAT	10:30-11:00 am	\$26/\$40	\$23/\$35

PEE WEE TUMBLERS (08205)

AGES 3-5 YEARS

Let your child explore movement while developing gross motor skills and spatial awareness. A fun learning experience in the art of dance, presented in a creative way.

DAY	TIME	WINTER	EARLY SPRING
MON	6:00-6:30 pm	\$26/\$40	\$23/\$35

PEE WEE HIP-HOP (08031)

AGES 3-5 YEARS

Develop basic hip-hop dance moves in a fun and motivating atmosphere. Games and small routines are involved within the learning.

DAY	TIME	WINTER	EARLY SPRING
WED	6:15-6:45 pm	\$26/\$40	\$23/\$35

PRESCHOOL BALLET (08431)

AGES 3-5 YEARS

Young beginners learn the basic concepts of ballet, improve rhythmic awareness, and enhance their knowledge of movement. Through theme and music, each child will find his or her knack for dance. In addition, they will learn proper alignment, stretching techniques, and floor positions that are only the beginning steps to becoming a strong dancer. Beginner ballet is a great foundation for intermediate and advanced levels.

DAY	TIME	WINTER	EARLY SPRING
SAT	11:30 am - 12:10 pm	\$26/\$40	\$23/\$35



YOUTH SPORTS

The Y has a long history of providing quality sports programs to area youth. Children, regardless of ability, learn the fundamental rules and skills needed to succeed in their sport of choice. Good sportsmanship is practiced and participants have fun while learning new skills and making new friends. The early weeks of the program are spent teaching drills and sharpening skills, while scrimmaging takes place in later weeks.

GYMNASTICS (08405)

AGES 6-12 YEARS

DAY	TIME	WINTER	EARLY SPRING
MON	6:30-7:15 pm	\$38/\$58	\$34/\$50

HOCKEY (08409)

AGES 5-8 YEARS

DAY	TIME	WINTER	EARLY SPRING
WED	6:00-6:30 pm	\$26/\$40	\$23/\$35
SAT	10:00-10:30 am	\$26/\$40	\$23/\$35

AGES 9-12 YEARS

DAY	TIME	WINTER	EARLY SPRING
MON	6:15-7:00 pm	\$38/\$58	\$34/\$50

SOCCER (08407)

AGES 5-8 YEARS

DAY	TIME	WINTER	EARLY SPRING
MON	5:00-5:30 pm	\$26/\$40	\$23/\$35
SAT	9:00-9:30 am	\$26/\$40	\$23/\$35

AGES 9-14 YEARS

DAY	TIME	WINTER	EARLY SPRING
MON	5:30-6:15 pm	\$38/\$58	\$34/\$50

KARATE (08016)

AGES 6 YEARS AND UP

Goju Ryu Karate taught by a certified black belt instructor. The focus is on personal development, self-confidence, self-discipline, respect for self and others, improved physical and mental conditioning, and safety. Classes are taught in a safe, fun, and interactive environment.

BEGINNER

DAY	TIME	WINTER	EARLY SPRING
T/TH	5:00-6:00 pm	\$64/\$89	\$56/\$77

INTERMEDIATE

DAY	TIME	WINTER	EARLY SPRING
T/TH	6:00-7:00 pm	\$64/\$89	\$56/\$77

SOCCER LEAGUE

AGES 5-12 YEARS

Coming this spring, children can compete for the Y in the Town of Tonawanda soccer league. Look for more information at the front desk in March.



BALLET (08231)

AGES 6-12 YEARS

Dancers learn the basic concepts of ballet, improve rhythmic awareness, and enhance their knowledge of movement. Through theme and music, each child finds his/her knack for dance. In addition, they will learn that proper alignment, stretching techniques, and floor positions are only the beginning steps to becoming a strong dancer. Beginner ballet is a great foundation for advanced levels.

DAY	TIME	WINTER	EARLY SPRING
SAT	12:15-1:00 pm	\$38/\$58	\$34/\$50

HIP-HOP (08031)

AGES 6-12 YEARS

These instruction classes introduce and develop basic hip-hop moves through games and learning routines. Classes build upon each other.

DAY	TIME	WINTER	EARLY SPRING
WED	6:45-7:30 pm	\$38/\$58	\$34/\$50

YOUTH BASKETBALL TOURNAMENT

MARCH 24-25

In this co-ed double elimination tournament, two divisions are offered, grades 5-8 and grades 9-12. Games are 3v3 with one sub. Games are first to score 15 points or 30 minutes long. Limited to 16 teams per division. Early sign up is encouraged. Registration ends Saturday, March 17.



DATE	TIME
Saturday, March 24	12:00-6:00 pm
Sunday, March 25	9:00 am - 3:00 pm

Cost: \$60 per team

TRIATHLON TRAINING

AGES 6-14 YEARS

Learn how to participate in a triathlon and get your spirit, mind, and body ready to do your best in our June Triathlon. Instructors teach stretching and strengthening in order to enhance your technique in each sport and guide you to reach your potential.

DAY	TIME	APRIL TO MAY
2 days/week	Evenings	\$5/person

YOUTH TRIATHLON

SATURDAY, JUNE 2

12:30 PM

Give yourself a healthy challenge while you swim, bike, and run age-appropriate distances. This race is for you personally; everyone is encouraged to do their best. Children, ages 6-14, will need their own bike and helmet. Please watch for flyers with registration information, more details and start times. Registration ends May 29. Cost: \$35

YOUTH DEVELOPMENT

Play

PARENTS' NIGHT OUT (04002)

AGES 3-12 YEARS (MUST BE FULLY POTTY TRAINED)

Parents, enjoy a night out while your kids have a great time at the YMCA! Children will be supervised by Y staff and enjoy pizza, swimming, and games. To ensure proper staffing, pre-registration is required and is limited to 50. Children under 5 years will not swim. **Please be courteous and call if you know you can not use your reserved spot.**

DAY	DATE	TIME	FEE
FRI	1/20, 2/17, 3/16, 4/20, 5/18	6:10-9:00 pm	FREE/\$10

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!



PARTY PACKAGES

Planning a celebration? Plan your next birthday, baby shower, or retirement party at the Ken-Ton Family YMCA and let us do all the work. With our Fun Package we can help with the decorations and will take care of the clean up! Don't need help with food and decorations or set up/clean up? Try our Room Package instead. Rooms are subject to availability. Call 874-5051 for reservations.



FUN PACKAGE

This two-hour package accommodates 25 guests and includes:

- Host/Hostess
- Set up & Clean up
- Themed games/activities
- Pizza (2 Sheets)
- Cake (1/2 Sheet)
- Lemonade/Fruit Punch
- 18 balloons
- Plastic tablecloths, plates, napkins, cups, forks, and candles to coordinate with your color scheme

PARTY TYPE	MEMBER/NON-MEMBER
Party Room & Pool	\$210/\$240
Party Room & Gym	\$185/\$215
Pavilion & Pool	\$210/\$240

Note: An additional lifeguard fee of \$15 is required for groups of 20 or more. With the rental of the pavilion, an indoor room is also reserved in the case of inclement weather.

ROOM PACKAGE

This two-hour package includes use of the Party Room for two hours and use of the pool/gym for one hour.

PARTY TYPE	MEMBER/NON-MEMBER
Party Room & Pool	\$100/\$125
Party Room & Gym	\$75/\$95
Pavilion & Pool	\$110/\$135

Note: An additional lifeguard fee of \$15 is required for groups of 20 or more. With the rental of the pavilion, an indoor room is also reserved in the case of inclement weather.

RENT THE YMCA

Have your next event at the YMCA. We have several rooms to choose from. Visit the front desk for times and availability of the rooms for your next party.

ROOM	MEMBER/NON-MEMBER
Party Room Only	\$50/\$60
Gym Only	\$50/\$60
Pool Only	\$70/\$85

YOUTH DEVELOPMENT

Teens

TEEN WELLNESS CENTER USAGE

- Youth/teens 12-14 years old **MUST** complete the Teen Weight Training class. Once they have successfully completed the class, they may use the Wellness Center while accompanied by an adult 18 years and older who has received an orientation.
- Teens 15-18 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)

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.

TEEN FITNESS CLASSES

AGES 14+ YEARS

Teens can participate in any YMCA aerobic fitness classes. Mature behavior is always expected. See pages 20-21 for available classes and times.

TEEN LEADERS CLUB

AGES 10-18 YEARS

Leadership skills are fostered through human relations, values clarification, community service, social outings, and YMCA volunteerism. Includes retreats, field trips, and special activities.

Ages 10-12 years

DAY	TIME	WINTER/EARLY SPRING
WED	6:30-7:30 pm	FREE

Ages 13-18 years

DAY	TIME	WINTER/EARLY SPRING
WED	7:00-9:00 pm	FREE



YOUTH DEVELOPMENT

Camp

SUMMER CAMP

When a child looks back on their summer camp experience at the Y, they will undoubtedly remember spending their days laughing as they splashed around in the pool, scoring the winning goal, the awesome arts project they have hanging on their fridge at home, the cool animals they saw on their field trip, and so much more.



Yet, without even knowing it, they are learning and growing with each experience they have at a Y camp. They are mastering new skills, making new friends, learning to work in teams, challenging themselves to try new things, respecting each other and their counselors, taking on new responsibilities, and learning to be honest and caring youngsters.

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.

FREE EXTENDED DAY CAMP HOURS

FREE extended hours are available from 7:30-9:00 am & 4:30-6:00 pm for all YMCA Day Camps. PRIOR registration is required to ensure proper staffing.

FOUR LOCATIONS!

Choose from four different locations:

- Green Acres School
- Ken-Ton Family YMCA
- North Tonawanda Middle School
- St. Mark Lutheran Church

YOUNG EXPLORERS

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. Our counselors are highly qualified and their priority is to keep your child safe while having fun immersed in creative and stimulating activities. Half day pickup is at 12:30 pm.

LOCATION: GREEN ACRES

Ages 3-5 years

3 Day: \$105/\$135

5 Day: \$135/\$165

LOCATION: KEN-TON FAMILY YMCA

Ages 3-4 years

Half Day: \$110/\$128

Full Day: \$165/\$190

LOCATION: NORTH TONAWANDA MIDDLE SCHOOL

Ages 3-5 years

Half Day: \$105/\$135

Full Day: \$145/\$170



YOUTH DEVELOPMENT

Camp

DAY CAMP

YMCA Day Camp is geared for fun, exploration, and adventure! Day campers are broken into age specific groups to ensure all activities are geared toward their specific interests and abilities. They spend time swimming, exploring the environment through nature study, developing their creative skills in arts & crafts, learning how to work together as a group, going on field trips and more.

LOCATION: KEN-TON FAMILY YMCA
Ages 5-11 years
5 Day: \$160/\$183

LOCATION: GREEN ACRES
Ages 6-8 years
3 Day: \$100/\$130
5 Day: \$130/\$160

LOCATION: NORTH TONAWANDA MIDDLE SCHOOL
Ages 6-11 years
5 Day: \$140/\$165

LOCATION: ST. MARK LUTHERAN CHURCH
Ages 5-12 years
5 Day: \$115/\$130

LEADERS IN TRAINING

AGES 12-13 YEARS

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

LOCATION: KEN-TON FAMILY YMCA
5 Day: \$174/\$195

LOCATION: NORTH TONAWANDA MIDDLE SCHOOL
5 Day: \$170/\$190

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 younger campers. CITs are required to participate in a training process and must commit to attend seven weeks of camp.

LOCATION: KEN-TON FAMILY YMCA
5 Day: \$460/\$520

EXCITING ADVENTURES AWAIT

YMCA Camp Weona

Traditional and high adventure activities abound at YMCA Camp Weona residential camp. Come spend the summer with us and discover what dreams are made of in a place "where only good prevails."

At YMCA Camp Weona, children learn new skills and grow as individuals in a beautiful, natural environment just 45 minutes from Buffalo. Campers have the opportunity to horseback ride on wooded trails, canoe on our private 12-acre lake, camp out under the stars, or repel off our climbing tower, all while building self esteem and increasing friendship building skills.

We offer a number of age appropriate programs including archery, arts & crafts, high ropes, digital photography, mountain biking, hiking, outdoor living skills, swimming, and sports. We also offer the YMCA Rag & Leather character development program.

YMCA Camp Weona is a traditional YMCA residential camping program serving children 7-17 years of age with exciting summer camp options for one, two or more week stays.

OUTDOOR EDUCATION

YMCA Camp Weona's facilities lend themselves to a wide variety of hands-on activities and interactive environmental educational programs for students and groups of all ages.

For some, this may be their first opportunity to use a compass, climb a climbing tower, or go for a hike in the wilderness. It is a great way to build cooperation skills and a sense of team for students.

The social and motivational effects will be seen immediately as students become more aware of the positive impact they can have with each other, their teachers, and the natural environment.

THE POSSIBILITIES ARE ENDLESS!

Call Camp Weona at 565-6008 for more information.



HEALTHY LIVING

Family Programs

FAMILY STYLE KICKBALL GAMES

FRIDAY, JAN. 13

6:30-8:00 PM

Parents versus kids, family versus family, in some friendly competitions. Younger ones can cheer teams on! Everyone is a winner when families play together.

FREE - all ages welcome

MYSTERY PARTY

SATURDAY, FEB. 11

5:30-8:00 PM

Save the date as the plot thickens. Come dressed in character (not required but fun) to help us solve the mystery that has taken place. Hors d'oeuvres will be served, in theme of course. More details to come! Register by Saturday, Feb. 4.

Cost per family: \$10/\$20

FAMILY DODGEBALL/SOCCER GAMES

SUNDAY, MARCH 4

1:00-3:00 PM

Parents and kids come dressed to play and join other Y families for some friendly competition. We recommend children be at least seven years of age for dodgeball, but all are welcome to play soccer.

FREE - all ages welcome!

EASTER EGGSTRAVAGANZA

SUNDAY, APRIL 1

1:00-3:00PM

Meet and take photos with the Easter bunny. Participate in an egg hunt that is divided by age groups. We will have fun games for every age, crafts, bounce house, and snacks too. Parents are free!

Advance Cost: \$4/\$7

Cost at door: \$7/\$10

3RD ANNUAL COMMUNITY YARD SALE

SATURDAY, MAY 19

9:00 AM - 3:00PM

Stop, shop, and sell your goods at the Y. We provide space and tables (if reserved in advance) for you to set up shop. A donation truck will be on hand to take any unwanted remaining items and put them to good use. We had a great turn out last year so be sure to sign-up early! Table set up can begin at 8:00 am. Make your reservations at the front desk by Wednesday, May 9.

Location: Outside on the track, rain or shine!

Cost: \$18 for 8 foot space and 6 foot table

\$10 for 8 foot space only

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.

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 874-5051 or visit us at www.YMCABuffaloNiagara.org.

Program runs Thursdays and Saturdays.

BlueCross BlueShield: 02203

Univera: 02204

Independent Health: 02205

Jan. 19 - March 24

DAY	TIME	AND	DAY	TIME
THU	6:45-7:45 pm		SAT	11:00 am - 12:00 pm



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 26

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 or call 276-5985. *A referral from your physician is required.

DAY	TIME	DATES
WED	6:30-7:30 pm	Jan. 11 - April 25

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 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 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	8:30-9:15 am	FREE/\$68	FREE/\$68

AQUATICS STRENGTH & STRETCH (01024)

This class uses gentle, no impact, exercises to increase flexibility, improve posture and range of motion while decreasing pain and stiffness in joints. The pool is equipped to assist those needing assistance entering and exiting the water.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	11:00 am - 12:00 pm	FREE/\$90	FREE/\$90
M/W/F	1:00-2:00 pm	FREE/\$90	FREE/\$90

AQUA MIX (01030)

Obtain a well-rounded workout through a variety of movements and styles. The class incorporates traditional water aerobics, a deep-water circuit, a session of body toning, and more!

DAY	TIME	WINTER	EARLY SPRING
M/W	7:45-8:45 pm	FREE/\$60	FREE/\$60
FRI	5:30-6:30 pm	FREE/\$30	FREE/\$30

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
T/TH	9:15-10:00 am	FREE/\$68	FREE/\$68
THU	5:00-5:45 pm	FREE/\$50	FREE/\$50

WATERWALKING (01023)

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

DAY	TIME	WINTER	EARLY SPRING
TUE	5:00-6:00 pm	FREE/\$50	FREE/\$50
THU	11:00 am - 12:00 pm	FREE/\$50	FREE/\$50

SILVERSNEAKERS® SILVERSPASH

Join us in the pool for a variety of exercises that can help you build strength and increase your range of movement. You don't even need swimming skills. A SilverSneakers® kickboard is used for balance support and to provide moderate resistance challenges.

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

PRIVATE SWIM LESSONS (01038)

One-on-one swim instruction, open to all ages and abilities. Registration is by lesson, first-come, first-served.

DAY	TIME	MEMBERS	NON-MEMBERS
FRI	4:00-4:30 pm	\$15/lesson	\$20/lesson
FRI	8:30-9:00 pm	\$15/lesson	\$20/lesson
SAT	12:30-1:00 pm	\$15/lesson	\$20/lesson
SAT	1:00-1:30 pm	\$15/lesson	\$20/lesson
SAT	1:30-2:00 pm	\$15/lesson	\$20/lesson

* Other times may be available, please contact the aquatics director.

ADULT SWIM LESSONS (01020)

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

DAY	TIME	WINTER	EARLY SPRING
TUE	8:30-9:15 pm	\$50/\$68	\$44/\$60



HEALTHY LIVING

Fitness

WELLNESS CENTER

Features Nautilus variable resistance strength training equipment. The complete circuit of 14 Nautilus machines targets the upper body, lower body, and torso. Cardiorespiratory equipment includes: Elliptical Fitness Crosstrainers, Stairmasters, Concept II Rowers, treadmills, a Tectrix Bike, and StarTrac Recumbent Bikes.

Our weight room features all commercial grade equipment: squat rack, decline/incline bench, preacher curl bench, Olympic bars, dumbbells, freedom trainer, and Smith machine.

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 (02002)

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.

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! All fitness levels.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	8:30-8:55 am	FREE/\$120	FREE/\$120
T/TH	8:30-8:55 am	FREE/\$80	FREE/\$80

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. All fitness levels.

DAY	TIME	WINTER	EARLY SPRING
TUE	6:30-7:25 pm	FREE/\$40	FREE/\$40
T/TH	10:00-10:55 am	FREE/\$80	FREE/\$80

GROUP CYCLING (02020)

Certified instructors teach group cycling through a simple set of movements and hand positions on specially designed stationary bikes. Catering to both the elite and the recreational athlete, 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!

NOTE: Please take a number from the member services desk 1/2 hour prior to class to reserve a bike.

Towel and water recommended.

DAY	TIME	WINTER	EARLY SPRING
MON	7:15-8:00 pm	FREE/\$40	FREE/\$40
M/F	12:00-1:00 pm	FREE/\$80	FREE/\$80
WED	6:15-7:00 am	FREE/\$40	FREE/\$40
WED	7:15-8:00 pm	FREE/\$40	FREE/\$40
T/TH	9:00-9:55 am	FREE/\$80	FREE/\$80
TH	6:45-7:30 pm	FREE/\$40	FREE/\$40
SAT	9:30-10:25 am	FREE/\$40	FREE/\$40

DANCE AEROBICS (02024)

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

DAY	TIME	WINTER	EARLY SPRING
M/W/F	8:55-9:55 am	FREE/\$120	FREE/\$120

BOOT CAMP (02039)

No excuses! Jump-start your day with 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
SAT	8:15-9:00 am	FREE/\$40	FREE/\$40

HEALTHY BACK (02025)

Bothered by back pain? This progressive exercise program combines relaxation, flexibility, and strengthening exercises to help you reduce or eliminate back discomfort. All fitness levels welcome.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	10:00-10:55 am	FREE/\$120	FREE/\$120

CARDIO BLAST (02038)

A mixture of different aerobic exercises, Cardio Blast adds variety to your workouts which often times is what your body needs to kick start your goals. This variety may include circuit training, step aerobics, dance aerobics, kick boxing, weight training and many others. Come challenge yourself with a dose of cardio blast.

DAY	TIME	WINTER	EARLY SPRING
WED	6:15-7:00 pm	FREE/\$40	FREE/\$40



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/F	9:00-9:55 am	FREE/\$120	FREE/\$120
TUE	5:30-6:25 pm	FREE/\$40	FREE/\$40
THU	5:45-6:40 pm	FREE/\$40	FREE/\$40

ZUMBA® GOLD (02044)

This class focuses on quality of movement rather than speed making it an excellent class for beginning exercisers and active older adults. A chair may also be incorporated.

DAY	TIME	WINTER	EARLY SPRING
SAT	10:30-11:25 am	FREE/\$40	FREE/\$40

POWER YOGA (02005)

A more intense strength building yoga. This type of yoga focuses on posing and fairly quick movements from the ground up. Focusing breathing and posture Power Yoga is an excellent way to tone muscles and create more serene and stable person from the inside out. Do you have the power? Come check it out.

DAY	TIME	WINTER	EARLY SPRING
MON	6:15-7:15 pm	FREE/\$40	FREE/\$40

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 activities for daily living. 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	WINTER	EARLY SPRING
M-F	10:15-11:00 am	10:15-11:00 am
M/W/F	11:15 am - 12:00 pm	11:15 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	WINTER	EARLY SPRING
T/TH	11:15 am - 12:00 pm	11:15 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 final relaxation will promote stress reduction and mental clarity.

DAY	WINTER/EARLY SPRING
M/W/F	11:15 am - 12:00 pm

SILVERSNEAKERS® CARDIOFIT

Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

DAY	WINTER/EARLY SPRING
M/W	5:30-6:15 pm



HEALTHY LIVING

Sports

RECREATIONAL GYM TIMES

Contact the member services desk for open gym times.

RACQUETBALL

Racquetball is available to members free of charge. All reservations for members are made on a first come, first served basis.

Reservations are required and can be made one week in advance. Members may bring a guest to play racquetball in compliance with the YMCA Friends and Family Pass Policy (see page 2). Equipment is available at the front desk to borrow if needed.

KARATE (08016)

Goju Ryu Karate taught by a certified black belt instructor. The focus is on personal development, self-confidence, self-discipline, respect for self and others, improved physical and mental conditioning, and safety.

BEGINNER

DAY	TIME	WINTER	EARLY SPRING
T/TH	5:00-6:00 pm	\$64/\$89	\$56/\$77

INTERMEDIATE

DAY	TIME	WINTER	EARLY SPRING
T/TH	6:00-7:00 pm	\$64/\$89	\$56/\$77

RECREATIONAL BASKETBALL

AGES 19 YEARS & UP (MEMBERS ONLY)

DAY	WINTER	EARLY SPRING
M/W/F	12:00-2:00 pm	12:00-2:00 pm
M/TH	7:15-9:00 pm	7:15-9:00 pm

Friends & Family pass not applicable for above basketball times. Members only.

CO-ED VOLLEYBALL LEAGUE

INTERMEDIATE TO COMPETITIVE LEVEL

Play will be 5v5. Minimum of 5 players and maximum of 7 players per team. Referees are needed. If you are willing referee one game per week we will credit your fee.

League Dates: February 7 - April

Registration Ends: Jan. 31

DAY	TIME	FEE
TUE	7:15-9:00 pm	\$60/team or \$12/free agent

RECREATIONAL CO-ED PICK UP VOLLEYBALL

AGES 18+ YEARS

TUE	7:15-9:00 pm
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SOCIAL RESPONSIBILITY

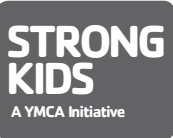
Volunteerism & Giving

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.

DASH'S MARKETS RECEIPTS HELP YOUR YMCA

You have to shop for groceries each week; why not let your purchases support the YMCA! For every Dash's receipt you drop off to the front desk at the YMCA, we receive financial support from Dash's Markets in return! The more money in tapes we receive - the more support the YMCA can provide! It's as simple as that! So next time you shop at Dash's, remember to save your receipt and drop it off in the receipt box located at the front desk at the YMCA. We appreciate your support.



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.





KEN-TON FAMILY YMCA
535 Belmont Avenue, Kenmore NY 14223

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!

