



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

Winter/Early Spring Program Guide NORTHEAST 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.

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	5:45 am - 10:00 pm
Saturday	7:00 am - 7:00 pm
Sunday	8:00 am - 5:00 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.

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
- Sauna, steam room: 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.

OPEN ADULT SWIM

Open to adults 19 years old and up. This time is designated for those individuals wishing to water walk, water jog, float, relax or swim any safe way they choose.

REGISTRATION

Members as well as non-members 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.

www.YMCABuffaloNiagara.org

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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	\$165.00	\$30.00
YOUNG ADULT (19-23)	\$32.50	\$390.00	\$70.00
ADULT (24-59)	\$40.00	\$480.00	\$80.00
SENIOR ADULT (60 & Over)	\$30.75	\$369.00	\$70.00
MARRIED COUPLE <small>(Any couple whose union is legally recognized by the State of New York as being in a marital relationship.)</small>	\$51.75	\$621.00	\$95.00
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>	\$53.50	\$642.00	\$100.00
INDIVIDUAL PARENT FAMILY <small>(One parent and all unmarried children through the age of 23 who are full-time students.)</small>	\$43.50	\$522.00	\$85.00
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>	\$38.25	\$459.00	\$80.00
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.

AT THE NORTHEAST FAMILY YMCA

	MEMBER/NON-MEMBER
2:15-6:00 pm	\$12.00/\$13.50 per day
Half Day Care (11:30 am - 6:00 pm)	\$15.50/\$21.00 per day

Bus transportation is provided within the Amherst Central School District. Arrangements for transportation to the Northeast Y must be made by you through the Amherst Central Transportation Department. **Please call 362-3035 to request a "Special Arrangements Form"** to schedule an alternate drop and to ensure bus service is provided from your child's school to the Northeast Y.

AT CLARENCE ELEMENTARY SCHOOLS

(Clarence Center, Harris Hill, Ledgeview, and Sheridan Hill)

	MEMBER/NON-MEMBER
2:20-6:00 pm	\$12.00/\$13.50 per day

Children enrolled in the Clarence Elementary School after school program may attend Vacation Club offered at the Northeast Family YMCA location. Advanced registration required; limited to 20 children.

VACATION CLUB

AGES 5-12 YEARS

Full day School Age Child Care is offered during school holidays, vacations, etc., and half day care is offered for early dismissal days (follows the Amherst Central School District calendar). Activities include swimming, games, gym time, arts & crafts, outdoor play (weather permitting) and more. Children need to bring a bag lunch, bathing suit, and towel. Morning and afternoon snacks are provided. Pre-registration is required. **PLEASE NOTE: A minimum enrollment of five participants is required to run full day programs.**

Vacation Club is also offered at both Amherst and Clarence locations during February, March, and December breaks, with swimming at the Y. Space is limited to 50 children. Register at the Northeast Family YMCA.

Full Day Care	7:30 am - 6:00 pm	\$28.00/\$33.00 per day
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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.**

DAY	TIME
M-F	8:00 am - 1:00 pm
M-TH	4:00-7:45 pm
SAT	9:00 am - 12:00 pm

KIDS TIME (04004)

AGES 5-12 YEARS

This drop-off service will provide entertaining activities for kids ages 5-12 and may include crafts, board games, gym games, and more. Registration is limited to 10 kids, so be sure to secure your spot today!

SAT	11:00 am - 1:00 pm	MEMBERS ONLY
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YOUTH DEVELOPMENT

Preschool Education

PRESCHOOL PROGRAM

AGES 3-5 YEARS

This program stresses Kindergarten readiness through the development of social, motor, language, and cognitive skills. Children explore colors, shapes, numbers, and letters through our theme-based curriculum. In addition, the program helps develop self-esteem, communication skills, and group interaction. Swim lessons and field trips are included. Staff are CPR certified. Swim lessons at on-site programs. Classes run through June 15, 2012. **Child must be fully potty trained.**

Follows the Amherst Central School District calendar.

AGE 3

DAY	TIME	MONTHLY FEE
T/TH	9:00-11:45 am	\$120/\$165

AGES 4-5 YEARS

Child must be entering Kindergarten in Fall 2012 to attend.

DAY	TIME	MONTHLY FEE
M/W/F	9:00-11:45 am	\$150/\$195
M-F	9:00-11:45 am	\$195/\$240

LUNCH BUNCH (09235)

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 story time, arts and crafts, group games, playground time, and even a little rest. Pee Wee Tumbling classes are now included on Wednesdays from 12:00-12:45 pm. Children will need to bring a bagged lunch. Classes run through June 15, 2012.

Follows the Amherst Central School District calendar.

DAY	TIME	MONTHLY FEE
M/W/F	12:00-1:30 pm	\$50/\$75
M-F	12:00-1:30 pm	\$65/\$95
T/TH	12:00-1:30 pm	\$30/\$60

PRESCHOOL PACKAGE

AGES 3-5 YEARS

Your child can attend BOTH preschool education classes and lunch bunch for an action packed day. Sign up for both for one great rate. Classes will run through June 15, 2012.

Child must be entering Kindergarten in Fall 2012 to attend the 4-5 year old program (3 day or 5 day).

DAY		MONTHLY FEE
M/W/F	Ages 4-5 years	\$175/\$230
M-F	Ages 4-5 years	\$240/\$300
T/TH	Ages 3-5 years	\$140/\$190

EXTENDED HOURS

Starting Jan. 1, 2012, we are offering extended hours (Monday-Friday from 8:00-9:00 am) for preschool education. Registration required at the front desk.

FF Indicates Family Friendly Program
See p. 16 for details



PEE WEE SPANISH CLUB (09223)

AGES 3-5 YEARS

Join us on Saturdays where your preschooler will learn basic Spanish through art and play.

DAY	TIME	WINTER	EARLY SPRING
SAT	11:30 am - 12:00 pm	FREE/\$15	FREE/\$15

MESSY PLAY (09213)

AGES 2-4 YEARS

FF Your little ones will enjoy getting messy with finger paints, pudding, edible playdough, and watercolors - and YOU don't have to worry about the furniture. Old clothes/art smock encouraged!

DAY	TIME	WINTER	EARLY SPRING
MON	6:30-7:15 pm	FREE/\$40	FREE/\$40
SAT	10:15-11:00 am	FREE/\$40	FREE/\$40

MUSIC AND MOVEMENT (09212)

AGES 2-3 YEARS (PARENT PARTICIPATION OPTIONAL)

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

DAY	TIME	WINTER	EARLY SPRING
TUE	11:00-11:45 am	FREE/\$40	FREE/\$40

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.

PRE-PIKE LEVEL (WITH PARENT OR GUARDIAN)

AGES 24-36 MONTHS (1:6 staff to student ratio)

Introduces children to the basic structure of swim class. The focus is on learning rules, listening to directions, and taking turns. This level is designed to ready your child for taking class without a parent in the pool. Parents will get in the pool.

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.

24 hour advance registration is required to guarantee class will run.

INFANT – SHRIMP/KIPPER (01001)

DAY	TIME	WINTER	EARLY SPRING
SAT	9:30-10:00 am	\$50/\$82	\$50/\$82

TODDLER – PRE-PIKE (01003)

DAY	TIME	WINTER	EARLY SPRING
TUE	5:45-6:15 pm	\$50/\$82	\$50/\$82

PRESCHOOL BEGINNER – PIKE (01003)

DAY	TIME	WINTER	EARLY SPRING
TUE	4:45-5:15 pm	\$50/\$82	\$50/\$82
TUE	5:45-6:15 pm	\$50/\$82	\$50/\$82
THU	4:15-4:45 pm	\$50/\$82	\$50/\$82
THU	5:15-5:45 pm	\$50/\$82	\$50/\$82
SAT	10:05-10:35 am	\$50/\$82	\$50/\$82
SAT	11:15-11:45 am	\$50/\$82	\$50/\$82

PRESCHOOL INTERMEDIATE – EEL (01004)

DAY	TIME	WINTER	EARLY SPRING
TUE	5:15-5:45 pm	\$50/\$82	\$50/\$82
THU	4:15-4:45 pm	\$50/\$82	\$50/\$82
SAT	10:40-11:10 am	\$50/\$82	\$50/\$82
SAT	11:15-11:45 am	\$50/\$82	\$50/\$82

PRESCHOOL ADVANCED – RAY/STARFISH (01005)

DAY	TIME	WINTER	EARLY SPRING
TUE	4:45-5:15 pm	\$50/\$82	\$50/\$82
TUE	5:45-6:15 pm	\$50/\$82	\$50/\$82
THU	5:15-5:45 pm	\$50/\$82	\$50/\$82
SAT	10:40-11:10 am	\$50/\$82	\$50/\$82

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. Price is per lesson.

DAY	TIME	WINTER	EARLY SPRING
TUE	4:15-4:45 pm	\$15/\$20	\$15/\$20
THU	5:45-6:15 pm	\$15/\$20	\$15/\$20
SAT	11:50 am - 12:20 pm	\$15/\$20	\$15/\$20

SEMI-PRIVATE LESSONS (01039)

AGES 3 YEARS & UP

This class has a 1:2 instructor to swimmer ratio and is open to all abilities. Registration is by lesson, first come, first served.

***Must have two participants to register. Participants must be of similar ability.**

Please visit the member services desk for a listing of Open and Family Swim times.

YOUTH DEVELOPMENT

Swimming

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.

SCOUTING OUT BADGES

Let the Northeast YMCA help your scout troop earn their aquatic activity badges! Contact the Aquatics Director at 839-2543, ext. 211 for more information.

24 hour advance registration is required to guarantee class will run.

BEGINNER – POLLIWOG (01009)

DAY	TIME	WINTER	EARLY SPRING
TUE	5:15-5:45 pm	\$50/\$82	\$50/\$82
THU	4:45-5:15 pm	\$50/\$82	\$50/\$82
THU	5:15-5:45 pm	\$50/\$82	\$50/\$82
SAT	10:05-10:35 am	\$50/\$82	\$50/\$82

INTERMEDIATE I – GUPPY (01010)

DAY	TIME	WINTER	EARLY SPRING
TUE	5:15-5:45 pm	\$50/\$82	\$50/\$82
THU	4:45-5:15 pm	\$50/\$82	\$50/\$82
SAT	11:15-11:45 am	\$50/\$82	\$50/\$82

INTERMEDIATE II – MINNOW (01011)

DAY	TIME	WINTER	EARLY SPRING
TUE	4:45-5:15 pm	\$50/\$82	\$50/\$82
THU	4:45-5:15 pm	\$50/\$82	\$50/\$82
SAT	10:40-11:10 am	\$50/\$82	\$50/\$82

ADVANCED – FISH/FLYING FISH (01012)

DAY	TIME	WINTER	EARLY SPRING
TUE	5:45-6:15 pm	\$50/\$82	\$50/\$82
THU	4:15-4:45 pm	\$50/\$82	\$50/\$82
SAT	10:05-10:35 am	\$50/\$82	\$50/\$82

PRIVATE SWIM LESSONS (01038)

DAY	TIME	WINTER	EARLY SPRING
TUE	4:15-4:45 pm	\$15/\$20	\$15/\$20
THU	5:45-6:15 pm	\$15/\$20	\$15/\$20
SAT	11:50 am - 12:20 pm	\$15/\$20	\$15/\$20

*Prices are per lesson

SHARKS SWIM TEAM

Members Only

The Northeast YMCA Sharks Swim Team has a strong presence and tradition in the WNY competitive swimming community. The YMCA is committed to offering a quality competitive swim program that is fun and emphasizes the value of competition through teamwork, sportsmanship, and doing one's best.

The seasons runs September through March with competitive swim meets held throughout the season. Swimmers interested in the swim team will be evaluated for group placement during the first week of the season.



YOUTH DEVELOPMENT

Sports

PEE WEE SPORTS

AGES 3-6 YEARS (WITH ADULT)

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 HOCKEY (08209)

DAY	TIME	WINTER	EARLY SPRING
FRI	5:30-6:00 pm	\$21/\$30	\$21/\$30

PEE WEE SOCCER (08207)

DAY	TIME	WINTER	EARLY SPRING
SAT	9:15-9:45 am	\$21/\$30	\$21/\$30

PEE WEE T-BALL (08201)

DAY	TIME	WINTER	EARLY SPRING
SAT	11:30-12:00 pm	\$21/\$30	\$21/\$30

PEE WEE TUMBLERS (08205)

AGES 3-5 YEARS (WITH ADULT)

Does your child love to jump, roll, and play? Toddler Tumbling teaches children front rolls, back rolls, cartwheels, and balancing, and is a great outlet for all of that toddler energy. Elements of the music and movement class will also be included.

DAY	TIME	WINTER	EARLY SPRING
SAT	10:00-10:30 am	\$21/\$30	\$21/\$30

PEE WEE PACKAGE (08210)

AGES 3-5 YEARS (WITH ADULT)

Can't decide? Sign up for all four - Pee Wee Hockey, Pee Wee Soccer, Pee Wee Champs, and Pee Wee Tumblers. See above for days and times.

Cost: \$45/\$60

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	10:45-11:15 am	\$21/\$30	\$21/\$30

KIDS IN MOTION (08230)

AGES 5-12 YEARS (MEMBERS ONLY)

FF Do you have a child who is keeping you hopping? Let us channel that energy into a positive healthy lifestyle with this class! Activities including exercise, music, dancing, and games are all part of an integrated program designed to develop your child in spirit, mind, and body.

DAY	TIME	WINTER	EARLY SPRING
MON	6:30-7:15 pm	FREE	FREE
WED	6:30-7:15 pm	FREE	FREE

BEGINNER BALLET & TAP (08431)

Introduce your child to the primary positions of the arms and feet, proper body alignment, and fundamental exercises necessary to advance into more complex dance combinations. Working in a creative and positive atmosphere, your child will develop lifelong skills related to focus, self-discipline, and coordination.

Ages 3-4 years

DAY	TIME	WINTER	EARLY SPRING
MON	12:00-1:00 pm	\$40/\$56	\$40/\$56
WED	12:00-1:00 pm	\$40/\$56	\$40/\$56
FRI	3:30-4:30 pm	\$40/\$56	\$40/\$56

Ages 5-6 years

DAY	TIME	WINTER	EARLY SPRING
FRI	4:30-5:30 pm	\$40/\$56	\$40/\$56



YOUTH DEVELOPMENT

Sports

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.

BASKETBALL (08426) **FF**

AGES 5-6 YEARS

DAY	TIME	WINTER
MON	5:45-6:15 pm	\$21/\$30

AGES 7-11 YEARS

DAY	TIME	WINTER
TUE	5:30-6:15 pm	\$25/\$35

FLOOR HOCKEY (08409)

A mouth guard is required.

AGES 6-8 YEARS

DAY	TIME	WINTER	EARLY SPRING
FRI	6:15-6:45 pm	\$21/\$30	\$21/\$30

AGES 9-11 YEARS

DAY	TIME	WINTER	EARLY SPRING
FRI	6:45-7:45 pm	\$30/\$40	\$30/\$40

SOCCER (08407)

AGES 6-9 YEARS

DAY	TIME	WINTER
SAT	1:30-2:30 pm	\$30/\$40

FLAG FOOTBALL (08403)

AGES 7-11 YEARS

DAY	TIME	WINTER
SAT	1:30-2:30 pm	\$30/\$40

BASKETBALL GAMES

AGES 7-11 YEARS (MEMBERS ONLY)

Let the games begin! Follow up your skills class with games every other Saturday.

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

PICK-UP BASKETBALL (08026)

AGES 10-12 YEARS

Nothing to do on a weekend afternoon? Join us for an afternoon of pick-up basketball. Registration is required for program members.

DAY	TIME	WINTER	EARLY SPRING
SAT	1:30-4:00 pm	FREE/\$25	FREE/\$25



YOUTH DEVELOPMENT

Play

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!

FLICK & FLOAT

AGES 5-12 YEARS

Children can come and watch a movie on the big screen while floating around in the pool with their friends. Snacks will be served before the movie starts. For movie information please contact the front desk. Pre-registration required.

DATE	TIME	FEE
1/27, 3/30	6:30-9:00 pm	\$8/\$12

PARENTS' NIGHT OUT (04002)

AGES 4-12 YEARS

Parents, enjoy a night out while your kids have a great time at the YMCA! Children will enjoy swimming, playing in the gym and more. Snacks will be provided. Parents/guardians MUST sign children in and out of the building with photo ID. To ensure proper staffing, parents/guardians MUST REGISTER children by the Wednesday prior to the event.

DATE	THEME	TIME	FEE
1/20	Winter Wonderland	6:30-9:00 pm	\$8/\$12
2/17	Happy Hearts	6:30-9:00 pm	\$8/\$12
3/16	It's Easy Being Green	6:30-9:00 pm	\$8/\$12
4/27	Spring is in the Air	6:30-9:00 pm	\$8/\$12



BIRTHDAY PARTIES

Celebrate your child's birthday at the YMCA! The birthday boy or girl and their friends will enjoy their celebration in the party room and their choice of gym or pool time. Karaoke themed parties are also available. Call 839-2543 ext. 207 for details.



DAY	TIME	FEE
SAT	5:00-7:00 pm	\$130/\$180
SUN	3:00-5:00 pm	\$130/\$180

* Gym time includes youth sports coach to implement sports/games of choice.

POOL PARTY UP TO 12 YEARS OF AGE

Your birthday child and up to 24 guests will enjoy an hour in the party room and an hour of indoor swimming. Children under the age of six years old or any non swimmer must be accompanied 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.

YMCA Members \$130* Non-Members \$180*

*Additional fee for parties in excess of 25.

*Any group of 25 or more must have permission from the aquatics director.

GYM PARTY UP TO 12 YEARS OF AGE

Open gym time for the birthday boy or girl and up to 24 guests. Basketballs, soccer, and floor hockey equipment are available for use. A youth sports coach is also available to coach the gym games. Children under the age of six MUST be accompanied in the gym by a parent or guardian.

YMCA Members \$130* Non-Members \$180*

* Additional fee for parties in excess of 25.

* Any group of 25 or more must have permission from the aquatic director.

RENT THE YMCA

Individual pool or gym rentals are available for your next meeting or event. Call 839-2543 for facility rental information and to make a reservation. Availability for pool and gym rentals is limited to Saturday from 6:00-7:00 pm, or Sunday from 4:00-5:00 pm.

Fee: \$90 per hour or \$50 per half gym/per hour

YOUTH DEVELOPMENT

Teens

TEEN WELLNESS CENTER USAGE

- Youth/teens 12-14 years old **MUST** complete the Mandatory Teen Weight Training class.
- 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.

By appointment only.

DAY	TIME	
TUE	7:00-9:00 pm	MEMBERS ONLY
THU	7:00-9:00 pm	MEMBERS ONLY

TEEN PICK-UP BASKETBALL (08026)

Nothing to do on a weekend afternoon? Teens can gather at the Northeast Family YMCA for an afternoon of pick-up basketball. Registration is required for program members.

AGES 13-15 YEARS

DAY	TIME	WINTER	EARLY SPRING
SUN	2:00-4:00 pm	FREE/\$25	FREE/\$25

AGES 16-18 YEARS

DAY	TIME	WINTER	EARLY SPRING
TUE	7:45-10:00 pm	FREE/\$25	FREE/\$25

TEEN VOLUNTEER PROGRAM

Become more involved in the YMCA by volunteering for programs like Child Watch, Youth Sports, Summer Camp and more! Gain valuable work experience or just fulfill your community service requirements while having fun and making new friends. We are committed to providing positive volunteer experiences by matching an individual's interests, talents, and needs to the YMCA's goals.

Call Jody at 839-2543 to learn how you can get involved!



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.

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 CAMP

AGES 3-6 YEARS

This camp is 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!

LOCATIONS: ST. LEO THE GREAT

3 Day: \$95/\$115

5 Day: \$150/\$180

DAY CAMP

AGES 5-12 YEARS

This camp is specifically structured to ensure that activities match the child's specific interests and abilities. Swimming and field trips will also be scheduled.

LOCATIONS: ST. LEO THE GREAT & CLARENCE SCHOOL DISTRICT

3 Day: \$95/\$115

5 Day: \$150/\$180

SPORTS CAMP

AGES 5-12 YEARS

A non-competitive camp designed for kids interested in learning a variety of sports. Campers learn skills and techniques of basketball, soccer, and football, focusing on teamwork and sportsmanship. Swimming and field trips will also be scheduled.

LOCATIONS: ST. LEO THE GREAT & CLARENCE SCHOOL DISTRICT

3 Day: \$95/\$115

5 Day: \$150/\$180

SPLASH CAMP (WEEK 9)

AGES 5-12 YEARS

Wet and wild fun awaits your child at our week-long Splash Camp. Splash Camp includes swim lessons, aquatic games, water safety, arts and crafts, and field games.

LOCATION: NORTHEAST FAMILY YMCA

5 Day: \$150/\$180

TRAVEL CAMP

AGES 5-15 YEARS

A great way to spend the last two weeks of summer! Each day campers will participate in a different field trip. Register early, space is limited! Drop off at 7:30 am and pick up is no later than 5:00 pm. No extended hours for travel camp.

LOCATION: ST. LEO THE GREAT

5 Day: \$182/\$220

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.

YOUTH DEVELOPMENT

Camp

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. Must be entering seventh grade in the fall.

LOCATION: ST. LEO THE GREAT
5 Day: \$150/\$180

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 them with activities.

LOCATION: ST. LEO THE GREAT
5 Day: \$450/\$550 (8 weeks)



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

FATHER-DAUGHTER DINNER DANCE

FRIDAY, FEB. 10

6:00-9:00 PM

Our annual Father/Daughter Dinner Dance is open to the anyone with daughters in preschool through eighth grade. It is a wonderful opportunity for girls to step out for an unforgettable evening of dinner and dancing with their fathers or father figures in their lives.

Cost: \$5 per person (children under 2 are free)

BUNNY BRUNCH

SUNDAY, APRIL 1

10:00 AM - 1:00 PM

Bring your family and friends and enjoy brunch, an egg hunt and other family-friendly activities! It's a festive morning of celebrating spring, families, and, of course, the Easter Bunny! Kids of all ages enjoy this event, and adults will appreciate the relaxed atmosphere and good food.

Cost: \$10 per person (children under 2 are free)

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. An appointment is required for you and your child with a strength instructor to review rules, appropriate behavior, and equipment safety. Contact the Wellness Center for more details.

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 839-2543 or visit us at www.YMCABuffaloNiagara.org.

Program runs Wednesdays and Saturdays.

BlueCross BlueShield: 02200

Univera: 02201

Independent Health: 02202

Jan. 18 - March 24

DAY	TIME	AND	DAY	TIME
WED	5:30-6:30 pm		SAT	10:30-11:30 am



HEALTHY LIVING

Family Programs

FAMILY FRIENDLY PROGRAMMING

Providing an opportunity for families to participate in YMCA activities together, or at the same time, is the idea behind our Family Friendly icon. As you read through the pages of this program guide, look for the icon that will easily identify opportunities for you to participate in family programming as well as programs and activities available for other family members that occur concurrently. Our goal is meet the needs of your family. Please see a member service representative for more information and ideas on how to get the entire family involved at the YMCA.



FAMILY FRIENDLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SACC Room	6:30-7:30 pm Messy Play (Ages 3-6 years)			
Pool	6:00-7:00 pm Aquatic Mix & Kicks	4:00-6:15 pm Swim Lessons 6:15-7:15 pm Muscle Mixers	6:00-7:00 pm Aquatic Mix & Kicks	4:00-6:15 pm Swim Lessons 6:15-7:15 pm Muscle Mixers
Studio	6:30-7:15 pm Kids in Motion 7:15-8:00 pm Power Yoga	6:30-7:30 pm Tai Chi	6:30-7:15 pm Kids in Motion 7:15-8:00 pm Power Yoga	
Other	6:30-7:15 pm Body Conditioning @ Daemen College - Wick Room 113		6:30-7:15 pm Body Conditioning @ Daemen College - Wick Room 113	
Gym	5:45-6:15 pm Basketball 6:30-7:15 pm Zumba®	5:30-6:15 pm Basketball 6:30-7:15 pm Boot Camp	6:30-7:15 pm Zumba®	6:30-7:15 pm Boot Camp
Child Watch Ages 6 weeks to 8 years. Advance reservations required.	4:00-7:45 pm	4:00-7:45 pm	4:00-7:45 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 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 or call 276-5985. *A referral from your physician is required.

DAY	TIME	DATES
TUE	7:00-8:00 pm	Jan. 10 - April 24

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.

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

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

Prices subject to change.

MASSAGE THERAPY

Massages are performed by a licensed massage therapist. Morning, evening, Friday, and Saturday appointments are available.

30-minute appointment	\$30
60-minute appointment	\$50
90-minute appointment	\$75

* Note: If you are currently being treated for a health condition or have circulatory disease, please consult with your primary care physician before a massage.

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
M/W/F	9:00-10:00 am	FREE/\$80	FREE/\$80
SAT	8:30-9:30 am	FREE/\$60	FREE/\$60

AQUA BOOT CAMP (01021)

This class is an athletic approach to water fitness training with intense cardiovascular work, intervals, and plyometrics. You are sure to improve your cardiovascular conditioning as well as your muscular strength. Check pool schedule for details.

DAY	TIME	WINTER	EARLY SPRING
M/W	5:15-6:00 pm	FREE/\$75	FREE/\$75

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	1:00-2:00 pm	FREE/\$80	FREE/\$80
T/TH	10:30-11:30 am	FREE/\$70	FREE/\$70

AQUATIC MIX & KICKS (01023)

FF Take your water workout to new levels! The class will have kickboxing choreography combined with aqua mix standards.

DAY	TIME	WINTER	EARLY SPRING
M/W	6:00-7:00 pm	FREE/\$70	FREE/\$70

MUSCLE MIXERS (01023)

FF Use several rhythmic muscle mixes for the pool, along with a creative approach to traditional buoyant and drag resistant exercises. Get a total body workout.

DAY	TIME	WINTER	EARLY SPRING
T/TH	6:15-7:15 pm	FREE/\$70	FREE/\$70

PRIVATE SWIM LESSONS (01038)

We are now offering private swim lessons geared toward adults and their needs in a one-on-one atmosphere to better suit our members. For days and times of private swim lessons see page 8.

SILVERSNEAKERS® SILVERSPASH

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	10:00 - 11:00 am	FREE/\$80	FREE/\$80
T/TH	8:30-9:30 am	FREE/\$70	FREE/\$70

GRANDPARENT/GRANDCHILD SWIM

MEMBERS ONLY

Senior members are invited to bring their grandchildren for open swimming during any family swim time.

DAY	TIME	WINTER	EARLY SPRING
SUN	12:00-2:00 pm	FREE	FREE



FF Indicates Family Friendly Program
See p. 16 for details

HEALTHY LIVING

Fitness

WELLNESS CENTER

Features Quinton Life Fitness Treadmills, Stairmasters, Elliptical Trainers, Upright Bikes, Recumbent Bikes, Gravitron, and Life Fitness strength training machines.

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.

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

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.

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

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
M/W/F	9:35-10:35 am	FREE/\$105	FREE/\$105
THU	6:30-7:15 pm	FREE/\$35	FREE/\$35

PILATES SCULPT (02018)

Pilates is one of the best workouts to make your body leaner and body sculpting with weights creates unparalleled muscle tone and definition. Now you can get the best of Pilates and the best of sculpting in one easy to- follow workout!

DAY	TIME	WINTER	EARLY SPRING
M/W	5:45-6:30 pm	FREE/\$70	FREE/\$70

POWER YOGA (02005)

This class offers energetic, fast-paced yoga postures and incorporates the flow of Astanga Yoga with a focus on alignment, strength, flexibility, balance and body tone.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	6:00-7:00 am	FREE/\$105	FREE/\$105
M/W	7:15-8:00 pm	FREE/\$70	FREE/\$70

TAI CHI (02012)

Gentle movements of the limbs, as well as static postures with mental images and a focus on breathing.

Pre-registration is required due to limited space.

LEVEL I

DAY	TIME	WINTER	EARLY SPRING
TUE	6:30-7:30 pm	FREE/\$49	FREE/\$49

LEVEL II

DAY	TIME	WINTER	EARLY SPRING
*TUE	7:30-9:00 pm	FREE/\$49	FREE/\$49

* Instructor permission required.

MEDITATION (02001)

Relax, unwind, and discover your mind. Enjoy guided journeys that open the heart, support healing of the whole person, and free the spirit.

DAY	TIME	WINTER	EARLY SPRING
FRI	5:30-6:30 pm	-	FREE/\$49

STRETCHING (02031)

Help alleviate soreness and stiffness associated with exercising through a combination of deep stretching exercises and self massage.

DAY	TIME	WINTER	EARLY SPRING
T/TH	9:30-9:45 am	MEMBERS ONLY	MEMBERS ONLY

DOWN TO THE CORE (02042)

This class emphasizes those trouble spots also known as your "core muscles" - abdominals, lower back, and inner and outer thighs.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	8:15-9:00 am	FREE/\$105	FREE/\$105
FRI	5:45-6:30 pm	FREE/\$35	FREE/\$35

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.

Pre-registration is required due to limited space.

DAY	TIME	WINTER	EARLY SPRING
*M/W	6:30-7:15 pm	FREE/\$70	FREE/\$70
T/TH	6:00-6:45 am	FREE/\$70	FREE/\$70
SAT	8:15-9:15 am	FREE/\$35	FREE/\$35

*This class takes place at Daemen College Wick Building, Room 113

AMAZING ABS (02019)

An 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
T/TH	9:45-10:00 am	FREE/\$40	FREE/\$70
T/TH	6:15-6:30 pm	FREE/\$40	FREE/\$70



HEALTHY LIVING

Group Classes

DANCE AEROBICS (02013)

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

DAY	TIME	WINTER	EARLY SPRING
M/W/F	8:45-9:30 am	FREE/\$105	FREE/\$105

ZUMBA® (02044)

FF Zumba® is an 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.

DAY	TIME	WINTER	EARLY SPRING
M/W	6:30-7:15 pm	FREE/\$70	FREE/\$70
T/TH	10:15-11:00 am	FREE/\$70	FREE/\$70

GROUP CYCLING (02020)

This class provides a great cardio workout and plenty of motivation along the way with great music.

DAY	TIME	WINTER	EARLY SPRING
M/W	4:45-5:30 pm	MEMBERS ONLY	MEMBERS ONLY
M/W/F	6:00-6:45 am	FREE/\$120	-
T/TH	8:55-9:30 am	FREE/\$70	FREE/\$70
T/TH	5:30-6:15 pm	FREE/\$70	FREE/\$70
FRI	6:30-7:15 pm	FREE/\$35	FREE/\$35
SAT	7:30-8:15 am	FREE/\$35	FREE/\$35

Numbers will be available at the front desk 30 minutes prior to class. Please take a number and reserve a bike.

FUSION (02040)

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

DAY	TIME	WINTER	EARLY SPRING
M/W/F	9:35-10:35 am	FREE/\$105	FREE/\$105

BOOT CAMP (02039)

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

DAY	TIME	WINTER	EARLY SPRING
T/TH	6:30-7:15 pm	FREE/\$70	FREE/\$70

LINE DANCING (02024)

Learn fun choreography and practice dances with friends!

DAY	TIME	WINTER	EARLY SPRING
WED	10:30-11:30 am	FREE/\$35	FREE/\$35

LOW IMPACT CARDIO AND STRENGTH (02031)

This class will develop your strength while giving you a cardio workout without the impact.

DAY	TIME	WINTER	EARLY SPRING
M/W/F	11:30 am - 12:15 pm	FREE/\$70	FREE/\$70

CHAIR TAI CHI (02012)

Using chairs for support and balance this class incorporates Chi Kung exercises, stretching, and breathing techniques for health and well-being.

DAY	TIME	WINTER	EARLY SPRING
WED	2:30-3:30 pm	FREE/\$35	FREE/\$35

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.

M/W/F	10:45-11:30 am
T/TH	9:15-10:00 am

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.

T/TH	11:05 am - 12:00 pm
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HEALTHY LIVING

Sports

ADULT HOOPS

AGES 18+ YEARS (MEMBERS ONLY)

Get your game on! This fun and casual program allows time for adult members to enjoy pick-up basketball games in the gym.

Sunday: 8:00 am - 12:00 pm

Monday, Friday: 12:30-2:00 pm

Tuesday, Wednesday, Thursday: 12:30-2:00 pm

Thursday: 7:30-10:00 pm



RACQUETBALL FLEX LEAGUE (18014)

JAN. 1 - MARCH 16

Love racquetball? Looking for a little competition? Join the Northeast Racquetball Flex League and challenge a different player each week. Player match-ups are arranged by the Flex League coordinator and participants according to personal schedules and court availability.

Please contact the front desk for details.

FREE for members, \$65 for non-members

WOMEN'S RACQUETBALL FLEX LEAGUE (18014)

JAN. 1 - MARCH 16

Participants in each match are responsible for reserving court time during the week in which their game will be played. A schedule of matches and contact information will be provided. Must provide own racquet and protective eye wear is required. For more information please contact the front desk.

FREE for members, \$65 for non-members

PRIVATE RACQUETBALL LESSONS

ALL AGES

Learn the basics or sharpen existing skills. All lessons are scheduled individually with the instructor. Test your game skills one-on-one! For more information, visit the member services desk.



SOCIAL RESPONSIBILITY

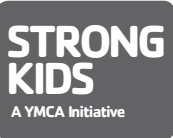
Volunteerism & Giving

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 565-600, ext. 107 to confidentially discuss the various options available. Together, we can help build a strong foundation for many years to come.

AMBASSADOR CLUB

Ambassadors are adult volunteers who help to enhance the programs and services provided to members. Your interests and the branch's needs are matched to create satisfying experiences for all involved. If you are interested in volunteering please contact the YMCA for more details at 839-2543.



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.





NORTHEAST FAMILY YMCA
4433 Main Street, Amherst NY 14226

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!

