



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

Winter/Early Spring Program Guide SOUTHTOWNS 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	5:30 am - 10:30 pm
Saturday	7:00 am - 7:00 pm
Sunday	8:00 am - 7:00 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
- Lap Swim: 16 years old
- Track: 14 years old
- Sauna, steam room, and spa: 16 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. Teens (ages 16-18) must be able to swim laps without stopping. Pool schedules are available at the member services desk. Unless there are only two people in a lane, circle swim is REQUIRED.

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. Participants may utilize the zero depth entry pool and any open part of the main pool.

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.

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	\$147.00	\$30.00
YOUNG ADULT (19-23)	\$37.00	\$444.00	\$70.00
ADULT (24-59)	\$47.50	\$570.00	\$80.00
SENIOR ADULT (60 & Over)	\$33.50	\$402.00	\$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>	\$58.25	\$699.00	\$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>	\$62.00	\$744.00	\$100.00
INDIVIDUAL PARENT FAMILY <small>(One parent and all unmarried children through the age of 23 who are full-time students.)</small>	\$52.75	\$633.00	\$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>	\$40.75	\$489.00	\$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 before and after school. SACC 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.

HAMBURG LOCATIONS

Armor Elementary, Boston Valley, Charlotte Ave Elementary, Union-Pleasant Elementary

	MEMBER/NON-MEMBER
7:15-8:40 am	\$5.10/\$5.50 per day
2:20-6:00 pm	\$10.50/\$11.30 per day
Half day care	\$21.00/\$22.60 per day

ORCHARD PARK LOCATIONS

Eggert Elementary, Ellicott Elementary, South Davis Elementary, Windom Elementary

	MEMBER/NON-MEMBER
7:00-9:00 am	\$9.30/\$9.95 per day
3:15-6:00 pm	\$10.50/\$11.30 per day
Half day care	\$21.00/\$22.60 per day

LAKE SHORE LOCATIONS

J.T. Waugh Elementary, A.J. Schmidt Elementary, Highland Elementary

6:30-8:50 am	\$8.05 per day
3:00-6:00 pm	\$9.05 per day
Half day care	\$18.10 per day

Our Lady of Sacred Heart (Abbott Rd.)

	MEMBER/NON-MEMBER
2:00-6:00	\$10.10/\$10.75 per day

WEST SENECA LOCATION

Northwood Elementary

	MEMBER/NON-MEMBER
7:00-8:45 am	\$6.50/\$6.70 per day
3:00-6:00 pm	\$8.50/\$8.80 per day
Half day care	\$17.00/\$17.60 per day

VACATION CLUB

AGES 5-12 YEARS

Full or half-day School Age Child Care is offered during school holidays, vacations, etc. at the Y. Activities include swimming, games, gym time, arts and crafts, Adventure Room and more. Children need to bring a bag lunch, sneakers, bathing suit, and towel. Afternoon snacks are provided. Pre-registration is required. **PLEASE NOTE: A minimum enrollment of five participants is required to run full day programs.**

Jan. 16, Feb. 20-24, April 6, April 9-13

FULL DAY HOURS: 7:00 am - 6:00 pm

Full Day Care	\$30/\$45 per day
	\$150/\$225 per week

CHILD WATCH

AGES 6 WEEKS - 5 YEARS (MEMBERS ONLY)

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 90-minute time limit is enforced.

DAY	TIME
M-F	7:45 am - 2:00 pm 3:30 pm - 8:30 pm
SAT	8:00 am - 3:00 pm
SUN	9:00 am - 3:00 pm

KIDS TIME (04004)

AGES 5-12 YEARS (MEMBERS ONLY)

Fun and friends await kids in this supervised and safe program! Special activities are geared to keep children active and entertained, enabling parents to run errands or spend time together. Children enjoy arts and crafts, swimming, playing in the gym and more!

SAT	9:00 am - 12:00 pm
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Note: This program is very popular and often has a waiting list. Please notify the YMCA if your plans change and your child will not be attending. This will give another child the opportunity to come and play.

KIDS CLUB

AGES 5-12 YEARS (MEMBERS ONLY)

Our YMCA staff facilitate and supervise fun activities for kids to enjoy while parents participate in other on-site YMCA activities. Parents/guardians must sign children in and out of the building with a YMCA youth or family member photo ID card.

TUE	6:00-8:30 pm
FRI	6:00-8:30 pm



YOUTH DEVELOPMENT

Preschool Education

KINDER-CONNECTION

AGES 2-5 YEARS

This creativity-based program allows your child to move freely through various learning centers based on numbers, letters, shapes and colors, while also utilizing the pool, Adventure Room, and gym on a daily basis. It is designed to integrate your child into a preschool environment through various hands-on activities.

Follows the Orchard Park school calendar.

AGE 2

DAY	TIME	MONTHLY FEE
T/TH	10:00-11:30 am	\$108/\$135

AGE 3

DAY	TIME	MONTHLY FEE
M/W/F	9:15-11:45 am	\$155/\$187

AGE 4

DAY	TIME	MONTHLY FEE
M-F	12:15-2:45 pm	\$185/\$222

EGGERT ROAD PRESCHOOL PROGRAM

AGES 3-5 YEARS

Our program stresses Kindergarten readiness through the development of social, motor, language, and cognitive skills. Children individually rotate through teacher directed and independent learning centers, and learn through art, music, play, hands-on activities, and cooking. The facility is an independent building with a classroom and indoor and outdoor play areas. Our experienced staff are NYS certified, CPR certified, and take part in YMCA training.

Follows the Orchard Park school calendar.

Location: Eggert Road Program Center
53636 Eggert Rd., Orchard Park

AGE 3

DAY	TIME	MONTHLY FEE
T/TH	9:15-11:45 am	\$145/\$180

AGE 4

DAY	TIME	MONTHLY FEE
M/W/F	9:15-11:45 am	\$155/\$187

Registration

A \$30 non-refundable deposit must accompany registration for the Eggert Road Preschool and Kinder-Connection programs. This is deducted from the first month's fee. Registration for the 2012-2013 school year begins Jan. 23, 2012.

UNIVERSAL PRE-K

MUST BE 4 YEARS OLD BY DEC. 1, 2012

We are excited to offer Universal Pre-K programs in conjunction with the Lake Shore, Hamburg, and Orchard Park School Districts. This traditional classroom format is designed to introduce academics and enhance socialization, physical activity, communication, creative thinking, and prepare your child for kindergarten.

Please call 674-9622 for more information and an application for the Lake Shore program.

Please call the Orchard Park or Hamburg School Districts for more information and an application for the respective program.



LITTLE CHEFS (09217)

AGES 3-5 YEARS

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

DAY	TIME	WINTER	EARLY SPRING
MON	12:30-1:30 pm	\$43/\$57	\$43/\$57
MON	6:30-7:30 pm	\$43/\$57	\$43/\$57

MUSIC AND MOVEMENT (09212)

AGES 2-4 YEARS

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	10:45-11:45 am	\$37/\$48	\$37/\$48

CHILD WATCH PICK-UP & DROP-OFF PROGRAM

Sign your child up for any of our preschool classes and our teachers will pick up and/or drop your child off in the Child Watch Room. Best of all, the time your child is participating in their class will not count toward your 90-minute Child Watch time limit.

* Parents must drop off on the first day of classes to inform their teacher that their child will be participating in this program.

PLAYGROUP (09210)

AGES 18-36 MONTHS (WITH PARENT)

Playgroup is a time for parents and children to have fun together in a program designed to enrich and enhance socialization through hands-on activities. Each class is planned around a daily theme with supporting activities promoting language development, coordination, crafts, and gym time.

DAY	TIME	WINTER	EARLY SPRING
T/TH	9:30-10:30 am	\$56/\$71	\$56/\$71

TODDLER UNIVERSITY (09224)

AGES 2-3 YEARS

Our Toddler University class provides a variety of hands-on activities centered around a common theme. Each class incorporates crafts, storytelling, songs and more.

Winter Wonderland

DAY	TIME	WINTER	EARLY SPRING
MON	9:30-10:15 am	\$37/\$48	-
WED	10:45-11:30 am	\$37/\$48	-

Digging for Dinos

DAY	TIME	WINTER	EARLY SPRING
MON	9:30-10:15 am	-	\$37/\$48
WED	10:45-11:30 am	-	\$37/\$48

MESSY PLAY (09213)

AGES 2-4 YEARS (PARENT PARTICIPATION OPTIONAL)

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
WED	9:30-10:15 am	\$37/\$48	\$37/\$48

KINDERCLAY (09221)

AGES 3-5 YEARS

Squish, squeeze, roll, pound; imagination knows no bounds. Give a child a hunk of clay and watch an artist bloom today! This unique pottery class teaches children the basics of working with clay including pinch pots, the coil method, slab pottery, and working with a small pottery wheel. Class difficulty is geared toward specific age groups.

DAY	TIME	WINTER	EARLY SPRING
THU	11:00 am - 12:00 pm	\$43/\$57	\$43/\$57

BOOKWORMS (09214)

AGES 3-5 YEARS

Bookworms is a literacy-based program emphasizing enthusiasm for children's books. Each week is themed after a book appropriate for children 3-5 years old and includes theme-related activities.

DAY	TIME	WINTER	EARLY SPRING
FRI	10:45-11:45 am	\$37/\$48	\$32/\$41

Author Study Class - Jann Brett (Winter), Dr. Seuss (Early Spring)

DAY	TIME	WINTER	EARLY SPRING
SAT	9:00-10:00 am	\$37/\$48	\$37/\$48

LET'S EXPLORE SCIENCE (09216)

AGES 3-6 YEARS

There is no better way to learn than through hands-on discovery! This class allows your child to explore the world around him/her while developing socialization skills, learning tools for kindergarten, and having fun!

DAY	TIME	WINTER	EARLY SPRING
FRI	9:30-10:30 am	\$37/\$48	\$32/\$41

PRETTY PRETTY PRINCESS (09201)

AGES 3-6 YEARS

Calling all princesses! Join us to make tiaras, wands, jewelry, and much more! At the end of the session, all our princesses will "dress to impress" as they gather for a tea party with their new friends.

DAY	TIME	WINTER	EARLY SPRING
MON	5:30-6:30 pm	\$37/\$48	\$37/\$48
TUE	12:30-1:30 pm	\$37/\$48	\$37/\$48

PRESCHOOL JUMBLE (09201)

AGES 3-6 YEARS

Not sure what to take this session? Try this sampler class! Activities from some of our most popular specialty classes are highlighted each week so your little one can try them all.

DAY	TIME	WINTER	EARLY SPRING
WED	11:30 am - 12:30 pm	\$37/\$48	\$37/\$48

SUPERHEROES IN TRAINING (09201)

AGES 3-6 YEARS

Does your child crave superhero fun? Then this class is for them! Each week children will transform into superheroes with activities and crafts focused on both real and fictional superheroes. Your little ones will learn about courage and helping others, all while practicing their speed, jumping, flexibility, and other superhero powers!

DAY	TIME	WINTER	EARLY SPRING
WED	12:30-1:30 pm	\$37/\$48	\$37/\$48
SAT	10:00-11:00 am	\$37/\$48	\$37/\$48



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.

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.

INFANT – SHRIMP/KIPPER (01001)

DAY	TIME	WINTER	EARLY SPRING
MON	9:30-10:00 am	\$56/\$85	\$56/\$85
WED	9:30-10:00 am	\$56/\$85	\$56/\$85
WED	3:30-4:00 pm	\$56/\$85	\$56/\$85
SAT	9:30-10:00 am	\$56/\$85	\$56/\$85

TODDLER – INIA/PERCH (01002)

DAY	TIME	WINTER	EARLY SPRING
TUE	9:30-10:00 am	\$56/\$85	\$56/\$85
THU	9:30-10:00 am	\$56/\$85	\$56/\$85
FRI	3:30-4:00 pm	\$56/\$85	\$56/\$85
SAT	12:00-12:30 pm	\$56/\$85	\$56/\$85

TODDLER – PRE-PIKE (01003)

DAY	TIME	WINTER	EARLY SPRING
TUE	10:00-10:30 am	\$56/\$85	\$56/\$85
TUE	3:30-4:00 pm	\$56/\$85	\$56/\$85
THU	10:00-10:30 am	\$56/\$85	\$56/\$85
THU	3:30-4:00 pm	\$56/\$85	\$56/\$85
FRI	9:30-10:00 am	\$56/\$85	\$56/\$85
SAT	12:30-1:00 pm	\$56/\$85	\$56/\$85

PRESCHOOL BEGINNER – PIKE (01003)

DAY	TIME	WINTER	EARLY SPRING
MON	10:00-10:30 am	\$56/\$85	\$56/\$85
MON	4:30-5:00 pm	\$56/\$85	\$56/\$85
TUE	10:30-11:00 am	\$56/\$85	\$56/\$85
TUE	6:00-6:30 pm	\$56/\$85	\$56/\$85
WED	10:00-10:30 am	\$56/\$85	\$56/\$85
WED	4:30-5:00 pm	\$56/\$85	\$56/\$85
WED	6:00-6:30 pm	\$56/\$85	\$56/\$85
THU	10:30-11:00 am	\$56/\$85	\$56/\$85
THU	6:00-6:30 pm	\$56/\$85	\$56/\$85
FRI	10:00-10:30 am	\$56/\$85	\$56/\$85
FRI	4:30-5:00 pm	\$56/\$85	\$56/\$85
SAT	9:30-10:00 am	\$56/\$85	\$56/\$85
SAT	10:00-10:30 am	\$56/\$85	\$56/\$85
SAT	12:00-12:30 pm	\$56/\$85	\$56/\$85

PRESCHOOL INTERMEDIATE – EEL (01004)

DAY	TIME	WINTER	EARLY SPRING
MON	10:30-11:00 am	\$56/\$85	\$56/\$85
MON	6:00-6:30 pm	\$56/\$85	\$56/\$85
TUE	4:30-5:00 pm	\$56/\$85	\$56/\$85
WED	10:30-11:00 am	\$56/\$85	\$56/\$85
WED	6:00-6:30 pm	\$56/\$85	\$56/\$85
THU	11:00-11:30 am	\$56/\$85	\$56/\$85
THU	4:30-5:00 pm	\$56/\$85	\$56/\$85
FRI	10:30-11:00 am	\$56/\$85	\$56/\$85
SAT	10:00-10:30 am	\$56/\$85	\$56/\$85
SAT	12:00-12:30 pm	\$56/\$85	\$56/\$85

PRESCHOOL ADVANCED – RAY/STARFISH (01005)

DAY	TIME	WINTER	EARLY SPRING
MON	11:00-11:30 am	\$56/\$85	\$56/\$85
MON	6:30-7:00 pm	\$56/\$85	\$56/\$85
TUE	5:30-6:00 pm	\$56/\$85	\$56/\$85
WED	11:00-11:30 am	\$56/\$85	\$56/\$85
WED	6:30-7:00 pm	\$56/\$85	\$56/\$85
THU	5:30-6:00 pm	\$56/\$85	\$56/\$85
FRI	11:00-11:30 am	\$56/\$85	\$56/\$85
SAT	10:00-10:30 am	\$56/\$85	\$56/\$85

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.

INTRODUCTION TO SYNCHRONIZED SWIMMING

Synchronized swimming is a hybrid of swimming, dance, and gymnastics. The focus is on sculling and basic positions. Participants must swim at a minnow level or higher.

SCOUTING OUT BADGES

Let the Southtowns YMCA help your scout troop earn their aquatic activity badges! Contact the aquatics director at 674-9622 ext. 109 for more information.

BEGINNER – POLLIWOG (01009)

DAY	TIME	WINTER	EARLY SPRING
MON	7:00-7:30 pm	\$56/\$85	\$56/\$85
TUE	6:30-7:00 pm	\$56/\$85	\$56/\$85
WED	7:00-7:30 pm	\$56/\$85	\$56/\$85
THU	6:30-7:00 pm	\$56/\$85	\$56/\$85
SAT	10:30-11:00 am	\$56/\$85	\$56/\$85
SUN	1:30-2:00 pm	\$56/\$85	\$56/\$85

INTERMEDIATE I – GUPPY (01010)

DAY	TIME	WINTER	EARLY SPRING
MON	6:00-6:30 pm	\$56/\$85	\$56/\$85
MON	7:00-7:30 pm	\$56/\$85	\$56/\$85
TUE	7:00-7:30 pm	\$56/\$85	\$56/\$85
WED	7:00-7:30 pm	\$56/\$85	\$56/\$85
THU	7:00-7:30 pm	\$56/\$85	\$56/\$85
SAT	10:30-11:00 am	\$56/\$85	\$56/\$85
SUN	4:30-5:00 pm	\$56/\$85	\$56/\$85

INTERMEDIATE II – MINNOW (01011)

DAY	TIME	WINTER	EARLY SPRING
MON	7:30-8:00 pm	\$56/\$85	\$56/\$85
TUE	7:00-7:30 pm	\$56/\$85	\$56/\$85
TUE	8:00-8:30 pm	\$56/\$85	\$56/\$85
WED	7:30-8:00 pm	\$56/\$85	\$56/\$85
THU	7:00-7:30 pm	\$56/\$85	\$56/\$85
SAT	10:30-11:00 am	\$56/\$85	\$56/\$85

ADVANCED I – FISH (01012)

DAY	TIME	WINTER	EARLY SPRING
TUE	8:00-8:30 pm	\$56/\$85	\$56/\$85
WED	7:30-8:00 pm	\$56/\$85	\$56/\$85
THU	7:30-8:00 pm	\$56/\$85	\$56/\$85
SAT	11:00-11:30 am	\$56/\$85	\$56/\$85

ADVANCED II – FLYING FISH (01013)

DAY	TIME	WINTER	EARLY SPRING
MON	8:00-8:30 pm	\$56/\$85	\$56/\$85
TUE	7:30-8:00 pm	\$56/\$85	\$56/\$85
THU	7:30-8:00 pm	\$56/\$85	\$56/\$85
SAT	11:00-11:30 am	\$56/\$85	\$56/\$85

ADVANCED III – SHARK (01017)

DAY	TIME	WINTER	EARLY SPRING
MON	8:00-8:30 pm	\$56/\$85	\$56/\$85
WED	8:00-8:30 pm	\$56/\$85	\$56/\$85

INTRO TO SYNCHRONIZED SWIMMING (01040)

DAY	TIME	WINTER	EARLY SPRING
SUN	5:45-6:45 pm	\$56/\$85	\$56/\$85
DAY	TIME	JAN. - JUNE	
SUN	5:45-6:45 pm	\$142/\$232	

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

YOUTH DEVELOPMENT

Swimming

PRIVATE LESSONS

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.

SEMI-PRIVATE LESSONS

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.**

PRIVATE & SEMI-PRIVATE LESSONS (01038/01039)

Prices listed are for private lessons only. Semi-private lessons are held at the same time for half the cost.

DAY	TIME	WINTER	EARLY SPRING
MON	3:00-3:30 pm	\$146/\$189	\$146/\$189
MON	3:30-4:00 pm	\$146/\$189	\$146/\$189
MON	4:00-4:30 pm	\$146/\$189	\$146/\$189
MON	5:00-5:30 pm	\$146/\$189	\$146/\$189
MON	5:30-6:00 pm	\$146/\$189	\$146/\$189
MON	6:30-7:00 pm	\$146/\$189	\$146/\$189
MON	7:30-8:00 pm	\$146/\$189	\$146/\$189
TUE	11:00-11:30 am	\$146/\$189	\$146/\$189
TUE	11:30 am - 12:00 pm	\$146/\$189	\$146/\$189
TUE	3:00-3:30 pm	\$146/\$189	\$146/\$189
TUE	4:00-4:30 pm	\$146/\$189	\$146/\$189
TUE	5:00-5:30 pm	\$146/\$189	\$146/\$189
TUE	6:00-6:30 pm	\$146/\$189	\$146/\$189
TUE	6:30-7:00 pm	\$146/\$189	\$146/\$189
TUE	7:30-8:00 pm	\$146/\$189	\$146/\$189
TUE	8:30-9:00 pm	\$146/\$189	\$146/\$189
WED	3:00-3:30 pm	\$146/\$189	\$146/\$189
WED	4:00-4:30 pm	\$146/\$189	\$146/\$189
WED	5:00-5:30 pm	\$146/\$189	\$146/\$189
WED	5:30-6:00 pm	\$146/\$189	\$146/\$189
WED	6:30-7:00 pm	\$146/\$189	\$146/\$189
WED	8:00-8:30 pm	\$146/\$189	\$146/\$189
THU	11:30 am - 12:00 pm	\$146/\$189	\$146/\$189
THU	3:00-3:30 pm	\$146/\$189	\$146/\$189
THU	4:00-4:30 pm	\$146/\$189	\$146/\$189
THU	5:00-5:30 pm	\$146/\$189	\$146/\$189
THU	6:00-6:30 pm	\$146/\$189	\$146/\$189
THU	6:30-7:00 pm	\$146/\$189	\$146/\$189
THU	8:00-8:30 pm	\$146/\$189	\$146/\$189
FRI	11:30 am - 12:00 pm	\$146/\$189	\$146/\$189
FRI	3:00-3:30 pm	\$146/\$189	\$146/\$189
FRI	4:00-4:30 pm	\$146/\$189	\$146/\$189
FRI	6:00-6:30 pm	\$146/\$189	\$146/\$189
FRI	6:30-7:00 pm	\$146/\$189	\$146/\$189
SAT	11:00-11:30 am	\$146/\$189	\$146/\$189
SAT	12:30-1:00 pm	\$146/\$189	\$146/\$189
SAT	1:00-1:30 pm	\$146/\$189	\$146/\$189
SAT	1:30-2:00 pm	\$146/\$189	\$146/\$189
SAT	2:00-2:30 pm	\$146/\$189	\$146/\$189
SAT	2:30-3:00 pm	\$146/\$189	\$146/\$189
SUN	10:30-11:00 am	\$146/\$189	\$146/\$189
SUN	11:00-11:30 am	\$146/\$189	\$146/\$189
SUN	11:30 am - 12:00 pm	\$146/\$189	\$146/\$189
SUN	12:00-12:30 pm	\$146/\$189	\$146/\$189
SUN	2:00-2:30 pm	\$146/\$189	\$146/\$189
SUN	2:30-3:00 pm	\$146/\$189	\$146/\$189
SUN	4:00-4:30 pm	\$146/\$189	\$146/\$189

RESERVE YOUR TIME SLOT!

Purchase your private and semi-private swim lessons in a six-month block (January - June).

Cost: \$380/\$600



YOUTH DEVELOPMENT

Sports

SPORTS & SPLASH (08005)

AGES 3-5 YEARS

Take advantage of some time for yourself while enthusiastic YMCA staff provide your child with 45 minutes of fun in the gym. You then rejoin your child to get him or her ready for a 30-minute introductory swim lesson. Children must be potty trained.

DAY	TIME	WINTER	EARLY SPRING
FRI	10:00 - 11:30 am	\$39/\$62	\$39/\$62
FRI*	6:30-8:00 pm	\$39/\$62	\$39/\$62

* Fridays 6:30-8:00 pm class will swim first.

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
TUE	10:00-10:45 am	\$36/\$57	\$36/\$57
THU	10:00-10:45 am	\$36/\$57	\$36/\$57
SAT	10:00-10:45 am	\$36/\$57	\$36/\$57

* Two year olds can participate with parent involvement, and the permission of the sports director.

KIDS IN MOTION (08230)

AGES 2-4 YEARS (WITH PARENT)

Do you have a preschooler who is keeping you hopping? Let us channel that energy into a positive healthy lifestyle with this preschool 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.

DAY	TIME	WINTER	EARLY SPRING
WED	10:30-11:15 am	\$36/\$57	\$36/\$57

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 developing flexibility and coordination.

DAY	TIME	WINTER	EARLY SPRING
TUE	11:00-11:45 am	\$36/\$57	\$36/\$57
THU	11:00-11:45 am	\$36/\$57	\$36/\$57
SAT	11:00-11:45 am	\$36/\$57	\$36/\$57

BEGINNER BALLET (08431)

AGES 3-5 YEARS

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.

DAY	TIME	WINTER	EARLY SPRING
SAT	1:30-2:15 pm	\$39/\$62	\$39/\$62

PEE WEE SPORTS

AGES 3-5 YEARS

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
MON	5:45-6:30 pm	\$36/\$57	\$36/\$57
THU	5:45-6:30 pm	-	\$36/\$57

PEE WEE BASKETBALL (08226)

DAY	TIME	WINTER	EARLY SPRING
TUE	5:45-6:30 pm	\$36/\$57	\$36/\$57

PEE WEE SOCCER (08207)

DAY	TIME	WINTER	EARLY SPRING
WED	5:45-6:30 pm	\$36/\$57	\$36/\$57
THU	5:45-6:30 pm	\$36/\$57	-



CHILD WATCH PICK-UP & DROP-OFF PROGRAM

Sign your child up for any of our Pee Wee Sports classes and our coaches will pick up and/or drop your child off in the Child Watch Room. Best of all, the time your child is participating in their sports class will not count toward your 90-minute Child Watch time limit. Run an extra mile, swim an extra lap or take an extra class, the 45 minutes is yours to use.

* Parents must drop off on the first day of classes to inform the coach that their child will be participating in this program.

YOUTH DEVELOPMENT

Sports

YOUTH SPORTS

AGES 6-10 YEARS

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.

FLOOR HOCKEY (08419)

DAY	TIME	WINTER	EARLY SPRING
MON	6:30-7:30 pm	\$36/\$57	-
THU	6:30-7:30 pm	\$36/\$57	\$36/\$57

BASKETBALL (08426)

AGES 6-7 YEARS

DAY	TIME	WINTER	EARLY SPRING
TUE	6:30-7:30 pm	\$36/\$57	\$36/\$57

AGES 8-10 YEARS

DAY	TIME	WINTER	EARLY SPRING
TUE	7:30-8:30 pm	\$36/\$57	\$36/\$57

SOCCER (08407)

DAY	TIME	WINTER	EARLY SPRING
WED	6:30-7:30 pm	\$36/\$57	\$36/\$57

GYMNASTICS (08405)

AGES 5-10 YEARS

Your child will begin to learn basic gymnastics skills as well as terminology. An emphasis is placed on strength, flexibility, endurance, and balance all in a fun and safe atmosphere.

Level I (Beginner) & Level II (Intermediate)

DAY	TIME	WINTER	EARLY SPRING
SAT	12:00-1:00 pm	\$39/\$62	\$39/\$62

HOCKEY LEAGUE (08450)

GRADES 1-6

Our 10-week league is the perfect place to learn and practice hockey skills for all levels, including beginners. Children practice with their teams during the week and play real games on Saturday against other YMCA teams. This competitive league focuses on fun, teamwork, skill development, and physical fitness. Each player receives a team jersey and end of the year award. Volunteer coaches are needed.

League Dates

April 7 - June 9

Registration

Feb. 1 - March 17

DAY	TIME	FEE
SAT	11:00 am - 4:00 pm	\$60/\$80

TAE KWON DO (08017)

AGES 6-11 YEARS

Tae Kwon Do is taught by a certified black belt instructor who focuses on personal development, self-confidence, self-discipline, and respect for self and others. Each class stresses responsibility for personal safety and improves physical and mental health. Classes are taught in a safe, fun, and interactive environment.

Level I (Beginner)

DAY	TIME	WINTER	EARLY SPRING
FRI	5:30-6:15 pm	\$57/\$81	\$50/\$71

Level II (Intermediate) (to be taken after Level I)

DAY	TIME	WINTER	EARLY SPRING
FRI	6:30-7:15 pm	\$57/\$81	\$50/\$71



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!

KIDSCLAY (09221)

Squish, squeeze, roll, pound – imagination knows no bounds. Give a child a hunk of clay and watch an artist bloom today! This unique pottery class teaches children the basics of working with clay, including pinch pots, the coil method, slab pottery, and working with a small pottery wheel. Class difficulty is geared toward specific age groups.

AGES 5-8 YEARS

DAY	TIME	WINTER	EARLY SPRING
WED	5:15-6:15 pm	\$43/\$57	\$43/\$57

AGES 9-12 YEARS

DAY	TIME	WINTER	EARLY SPRING
WED	6:30-7:30 pm	\$43/\$57	\$43/\$57

PARENTS' NIGHT OUT (04002)

AGES 3-12 YEARS (MEMBERS ONLY)

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 a YMCA youth or family member photo ID card; pre-registration beginning on the 1st of each month is required. Swimming is available for children 6-12 years old.

Jan. 14, Feb. 11, March 10, April 14 6:00-9:00 pm

GREAT ROCKY ADVENTURE ROOM

AGES 5-12 YEARS (MEMBERS ONLY)

Let your kids climb, slide, explore, and play in our Great Rocky Mountain Range! Our Adventure Room accommodates up to 40 kids at one time and a 90-minute time limit is enforced. Parents must remain on site and also sign their child(ren) in and out of the facility with a youth or family member photo I.D. card.

DAY	WINTER & EARLY SPRING
MON	3:30-8:30 pm
TUE	3:30-6:00 pm
WED	3:30-8:30 pm
THU	3:30-8:30 pm
FRI	3:30-6:00 pm
SAT	10:00 am – 3:00 pm
SUN	9:00 am – 3:00 pm

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 swimming pool, gym or Adventure Room (when available). Just make your reservation, bring the children, and we'll supply the host, birthday cake, beverages, balloons, table cloths, and paper products. The birthday boy or girl will also receive a YMCA birthday celebration t-shirt! Birthday parties are available on Friday evenings, Saturdays and Sundays. Call 674-9622 for available times and to make your reservation. Reservations are accepted up to eight weeks (two months) in advance.



INDOOR POOL PARTY

AGES 3-12 YEARS

Your birthday child and up to 24 guests will enjoy an hour of swimming in our unique indoor swim facility. 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 \$132* Non-Members \$183*

*Additional fee for parties in excess of 25.

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

GREAT ROCKY ADVENTURE ROOM PARTY

AGES 3-12 YEARS

Your birthday child and 14 friends will have a great time climbing, sliding, and playing in our Adventure Room. Adults are required to supervise and support children while on equipment.

YMCA Members \$132* Non-Members \$183*

* Additional \$5 fee per child for up to 20 kids.

GYM PARTY

AGES 3-12 YEARS

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

YMCA Members \$132* Non-Members \$183*

* Additional fee for parties in excess of 25.

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

YOUTH DEVELOPMENT

Teens

LEADERS CLUB

AGES 11-18 YEARS

Teens have a great time meeting new people, learning new things, and engaging in activities that help develop leadership skills. Activities include retreats, YMCA and community service projects, social outings and more. Program runs September to June.

*** Contact the teen & family director for more information.**
Registration is ongoing.

DAY	TIME	WINTER	EARLY SPRING
MON	6:30-8:00 pm	FREE/\$20	FREE/\$20

TEEN VOLUNTEER PROJECT

Volunteer for a 6-8-week session of youth sports as an assistant coach. Learn valuable communication and leadership skills while earning volunteer hours. The program is designed to segue into potential employment with the YMCA. Great for anyone who likes working with children or who has a love of sports.

For more information visit the member services desk or contact the youth sports director.

TEEN NIGHTS (15151)

AGES 12-17 YEARS

One night per month is set aside for our teen members to enjoy swimming, sports, games, and socializing with friends! Members may bring one guest for \$4.

TEEN WELLNESS CENTER ORIENTATION

AGES 12-14 YEARS

This class is required for all 12-14 year olds who would like 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. Mature behavior is expected in all areas and we reserve the right to exclude anyone who does not adhere to YMCA guidelines and safety standards.

DAY	TIME	
WED	5:30-7:30 pm	MEMBERS ONLY
SUN	1:00-3:00 pm	MEMBERS ONLY
FRI	5:30-7:30 pm	MEMBERS ONLY

TEEN PERSONAL TRAINING

AGES 12-17 YEARS

Teens work one-on-one with our trained fitness staff to accomplish goals such as weight management, sport-specific conditioning, or healthier lifestyle habits. Teens are introduced to the proper usage of free weights, Lifefitness/Nautilus equipment, cardiovascular equipment, and other fitness tools. Individual appointments must be scheduled with a trainer (Friend Fit available).

*** Payment for sessions must be made prior to scheduling appointment at the front desk.**

*** Personal training is non-refundable.**

Members	\$30 per hour or \$160/six hours
Non-Members	\$40 per hour or \$240/six hours



TEEN VOLLEYBALL (08046)

AGES 11-17 YEARS

Recreational volleyball for teens. Register at the member services desk.

DAY	TIME	WINTER	EARLY SPRING
TUE	4:30-5:30 pm	\$36/\$57	\$36/\$57

TEEN FITNESS & WATER EXERCISE (02003)

AGES 14-18 YEARS

Teens may participate in any land or water fitness class. Mature behavior is always expected. See adult program pages for available classes and schedules.



TEEN GROUP CYCLING

AGES 15+ YEARS

Certified instructors teach group cycling through a set of movements and hand position on specially designed Johnny G Spinner® stationary bikes. This high energy group exercise class is joint easy, low impact, and integrates music and visualization. Your fitness results will be unparalleled and you will leave the class feeling great.

		WINTER/EARLY SPRING
T/TH	4:30-5:30 pm	MEMBERS ONLY

* 12-14 year olds may participate following completion of the Teen Wellness Center Orientation.

HIP HOP

ALL AGES

This high energy dance fitness class is infused with fun hip hop choreography. In this class you will be learning basic dance moves, following hip hop fitness routines, and getting a great cardio workout while moving to today's hottest hits.

DAY	TIME	WINTER/EARLY SPRING
T/TH	4:00-5:00 pm	MEMBERS ONLY

YOUTH DEVELOPMENT

Camp

EARLY BIRD CAMP REGISTRATION

JAN. 2 – FEB. 29

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

CAMP CANDY SALE

JAN. 2 – JULY 2

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

PASSPORT TO SUMMER

SATURDAY, MAY 19

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

YOUNG EXPLORERS

AGES 3-6 YEARS

This camp is carefully designed to meet the emotional and physical needs of preschoolers. Your young child can look forward to swimming, gym time, creative projects, storytelling, rest time, field trips and lots of fun. Our Young Explorer counselors are highly qualified and their priority is to keep your child safe while he or she has fun immersed in creative and stimulating activities.

LOCATION: SOUTHTOWNS FAMILY YMCA

3-Day: \$123/\$144

5-Day: \$144/\$180

FREE EXTENDED DAY CAMP HOURS

Extended hours are available from
7:00-8:30 am & 4:00-6:00 pm
for all YMCA Day Camps at
no additional charge.

DAY CAMP

AGES 5-13 YEARS

YMCA Day Camp is geared for fun, exploration, and adventure! Day campers are broken out into age specific groups to ensure that 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, playing group games, learning how to work together as a group, going on field trips and more.

LOCATION: EGGERT ROAD PROGRAM CENTER IN ORCHARD PARK

3-Day: \$118/\$139

5-Day: \$138/\$169

LOCATION: WILLIAM T. HOAG ELEMENTARY SCHOOL IN ANGOLA

3-Day: \$105/\$130

5-Day: \$120/\$150

LOCATION: ST. ALOYSIUS CHURCH IN SPRINGVILLE

3-Day: \$68/\$85

5-Day: \$100/\$125

SPORTS CAMP

AGES 5-13 YEARS

Campers learn the skills, strategies, and concepts of a variety of sports in a fun atmosphere where teamwork and good sportsmanship are stressed. Each weekly session also includes traditional day camp activities such as instructional and recreational swimming, arts & crafts, field trips and more.

LOCATION: EGGERT ROAD PROGRAM CENTER IN ORCHARD PARK

5-Day: \$133/\$169



GYMNASTICS CAMP

AGES 5-13 YEARS

This non-competitive, educational gymnastics program is great for boys and girls new to or already skilled in gymnastics. Parallel bars, uneven bars, vault, and balance beam are utilized. The full day format also includes traditional day camp activities such as arts & crafts, field trips, and swimming.

LOCATION: SOUTHTOWNS FAMILY YMCA

5-Day: \$143/\$179

THEATER CAMP

JULY 18 - AUG. 12

AGES 7-12 YEARS

This specialty camp is designed to give your aspiring thespian the experience of putting on a theater production from start to finish. Campers learn elements of acting, dance, voice, set design, costume design, and more! This six-week extravaganza features weekly showcases and culminates in a camper staged performance.

LOCATION: TBD

5-Day: \$158/\$199

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 an interview and training process and must commit to attend a minimum number of weeks of camp. Number of weeks varies by camp.

AVAILABLE FOR YOUNG EXPLORERS, DAY CAMP, THEATER CAMP, SPORTS CAMP & GYMNASTICS CAMP ONLY.

5-Day: \$88/\$118

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.

LOCATION: SOUTHTOWNS FAMILY YMCA

5-Day: \$88/\$118

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 NIGHTS

Bring the whole family for a fun-filled evening at the YMCA. Quarterly events designed around a central holiday theme offer a variety of fun activities that encourage families to spend time together while socializing with other YMCA families.

Saturdays

Days and times are listed in the monthly e-blast and at the branch.

FAMILY GREAT ROCKY ADVENTURE ROOM

MEMBERS ONLY

For your child's safety, please make sure he/she is at least of walking age - 8 years

Bring the whole family and spend time together in our Great Rocky Adventure Room. The Adventure Room can hold up to 40 people. We ask that you please discuss the posted rules with your children and supervise them closely at all times. No prior registration is needed. Just drop in and join the fun!

TUE 6:00-8:30 pm

FRI 6:00-8:30 pm

PRESCHOOL ADVENTURE ROOM

MEMBERS ONLY

Time for tots to adventure with a parent. For your child's safety, please make sure your child is of walking age. No one over the age of 5 is allowed. Enjoy this room at your own pace.

M/W/F 2:00-3:30 pm*

*Times subject to change

FAMILY OPEN GYM & FAMILY SWIM

For the family open gym and family swim schedules visit www.YMCABuffaloNiagara.org or stop by the member services desk.

FAMILY SWIM LESSONS

Is it difficult to find time for the entire family to take swim lessons? We've created a 45-minute family swim lesson ideal for the busy family. Families will work with an instructor to develop their swimming skills and will work together to achieve their goals. The group may consist of children and adults. Maximum four people per group per session. Contact the aquatics director at 674-9622 ext. 109 for details.

7 lessons

\$160/\$220

ADVENTURE GUIDES

AGES 5-13 YEARS

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, call 674-9622 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		DAY	TIME
WED	6:45-7:45 pm	AND	SAT	9:00-10:00 am



HEALTHY LIVING

Healthy Lifestyles

THE WEIGHT IS OVER (02210)

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.

Lifeguards employed by the YMCA must be at least 18 years old. Classes offered in the spring and fall.

For more information, please call the Aquatic Director at 674-9622, ext. 109 or log on to www.YMCABuffaloNiagara.org.

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

AQUATICS STRENGTH & STRETCH

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	MEMBER/NON-MEMBER
SAT	8:00-9:00 am	FREE/\$86
M/W/F	2:00-3:00 pm	FREE/\$128
T/TH	6:00-7:00 pm	FREE/\$95

SILVERSNEAKERS® SILVERSPLASH

SilverSneakers® SilverSplash – 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
M/W/F	8:00-9:00 am

AQUAFIT

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
MON	10:00-11:00 am
MON	1:00-2:00 pm
T/TH	8:00-9:00 am
T/TH	1:00-2:00 pm
T/TH	2:00-3:00 pm
W/F	10:00-11:00 am
W/F	1:00-2:00 pm
SAT	9:00-10:00 am

AQUAFIT II

Features more advanced aerobic toning activities, a higher intensity cardiovascular workout, warm-up and cool down. Non-swimmers are welcome.

DAY	TIME
M/F	9:00-10:00 am
T/W/TH	10:00-11:00 am
M/W/F	6:00-7:00 pm

AQUA MIX

Obtain a well-rounded workout through a variety of movements and styles. Class incorporates traditional water aerobics, a deep water circuit, a session of body toning and more! No two classes have to be alike.

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

Y SCUBA

The Southtowns Family YMCA has started a partnership with Dip & Dive Scuba Shop to bring scuba lessons to our program menu.

Register for sessions through Dip & Dive at 837-3483.

T/TH 6:00-9:00 pm Call for details

ADULT SWIM LESSONS (01020)

Learn the basics! This class is designed for the non or first time swimmer. The focus is on learning to float on front and back and swim independently.

DAY	TIME	WINTER	EARLY SPRING
MON	11:30 am - 12:00 pm	\$56/\$85	\$56/\$85
MON	8:30-9:00 pm	\$56/\$85	\$56/\$85
WED	11:30 am - 12:00 pm	\$56/\$85	\$56/\$85
WED	8:30-9:00 pm	\$56/\$85	\$56/\$85
THU	8:30-9:00 pm	\$56/\$85	\$56/\$85
SAT	1:00-1:30 pm	\$56/\$85	\$56/\$85

PRIVATE/SEMI-PRIVATE SWIM LESSONS

Please see page 10 for a listing of available days and times.

MONTHLY MASTERS SWIM CLINICS

Are you a lap swimmer who would like to improve your form and endurance? Are you a competitive swimmer who is looking to perfect a skill? This is the class for you! Stroke and turn clinics will be held on a monthly basis and will focus on a different skill each month. Pre-registration is required at the beginning of each month. Please contact the aquatics director at 674-9622 ext. 109 for more information.

MASTERS SWIM TEAM

An organized swim program for adults who are interested in building endurance and improving their strokes and turns. Participation in competitive meets is possible, but not required. Training takes place during fitness swims. Please call 674-9622 ext. 109 for more information.



HEALTHY LIVING

Fitness

WELLNESS CENTER

Features state-of-the-art equipment including Life Fitness, StarTrac, Precor, Concept II, and Hammer Strength. The Life Fitness complete circuit targets the upper body, lower body, and torso. Cardiorespiratory equipment includes StarTrac Pro Treadmills, Cybex Arc Trainers, Precor Ellipticals, Concept II Rowers, StarTrac Pro Upright, and Recumbent Bikes.

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

WELLNESS CENTER ORIENTATION

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

TEEN WEIGHT TRAINING

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

ONE-ON-ONE ASSESSMENTS

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

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

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

A renowned method of body conditioning named after Joseph Pilates. This class strengthens the body's core muscles including the abdominals and the lower back. It tones the body and increases flexibility. All Y Pilates instructors have completed specialized training to teach the Pilates method.

Beginner Pilates

DAY	TIME	WINTER/EARLY SPRING
T/TH	7:00-8:00 am	MEMBERS ONLY

Intermediate Pilates

DAY	TIME	WINTER/EARLY SPRING
M/W/F	5:15-6:15 pm	MEMBERS ONLY

Pi-Yo (A combination of Pilates and yoga)

DAY	TIME	WINTER/EARLY SPRING
M/W/F	8:30-9:30 am	MEMBERS ONLY

AMAZING ABS

30-minute intense abdominal workouts that help 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
M/W/F	7:30-8:00 am	MEMBERS ONLY
M/W	7:00-7:30 pm	MEMBERS ONLY
T/TH	11:30 am - 12:00 pm	MEMBERS ONLY
SAT	8:15-8:45 am	MEMBERS ONLY

BODY CONDITIONING

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

Body Conditioning

DAY	TIME	WINTER/EARLY SPRING
T/TH	6:00-7:00 am	MEMBERS ONLY
T/TH	5:00-6:00 pm	MEMBERS ONLY
SAT	10:00-11:00 am	MEMBERS ONLY

Body Conditioning for Women

DAY	TIME	WINTER/EARLY SPRING
M/W/F	12:30-1:45 pm	MEMBERS ONLY

HOOPNOTICA®

This class will tone the muscles of the core and the entire body, while also providing an intense cardiovascular workout. Hooping increases energy, develops balance and coordination and improves flexibility. Hoops are provided. Hula hooping experience is not required!

DAY	TIME	WINTER/EARLY SPRING
TUE	12:00-1:00 pm	MEMBERS ONLY

INTERVAL TRAINING

A 45-minute class that combines various styles of training including plyometrics, speed drills, intervals and weight-bearing exercises that will ensure a full-body work-out.

DAY	TIME	WINTER/EARLY SPRING
T/TH	10:45-11:30 am	MEMBERS ONLY

SWIM-BIKE-RUN

Participants meet in the pool area to swim laps, attend an hour long cycling class, followed by a 30-minute run on the track. *Members DO NOT have to participate in the swim or run portion and can take the cycling class only*

DAY	TIME	WINTER/EARLY SPRING
FRI	8:15-11:00 am	MEMBERS ONLY

CYCLING INTERVAL

This class incorporates cycling intervals with off-bike intervals, including speed drills and weight bearing exercises, to provide a full body workout.

DAY	TIME	WINTER/EARLY SPRING
WED	9:15-10:15 am	MEMBERS ONLY
THU	5:45-6:45 am	MEMBERS ONLY

CYCLING ORIENTATION

MEMBERS ONLY

If you are interested in group cycling but haven't attended a class before, this is for you! Members are shown how to properly adjust their bikes for a "perfect fit" which ensures a comfortable ride. The class includes basic instruction with a focus on proper form and cycling techniques. A water bottle and towel are recommended to bring to class.

First Saturday of each month: 7:00-7:30 am

First Wednesday of each month: 8:45-9:15 am

GROUP CYCLING

Certified instructors teach group cycling through a set of movements and hand positions on specially designed Johnny G Spinner® stationary bikes. Catering to both the elite and the recreational athlete, this high energy group exercise class is a joint-easy, low impact workout that integrates music 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!

DAY	TIME	WINTER	EARLY SPRING
M/T/W	6:15-7:15 pm	MEMBERS ONLY	MEMBERS ONLY
M/T/W/F	5:45-6:45 am	MEMBERS ONLY	MEMBERS ONLY
M-F	9:15-10:15 am	MEMBERS ONLY	MEMBERS ONLY
FRI	5:00-6:00 pm	MEMBERS ONLY	MEMBERS ONLY
SAT	7:30-8:30 am	MEMBERS ONLY	MEMBERS ONLY
SAT	9:30-10:30 am	MEMBERS ONLY	MEMBERS ONLY
SUN	8:15-9:15 am	MEMBERS ONLY	MEMBERS ONLY
SUN	9:30-10:30 am	MEMBERS ONLY	MEMBERS ONLY

TEEN CYCLE

T/TH	4:30-5:30 pm	MEMBERS ONLY	MEMBERS ONLY
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LOW IMPACT CARDIO & STRENGTH

This class is a gentle combination of cardiovascular and muscular strength development. Class includes exercises to improve overall body strength with core strengthening to improve abdominal and lower back strength. Low impact aerobics are also incorporated to get your heart rate elevated.

DAY	TIME	WINTER/EARLY SPRING
M/F	2:00-3:00 pm	MEMBERS ONLY

HI/LOW

With great moves and high-energy music, this class gives you the cardio workout you want without the impact of a step.

Intermediate Hi/Low

More challenging patterns and intensity.

DAY	TIME	WINTER/EARLY SPRING
T/TH	6:00-7:00 pm	MEMBERS ONLY

STEP

Using a step, these classes incorporate challenging patterns and intensities of aerobic exercise.

DAY	TIME	WINTER/EARLY SPRING
M/W/F	6:00-7:00 am	MEMBERS ONLY
M/W/F	4:15-5:15 pm	MEMBERS ONLY
SAT	7:15-8:15 am	MEMBERS ONLY

TAI CHI

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

DAY	TIME	WINTER/EARLY SPRING
M/W/F	10:30-11:30 am	MEMBERS ONLY
SAT	12:00-1:15 pm	MEMBERS ONLY

YOGA

Gentle effective postures that promote stretching, strengthening, and relaxation.

DAY	TIME	WINTER/EARLY SPRING
M/W/F	7:00-7:30 am	MEMBERS ONLY
T/TH	8:30-9:30 pm	MEMBERS ONLY
SUN	11:00 am - 12:00 pm	MEMBERS ONLY

DAO IN YOGA

Dao In Yoga was originally developed to heal illness, process stress, and slow the aging process. As with all forms of yoga, the rewards are many, including increased flexibility, strength, grace, and endurance. This Chinese yoga combines postures, breathing, movements, and concentration to clear the mind and benefit all of the body systems and organs.

DAY	TIME	WINTER/EARLY SPRING
M/W/F	11:30 am - 12:30 pm	MEMBERS ONLY
SAT	11:00 am - 12:00 pm	MEMBERS ONLY

POWER YOGA

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
THU	12:00-1:30 pm	MEMBERS ONLY

CARDIO KICKBOXING

A great way to relieve stress and tension, this aerobic based class combines boxing, aerobic exercises, and strengthening exercises to increase flexibility, balance, strength, and coordination. Learn the proper way to kick and punch in a safe, non-contact environment.

DAY	TIME	WINTER/EARLY SPRING
M/W/F	9:30-10:30 am	MEMBERS ONLY
M/W/F	6:15-7:00 pm	MEMBERS ONLY

BOOT CAMP

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

DAY	TIME	WINTER/EARLY SPRING
M/W/F	5:45-6:45 am	MEMBERS ONLY

BOXING

AGES 15 YEARS AND UP

This class offers the fundamental basics of boxing. Beginner and experienced boxers are all welcome. Gloves and focus mitts are provided, however, hand-wraps are strongly encouraged for class.

DAY	TIME	WINTER/EARLY SPRING
SUN	10:30-11:30 am	MEMBERS ONLY

PUNK ROPE

Punk Rope is a playful, interval-style, song-based workout. The class was designed as an alternative to the traditional group exercise class. It is intended to be accessible to members of all ages and fitness levels.

DAY	TIME	WINTER/EARLY SPRING
SAT	8:30-9:15 am	MEMBERS ONLY



HEALTHY LIVING

Group Classes

ADULT DANCE

Country Line Dancing

This class starts out at the beginner level. The instructor teaches the basic steps and as the session progresses, so do the steps and/or routines!

DAY	TIME	WINTER/EARLY SPRING
T/TH	1:30-2:30 pm	MEMBERS ONLY

INTRO TO ZUMBA®

MEMBERS ONLY

Join us to learn some basic moves of Zumba® in this half-hour class offered one time per month. The instructor will focus on safety, proper attires, and the fundamentals of the class so that members feel more at ease to join us for a regular Zumba® class.

First Friday of each month: 11:00-11:30 am

First Sunday of each month: 12:00-12:30 pm

ZUMBA®

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 - women, men, and teenagers from beginner to advanced - will enjoy the benefits of Zumba®!

DAY	TIME	WINTER/EARLY SPRING
MON	5:30-6:30 pm	MEMBERS ONLY
M/W/F	11:30 am - 12:30 pm	MEMBERS ONLY
T/TH	7:30-8:30 pm	MEMBERS ONLY
SAT	10:00-11:00 am	MEMBERS ONLY
SUN	12:30-1:30 pm	MEMBERS ONLY

ZUMBA® TONING

This course teaches you how to blend body-sculpting techniques and specific Zumba® moves into one calorie-burning, strength training class. You'll learn how to use weighted maraca-like Zumba® Toning Sticks to enhance rhythm, build strength, and tone all the target zones.

DAY	TIME	WINTER/EARLY SPRING
T/TH	7:00-7:30 pm	MEMBERS ONLY
FRI	12:30-1:30 pm	MEMBERS ONLY
SUN	1:30-2:00 pm	MEMBERS ONLY

ZUMBA® PARTY

AGES 15+

1/20, 3/16 & 5/18

Join us for our Zumba® Parties! Both members and non-members are welcome to participate in these themed events. Pre-registration and payment can be completed at the front desk to reserve your spot, but is not required until the day of.

Cost: \$10.00/\$12.50

CO-ED VOLLEYBALL LEAGUE

AGES 18+ YEARS

League Dates: Jan. 9 - March 19

Registration Dates: Nov. 15 - Dec. 19

Price: \$250/\$270 per team



CO-ED SOCCER LEAGUE

AGES 18+ YEARS

League Dates: Jan. 27 - May 6

Registration Dates: Dec. 1 - Jan. 14

Price: \$330/\$360 per team



FUSION

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
SUN	9:15-10:15 am	MEMBERS ONLY
M/W	7:30-8:30 pm	MEMBERS ONLY
T/TH	8:15-9:15 am	MEMBERS ONLY
SAT	8:45-9:45 am	MEMBERS ONLY

HIP HOP

This high energy dance fitness class is infused with fun hip hop choreography. In this class you will be learning basic dance moves, following hip hop fitness routines, and getting a great cardio workout while moving to today's hottest hits. All ages are welcome.

DAY	TIME	WINTER/EARLY SPRING
T/TH	4:00-5:00 pm	MEMBERS ONLY



HEALTHY LIVING

Active Older Adults



HEALTHY BACK

Bothered by back pain? This progressive exercise program combines relaxation, flexibility, and strengthening exercises to help you reduce or eliminate back discomfort. This hour long class is based on the YMCA Healthy Back certified program and begins with a warm-up then moves into stability and support movements working different muscles of the back. The emphasis of the class is on stretching, proper form, and alignment.

DAY	TIME	WINTER/EARLY SPRING
T/TH	9:30-10:15 am	MEMBERS ONLY

ZUMBA® GOLD

This class uses Latin inspired music and dance steps for a fun cardiovascular workout. Zumba® Gold 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
M/W	12:30-1:30 pm	MEMBERS ONLY

OLDER ADULT STRENGTH TRAINING

This class is geared toward the mature adult. Free weights, stability balls, and resistance bands are used to increase strength, balance and overall well-being.

DAY	TIME	WINTER/EARLY SPRING
T/TH	10:30-11:30 am	MEMBERS ONLY

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 skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

DAY	TIME	WINTER/EARLY SPRING
M-F	8:15-9:15 am	MEMBERS ONLY
M/W/F	9:30-10:30 am	MEMBERS ONLY
M/F	11:30 am - 12:30 pm	MEMBERS ONLY
T/TH	1:30-2:30 pm	MEMBERS ONLY
SAT	8:00-9:00 am	MEMBERS ONLY

SENIOR GROUP CYCLING

This class caters to active seniors seeking diversity in their workout routine. Certified Instructors teach group cycling through a set of movements and hand positions on specially designed Johnny G Spinner stationary bikes. The class integrates music and visualization, and can be tailored individual abilities through resistance and body positioning.

DAY	TIME	WINTER/EARLY SPRING
T/TH	10:30-11:30 am	MEMBERS ONLY

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	TIME	WINTER/EARLY SPRING
WED	10:30-11:15 am	MEMBERS ONLY

SILVERSNEAKERS® CARDIO CIRCUIT

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

DAY	TIME	WINTER/EARLY SPRING
M/F	10:30-11:15 am	MEMBERS ONLY
T/TH	9:30-10:30 am	MEMBERS ONLY

SILVERSNEAKERS® YOGASTRETCH

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

DAY	TIME	WINTER/EARLY SPRING
T/TH	8:00-9:00 am	MEMBERS ONLY
WED	11:30 am - 12:30 pm	MEMBERS ONLY

SILVERCIRCUIT

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

	DAY	TIME	WINTER/EARLY SPRING
Orientations	TUE	10:30-11:15 am	MEMBERS ONLY
SilverCircuit	TUE	10:30-11:15 am	MEMBERS ONLY
SilverCircuit	TUE	12:00-12:45 pm	MEMBERS ONLY



HEALTHY LIVING

Group Interests

Y BOOK CLUB

Please join us on the third Tuesday of every month for the Southtowns Family YMCA Book Club. Each month a new book is discussed which was chosen by the participants. Participants rotate bringing in snacks, providing author research, and discussion questions.

Dates: Third Tuesday of each month

Time: 12:30-1:30 pm

THE KNIT WITS CLUB

Whether you're an experienced knitter or you've never picked up a pair of needles, this class is for you! Join us to learn basic skills, work on a group project or bring your current project in to knit. We will be focusing on some projects that can be done together as a group so you will be able to learn new techniques and have help when needed.

Dates: First and Third Friday of each month

Time: 12:30-1:30 pm

UNLOCKING YOUR HOBBY TREASURES

Come join us in learning a new hobby or refresh your skills on an existing one. Each month, a special hobby will be featured with a professional presentation or a chance to try out your hobby skills. You can take part in a special giveaway each month! Sign up at the service desk. Free to members only.

February	Bowling
March	Antiques
April	Making Wreaths
May	Cruise at the Y (cars)

SENIOR SPRING INTO HEALTH WEEK

APRIL 16-21

This special week highlights senior health and preventative action to healthy living. Various screenings and presentations will be available throughout the week. Stop by or call the member service desk for a complete schedule of activities.

SPRING FLING DINNER DANCE

SATURDAY, APRIL 28

5:00-8:30PM

All seniors are invited for an exciting night of food, fun, and fellowship. "The Grandfathers" band will set the mood and ensure a packed dance floor. Door prizes will be awarded and all food will be catered. Participants are encouraged to bring a dessert or fruit.

Cost: \$12/\$17



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.

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.





SOUTHTOWNS FAMILY YMCA
1620 Southwestern Blvd., West Seneca NY 14224

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!

