

# SPECIAL EVENTS

## AMERICA ON THE MOVE WEEK

September 20th - 27th

- **Monday**  
Kick Start Your Week, 10:15 AM  
Snack With Sandra, 6:30 PM
- **Tuesday**  
Splash Circuit, 10:15 AM
- **Wednesday**  
Splash Cardio, 10:15 AM  
Fun Family Kickball, 6:30 PM
- **Thursday**  
Dance Challenge Mix, 10:15 AM
- **Friday**  
Mini Indoor Triathlon, 10:15 AM

## OCTOBER BREAST CANCER FUND RAISER

- 24 Hour Pink Ribbon Walk, October 2, 7:00 AM - October 3, 7:00 AM
- 24 Hour Service Walk, October 30, 7:00 AM - October 31, 7:00 AM
- Breast Cancer Survivor Classes On Exercise And Nutrition

Introduction To Exercise  
Exercise On Land And In Water  
Healthy Eating For Cancer Survivors

- Mobile Mamogram, September 29



## EASTSIDE FAMILY YMCA OPEN HOUSE

- FALL BACK TO FITNESS SATURDAY, OCTOBER 17, 1:00 - 5:00PM

Fitness class demonstrations held throughout the day.  
Water fitness demonstrations held throughout the day.  
Youth and teen activities.  
Family activities.

## EASTSIDE FAMILY YMCA MEMBERS BRING A FRIEND FOR FREE DAY

- SUNDAY, NOVEMBER 1 AND 15

### Look for our NEW HEALTH ON THE MENU WORKSHOPS!

For members and non-members.  
Schedule of classes at front desk.

### HIGHMARK COMMUNITY COURSES FREE to Highmark Members

#### WEIGHT MANAGEMENT

Personal Nutrition Coaching by a Registered Dietician (by appointment)  
Eat Well for Life I and II

#### STRESS MANAGEMENT

Discover Relaxation I and II

#### SMOKING CESSATION

Clear the Air (by appointment)



An Independent Licensee of the Blue Cross and Blue Shield Association

## YFAMILY™

We build strong kids, strong families, strong communities.

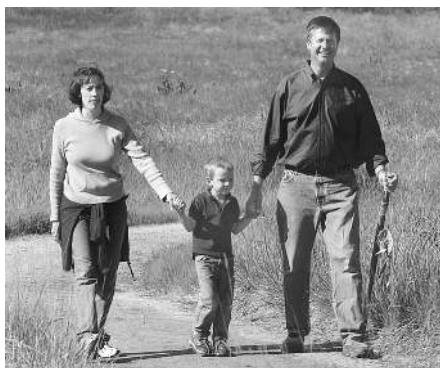
### FAMILY FUN NIGHTS AGAIN THIS FALL!

Mark your calendars with these dates, different events will be advertised within the Y each month.

Check the Eastside YMCA newsletter.  
Monday, Sep. 28th, Oct. 26, Nov. 23,  
6:30pm - 8:00pm

#### PARENTS NIGHT OUT

Monday, December 14th, 6:00 - 9:00pm



Eastside Branch

Fall 2009

# PROGRAM GUIDE

## JOIN THE PINK RIBBON RUN!

Make your workout work for breast cancer.

Eastside Family YMCA has joined CYBEX to help to find a cure for breast cancer in our lifetime.



### FALL SESSION I

Sept. 14th - Oct. 31st  
Member Registration:  
Monday, Aug. 24th, 8am  
Open Registration:  
Wednesday, Sept. 9th, 8am

### FALL SESSION II

Nov. 2nd - Dec. 19th  
Member Registration:  
Monday, Oct 26th, 8am  
Open Registration:  
Wednesday, 28th, 8am

### EASTSIDE BUILDING HOURS:

Monday - Friday 5am-9:30pm  
Saturday 7:30am-7:30pm  
OPEN: Sundays, Nov. 1st  
CLOSED: Sept. 7th Labor Day  
Nov. 26th Thanksgiving Day  
Dec. 25th Christmas  
Maintenance Shut-Down:  
Aug. 30th - Sept. 7th



**Breast Cancer Awareness Month During October 2009, 10¢/mile\*  
logged on the pink treadmill will be donated by CYBEX to  
The Breast Cancer Research Foundation.**

The Breast Cancer Research Foundation is dedicated to preventing breast cancer and finding a cure in our lifetime by funding clinical and translational research worldwide. For more information about BCRF, visit [www.bcrfure.org](http://www.bcrfure.org)

\*US\$6¢ per km

Eastside YMCA 2101 Nagle Road, Erie, PA 16510  
(814) 899-9622 Child Care Line (814) 899-2186  
[www.ymcaerie.org](http://www.ymcaerie.org)

LEADERSHIP TEAM - Todd Swanson / Chairman of Branch Advisory Board  
Alice Barbara, Linda Gehrlein, Karen Harvey, Tim Kaliszewski, Dustin Rhoades, Gayle Magee

## YOUTH

We build strong kids, strong families, strong communities.

Fall Session I: Sept. 14th - Oct. 31st, 2009  
Fall Session II: Nov. 2nd - Dec. 19th, 2009  
Fee: Members Free; Non-Members: \$70.00

### TUMBLING TOTS

For children 3 year olds only, 30 minute class teaching games, songs, and simple tumbling moves.

Monday, 9:30am, 10:00am, **NEW** 6:00pm

### TUMBLING

45 minute class teaching basic tumbling and gymnastics skills for ages 4-12.

Wed., 12:30pm, or 1:30pm for ages 4-6

Thur., 4:30pm for ages 4-5;

5:30pm for ages 6-7;

6:30pm for ages 8-9; 7:30pm for ages 10-12

Fri., 4:30pm for ages 4-5;

5:30pm for ages 6-7

### MOMMY & ME YOGA

Share a relaxing 30 minutes doing yoga. Learn to stretch & relate with your child while you learn about both your capabilities.

Ages 6 months to 6 years,

Friday 12:00pm

### MIGHTY MITES

45 minute class prepares children for youth sports and games- Includes soccer, kickball, basketball, floor hockey, and other coordination building sports.

Ages 4-6 years,

Thursday 6:15pm or Friday 12:45pm

### CREATIVE DANCE

Introduction to dance, 45 minute class

Ages 4-6, Saturday, 11:15am

Ages 7-11, Saturday, 10:30am

### YOUTH WELLNESS CENTER TRAINING

#### Member's only class

Age appropriate training on cardio & strength equipment. Ages 11-14

Must attend all 4 classes (4 week session):

Wednesday 4:30- 6:00pm or 6:15-7:45pm

Thursday 5:30-7:00pm

### YOUTH GROUP EXERCISE CLASSES

Zumba, Water Fun and Cycling

Ages 6-15

## YSWIM TEAM

We build strong kids, strong families, strong communities.

A competitive swim league open to children ages 6 and older who are able to swim freestyle and backstroke one length of the pool in good form. Registration will be held Wednesday, Sept. 9, 6:30pm - 8:00pm and Thur., Sept. 10, 6:30pm - 8:00pm at the Eastside YMCA. Call 899-9622 for more information or [www.eastswimteam.com](http://www.eastswimteam.com)

### NEW THIS FALL -

**Online Registration @ [www.ymcaerie.org](http://www.ymcaerie.org)**

**Available to returning swimmers.**

**MANDATORY PARENT MEETING at Harbor Creek High School in Room 600 at 6:30 PM Sept. 21 or 22, 2009.**

## YOUTH SPORTS

We build strong kids, strong families, strong communities.

### General Information:

Fees: Members: Free

Non-Members: \$65.00

Notes: All Leagues Co-Ed and Recreational

No Scores Kept

Practices: one night a week

### INDOOR SOCCER AGES 4-15

Registration: Sept. 8 - Oct. 3

Practices: Mon. - Fri.; beginning Oct. 19

( no practices Nov. 23 - 27)

Games (6): Saturdays; Oct. 31 - Dec. 12

(no games Nov. 28)

Coaches Packet available: Thur., Oct. 15 by

7:00pm

### BASKETBALL AGES 6-12

Registration: Nov. 16 - Dec. 19

Practices: Wed. - Fri.; beginning Jan. 13, 2010

Games (6): Sat. mornings; Jan. 23 - Feb. 27

Coaches Packet available: Thur., Jan. 7, 2010

by 7:00pm

### BALL HOCKEY AGES 4-9

Registration: Nov. 16 - Dec. 19

Practices: Saturdays before games

Practices/Games: Saturdays (after basketball)

Jan. 23 - Feb. 27, 2010

Coaches Packet available: Thur., Jan. 7, 2010

by 7:00pm

## YAQUATICS

We build strong kids, strong families, strong communities.

Fees: Members - \$15.00

Family - \$30.00

Non-Members - \$70.00

Pick up class schedules at the Front Desk or

go online at [www.ymcaerie.org](http://www.ymcaerie.org)

### PARENT & CHILD PROGRAMS

Ages 6 months to 36 months

#### 1, 2 & YOU

Gym & Swim Thursday morning, **NEW** Friday

evening

### PRE-SCHOOL PROGRAMS

Ages 3-5 years. Pike, Eel, Ray, Starfish

#### ART, GYM & SWIM

Ages 3 to 5 years, Tuesday morning and **NEW**

Wednesday evening

### YOUTH SWIM LESSONS

Ages 6 years and up. Tadpole, Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark and Porpoise

#### TEEN / ADULT SWIM LESSONS

Classes for fearful, intermediate, advanced.

#### SYNCHRONIZED SWIM LESSONS

A sport in which swimmers perform

coordinated movements in time to music.

30 minute class.

Ages 8 and up.

### YMCA Character Values:

**Caring, Honesty, Respect and Responsibility**

## YADULTS

We build strong kids, strong families, strong communities.

Registration required for these classes

### Y's WAY TO HEALTHY EATING

Tuesdays, 1:00-1:45pm

Fall Session I: Sep. 14th - Oct. 31st, 2009

Fall Session II: Nov. 2nd - Dec. 19th, 2009

Fee: Members Free; Non-Members: \$70.00

### CPR PRO & BASIC FIRST AID

Aug. 8th, Oct. 10th, Nov. 14th, Dec. 12th

CPR PRO 8:00am; FIRST AID 12:30pm

Fees: Members - \$26.00 (per class /

includes materials),

Non-Members - \$32.00 (per class /

includes materials)

### LIFEGUARD CLASS

For info call Karen Harvey 899-9622

### SWIM INSTRUCTOR COURSE

For info call Karen Harvey 899-9622

### WATER FITNESS INSTRUCTOR COURSE

For info call Karen Harvey 899-9622

### WOMEN'S INDOOR SOCCER

Starts Sunday, September 20

Register Until: September 12

Fees: \$260.00 / team

Season: 6 games + playoffs for top teams.

Ages: 16+

## YOLDER ADULTS

We build strong kids, strong families, strong communities.

### CLASSES AND ACTIVITIES

- Older Adult Water Fitness
- Arthritis Foundation Aquatic Program
- Healthy Back
- Silver Sneakers
  - Muscular Strength & Endurance
  - Cardio Circuit
  - Yoga Stretch
- Tai Chi
- **NEW** Zumba Gold

### SPECIAL EVENTS EVERY MONTH!

Look for times and dates in front lobby.

## YMCA Birthday Pool Party!

2.5 HOURS, Members \$95  
Non-Members \$115

Register On-Line at [www.ymcaerie.org](http://www.ymcaerie.org)  
or register at the front desk.

Questions? Contact Dustin Rhoades  
or the front desk 899-9622

## YHEALTH & WELLNESS

We build strong kids, strong families, strong communities.

### Maximize your Membership!

Meet One-On-One with our Wellness Staff to customize your YMCA membership.

### GROUP EXERCISE CLASSES

A variety of cardio, strength training, and stretching classes are offered. Pick up an updated schedule at the front counter or at <http://www.ymca.org/eastside-schedules.php>

### READY 2 B FIT PROGRAM

Need that extra Motivation? Why not meet with a certified wellness coach? Please see the front desk for more details.

### POLAR BODY AGE™

A wellness assessment that compares your chronological age to your body age.

YMCA Members only.

### CARDIO COACHING!

Try our Cardio Coaching Program that works with a Polar Heart Monitor. Quit wasting your time working out without knowing how your body is reacting. Take the first step to completing your goal, being it weight loss, endurance, quality of life. Ask a Wellness coach for more information.

### POLAR HEART RATE MONITORS

F-6 Monitor \$115.54

F-11 Monitor \$168.54

FT 40 Monitor-\$168.54 (all prices include tax)

FT60 Monitor- \$232.14

**One month of Cardio Coaching is included with the purchase of a Polar Heart Rate Monitor.**



## CHILD WATCH

We build strong kids, strong families, strong communities.

**Monday - Saturday  
8:15am - 12:30pm  
Monday - Friday  
5:15pm - 8:30pm**

## YCHRISTIAN EMPHASIS

We build strong kids, strong families, strong communities.

### CONTEMPLATIVE AND CENTERING PRAYER GROUP EXPERIENCES

Every Wednesday at 7:00pm at the Eastside YMCA. Call the front desk for location or for more details.

### BIBLE STUDY

Wednesday 2:00pm - 3:00pm

Sept. 16 - Oct. 21

Topic: Book of Romans