

# Contact Info. & Staff List

**LOCATION**  
3727 Cherry Street  
Erie, PA 16508  
(814) 868-0867  
Fax: (814) 868-9334



**HOURS**  
Mon-Fri: 5 a.m.-10 p.m.  
Sat: 7 a.m.-8 p.m.  
Sun: 10 a.m.-6 p.m.

**Jim McEldowney**  
Executive Director  
phone: 814-868-0867, ext 234  
jmceldowney@ymcaerie.org

**Tim Mackey**  
Property Manager  
phone: 814-868-0867, ext 246  
tjmackey@ymcaerie.org

**Kelly Austin**  
Program Director, Aquatics and  
Community Education  
phone: 814-868-0867, ext 229  
kaustin@ymcaerie.org

**Emily Lander**  
Aquatic Coordinator  
phone: 814-868-0867, ext 273  
elande@ymcaerie.org

**Simon Teska**  
Program Director, Youth/Adult Sports  
phone: 814-868-0867, ext 272  
steska@ymcaerie.org

**Debbie Anderson**  
Program Director, Childcare and After School Care  
phone: 814-868-0867, ext 237  
danderson@ymcaerie.org

**Lori Lewis**  
Business Director  
phone: 814-868-0867, ext 255  
llewis@ymcaerie.org

**Sue Hagle**  
Membership Director  
phone: 814-868-0867, ext 251  
shagle@ymcaerie.org

**Michele Schroeck**  
Program Director, Health & Well-Being  
phone: 814-868-0867, ext 222  
mshroeck@ymcaerie.org

**Zach Miller**  
Teen/Sports Coordinator  
phone: 814-868-0867, ext 223  
zmiller@ymcaerie.org

**Tobi Sala**  
Volunteer/Highmark Coordinator  
phone: 814-868-0867, ext 258  
tsala@ymcaerie.org

[www.ymcaerie.org](http://www.ymcaerie.org)

Other YMCA of Greater Erie Branches:  
County YMCA: 814-734-5700  
Downtown YMCA: 814-452-3261  
Eastside YMCA: 814-899-9622  
Camp Sherwin: 814-774-9416



**FOR YOUTH DEVELOPMENT  
HEALTHY LIVING  
SOCIAL RESPONSIBILITY**

## PROGRAM HANDBOOK

**WINTER  
SESSION I  
Jan 8 - Mar 3**

**SPRING  
SESSION I  
Mar 12 - May 5**

**Registration Begins  
Dec. 19th-Members,  
Dec. 26th-Non-Members**

**Registration Begins  
Mar. 5th-Members,  
Mar. 7th-Non-Members**



## FALL/WINTER PROGRAM HIGHLIGHTS

- Water Fitness Classes
- Youth Co-Ed Basketball/Hockey
- Yoga and Yoga Dance
- Zumba

**GLENWOOD YMCA**

3727 Cherry Street  
Erie, PA 16508

814.868.0867  
(Fax)-814.868.9334

[www.ymcaerie.org](http://www.ymcaerie.org)

# Member Services

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**Racquetball Courts available.  
Sign up for a time at the desk!**

## Wellness Coach

Designed to offer support and guidance every step of the way on your path to wellness. Working together with one of our caring, certified staff. This program is offered with NO COST. \*New this year—we also include support from a registered dietitian.

## Wellness Center & Program Orientation

Y staff will teach you proper use of the cardiovascular and strength training equipment, explain to you the free weight room and/or group exercise classes. Contact the Membership Desk to schedule your orientation.



## Fun & Fit Zone

Mon.-Fri. 4:30 p.m.-8:00 p.m.  
-Saturday 8:00 a.m.-12:00 p.m.  
-Sunday Closed (available for Birthday Parties)

A place for our young members (ages 8-13) to hang out. You will have fun and stay fit using the Kinect, Nintendo Wii, air hockey, Dance Dance Revolution, Espresso Bikes, movies, board games and more. Our staff will supervise at all times.

## Teen Center

Monday-Friday 6:15 p.m.-9:00 p.m.

Designed for children ages 11-17. Activities include Ping Pong, Pool and Bean Bag Toss. Plenty of space to simply hang out with your friends and enjoy games or watch TV! Our staff will supervise at all times.

## Personal Training

The YMCA will match you with a personal trainer who will help you develop a wellness routine for you to stay motivated and reach your goals. We offer a FREE initial health assessment and orientation of the YMCA exercise equipment before you start your program. We offer 1, 6, 12, 18 or 24 personal training sessions. Ask the membership desk for details.

## Natural Healing Therapeutic Center

We offer many services including:  
Swedish Massage, Therapeutic Massage, Hot Stone Massage, Aromatherapy Massage, Reflexology, Body Scrub, Deep Tissue, Reiki, Sport, Prenatal Massage, Signature Massage and Chair Massage Energy Boosters. Hours vary so stop by the desk to schedule an appointment with one of our licensed Therapeutic staff!

# Other Program Offerings

## PAGE TURNERS Adult Book Club 11:30AM-1:00PM

This meet and greet will be your opportunity to discuss the following books that will be covered during the duration of the program:

- \*Sarah's Key by Tatiana De Rosnary (Nov. 30, 2011)
- \*The Faith Club by Idliby, Oliver and Warner (Jan. 4, 2012)
- \*Nineteen Minutes by Jodi Picoult (Feb. 8, 2012)
- \*Snowflower and the Secret Fan by Lisa See (Mar. 14, 2012)
- \*Thousand Splendid Suns by Khaled Hossein (Apr. 18, 2012)
- \*Water for Elephants by Sara Gruen (May 30, 2012)

Call Michele with questions at 868-0867, ext. 222



## WEEKLY GATHERINGS

It's not just kids stuff at the Glenwood Y! We'd like to invite you and a friend to join us for our weekly Get Togethers. Each day at our Y, people are engaging in social activities and meeting others that share common interests and goals. Come join us! Our Get Togethers are free to all SilverSneaker and YMCA members. Programs are held each month.

**1st Tuesday**  
Bingo, 1 p.m.

**2nd Tuesday**  
Potluck Breakfast, 10 a.m.

**3rd Thursday**  
Cards, 3 p.m.

**4th Thursday**  
Guest Speaker, 12 p.m.

**4th Friday**  
Pool Volleyball, 10 a.m.  
Blood Pressure Screening, 9 a.m.-12 p.m.



# Senior Information



## SilverSneakers Program

Silver Sneakers group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained and certified instructors. You are sure to find a class that suits your need and abilities.

### Silver Sneakers Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. We offer these classes M/W/F at 10:45 a.m. and are open to ALL members!! We also have Senior orientations every Wed. at 10:30 a.m. Meet with our staff to learn about all available opportunities to our senior members.



# Volunteer Opportunities

## BE A PART OF MEANINGFUL, ENDURING CHANGE

The YMCA of Greater Erie is a nonprofit volunteer-founded, volunteer-led organization. Founded in 1860, the Y strives to strengthen communities through our everyday commitment to nurturing the potential of kids and teens, helping people live healthier, and supporting our neighbors. Y volunteers contribute thousands of hours each year helping our community to learn, grow and thrive.

## REAP THE BENEFITS

Volunteering is more than just sharing your time and passion, it's about the satisfaction of knowing you are helping people become stronger, giving back to your community and gaining valuable work experience that will enhance your career opportunities. Here are just a few of the many benefits you can receive from volunteering:

- New skills, increased confidence, and enhanced leadership skills
- Fulfillment from knowing you are making a difference in your community
- Valuable work experience
- New friends from all walks of life
- Being a part of an organization with a history of giving back to its community
- Completing community service hour requirements

## VOLUNTEERS OF THE Y:

- Lead our Branch Advisory Boards and participate on committees
- Raise funds to ensure the Y is accessible to all members of the community
- Coach our sports teams and teach many of our classes
- Extend a hand to help adults who want to do more, be more, or live healthier
- Participate in opportunities to give back and support neighbors

## MAKE A DIFFERENCE. GET INVOLVED.

Volunteers are engaged in many exciting ways at the Y. Here's how you can join them:

1. Review the Volunteer Opportunities Handbook either online at [ymcaerie.org/volunteer](http://ymcaerie.org/volunteer) or by visiting the Glenwood Park Y.
2. Complete a volunteer application online at [ymcaerie.org/volunteer](http://ymcaerie.org/volunteer) or by visiting the Glenwood Park Y. Indicate position(s) of interest.
3. Get To Know You Session with Volunteer Champion scheduled to review application, areas of interest and additional paperwork.
4. Your application, additional paperwork and references will be reviewed by our Volunteer Champion and you'll be scheduled for instruction and/or a volunteer orientation.



# Gym Schedule

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	East	West	East	West	East	West	East	West	East	West	East	West	East	West
5:00 - 8:00	OPENS @ 10AM		OPEN	SACC	OPEN	SACC	OPEN	SACC	OPEN	SACC	OPEN	SACC	OPENS @ 7AM	
8:00 - 9:00			CHILD CARE	ADULT OPEN	CHILD CARE	ADULT OPEN	CHILD CARE	ADULT OPEN	CHILD CARE	ADULT OPEN	CHILD CARE	ADULT OPEN	ADULT OPEN	ADULT OPEN
9:00 - 10:00													ADULT OPEN	ADULT OPEN
10:00 - 11:00													ADULT OPEN	ADULT OPEN
11:00 - 12:00													ADULT OPEN	ADULT OPEN
12:00 - 1:00													ADULT OPEN	ADULT OPEN
1:00 - 2:00	ADULT OPEN												ADULT OPEN	ADULT OPEN
2:00 - 3:00	ADULT OPEN												ADULT OPEN	ADULT OPEN
3:00 - 4:00													ADULT OPEN	ADULT OPEN
4:00 - 5:00													ADULT OPEN	ADULT OPEN
5:00 - 6:00													ADULT OPEN	ADULT OPEN
6:00 - 7:00			YOUTH SPORTS 5:30-8:00	YOUTH SPORTS 5:30-8:00	4-01-4 RECREATIONAL CO-ED ADULT BASKETBALL 5:30-9:00	4-01-4 RECREATIONAL CO-ED ADULT BASKETBALL 5:30-9:00	YOUTH SPORTS 5:30-8:00	YOUTH SPORTS 5:30-8:00	ADULT OPEN 5:30-9:30	ADULT OPEN 5:30-9:30	TEEN SPORTS	TEEN SPORTS		
7:00 - 8:00														
8:00 - 9:00	CLOSES @ 6PM		ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN		
9:00 - 9:30														CLOSES @ 8PM

the YMC Y FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

**Gymnasium Schedule**  
October 15 - December 31, 2011

YMCA of Greater Erie  
Glenwood Park Family Branch

Gyms are open for recreation use unless otherwise indicated. Childcare and Youth Sports always have priority

OG=Adult Open GLR=Youth Open

# Birthday Parties

## Book Your Birthday Party Here At the Y!

### Birthday Parties Can Include:

- △ Pool Time
- △ Access to the Fun & Fit Zone
- △ Private Room For Gifts, Cake, Food and More!
- △ Outdoor Playground & Pavilion Area
- △ Gymnasium

When: Saturdays 1-3 p.m. or 4-6 p.m.

Sundays 12-2 p.m. or 3-5 p.m.

How: Stop in the Glenwood YMCA to reserve your day and time. A deposit of \$25 is required to guarantee your party time. (Or more for bigger parties).



## Room Rentals

Rooms available for special events such as overnights, group outings, meeting space and more!

Call Simon at 868-0867, ext. 272 for details

# Community Ed. Services

**Eat Well for Life I**-a 4-week lifestyle improvement program promoting wellness and long-term weight management through balanced nutrition, cooking demonstrations and other hands on experiences. Each class is 90 minutes.

**Fee:**

Highmark Members: FREE  
 YMCA Members without Highmark: \$50  
 Non-YMCA, Non-Highmark: \$65

**Class Schedule:** Tuesday, April 17th, 2012-May 8th, 2012-10-11:30 a.m. or 6:00-7:30 p.m.

**Discover Relaxation Within I**-a 4 week lifestyle improvement program that helps individuals identify everyday stressors and teaches specific relaxation techniques. Class includes a FREE relaxation CD. Each class is 90 minutes.

**Fee:**

Highmark Members: FREE  
 YMCA Members without Highmark: \$50  
 Non-YMCA, Non-Highmark: \$65

**Class Schedule (2012):** Mon., January 23rd-Feb. 13th 6-7:30 p.m. or Wed., January 25th-Feb. 15th 9:30-11:00 a.m.

**Personal Nutrition Coaching**-personalized one-on-one program designed by a Registered Dietitian addressing the needs of an individual seeking nutrition counseling.

\*\*By appointment only

NOTE: You can meet with a Registered Dietitian up to 7 times per calendar year for FREE with your Highmark Insurance.

**Initial Appointment Fee:**

Highmark Members: FREE  
 YMCA Members without Highmark: \$60  
 Non-YMCA, Non-Highmark: \$70

**Follow-Up Appointment Fee:**

Highmark Members: FREE  
 YMCA Members without Highmark: \$30  
 Non-YMCA, Non-Highmark: \$35

**Drop 10 in 10**-an exciting 10-week program designed to help you lose 10 pounds in 10 weeks through a progressive program of optimal nutrition, regular exercise and meaningful behavioral change.

**Fee:**

Highmark Members: \$18  
 YMCA Members without Highmark: \$103  
 Non-YMCA, Non-Highmark: \$118

**Class Schedule (2012):** Sat., January 7th-March 10th 10-11 a.m. or Tue., January 10th-March 13th 10-11 a.m. or 6:30-7:30 p.m.

Questions? Contact our Highmark Coordinator at 868-0867, ext. 258

Forms available at the Highmark Preventive Health Services desk

# Gilmore Rec. Schedule



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

John Gilmore Recreational Center  
 October 15 - December 31, 2011

YMCA of Greater Erie  
 Glenwood Park Family Branch

Time	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	East	West	East	West	East	West	East	West	East	West	East	West	East	West
5:00 - 8:00														
8:00 - 9:00														
9:00 - 10:00														
10:00 - 11:00														
11:00 - 12:00														
12:00 - 1:00														
1:00 - 2:00														
2:00 - 3:00														
3:00 - 4:00														
4:00 - 5:00														
5:00 - 6:00														
6:00 - 7:00														
7:00 - 8:00														
8:00 - 9:00														
9:00 - 9:30														

Gyms are open for recreation use unless otherwise indicated. Childcare and Youth Sports always have priority



# Youth Sports & Gym Programs

## Spring Youth Indoor Soccer-Ages 4-12

Registration Deadline: March 5th

League starts Mar. 19-21 through May 19th



## Youth Basketball-Ages 6-12

Registration Deadline: Jan. 3

League starts Jan. 16-18 through March 10th

## Youth Indoor Floor Hockey-Ages 4-7

Registration Deadline: Jan. 3

League starts Jan. 16-18 through March 10th

## Teen Sports Program

Ages 13-15-Registration Deadline: Jan. 3

Learn and play a different sport every week.

Games only. Friday nights starting Jan. 20, 2012.

Sports Include: Soccer, Basketball, Dodge ball, Volleyball, Ultimate Frisbee and Kickball

8-week program

Offered in conjunction with every youth sports season

## Art, Gym and Swim Program

Ages 3-6

Thursdays 9:15 a.m.

Meet in Ann's Gathering Place by parent

Children participate in an art and gym activity, which run 30 mins each.

Children are then brought to the pool and divided into appropriate swim levels (pike-starfish).

## Mighty Mites Program

Ages 4-5

Monday or Wednesday 2-2:45 p.m.

Gilmore Rec. Center

Introduce preschool aged children to sports focusing on the fundamentals of Soccer, Basketball, Floor Hockey and Tee Ball.

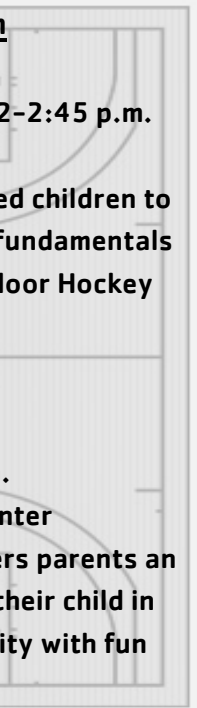
## Tumbling Tots

Ages 12-36 months

Tuesday 9:00-9:45 a.m.

Meet in Gilmore Rec. Center

45 minute program offers parents an opportunity to engage their child in motor skills and flexibility with fun educational activities.



## YMCA YOUTH SPORTS PROGRAMS

Fall Youth Indoor Soccer-runs from October-December

Youth Kickball-runs from June-August (Held at Grover Cleveland Ele. School)

Youth Flag Football-runs from August-October (Grover Cleveland Ele. School)



# Studio 1 Programs

## Cardio

**Boot Camp**-ultimate circuit workout combining intervals of cardio drills and muscle conditioning drills.

**Cardio Blast**-full body workout combining multiple cardio and strength exercises.

**Cardio Interval**-strictly a heart pumpin' workout with some extra bursts of intensity squeezed in the middle.

**Simply Step**-created for beginners. Basic step introduction, easy to follow choreography and slow paced music.

**Step Aerobics**-our traditional step class with more challenging moves and step patterns.

**Turbo Kick**-consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down.

## Strength

**PiYo**-class the combines Yoga poses with Pilates mat exercises to build CORE strength and enhance agility and balance.

**Pump It**-any-thing goes strength workout. Utilizes barbells, hand weights, resistance bands and exercise or medicine balls.

**Rep Reebok**-challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**Rep Plus**-this takes the format of Rep Reebok and adds short bursts of calorie burning movements.

## Trekking Class

Lower Level Fitness Center

Mondays, Wednesdays & Fridays 12:00 p.m.

A 30 minute high energy, instructor lead treadmill class that focuses on intervals of speed, incline, and endurance. Class size is limited. Reserve your treadmill at the membership desk today!

## Combo Class

**Total Body Conditioning**-interval style workout. Supercharge your fitness, boost your metabolism, burn off that extra fat.

**Zumba Pump**-combine the Latin blast of Zumba with light weight toning work.

## Dancing

**Hip Hop Hustle**-blends hip hop and dance moves, making them simple and easy to follow. This workout feels more like a night on the town than exercise.

**Zumba**-Salsa, Samba, Merengue and Raegatone dance steps blend together to create a dynamic, exciting and effective cardiovascular workout.

**Zumba Toning**-take your dancing to the next level by using weighted dancing sticks.

**Party Remix**-come prepared to sweat as you move to radio hits; limited choreography makes this class fun for everyone!

**Family Dance Remix**-enjoy the Zumba craze and have fun as a family dancing together. Kids 6+

**Happy Feet**-just because you may have special needs doesn't mean you can't get groovy. Open to all who are differently-abled. Ages 10+.

**Tiny Happy Feet**-geared for our tinniest little dancers with special needs. Ages 3+. Parents required to remain in the classroom with their child.

**Ballet**-this 45 min. class will meet in Studio 1 to focus on basic instruction and techniques. Ages 3-5.

**Dance Discovery**-this 1 hr. class will focus on introducing students to a variety of dance style. Ages 6-10.



# Holistic Center Programs

## Yoga

**Essential Yoga**—introduces traditional yoga postures that focuses on alignment of the physical body.

**Yoga Off The Floor**—gentle form of yoga in a chair or standing using a chair for balance.

**Hatha**—brings balance to both the body and mind through yoga poses and breathe awareness.

**Multi-Level Yoga**—more advanced mat-type yoga.

**Prenatal Yoga**—offers a holistic approach to you and your baby.

**Post-Natal & Baby**—benefits you, your baby and the relationship together. Designed to regain abdominal and pelvic floor muscles and inner and outer strength.

**Restorative Yoga**—reduce the effects of chronic stress.

**Vinyasa Yoga**—moving practice which links one asana or pose to the next, throughout the breath.

**Kundalini Yoga**—aims to create a flexible spine and strong core.

## Meditation

**Entering Stillness**—open up your mind to inner peace, re-connect with the senses and allow music to guide your experiences into alert stillness.

**Quiet Space**—enjoy the holistic space as an opportunity to reflect, relax and regain inner connection.

**Restore and Reflect**—self help tool that empowers and heals by implementing a restorative pose.

**Guided Imagery**—the use of relaxation and mental visualization to improve mood and/or physical well being.

## Pilates

**Pilates**—mind-body class focuses on strengthening the core by promoting pelvis stability and abdominal control.

## Dance

**Nia**—fuses elements of martial arts, dance arts and healing arts to create an empowering form of exercise for all fitness levels.

**Yogadance**—starts with a gentle warm up based upon the Kundalini yoga principles, then work through all the energetic centers of the body.

**Blissful Body Ballet**—no ballet or dance experience required. This class is a meditative approach to alignment, strength, balance and grace.

## Holistic Opportunities

**Qi Gong**—consists primarily of the physical movement, meditation, relaxation, mind body integration and breathing exercises.

**Reiki Healing**—a form of energy healing that leaves the recipient feeling relaxed and at peace. It enables the mind, body and spirit to heal.

**Tai-Chi For Health**—easy to learn, effective and safe. Increases flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance and integrates the mind and body.



# Childcare

## YMCA PRESCHOOL

Y Preschool builds on a child's natural desire to learn things and become self-reliant. Getting along with other children, sharing, taking turns and working in a group are all natural parts of learning. Y Preschool is also a safe, fun and comfortable place where children build positive relationships with caring adults. Creative Curriculum, taught by qualified teachers is an exciting and challenging program to help preschoolers stretch their skills in mind and body.

**Y Member discount & financial assistance is available.**



### Adventure Area

FREE babysitting service for children ages 6 weeks-7 yrs. Please limit your child's use to no longer than 90 mins. PLEASE NOTE: The responsible party MUST remain on the Y premises at all times.

Monday/Wednesday

8:15 a.m.-1:30 p.m.

4:30 p.m.-8:30 p.m.

Tuesday/Thursday

8:15 a.m.-1:30 p.m.

4:30 p.m.-8:45 p.m.

Friday

8:15 a.m.-1:30 p.m.

4:30 p.m.-7:00 p.m.

Saturday

8:00 a.m.-12:00 p.m.

# Large Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:30 Open Swim	8:30-9:00 Swim Lessons	8:30-9:15 Shallow Water	9:00-10:00 Deep Water Fitness	8:00-9:00 Shallow Water	7:00-9:00 Open Swim	10:00-5:30 Open Swim
8:30-9:15 Shallow Water	9:00-10:00 Deep Water Fitness	9:15-10:00 Shallow/Deep Water Combo	10:00-7:00 Open Swim	9:00-10:00 Shallow Water	9:00-9:30 Swim Lessons	9:00-9:30 Swim Lessons
9:15-10:00 Latin Splash	10:00-7:00 Open Swim	10:15-11:00 Open Swim	4:30-8:00 Swim Lessons	10:00-9:30 Open Swim	9:30-10:00 Boot Camp	10:00-12:00 Swim Lessons
10:00-7:00 Open Swim	4:30-7:30 Swim Lessons	10:00-9:30 Open Swim	8:00-9:30 Open Swim	10:00-9:30 Open Swim	10:00-7:30 Open Swim	10:00-5:30 Open Swim
7:00-7:30 Boot Camp	7:30-9:30 Open Swim					
7:30-9:30 Open Swim						

## Large-Lap Pool

Large Pool Water Fitness Programs (all classes meet in the shallow end of the large pool)

Shallow Water Fitness- Designed for healthy participants who want to improve cardio, muscle strength, endurance, flexibility and balance.

Shallow/Deep Combo Water Fitness- Gives you all the benefits of shallow water and deep water fitness combined into one class.

Deep Water Fitness- All participants are required to wear a float belt to maximize the benefits of the exercises in a bottomless environment.

Water Boot Camp- Ultimate workout for total body fitness. A combination of cardio and muscle strength and endurance exercises are used.

# Youth Fitness & Circuit Classes

**YOUTH ORIENTATIONS**  
**Who:** Youth 11-14 years old  
**What:** 30 minute orientation to learn cardio equipment  
**When:** At your convenience  
**Where:** Lower level fitness center

**YOUTH FITNESS**  
**Who:** Youth 11-14 years old  
**What:** 4 week session learning basics of cardiovascular, strength and flexibility training  
**When:** Consult membership desk for session information  
**Where:** Lower level fitness center



**FAMILY FITNESS**  
**Who:** YMCA families with youth nine years old and older  
**What:** Circuit style workout  
**When:** Tuesday and Thursday at 6:00 p.m.  
**Where:** Located in the Comfort Zone in the lower level fitness center

**BASIC & BRIEF**  
**Who:** New or returning exercisers  
**What:** An hour long circuit class that includes a cardiovascular workout and resistance training  
**When:** Monday & Wednesday at 11:00 a.m. and 5:30 p.m.  
 Tuesday & Thursday at 9:30 a.m. and 1:00 p.m.  
**Where:** Located in the Comfort Zone in the lower level fitness center

**BASIC & BRIEF ADVANCED**  
 Designed for members who need more than Beginner Basic & Brief  
 Monday & Wednesdays 9:30 a.m. and Tuesday & Thursdays 11 a.m.  
 Located in the Comfort Zone in the lower level fitness center.





# Swim Lessons

**Group Swim Lessons:** registration info. available at membership or reception desks.

**Parent/Child Swim (ages 6-36 months)**—teaches child basic skills such as body positioning, arm strokes, kicking and breath control.

Tuesday: 10am, 10:30am, 6:30pm, Thursday: 5:30pm, Saturday: 9am, 11am

**Preschool Lessons (ages 3-grade school)**—teaches safe pool behavior, proper body positioning, arm strokes, kicking and breath control. Back flotation is used as an instructor aid in Pike-Ray levels.

**Pike (Beginner Level)**—Develops water adjustment, independent movement, paddle stroke, kicking and blowing bubbles.

Tuesday: 10am, 4pm, 4:30pm, 5:30pm, 6pm, 7pm, Thursday: 4pm, 4:30pm, 5pm, 6pm, 6:30pm, 7pm, Saturday: 9am, 9:30am, 10:30am

**Eel (advanced beginners)**—introduces rudimentary front and back crawl and the symmetrical pull for the breaststroke and elementary back.

Tuesday: 10:30am, 5pm, 6pm, Thursday: 4:30pm, 6pm, Sat.: 11am

**Ray (advanced level)**—develop endurance for swimming 25 yds with and without flotation using the front and back crawl, breast, side and elementary back strokes. Tuesday: 6pm, Thursday: 5pm, 6:30 pm, Saturday: 11:30am

**Starfish (advanced level)**—develops endurance to perform the 5 basic rudimentary strokes (mentioned above) for 25 yards without flotation.

Tuesday: 5pm, Thursday: 5:30pm

## Youth Swim Programs

**Tadpoles (formally polliwoq I-beginner level)**—develops safe pool behavior and the basics to develop independent movement. Introduces floating, kicking and gliding. Tuesday: 4:30pm, 5pm, 7pm, 7:30pm, Thur.: 5pm, 6:30pm, 7pm, Saturday: 9:30am, 11:30am

**Polliwoq (beginner level)**—for children who are able to swim 25 yards on front, back and side. Develops a rudimentary front, side, and back crawl.

Tuesday: 5pm, 5:30pm, 6:30pm, Thursday: 4:30pm, 5:30pm, 6:30pm, and 7:30pm, Saturday: 10am, 11am

**Guppy (advanced beginner level)**—develops endurance for the front and back crawl. Introduces rotary breathing and the symmetrical pull.

Tuesday: 4:30pm, 5:30pm, Thursday: 4pm, 6pm, 7pm, Saturday: 9am

**Minnow (intermediate level)**—continues developing the rudimentary strokes and introduces the scissor and breaststroke kicks to develop a rudimentary side-stroke and breaststroke.

Tuesday: 5:30pm, Thursday: 5:30pm, Saturday: 10am

**Fish (advanced intermediate level)**—perfects the strokes, develops glides and turns used in continuous swimming. Introduces the butterfly stroke. Tuesday: 5:30pm, Thursday: 5:30pm, Saturday: 10am

**Flying Fish (advanced level)**—refines the technique of all strokes to perform the front, back, side, breast, elementary back and butterfly strokes with turns, proper form and endurance.

Tuesday: 6:30pm, Saturday: 10:30am

**Shark (advanced level)**—develops endurance and introduces the inverted breaststroke and the over arm sidestroke. Tuesday: 6:30pm, Saturday: 10:30am

**Porpoise (final level)**—develops speed and endurance for the complete stroke from start to finish. Introduces rescue techniques and leadership skills.

Tuesday: 6:30pm, Saturday: 10:30am

**Teen (ages 13-17)**—Beginner to Advanced Levels. Instructors will work with you on a more individualized basis to reach your goals.

Tuesday at 7pm

## Individual Swim Lessons

**Adapted Lessons (30 mins.)**—one-on-one swim instruction for children and adults with special needs. \$12 per class. MEMBERS ONLY.

**Stroke Development (30 mins.)**—one-on-one swim instruction to master the techniques needed to perform strokes efficiently and most effectively. Class days and times are based on instructor and pool availability.

Fee: Members \$12/lesson, Non-members \$24/lesson

## Swim Lesson Fees

**Members: \$15/participant or \$30/Family**

**Non-Members: \$75/participant**

## Adult Swim Programs

**Fearful**—designed to give comfort, confidence and basic skills to non-swimmers or beginners. Mon. 2pm

**Conditioning**—continuous in perfecting  
Tuesday 8:30am



uses drills and swimming to assist technique.

**Adult**—beginner through advanced levels. Tuesday 7:30am or Thursday 7:30am

# Small Pool Schedule

Open swim is always available in the shallow end of the small pool.  
Children 5 and under must be accompanied by and adult (18 or older) in the water. The adult must stay with in arms reach of the child at all times.  
Children 6, 7 and 8 must have an adult present in the pool area.  
Schedules are subject to change without notice.  
Safety breaks are required for all guards on duty. If necessary, you may be asked to get out of the pool during the safety break period. Please allow 5 mins. before and after each class for the pool to be prepared by the instructor.

*Small Pool Water Fitness Programs (Volleyball last Fri. of month at 10am)*  
**Older Adult**—Designed for older adults who want to improve activities of daily living.  
**Arthritis**—Designed to improve range of motion, flexibility, strength and endurance.  
**Water Walking**—walk through the water to develop your balance by using core stability and range of motion by joint flexion and extension.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-10:00 10:00-10:45 11:00-11:45 12:00-12:30 12:30-9:30	6:00-10:00 10:00-11:00 11:00-12:00 11:45-2:00 2:00-3:00 4:00-7:30 7:30-9:30	6:00-10:00 10:00-10:45 11:00-11:45 11:45-9:30	6:00-10:00 10:30-11:00 11:00-12:00 12:30-1:30 2:00-3:00 4:00-7:30 7:30-9:30	6:00-10:00 10:00-10:45 11:00-11:45 11:45-9:30	7:00-9:00 10:30-12:00 12:00-7:30	10:00-5:30
Open Swim Older Adult Arthritis Swim Lessons Open Swim	Open Swim Swim Lessons Older Adult Open Swim Waveless Water Swim Lessons Open Swim	Open Swim Swim Lessons Older Adult Open Swim Waveless Water Swim Lessons Open Swim	Open Swim Swim Lessons Older Adult Adapted Swim Lessons Waveless Water Swim Lessons Open Swim	Open Swim Older Adult Arthritis Open Swim	Open Swim Swim Lessons Open Swim	Open Swim

**Small Pool**

# We Build People

## WE ALL NEED A HAND...

Fresh air and freedom at a first-ever summer camp...a place to fit in and feel safe at the Teen Center...familiar faces and friendships that endure life's changes...somewhere to go for fun and homework help after school...family time together even when mom or dad doesn't have a job—all because of the Y's annual community support campaign **We Build People**...and your contributions.

At one time or another in our life, we all need a hand. And, at the Y, we extend a hand everyday as a welcoming place for those with differences, a support network for working parents, a summertime favorite spot for kids, and a home-away-from-home to fill-up when there's not enough to go around.

How can we do all of this? We count on the generosity of our members and community to help people of all ages and from all walks of life. With your gifts, we provide vital community programs and extend financial assistance to the kids and families that need us most.

When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

## GIVE TO THE Y. GIVE TO YOUR COMMUNITY.

The Y's annual community support campaign, **We Build People**, raises money for the kids and families that need us most. We use 100 percent of your gift to grow current programs for youth and families and ensure that we can keep membership affordable and open to all, without regard to ability to pay.

Some examples of your impact:

- \$898,000 in financial assistance for programs and membership in 2010.
- Expansion of healthy living programs to include collaborations with local hospitals and likeminded social service agencies including Saint Vincent Health Center and the Erie County Diabetes Association.
- Expansion of youth and teen programs to include collaborations with schools and neighborhood centers including Harborcreek Youth Services, James Parker Middle School, Martin Luther King Center and Iroquois Elementary School.

## THREE CONVENIENT WAYS TO GIVE:

Donate by check or credit card online at [www.webuildpeopleerie.org](http://www.webuildpeopleerie.org)

Add to monthly membership bank draft

set up monthly withdrawal from bank account



# We Build People

## TO FEEL WELCOME

For retired phys. ed. teacher and swimming coach, Merriane Gaber, volunteering her time to teach basic swimming skills to young adults living with severe autism is accomplished through mutual trust. "The developmental progress that is made is immeasurable. The lifelong skills learned in simply getting ready to go to the pool and follow directions are routine and the swimming experience enhances their senses, calms their being and is something they can enjoy forever."

## TO FEEL SUPPORT

A woman and her high school daughter show up each morning at the County Y. From all appearances, and from the little information the staff is able to gather, they both appear to be living in the shabby car they arrive in each day. The woman and her daughter are quiet, don't offer much information and the staff, sensing the woman's level of discomfort, doesn't ask too many questions—but each day offer the two the use of the shower rooms and rest rooms so the young girl can look more presentable for her day of school with her classmates who likely have no idea of her situation. After cleaning up, the two disappear out the door until the next morning when they go through the ritual again.

## TO GET OUTDOORS AND HAVE FUN

In the summertime, kids flock to Rodger Young Park, a popular neighborhood park and outdoor swimming pool in the City of Erie, located directly across the street from a public housing neighborhood where 500 youth live. It was in collaboration with the City of Erie and the Erie Housing Authority, that the Y expanded its summer recreation program to include oversight of the troubled outdoor swimming pool at Rodger Young. Long known for behavioral issues and safety concerns, Rodger Young Pool was at risk of closing and the youth left without a summer favorite pastime.

"The Y, not only came forward to run the pool, it *transformed* the pool and the neighborhood experience. What was once a very troubled program, emerged as a safe, supervised and structured activity for youth."

## TO FILL-UP WITH THE GOOD STUFF

No one agency can fully address hunger. That is why we need to collaborate—and, that's just what we did. With funding received in 2011 from the WalMart Foundation, the Y was able to expand our **Summer Foods Nutrition Program** from 9 locations to 19 locations throughout Erie County and forge additional partnerships with the City of Erie, Erie Housing Authority, Neighborhood Watches, and local churches to serve more than 15,000 meals in just two months.

## SO WE CAN HELP OTHERS

The generosity of others is at the core of our existence. It is only through the support of our hundreds of volunteers and public and private donors that we are able to give back to the communities we serve.

In one way or another, we are all connected to the Y. If the walls of our Ys could talk, they would have an abundance of positive, life-changing stories to tell. We are stewards of family histories, personal triumphs and community action. With your help, we'll make sure that the Y will be here to continue to help strengthen our community.

Give Today—[www.webuildpeopleerie.org](http://www.webuildpeopleerie.org)

