



Eastside Family YMCA

WINTER 2012

BUILDING HOURS

Monday-Friday: 5am-9:30pm

Saturday: 7:30am-7:30pm

Open Sun: 12pm - 4:30pm

CLOSED:

Dec 24: Closing at 12 noon

Dec. 25: Christmas Day

Dec. 31: Closing at 5:00pm

Jan. 1, 2012: New Years Day

**Leadership Team— Ron Bielani /Chairman
of Branch Advisory Board**

Paul Ebert, Linda Gehrlein, Missy Kelley, Tim
Kaliszewski, Gayle Magee

FOR YOUTH DEVELOPMENT

CHILDCARE

The Eastside Y offers state licensed quality child care at five locations in our community, they are located at: Eastside Y Academy in Wesleyville, St. Mary's Episcopal Church in Lawrence Park, Clark & Klein Elementary schools in Harbor Creek and at the Eastside Y. Contact Linda Gehrlein lgehrlein@ymcaerie.org for more information.

SWIM, SPORTS & PLAY

WINTER 2012-Swim & Tumbling

Session Runs: Jan. 9—Mar. 3 2012 (8 wks)

Member Registration: Tues., Dec. 20 @ 8am
Online registration available

www.ymcaerie.org
(814) 899-9622

Swim Fees

Members—\$15/participant or \$30/Family
Non-Members—\$50/participant

Parent/Child Swim

Ages: 6 months-36 months
Designed for children and their parents. Teaches parents how to instruct their child on basic aquatic skills, body positioning, arm actions, kicking and breath control.

Wednesday: 6:15pm **Thursday:** 9:15am

Saturday: 10:00am

Preschool Swim (Pike, Eel, Ray & Starfish Levels)

Ages: 3 – 5 years

These classes are held **without parents**. Children are taught the building blocks of swimming. Back floatation is used as an instructor aid.

Tuesday: 6:00pm, 6:45pm

Thursday: 5:15pm, 6:00pm **Saturday:**
10:30am

Art, Gym & Swim

Ages: 3 to 5 years

Each activity runs 30 minutes. Art activities include development of fine motor skills & coordination. Gym activities for physical fitness using songs, games, sports, & tumbling. Swim Lesson is a preschool lesson.

Tuesday: 9:30am

Sibling Swim Lesson

Ages: 6 years - Teen

Parents one stop lessons for all your children 6yrs- teen at same time. Siblings can progress their swim skills during the same class time. 45 minutes

Monday: 5:45pm

Adult/Teen

Ages: 13 years and up

Classes are for the fearful to intermediate and advanced.

Tuesday: 6:45pm **Thursday:** 10:00am

Triathlon Swim Training Ages 18+

Class designed for adults looking to better their swim skills for triathlons.

Students will work on stroke techniques, distance, endurance and power. 45 minute class

Thursday: 12 noon

YOUTH SWIM LESSONS: Ages 6-13 years

Tadpole

Beginner level. Instruction includes blowing bubbles, proper body positioning on front, back, side, floating, gliding, kicking, and the paddle stroke.

Tuesday: 6:30pm **Saturday:** 9:00am

Poliwog

Children must be able to swim front, back, and side with good form and proper kick continuously for 15 yards with float belt or 20 feet without. Children will work on all strokes, develop safety and waterball skills.

Tuesday: 5:30pm, 6:00pm **Wednesday:** 6:00pm

Thursday: 4:30pm **Saturday:** 9:30am

Guppy

Children must be able to swim front, back and side 25 yards with float belt or 20 feet without. Swimmers develop the crawl stroke with intro to rotary breathing, back crawl, elementary back, front symmetrical and side alternating paddle.

Tuesday: 5:00pm **Wednesday:** 5:30pm

Friday: 5:00pm **Saturday:** 9:30am

Minnow

Must be able to swim 25 yards front crawl, front & back symmetrical, side and back alternating strokes. Continues developing the rudimentary strokes from Guppy and introduces the scissor and breaststroke kick to develop a rudimentary sidestroke and breaststroke.

Tuesday: 5:30pm **Thursday:** 4:30pm

Friday: 4:30pm **Saturday:** 10:00am

Fish

Students continue perfecting strokes from above and develop glides and turns for continuous swimming. Butterfly is introduced and mastered.

Wednesday: 5:30pm

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Flying Fish

Drills are done to refine the technique of all strokes learned previously. Students should be able to perform the front, back, side, breast, elementary back and butterfly stroke.

Saturday: 9:45am

Shark

Introduces inverted breaststroke and over arm sidestroke. Continuous swimming encouraged to develop endurance.

Volunteer work is recommended to expose children to all aspects of aquatics.

Tuesday: 5:15pm

Porpoise

Develops speed and endurance for the complete stroke from start to finish. Rescue techniques and leadership skills are taught as an intro to lifeguarding.

Tuesday: 5:15pm

Tumbling Tots

Age: 3 years

When: Mon. 5:30pm

30 minute class teaching games, songs, and simple tumbling moves.

Fee: Members/FREE; Non-Members/\$75

Tumbling ages 4-12 years

Ages 4-5yrs. When: Mon., Thur. 4:30pm

Ages 6-7yrs. When: Thur. 5:30pm

Ages 8-12yrs. When: Mon. 6:15pm

45 minute class teaching basic tumbling and gymnastics skills.

Fee: Members/FREE; Non-Members/\$75

Creative Dance

Ages 4-6, When: Sat. 11:15am

Ages 7-11, When: Sat. 10:30am

Introduction to dance, 45 minute class

Fee: Members/FREE; Non-Members/\$75

Mighty Mites

Ages: 4-6 years **When:** Thur. 6:30pm

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

Fee: Members/FREE; Non-Members/\$75

Indoor Soccer - Youth CoEd Ages 4-17

Registration: Jan. 16-Feb. 18

Late Fee: (\$5) Registration Feb. 19-25

Practices (30 minutes once a week;

Wed or Fri) Begin March 14 or 16

Games: (6) Saturdays; begin March 24
Off April 4-7 (Easter)

Fee: Members - Free Non-members-\$58

no score kept

For more info, contact Corey Wolff
at 899-9622 ext. 250

NEW

TEEN CLUB Ages 13-16

Mon.-Fri. 3:00-6:00pm

For more information contact

Missy Fuller at mfuller@ymcaerie.org

Welcome Free Trial week Jan. 9-13

Child Watch Winter Hours

Ages 6 weeks –8 years
Monday - Saturday / 8:00am - 12:30pm
Monday - Friday / 5:15pm - 8:30pm

Youth Group Exercise Classes

Ages: 8-14yrs

Youth Cycle, Youth Y Box/ Hip Hop, Youth Cardio Dance, & Kid's Water Fun.

Pick up class schedule at the front desk.

No Registration Required

Youth Cardio Course

Member's only course

Ages: 11-12yrs.

Age appropriate training on cardio equipment. Every youth member must complete this course in order to use the cardio equipment in the Wellness Center. Classes meet 1 hour for 2 weeks.

Jan.11-Jan.18 / Wed. 5:00pm & 6pm

Jan. 25-Feb. 1 / Wed. 5:00pm & 6pm

Feb.8-Feb. 15/ Wed. 5:00pm & 6pm

Feb.22-Feb. 29 / Wed. 5:00pm & 6pm

Youth Wellness Center Training

Member's only class

Ages: 13-14yrs.

Age appropriate training on cardio & strength equipment. 90 minute class Must attend all 4 classes (4 week session)

Jan.10-Jan.31 / Tue. 5:30pm

Jan.12-Feb.2 / Thurs. 5:30pm

Feb.7-Feb.28 / Tue. 5:30pm

Feb.9-Mar.1 / Thurs. 5:30pm

FOR HEALTHY LIVING

FAMILY TIME

Play and Learn

90 minute class for parent (or care-giver) and newborn to 5 years old. We'll have lots of fun learning together.

Singing songs Creating Art
Telling Stories Playing

When: Thur. 9:30am

Winter Session: Jan.12-Mar. 1

Registration Required: Begins Dec. 20

Mommy & Me Yoga

Ages: 6 mon.-6yrs

Share a relaxing 30 minutes doing yoga.

When: Tue. 12:10pm

No Registration Required

Sibling Swim Lesson

Ages: 6 years-Teen

Siblings can progress their swim skills during the same class time. 45 minutes

Monday: 5:45pm

Family Zumba Night

Friday, January 20, 2012

6:30-8:00pm

Family Game Night

Friday, February 17, 2012

6:30-8:00pm

Friday, March 16, 2012

TBA

YMCA Birthday Pool Party!

2.5 hours, Members \$100
Non-Members \$125

Register Online at www.ymcaerie.org
or register at the front desk.

HEALTH, WELL-BEING/FITNESS

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.

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.ymcaerie.org/eastside/schedules>

Personal Nutrition Coaching

A personalized one on one program designed by a registered dietitian to address the needs of an individual seeking nutrition counseling relating to weight management, heart health or diabetes. *By appointment only.

Ages: 18+

Initial Appointment Fee:

Highmark Member: FREE

Y Member w/o Highmark \$60

Non-Y Member w/o Highmark \$70

Follow-Up Appointment Fee:

Highmark Member: FREE

Y Member w/o Highmark \$30

Non-Y Member w/o 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. One hour class

Must purchase toolkit at front desk \$18.00

Ages: 18+

When: Tue. Jan 31-Apr. 3 @ 1:00pm

Where: Studio 2

Fee: Highmark Members: FREE

Y Member w/o Highmark \$85

Non-Y Member w/o Highmark \$100

Discover Relaxation Within I

A 4-week lifestyle improvement program that helps individuals identify everyday stressors and teaches specific relaxation techniques to evoke relaxation and reduce and manage stress. Each class is 90 minutes.

Ages: 18+

When: Sat. Feb. 18-Mar. 10 @ 2:00pm

Where: Studio 2

Fee: Highmark Member: FREE

Y Member w/o Highmark \$50

Non-Y Member w/o Highmark \$65

Functional Fitness Assessments for

Seniors (60+), Association Wide

Seniors are invited to attend one of four sessions to see how they compare with their peers nationwide in a set of tasks designed to measure cardio endurance, strength, balance and flexibility.

Locations, Days and Times:

Eastside, Tue. Jan. 24, 11am –1pm

County, Wed. Jan. 25, 10am–Noon

Downtown, Tue. Jan. 31, 9:30am-11:30am

Glenwood, Wed. Feb. 1, Noon-2pm

ACT - Activities through Cancer Treatment and Beyond

An exercise program dedicated to the recovery of all cancer patients. The components of each class include cardio work, strength work, flexibility, and relaxation.

When: Tue. & Thur. 2pm -3pm

No Registration Required

CPR PRO & Oxygen Administration

Class will cover procedures for infant rescues through Adulthood with both one and multiple rescuers. Those who take this class MUST pass a written test before certification cards are issued.

Includes materials.

Ages: 14+

When: Sat. Jan 7, Feb. 11 & Mar. 10 @ 8am

Fee: Members/\$30; Non-Members/\$37

Universal First Aid

American Safety and Health Institute certification. MUST pass a written test before certification cards are issued.

Includes materials.

Ages: 14+

When: : Sat. Jan 7, Feb. 11 & Mar. 10 @ 1:00pm

Fee: Members/\$30; Non-Members/\$37

SPORTS & RECREATION

Soccer - Adult Indoor Ages 18+

Divisions: Co-Ed Rec, Co-Ed Inter, Co-Ed Power & Women's Open

Register: Dec. 19—Jan. 9

Games: (8) Sundays starting January 15

Time: Approx. Start Time: CoEd 11am, Women 6pm

Format: 6v6 (5 + goalie); CoEd 2 females on the court at all times (goalie is gender neutral) Two 20 minute halves

Team Fee: \$280 per team **OR**

Individual: Member \$30; Non-member \$50

For more info, contact Paul Ebert
at 899-9622 ext. 254

GROUP INTERESTS

Blood Pressure Checks / Glucose Screenings

When: First Wednesday of month / 9am-11am
Located in Front Lobby

Bible Study

Topic: Book of James

When: Wednesday 2:00pm – 3:00pm

Located in front lobby

Coming Soon-Book Club

Koffee Klatsch

When: Late January, **Topic:** Personal Safety
Watch and listen to the announcements.

February Brunch: Wed. Feb .15 @11:30

Bring a dish to share and a guest for free.

Located in Gym One

Look for sign up at front counter.

FOR SOCIAL RESPONSIBILITY

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. When you join the Y, you're joining men, women and children from our community who are committed to youth development, healthy living and social responsibility.

We believe in providing membership and program services to everyone who wants to participate. We are able to do this through the generous donations of our members and friends of the Y through our annual member scholarship program We Build People.

Our members and staff give back to the community. Donations accepted in the lobby for Dec. - Second Harvest Food Bank / Toy For Tots

VOLUNTEERISM

The YMCA is a volunteer-founded, volunteer-led organization. Volunteering Opportunities available contact Paul Ebert at pebert@ymcaerie.org for more information