

Adult Health & Wellness, Special Events

Personal Training Develop a wellness routine to help you stay motivated and provide you with a workout designed for you to meet your wellness goals.

When: By appointment only

Fee: Varies by appointment (1/2 Hour and Full Hour sessions available)

Personal Nutrition Coaching

Meet one-on-one with a Registered Dietitian for nutritional counseling.

Ages: Adults and Children

When: By Appointment Only

Where: Glenwood Park Y

Fee: FREE to Highmark members
\$60 for Y Mem. w/o Highmark Insurance
\$70 for Non-Mem. w/o Highmark Insurance

Pre Natal Yoga—Open Classes

Holistic and practical experience for women during pregnancy. Please be sure to speak with your Doctor or Midwife prior to joining the class.

When: Tuesdays @ 5:45pm—June 17th, July 22nd, Aug., 12th

Where: Holistic Center

Taiji: Medicine in Motion

Improves fitness, including muscle strength, flexibility & balance, even offers some modest aerobic conditioning

When: Tuesdays @ 1:30 to 2:30pm (6/17-7/22)

Where: Holistic Center

Fee: Members/\$20, Non-Mem/\$55

Yoga for Athletes

A specific approach to yoga that brings focus to the alignment of the body, breath, and core. This class will emphasize improvement in power and range of motion to enhance performance.

Taught by Jennier Gervasi—Yoga Instructor for the Erie Otters.

When: Saturdays @ 11am

Where: Holistic Center

Thai/Partner Yoga Retreat

A playful and holistic approach to further develop relationships, couples (friends or partners) will explore yoga massage techniques designed to open pathways of communication in order to clear the body of built up tension & relieve stress. As tires muscles relax we are able to experience balance and harmony in the give and take flow of a healthy relationship. All proceeds will help send a child to Dr. Barclays Summer Camp for Diabetic Children.

When: Saturday 6/21 (one day event) 10am until 12pm

Where: Holistic Center

Fee: Members/\$30, Non-Mem/\$40

Kids in the Kitchen—Ages 6-10

Getting kids involved in the kitchen is a great way to educate them about food and nutrition and get them more interested in what's on their plate! Kids will have a blast in this hands on class learning about nutrition and cooking skills from one of our Licensed Nutritionists. All proceeds will help send a child to Dr. Barclays Summer Camp for Diabetic Children. Please register for each class individually.

When: Mon., 6/16, Wed., 6/18, Tue., 6/24, Thu., 6/26

Brainy Breakfast 9-10:30am

Dynamite Dinner 6-7:30pm

Fee: Members/\$8 per class, Non-Mem/\$20 per class

Register for 4 classes and receive a FREE Recipe Book

Crystal Rejuvenation Workshop

Explore Crystal healing while energizing your system...we will review the basic Spectrum Chakra layout with special focus on the healing environment. The two new layouts offered are Solomon's Seal for stress reduction and Clarifying Layout for realigning life path choices.

Ages: 18 and up

When: ONE DAY EVENT, Thu., 5/15 from 1:30-3:30pm

Where: Holistic Center

Fee: Members/\$10; Non-Mem/\$15

More than a GYM

With a focus on developing the potential of kids, improving health and well being, and giving back and supporting our neighbors, the YMCA of Greater Erie is so much more than a gym. We are a cause. We invite you to learn more about the Y by joining us for a **YMCA Community Impact Tour, an experience that takes you to meet Y staff, volunteers and program participants in an up close and personal way.**

We'll share stories and laugh along the way. Being a Y member is not necessary to be a guest on our Y Community Impact Tour - just a genuine interest in learning how your YMCA is strengthening community in the areas of youth development, healthy living and social responsibility.

We visit Y programs weekly, so there's bound to be a date and time that will work for you.

To schedule your Impact Tour contact:
Michele Schroeck, 868-0867, ext. 222 or email
mschroeck@ymcaerie.org

Certifications

Universal First Aid

American Safety and Health Institute certification includes proper assessments and interventions for emergency response, bleeding, shock and soft tissue injuries, bone joint and muscle injuries, sudden illness and temperature related illnesses. MUST pass a written test before certification cards are issued.

Ages: 14+

When: Mon., May 6th @ 6pm

Where: Meeting room (loft)

Fee: Members/\$26; Non-Members/\$32

CPR PRO & Oxygen Administration

Class will cover procedures for infant rescues through Adulthood with both 1 and multiple rescuers. Hands on experience and visual guides are used to make the rescuer more confident in an emergency situation. Those who take this class MUST pass a written test before certification cards are issued.

Ages: 14+

When: Mon., May 20th @ 6pm

Wed., July 17th @ 5:30pm

Where: Meeting room (loft)

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, KICK, DANCE & GROW



**SUMMER 2014
Program Playbook
GLENWOOD PARK Y
(814) 868-0867**

Registration Information

Member Registration begins
Mon, May 12th & Mon, Jul 7th**

Non Member Registration begins
Mon, May 19th & Wed, Jul 9th**

**Summer Session II - Jul 15th thru Aug 18th

SAVE TIME...REGISTER ONLINE! - www.ymcaerie.org

Swim Lessons

Members: \$15/Individual or \$30/Family
Non Mem.: \$75/Individual

Morning Swim Lesson Schedule:

Session I – Jun. 10th – Jul. 3rd
Session II – Jul. 14th – Aug. 7th**

Evening Swim Lesson Schedule:

Begin Jun. 10th
End Aug. 7th

Swimmers MUST be the appropriate age at time of registration. To ensure programming consistency participation is limited to ONE swim lesson/child per session.

**Session II Registration Members 7/7, Non Members 7/9

Thank you for your cooperation.

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.

Morn.: Tue & Thu @ 9am
Eve.: Tue @ 6:30pm
Thu @ 5:30pm

Preschool Swim

Ages: 3 yrs – grade school

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

Pike

Beginner level. Develops proper body positioning on front, back, side as well as independent movement using the paddle stroke and kicking.

Morn.: Tue & Thu @ 9, 9:30, 10, 10:30
Eve.: Tue @ 4, 4:30, 5:30, 6, 7
Thu @ 4, 4:30, 5, 6, 6:30

Eel

Advanced beginner level that develops a rudimentary crawl on the front & back and a rudimentary breaststroke and elementary back by using a symmetrical pull.

Morn.: Tue & Thu @ 10, 11:30
Eve.: Tue @ 4, 5, 6
Thu @ 4:30, 6

Ray

This advanced level will develop endurance for swimming 25yds with and without flotation. Children will continue working on rudimentary strokes along with an intro to diving.

Morn.: Tue & Thu @ 9:30, 10
Eve.: Tue @ 6
Thu @ 4:30, 5, 6:30

Starfish

This advanced level is designed for children who are comfortable in the water without flotation and can perform all strokes a minimum of 25yds. Your child will remain in this level until they are eligible for the Youth and Adult program.

Morn.: Tue & Thu @ 11:30
Eve.: Tue @ 5
Thu @ 5:30

Youth, Teen & Adult Swim

Ages: Grade school (6yrs.) – Adult

This program is designed to use a student centered approach, problem solving and guided discovery to ensure the student's safety and make the learning process more enjoyable. The program is divided into eight levels and modified for Adults.

Tadpole

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

Morn.: Tue & Thu @ 9:30, 10:30
Eve.: Tue @ 5, 7
Thu @ 5, 6:30, 7

Polliwog

Beginner level. Children must be able to swim 25yds on the front, back, and side with good form and proper kick continuously for 25yds. Swimmers develop the crawl stroke with intro to rotary breathing and the back crawl.

Morn.: Tue & Thu @ 9:30, 11, 11:30
Eve.: Tue @ 5, 5:30, 6:30
Thu @ 4:30, 5:30, 6:30

Guppy

Advanced beginner level. Continues working on crawl strokes and mastering rotary breathing. The front & back symmetrical pull is introduced to start the elementary back and breaststroke.

Morn.: Tue & Thu @ 10:30, 11
Eve.: Tue @ 4:30, 5:30
Thu @ 6, 7

Minnow

Intermediate level. Continues developing the rudimentary strokes from Guppy and introduces the scissor and breaststroke kick to develop a rudimentary sidestroke and breaststroke.

Morn.: Tue & Thu @ 11
Eve.: Tue @ 5:30, 6:30
Thu @ 5:30

Fish

Advanced intermediate level. Students perfect strokes from above and develop glides and turns for continuous swimming. Butterfly is introduced and mastered.

Morn.: Tue & Thu @ 11
Eve.: Tue @ 6
Thu @ 7

Flying Fish

Advanced level. Drills are used to refine techniques of all strokes learned previously.

Morn.: Tue & Thu @ 11:30
Eve.: Tue @ 6:30

Shark

Advanced level. Introduces inverted breaststroke and over arm sidestroke. Continuous swimming is encouraged by introducing the individual medley to develop endurance. Volunteer work is recommended to expose children to all aspects of aquatics.

Morn.: Tue & Thu @ 11:30
Eve.: Tue @ 6:30

Porpoise

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

Morn.: Tue & Thu @ 11:30
Eve.: Tue @ 6:30

Private & Special Needs Lessons

Stroke Development

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: Mem. \$12/lesson, Non-Mem. \$24/lesson

Adapted Lessons

One on one swim instruction for children and adults with special needs.

Members only—\$12/Class

Teen Programs (ages 11 - 15)

Youth Wellness Orientation

This one time session will assist with Cardio equipment as well as provide an understanding of new youth opportunities we have available.

Ages: 11 and up
When: By appointment only
Where: Lower Fitness Center

Youth Fitness Certification

This required 4 session course which will provide instruction for proper equipment usage and safety. Each class is 60 minutes in length. Upon completion of this course Youth will have access to the Lower Fitness Center with or without parents.

Ages: Boys & Girls, 11 through 14
When: Thu., June 5th—26th @ 6:30pm
Thu., July 10th—31st @ 6:30pm
Thu., August 7th—28th @ 6:30pm

Sat., June 7th—28th @ 12pm
Sat., July 12th—26th @ 12pm (3 wks)
Sat., August 9th—30th @ 12pm

Mon—Thu, June 16th—19th @ 10am
Mon—Thu, July 7th—10th @ 10am
Mon—Thu, July 21st—24th @ 10am
Mon—Thu, August 4th—7th @ 10am

Mon & Wed, June 16th, 18th @ 11am
Mon & Wed, June 23rd, 25th @ 11am
Mon & Wed, July 7th, 9th @ 11am
Mon & Wed, July 14th, 16th @ 11am
Mon & Wed, August 4th, 6th @ 11am
Mon & Wed, August 11th, 13th @ 11am

Tue & Thu, June 17th, 19th @ 11am
Tue & Thu, June 23rd, 25th @ 11am
Tue & Thu, July 7th, 9th @ 11am
Tue & Thu, July 14th, 16th @ 11am
Tue & Thu, August 5th, 7th @ 11am
Tue & Thu, August 12th, 14th @ 11am

Where: Lower Fitness Center (class first meets in the Fireside Café)

Teen Nights—Coming soon!

Check back for fun nights out with your friends.

Ages: Boys & Girls, ages 12—17
When: TO BE DETERMINED, Check back for details
Fee: Members/FREE; Non-Mem/TBD

Dance, Cheer & Yoga

Participant MUST be the appropriate age at time of registration. To ensure programming consistency, participation is limited to ONE Class (of the same style) each session.

Children should wear appropriate clothing and shoes, ballet slippers, or bare feet...NO SOCKS...the floor is slippery. Please pull hair back and secure it away from the dancers face. All Camps & Clinics will take place at the Glenwood YMCA—Studio 1, unless otherwise noted.

Ballet: Class is intended to explore movement, Romantic Style Ballet positions, choreography and poise. Group partner and solo work will be explored. Designed for the beginner ballerina!

Ages: Boys & Girls—3 & 4 years old
When: Wed, June 11th—25th @ 1pm (30 min)
Where: Studio 1
Fee: Members/FREE; Non-Mem/Not Available

Hip Hop: This class will teach young dancers new hip hop choreography, combinations, tricks, along with partner and solo work.

Ages: Boys & Girls—6 to 8 years old
When: Mon, June 9th—30th @ 1:30pm (30 min)
Where: Studio 1
Fee: Members/FREE; Non-Mem/Not Available

Jazz: This program will cover in-depth technique, combinations, along with partner and solo work.

Ages: Boys & Girls—5 to 8 years old
When: Wed, June 11th—25th @ 1:30pm (30 min)
Where: Studio 1
Fee: Members/FREE; Non-Mem/Not Available

Cheerleading: Intended for the beginner cheerleader this class does not require previous Cheer experience. Join us to learn a variety of jumps, chants, cheers, and stunts.

Who: Boys & Girls—6 to 8 years old
Where: Studio 1
When: Mon, June 9th—30th @ 1pm (30 min)
Fee: Members/FREE; Non-Mem/Not Available

YOUTH X-BIKE

This class is designed to totally immerse kids in a fun and exciting workout. With a variety of movements that simulate real outdoor cycling, time flies by! Get a great workout set to fun and energizing music.

Wednesdays @ 4:30pm
Ages 11 and up!

Youth Sports & Summer Sports Camps

Mighty Mites

Introduce preschool aged children to sports focusing on the fundamentals of Soccer, Basketball, Floor Hockey, and Tee Ball. Great preparation for our Youth Sports Programs!

Ages: Boys & Girls, ages 4 and 5
When: Wed @ 11am, June 11th—July 30th
Where: Gilmore Rec. Center
Fee: Members/FREE; Non-Mem/\$75

Hot Tots

A new 3 week, mini sports program designed to get your young child moving! Join us for an introduction to Soccer, Basketball, and Floor Hockey!

Ages: Boys & Girls, 3yrs of Age
When: Wed @ 10am, June 11th—July 30th
Where: Gilmore Rec. Center
Fee: Members/FREE; Non-Mem/\$75

Youth CoEd Outdoor Sports

Youth will gain instruction in a safe, fun, and non-competitive environment. Family involvement is strongly encouraged—volunteer to be a Coach! All practices and games held at Grover Cleveland Elementary School (38th & Greengarden BLVD)

Kickball

Ages: Boys & Girls, ages 4—12 by May 31st
Registration Deadline: Wed., May 30th
Coaches Meeting: Wed., Jun 4th @ 6pm
Practice/Games: Wednesday evenings beginning June 11th (1 practice followed by 7 games)
Fee: Members/FREE; Non-Mem/\$58

NFL Flag Football

NEW REGISTRATION PROCESS—Registrations will be accepted at the Reception desk (Credit card only), and Membership Desk (Cash, Check or Credit Card). Register for the practice day and time that fits your schedule. Please note—the Desk can not look up to see who has registered for a day/time. If you would like a certain child on your team, please register together.
Ages: Boys & Girls, ages 4—12 by July 31st
Registration Deadline: Mon., July 25th
Coaches Meeting: Thu., July 31st @ 6pm
Practices: Wed/Fri Evenings beginning August 6th/8th
Games: Saturdays beginning August 17th
Fee: Members/\$25; Non-Mem/\$75 (cost includes NFL Registration Fee, Flags & Licensed Jersey)

YMCA - CoEd Youth Sports Camps (ages 6 thru 14 yrs)

Fun & informative mini-clinics designed for kids to gain a better understanding of the sport, rules, and fundamentals. Camps run from 9:30 until 11:30am, at Grover Cleveland Elementary School (38th & Greengarden BLVD). Age cut off is August 15th.

Soccer: July 7th—11th, 9:30—11:30am (6-12 yrs)
Flag Football: July 21st—25th, 9:30—11:30am (6-14yrs)
Fee: Members/\$20; Non-Mem/\$60

Teen & Adult Swim Lessons: Teens Only: Mon @ 12pm, Tue @ 7pm, Teen & Adult (mixed ages 13 and up), Beginner—Advanced: Mon @ 12pm, Tue @ 7:30pm, Competitive Clinic (45min): Tue @ 6pm