

SPECIAL EVENTS

OVERNIGHTER AT THE EASTSIDE YMCA - January 15th and 16th

Friday 9:30pm to Saturday 7:00am, 1st Grade - 6th Grade

\$15 Members/ \$25 Non-Members

\$5 Late Fee after January 9th

SENIOR EVENT 100 MILES / 100 DAYS - February 1st

Watch for more details, for more info call Aileen Baxter 899-9622

MARCH MADNESS

Wed., March 10th - Dance Challenge 9:15am

Wed., March 17th - Mini Triathlon 9:15am

Wed., March 24th - Water Fun 9:15am

QUAD SWIM CLINIC

March 20th and 27th, April 3rd and 10th 1:00-2:00pm

Registration Required, Free to anyone entered in the Quad Swim

HEALTHY KIDS DAY - April 17th

A free, fun filled Saturday of activities designed to promote healthy kids and families in spirit, mind and body. There will be games, water fun swim activities, dino-jump and a Chinese auction 1:00-4:00pm



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. Ask the front desk for location or for more details.

GROUP BIBLE STUDY

Wednesday 2:00pm - 3:00pm

Topic: Continuing with the Book of Romans



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FAMILY FUN NIGHTS NOW ON FRIDAY NIGHTS!

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

Friday, Jan. 29, Feb. 26, Mar. 26 and Apr. 23
7:00pm - 8:30pm

YMCA Birthday Pool Party!

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

Register On-Line at www.ymcaerie.org
or register at the front desk.
Questions? Contact Dustin Rhoades
or the front desk 899-9622

Eastside Branch

Winter/Spring 2010

Y PROGRAM GUIDE

On-Line Registration Available
www.ymcaerie.org

WINTER SWIM SESSION

Jan. 11th - Mar. 6th

Member Registration:

Monday, Dec. 14th, 8am

Open Registration:

Monday, Jan. 4th, 8am

SPRING SWIM SESSION

Mar. 15th - May 8th

Member Registration:

Monday, Mar. 1st, 8am

Open Registration:

Wednesday, Mar. 10th, 8am

EASTSIDE BUILDING HOURS:

Monday - Friday 5am-9:30pm

Saturday 7:30am-7:30pm

Sundays 12pm-5:30pm

Open New Years Day 2pm-6pm

Dec. 19 - Facility closes at 5pm

Dec. 24 - Facility closes at noon

Dec. 25 - Christmas / Facility closed

Dec. 31 - Facility closes at 5pm

Apr. 4 - Easter / Facility closed



Highmark Member: FREE
YMCA Members without Highmark: \$85.00
Non-YMCA, Non-Highmark: \$100.00
Drop 10 Toolkit: \$16.00
*Ask about Health America Reimbursement

Eastside YMCA
(814) 899-9622

2101 Nagle Road, Erie, PA 16510
Child Care Line (814) 899-2186

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



Monday, January 25 - March 29
1:00-2:00pm or 7:15-8:15pm

Choose less. Live more...

Drop 10 in SM10

An exciting 10-week program designed to help you lose 10 pounds of your body weight in 10 weeks through a progressive program of optimal nutrition, regular exercise and meaningful behavioral change.

HIGHMARK COMMUNITY COURSES Free To Highmark Members

WEIGHT MANAGEMENT

Drop 10 in 10 weeks

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)

DIABETES AWARENESS

Look for our New Health on the Menu Workshops for members and non-members.
Schedule of classes at front desk.



YOUTH

We build strong kids, strong families, strong communities.

NEW PARENT/CHILD PROGRAM

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
- Telling Stories
- Creating Art
- Playing

Begins Wed. Jan. 13, 9:30am-11:00am

Offered free to all through a grant from YMCA of USA and Boeing Company.

Registration required.

YOUTH GROUP EXERCISE CLASSES

Zumba, Water Fun, Cycling and Y-Box
Ages 6-15.

Pick up class schedules at the front desk.

NO REGISTRATION REQUIRED

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 12:45pm

NO REGISTRATION REQUIRED

WINTER SESSION: Jan. 11th - Mar. 6th

SPRING SESSION: Mar. 15th - May 8th

Fee: Members Free; Non-Members \$75.00

TUMBLING TOTS

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

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

TUMBLING

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

Thursday, 12:30pm, or 1:30pm for ages 4-6;

4:30pm for ages 4-5;

5:30pm for ages 6-7;

6:30pm for ages 8-9;

7:30pm for ages 10-12;

Friday, 4:30pm for ages 4-5;

5:30pm for ages 6-7.

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, Thur. 6:15pm

CREATIVE DANCE

Basic dance movements for ages 4-11.

45 minute class.

Saturday, 10:30am for ages 7-11;

11:15am for ages 4-6

YOUTH SPORTS

We build strong kids, strong families, strong communities.

General Information:

Fees: Members- \$0 (Free)

Non-members- \$75.00

Notes: All Leagues Co-Ed and Recreational
No Scores Kept

Practices: one night a week

BASKETBALL Ages 6-12

Registration: Nov. 16-Dec 19

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

Games (6): Saturday mornings; Jan. 23, 2010-
Feb. 27, 2010

Coaches Packet avail.: Thu., Jan. 7 by 7PM

BALL HOCKEY Ages 4-9

Registration: Nov. 16 - Dec. 19

Practices: Saturdays before games

Practices/Games: Saturdays (after basketball)

Jan. 23, 2010-Feb. 27, 2010

Coaches Packet avail.: Thu., Jan. 7 by 7PM

INDOOR SOCCER Ages 4-15

Registration: Jan. 11-Feb. 13

Practices: Mon.-Fri.; begin Mar. 8

Games (6): Sat.; begin Mar. 20 (off April 4)

Coaches Packet avail.: Tue., Mar. 2 by 5PM

OUDOOR SOCCER Ages 4-12

Registration: Apr. 12-May 15

Practices: Tue.-Fri.; begin June 8 (off June 29-
July 2)

Games (6): Sat.; begin June 19 (off July 3)

Coaches Packet avail.: Wed., June 2 by 5pm

YAQUATICS

We build strong kids, strong families, strong communities.

Fees: Members - \$15.00

Family - \$30.00

Non Members - \$75.00

Pick up class schedules at the Front Desk or
go online at: www.ymcaerie.org

PARENT AND CHILD PROGRAMS

Ages 6 months to 36 months

1, 2 AND YOU

Gym & Swim Thursday morning

PRE-SCHOOL PROGRAMS

Ages 3 to 5 years

Pike, Eel, Ray, Starfish

ART, GYM & SWIM

Ages 3 to 5 years, Tuesday morning and

Wednesday evening

YOUTH

Ages 6 years and up

Classes for Tadpole, Polliwog, Guppy,

Minnow, Fish, Flying Fish, Shark and Porpoise

TEEN/ADULT

Classes for fearful to intermediate and
advanced.

SYNCHRONIZED SWIM LESSONS

A sport in which swimmers perform
coordinated movements in time to music.

30 minute class. Ages 8 through Adults

YADULTS

We build strong kids, strong families, strong communities.

Registration required for these classes

CPR PRO & BASIC FIRST AID

Saturday, Jan. 10th, Mar. 13th, May 8th,
June 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

TBA for info call Karen Harvey 899-9622

SWIM INSTRUCTOR COURSE

TBA for info call Karen Harvey 899-9622

YADULTLEAGUES

We build strong kids, strong families, strong communities.

General Information:

Register Until 1 Week Prior to Start Date

Fees: \$275.00/team

Season: 6 games + playoffs for top teams

Ages: 16+

WOMEN'S INDOOR SOCCER

Winter Session

Days/Start Dates: Sundays/January 10
(off Jan 31 & Feb 4)

Spring Session

Days/Start Dates: Sundays/March 21
(off April 4 & May 9)

COED OUTDOOR SOCCER

Day/Start Dates: Sundays/June 20

(off July 4)

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
- Zumba Gold

SPECIAL EVENTS EVERY MONTH!

Look for times and dates in front lobby.

FEBRUARY: 100 MILES / 100 DAYS

**YMCA Character Values:
Caring, Honesty, Respect
and Responsibility**

YHEALTH & WELLNESS

We build strong kids, strong families, strong communities.

NEW PROGRAM! 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. Tuesdays starting on January 12 - April 1
Members: \$25.00
Non-Members: \$50.00
Tool Kit: \$20.00

Maximize your Membership!

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

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.

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

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>



CHILD WATCH

We build strong kids, strong families, strong communities.

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