



8/17/2011

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

FALL I 2011

BUILDING HOURS Starting Sept. 6

Monday-Friday: 5am-9:30pm

Saturday: 7:30am-7:30pm

Open Sun. beginning Nov. 6

12 pm-4:30pm

CLOSED:

Sept. 5 - Labor Day

Maintenance Shutdown:

Aug. 28 - Sept. 5

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

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

SWIM, SPORTS, PLAY

Punt, Pass and Kick

Ages: 6-15 (as of 12/31/11)

Time: Sat. Sept 10, Registration Time:
8:30am; Event time: 9am; Boys and girls
separate; must have proof of birth date,
held at Eastside YMCA. For more information
call 899-9622

Soccer - Youth CoEd Indoor

Ages 4 - 17 Fall 2011

Registration: Sept. 6 - Oct. 1

Mandatory Coach Meeting: Oct. 11 @ 7pm

Practices: (30 minutes once a week; Tue, Wed
or Fri) Begin October 18

Games: Begin October 29

No practice/games: November 22 - 26

Fee: Members - Free Nonmembers - \$58

Soccer - Adult Indoor

Ages 18 + Fall 2011

Registration by September 12

Games: Sundays; start September 18

Time: Approx. Start Time: Coed 12pm,

Women 6pm (may vary)

8 games + playoffs for top teams

Format: 6v6 (5 + goalie)

Fee: \$280 per team

Playoffs for top teams

Adult CoEd Indoor Soccer: 6v6; 3 males, 2

females + gender-neutral goalie

Adult Women's Indoor Soccer

For more info, contact Paul Ebert
at 899-9622

Swim Team

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 Tuesday,

Sept. 13, 6:30pm - 8:00pm and

Wednesday, Sept. 14, 6:30pm - 8:00pm at the

Eastside YMCA. Call 899-9622 for more informa-

tion or www.eastswimteam.com

Online Registration @ www.ymcaerie.org Avail-
able to returning swimmers.

FALL I 2011-Swim & Tumbling

Session Runs: Sept 12 - Oct. 29 (7 wks)

Member Registration: Tues., Aug. 23

Open Registration: Wed., Sept. 7

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:** 9:15pm

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: 9:15am

NEW Sibling Swim Lesson

Ages: 6 years - Teen

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

Monday: 5:45pm

Tadpole

Ages: 6 to 13 years

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

Polliwog

Ages: 6 to 13 years

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

Ages: 6 to 13 years

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:** 5:00pm, 5:30pm

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

Minnow

Ages: 6 to 13 years

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

Ages: 6 to 13 years

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

Tuesday: 4:30pm **Wednesday:** 5:30pm

Friday: 5:00pm

Flying Fish

Ages: 6 to 13 years

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

Friday: 5:45pm **Saturday:** 9:45am

Shark

Ages: 6 to 13 years

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.

Tuesday: 5:15pm

Porpoise

Ages: 6 to 13 years

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

Adult/Teen

Ages: 13 years and up

Classes are for the fearful to intermediate and
advanced.

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

NEW Triathlon Swim Training

Class designed for adults looking to do or better
their swim skills for triathlons. Students will work
on stroke techniques, distance, endurance and
power. 45 minute class

Thursday: 12 noon

YMCA Birthday Pool Party!

2.5 hours, Members \$95.00

Non-Members \$115

Register Online at www.ymcaerie.org

or register at the front desk.

Our Mission:

To put Christian principles into practice through
programs that build healthy spirit, mind, body
for all.

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:** 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**Youth Grp 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 Class****Member's only class****Ages:** 11-12yrs.

This class will teach youth ages 11-12 to properly use our cardio machines to increase their cardiovascular endurance and flexibility. Every youth member must complete this course in order to use the cardio equipment in the Wellness Center. Classes runs 2 weeks for 1 hour per class.

Sept. 14– Sept. 21 / Wed. 5:00pm & 6pm

Sept. 28– Oct. 5 / Wed. 5:00pm & 6pm

Oct. 19– Oct 26/ Wed. 5:00pm & 6pm

Nov. 2–Nov. 9 /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)

Session I

Sept. 13– Oct. 4 /Tues. 5:30pm

Sept. 15– Oct. 6 /Thurs. 5:30pm

Session II

Oct. 18– Nov. 8 /Tue. 5:30pm

Oct 20– Nov. 10 /Thurs. 5:30pm

**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>**Health on the Menu**

Workshops are free and open to the community. All workshops run one hour. Look for sign up at front counter.

Men's Health**When:** Mon. Sept. 19 @ 10am in Studio 2**Women's Health****When:** Mon. Oct. 10 @ 10am in Studio 2**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 10An 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. Sept 13 – Nov. 15 @ 1:00pm, & 7:15pm**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. Oct. 8 - Oct. 29 @ 2:00pm**Where:** Studio 2**Fee:** Highmark Member: FREE

Y Member w/o Highmark \$50

Non-Y Member w/o Highmark \$65

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.

Ages: 18+**When:** Tue. Nov. 22–Dec. 13 @1pm**Where:** Studio 2**Fee:** Highmark Member: FREE

Y Member w/o Highmark \$50

Non-Y Member w/o Highmark \$65

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****Blood Pressure Checks / Glucose Screenings****When:** First Wednesday of month / 9am-11am
Located in Front Lobby**Bible Study****When:** Wednesday 2:00pm – 3:00pm
Located in front lobby**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**Fall Session:** Sept. 15**Registration Required:** Begins Aug. 23***New* Sibling Swim Lesson****Ages:** 6 years—Teen

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

Monday: 5:45pm**Highmark Quad and Kid's Quad Run****When:** Sat. Sept. 10, @ 9:00am**Where:** Gibson Park, North East**Family Events to be announced****Child Watch****Fall Hours**

Monday - Saturday

8:00am - 12:30pm

Monday - Friday

5:15pm - 8:30pm

HEALTH, WELL-BEING/FITNESS**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. Sept. 24 @ 8am / Sat. Oct. 8 @ 8am**Fee:** Members/\$26; Non-Members/\$32**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. Sept. 24 @ 12:30pm /Sat. Oct. 8 @ 12:30pm**Fee:** Members/\$26; Non-Members/\$32**Lifeguard Course**

This course is designed to provide participants with the knowledge and skills needed to be a lifeguard. Must be 16 years old, have current First Aid, CPR Pro, & Oxygen Certifications, and pass a required swim test.

When: Sat. Oct.29, Nov. 5, 12, 19**Time:** 8:00am—5:30pm

For more information call Karen Harvey, 899-9622

YMCA Brunch**When:** Wed. Oct 26, 11:30am

Bring a dish to share and a guest for free.

Located in Gym one

Look for sign up at front counter.

Koffee Klatsches

Will be held in Sept. & Nov. on Mon. @10am.

Dates and location will be announced.