

YMCA of Greater Erie



1860 **150** 2010
YEARS

“A Proud History ... A Promising Future”

The YMCA of Greater Erie 2010 Program Catalog



Yesterday

Kayla spent most of her playtime by herself, apprehensive of other children.



Today

She grasped the concept of trust.

At YMCA of Greater Erie, we strive to make sure that every child's day brings about bigger and brighter achievements – but we can't do it alone! Your support ensures that many children who otherwise would not be able to afford YMCA programs and services are included. You'll not only give a nearby child the chance to belong today, but you'll help that individual learn the important values that will positively impact their life and your community, tomorrow.

That's what your charitable contributions can create when you donate to your local YMCA's Annual Campaign.

Everybody Belongs at the YMCA

At the YMCA, we're more than just a place to work out. We're a place where you can be yourself. Whether you're just starting on the road to fitness or you're a veteran, **you'll feel comfortable** at the YMCA.

For 150 years, the YMCA of Greater Erie has been dedicated to building strong kids, strong families and strong communities with a mission to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. Essential to our mission is a **spirit of philanthropy** that believes that **no one should ever be denied membership to the YMCA and access to our programs and services because of the inability to pay.**

Our four convenient locations throughout the Erie region offer quality programs for all ages from our creative and fun youth sports programs to a wide variety of active older adult classes. Our award winning early learning care for children is offered at 20 locations throughout Erie County. A fit lifestyle and a philosophy dedicated to honesty, caring, respect and responsibility, the YMCA of Greater Erie celebrates a century and a half of services to our community.

A fit lifestyle and a philosophy dedicated to honesty, respect, caring and responsibility, the YMCA of Greater Erie is here to serve you!

MEMBERSHIP

The YMCA is a membership organization open to all people. We welcome women and men, girls and boys of all ages, races, ethnicities, religions, abilities and financial circumstances. Programs and branches embrace diversity, reflecting the needs and composition of the communities we serve.

The YMCA of Greater Erie wants to help you and your family afford the wonderful programs that we offer. The rate structure bases your membership fee on your annual household income. Rates can be attained for all the Erie YMCAs or just your local branch.

No person shall be denied membership or program participation by reason of inability to pay. Funds are provided through the YMCA's annual fund drive. We also offer income-based rates through the YMCA Open Doors program making it easy for everyone to belong. Please stop by any branch's front desk or visit online at www.ymcaerie.org for a financial assistance application or to calculate your rate. We offer two easy methods of payment: direct withdraw from your bank account and full payment.

MEMBERSHIP BENEFITS

- Membership privileges to all YMCA of Greater Erie Branches and YMCA Camp Sherwin (Metro)
- Free access to Eastside YMCA Tri-Community Pool (Eastside Branch & Metro)
- FREE 12-week Personal Fitness Program - great for new or returning exercisers!
- Fun & Fit Center for kids 8-14 years old at Glenwood YMCA (Metro or Glenwood Branch)
- Unlimited use of wellness centers, including all cardiovascular and strength training equipment
- Indoor track facilities
- Use of gymnasium during open and family gym times (based on branch schedule)
- Unlimited group exercise and water fitness classes
- Active older adult programs and activities
- Unlimited use of pool during lap swim and open swim times (based on branch schedule)
- Child Watch/Adventure Zone (Child Care while you work out)
- Youth and Adult sport leagues and classes
- Progressive swim lessons
- A.W.A.Y. privileges (Always Welcome at YMCAs). Use your YMCA card at more than 2,000 Y's nationwide.
- Open 7 days a week to meet your busy schedule! (Call Branch for hours)
- Volunteer opportunities



YMCA of Greater Erie
We build strong kids,
strong families, strong communities.

MEMBERSHIP OPTIONS

Metro membership allows unlimited use of 4 different membership facilities, including access to the fabulous YMCA Camp Sherwin located in Lake City, PA.

Branch membership offers unlimited access to a specific branch of your choosing.

Corporate membership offers a reduced membership rate when six or more employees from the same company become members.





QUAD GAMES

An Independent Licensee of the Blue Cross and Blue Shield Association

April 11, 2010 - 9 a.m. (first swimmer)	100 yard SWIM meet	McComb Fieldhouse, Edinboro
July 10, 2010 - 9 a.m. (first rider)	12 mile BIKE race	Edinboro University
September 11, 2010 - 9 a.m.	5 mile RUN / WALK	Gibson Park, North East, Pennsylvania
January 9, 2011 - 1 p.m.	5 mile cross-country SKI race or 2.5 mile SNOWSHOE race	Peek 'n Peak's Upper Golf Course

**!!!NEW!!! HIGHMARK QUAD KIDS!!! Short-distance, mini-QUAD events for the kids!
Check our website for applications and more info: www.highmarkquad.org**

28TH ANNIVERSARY HIGHMARK BLUE CROSS BLUE SHIELD QUAD GAMES



If you have been staying away from the Highmark QUAD Games because you think it's "just a bunch of competitive races" prepare to come up with another excuse. As they begin the twenty-eighth year, the Highmark QUAD Games are a season long, four event fitness program that introduces you to active healthy fun and the only competition is yourself. Can you break three minutes in the 100 yard swim in April? Pedal the 12 mile bike course in under an hour in July? You can choose to either run or walk the five mile course that winds through the grape vineyards of North East in September or have a healthy winter goal of cross-country skiing or snow shoeing to complete the Highmark QUAD season.

Having fun and staying fit is the goal of the Highmark QUAD Games and whether you find yourself in first place or 501st place at seasons end, there is a special award you'll receive for crossing all four finish lines: the Highmark QUAD Champion Shirt. The Champion Shirt is a unique tradition of the Games and is awarded in recognition to your year long commitment to health. It cannot be purchased, it can only be earned by crossing all four finish lines as you stay active through all four seasons.

The sports of the Highmark QUAD are "life sports" that you can learn at any age and continue to enjoy for many years ahead, while also providing a great opportunity to encourage your family to become active. There is simply no better way to enjoy time with your kids than joining them as you experience the fun of biking, running, swimming and skiing. All children age 12 and under are free when accompanied by an adult and where else can you enter the same swim meet or bike race with your child? (The Highmark QUAD Games has probably instigated more spirited family dinner table conversation than any other regional participant event!)

With the 2010/11 Highmark QUAD Games, Highmark Blue Cross Blue Shield begins its thirteenth year of sponsorship with all proceeds from the events going to the YMCA of Greater Erie. The YMCA is proud to partner with Highmark Blue Cross Blue Shield as they help the region's residents have a greater hand in living longer, healthier lives.

For more information on the Highmark QUAD Games, call (814) 734-5700 or log onto www.highmarkquad.org

YEARLY CHILDHOOD & AFTERSCHOOL™

We build strong kids, strong families, strong communities.

The YMCA offers a complete Early Care and Education Program designed to meet the needs of both parents and children. The program is licensed by the Department of Public Welfare, Keystone STARS and PA Pre-K Counts.

WORK WITHOUT WORRY

For the times you can't be there yourself, the YMCA supports your efforts to nurture your child's healthy development. Well-trained staff provide safe, affordable, high-quality care so you can have peace of mind while you work to help your family succeed.

FOCUS ON THE FAMILY

No matter how many hours children spend in child care, family is the most important structure in their lives. At the YMCA, good child care is good family care. Like all Y programs, child care is open to all, with financial aid available. Staff members are partners with parents and other caregivers, working together to help children grow healthy, happy and strong.

CHILD CARE PHILOSOPHY

The Erie YMCA has designed the Child Care Programs according to the YMCA's philosophy to foster the development of the spirit, mind and body. The centers have a well-balanced program that fits the needs of the children according to their ages and individual progress. The programs have been designed to promote physical, educational, emotional and social growth for infants, toddlers, preschoolers and school-age children. Children are natural learners. The Erie YMCA provides pre-planned positive activities to enhance the "whole" child. Every child participates in a combination of structured and non-structured activity time. An integrated curriculum including art, music, fine motor skills and physical fitness will best promote the child's cognitive, creative, physical, social and emotional development. The YMCA utilizes its gym and swim facilities to provide age appropriate gym and swim programs. *Upon availability at sites. *The YMCA accepts CCIS payments. Financial assistance is available to those that qualify.

YINFANT/TODDLER CARE™

We build strong kids, strong families, strong communities.

Well-trained and caring staff members of the YMCA give infants and toddlers the consistent, positive attention they need. You expect the YMCA to address your child's health and physical development. Our experienced staff is keenly aware of the developmental stages and how each child reaches those stages differently. Using the Creative Curriculum we help to guide children's growth, help them build new skills, interact and learn to trust others and develop their own self-esteem. Ages 6 weeks - 2 years.

YPRE-K

We build strong kids, strong families, strong communities.

A caring and friendly place for your child to learn and grow! Children develop a readiness for kindergarten through a variety of hands-on, child-centered activities. The class is lead by a certified teacher using the Letter People and Creative Curriculum. This curriculum program is open to children one year prior to kindergarten enrollment.

YPRESCHOOL

We build strong kids, strong families, strong communities.

YMCA Preschool care builds on a child's natural desire to learn things and become more self-reliant. Getting along with other children, sharing, taking turns and working in a group are all natural parts of learning. The YMCA Creative Curriculum is an exciting and challenging program that helps preschoolers stretch their skills in mind and body. It is also a safe, fun and comfortable place where children build positive relationships with caring adults. Ages 3-5

YSCHOOL AGE

We build strong kids, strong families, strong communities.

The time gaps before and after school can be empty and lonely for kids or they can be filled creatively and constructively. YMCA school age care gives children the chance to express their talents in the arts, sports, and other areas of interest, taking advantage of all the Y has to offer. Kids find out what success is all about in an approach that says everybody plays, everybody wins. Time is set aside for tackling homework with adult help available. Caring, well-trained Y staff know how to challenge children and to listen to them. Activities include KidsLit, science, group projects, environmental awareness, arts and crafts, games, sport components, field trips and more! Ages K- 15 years.

OBJECTIVES

- Grow personally
- Clarify values
- Improve personal and family relationships
- Appreciate diversity
- Become better leaders and supporters
- Develop specific skills
- Have fun!



Building Better Lives

GOALS

The Child Care Program will provide each child with experiences that encourage the following:

- Self-esteem and positive self-image
- Social interaction
- Self-expression and communication skills
- Creative expression
- Large and small muscle development
- Intellectual growth



Reaching higher for quality early learning

	Star Level	Infant	Toddler	Preschool	Pre-K	Traditional Pre-K	Kindergarten	Before School	After School	Before / After School	Holiday Camp	Schools Out Fun Day	Summer Day Camp	Extended Hours	Saturday	Pre-K Counts Free Program
CAMP SHERWIN (Summer Only) 8600 W. Lake Rd., Lake City, PA 16423 Phone: (814) 572-1088	4															
COUNTY YMCA 12285 YMCA Dr., Edinboro, PA 16412 Phone: (814) 734-5700	4															
DOWNTOWN YMCA 31 West 10th St., Erie, PA 16501 Phone: (814) 455-9356	4															
EARLY LEARNING CENTER 3507 Poplar St., Erie, PA 16508 Phone: (814) 464-2908	3															
EARLY LEARNING UNIVERSITY 301 Darrow Rd., Erie, PA 16412 Phone: (814) 734-8020	4															
EASTSIDE YMCA 2101 Nagle Rd., Erie, PA 16510 Phone: (814) 899-9622	4															
ELK VALLEY ELEMENTARY 2556 Maple Ave., Lake City, PA 16423 Phone: (814) 572-1088	4															
FAIRVIEW ELEMENTARY 5145 Avonia Rd., Fairview, PA 16415 Phone: (814) 474-2600 x5713	4															
GLENWOOD PARK YMCA 3727 Cherry St., Erie, PA 16508 Phone: (814) 868-0867	3															
IROQUOIS ELEMMENTARY 4231 Morse St., Erie, PA 16511 Phone: (814) 392-7721	3															
KLEIN ELEMMENTARY 5335 East Lake Rd., Harborcreek, PA 16421 Phone: (814) 882-5040	1															
MCKEAN ELEMENTARY 5120 West Rd., McKean, PA 16426 Phone: (814) 882-4995	1															
NORTHWESTERN ELEMENTARY John Williams Ave., Albion, PA 16401 Phone: (814) 756-0514	4															
PERRY ELEMENTARY 955 W. 29th St., Erie, PA 16508 Phone: (814) 868-0867	4															
ST. PETER'S WATERFORD 100 E. Third St., Waterford, PA 16441 Phone: (814) 882-3261	4															
SARAH HEARN PRESB. CHURCH 947 W. 9th St., Erie, PA 16502 Phone: (814) 452-1432	4															
SUMMIT UNITED METHODIST CHURCH 1510 Town Hall Rd., Erie, PA 16509 Phone: (814) 882-6792	3															
WATTSBURG ELEMEN. CENTER 10780 Wattsburg Rd., Erie, PA 16509 Phone: (814) 825-2706	4															

YDAY CAMP™

We build strong kids, strong families, strong communities.

YMCA CAMP SHERWIN

Public Camping & Recreation Facility

Nestled along the shoreline of Lake Erie, Camp Sherwin is steeped in a rich tradition of appreciation for the natural beauty of the land. Founded in 1912 by the YMCA of Greater Erie, we are proud to continue the tradition of children and their families enjoying the beauty of outdoor recreation and the camping experience on 70 acres of pristine, wooded land. **The YMCA's Camp Sherwin is open to the public as well as YMCA members** and offers something for everyone: Olympic-size outdoor swimming pool; nature trails; a pond for boating and "catch & release" fishing; volleyball & basketball courts; softball fields; horseshoe pits; playground and open, grassy expanses overlooking Lake Erie. In addition there are seven cabins (sleeping 6 to 24) available by reservation. Some cabins include kitchen and baths and are great for families or groups looking for a weekend retreat. Camp Sherwin also offers scenic campsites for RV, pop-up or tent camping and access to two large, modern bathhouses with rest rooms and showers.

Larger groups (80-225) can reserve Harrington Hall, the Darone Pavilion or Duffin Pavilion. These facilities are the perfect spot for company picnics, family reunions or birthday parties. Camp Sherwin is open from May through December. For more information, call (814) 774-9416 or visit www.ymcaerie.org



CHRISTIAN EMPHASIS PROGRAMS

The YMCA of Greater Erie strongly believes in our mission: "To put Christian principles into practice through programs that build a healthy spirit, mind and body for all." All staff, program instructors, volunteers and leaders include this in their daily work and teachings. The following programs help enhance our Christian emphasis.

CHRISTIAN LENDING LIBRARY

Located at the Glenwood Park Family YMCA. We are pleased to provide you with a wide variety of wonderful books in our lending library. These books have been donated and/or purchased by the YMCA for your enjoyment.

BIBLE STUDIES

Expand your spiritual journey by attending our various Bible Study Series.

CONTEMPLATIVE AND CENTERING PRAYER GROUP EXPERIENCES

Every Wednesday at 7:00pm

CHAPEL

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E

COUNTY
DOWNTOWN
EASTSIDE
GLENWOOD PARK
CAMP SHERWIN
C D E G S

* These programs require registration, call a YMCA Branch or register on-line at www.ymcaerie.org.

COUNSELOR IN TRAINING

Ages 13-17 years old

Y Camp's CIT program is a summer-long program that teaches teens how to be camp counselors. Teens will have a great opportunity to make new friends through team-building, competition games and social activities. Their week will include self-esteem building and goal setting. Training develops tools of leadership, safety and child care. These skills are taught through observations, opportunities to shadow Y Camp leaders and practical hands-on experience. If you might be interested in being a camp counselor, this is the program for you. All CITs must submit an application and be interviewed.

C D E G S

Y SUMMER DAY CAMP

Open to grades 1-6. The YMCA of Greater Erie specializes in safe, affordable and convenient child care for kids of all ages and interests. Y Day Camps provide an atmosphere that strengthens kids by reinforcing the values of caring, honesty, respect and responsibility.

The YMCA of Greater Erie is proud to operate a state-licensed Summer Day Camp at Camp Sherwin for children ages 4 through 15. A wide range of fun activities are available and a variety of specialty "Mini-camps" are offered along with swim lessons, crafts, games and sports.

C D E G S

KINDERCAMP

Summertime fun for kindergarteners. Weekly session offering camp-like experiences for the young.

C D E G

* YSWIM LESSONS™

We build strong kids, strong families, strong communities.

These classes are participant centered and use problem solving and guided discovery teaching approach. Each program is divided into five components: personal safety, personal growth, stroke development, water sports, games and rescue.

PARENT / CHILD

Promotes water enrichment and aquatic readiness activities for children from six months up to three years of age. Classes held with their parents or other trusted adults.

E G

PRESCHOOL

Teaches water adjustment and basic swimming skills for children from three to five years of age. Classes held without parents.

E G

YOUTH

Builds a good foundation of basic aquatic skills to develop a lifelong appreciation for aquatic activities. Developmentally appropriate activities to ensure the student's safety, enhance the student's enjoyment and provide consistent progressive success for the child. Ages 6 to 12 years.

D E G

TEEN

Offered for the beginner through advanced levels using the YMCA of USA's five basic components of swim lessons. Ages 13 to 15 years.

D E G

ADULT

Offered for the beginner through advanced level adults. Skill progressions using the YMCA of USA five basic components of swim lessons.

D E G

* YAQUATICS™

We build strong kids, strong families, strong communities.

YMCA COMPETITIVE SWIMMING

Participants have an opportunity to swim in a competitive environment. The swim team competes locally with the opportunity to advance to district, state and national events. Everybody swims, everybody wins.

C E

YMCA AQUATIC SAFETY ASSISTANT (YASA)

This certification course is designed to prepare participants with the skills and knowledge needed to recognize aquatic risks and assist a lifeguard in the emergency response of an accident or injury. Minimum age: 14 years and must be able to swim 100 yards and tread water 2 minutes, legs only.

E G

Y LIFEGUARD COURSE

This certification course is designed to give participants basic skills and knowledge to be a lifeguard in the pool, lake, river, surf and waterparks. This comprehensive course offers up-to-date information on how to guard, anticipate and prevent problems and take action to help those in danger. Participants must be 16 years old before the completion of the course.

E G

YMCA SWIM LESSON INSTRUCTOR COURSE

This certification course gives new instructors the basics for teaching swim lessons that are student centered, value oriented, safe and effective. Participants must be 16 years old at the time of registration.

E G

* YWATER FITNESS™

We build strong kids, strong families, strong communities.

Y WATER FITNESS

A great way to exercise no matter what fitness level (from the very fit to the frail individual). A variety of classes targeting cardio respiratory fitness, muscular strength / endurance, flexibility and water functional fitness. Check your local branch for listing of classes and water depths (shallow and / or deep water).

E G

Y WATER FITNESS FOR OLDER ADULTS

Shallow water exercise class that focuses on strength / endurance activities, balance work and target ADLs (activities of daily living).

E G

HEALTHY BACK AQUATICS PROGRAM

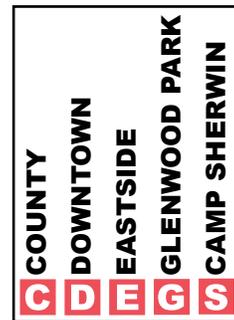
Program is for individuals to learn how to exercise in the water to reduce back pain when it occurs and prevent painful back problems. Held in warm water pool.

E

ARTHRITIS FOUNDATION Y AQUATICS PROGRAM

Exercise class geared toward those participants that have arthritis with physical limitations. Focus is on range of motion, strengthening, conditioning and endurance.

E G



* These programs require registration, call a YMCA Branch or register on-line at www.ymcaerie.org.



TRI-COMMUNITY POOL & WATERPARK

Located on the Eastside YMCA campus, the Tri-Community Pools & Waterpark include 3 pools; a baby pool with an umbrella waterfall, an intermediate sized pool with 2 small waterslides and a large pool - handicap accessible, diving board and S-shaped waterslide. Facility includes a picnic pavilion and pool rentals are available for parties. Admission to the facility included in your Metro YMCA membership. Contact the Eastside YMCA (814) 899-9622 for more information.

ONE, TWO AND YOU ▼

A gym and swim program that offers a combination of group games and tumbling activities. At least one parent or adult care giver is required to accompany their child. Open to children 6 months to 3 years. Please note: GLY gym program only.

E G

ART, GYM AND SWIM ▼

The Art, Gym and Swim program includes 30 minutes each of art, tumbling / gym and swim classes. Each portion of the class is 30 minutes in length. Open to children ages 3-6.

G E G

HOT TOTS ▼

A program that teaches the fundamentals of soccer, basketball and tee ball. Open to children age 3.

G

MIGHTY MITES ▼
SPORTS CLINIC

Similar to the Hot Tots program for ages 4 - 5 years. Different sports taught throughout the sessions include soccer, basketball, floor hockey and tee ball.

G E G

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.

E

TINY TUMBLERS ▼

Sing, dance, tumble and giggle. Games and songs will teach your preschooler new ways to move. All activities geared for parents and preschoolers to do together. Open to children ages 18 months to 3 years.

C

Y MUSIC FUN I ▼

A time to march, beat the drum and sing. A fun program with parent/child interaction. Exposure to a variety of instruments and styles of music. Let's learn the beat and we might even sing. Open to children ages 18 months to 3 years.

G

Y MUSIC FUN II ▼

Dancing and musical experimentation, much like Music Fun I, but designed for children ages 3-6 years.

G

TUMBLING TOTS ▼

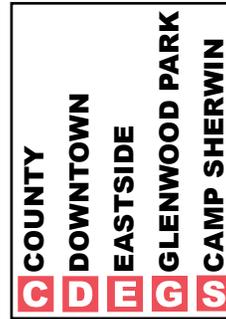
This class teaches basic mat skills for strength, flexibility and technique, including gymnastics and movement education. Open to pre-school children.

G E

CREATIVE DANCE ▼

A basic dance class designed for beginners. Teaches creative movement through tap, jazz and ballet techniques. Ages 4-11 years.

E



* These programs require registration, call a YMCA Branch or register on-line at www.ymcaerie.org.

BABYSITTING CLINIC ▼

Prepare your child for babysitting. Learn tips for making babysitting fun and safe. Exposure to CPR and First Aid, games and other ideas to make babysitting experiences top notch. Bring a lunch. Recommended ages 10 years and older.

G

METRO TEEN CENTER ▼

Designed for ages 13-18, the Teen Center provides a supervised program for teens to spend their afterschool and weekend time. Program includes snack and dinner service, life skills training, homework assistance, computer usage and access to all classes, programs and equipment at the Downtown YMCA.

D

GOLF LESSONS

Outdoor golf lessons. Ages 14-18 years.

G



BIRTHDAY PARTIES ▼

Looking for something different for your child's next birthday party? Have a "Y Birthday Party!"

G D E G S

Y FAMILY FUN NIGHTS ▼

Spend some quality family time playing games and having fun. Check for family events at your local YMCA front desk.

G E G



OLDER ADULT ASSESSMENTS

Offered throughout the year. Nine tests to evaluate balance, agility, flexibility, walking endurance, and strength. Wear comfortable clothing and sneakers. See branch for more details.

C E G

OLDER ADULT FITNESS

A variety of programs designed specifically for the older adult. Includes cardiorespiratory fitness walking with exercise. Increase strength, flexibility, balance and joint mobility. See the front desk of our YMCA for current schedule.

C D E G

SENIOR COFFEE HOUR

Come and enjoy a cup of coffee and conversation with your fellow YMCA members.

C D E G

CLASSES AND ACTIVITIES

Stop by the front desk of your local branch to check for availability and scheduled times.

- ❖ Older Adult Water Fitness
- ❖ Arthritis Foundation Aquatic Program
- ❖ Healthy Back
- ❖ Educational Brunches
- ❖ Silver Sneakers®
- Muscular Strength & Endurance
- Cardio Circuit
- Yoga Stretch

The Silver Sneakers®
Fitness Program



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and / or standing support.

C D E G

COUNTY
DOWNTOWN
EASTSIDE
GLENWOOD PARK
CAMP SHERWIN

C D E G S

* These programs require registration, call a YMCA Branch or register on-line at www.ymcaerie.org.

FUN & FIT ZONE

A space especially for kids 8-14. Structured activities, Nintendo Wii, Espresso bikes, Xer-Dance, board games and more.

G

Y CHEERLEADING

It's time to dance, cheer and learn creative moves. Boys and girls, it's time to step to the beat!

G G

TUMBLING

Progressive tumbling skills taught to school age children.

G E

GOLF LESSONS

Designed for youth ages 8-14 years. This program teaches the fundamental skills of this wonderful sport.

G

HOME SCHOOL GYM/SWIM

This traditional physical education class is designed for children 6-18 years who are home taught.

G

PLAY AND LEARN

90 minute class for parent (or caregiver) and newborn to 5 years old. We'll have lots of fun learning together. Singing songs, creating art, telling stories and playing

E

CREATIVE DANCE

A basic dance class designed for beginners. Teaches creative movement through tap, jazz and ballet techniques. Ages 4-11 years.

E

TAP DANCE

Ages 7-11 years.

JUNIOR KARATE

A certified Black Belt level instructor guides your child through the various levels of body control, technique and responsibility.

G

TENNIS LESSON

Designed for youths ages 8-14 years. This program teaches the fundamental skills of tennis.

G

YOUTH FITNESS COURSE

Designed for ages 11-14 years. Under the supervision of trained instructors, the course concentrates on flexibility, cardiovascular and strength. Proper form, full range of motion and appropriate resistance and repetitions are emphasized. Get a healthy, early start to fitness and reinforce a lifetime pattern to exercise. After the four one-hour classes, youths are given a band to participate with their family and utilize the fitness center.

C D E G

CHILDWATCH

Safe play area. Plenty of smiles. Y staff will supervise your child while you work out. Babysitting is provided for FREE while you exercise to ensure the active use of your YMCA membership. Open to children 6 weeks to 7 years.

C E G

KIDWATCH

Games, crafts and fun activities. Y staff on duty in a safe play area to watch your children while you work out. Ages 8-14.

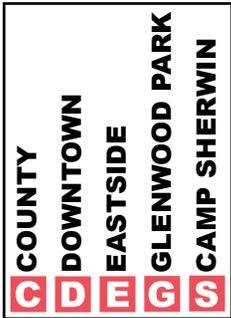
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TAE KWON DO

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YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.



* These programs require registration, call a YMCA Branch or register on-line at www.ymcaerie.org.

COMMUNITY DEVELOPMENT

QUILT / CRAFT CLASSES

A variety of projects to choose from throughout the year including making afghans for Empty Arms.



PARENTS' NIGHT OUT

A special night of fun for children 2 - 12 years while parents enjoy some quality time together on a "date".



CPR AND FIRST AID CERTIFICATION CLASSES

The American Safety and Health Institute CPR and first aid certification classes are available to individuals who have never been certified or whose certification has expired.



YMCA KID'S CLUB

The YMCA proudly partners with the Housing Authority of the City of Erie to operate after school and summer recreational programs in public housing neighborhoods. YMCA Kid's Club after school and summer programs are conveniently located in the John E. Horan Garden Apartments and Erie Heights / Pineview. During the summer, the YMCA also operates summer recreational programs at Bird Drive and Westbrook. Y Kid's Clubs offer a variety of recreational and educational activities along with summer lunch and port-a-pools. Y Kid's Clubs are open to youth aged 6-18 years. For more information call 452-3261 x401.



An Independent Licensee of the Blue Cross and Blue Shield Association

HIGHMARK COMMUNITY COURSES

Personal Nutrition Coaching

Personal Nutrition Coaching by a registered dietitian and/or licensed nutritionist is available for individuals seeking nutrition counseling specifically related to weight management, heart health and diabetes. When the clinician designs a nutrition plan to address the specific needs of the individual, he or she will also recommend enrollment in either a class or web-based program.

Discover Relaxation Within I and II

Discover Relaxation Within is a four week lifestyle improvement program that helps to identify everyday stressors and teaches participants specific relaxation techniques to induce relaxation and reduce and manage stress.

Drop 10 in 10

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.

Eat Well for Life I and II

Eat Well for Life is a four week lifestyle improvement program promoting wellness and long-term weight management through balanced nutrition. As a result of Eat Well for Life, participants will obtain the knowledge necessary to make healthful food choices and will be encouraged to adopt the nutrition practices necessary to achieve a balanced lifestyle and long-term weight management.

Clear The Air

Clear The Air is a smoking cessation program (held in one session) that prepares individuals to quit tobacco. Participants will receive a Quit Kit containing \$40 worth of over the counter nicotine replacement therapy (NRT) coupons.

Diabetes Awareness & Prevention

A 4 week program selected to provide general background information regarding diabetes and its risk factors. The program focuses on healthy lifestyles and habits such as nutrition, exercise and stress management.



YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

ORIENTATION TO THE FITNESS CENTER AND AVAILABLE PROGRAMS

YMCA staff will demonstrate proper use of the cardiovascular and strength-training equipment, orientate you to the free weight room and/or group exercise classes.

C D E G

GROUP CYCLING

An indoor group cycling class with spirited instruction and music! Designed for all fitness levels. Reach your goals and enjoy the ride with a group while working at your own pace and intensity level. A challenge for the body - a ride for the mind!

D E

X-BIKING

A fun and exciting workout with a variety of movements that stimulate real outdoor cycling.

G

BOOT CAMP

An intense military style workout. 60 minutes of grueling instruction on abdominal and calisthenics work. Plus stair runs, “dock” runs, track running with sprints and intervals of pull ups and dips. Class ends with strength training focused on the upper body.

C D

BRIDAL BOOT CAMP

10 week session includes cardiovascular conditioning, circuit training, strength training and abdominal workout.

D

GROUP FITNESS CLASSES

There is something for every “body” at the YMCA. From cardio to resistance training to mind / body classes are available to meet every interest and level: **Water Fitness, Yoga, Pilates, Strength & Tone Classes, Y Pump, Kick Boxing, Rep Reebok, Step, Low Impact, Hip Hop, Silver Sneakers, Urban Rebounding and Cycling.** Schedule available at front desk of your YMCA.

C D E G

WOMEN’S STRENGTH TRAINING

Teaches proper use of the free weights and machines to achieve balanced muscle development. Increases metabolism to burn fat.

C E

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.

D E G

POLAR BODYAGE® FITNESS ASSESSMENTS

A fitness assessment that compares your chronological age to your BodyAge.® It will tell you where you are today and your obtainable BodyAge.® Your YMCA trainer will work with you to develop a program to build a healthier you. *YMCA Members Only*

C D E G

MIND BODY CLASSES

Yoga, Nia, Belly Dance, Visualization, Guided Imagery, Pilates, Meditation, Hatha, Sun Salutation and Tai-Chi for health.

G

BASIC & BRIEF

A circuit workout designed especially for beginners. Class meets twice a week for 4 weeks.

C

G

READY TO BE FIT / MAXIMIZE

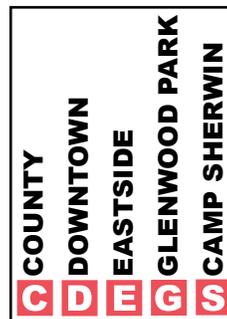
MEMBER ONLY benefit offered FREE with your YMCA membership. *One size does not fit all!* Individualized fitness training is just one component of this holistic program. We include spirit, mind and body components in this program and it is designed for the beginner exerciser. Our team of Wellness Coaches are all certified as YMCA of the USA Personal Training Instructors.

C D E

ZUMBA

Zumba is a dynamic, energetic class combining dance with fitness. The music is inspired by Latin rhythms.

C D E G



* These programs require registration, call a YMCA Branch or register on-line at www.ymcaerie.org.

COUNTY
DOWNTOWN
EASTSIDE
GLENWOOD PARK
CAMP SHERWIN

* These programs require registration, call a YMCA Branch or register on-line at www.ymcaerie.org.

MEN'S BASKETBALL Ⓡ

This program is offered three times a year - eight games with playoffs for top teams.

CO-ED VOLLEYBALL Ⓡ

An exciting and competitive co-ed league that will give your team a challenge! Develop your volleyball skills and meet new people. Recreational and Power Leagues are available for individuals or teams. This program is offered three times a year. Regular season plus playoffs for top teams.

WOMEN'S INDOOR SOCCER Ⓡ

This program is offered three times a year. Regular season plus playoffs for top teams.

CO-ED INDOOR OR OUTDOOR SOCCER Ⓡ

Play indoors in winter or outdoors in summer. Regular season plus playoffs for top teams.

YOUTH CO-ED FLOOR HOCKEY Ⓡ

These programs are non-competitive leagues that teach the fundamental skills and rules of the sport with focus on the philosophy that "Everybody Plays, Everybody Wins!" Players work on coordination, teamwork and having fun!

YOUTH CO-ED FLOOR HOCKEY Ⓡ

This program teaches the basic skills and strategies of floor hockey. Volunteer coaches instruct children on team work, sportsmanship and cooperative play. Offered to various ages.

YOUTH CO-ED OUTDOOR KICK BALL Ⓡ

Non-competitive summer program with games played outside once per week. Participants learn team play and develop sports skills while having fun. Ages 4-12.

YOUTH CO-ED FLAG FOOTBALL Ⓡ

Program for ages 6-12. Participants learn basic football skills and play weekly games. Six games plus practices during the week.

SUMMER SPORTS CAMP Ⓡ

Focusing on fundamental skills specific to each sport. For boys and girls ages 6-14 years. Instructed by an expert.

BASEBALL CLINIC Ⓡ

This program will run for 10 weeks for ages 9-12 years. The clinic will focus on bat speed, arm strength, speed and agility conditioning and accuracy.

YOUTH CO-ED INDOOR SOCCER Ⓡ

This non-competitive program is offered in the fall & spring to ages 4-15. Teaching the basic skills and strategies of indoor soccer. Practives and games each week.

YOUTH CO-ED OUTDOOR SOCCER Ⓡ

This non-competitive program is offered in the summer to ages 4-12. Teaching the basic skills and strategies of outdoor soccer. Six games and practices during the week.

YOUTH CO-ED BASKETBALL Ⓡ

Offered to boys and girls ages 6-12. Teaching the basic skills and strategies of basketball. Six games and practices during the week.

YOUTH CO-ED T-BALL Ⓡ

This non-competitive program is offered in the Fall to ages 4-5. Teaching the skills and strategies of baseball. Six games and practices during the week.





Holistic Development of Children and Youth

YMCA programs for youth address the need for kids to develop positive values, to be engaged and challenged, and to grow socially, emotionally, physically and cognitively. They include child care, afterschool enrichment, youth sports, Youth and Government, and college readiness. Young people are valued at the YMCA and are given the opportunity through Y programs to learn responsibility, try new things, enhance leadership skills and to develop their unique abilities in order to become whole and healthy adults.

Impact on Children and Youth

1,706 YMCAs offer youth development and leadership programming that positions young people for success and civic responsibility.

972 YMCAs offer programs for low-income and at-risk youth to support them in getting their lives on a safer, more promising track.

2,144 YMCAs partner with local schools and youth agencies to help kids develop strong character and confidence.

2,034 YMCAs offer youth sports and swim classes that get kids moving and teach them about the benefits of teamwork and being active.



Family Strengthening

YMCAs engage families of every size and composition with programs and services ranging from those that address critical needs like job training and immigrant education to those that provide important time and space for family connectedness. YMCAs help families build stronger bonds and become more engaged with their communities. Parents come to the YMCA for support and education when dealing with life changes and family stress. YMCAs connect families with community resources and help them become strong and self-sufficient.

Impact on Families

1,857 YMCAs offer early learning, child care and afterschool programs that help kids achieve academic success and develop interpersonal skills.

1,500 YMCAs offer family strengthening programming that supports healthy relationship development and community engagement.

562 YMCAs offer family camp and outdoor activities that enable parents and kids to spend quality time together.



YMCA

We build strong kids,
strong families, strong communities.



Health and Well-Being

Promoting and supporting healthier living is at the heart of all that YMCAs do. Our nation's lifestyle health crisis demands that people be educated, motivated and empowered to lead more active and healthy lives. YMCAs are the largest providers of preventative health and well-being programs and services in the country. In response to the nation's lifestyle health crisis, YMCAs promote healthy living and healthy communities for millions through Activate America™, which helps individuals adopt and sustain healthy behaviors and addresses how the physical environment in our neighborhoods, schools and workplaces impacts health.

Impact on Health and Well-Being

1,140 YMCAs offer programs for obese and overweight children and adults that improve their lifestyle health.

1,174 YMCAs have initiatives that help individuals prevent and manage chronic diseases and obesity.

1,603 YMCAs offer older adult exercise classes to help individuals stay healthy and fit.

More than 135 communities around the country are engaged in policy change efforts to support healthier living through the YMCAs Pioneering Healthier Communities Initiative.

SPECIAL EVENTS

MARCH-MAY - THE YMCA WE BUILD PEOPLE CAMPAIGN

The YMCA's annual campaign is a community effort to raise funds for children, teens, families and adults who otherwise can't afford YMCA programs or services. Every dollar raised from the campaign is invested in the lives of people with needs. When a YMCA volunteer calls on you during our 2010 campaign, remember that your tax-deductible contribution will directly make a positive impact on the lives of youth and families in our community. To learn more, visit www.ymcaerie.org, or contact Tammy Roche at (814) 452-1432.

APRIL 11 - HIGHMARK QUAD SWIM MEET

Find out why the Highmark QUAD has become the region's premier swim, bike, run and ski fitness program. A fine series for the competitive athlete and a great way to encourage your family to stay healthy and have fun all year long. Kids 12 and under are free when accompanied by a parent as you participate in a 12 mile bike ride in July, five mile run in September, ski race or snowshoe in January but it all starts with the 100 yard swim meet at Edinboro University. The 100-yard QUAD Swim Meet kicks off the 27th anniversary season at Edinboro University's McComb Fieldhouse Pool. See page 14. For more information, call (814) 734-5700.

APRIL 17 - YMCA HEALTHY KIDS DAY

A free, fun filled Saturday of activities designed to promote healthy kids and families in spirit, mind and body. Chinese Auction also to be held to benefit the We Build People Campaign. For more information, call the Eastside Family YMCA at (814) 899-9622.

YMCA SPLASH!

Who better to teach you swimming than the YMCA? Each spring the YMCA celebrates SPLASH!, a series of clinics and aquatic games centered around water safety instruction and fun. Call your local branch for the date of your SPLASH! event. All SPLASH! events are free to the community.

JUNE 5 - HIGHMARK WALK FOR A HEALTHY COMMUNITY

Team up with YMCA members, staff and volunteers as we walk to support the We Build People Campaign. Call the Eastside Family YMCA at (814) 899-9622 to sign up.

JUNE 23 - YMCA GOLF TOURNAMENT

A fun tournament you're sure to enjoy regardless of your ability. Join us at Venango Valley for a great day of golf with a relaxed "shamble" format (the shamble allows the foursome to select the group's best drive from which point each player plays their own ball.) The round is followed by a steak fry and plenty of prizes all the while raising money to ensure the YMCA mission that no one is ever turned away because of inability to pay. This event fills up fast so be sure to sign up early. For more information, call 452-1432.

JULY 10 - HIGHMARK QUAD BIKE RACE

9 am (first rider) Edinboro University. See page 3 for details.

SEPTEMBER 11 - HIGHMARK QUAD RUN/WALK

9 am, Gibson Park, North East. See page 3 for details.

JANUARY 9, 2011 - HIGHMARK QUAD SKI/SNOWSHOE

1 pm, Upper Golf Course, Peek 'n Peak. See page 3 for details.

