

SPECIAL EVENTS

October 23, 2010 Open House at the Eastside YMCA

Saturday at 1:00pm - 4:00pm. Come and enjoy the Eastside YMCA as we celebrate the 150th anniversary of the YMCA of Greater Erie. All in the community are invited to use our pools, participate in activities and have fun.

September 11, 2010 Highmark QUAD Run/Walk

Saturday at 9:00am, Gibson Park, North East, www.highmarkquad.org

September 18, 2010 Punt, Pass and Kick

FREE TO EVERYONE

Registration Time: 8:30am; Event Time: 9:00am; Ages: 6-15 (as of 12/31/2010)
Boys and girls separate; must have proof of birth date, held at Eastside YMCA
For more info contact Corey Wolff (cwolff@ymcaerie.org) or 899-9622 ext. 250

September 30, 2010 Mobile Mammogram

Thursday starting at 8:30am by appointment. Call 838-9000 to set up appointment. Located at the Eastside YMCA parking lot.

October 1-31, 2010 Y BIG Member Referral Contest

The Y is hosting a member referral contest! Because the Y is for everyone, we bring people together like no other organization can. And, it's time to invite others to join our Y community, so they too can achieve a balance of spirit, mind and body. **Every member who refers a friend who joins will be entered into a drawing to win a prize that inspires healthy living and family time.** Refer someone today. Referral cards will be available October 1st at the Membership Desk or at www.ymcaerie.org.

October 8, 2010 Flu Shot Clinic

Friday at 9:00am-12:00pm

October 17-24, 2010 Try the Y Week

It's our pleasure to open our doors to the public so they too can achieve a balance of spirit, mind and body. Guests will have access to many of the Y's latest programs and amenities. Our wellness centers and pools as well as the group exercise classes are free of charge and open to the community.

HIGHMARK COMMUNITY COURSES

Free To Highmark Members

WEIGHT MANAGEMENT
STRESS MANAGEMENT
SMOKING CESSATION
DIABETES AWARENESS
DROP 10 lbs. IN 10 WEEKS



Our Values:
Caring, Honesty, Respect
and Responsibility

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.

Eastside Branch

Fall 2010



PROGRAM GUIDE

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

FALL SESSION I

September 13 - October 30

Member Registration

Monday, August 23, 8am

Open Registration

Wednesday, September 8, 8am

Online Registration Available

www.ymcaerie.org

FALL SESSION II

November 1 - December 18

Member Registration

Monday, October 18, 8am

Open Registration

Wednesday, October 27, 8am

BUILDING HOURS:

Mon. - Fri.: 5am - 9:30pm

Sat.: 7:30am - 7:30pm

OPEN Sun. beginning Nov. 7

CLOSED Sep. 6 - Labor Day,

Nov. 25 - Thanksgiving

Dec. 25 - Christmas

Maintenance Shutdown:

Aug. 29 - Sep. 6

CHILD WATCH

We build strong kids, strong families, strong communities.

Monday - Saturday

8:00am - 12:30pm

Monday - Friday

5:15pm - 8:30pm

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Eastside Family YMCA (814) 899-9622 www.ymcaerie.org

2101 Nagle Road, Erie, PA 16510

Child Care Line (814) 899-2186

BECOME A FAN OF THE EASTSIDE YMCA

facebook

LEADERSHIP TEAM - Ron Bielani / Chairman of Branch Advisory Board
Alice Barbara, Paul Ebert, Linda Gehrlein, Tim Kaliszewski, Gayle Magee



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Fall Session I: Sep. 13 - Oct. 30
Fall Session II: Nov. 1 - Dec. 18
Members: Free
Non-Members: \$75.00

TUMBLING TOTS

For children 3 years old.
30 minute class teaching games, songs,
and simple tumbling moves.
Mon. @ 9:30am, 10:00am, 5:30pm

TUMBLING

45 minute class teaches basic tumbling and
gymnastics skills for ages 4-12.
Mon., 4:30pm for ages 8-9 yrs.
Mon., 6:30pm for ages 10-12 yrs.
Thu., 12:30pm or 1:30pm, ages 4-6 yrs.
Thu., 4:30pm for ages 4-5 yrs.
Thu., 5:30pm for ages 6-7 yrs.
Fri., 4:30pm for ages 4-5 yrs.
Fri., 5:30pm for ages 6-7 yrs.

CREATIVE DANCE

Introduction to dance. 45 minute class.
Ages 4-6, Sat., 11:15am
Ages 7-11, Sat., 10:30am

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. Thu., 6:15pm or Fri., 12:00pm

MOMMY & ME YOGA

Share a relaxing 30 minutes doing yoga.
Learn to stretch and relate with your child
while you learn about both your capabilities.
Ages 6 months to 6 years.
Fri., 12:45pm
Registration required.

YOUTH WELLNESS CENTER TRAINING Members Only Class

Age appropriate training on cardio & strength
equipment. Ages 11-14 years.
Must attend all 4 classes (4 week session).
Session I
Sep. 15 - Oct. 6 / Wed., 4:30 and 6:15pm
Sep. 16 - Oct. 7 / Thu., 5:30pm
Sep. 18 - Oct. 9 / Sat., 10:30am
Session II
Oct. 19 - Nov. 9 / Tue., 6:30pm
Oct. 20 - Nov. 10 / Wed., 4:30 and 6:15pm
Oct. 21 - Nov. 11 / Thu., 5:30pm
Session III
Nov. 17 - Dec. 15 / Wed., 4:30 and 6:15pm
Nov. 18 - Dec. 16 / Thu., 5:30pm
Nov. 20 - Dec. 18 / Sat., 10:30am
No Classes Nov. 24, 25 and 27

YOUTH GROUP EXERCISE CLASSES

Zumba, Water Fun, Cycling and Y Box.
Ages 6-15 years.
Pick up class schedule at the front desk.
No registration required.



We build strong kids, strong families, strong communities.

General Information:

Members: Free Non-Members: \$75.00
All Leagues are Co-Ed *no scores kept*
Registration Form available online:
www.ymcaerie.org/eastside/leagues

INDOOR SOCCER Ages 4 - 15

Registration: Sep. 7 - Oct. 2
\$5 Late Fee: Oct. 3 - Oct. 9
Practices: Mon. - Fri., begin Oct. 18
Games (6): Sat., begin Oct. 30
Mandatory Coach Meet: Tue., Oct. 12, 7:00pm

BASKETBALL Ages 6 - 12

Registration: Nov. 15 - Dec. 18
\$5 Late Fee: Dec. 19 - Dec. 27
Practices: Wed.-Fri., begin Jan. 12
Games (6): Sat. mornings, begin Jan. 22
Mandatory Coach Meet: Tue., Jan. 4, 7:00pm

BALL HOCKEY Ages 4 - 10

Registration: Nov. 15 - Dec. 18
\$5 Late Fee: Dec. 19 - Dec. 27
Practices / Games: Sat. afternoons, begin
Jan. 22
Mandatory Coach Meet: Tue., Jan. 11, 7:00pm

PUNT, PASS AND KICK

Ages 6 - 15 (as of 12/31/10)
Registration: Sep. 18, 8:30am



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BIBLE STUDY

Wed. 2:00pm - 3:00pm, Topic: Book of Acts



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PLAY AND LEARN

FREE TO ALL
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
Session I: Sep. 15 - Oct. 27
Session II: Nov. 3 - Dec. 15
Wed., 9:30-11:00am

Registration required

FAMILY FUN NIGHTS AGAIN THIS FALL!

Different events will be advertised within the Y
each month. Check the Eastside YMCA
newsletter.
Fri., Nov. 19, 7:00pm - 8:30pm Pool Party



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CPR PRO & BASIC FIRST AID

Sep. 18 and Nov. 13
CPR Pro: 8:00am; First Aid: 12:00pm
Members: \$26.00* Non-Members: \$32.00*
*Includes materials

LIFEGUARD CLASS

Sat., Nov. 6, 13, 20, 27, 8:00am - 5:30pm
For information call Karen Harvey, 899-9622



We build strong kids, strong families, strong communities.

Maximize your Membership!

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

FREE WORKSHOPS

All Workshops are 1 hour, 7:00pm - 8:00pm
Look for sign-up at the front counter.

Get Moving

Wed., Oct. 13

Suspending Stress

Wed., Nov. 17

Stress Resilient Nutrition

Wed., Dec. 15

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.ymca.org/eastside-schedules.php>

ACT

Activities though Cancer Treatment and Beyond FREE TO ALL

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

Tue. and Thu., 2:00-3:00pm

Sep. 7 - Oct. 28

Nov. 2 - Dec. 23

Registration required.



We build strong kids, strong families, strong communities.

General Information:

Registration until 1 week prior to start date
\$280.00 / team

Season: 8 games + playoffs for top teams

Ages: 16+

Registration Form available online:

www.ymcaerie.org/eastside/leagues

SOCCER - WOMEN'S INDOOR

Fall Session

Days / Start Dates: Sun., Sep. 19

SOCCER - COED INDOOR

Fall Session

Days / Start Dates: Sun., Sep. 19



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SPECIAL EVENTS

Fri., Oct. 8, Flu Shot Clinic 9am - 12pm
Wed., Oct. 27, Halloween Brunch 11am
Wed., Dec. 8, Christmas Brunch 11am



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Fall Session I: Sep. 13 - Oct. 30

Fall Session II: Nov. 1 - Dec. 18

Fees: Members - \$15.00

Family - \$30.00

Non-Members - \$75.00

Pick up class schedules at the Front Desk or
go on-line at www.ymcaerie.org

PARENT & CHILD PROGRAMS

Ages 6 months to 36 months.

1, 2 & YOU

Gym and Swim, Thu. morning.

PRE-SCHOOL PROGRAMS

Ages 3-5 years.

Pike, Eel, Ray, Starfish

ART, GYM & SWIM

Ages 3-5 years.

Tue. morning and Wed. 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.



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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
Tue., Sep. 14, 6:30pm - 8:00pm and Wed.,
Sep. 15, 6:30pm - 8:00pm at the Eastside
YMCA. Call 899-9622 for more information or
www.eastswimteam.com
Online Registration @ www.ymcaerie.org
Available to returning swimmers.



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CLASSES AND ACTIVITIES

Older Adult Water Fitness

Arthritis Foundation Aquatic Program

Healthy Back

Zumba Gold

Flow Yoga

Silver Sneakers

Muscular Strength & Endurance

Cardio Circuit

Yoga Stretch