

# Downtown YMCA

Winter/Spring 2011

Program Guide

## SPORTS & RECREATION

Monica Olesnanik  
Program Coordinator

### General Information

Registration until one week prior to start date. Forms available at the welcome center.

Cost: \$220.00 per team

Season: 8 weeks long including playoffs

Ages: 18+

### Co-Ed Power 4's

An exciting league that will give your team a challenge! Develop your volleyball skills and meet new people. It will be offered three times a year. This is for more advanced players.

### Winter Session 2

Thursdays at 6:00pm beginning March 24th.

### Co-Ed Rec/Competitive

An exciting league that will give your team a challenge! Develop your volleyball skills and meet new people. It will be offered three times a year. This is for more beginner to intermediate players.

### Winter Session 2

Mondays at 6:00pm beginning March 21st.

## Child Care

Heather Clark Celio

Director

6 weeks to 5 years

State licensed

NAEYC accredited/STAR 4

PreK Counts participant

Keystone Babies participant

### Activities

Include manipulative, science, music, dramatic play, reading centers, field trips, computer and swim lessons, and meals. Preschool programs were listed as Erie's #1 program to ready your child for kindergarten. We focus on giving children a great place to grow!

## OUR MISSION:

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

Kevin Salem

SACC Director

5 years to 15 years—CIT

State licensed

STAR 4

### Activities

Include gym, science, art, computer, homework help, swim, field trips, meals, and fitness. Transportation to and from most Erie schools.

## HEALTH, WELL-BEING/ FITNESS

### Bridal Boot Camp

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

Monday's and Wednesday's at 6:00pm

Saturday at 9:00am

Fee: Members/\$15; Non-Members/\$65

### Winter Session 2

March 21-May 14

### Group Exercises

Updated schedules are available at the Welcome Center or go online to [www.ymcaerie.org](http://www.ymcaerie.org)

\*Free

\*Registration Required

### • Boxing

Action packed total body conditioning cardio training with constantly changing routines creates a unique energy that will appeal to all types of athletes. With high intensity drills designed to enhance agility, speed, balance, coordination and strength. Most suitable for high fitness levels.

### • Body Conditioning

Incorporates upper and lower body workout utilizing cross training techniques, circuit training, use of heavy bag/speed bag and hand weights. Suitable for all fitness levels.

### • Chisel Circuit

Low impact full body workout utilizing a variety of equipment including balls, bands, hand weights, and more! Focus on legs, upper body, and core training with sculpting and stretching at a safe pace to follow. All fitness levels welcome.

### • Cycle Crunch

A traditional Y Cycle class with additional focus on speed, power, intensity and 15 minutes of gut-grinding abdominal work. Can be modified to suit all fitness levels.

### • Hip Hop Dance

8 week session

\*Registration Required

\*Free to members!

### • Lunch Crunch

Here is a heavy dose of non-stop abdominal exercises and weights. Moderate to advanced levels of fitness.

### • Pilates

A mind-body workout designed to help you develop leaner, longer muscles and establish core strength and stability while enhancing good posture and healthy movement patterns.

### • Trekking

A 30 minute high impact high intensity group fitness treadmill class. Participants are cued to walk, jog or run through a series of interval training exercises including flats, hills, and speed sequences. This class is suitable for runners and walkers alike and is an easy way to relieve the boredom of a regular treadmill workout!

\*Registration Required

Time: Tuesdays beginning March 8th from 12:15-12:45pm; Thursdays beginning March 10th from 6:00-6:30am

### • Y-Cycle

Immerse yourself on a ride including flat roads, hills, rolling hills, and sprints lead by certified instructors with motivating music! Bring your ride inside and challenge your body, mind, and spirit!

### • Y-Pump

The ultimate body shaping, calorie burning, strength training class that works every major muscle group! Using steel barbells and hot music you will reshape your body fast!

### • Zumba

Latin dance steps blended to create a dynamic, fun, and effective cardio workout.

## Building Hours

Monday-Friday from 5:00am to 9:00pm

Saturday from 8:00am to 8:00pm

Sunday from 10am to 3:00pm

## CLOSED

April 24– Easter Sunday

May 30– Memorial Day

## HEALTH, WELL-BEING/ FITNESS

### Ready 2 B Fit Program

Need that extra motivation? Why not meet with a certified wellness coach? Please see the Welcome Center to schedule.

### Polar Body Age

A wellness assessment that compares your chronological age to your body age. Please see the Welcome Center to schedule.

## Healthy Lifestyles

### CPR & First Aid Certifications

The American Safety and Health Institute CPR/AED and first aid certification classes are available to individuals who have never been certified or whose certification has expired. Classes are offered throughout the year.

Ages: 14+

When:

February 18 at 5:00pm

April 18 at 5:00pm

Where: Meet in the front lobby

Fee:

Members- \$26.00

Non-members- \$32.00

## Older Adults

### SilverSneakers Fitness Program

Have fun and move to 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 used for seated and/or standing support.

\*Focuses on Muscular Strength and Range of Movement

Age: Based on your insurance coverage

When:

Monday: 9:30am

Wednesday: 9:30am

Friday: 9:30am

Where: North Gym

### Questions?

Call (814) 452- 3261

### Or Visit Us At:

<http://ymcaerie.org>

31 West 10th Street  
Erie, PA 16501

## Teens

### Y-Metro Teen Center

The Teen Center provides a supervised program for teens to spend their after school 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.

Age: 13 to 18 years of age

Open: Monday-Friday

When: 2:30pm-8:30pm

## Aquatics

### Stroke Development Classes

Stroke Development is designed specifically for your aquatic needs! Through one on one swim instruction you can master the techniques needed to perform swimming strokes efficiently and effectively. A minimum of four classes is required so our instructors can evaluate and create a session plan for you. Our instructors will work with you to help reach your goals!

Ages: Everyone is welcome!

Fee:

Members- \$10 per lesson

Non-members- \$20 per lesson

To Register Please Contact:

Emily Lander

Aquatic Coordinator

452-3261 Ex. 228

## Special Events

### Y-Splash

FREE swim lessons for youth and adult beginners.

Ages: Youth and Adult

When:

Registration begins May 23-26

Fee: FREE!

\*Contact the front desk for scheduled dates and times of the event.

### Highmark Quad Games

Come to the winter spectacle that is the final event of the this year's 25th anniversary Highmark Quad Games. Even if you've missed the previous events, you'll enjoy this one-of-a-kind winter experience that is healthy and fun for the whole family.

Where: Upper Golf Course of Peek 'n Peek

Fee: FREE and OPEN TO THE PUBLIC

\*Contact the front desk for scheduled dates and times of the event.

### Highmark Community Course

Is there something in your life that is holding you back? Is there something in your life you have been wanting to change? Or even something you have wanted to learn more about? Work with a personal nutritionist coach for specific counseling needs or learn how to make healthy food choices. Discover relaxation and ways to identify everyday stressors in your life, and take on the challenge to lose 10 pounds in 10 weeks! Learn more about diabetes and ways to prevent it, take on "Cold Turkey" with others through the program Clean The Air.

Session 1:

Monday January 10- Monday March 14

Session 2:

Monday March 28- Monday June 6

Fee: \$18.00 material fee applies

\*FREE to Highmark members

For More Information Contact:

Ginny Flowers

452-3261 Ex. 270

### YMCA BIRTHDAY POOL PARTY!!!

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

Where: Pool

Fee: Members- \$95

Non-Members- \$115

For More Information:

Contact Victoria Stilson at 452-3261 Ex. 240

## \*\* Downtown YMCA Age Policy For Building\*\*

All youth under the age of 13 years must be accompanied by a parent at all times. All youth ages 13-14 must be accompanied by a parent 7:00pm Monday-Friday and after 5:00pm on the weekends. Also, all youth ages 13-14 years must complete the Downtown YMCA Youth Fitness Certification in order to use the equipment on the Mezzanine. All youth must be 15 years of age to enter the Free Weight Room.