

Downtown YMCA
 Winter 2012
 Program Information
 January 2nd through March 10th

HEALTHY LIVING

Co-Ed 6's Competitive

Winter Session begins Mon. 1/9/12

- *6v6 Format - must have at least 2 players of the opposite sex on team
- *League FEE - \$220 per Team
8 Weeks + Playoffs
(all teams make playoffs)
- *Registration Deadline:
Wednesday, January 4th

Co-Ed 6's Rec

Winter Session begins Tues. 1/10/12

- *6v6 Format - must have at least 2 players of the opposite sex on team
- *League FEE - \$220 per Team
8 Weeks + Playoffs
(all teams make playoffs)
- *Registration Deadline:
Wednesday, January 4th
- *REC Participants may NOT participate in the Power 4's League

Co-Ed 6's Power 4's

Winter Session begins Thurs. 1/12/11

- *4v4 Format - must have at least 1 player of opposite sex on team.
- *League Fee - \$220 per Team
8 Weeks + Playoffs
(all teams make playoffs)
- *Registration Deadline:
Wednesday, January 4th
- *Power 4's Participants may NOT participate in the REC League.

Registrations may be picked up at the Welcome Center or printed off of our website:

www.ymcaerie.org/downtown/healthyliving/#sports

For More Information

Please

Contact:

Monica Olesnanik

Program Director

877-7030

molesnanik@ymcaerie.org

Adult Swim Lessons

Beginners to advanced swimmers.

Instructors will work with you on a more individualized basis to reach your goals.

When: Mon.: 6:30pm or Wed.: 6:30pm

Fee: Members/\$15/session

Non-Members/\$40/session

Begins: 8 Week Session Begins Monday, January 9th

Registration Begins: Mon., January 2nd

HEALTHY LIVING

"The Steps We Took" Workshop

12 Week Workshop based on the book "The Steps We Took" by Joe McQ offers countless analogies, insights, explanations and elucidations of the principles from the 12 Step Program. This program is for anyone who needs to address any problem they see in their lives.

When: Wednesdays 6:30pm

Begins: Begins Wednesday, January 11th

Where: South Gym

Fee: Members/\$30; Non-Members/\$60

For More Information, please contact Sue Fogel at 897-3649

Purchase a Class Pass For This Class:
5 Classes for \$25.00

Ballroom Dance

Beginner Fox Trot

This 8 Week Session consisting of 50-minute classes is designed for the absolute beginner with no previous dance experience required. Connie's Ballroom Dance instructors will start from scratch, cover partner dance fundamentals and introduce simple but fun Fox Trot steps to get you out on the dance floor.

When: Fridays 6:30pm

Begins: Friday, January 6th

Where: North Gym

Fee: Members/\$55; Non-Member/\$65

Contact Tracy at 566-5040 or email connie@conniesballroomdance.com for more class information.

Personal Training

We focus on an approach that is safe, efficient, easy-to-follow and helps you stay motivated. Whether your goal is to lose weight, recover from injury, tone up, bulk up, or simply just feel better, our expert personal trainers provide plans, coaching and motivation to help you succeed.

Rates are per person for one on one personal training one hour sessions.

Sessions	Rate
1	\$30
6	\$180
12	\$360
18	\$540
24	\$720

Rates are per person for one on one personal training 1/2 hour sessions.

Sessions	Rate
1	\$22
6	\$132
12	\$264
18	\$396
24	\$528

Please visit the Welcome Center for more information or to schedule an appointment.

HEALTHY LIVING

CPR PRO & Oxygen Administration

Class will cover procedures for infant rescues through Adulthood with both 1 and multiple rescuers. Hands on experience and visual guides are used to make the rescuer more confident in an emergency situation. Those who take this class **MUST** pass a written test before certification cards are issued.

Ages: 14+

When: Friday, January 20th at 5:30pm

Monday, February 20th at 6:00pm

Where: Helberg Room

Fee: Members/\$30; Non-Members/\$37

Universal First Aid

American Safety and Health Institute certification includes proper assessments and interventions for emergency response, bleeding, shock and soft tissue injuries, bone joint and muscle injuries, sudden illness and temperature related illnesses. **MUST** pass a written test before certification cards are issued.

Ages: 14+

When: Saturday, April 21st at 12Noon

Where: Helberg Room

Fee: Members/\$30; Non-Members/\$37

Monthly Game Day

Nutritious breakfast provided along with presentations, speakers, videos, discussions games and other tools to educate you on your journey to building a healthy lifestyle and maintaining your independence.

When: Tues., January 3rd at 9:30am

Tues., February 7th at 9:30am

Tues., March 6th at 9:30am

Where: Helberg Room

Fee: Members/FREE; Non-Members/\$1.00

Functional Fitness Assessments

Start 2012 on the right foot. All 60+ Members stop at the Downtown Y and receive a FREE Functional Fitness Assessment. Each assessment consists of 8 physical tests such as strength and blood pressure.

When: Tuesday, January 24th 9:30am

Where: North Gym

Fee: Free to Public

Power Squad

Power Squad is back. Work out 2 days in January and earn your first step in receiving the coveted Power Squad T-Shirt. Register at the Welcome Center beginning Monday, January 2nd.

Fee: FREE to Members

Begins: Monday, January 2nd

Healthy Rewards

The Healthy Rewards program is new for 2012. Beginning January 2nd, members can register for their Healthy Rewards Point Card at the Welcome Center. Earn Points and Rewards all year long just for exercising. Visit the Welcome Center to view a list of Rewards.

Fee: FREE to Members

Begins: Monday, January 2nd

HEALTHY LIVING

Member of the Month

Calling all members. Nominate a fellow member that exemplifies the four character values of the YMCA: Caring, Honesty, Respect and Responsibility. Nomination Forms can be found and returned at the Welcome Center.

All monthly winners will be eligible for the Member of the Year Title in December.

Groundhog Day Guess

Will he or Won't He See His Shadow? That is the question. Take a Guess all day Wednesday, February 1st at the Welcome Center. Once the verdict is in, 4 Winners will be drawn and will receive a Groundhog Day Surprise.

Be My Valentine?

In need of a valentine? Well look no further. Make sure to visit the Downtown Y on Tuesday, February 14th for a Sweet Surprise.

How Lucky Do You Feel?

March is Lucky Member Bingo Month. Make sure to pick up your BINGO number each day in March at the Welcome Center. BINGO prizes will be awarded throughout the month.

YOUTH DEVELOPMENT

Youth Self Defense

Begin to learn respect, discipline and self control. Learn how to react when you find yourself in the following scenarios: Against a Punch, Against a Kick, Against a Grab, Against a Push, Against a Choke and more. Learn the above in a Safe and Controlled environment, using safe practice scenarios.

Ages: 6 through 13

When: Mondays 6pm and
Saturdays 10:15am

Begins: 8 Week Session Begins
Monday, January 9th

Where: Multi-Purpose Room
Fee: Members/\$32; Non-Members/\$80

Purchase a Class Pass For This Class:
5 Classes for \$25.00

Enroll Today

Kids come to the YMCA before & after school for programs that promote healthy living, service and character development. They spend less time watching television and more time connecting with positive role models.

The Downtown Y is now enrolling school age and daycare children. Busing provided to and from school. Financial assistance is available.

For more information, please contact
Childcare Director, Heather Clark Celio at
452-3261 Ext 249.

YOUTH DEVELOPMENT

Youth Swim Lessons

Swim Lesson Fees

8 Week Session

Members: \$15/participant or \$30/family

Non-Members: \$40/participant

Staff: FREE

Registration Begins: Monday, January 2nd

Pike

This beginner level will help children develop safe pool behavior, adjust to the water, and develop independent movement. Not only will instruction include how to develop proper body positioning on the front, back, and the side, but also will allow the child to develop the paddle stroke, kicking skills, and comfort in putting the face in the water while blowing bubbles and moving. Back flotation is used as an instructor aid. To advance to the next level, children are expected to swim the width of the pool on their front, back, and side with proper form and endurance.

Class Times

Mondays: 5:00pm

Wednesdays: 5:00pm

Tadpole

Beginner Level. Designed for the school-age children to develop safe pool behavior and the basics to develop independent movement. Instruction includes proper body positioning on the front, back, and side. Floating, gliding and kicking skills are also introduced. To advance to the next level, children must be able to perform the front, back, and side paddle stroke the width of the pool with proper form and endurance. Water adjustment for the large pool is also recommended and children must be comfortable in deep water while putting their face in the water.

Class Times

Mondays: 5:30pm

Wednesdays: 5:30pm

Polliwog

This beginner level is for children who are able to swim 25 yards on the front, back, and side with good form. Participants at this level will start developing a rudimentary front, side, and back crawl. To advance to the next level, children must perform the front, back, and side crawl with proper form and endurance for 25 yards.

Class Times

Mondays: 6:00pm

Wednesdays: 6:00pm

SOCIAL RESPONSIBILITY

Sign Language Class

Always wanted to learn a second language? Well here is your chance. This 12 Week Session will teach you all the fundamentals of Sign Language and have you communicating in no time at all.

When: Wednesdays 6:00pm

Begins: Wednesday, January 11th

Where: Blue Room

Fee: Members/\$24; Non-Mem/\$60;
Employees/FREE

City Mission Donations

Recycle your gently worn clothing, shoes, blankets and towels while helping others. The City Mission has a donation bin located in the lobby of the Downtown Y and donation are picked up every Monday. Please consider donating your items before throwing them away.

When: Pick Up Every Monday

Where: Front Lobby

Community Blood Bank Blood Drive

Help the Downtown Y support the Community Blood Bank by donating blood. As the only provider of blood and blood products to all hospitals in Erie, Elk, McKean and Warren counties, it is important to the Community Blood Bank to have the support of neighbors, family and friends.

When: Friday, January 13th
Time 8am- 12Noon

Where: Downtown YMCA—Bloodmobile will be parked in front of the Downtown Y in the loading zone.

Donor information will be available at the Welcome Center. Please register for your donation time at the Welcome Center prior to January 13th.

A.N.N.A. Shelter Donations

Join the Downtown Y in collecting items for the A.N.N.A. Shelter the whole month of February.

Items being collected are:

Laundry Soap and Bleach

Dishwasher Soap

Cleaning Supplies

Litter/Litter Boxes

Blankets and Towels

Pet Toys

Stainless Steel Pet Dishes

When: The Whole Month of February

Where: Downtown Y Lobby

Celebrity Bartending Event

Join the Staff and Volunteers of the Downtown YMCA for their 2nd Annual We Build People Celebrity Bartending Event. There will be 50\50's, Mega Raffle Baskets and of course MYSTERY BOXES.

When: Friday, March 2nd 6pm-9pm

Where: Gatherings Pub and Grill
29th and Reed