



Eastside Family YMCA

BUILDING HOURS:

Monday-Friday: 5:00am-9:30pm

Saturday: 7:30am-7:30pm

Sunday: 12pm-4:30pm (Final Sunday 3/26)

CLOSED: MAY 29: Memorial Day

Management Team

Tina Carter — Executive Director

Tim Kaliszewski — Property Manager

Missy Kelley — Business Director

Kelly Gibson — Healthy Living Director

Emily Irwin — Aquatics Director

Justin Whitman — Childcare Director

Carol Gilmore — Branch Advisory Board Chair

FOR YOUTH DEVELOPMENT

EARLY CARE AND SCHOOL AGE ENRICHMENT CENTER

The Eastside Y offers state licensed quality childcare at three locations in our community. For more information contact Justin Whitman at jwhitman@ymcaerie.org

Pre K Counts is a state funded Preschool program for low to middle income families. Children in Pre K Counts classrooms receive high quality instruction in academic and social areas from highly educated teachers to ensure a successful transition to Kindergarten. Pre K Counts classrooms participate in field trips, gross motor activities, learning centers, and creative play. Programs at the Eastside YMCA are full day programs with breakfast and lunch provided. Families must be below 300% of the Federal Poverty Level to qualify for the program (i.e.- A family of 4 can make no more than \$70,650 annually).

Child Watch Spring Hours

Ages 6 weeks-8 years

Monday - Saturday / 8:00am - 12:30pm

Monday - Friday / 5:00pm - 8:30pm

Spring 2017

Spring Session Runs: March 20 - May 13

Registration: Members: March 6 @ 8am

Non-Members: March 13 @ 8am

Online registration available: ymcaerie.org

Swim Fees:

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

Non-Members: \$65 /participant

Fees are non-refundable

Summer Morning Session Runs: Jun 12-July 6

Summer Evening Session Runs: Jun 12-Aug 3

Registration: Members: May 15 @ 8am

Non-Members: May 22 @ 8am

Parent/Child Swim Ages: 6 mo.-36 mo.

Designed for children and their parents.

Tuesday: 9:30am, 5:45pm **Wednesday:** 5:45pm, 6:20pm **Thursday:** 6:20pm **Saturday:** 9:00am

Preschool Swim Ages: 3-5 years

These classes are held without parents.

PIKE

Tuesday: 4:35pm, 5:45pm, 6:20pm

Wednesday: 4:35pm, 6:20pm, 6:55pm

Thursday: 5:10pm, 5:45pm, 6:20pm

Saturday: 9:00am, 9:35am, 10:10am

EEL

Tuesday: 4:35pm, 5:10pm, 6:20pm

Wednesday: 5:45pm **Thursday:** 4:35pm, 5:10pm

Saturday: 9:35am, 10:45am

RAY

Tuesday: 5:10pm **Wednesday:** 5:45pm

Thursday: 5:10pm **Saturday:** 11:20am

STARFISH

Tuesday: 5:10pm **Wednesday:** 5:45pm

Thursday: 5:10pm **Saturday:** 11:20am

YOUTH SWIM LESSONS: Ages 6-13 years
progress through the levels

TADPOLE

Tuesday: 5:10pm, 6:55pm **Wednesday:** 6:55pm

Thursday: 4:35pm, 5:45pm **Saturday:** 10:10am

POLLIWOG

Tuesday: 4:35pm, 5:10pm, 6:20pm

Wednesday: 5:10pm

Thursday: 4:35pm, 6:20pm

Saturday: 9:35am, 10:45am

GUPPY

Tuesday: 4:35pm, 5:45pm **Wednesday:** 5:10pm

Thursday: 4:35pm, 6:20pm **Saturday:** 9:00am

MINNOW

Tuesday: 5:45pm **Wednesday:** 4:35pm

Thursday: 5:45pm **Saturday:** 10:10am

FISH

Tuesday: 6:55pm **Thursday:** 5:45pm

Saturday: 10:45am

FLYING FISH

Tuesday: 6:55pm **Saturday:** 10:45am

SHARK & PORPOISE

Tuesday: 6:55pm

TEEN

Ages: 13-17 years

Classes for the beginner-advanced

Tuesday: 7:30pm

ADULT

Ages: 18-years and up

Classes for the beginner-advanced

Tuesday: 11:30am **Thursday:** 7:30pm

Adapted YMCA Swim Lessons

One on one swim instruction for children or adults with special needs. (Minimum of 4, 30 min lessons)

Stroke Development (Private Lessons)

One-on-One swim instruction to master the techniques needed to perform strokes efficiently and most effectively. (Minimum of 4, 30 min. sessions)

Adapted Lesson & Stroke Development Cost:

Members: \$12 per lesson;

Non-Members: \$24 per lesson.

Contact: Emily Irwin for registration @ 899-9622

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Lifeguard Course

Prerequisite Swim: March 11 @ 12pm **OR** March 25 @ 12:30pm

Registration for PreReq. Swim: March 6

Swim Cost: \$30 Members; \$40 Non-members

Lifeguard Course Option I: Sundays 9am-6pm, Mondays 5- 9pm and Saturdays 1-6pm; April 23rd, 24th, 29th, 30th, May 1st and 6th

Lifeguard Course Option II: Sundays - 9am-6pm; May 14, 21, 28 and June 4

Registration: April 2 for those who completed and passed the prerequisite swim

Cost: \$165 Members, \$185 Non-Members

Cost will include: CPR, First Aid, Oxygen, and Lifeguard certifications along with manuals, Lifeguard pack and whistle.

YOUTH SPORTS

Youth CoEd Outdoor Soccer (ages 4-13)

Practices (30-min, once a week):

begin Wednesday 6/14 or Friday 6/16

Games (6): Saturdays, begin 6/24 (some week-nights may be used)

*11-13 Year Olds: Saturdays only, two-weeks of practice plus 4 games

Registration: Members: April 10

Non-members: April 17

Session: 7 weeks, June 14th - August 5th

Fee: Members: \$5.00; Non-members: \$58.00 (11-13 Year Olds Non-Members: \$58.00)

*Cost includes team t-shirt

Fees are non-refundable.

YOUTH PROGRAMS

Sporties for Shorties (ages 3-5)

Sporties for Shorties is a new spin on one of our classic programs—Mighty Mites—creating a fun-filled introduction to YMCA sports & swimming.

Registration: Members: March 6

Non-members: March 13

Session: 8-weeks:

Tuesdays: March 21-May 9 at 9:15am

Thursdays: March 23-May 11 at 6:00pm

Fee: Members: \$25; Non-Members: \$75

Fees are non-refundable.

Yoga 4 Kidz (ages 5-8)

This FREE six-week class is designed as a fun introduction to yoga and all the benefits yoga has to offer. Registration required. Space is limited.

When: TBA

Time: TBA

Fee: Members: FREE; Members ONLY program

Run-A-Muck Mud Run

This obstacle event gets families moving in the name of fitness and fun. Four levels of participation make it challenging for everyone.

The 1.5 mile roped off course includes 20 obstacles. We'll celebrate at the finish line with "mud pies" and music. You can hose off at our clean-up station. Four different levels: Easy

(4-6 yrs), Moderate (6-10 yrs), Hard (8-13 yrs) & Tough (family division). Cost includes a t-shirt if registered by April 28. For more information contact Kelly Gibson at kgibson@ymcaerie.org

When: Saturday, May 27

T-Shirt Registration: April 3 - April 28

Fee: Members \$20; Non-Members \$30; Adult \$10

RACE DAY REGISTRATION (NO T-SHIRT) — \$30

YOUTH PROGRAMS

Youth Group Exercise Classes

Pick up class schedule at the front desk.
Registration Required for some classes.

Youth Cardio Course

Members ONLY course Ages: 11-14yrs.
Age appropriate training on cardio equipment. Every youth member must complete this course in order to use the cardio equipment in the Wellness Center. Classes meet 1 hour for 2 weeks.

Registration required: No cost
April 5 — April 12 / Wednesday @ 5:30pm
April 6 — April 13 / Thursday @ 5:30pm
April 26 — May 3 / Wednesday @ 5:30pm
April 27 — May 4 / Thursday @ 5:30pm
May 17 — May 24 / Wednesday @ 5:30pm
May 18 — May 25 / Thursday @ 5:30pm
June 8 — June 15 / Thursday @ 5:30pm

Youth Wellness Center Training

Members ONLY class Ages: 13-14yrs.
Age appropriate training on cardio & strength equipment. 90-minute class
Must attend all four classes (Four-week session)
Registration required: No cost
Class schedule: May 2, 9, 16 and 23

Women & Weights

Join us for a class designed just for women and led by women. This seven-week class will allow you to feel comfortable in the weight room and give you a plan to follow.
When: March 20-May 2; Mondays at 5:30pm or Tuesdays at 11am
Cost: Members: \$20 Non-members: \$40
Registration: Members: March 6; Non-members: March 13

SPORTS & RECREATION

Spring/Indoor Futsal — CoEd Adult

Registration: March 3-March 25; Ages: 18+
Games: Sundays 4/2—5/21 (off 4/16)
6 games + playoffs for top teams of division
Format: 5v5;(2 males, 2 females, 1 keeper)
Team Fee: \$220 per team (due by 2nd game)
Fees are non-refundable.

Spring/Indoor Soccer — Adult: Women's

Registration: March 3-March 25; Ages: 18+
Divisions: Women's Open
Games: Sundays 4/2—5/21 (off 4/16)
6 games + playoffs for top teams of division
Format: 6v6; (5 field players, 1 keeper)
Team Fee: \$250 per team (due by 2nd game)
Fees are non-refundable.

Summer/Outdoor Soccer — Adult: CoEd

@ Gannon's McConnell Family Stadium
Registration: April 10-May 27; Ages: 18+
Divisions: CoEd, Rec, Intermediate, Power
Games: Sundays 6/4—8/6
8 games + playoffs for top teams of division
Format: 7v7;(4 males, 2 females, 1 keeper)
Team Fee: \$350 per team (due by 2nd game)
Fees are non-refundable.

GROUP INTERESTS

Blood Pressure Checks / Glucose Screenings

When: First Wednesday of the month from 9-11am. Located in front lobby.

Blood Mobile

When: Friday, March 3 and Friday, May 5 from 8am-1pm. Located in the front lobby. For an appointment sign-up at the Membership Desk or at fourhearts.org and click "Find a Drive".

Lunch & Learn

Presented by Wegmans
Join Frank Pietrantonio, Pharm.D., M.B.A. for an informative discussion and a delicious lunch provided by Wegmans. Sign-up is required. Dates to be announced soon and will be available at the Membership Desk.

April Spring Brunch

When: Tuesday, April 4 @ 11:30am; Gym 1
Bring a friend and a dish to share! Sign-up will be at the Membership Desk.

Bible Study

When: Wednesdays from 2-3pm. Located in the front lobby

Koffee Klatch

Presented by LECOM doctors and staff — we are happy to offer our members these popular Koffee Klatch discussions on relevant topics.
Time: 10:30-11:30am in Gym 3

March 29

Topic: "KIDULTS"

April 12

Topic: Gastrointestinal Issues

May 18

Topic: Active Aging

GROUP INTERESTS

50's, 60's, 70's Dance

Let's boogie! Get down with us and show off your moves like the hand jive, twist, foxtrot, mashed potato, funky chicken and disco! Award for Best Costume — so make sure you dress to impress!
When: Friday, April 28; 7-10pm
Cost: \$10 per person
Registration: March 6—April 27

Highmark QUAD: 100-yard Swim Meet

When: Sunday, April 23 — 9:00am
Where: Edinboro U — McComb Field House
A community outreach program of the YMCA of Greater Erie. Kick-off the annual Highmark Quad Games with the 100-yard swim meet. QUAD Kids will be a 25 or 50-yard swim. To learn more or to register go to highmarkquad.org

Healthy Kids Day

A day dedicated to healthy and fun activities for kids and their families. The event is FREE and open to the public.
When: Saturday, April 29; 10am-1pm
Where: JMC Ice Arena

Pickleball 101: Intro to Pickleball

Are all your friends talking about PICKLEBALL? Are you getting confused thinking it's a new type of condiment? Not sure how to play? No worries! Let the Eastside Y turn you into the ultimate PICKLEBALL champion!
When: Thursdays 11a-12:30p — Gym 1

Pickleball

Pickleball is pick-up, so anyone can show up and get playing time. There will be one court designated for beginner/intermediate players and one for advanced players.
When: Mon & Fri 11a-2p; Wed 11a-1p — Gym 1

FOR SOCIAL RESPONSIBILITY

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. When you join the Y, you're joining men, women and children from our community who are committed to youth development, healthy living and social responsibility.

We believe in providing membership and program services to everyone who wants to participate. We are able to do this through the generous donations of our members and friends of the Y through our annual member scholarship program We Build People.

Our members and staff give back to the community. Donations accepted in the lobby for:

March — Nursing Home Collection

April — Clean Up Day @ ESY

May — Emmaus Kids Cafe

June — Anna Shelter/Swimsuit Drive

VOLUNTEERISM

The YMCA is a volunteer-founded, volunteer-led organization. For information on volunteering contact Kyle Hendricks at khendricks@ymcaerie.org

YMCA Birthday Pool Party!

2.5 hours, Members \$100 Non-Members \$125
For up to 20 children,
additional children are \$5.00 each
Register at the front desk for times available.
Deposit needed at time of registration.

FOR HEALTHY LIVING

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.

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>

BLS & Oxygen Administration

Ages: 14+; For infant rescues through adult with both one and multiple rescuers.
When: March 8 @ 6pm, April 15 @ 8am, May 22 @ 1pm & June 24 @ 8am
Fee: Members: \$30; Non-Members: \$45
Fees are non-refundable.

Universal First Aid (ASHI) Ages: 14+

When: March 15 @ 6pm, April 15 @ 2pm, June 24 @ 2pm
Fee: Members: \$30; Non-Members: \$45
Fees are non-refundable

Monthly Challenges

Push yourself out of your comfort zone and try one of our monthly challenges! Earn an achievement award and recognition on our "Monthly Challenges Board"! Watch for specific details on the challenge before the beginning of each month.

APRIL — MEAN ABS APRIL

MAY — FABULOUS 50 MAY

Ballroom Dancing

This class taught by Ballroom Dancing Instructor, Don Ray, will be taught at a comfortable pace, and is a great alternative to traditional group exercise. A variety of dance styles are offered throughout the six-week class.

Registration Begins: March 6

When: Tuesdays, 7-8pm; April 4—May 9

Cost: Members: \$30 per person or \$50 per couple; Non-Members: \$60 per person

Fees are non-refundable