

Holistic Classes & Workshops

Pre Natal Yoga

Holistic and practical experience for women during pregnancy. Please be sure to speak with your Doctor or Midwife prior to joining the class. Class runs 1 hour and 15 minutes. Walk-ins are welcome to pay the per class price listed below.

When: Tuesdays @ 4:15pm (1/3—2/7)

Where: Holistic Center

Fee: Members/\$24(\$4/class)
Non-Members/\$48(\$8/class)

Align your digestive system with Acupuncture in the New Year—I will talk about digestion point in acupuncture and go over how we use these points to improve digestion and over all well being. Presented by Maki Kurata, Lic. AC., M. Ac.

When: Thursday 1/12 from 1:00-2:00pm

Where: Holistic Center

Fee: FREE and open to the community

Namaste New Year Workshop—KAY program designed for ages 12—15. Crafts, poses and relaxation exercises will be explored throughout the workshop. Learning to find inner peace and the light in others will help us enter the new year restored and rejuvenated.

When: Tuesday 12/27 from 1:15—3:15pm

Where: Holistic Center

Fee: Members/FREE, Non-Members/\$10

Health & Medicine Mushrooms—Do you drink coffee or tea on a regular basis? If so, Please join us for a sample hour of coffee and tea that has been crafted with Medicinal Mushrooms. During this sample hour we will also connect briefly about how the seasons of the year can affect your health and offer some tools to help keep you feeling at your best during such transitions. Medicinal Mushroom have been used for thousands of years in Eastern Medicine and are quickly becoming a forefront to natural wellness in the Western World. To conclude our sampling opt to join us for a group meditation, as meditation is another great tool for maintaining wellness!! It is an absolute gift to share this with you. Presented by Lisa Stahlbaum

When: Saturday 1/21 & 3/4 from 2:00pm—3:00pm

Where: Holistic Center

Fee: FREE and open to the community

Renewing The Spirit of Wellness. A one hour presentation developed to motivate a comprehensive approach towards optimal wellness incorporating the Bread N' Butter of wellness. Presented by Selina Uglow, LPN CPT

When: Thursday 2/2 from 12:00—1:00pm

Where: Holistic Center

Fee: FREE and open to the community



Wellness for Life The Regional Cancer Center

These classes will be taught by expert fitness professionals and will be offered to cancer survivors and caregivers only, completely free of charge. Registration is required please contact Robin Adams @ 868-0867 ext 245 or radams@ymcaerie.org for more information.

Restorative Yoga

This practice is the application of yoga postures held for longer periods of time with support of yoga props to initiate deep relaxation of the body, mind, and spirit. Instructor Ledys Negron, CYT, RTM

When: Tue from 12—1pm (1/3—2/21)

Where: Holistic Center

Choga

A gentle approach using seated as well as standing postures. Stretch and strengthen your muscles while lubricating your joints. Learn to deepen your breath and quiet your thoughts. Start where you are—no prior yoga experience necessary.

When: Thu from 10:45am—11:45am (1/5—2/23)

Where: Holistic Center

Basic & Brief Class (Strength & Courage)

Designed specifically for beginners or those needing to regain strength. Complete and total body workout in a circuit training atmosphere using bikes, treadmills, and strength training machines. This class meets twice a week and you must attend both days. Instructor YMCA Certified Fitness Staff

When: Mon & Wed from 8:30—9:30am (1/2—2/20)

Where: Basic & Brief Room

Gentle Yoga

Whether you are new to yoga or looking to revitalize your practice, this class provides you with the tools and inspiration you need to make yoga, and its benefits a regular part of your life.

When: Thu from 5:30—6:30pm (1/5—2/23)

Where: Holistic Center

NEW -- WATER FITNESS -- Fluid Recovery

A small supportive environment uses warm water exercise to positively impact aerobic functioning, level of fatigue and quality of life. Using the properties of the water, this class will help build muscular strength, cardiovascular endurance, range of motion—with a focus on the shoulder/chest area—to reduce the likelihood of lymphedema.

When: Tue & Thu 12pm—1pm (1/3—2/23)

Where: Small (warm water) pool

Certifications

Universal First Aid: ASHI certification includes proper assessments and interventions for emergency response, bleeding, shock & soft tissue injuries, bone joint and muscle injuries, sudden illness and temperature related illnesses. MUST pass a written test for certification.

---THIS CLASS RUNS A MINIMUM OF 4 HRS ---

When: Wed 2/15 @ 5:30pm in the Loft Meeting Room

Fee: Members/\$30; Non-Members/\$50**

CPR PRO & Oxygen Administration: 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. MUST pass a written test for certification.

---THIS CLASS RUNS A MINIMUM OF 4 HRS ---

When: Mon 1/9, 2/13, 3/13 @ 5:30pm in Loft Meeting Room

Fee: Members/\$30; Non-Members/\$50**

Child & Babysitting Safety:

---THIS CLASS RUNS A MINIMUM OF 3 HRS ---

When: April 2017, details to follow in Spring Playbook

Where: School Age Child Care Room

Fee: Members/\$30; Non-Members/\$50**

****Certification Class Price adjustment effective 12/8/2016.**



DISCOVER WHAT YOU CAN DO!

Winter 2017 Program Playbook GLENWOOD PARK Y (814) 868-0867

Registration Information

Members beginning @ 8am—Dec 12th

Non Members beginning @ 8am—Dec 19th

Session Starts—Monday, Jan 9th

Session Ends—Saturday, Mar 4th



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lessons – 6 months through Adult

Swimmers MUST be the appropriate age at time of registration. To ensure programming consistency participation is limited to ONE lesson/child per session, make up classes are not available for group lessons.

NEW SWIM PLACEMENT TOOL AVAILABLE ONLINE @ www.ymcaerie.org

Winter 2017 Session offers 8 weeks of classes beginning the week of January 9th and ending on Saturday, March 4th.



Parent/Child Swim

Designed for children and their parents. Teaches parents how to instruct their child on basic aquatic skills—body positioning, arm actions, kicking and breath control.

Ages: 6 months – 36 months
When: Sat @ 9am
Tue @ 10:30am
Tue @ 6:30pm
Thu @ 5:30pm

Preschool Swim

Ages: 3 years – grade school
These classes are held **without parents**. Children are taught the building blocks of swimming. Back floatation is used as an instructor aid.

Pike

Beginner level. Develops proper body positioning on front, back, side as well as independent movement using the paddle stroke and kicking.

When: Sat Morning @ 9, 9:30, 10:30, 11:30
Tue Evening @ 4, 4:30, 5:30, 6, 7
Thu Evening @ 4:30, 5, 6, 6:30

Eel

Advanced beginner level that develops a rudimentary crawl on the front & back and a rudimentary breaststroke and elementary back by using a symmetrical pull.

When: Sat Morning @ 10, 11
Tue Evening @ 5, 6
Thu Evening @ 4:30, 6

Ray

This advanced level will develop endurance for swimming 25yds with and without floatation. Children will continue working on rudimentary strokes along with an intro to diving.

When: Sat Morning @ 11:30
Tue Evening @ 6
Thu Evening @ 5, 6:30

Starfish

This advanced level is designed for children who are comfortable in the water without floatation and can perform all strokes a minimum of 25yds. Your child will remain in this level until they are eligible for the Youth and Adult program.

When: Thu Evening @ 5:30

Youth, Teen & Adult Swim

Ages: Grade school (6yrs.) – Adult
This program is designed to use a student centered approach, problem solving and guided discovery to ensure the student's safety and make the learning process more enjoyable. The program is divided into eight levels and modified for Adults.

Tadpole

Beginner level. Instruction includes blowing bubbles, proper body positioning on front, back, side, floating, gliding, kicking, and the paddle stroke.

When: Sat Morning @ 9:30, 11, 11:30
Tue Evening @ 4:30, 5, 7
Thu Evening @ 4, 5, 6:30

Polliwog

Beginner level. Children must be able to swim 25yds on the front, back, and side with good form and proper kick continuously for 25yds. Swimmers develop the crawl stroke with intro to rotary breathing and the back crawl.

When: Sat Morning @ 10, 11
Tue Evening @ 4, 5:30, 7
Thu Evening @ 4:30, 5:30, 6:30

Guppy

Advanced beginner level. Continues working on crawl strokes and mastering rotary breathing. The front & back symmetrical pull is introduced to start the elementary back and breaststroke.

When: Sat Morning @ 9
Tue Evening @ 5:30
Thu Evening @ 6, 7

Minnow

Intermediate level. Continues developing the rudimentary strokes from Guppy and introduces the scissor and breaststroke kick to develop a rudimentary sidestroke and breaststroke.

When: Sat Morning @ 10:30
Tue Evening @ 5:30, 6:30
Thu Evening @ 5:30

Members: \$15/Individual
\$30/Family

Non Mem.: \$75/Individual

Swim Lessons meet once a week for 30 minutes

Fish

Advanced intermediate level. Students perform strokes from above and develop glides and turns for continuous swimming. Butterfly is introduced and mastered.

When: Sat Morning @ 10
Tue Evening @ 6
Thu Evening @ 7

Flying Fish

Advanced level. Drills are used to refine techniques of all strokes learned previously.

When: Sat Morning @ 10:30
Tue Evening @ 6:30

Shark

Advanced level. Introduces inverted breaststroke and over arm sidestroke. Continuous swimming is encouraged by introducing the individual medley to develop endurance. Volunteer work is recommended to expose children to all aspects of aquatics.

When: Sat Morning @ 10:30
Tue Evening @ 6:30

Porpoise

Final level. Develops speed and endurance for the complete stroke from start to finish. Rescue techniques and leadership skills are taught as an intro to life guarding.

When: Sat Morning @ 10:30
Tue Evening @ 6:30

Teen (ages 13–17): Tue @ 7pm

Adult (ages 18+)

Beginner–Advanced: Tue @ 7:30pm

Youth Gym, Sports & Art

Hot Tots & Mighty Mites are introductory youth sport programs lead by YMCA Staff. The classes create a fun atmosphere for participants to learn the basics of dribbling, passing, and shooting within soccer, basketball, and hockey as well as the fundamentals of kicking/batting and base-running in tee ball and kickball. The classes also introduce the importance of warming up and stretching. The final key piece of Hot Tots and Mighty Mites is the process of developing the positive characteristics of sportsmanship and teamwork by creating an environment where participants are encouraged to share and cheer on their teammates.

Hot Tots: Class runs for 30 minutes

Ages: Boys & Girls, 3yrs of Age
When: Wed (1/11–3/1) @ 10am
Where: Gilmore Rec. Center
Fee: Members/FREE; Non-Mem/\$58

Mighty Mites: Class runs for 45 minutes

Ages: Boys & Girls, ages 4 and 5
When: Wed (1/11–3/1) @ 1pm
Where: Gilmore Rec. Center
Fee: Members/FREE; Non-Mem/\$58

Youth CoEd Floor Hockey (ages 4-12)

Basketball (ages 6-12)

REGISTRATION 10/24–12/19

Youth will gain instruction in a safe, fun & non-competitive environment. Family involvement is strongly encouraged—volunteer to be a Coach!

Ages: Boys & Girls, ages 4–12 by December 31st

Practice: Wed/Fri evenings starting Jan 11th/13th

Games: Sat. mornings through afternoons beginning Jan 21st, 2017 (Game schedule times may vary)

Fee: Members/FREE; Non-Mem/\$58

Art, Gym & Swim—Each activity runs 30 minutes. Art activities include development of fine motor skills & coordination. Gym activities for physical fitness using songs, games, sports, & tumbling.

Ages: 3 to 6
When: Thu. (1/12–3/2) @ 9:15am

Where: meet in Lobby, children are taken to art & gym. Parents meet back in lobby to take children and get ready for swim.

Fee: Mem./\$15, Non-Mem./\$85

Tumbling Tots—This 45 minute program offers parents an opportunity to engage their child in fine motor skills and flexibility paired with fun and educational activities in a gym setting.

Ages: Boys & Girls 12–36 months
When: Tue (1/10–2/29) @ 9:30am

Where: meet in Gilmore Gym
Fee: Members/FREE; Non-Mem/\$75

Art Classes—This 45 minute class gives youth the platform to express themselves and create their own masterpieces using basic concepts and unique materials. Kids will enhance fine motor skills, expand creativity, and build self esteem through creative process.

Ages: Boys & Girls 12 months–14 years
When: Sat 1/14–3/4 @ 9am (ages 3-6)
Sat 1/14–3/4 @ 10am (ages 7-14)

Where: Court 3 Classroom (Racquetball Hallway)
Fee: Members/\$15; Non-Mem/\$58



BUILDING CONFIDENCE



Learn self-defense, control, and determination skills all while building confidence and character with this fun, engaging and non-competitive class. Please wear comfortable clothing that you can move easily in and bare feet. Taekwondo is currently only available to members, all classes take place in Studio 1.

Ages: Boys & Girls, ages 4-7

When: Thu (1/5–2/23) @ 3:30pm (45 min)

Ages: Boys & Girls, ages 8-13

When: Tue (1/3–2/21) @ 4:30pm (55 min)

Youth Fitness & Wellness

Please contact the Membership Desk to schedule your appointment.

YOUTH WELLNESS CENTER ORIENTATION—Life Fitness Equipment. Designed for ages 11-14 years, the orientation (formerly youth fitness) concentrates on the components for a safe & balanced workout: cardio, strength, & flexibility. Youth also are educated about our fitness "Code of Conduct" utilizing the YMCA values of caring, honesty, respect, & responsibility. After the orientation, youth are able to utilize the Lower Level Fitness Center.

INTRO TO WEIGHT LIFTING—

Dumbbells, Barbells, Racks, Benches, & Power Towers. Take the components from the weight machines on our Fitness Floor and learn the ins-and-outs of the free weight room. Designed for ages 15+ years, this 1:1 orientation to the weightlifting equipment will help you recognize equipment in the free weights section, know how to properly use them, and gives a few exercise suggestions that can be done with each piece of equipment.

UPPER LEVEL ORIENTATION—

Cybox, Expresso, Precor, Hoist Equipment. Designed for ages 15+ years this 1:1 orientation will guide you to utilize the added equipment now available to you in our Upper Level Fitness Center.



Kidding Around Yoga

You are never too young to begin the journey of connecting spirit, mind, and body. KAY offers a fun and engaging Yoga experience for ages 2 through 14, equipment is provided, please dress comfortably, bare feet are preferred! All classes meet for 60 minutes in the Holistic Center.



When: Ages 5-8 years, Wednesdays @ 4pm (1/11–3/1)

Fee: Members/FREE; Non-Mem/\$48