

Adult Health, Wellness & Special Events

Meditation 101: Learn the meaning, purpose, and benefits of meditation. You will gain an understanding of how meditation can bring mindfulness into your everyday life. Come and discover the inner peace and joy within you.

When: Sun 9/10—10/15 @ 12:30pm (2hrs)

Where: Holistic Center

Fee: Members/\$20; Non-Mem/\$40

Using Asana for Well-Being: Yoga is an ancient science whose wisdom has stood the test of time. When we first start to practice and teach others we may not be fully aware of the intelligence behind the poses and how they work to support our physiology. Join us to learn how asana and sequencing affect our well-being. Leave with a deeper understanding of how to structure classes and inspiration to continue your journey.

When: Sat 9/30 @ 1:30pm (3hrs)

Where: Holistic Center

Fee: Members/\$35; Non-Mem/\$25

Flu Clinics: Influenza, commonly referred to as the flu, is a contagious disease. Since February 2010, the CDC has recommended that everyone 6 months of age and older get the flu vaccination each year. The cost of the vaccination is usually covered by your primary health insurance and LifeWorks Erie & Wegmans will bill all major health insurance providers. When getting vaccinated at one of our clinics, no appointment is necessary and there is no up-front cost. Simply present your primary health insurance card and we do the rest.

When: Mon 9/11, 9/15 from 9:00am to 11:30am

Mon 10/2 from 7:30am to 10:30am, 4:30pm to 7:30pm

Sun 10/8 from 11:00am to 12:00pm

Where: Café

Yoga & Hypnosis: Learn to use your body and mind in harmony to achieve a heightened sense of peace, calm, clarity & comfort. This combination of Gentle Yoga and Depth hypnosis will bring you healing and relaxation, insight and emotional well being. You will experience a gentle sequence of Yoga postures with Ledys Negron, CYT, RM, RYT and in introduction to hypnosis with Cheri Seelinger, CHT, IHAP, RMT, an integrative Healing Arts Practitioner specializing in Clinical Hypnotherapy and Life Coaching.

When: Sat 10/14 @ 12:00pm (2 hrs)

Where: Holistic Center

Fee: Members/\$25; Non-Mem/\$30

Curvy Girls: Are you a woman who finds exercise nerve-racking, intimidating, or even daunting? Then this class is for you! You will experience a mix of cardio and strength exercises together in this Women Only Circuit Class. Experience how exercise can be supportive and fun!

When: Tue/Thu beginning 9/5 @ 6:30pm

No Registration Necessary — join class whenever you like

Where: Basic & Brief Room

Senior Events

Pot Luck Luncheon: Take a break from fitness and enjoy food, fun and fellowship! Potluck style luncheon so bring your favorite dish to share. Sign up monthly at the Membership Desk

When: Last Wednesday, Monthly (8/31, 9/27, 10/25) @ 12:00pm

Where: Café

Senior Orientations: This 60 min informative group orientation covers a variety of topics, like which classes to try and helpful tips to make your YMCA experience the most beneficial for your needs. Orientations also include a tour of the facility.

When: Every Wednesday, Weekly @ 10:30am

Where: Café to start, then guided tour

Wellness for Life The Regional Cancer Center

These classes are only available to cancer patients, survivors and their caregivers—Registration is required, please contact Robin Adams @ 868-0867 ext 245 or radams@ymcaerie.org for more information.

Restorative Yoga: A practice that will blend yoga poses with the support of yoga props to initiate deep relaxation. A supportive environment for total relaxation will alleviate stress, fatigue, fears and will uplift your spirit.

When: Tue 9/5—10/24 @ 12pm (75 min)

Where: Holistic Center

Chair Yoga: A gentle yoga practice utilizing chairs to assist with balance and removing any barriers that you may encounter from practicing yoga on the floor. Learn to deepen your breath, quiet your thoughts, and enjoy the benefits of yoga in a comfortable environment.

When: Thu 9/7—10/26 @ 12:00pm (60 min)

Where: Holistic Center

Strength & Courage: This class aims to preserve muscle tone and joint motion, combat treatment related side effects, increase energy and self-confidence by using stationary bikes, treadmills and simple to use strength equipment. This class incorporates a little of everything.

When: Mon & Wed 9/6—10/25 @ 8:30am (60 min)

Tue & Thu 9/5—10/26 @ 8:30am (55 min)

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 9/7—10/26 @ 5:30pm (75 min)

Where: Holistic Center

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 11/15 @ 5:30pm

Where: Loft (Meeting Room)

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

Basic Life Saving (BLS) & Emergency O2 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 9/11, 10/9, 12/11 @ 5:30pm

Sun 11/12 @ 11:00am

Where: Loft (Meeting Room)

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

Child & Babysitting Safety: Provides training in the business of babysitting, proper supervision, basic care giving skills, and responding properly to ill or injured children and infants. This program is designed to focus on supervising, caring for, and keeping children and infants safe in babysitting settings. MUST pass a written test for certification. Mentoring & experience is recommended through volunteering in our Adventure Area

When: Sun 9/10 @ 10am (4hrs) — Please bring a lunch

Where: School Age Child Care Room

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, KICK, DANCE & GROW

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

Member Registration -

Mon, August 14th @ 8:00AM

Non Member Registration -

Wed, August 16th @ 8:00AM





JUST ADD WATER

REGISTER NOW
SWIM LESSONS

Members: \$20/Individual
\$40/Family
Non Mem.: \$75/Individual

Tuesday Classes Meet 9/19—11/7
Thursday Classes Meet 9/21—11/9
Saturday Classes Meet 9/23—11/11

Refund Policy—All requests for refunds must be in writing and reviewed by the Aquatic Director. Full refunds can be issued for swim lessons prior to the start of the session, partial refunds will not be issued for unattended classes.

Make-up Policy—Should the YMCA cancel classes for any reason, a make-up class will be scheduled. Make-up classes are not available for individuals in group swim lessons that cannot attend at registered class time. Once private/semi-private lessons are scheduled and confirmed, make-up classes are not available. However, if the instructor must miss/cancel for any reason, a make-up class will be arranged to avoid a substitute situation.

Private/Semi-Private—All classes are 30 minutes and set-up based on instructor availability. Classes must be held during a current swim session with a minimum of 4 classes.

Private Lessons (1:1) - \$12/Mem, \$24/Non
Semi-Private* (2:1) - \$21/Mem, \$42/Non

*MUST BE OF SIMILAR ABILITY

Parent/Child (ages 6m—3 yrs)

Swim Starters—Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A/Water Discovery (30 min): Introduces infants and toddlers to the aquatic environment.

Tuesdays 10:00am, 6:35pm
Thursdays 6:35pm
Saturdays 9:00am

B/Water Exploration (30 min): Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Tuesdays 10:35am
Thursdays 5:25pm
Saturdays 9:35am

Preschool (ages 3—5 yrs)

Swim Basics (Beginner Swimmers) Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencings front glide, roll back float, roll, front glide and exit—and jump, push, turn, grab.

1/Water Acclimation (30 min): Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Tuesdays 4:15pm, 4:50pm, 5:25pm
Thursdays 4:50pm, 5:25pm, 6:00pm
Saturdays 9:00am, 10:10am

2/Water Movement (30 min): Encourages forward movement in water and basic self-rescue skills performed independently.

Tuesdays 4:50pm, 6:00pm
Thursdays 4:15pm, 7:10pm
Saturdays 9:35am

3/Water Stamina (30 min): Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Tuesdays 6:35pm
Thursdays 4:50pm, 7:10pm
Saturdays 10:10am

Swim Strokes (Intermediate/Advanced Swimmers) Having mastered the fundamental, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4/Stroke Introduction (40 min): Introduces basic stroke technique in front crawl and back draw and reinforces water safety through treading water and elementary backstroke.

Tuesdays 6:10pm
Thursdays ———
Saturdays 10:45am

Teen (ages 13—17 yrs)

Swim Basics (30 min): Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencings front glide, roll back float, roll, front glide and exit—and jump, push, turn, grab.

Tuesdays 6:35pm
Thursdays ———
Saturdays 9:35am

Swim Strokes (40 min): Having mastered the fundamental, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Tuesdays ———
Thursdays ———
Saturdays 11:30am

School Age (ages 6—12yrs)

Swim Basics (Beginner Swimmers) Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencings front glide, roll back float, roll, front glide and exit—and jump, push, turn, grab.

1/Water Acclimation (30 min): Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Tuesdays 5:25pm, 7:10pm
Thursdays 4:50pm
Saturdays 9:00am

2/Water Movement (30 min): Encourages forward movement in water and basic self-rescue skills performed independently.

Tuesdays 4:50pm, 6:00pm
Thursdays 5:25pm, 6:35pm
Saturdays 11:30am

3/Water Stamina (30 min): Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Tuesdays 4:50pm, 6:55pm
Thursdays 6:00pm, 7:10pm
Saturdays 10:10am

Swim Strokes (Intermediate/Advanced Swimmers) Having mastered the fundamental, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4/Stroke Introduction (40 min): Introduces basic stroke technique in front crawl and back draw and reinforces water safety through treading water and elementary backstroke.

Tuesdays 5:25pm
Thursdays 5:35pm
Saturdays 10:45am

5/Stroke Development (40 min): Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Tuesdays 5:25pm
Thursdays 4:50pm, 6:20pm
Saturdays 10:45am

6/Stroke Mechanics (40 min): Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Tuesdays 6:10pm
Thursdays ———
Saturdays 10:45am

Adult (ages 18+ yrs)

Swim Basics (30 min): Students learn personal water safety and achieve basic swimming competency

Tuesdays 7:10pm
Thursdays ———
Saturdays 12:15pm

Swim Strokes (40 min): Students learn additional safety skills and build stroke techniques.

Tuesdays ———
Thursdays 7:10am
Saturdays ———

Additional Youth Programming

Youth CoEd Indoor Soccer: When your child plays YMCA Youth Sports, everyone who registers is assigned to a team and all players have the opportunity for equal playing time during games and practices. There are no try-outs and no one gets cut from the team.

Ages: 4-12 (Teams 4/5, 6/7, 8/9, 10-12)

Registration: Now through October 10th

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

Practice & Games: Wednesday or Friday practices and Saturday games beginning 10/18 through 12/16.



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 (9/6—10/18) @ 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 (9/6—10/18) @ 1pm

Where: Gilmore Rec. Center

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

Art Classes: This 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 3—14 years

When: Ages 3-5, Sat 9/23—11/11 @ 9am (45min)

Ages 6-14, Sat 9/23—11/11 @ 10am (45min)

Where: Court 3 Classroom (Racquetball Hallway)

Fee: Members/\$15; Non-Mem/\$58



BUILDING CONFIDENCE



Taekwondo: is a traditional Korean martial art. This class will focus on the fun and athletic aspects of the Olympic sport, while still emphasizing the Taekwondo ideals of discipline & perseverance. Classes are offered to Members only meet in Studio 1.

When: Ages 4-7, Thu 9/7—10/26 @ 3:30pm (50 min)
Ages 8-13, Tue 9/5—10/24 @ 4:30pm (55 min)

(KAY) Kidding Around Yoga: is designed to motivate children to be active, build confidence, develop mindfulness, and help them manage the spectrum of emotions children experience. A typical KAY class incorporates singing, jogging, the limbo, dancing, games and so much more. All classes meet in the Holistic Center.

When: Ages 5-8, Wed 9/6—10/25 @ 4:00pm (60 min)

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

Kids Meditation & Craft: A fun and creative class designed to inspire kids to the practice of meditation. Kids will utilize both art & sound to learn breathing techniques helping them to relax and feel centered.

When: Ages 7-12, Mon 9/11—10/23 @ 4:00pm (60 min)

Fee: Members/FREE; Non-Mem/\$32

Teen Movement Exploration: This blend of yoga-based flows, dance and other creative physical movements inspire confidence, joy and optimal health. Release stress and emotion through breath and movement. Discover and express your unique spirit in a nurturing and sacred space.

A brief discussion and meditation are also included.

Ages: 12-18.

When: Thu 9/7—10/26 @ 4:15pm (60 min)

Fee: Members/FREE; Non-Mem/Not Available



Youth Wellness Center Orientations—By Appointment

Lower Level Ages 11-14: Life Fitness Equipment orientation 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.

Upper Level Ages 15-18: Cybex, 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.

Families Get Active: Bring the whole gang & workout together in a family friendly atmosphere. This class in an excellent way to start developing healthy habits for the entire family.

Ages: 8 and up with parent/guardian

When: Tue/Thu (ongoing, no registration required) @ 5:30pm (55 min)

Where: Basic & Brief Room (Lower Level)

