FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# WINTER FUN FOR EVERYONE

## WINTER 2019 PROGRAM GUIDE
## GLENWOOD PARK YMCA

## Program Registration Information

**Y Member Only Registration: December 10th**

**Non-member Registration: December 17th**

### Online Registration

Confirm your email with our front desk staff before registering online

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Text

**YMCAERIE**

To 22828 to get started

# SWIMMING

## REGISTRATION AND FEES

**Session I**
Tuesdays Jan. 8th-Feb. 26th
Thursdays Jan. 10th-Feb. 28th
Saturdays Jan. 12th-Mar. 2nd

**Early (Members Only) Dec. 10th-Dec. 16th @ 8a.m.**
Member/$20, Family/$40

**Open (Members & Non-Members) Dec. 17th-Dec. 31st @ 8a.m.**
Member/$20, Family/$40, Non-Member/$75

**Late (Members & Non-Members) Jan.1st-Jan. 26th**
Member/$30, Family/$50, Non-Member/$85

### Swim Class Refund Policy

All requests for refunds must be in writing and will be 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.

### Swim Lesson 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 can not attend at the 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 swim lessons

Registration request forms are available at the desk or email Emily Rzepka at erzepka@ymcaerie.org.

All classes are 30 minutes and set up based on instructor availability. Classes must be held during a current swim session. **A minimum of 4 classes are required.**

Private Lessons (one instructor: one participant)
Members: $12/ 30 min. class
Non-members: $24/ 30 min. class

Semi-Private Lessons (one instructor: two participants of same or similar swim ability)
Members: $21/ 30 min. class
Non-members: $42/ 30 min. class

Questions? Kelly Austin at kaustin@ymcaerie.org

## PARENT/CHILD (6M-3 YEARS)

### 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 minutes):** Introduces infants and toddlers to the aquatic environment.

Tuesday 1/8-2/26 @ 10a.m.; 6:35p.m.
Thursday 1/10-2/28 @ 6:35p.m.
Saturday 1/12-3/2 @ 9a.m.

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

Tuesday 1/8-2/26 @ 10:35a.m.
Thursday 1/10-2/28 @ 5:25p.m.
Saturday 1/12-3/2 @ 9:35a.m.

## PRESCHOOL (3-5 YEARS)

### 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 minutes):** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Tuesday 1/8-2/26 @ 4:15p.m.; 4:50p.m.; 5:25p.m.; 6p.m.
Thursday 1/10-2/28 @ 4:15p.m.; 4:50p.m.; 5:25p.m.; 6p.m.; 6:35p.m.
Saturday 1/12-3/2 @ 9a.m.; 9:35a.m.; 10:10a.m.

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

Tuesday 1/8-2/26 @ 4:50p.m.; 5:25p.m.; 6p.m.; 6:35p.m.
Thursday 1/10-2/28 @ 4:15p.m.; 6p.m.; 7:10p.m.
Saturday 1/12-3/2 @ 9:35a.m.; 11:30a.m.

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

Tuesday 1/8-2/26 @ 6p.m.; 6:35p.m.
Thursday 1/10-2/28 @ 4:50p.m.; 7:10p.m.
Saturday 1/12-3/2 @ 10:10a.m.

## SCHOOL-AGE (6-12 YEARS)

### 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 minutes):** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Tuesday 1/8-2/26 @ 7:10p.m.
Thursday 1/10-2/28 @ 4:50p.m.
Saturday 1/12-3/2 @ 9a.m.

# SWIMMING

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

Tuesday 1/8-2/26 @ 4:50p.m.; 6p.m.
Thursday 1/10-2/28 @ 5:25p.m.; 6:35p.m.
Saturday 1/12-3/2 @ 11:30a.m.

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

Tuesday 1/8-2/26 @ 4:50p.m.; 7:10p.m.
Thursday 1/10-2/28 @ 6p.m.; 7:10p.m.
Saturday 1/12-3/2 @ 10:10a.m.

### SWIM STROKES (INTERMEDIATE/ADVANCED SWIMMERS)

Having mastered the fundamentals, 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 minutes):** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Tuesday 1/8-2/26 @ 5:25p.m.; 6:55p.m.
Thursday 1/10-2/28 @ 5:35p.m.
Saturday 1/12-3/2 @ 10:45a.m.; 11:30a.m.

**5/Stoke Development (40 minutes):** Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Tuesday 1/8-2/26 @ 6:10p.m.
Thursday 1/10-2/28 @ 4:50p.m.; 6:20p.m.
Saturday 1/12-3/2 @ 10:45a.m.

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

Tuesday 1/8-2/26 @ 6:10p.m.
Saturday 1/12-3/2 @ 10:45a.m.

## TEENS (13-17 YEARS)

### SWIM STROKES (INTERMEDIATE/ADVANCED SWIMMERS)

Having mastered the fundamentals, 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.

Saturday 1/12-3/2 @ 11:30a.m. (40 minutes)

## ADULT (18+)

### SWIM BASICS (BEGINNER SWIMMERS)

Students learn personal water safety and achieve basic swimming competency.

Tuesday 1/8-2/26 @ 7:10p.m. (30 minutes)

### SWIM STROKES (INTERMEDIATE/ ADVANCED SWIMMER)

Having mastered the fundamentals, students learn additional water safety skills and build stroke techniques, developing skills that prevent chronic disease, increase social, emotional and cognitive well-being, and foster a lifetime of physical activity.

Thursday 1/10-2/28 9/@ 7:10p.m. (40 minutes)

# ADULT/YOUTH HEALTH AND WELLNESS

## ADULT HEALTH, WELLNESS & SPECIAL EVENTS

### FITNESS ORIENTATIONS (Ages 15-18, Adult)

One-on-one sessions will show you how to have a safe & balanced workout using the cardiovascular and strength-training equipment in the fitness centers. Schedule your appointment with Jeff Cline at jcline@ymcaerie.org

### PAGE TURNER BOOK CLUB

Engage with others and exercise your mind at the Y's Book Club. January Book Discussion: *Hissing Cousins - The Untold Story of Eleanor Roosevelt and Alice Roosevelt Longworth* by Masaji Ishikawa.

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|---|---|
| Thursday | 1/10 @ 11a.m. |
| Location | Fun & Fit Room |

### GET INVOLVED - TOGETHERHOOD

Togetherhood is a member based volunteer program that allows you to voice where the need is in the community, and the Y will help make it happen! The Y's mission is to enhance the well-being of others through a healthy body, mind and spirit.

Questions? Selena Foulk at sfoulkymcaerie.org

## YOUTH & FAMILY OPPORTUNITIES

### FITNESS ORIENTATIONS (Ages 11-14)

One-on-one sessions will show you how to have a safe & balanced workout using the cardiovascular and strength-training equipment in the fitness centers. After completing sessions youth are permitted to utilize the Lower Level Fitness Center. Schedule your appointment at the Membership Desk.

### YOUTH KICKBOXING (Ages 6+)

A total-body workout that is totally fun! This class will strengthen your body & build confidence, while moving to your favorite dance mixes.

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| Saturdays | 11a.m.-11:55a.m. |
| Fees | Y Members/FREE |
| Location | Studio 1 |

### YOUTH ZUMBA (Ages 8+)

Perfect for our younger Zumba fans! Kids get the chance to be active and jam out to their favorite music. Features kid-friendly routines based on original Zumba choreography.

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| Fridays/Saturdays | 3:45p.m.-4:25p.m. |
| Fees | Y Members/FREE |
| Location | Studio 1 |

### MOVE WITH ME (Ages 3-5)

This playful dance class builds awareness as children explore all their senses in play acting. This is an hour commitment open to Mommy, Daddy, Grandma or Grandpa to dance together.

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| Mondays | 1/7-2/25 @ 1:30p.m.-2:25p.m. |
| Fees | Y Members/FREE; Non-members/$56 |
| Location | Studio 1 |

### BALLET/JAZZ COMBO (Ages 6-7)

Children will learn the basic movements and vocabulary of Ballet and Jazz.

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|---|---|
| Mondays | 1/7-2/25 @ 3:45p.m.-4:25p.m. |
| Fees | Y Members/FREE; Non-members/$56 |
| Location | Holistic Center |

### BALLET/JAZZ COMBO (Ages 8-9)

Children will learn the basic movements and vocabulary of Ballet and Jazz.

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|---|---|
| Mondays | 1/7-2/25 @ 4:30p.m.-5:10p.m. |
| Fees | Y Members/FREE; Non-members/$56 |
| Location | Holistic Center |

# ADULT/YOUTH HEALTH & WELLNESS

**CONTEMPORARY DANCE CLASS** (Ages 10+)
The students will learn to blend various dance techniques and emotions to tell a story through movement.

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| Mondays | 1/12-3/2 @ 11:30a.m.-12:25p.m. |
| Fees | Y Members/FREE |
| | Registration required |
| Location | Holistic Center |

**CHROMATIC DANCE SESSION** (Ages 15+)
Starts in vibrant stillness and explores the exhilarating effects movement has on our mind and body. Classes are an exploration through Eastern and Western forms of movement.

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| Saturdays | 1/12-3/2 @12:30p.m.-1:30 p.m. |
| Fee | Members/FREE; Non-members/ $64 |
| | Registration required |
| Location | Holistic Center |

## HOLISTIC WORKSHOPS & EVENTS

**FINDING HOPE - ENDURE GRIEF THROUGH THE HOLIDAYS**
Grief impacts all dimensions of a person - physical, mental, emotional, social, and spiritual. During the holidays we can feel empty because of the loss of a loved one. Join us for a discussion on finding solutions for these difficult times. After, there will be a yoga and reiki healing session to open your heart and clear your mind.

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| Tuesday | 12/11 @ 5:30p.m.-7p.m. |
| Fee | Members/FREE; Non-members/FREE |
| | Registration required |
| Location | Holistic Center |

**SANTA WORKSHOP**
Join Lisa Rose of VeganCheers while she shows kids along with their parents creative ways to make healthy snacks for this holiday season. Santa will be stopping for some snack sampling!

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| Saturday | 12/15 @ 11a.m.-1p.m. |
| Fee | Members/$10; Non-members/ $15 |
| Location | Holistic Center |

**THE SOUND OF SPIRIT**
Join us as we welcome in the Spirit of the Holidays with a Sound Bath! Bathe in the frequencies of tuning forks and singing bowls as we allow natural healing to occur within us and invite inner peace and harmony into our lives this holiday season!

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| Friday | 12/21 @ 6:30p.m.-7:30p.m. |
| Fee | Members/FREE; Non-members/ FREE |
| | Registration required |
| Location | Holistic Center |

**REJUVENATE YOUR PHYSICAL AND EMOTIONAL WELLNESS**
Participants will develop their vision for physical and emotional wellness, assess the vibrancy of their Root and Sacral Chakras, and discover how red and orange jade affects the energy system.

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| Saturday | 1/12 @ 1:30p.m.-3p.m. |
| Fee | Members/$10; Non-members/$15 |
| Location | Holistic Center |

**CRYSTAL SINGING BOWL MEDITATIONS**
This workshop is aimed at turning your focus inwards and connecting to your heart space. During this give yourself the space to relax, reflect, and cultivate more Self Love!

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| Saturday | 2/8 @ 5:30p.m.-6:30p.m. |
| Fee | Members/$20; Non-members/$25 |
| Location | Holistic Center |

Questions? Ledys Negron at lnegron@ymcaerie.org

## YOUTH SPORTS

**YOUTH JR. NBA BASKETBALL**
The Jr. NBA is the official youth basketball participation program of the NBA. The Jr. NBA overview and philosophy aims to develop a lifelong passion for the game of basketball in boys and girls by teaching them the fundamentals of the sport while instilling core values including teamwork, respect and sportsmanship.

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| Age Groups | 6-7, 8-9, 10-12, 13-15 | *Subject to change |
| Practice Days | Wednesdays OR Fridays | |
| | Beginning 1/9 for 5 weeks | |
| Games Begin | Saturday 1/19 | |
| Fee: | Y Members/$25 Non-members/$75 | |
| Location | Glenwood Park YMCA | |

**YOUTH COED FLOOR HOCKEY**
This introduction to hockey basics will have your son or daughter learn sport fundamentals including stick handling, passing, shooting, positions, and teamwork.

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| Age Groups | 4-5, 6-7, 8-9, 10-12 | *Subject to change |
| Practice Days | Wednesdays OR Fridays | |
| | Beginning 1/9 for 5 weeks | |
| Games Begin | Saturday 1/19 for 7 weeks | |
| Fee: | Y Members/FREE; Non-members/$58 | |
| Location | Glenwood Park YMCA | |

**HOT TOTS** (Ages 3-4)
A program that teaches the fundamentals of soccer, basketball and t-ball. Runs for 8 weeks in the Gilmore Rec Center.

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| Wednesdays | 1/9-2/27 @ 10a.m.-10:30a.m. |
| Fee: | Y Members/FREE; Non-members/$58 |

**MIGHTY MITES** (Ages 4-5)
In a fun environment, kids learn the basics of soccer, t-ball and basketball. Kids are building confidence, having fun and making friends. Runs for 8 weeks in the Gilmore Rec Center.

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|---|---|
| Wednesdays | 1/9-2/27@ 1p.m.-1:45p.m. |
| Fee: | Y Members/FREE; Non-members/$58 |

Questions? Shane Quigley at squigley@ymcaerie.org

**GIVE A LITTLE, GET A LOT!**
**BE A YOUTH SPORTS COACH TODAY.**
Volunteers currently needed for Jr. NBA and Floor Hockey session.

Questions? Selena Foulk at sfoulkymcaerie.org