BUILD MORE THAN MUSCLE.

ORLEANS COUNTY YMCA

WINTER I SESSION PROGRAM GUIDE
JANUARY 6 - FEBRUARY 23, 2019 (7 WEEKS)

Registration Begins:
December 5, 2018
Members and current participants

December 10, 2018
Open Registration to all

Our Mission:
To develop the spiritual, mental, and physical wellness of all people in an atmosphere of Christian Fellowship.

Orleans County YMCA • 306 Pearl Street • Medina, NY 14103 • 585.798.2040 • www.glowymca.org
Welcome to the Y. We’re an inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

Letter from the Executive Director,

It’s been a little over 1 year since I first arrived in the Orleans County YMCA; and what a year it has been! In learning more about the Orleans County community, its programs, and its leaders, I have been honored to humbly work with other organizations to develop the best opportunities to promote youth development, healthy living, and social responsibility. From the collaborative events with the Medina Business Association to the kind offerings of county-wide Lions’ Clubs, we are blessed.

Yet, our journey continues in providing services to all of Orleans County, so spread the word. In our Program Guide you will find something for everyone in your household, from PeeWee Champs for preschoolers to hosting free 3D mammograms with Windsong. We are an organization for the community. In addition, we officially kicked off the feature of Fitness on Demand during Cyber Monday, which is a source for virtual group exercise classes. This has opened up a world of opportunities, in which we can offer new group exercise classes, like Yoga, PiYo, Suspension Training, along with more HIIT, indoor cycling, and strength training classes. Peruse these offerings on their YouTube page.

If you are interested in joining us in 2019 via volunteer opportunities around our facility or volunteering on our Board of Management, please contact me at 585–798–2040 or greed@glowymca.org to learn more.

Sincerely,
Greg Reed | Orleans County YMCA Executive Director

YMCA STAFF:

Greg Reed, Executive Director
greed@glowymca.org

Jessica Leno, Director of Membership and Operations
jleno@glowymca.org

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lthrash@glowymca.org
OUR AREAS OF FOCUS
The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That’s because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

DEFINING OUR AREAS OF FOCUS:
YOUTH DEVELOPMENT: Nurturing the potential of every child and teen
HEALTHY LIVING: Improving the nation’s health and well-being.
SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors.

MEMBERSHIP
There are two ways to participate in YMCA programming either as a YMCA Member who pays annual or monthly dues and can participate in programming at reduced rates or at no charge or as a program member who can take part in YMCA programs on an individual basis.

MEMBERSHIP BENEFITS
- Priority registration for classes during member registration week.
- Reduced program fees for classes.
- Complimentary child watch during posted hours.
- Unlimited use of the wellness center, gym, pool (in Batavia and Warsaw branches), and fitness classes.
- AWAY Program (Always Welcome at YMCA’s) - Use of other participating Y’s across the United States at no charge or at a reduced pass fee.

MEMBERSHIP FEES & PAYMENT PLANS
Pay in Full
Members may pay the full amount of their annual dues. MasterCard, Visa, cash, check or YMCA gift cards are accepted for all transactions.

Bank Draft Payment Option
Monthly fees are deducted automatically from your checking account or credit card. There is no finance charge. A completed authorization form and voided check are necessary for all transactions. Membership remains continuous until the member requests a cancellation with a 30 day written notice.

Join Fee
The GLOW YMCA charges a joining fee in order to provide a source of funds for enhancing membership services. This fee is non-refundable. A lapse in membership for 30 days or more requires payment of the joining fee.

FINANCIAL ASSISTANCE
Through the YMCA’s Annual Support Campaign, financial assistance is provided based on available resources to those in need. For more details, please contact Jess Leno, Director of Membership & Operations at (585) 798-2040.
GENERAL INFORMATION AND POLICIES

YMCA GIFT CARD
Give the gift of good health. A YMCA gift card is perfect for children who would enjoy swim lessons, day camp or youth sports; great for the family that plays together; and wonderful for the adult who is looking to start or continue an exercise program. Gift cards are available year round, in any amount and may be applied toward membership or programs. Visit the Member Service Desk for more information or to make a purchase.

AGE REQUIREMENTS
All children 14 and under must be accompanied by an adult member and/or have a parent or guardian in the facility at all times while using the YMCA unless participating in a supervised youth program or activity.

WELLNESS CENTER
- 12-14 years: Wellness Consultation required, must be 5 feet tall and adult supervision is required
- 12-14 years: may participate in group exercise classes with adult supervision.

CHILD WATCH
- Drop off available for family membership categories. 1.5 hours per visit for ages six weeks through ten years.

TEEN WELLNESS CENTER ORIENTATION
Ages 12-14 years
The Teen Wellness Center Orientation is designed to instruct teens, ages 12 - 14, on safe and effective use of suitable Wellness Center strength and cardiovascular equipment. Participation in the Teen Wellness Center Orientation is required in order to gain access to the Wellness Center.

IF YOU ARE NOT A MEMBER OF THE GLOW YMCA, YOU CAN STILL PARTICIPATE IN Y PROGRAMS.
Why not try us out by signing up for a program? Those who participate in Y programs without joining the YMCA are considered “Program Members” and have access to locker room facilities during their program.

CREDITS/REFUNDS
Refunds are available only with a accompanying signed medical release from your doctor. Prior membership dues can be refunded for a maximum of two months only. Credits may be applied to program fees or annual invoice membership dues and must be used within one year of issue. Gift Certificates and gift cards are for GLOW YMCA programs or services only and cannot be redeemed for cash or refunded to a credit card. Note: a $20.00 service charge will be assessed for any item returned to the YMCA, such as, but not limited to: insufficient funds, closed bank account number, invalid or incorrect credit card number.

MAKE-UP POLICY
There will be no make-up classes for group exercise.

INSURANCE
The GLOW YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk. It is recommended that you consult your physician prior to starting any new wellness routines.

LOCKER ROOM USE
We offer two locker room facilities: Women/Girls and Men/Boys. Children over six years of age accompanied by a parent of the opposite sex must use the appropriate gender locker room. We also offer single use family restrooms for your convenience.

LOCKERS
Lockers are available for daily use or Annual rental. All participants are encouraged to bring a lock to lock their personal belongings. The YMCA is not responsible for unsecured or lost personal items.

NO SMOKING POLICY
The GLOW YMCA is committed to providing and maintaining a safe and healthy environment for all members, volunteers, and staff. Therefore, smoking is prohibited throughout our YMCA facilities and grounds. We thank you for your cooperation.

CELL PHONE AND CAMERA POLICY
The use of cell phones or camera phones is not permitted in the locker rooms, wellness center, gymnasium, and other program areas. Photos and videos may be taken only with the signed permission of YMCA management and all participants being photographed.

LOST AND FOUND
Lost and found items are available at the Member Service Desk for two weeks after an item is found. After that time, items are donated to local charities. Swimsuits are discarded. If you have lost an item, please notify the Member Service Desk at 798-2040. Please remember to lock up your valuables.
YOUTH DEVELOPMENT

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

Winter Session I: 1/6–2/23

**BOXING (YOUTH & ADULT)**
The basics of boxing for all beginners ages 8 and up. Skills of punching, boxer’s stance, footwork, training, and physical conditioning will be the focus. Our instructional boxing program will teach the fundamentals of boxing. The recommended age for this class is 8 years-adult and parent/child participation is encouraged.

**Tuesdays**
Youth Members: $35
Youth Non-Members: $50

Adult Members: $35
Adult Non-Members: $50

**YOUTH CO-ED BASKETBALL**
Develop basketball skills with activities and competition for 1st-6th Grades. The Y leagues take after a sports camp model in providing weekly instruction with skills and drills, along with league play. Large participation numbers will result in additional nights with more league play.

**Thursdays**
Ages 6-10
Youth Members: $40
Youth Non-Members: $60

**MOMMY AND ME PLAY GROUP**
This Parent-Led Play Group offers organic and structured playtime for children birth - 5 years of age. Connect with other families in Orleans County, as you interact with your child(ren) in a safe, explorative space. Parent volunteers will assist in leading us through exploratory learning, tumbling mats, soft play, stories, virtual group exercise, and more.

**Thursdays**
10:00–11:30 AM

**BATTING CAGES**
Need to sharpen those batting skills without the drive? Stop in to utilize our self-feed baseball/softball pitching machine with a friend or coach. Open to the public and local teams. Call ahead to reserve your time.

**Members:**
1/2 Hour: $10
1 Hour: $20

**Non-Members:**
1/2 Hour: $20
1 Hour: $30

**MY PARENT AND ME: PEE WEE CHAMPS (PRESCHOOL)**
Unsure of which sports your child likes yet? Try My Parent and Me Pee Wee Champs and expose them to 4 different sports while playing alongside your child! Children will learn the fundamentals of Soccer, T-Ball, Flag Football and Floor Hockey, all while learning the importance of sportsmanship, respect, responsibility, honesty and caring.

**Thursdays**
Ages 3-5
Youth Members: $35
Youth Non-Members: $50
BEFORE & AFTER SCHOOL ENRICHMENT (BASE)
Licensed by the Office of Children and Family Services, this program provides a safe, nurturing, fun and enriching environment where children are cared for during those hours when parents are still working. Conveniently located in the Albion, Lyndonville, & Medina School Districts.

More information & registration packet available at www.glowymca.org or contact the YMCA at (585) 798-2040
- Albion School District BASE (AM & PM Options)
- Lyndonville School District BASE (PM ONLY)
- Medina School District BASE (PM ONLY)

BIRTHDAY PARTY
*Includes YMCA Birthday Shirt for Birthday Girl/Boy.
  Member Price/Non-Member Price
  KID’S GYM
  A 2 hour party in the gymnasium
  $85/$100
  KID’S GYM WITH SPORTS EQUIPMENT
  A 2 hour party in the gymnasium with access to sports equipment
  $105/$120
  KID’S GYM & BOUNCE HOUSE
  A 2 hour party with free play in the gym as well as supervised access to the Bounce House.
  $160/$185

BATTLING CAGE ADDITION
Additional Fee per hour of Birthday Party
  $20/$30

ROCK WALL ADDITION
Additional Fee for 1 hour of Birthday Party
  $40/$55

EXTRA TIME
Additional hour rental
  $35/$50

SCHOOL’S OUT CAMP
NO SCHOOL. NO WORRIES.
Spend a day off from school with us here at the YMCA. Children will need to bring appropriate gym clothes and sneakers. Each day will carry themes that we will have a blast engaging in sports, arts, theatre, and service.
Runs from 7:30 AM to 6:00 PM

December 26, 27, 28
January 21
February 18-22
April 22-26

Members: $25 per day
Non-Members: $35 per day

YOUTH DEVELOPMENT

CHILDWATCH HOURS
Monday - Thursday  9:00AM-11:30 AM;
  4:00PM - 7:30PM
Saturday  9:00AM - 12:00PM
*Family Membership Categories only, 1.5 hr. limit per visit.

DROP ‘N SHOP
Go shopping, take siblings to a doctors appointment, get your hair done, get a massage, take a nap, pamper yourself while your kids have fun at the Y! During childwatch hours – 3 hour time limit (24 hour notice required).
FAMILY Members ONLY: $10/1st child
  $5 each additional child

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- Medina School District BASE (PM ONLY)
**ADULT SPORTS**

**ADULT CO-ED VOLLEYBALL**
Co-ed volleyball league for adults. Two females must be on the court at all times. League will be played at the YMCA. League will include playoff competition (12 weeks).

**Mondays**
Starting at 6:30PM
Team Fee: $225
**Mandatory Captain’s Meeting:** February 11, 2019
**First Day of Competition:** February 25, 2019

**BARBELL CLUB**
Want a challenge in the weight room while surrounding yourself with a healthy environment? JOIN THE BARBELL CLUB for an easy-to-follow 8 week program with guaranteed strength gains.

**$40 Annual Fee to Join**

You receive:
- Barbell Club T-shirt
- 8-week strength training program
- Access into fitness support and community

**Questions:** Contact Front Desk Staff for more details

**BATTING CAGES**
Need to sharpen those batting skills without the drive? Stop in to utilize our self-feed baseball/softball pitching machine with a friend or coach. Open to the public and local teams. Call ahead to reserve your time.

**Members:**
- 1/2 Hour: $10
- 1 Hour: $20

**Non-Members:**
- 1/2 Hour: $20
- 1 Hour: $30

**ADULT FLOOR HOCKEY**
Adult Floor Hockey is a competitive league for adults; which focuses on quality skills and good sportsmanship at the YMCA. League will include playoff competition (12 weeks).

**Tuesdays**
Starting at 7:00PM
Team Fee: $400
**Mandatory Captain’s Meeting:** January 15, 2019
**First Day of Competition:** January 29th, 2019

**BOXING (ADULT & YOUTH)**
The basics of boxing for all beginners ages 8 and up. Skills of punching, boxer’s stance, footwork, training, and physical conditioning will be the focus. Our instructional boxing program will teach the fundamentals of boxing in a non-contact setting. The recommended age for this class is 8 years-adult and parent/child participation is encouraged.

**Tuesdays**
**Members:** $35
**Non-Members:** $50

6:30-7:30 PM*
*Time subject to change, based on numbers

**PICKLEBALL**
It’s a little tennis, a bit of Ping Pong, a splash of badminton and a ton of fun.

**OPEN PLAY TIME**
- **Tuesday & Thursday**
  - 9:00 AM-11:30 AM
- **Saturday**
  - 8:00 AM-12:00 PM

*YMCA Birthday Parties may interfere and cancel times.

**Members:** FREE
**Non-Members:** $50/session (7 weeks, unlimited)
$5/drop-in
$30/10-Pack
OPEN ROCK WALL CLIMBING
REACH NEW HEIGHTS!
Come join our climbers to explore the wonders of rock climbing at our indoor rock wall to heights over 50 feet! All equipment is provided by the Y, just bring appropriate shoes and courage!

Every Thursday
Members: Free / Non-Members: $1

GIRL SCOUTS OF WESTERN NY
Girls Scouting builds girls of courage, confidence, and character who make the world a better place. Girl Scouts is a must have experience for every girl.

Girl Scouts meet at the YMCA at various times throughout the week during the school year.

Contact Mindy Cogovon by calling the YMCA Front Desk at 585.798.2040.

HEALTH INSURANCE COUNSEL
A Fidelis Care Representative can assist any Orleans County resident with any questions you may have about Health, Dental, and/or Vision Insurance.

Tuesday 9:00 AM-12:00 Noon
Questions? Contact Cathy at (585) 217-1330

CPR CERTIFICATION TRAINING
CPR and AED training, teaches rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adults, child, and infant victims. Participants also learn to recognize the warning signs of heart attacks along with AED training. 4 hours at Geneseo County YMCA.

Classes are offered monthly, call the Y for dates and time.

Members: $25 / Non-Members: $50
PERSONAL TRAINING
Whether you want to manage your weight, participate in sports conditioning during the off season, or live healthier, we have a personal training program for you. Certified personal trainers guide participants through a structured workout program. Individualized exercise plans are tailored to meet the member’s specific goals.

1 Session $25
6 Sessions $125

Fit Friend
2 people can receive personal training at the same time for only $40 per session!
6 Sessions $200

WELLNESS SESSION PASS
Allows you, as a non-member, to attend any of our group exercise classes during the session.
Non-Member: $65 (per seasonal session)

FITNESS-ON-DEMAND (FOD)
(FOD) is a computer-based, high definition video system that offers a wide variety of popular workouts for our members to experience at their convenience. When it is difficult to attend live group fitness classes, FOD virtual classes are here in the Upper Fitness Room.

ANYTIME (Download the FOD App for scheduled classes)

CARDIO & WEIGHTS
Multi level exercises that includes a variety of exercises and equipment. Friendly atmosphere appropriate for every level of fitness. Ideal warm-up before and stretching at the end of each class.

Friday 11:00 AM - 11:45 AM

DANCERCISE
A fusion of music themes that create a dynamic, exciting and effective fitness workout. A combination of fast and slow rhythms tone and sculpt the body and burn calories the fun way!
Saturday 9:00 AM - 9:45 AM

HIIT TURBO
Join Team Hodgins’ HIIT (high intensity interval training) class designed for a head-to-toe workout. You move and challenge yourself at your own pace with new exercises you may not have tried or seen before.
Monday & Tuesday 5:30 PM - 6:15 PM

INTERVAL BOOTCAMP
Energetic, high energy cardio & strength class to challenge you for your fitness goals. Class outline based on Instructors design (subject to change).
Tuesday & Thursday 5:30 PM - 6:30 PM

CYCLING CLASS
An instructor-led workout on a specialty designed EVO “sway” stationary bike. This high-energy class is low-impact; and you control the intensity of each class by modifying resistance and body positions.
Monday 4:30 PM - 5:30 PM
Wednesday 9:30 AM - 10:15 AM
Thursday 6:45 PM - 7:30 PM

ZUMBA® GOLD
Instructors take the ZUMBA® formula & modify the moves & pacing to suit the needs of active older participants, as well as those just starting their journey to a fit & healthy life style.
Tuesday & Thursday 11:00 AM - 11:55 AM

ARE YOU A CERTIFIED INSTRUCTOR?
We are actively seeking qualified instructors to diversify our classes at the YMCA with Yoga, Pilates, Cycling, PiYo, Tai Chi, & More!
Contact the Y for employment opportunities!

SILVER SNEAKERS CLASSIES

SILVER SNEAKERS CLASSIC
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for balance.
Monday, Wednesday & Friday 10:00AM - 11:00 AM

SILVER SNEAKERS CHAIR YOGA STRETCH
The chair-based Yoga Stretch class is designed to increase flexibility, balance & range of movement. Promotes stress reduction & improves mental clarity.
Tuesday & Thursday 10:00AM - 11:00 AM

EXERCISE CLASS SCHEDULE AVAILABLE at www.glowymca.org
SPECIAL EVENTS!!

Free Family Roller Skating: Hawaiian Luau
Thursday, December 27th  1:00PM-4:00 PM
Free Community Event
-Dress up Hawaiian and bring in a non-perishable food item for a chance to win prizes!
-Free showing of the Disney movie, Moana

Winter Corn Hole Tournament
Saturday, December 29th  10:00AM-1:00 PM
$10/Team Early Registration
$20/Team After 12/25
Who will be crowned the Corn Hole Kings/Queens?
-1st, 2nd, & 3rd Places = $$ Prizes
-Pizza, Wings, Music, & Door Prizes
-Sponsorships Available to Promote Your Business

Dwyer Family Fun Day
Saturday, February 23rd  10:00 AM-1:00 PM
Community Event
Come join this family event, sponsored by the Dwyer Veterans Peer-to-Peer program. Enjoy free organized sports, rock climbing wall, music, food, family games, inflatable bounce house and obstacle course.

GLOW YMCA’S CODE OF CONDUCT
The GLOW YMCA is founded on Christian principles; and we strictly prohibit inappropriate behaviors and conduct. This includes, but is not limited to, profanity or abusive language or attire, smoking, use of alcohol or drugs, the removal of YMCA property, and criminal conduct of any type. Such inappropriate behavior or conduct is unacceptable and the YMCA consequently retains the right to deny membership to its applicants and to revoke a membership of any current member or participant at its sole discretion.

The protection of members and guests who are utilizing the YMCA is of paramount concern to the GLOW YMCA. Therefore, we reserve the right to deny access or membership to any person whose behavior is judged to be in conflict with the welfare and safety of other members and/or staff; who is a registered sexual offender; has pleaded guilty to or been convicted of any crime involving sexual abuse or a crime against persons such as child, spousal, or parental abuse or any offense relating to the sale or transportation of illegal, habit forming or dangerous drugs; or who is presently, clearly under the influence of intoxicating beverages or behavior modifying drugs.

ORLEANS COUNTY YMCA
Operating Hours
Monday - Thursday  5:30AM - 9:30PM
Friday          5:30AM - 7:30PM
Saturday        8:00AM - 1:30PM
Sunday          9:00AM - 1:30PM
CLOSED: December 25th for Christmas & January 1st for New Year’s Day
CLOSING EARLY: Christmas Eve & New Year’s Eve

Find us on Facebook

United Way
CORN HOLE TOURNAMENT

SATURDAY, DECEMBER 29, 2018
PIZZA, WINGS, & PRIZES
ORLEANS COUNTY YMCA
10:00 AM - 1:00PM
REGISTRATION AT 9:30AM

Entry fee must be received by start
* $10/Team for Pre-Registration
$20/Team After December 25 & At Door
Prizes for 1st, 2nd, & 3rd Places

$10 per team*

Want to promote your business & the Y?
Sponsorships available:
$50, $100, $250, or $500.