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

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,

As spring finally returns to Orleans County, it has been exciting to see our membership continue to grow at the YMCA. Our desire to be a center hub in the community is beginning to spread, as Orleans County continues to thrive.

As we wrap up our winter fundraising season, I would also like to take the time to thank our donors for their support of our Annual Strong Communities Campaign. This year, we have neared the end in raising over $29,500 in scholarship dollars, which will benefit over 150 individuals and families. As a charity, our mission is to ensure that no one is ever turned away due to their inability to pay. Thanks to our donors, I am proud to say that no one will. If you or someone you know could benefit from a YMCA scholarship, please inquire online or at the front desk for opportunities. If you have not contributed yet, there IS still time and there IS a need for your impact.

Lastly, I encourage you to take a look at our spring program offerings and take note of the many programs to benefit people of all ages that are provided within this guide. There is truly something for everyone here at the Y this Spring!

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

Laura Fields, Child Care Director
lfields@glowymca.org

Gabriella Pawlak, Eagle’s Pride Daycare Director
gpawlak@glowymca.org

Lisa Thrash, Eagle’s Pride Daycare Administrator
lthrash@glowymca.org

GIVE GROW INSPIRE
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.

GENERAL INFORMATION AND POLICIES
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.

<table>
<thead>
<tr>
<th>Membership Categories</th>
<th>Joining Fee</th>
<th>Monthly Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (Ages 0-12)</td>
<td>$15</td>
<td>$120*</td>
</tr>
<tr>
<td>Junior (Ages 13-17)</td>
<td>$25</td>
<td>$18</td>
</tr>
<tr>
<td>Young Adult (Ages 18-24)</td>
<td>$35</td>
<td>$22</td>
</tr>
<tr>
<td>Adult (Ages 25+)</td>
<td>$60</td>
<td>$31</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$65</td>
<td>$39</td>
</tr>
<tr>
<td>Family</td>
<td>$75</td>
<td>$48</td>
</tr>
<tr>
<td>Senior (Ages 62+)</td>
<td>$50</td>
<td>$28</td>
</tr>
<tr>
<td>Senior Couple (Ages 62+)</td>
<td>$65</td>
<td>$45</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type of Day Pass</th>
<th>Cost Per Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day Pass (ages 18 &amp; up with valid photo ID)</td>
<td>$10</td>
</tr>
<tr>
<td>Family Day Pass (2 adults with their children)</td>
<td>$20</td>
</tr>
</tbody>
</table>
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.

Spring Session Dates: April 28th – June 15th, 2019

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: $30
Youth Non-Members: $45

Adult Members: $30
Adult Non-Members: $45

MOMMY AND ME PLAY GROUP
This Parent-Led Play Group offers unstructured 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, and more.

Thursdays 10:00-11:30 AM
Birth- 5 Years Old
Free to Members
Non-Members: $2/drop-in
$15 for a 10-Pack
$20/session (7 weeks)

YOUTH SOCCER
Develop soccer skills with activities and competition for 1st-6th Grades. This will be held outdoors, weather permitting. Poor weather will be in Y gym.
**Depending on the number of participants in each class, classes may be combined or times change.

Thursdays
6 - 8 year olds
6:00 PM – 7:00 PM
$40 / $60

9 - 11 year olds
7:00 PM – 8:15 PM
$40 / $60

YOUTH GOLF @ SHELRIDGE
MAY 14 - JUNE 25
Develop golf skills with activities and competition for 1st-7th Grades. The Shelridge Country Club Pro Staff lead this program alongside the Y to give your child the best golf experience around!

Tuesdays
Youth Members: $40
Youth Non-Members: $60

ONLY 10 SPOTS!
SUMMER DAY CAMP

Spend the summer with us here at the YMCA. Children will need to bring their own lunch, appropriate gym clothes, and sneakers. Each day will carry themes while having a blast engaging in sports, arts, theatre, field trips, and service.

Runs from 7:30 AM to 3:30 PM.

DAY CAMP FOR GRADES 1-6

LEADERS-IN-TRAINING (LIT) FOR GRADES 7 & 8

COUNSELORS-IN-TRAINING (CIT) FOR GRADES 9-12

-CIT is a free program that develops high school students to lead younger students. CIT students “pay their way” through volunteer hours.

WEEKLY RATES:

7:30am - 3:30pm 5-Day Option:
Member Rate: $115/week
Non-Member Rate: $145/week

7:30am - 6pm 5-Day Option:
Members Rate: $145/Week
Non-Members Rate: $175/Week

Half-Day (7:30am - 12:30pm only):
$70/Week for Members
$95/Week for Non-Members

WEEKLY THEMES:

Week 1* Happy Holidays July 1-5
Week 2 Kids Got Talent July 8-12
Week 3 Fear Factor July 15-19
Week 4 Science Week July 22-26
Week 5 Sports Week July 29-Aug 2
Week 6 Book Week Aug 5-9
Week 7 Under the Big Top Aug 12-16
Week 8 Fiesta! Aug 19-23
Week 9 Super Hero Aug 26-30

*There is NO CAMP on July 4th.

Enjoy our Weekly Themes with Friday Specials & Field Trips

Early Bird Registration from 1/14/19 - 3/29/19*
$10/week/child deposit

*Register during Early Bird to enter into a drawing for a FREE week of camp!
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 child watch hours – 3 hour time limit (24 hour notice required).
FAMILY Members ONLY: $10/1st child
$5 each additional child

BIRTHDAY PARTY
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 & INFLATABLE RENTAL
A 2 hour party with free play in the gym, as well as, supervised access to Inflatable Bounce House and/or Obstacle Course.
Bounce House: $160/$185
Obstacle Course: $180/$205
Both Inflatables: $220/$250

BATTING 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

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, and Medina School Districts.

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

SUMMER DAY CAMP
Spend the summer with us here at the YMCA. Children will need to bring appropriate gym clothes and sneakers. Each day will carry themes while having a blast engaging in sports, arts, theatre, field trips, and service.

Runs from 7:30 AM to 6:00 PM.

DAY CAMP FOR GRADES 1-6
LEADERS-IN-TRAINING FOR GRADES 7 & 8

WEEKLY RATES:
7:30am - 3:30pm 5-Day Option:
Member Rate: $115/week
Non-Member Rate: $145/week
7:30am - 6pm 5-Day Option:
Members Rate: $145/Week
Non-Members Rate: $175/Week
Half-Day (7:30am - 12:30pm only):
$70/Week for Members
$95/Week for Non-Members
ADULT SPORTS

ADULT CO-ED SAND VOLLEYBALL
Co-ed sand volleyball league for adults. Two females must be on the court at all times. League will be held at the Sacred Heart Club Sand Courts. League will include playoff competition (12 weeks)

Tuesdays
Team Fee: $225
Mandatory Captain’s Meeting: June 4, 2019
First Day of Competition: June 11, 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

BATTLING 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

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 in a non-contact setting. The recommended age for this class is 8 years-adult and parent/child participation is encouraged.

Tuesdays
Youth Members: $30
Youth Non-Members: $45
Adult Members: $30
Adult Non-Members: $45

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 N

*YMCA Birthday Parties may interfere and cancel times.

Members: FREE
Non-Members: $50/session (7 weeks, unlimited)
$5/drop-in
10-Pack: $30
Social Responsibility

Started by volunteers more than 165 years ago, the YMCA remains a volunteer led and volunteer driven organization. Locally, volunteers are at the heart of every aspect of the YMCA. Policy, program and fundraising volunteers help chart the course, steer the ship and fuel the engine of the YMCA.

Policy Volunteers
Program Volunteers
Fundraising Volunteers

Contact Greg Reed, at greed@glowymca.org for more information on Volunteer Opportunities.

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
7:00-9:00PM
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 Cogovan 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 Genesee 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.
Monday, Wednesday, & 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, & Wednesday 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
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 CLASSES

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
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.

SPECIAL EVENTS!!

American Red Cross BLOOD DRIVE
Monday, April 29th 2:00PM-6:00 PM
Free Community Event
-Donate Blood. Save a Life...and money on your Y membership.
-Joiner Fee Waived and Current Members earn a FREE month of membership, if you donate blood that day.

National Senior Health & Fitness Day
Wednesday, May 29th 9:00 AM–12:00 N
FREE Community Event
Come join over 100,000 older adults across the country to participate in healthy and fun activities on May 29th. Local partnering agencies will join us in Group Exercise classes, Pickleball, Card Games, Nutrition, and More!

Family Fun Night: Summer Kick–Off
Friday, June 14th 5:30PM-7:30 PM
Free to Members | Non–Members: $5/Family
Come join us in with the Rock Wall open, Open Gym, Game Room, Music, and showing of “The Greatest Showman.”
*Must pre-register by noon on Thursday before by calling the YMCA at 585.798.2040.
You don’t want to miss this family–friendly event!

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
(Last Sunday is May 19th)
CLOSED: Monday, May 27th—Memorial Day