



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY STARTS HERE



**Series 4: February 26 – April 7**

**Series 5: April 15 – June 2**

**Registration Dates:**

**2.13 members/2.16 non-members**

**4.2 members/4.5 non-members**

**Register at the Y or ONLINE!**



[Canandaigua-ymca.org](http://Canandaigua-ymca.org)

# Join Us

## Table of Contents

**Share Your Story:** Page 3

**Member Details:** Page 4

**Member Fees:** Page 5

**Youth Swimmers:** Page 6

**Specialty Swim Programs:** Page 7

**Adult Aquatics:** Page 8

**Healthy Living Programs:** Page 9

**Train to Tri:** Page 10

**Group Exercise Descriptions:** Page 11

**Special Thompson Health Programs:**  
Page 12

**Active Older Adults:** Page 13

**School Age Child Care Programs:** Page 14

**Youth Development:** Page 15

**Youth Enrichment:** Page 16

**Healthy Kid Programs:** Page 17

**Teen Programs:** Page 18

**Special Events for kids and the family:**  
Page 19

### Hours:

Monday through Friday: 5:30 am - 9:30 pm

Weekends: 7:30 am - 5:30 pm

### Closures - Special Hours:

May 28: Memorial Day Closed

April 8: Easter Closed

### Summer Hours Begin May 29:

Monday-Friday: 5:30 am to 9 pm

Saturday & Sunday: 7:30 am to 4:30 pm

## YMCA Board of Directors

Al Lupton, Chief Volunteer Officer

Nancy Alexander	Rick Brown
Stephen Cole	Sharon Donovan
Penny Elliott	Dan Hemming
Gail Herman	Perry Hicks
Jennifer Kelley	Bill Fuge
Bob Locke	Janet Mamula
Dan Pennise	Amy Principato
Terry Rockwell	Nancy Sheridan
Marc Simmons	Willie Simmons
Don Snyder	Brett Utter
Matt Vahue	Debbie Cole-Wenderlich
Tom Wood	

## YMCA Key Staff

Laurie O'Shaughnessy, CEO

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Kaitlyn Sennett, Aquatics

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### Contact Information:

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Street, Canandaigua, NY 14424

[www.Canandaigua-YMCA.org](http://www.Canandaigua-YMCA.org)

Phone Number: 585.394.6866

Fax Number: 585.394.7781

## BE A LIFELONG MEMBER AT THE Y!

# BEATING IT IN 2012!

Our Y is full of success stories. The person next to you on the treadmill or the parent next to you watching swim lessons is sure to have a story to tell about his or her connection to the Canandaigua Y. Share yours with us by emailing - [Lindsey@canandaigua-ymca.org](mailto:Lindsey@canandaigua-ymca.org).

### A Place For Everyone:

Finding both time and finances to take care of ourselves can be challenging. A single father and his two children found themselves needing a little extra help and thanks to funding through our Annual Campaign they are able to pay a reduced membership rate. Being a part of the programs and the environment here helps them tackle day-to-day challenges to become a stronger family.

As a single parent having the opportunity to use the wellness center or participate in a program with his children helps his family lead a healthier lifestyle. Even with a busy schedule he comes five to six times a week, which gives him an escape as well as an opportunity to connect with others.

His teenage daughter is part of the Canandaigua Aquatics swim team, where she has spent four years building confidence and teamwork with her peers. It has also taught her commitment and given her a sense of belonging. His pre-teen son is part of our before and after school program. Here he can learn and grow in a safe and fun environment. He plays to exert after school energy, but he also is able to finish his homework with guidance from staff, which provides the family with quality time together in the evenings.

This family has built relationships within the Y. It is a community within a community. Coming here is comfortable. The father commented, "if you can use or benefit from any programs the Y has to offer, what are you waiting for?"

Our Y is here to offer a stable, healthy, volunteer-driven environment for the entire family. Thanks to our many supporters, we are able to open our doors to the entire community.

Pick up a financial aid form at the Welcome Desk. Even if it is just a small amount of assistance, it is better than nothing at all.



# COUNT ON US

## Member Benefits:

At the Y, we exist to strengthen community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause. And create meaningful change not just for you, but also for your community.

A membership gives you the key to the following: group exercise classes, trained staff, unlimited use of the wellness center, gym, pool, racquetball courts; specialty programs for Active Older Adults, dance classes, preschool, Teen health programs and FREE child watch! As a member you receive priority treatment with a chance to participate and use everything first. We are here; now it is up to you! How are you going to experience the Y?

## Card Requirements

Entry to the Y by membership card only. Please bring it with you. Replacement cards are available for \$2.00.

## Guest Policy:

Guests are welcome at the Canandaigua YMCA. All must present a photo ID and pay the daily fee.  
Youth (through Grade 12): \$5.00  
College Student (Must show ID): \$5  
Adult: \$10.00  
Family (same household): \$15.00

## Locker Room Usage:

Five Locker Rooms are available for day use only. Family/Special Needs, Men/Boys, Women/Girls (both poolside and an overflow by the wellness center).

## Away Program

Traveling out of town? Use your card at over 600 YMCAs nationwide and be admitted at no charge or half of a guest fee. AWAY means "Always Welcome at YMCAs".

## Insurance Information

The YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk.

## Age Requirements

All children under the age of 8 must be accompanied by an adult or have a parent/guardian in the building at all times, unless in a registered child care/preschool program.

**Children ages 8—12** must be accompanied by an adult, unless participating in supervised, recreational activities. These include open gym, open swim or registered programs. Children need to be signed in and out by a parent.

## Age Requirements by Program Area

Wellness Center Ages 16+ (Age 13+ with the introduction through a teen training program. Contact Melissa Gasparly for details.)

Group Exercise Classes Age 13+

Sauna Age 19+

Lap Swimming at discretion of the guard.

Open Swim - Check online pool schedule

Child Watch minimum Age 6 weeks

Adult Basketball Age 19+

## Photo & Cell Phone Policy

Cell phone use is not permitted in locker rooms, wellness center, gym and other program areas. Photos and videos may be taken only with permission of YMCA management and all



# MEMBER FEES

Category	Monthly Fee	Passport Fee*	Joining Fee
<b>Family</b> (2 adults + children under 22 in one house)	\$73.00	\$93.00	\$75
<b>Individual Parent</b> (1 Adults + children in one house)	\$61.25	\$83.50	\$75
<b>Senior Couple (62+)</b>	\$59.50	\$83.50	\$75
<b>Senior (62+)</b>	\$44.00	\$56.00	\$75
<b>Adult (23-61)</b>	\$53.50	\$62.00	\$75
<b>Young Adult (18-22)</b>	\$34.25	\$47.00	\$30
<b>Youth (thru grade 12)</b>	\$16.50	NA	NA

## FINANCIAL ASSISTANCE

We believe that no one should be denied membership solely because of inability to pay. Assistance applications are available at the Welcome Center desk. Assistance is granted based on proof of need and available resources. All information is kept confidential.

- Passport Memberships allow for use of the Canandaigua YMCA and any of the 10 branches of the YMCA of Greater Rochester.
- Joining Fees are Tax Deductible, and are only charged to new memberships and those that have lapsed more than 30 days. These fees are used as a source of funds to enhance membership services.
- Payments can be made in one annual payment, or by direct debit from a bank account or credit card. There are no long term contracts for direct debit. Just provide 30 days written notice of your wish to stop the draft, and you are all set. \$20 service fee for any returned checks or drafts.



- Insurance Co-Pays - Many health insurance policies now cover membership and program costs to help ensure a healthier lifestyle for their subscribers. MVP Gold provides membership through the Silver Sneakers® program, and Medicare Blue Choice subscribers can be covered through the Excellus Silver&Fit® Program. MVP provides additional programs, and you can reach them for details at 325-3113. Excellus information can be obtained at [www.excellusbcbs.com](http://www.excellusbcbs.com) or at 1-800-671-6081.

## SESSION / CLASS INFORMATION

Most classes are scheduled for a 7 week session. We guarantee 6 classes if more than one class is cancelled due to weather, illness or other obstacle we will credit you or a "make-up" class will be offered. Refunds/credits are not provided for classes missed for a personal reason, unless a doctor provides a medical excuse for the missed program.

## REGISTRATION

Registration for programs is taken at least one week prior to the new session. Register online or at the welcome desk. Space may be limited, so sign up early. If two prices are listed members receive the lower price.

## Important Note on Program Book:

Things are always changing at the Y. We try to plan everything out for each series, but sometimes the book gets it wrong. Check our website or give a quick call before coming if you are concerned.

## Young Child Lessons and Youth lessons:

Every day, children learn the basics of swimming at the Y or enhance their skills with our progressive lessons that turn beginners into experts, Skips into Flying Fish. Our kids are having fun, being healthy, learning safety and building confidence all at the same time!

Bring your kids to the Y for swim lessons and watch them learn life lessons, too.

### Young Child Lessons

(6 months. - 5 yrs.)

Swim diapers are required for all children not fully potty trained.

Classes meet for 6-7 weeks.

**COST:** \$40/\$72

#### Skips (Parent/Child ages 6-36 mos)

Songs, safety and water enjoyment with parent.

M 9:30-10:00 am

T 6:05-6:35 pm

TH 6:15-6:45 pm

SA 9:00-9:30 am

#### Pre-Pike (Parent/Child ages 33 mos-5 yrs.)

Transition from swimming with a parent to an instructor-directed class.

M 10:05-10:35 am

TH 9:00-9:30 am; 5:00-5:30 pm

SA 9:35-10:05 am;  
10:45-11:15am

**Pike** (3-5 yrs.) Introduction to swimming on front, back and side. Float belts used. Low instructor-to-student ratio.

M 10:05-10:35am

TU 5:30-6:00pm

W 5:00-5:30pm

TH 9:00-9:30am; 5:35-6:05pm

SA 9:00-9:30am;  
10:10-10:40am; 10:25-10:55am;  
11:00-11:30am

**Eel** (3-5 yrs.) For those comfortable wearing just 1-2 bubbles. Gain endurance and confidence on front, back and side while working toward no float belt.

M 9:30-10:00 am

TU 4:55-5:25 pm

W 4:15-4:45 pm

TH 9:35-10:05 am;  
5:45-6:15pm

SA 9:35-10:05 am

**Ray** (3-5 yrs.) Front/back crawl, sidestroke, elementary backstroke, breast stroke. Rhythmic breathing/kneeling dives. No float belts.

TU 5:30-6:00pm

SA 10:10-10:40 am

### Youth Lessons (6-14 yrs.)

**Cost:** \$38/\$70

**Tadpole** Beginners with little or no water experience. Introduction to swimming on front, back and side. Float belts are used.

TU 5:00-5:40 pm

SA 9:30-10:10 am

**Polliwog** For those comfortable wearing just 1-2 bubbles. Gain endurance and confidence on front, back, and side while working toward no float belt.

TU 5:00-5:40 pm

W 3:30-4:10 pm

TH 5:00-5:40 pm

SA 9:30-10:10 am

**Guppy** Front/back crawl, sidestroke, breaststroke, elementary backstroke. Rhythmic breathing/kneeling dives. No float belts.

TU 4:15-4:55pm; 5:45-6:25pm

W 4:15-4:55pm

TH 5:45-6:25 pm

SA 10:15-10:55 am

**Minnow** Further stroke development. Rotary breathing/standing dives.

W 3:30-4:10 pm

TH 5:00-5:40 pm

SA 11:00-11:40 am

**Fish** Butterfly, open turns and surface dives are introduced.

TU 5:45-6:25 pm

SA 11:00-11:40 am

**Flying Fish** Advanced swimmers. Butterfly is further developed and flip turns are introduced.

SA 11:40-12:20 pm



# Specialty Swim Programs

## Special Offerings for Adults:

### April Break Special

A special adult aquatic exercise class will fill spring break week - April 9 - 13. Class will meet M/W/F 11:00 am - 12:00 pm  
Pre-registration required.

### Hydro Training:

Running in the pool is a zero-impact work out with resistance that works different muscles in the off-season when you can't get outside to run or your training is derailed by an injury. Single 1-on-1 session (includes emailed follow-up workouts). For more information, contact [Tri@canandaigua-ymca.org](mailto:Tri@canandaigua-ymca.org).

**Cost:** \$35 members/\$50 non-members

### Aquatic Personal Training:

Personalize your water workouts with one-on-one trainer. These specialty routines can help you focus on a certain area you want to strengthen. For members only.

**Cost:** Initial Assessment \$35

2x1 hour sessions \$70

5x1 hour sessions \$150

7x1 hour sessions \$180

### Water Rehabilitation

Our pool is the perfect environment for a wide variety of individuals who need to build strength, flexibility and endurance. The water is a safe and comfortable place, decreasing force on body tissue and reducing joint impact. For members only.

**Cost:** 8 week program \$120  
Initial Assessment \$35

For more information on our specialty programs please contact Kaitlyn Sennett at 394-6866 or email her at [Ksennett@canandaigua-ymca.org](mailto:Ksennett@canandaigua-ymca.org).

## Special Offerings for Younger Swimmers

### Pre-Competitive Swim: (Ages 5 & UP)

Introduction to all four competitive strokes; starts, turns and streamline. Geared at children interested in joining the swim team.  
Pre-requisites: 25 yds. front crawl and 25 yds. back crawl without float belt and completion of Guppy/Eel.

April 17th-June 21st

(No classes during school breaks)

TU 4:30-5:30 pm

TH 5:30-6:30 pm

**Cost:** \$80/\$140

### Interswim (3-12 yrs.)

A one-on-one program. 7x30-minute sessions by appointment only. Contact Kaitlyn at 394-6866 or email [KSennett@canandaigua-ymca.org](mailto:KSennett@canandaigua-ymca.org)

**Cost:** \$80/\$120

### Splash Week

Each year, we offer a week of free beginner level swim safety lessons, to provide everyone an opportunity to enjoy and be safe around water. This is made possible thanks to donations to our Annual Campaign! Pre-registration required at Welcome desk.

### Spring Break Week - April 9 - 13

### Community CPR & First Aid Certification:

Get certified in CPR and First Aid at the Canandaigua Y with our American Heart Association instructor. We make it easy for you to learn the proper way in assisting with an emergency situation.

- Mon. & Wed. Feb. 27 & 29: 6:30 pm to 9:30 pm
- Wednesday, April 11: 1:30 pm to 7:30 pm

**Cost:** \$30 OPEN TO THE PUBLIC!

Register at the Welcome desk or online.

# ADULT AQUATICS

\* Water shoes are recommended \* Classes run within series dates \* Please pre-register.

*Classes are rated on a scale 1-5, with 1 being the easiest and 5 the most difficult level of cardiovascular intensity.*

## **Aquatone A (Level 2)**

Shallow-end workout, including balance exercises reducing stress on hip and knee joints helping you increase range of motion, mobility and endurance.

M/W/F 11:00 - 12:00 pm

**Cost:** \$36/\$68

## **Aquatone B (Level 3)**

All the benefits of Aquatone A, but with a higher level of cardiovascular intensity.

TU/TH 9:00 - 10:00 am

**Cost:** \$24/\$46

## **Aquacize + (Level 4-5)**

Full body workout in deep and shallow water. Core, strength and cardio training with emphasis on abdominal, back and posture exercises.

TU/TH 10:30 a.m. - 12:00 p.m.

**Cost:** \$36/\$68

## **Full Throttle (Level 4-5)**

High-resistance, zero-impact full body workout in deep water. Core, strength and cardio training.

M/W/F 10:45 a.m. - 11:45 a.m.

**Cost:** \$36/\$68 per series

## **Rise-n-Cise (Level 4-5)**

Full body workout in deep and shallow water. Core, strength and cardio training with emphasis on abdominal, back and posture exercises.

M/W/F 8:00 - 9:00 am

**Cost:** \$36/\$68 per series

## **Aqua Beats & Cardio (Level 4-5)**

Full body workout in deep and shallow water. Core, strength and cardio training with emphasis on abdominal, back and posture exercises.

W 6:00 - 7:00 pm

**Cost:** \$12/\$24 per series

## **Gentle Movements at the VA**

For those who need warmer water (90-95 degrees) we have teamed up with the VA for this class. The focus is on improving muscle tone and enhancing flexibility and range of motion. The pool is located at the VA, building #3.

M/W 12 - 1 pm

**Cost:** \$25/\$50 one day per wk.  
\$50/\$100 two days per wk.

## **Private Swim Lessons:**

All levels welcome; those injured or in their off-season consider working on your swim skills and strength. Requires Initial Assessment, completed together with Stephanie or Ingrid. Email [Tri@canandaigua-ymca.org](mailto:Tri@canandaigua-ymca.org) to schedule your Initial Assessment and regular lesson time or fill out contact information form at the Welcome desk.

**Cost:** \$140/\$180

## **Senior Splash:**

The pool is a perfect environment for seniors; it is easy on the joints and still a great workout. Fun and shallow-water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability required.

M/TU/TH 1:30-2:15 pm

**Cost:** NC/ MEMBERS ONLY



# HEALTHY LIVING

## Personal Training Options:

These opportunities will give you the confidence you need to step out of your comfort zone.

### Private Training:

Personal Training programs offer motivation and direction. Treat yourself to one-on-one workouts with our qualified personal trainers.

2-1 hour sessions \$70/per person

5-1 hour sessions \$150/per person

10-1 hour sessions \$250/per person

### Small Group Training (2-3 people)

Cost: 2-1 hour sessions \$45/Person

5-1 hour sessions \$100/person

10-1 hour sessions \$175/person

**Trainers:** Michelle Andrews, Dan Rice, Cheryl Zulick, Jennifer Muscato, Jill Simmons, and Aimee Gagne

### Fit Quest:

Do you come to the gym but don't feel you are seeing results? Do you need a workout plan? Then Fit Quest is for you, Fit Quest will help familiarize you with our wellness center and create a workout plan for you.

Members Only \$75 for 4 sessions

### TRX Suspension Training:

New suspension training system, used by everyday fitness enthusiasts all the way to the elite athlete. Challenge yourself in new ways with this body weight training method. Runs for 6 wk. series - \$10 per series - Registration Required.

### Strength/Cardio Combo

Sunday: 8-8:45 am

Monday: 8-8:45 am

Wednesday: 8-8:45 am

### Flexibility & Core Strength

Tuesday: 7:30-8:15 am

### Strength Blast:

Tuesday: 12-12:45pm

Thursday: 12-12:45 pm

**\*\* Possible Evening Class to be added \*\***



## In 2012 Try Something New!!

As a new member or a longtime member the best thing you can do in 2012 is to vary your workout. Don't allow your body to become accustomed to an exercise routine.

By incorporating different pieces of equipment or different classes your body is forced to work harder to adapt and respond, which makes you burn more fat and increase lean body mass. Sticking to what is comfortable will make you hit a plateau.

Here are some classes to help you move out of your box:

### FREE Lunchtime classes:

**Cardio Pump:** Raise your heart rate while burning those pre-lunch time calories. In this class you will use weights, body bars and more.

**Mon./Fri.:** 12-12:45 pm; Studio 1

**Zumba:** Spend your lunch time moving your hips to the popular Latin Rhythms; it will make you forget everything going on at work!

**Wed.:** 12-12:45 pm; Studio 1

### Other New Classes!

**Extreme Body Class:** Utilizing a variety of different pieces of equipment in a small group setting this class will give your workout the blast you need to confuse your muscles. Sessions will incorporate kettle bells, ropes, weights and more!

**Tues./Thurs.:** 4:30-5:30 pm

**Cost:** \$60 members/\$75 non-members

Runs for 6 wk. series - Registration is Required.

**Cycle Boot Camp:** Get a vigorous and effective total body cardio and strength workout, with intervals both on and off the bike.

**Wed.:** 5:45-6:30 am w/Lori

Same price as regular cycling

## TRAIN 2 TRI

2012 is your year to Tri! Don't be intimidated — it's time to push yourself out of your comfort zone. Train 2 Tri at the Y is for everyone - current athletes or new members.

Our USA-T certified coaches Ingrid Lagoe and Stephanie Bolster are here with different programs to help you reach your personal goal.

Contact [Tri@canandaigua-ymca.org](mailto:Tri@canandaigua-ymca.org) to learn more about the Tri program.

### Tri Happenings:

**March is Train 2 Tri Month!** Acquaint yourself with the triathlon events and participate in different activities throughout the month to find that you really can take on the challenge!

#### Everyone can Tri!

##### Sunday, March 4

Begin your tri training with our indoor triathlon! It will consist of a 15 minute swim, 15 minute bike and 15 minute run. (7 minute interval for kids.) Register now on [Active.com](http://Active.com) or [Canandaigua-ymca.org](http://Canandaigua-ymca.org).

**Individual** \$35, **Relay**: \$80; **Kids Tri**: \$15

#### “Spin into Spring:”

##### Saturday, March 31 - 8 am to Noon

Get ready to ride outside with an inside spin marathon. You pick your duration and distance - 1, 2, 3 or even 4 hours. It's your choice! Sign up and ride with your favorite instructor in the Main St. Lobby. Register online or at the Welcome desk.

**Cost:** \$10 per hour



### Train 2 Tri Programs:

Pick the program that fits your training style best, whether individual or in a group setting.

**Individual Coaching:** One-on-one training for new triathletes or seasoned athletes. Weekly small group training sessions, underwater video analysis, periodic performance evaluation and weekly training plans sent to you online.

**Cost: Members:** \$200 1st month/  
\$150 additional months

**Non-members:** \$225 1st month/  
\$175 additional months

**Training Group:** Set a goal and train for it together! Our tri coaches will provide you with detailed workouts every week to help you reach your goal. Once a week, the group will get together for a coached workout sessions, teaching you the basics of a triathlon. This 12-week program culminates with the Mini-Musselman sprint triathlon on July 14.

**Cost:** \$150 members/\$175 non-members

**Team Train 2 Tri:** Work out with a group once a week. As a group you will build relationships and motivate one another. It is a fun, upbeat environment for those who are looking to stay in shape.

**Cost:** \$75 members/\$100 non-members

**Underwater Camera Assessment:** Schedule your personal 30-minute appointment at [tri@canandaigua-ymca.org](mailto:tri@canandaigua-ymca.org). We will film your stroke and provide you with specific drills and suggestions to improve on your stroke in an email follow-up.

**Cost:** \$35 members/\$50 non-members

**Hydro Training:** Running in the pool adds resistance, zero-impact and works different muscle groups in the off-season. See pg. 7 for full details.

**Cost:** \$35 members/\$50 non-members

**Private Swim Lessons:** Improve and strengthen your stroke by working with Ingrid or Stephanie. Requires initial assessment. For full details see pg. 7.

**Cost:** \$140/\$180

# Healthy Living – Group Descriptions

## “Rev it Up”

**Boot Camp:** High Intensity class, utilizing plyometric exercises, intervals and core strength training. Space allotted to first 25, sign up at Welcome Desk before each class.

**Cycle Reebok:** Stationary bike ride with a variety of different training techniques – spin your way thin.

**Kickboxing:** High intensity interval workout using defined movements with kicks and punches to focus on core strength and support.

**Step & Sculpt:** Work out to pop rock music, with basic step aerobics and transition to isolation exercises to tone & sculpt. Floor work, ab exercises and stretching round out the session.

## “MOVE MORE”

**Advanced Step Blast:** Step aerobics with challenging choreography. Blast portion sculpts upper body & abdominals.

**Spencer Pilates:** Use props such as Balls and Bands to strengthen core muscles along with classic mat routines—each class is unique and different so feel free to stop in anytime!

**Sunrise Surprise:** Wake your muscles with an early morning strength training class. Warm-up, and then work on upper and lower body strength using a variety of equipment. End with an ab workout and stretching.

**Cardio Walk:** Instructor guided walking program on our track, to provide motivation and accountability.

**Total Body Fit:** Strengthen core muscles and increase flexibility as you work with Resist-a-Balls, resistance bands and weights. Challenge the total body with this complete workout.

**Ocean Motion:** Sculpting class set to rhythmic sounds of ocean waves. Combination of floor exercises, standing lunges and squats to tone and redefine abs, legs and gluts. Ends with 5 minutes of meditation. Good for spirit, mind and body.

**ZUMBA:** Calorie burning, body energizing, awe-inspiring movements to hypnotic Latin rhythms. Includes interval fast/slow rhythms and resistance training to tone and sculpt while burning fat.

See class schedule on  
[www.canandaigua-ymca.org](http://www.canandaigua-ymca.org)

## “Muscle Builder”

**Body Shop Abs:** Fast paced, 30 minute strength training class, using light weights with minimal rest between sets to produce a calorie burning/cardio effect. Then, 15 minutes to focus on abs.

**Build-A-Body:** Complement your cardio workouts with this class focusing on strength training. Tone, maintain or build muscles, with safe lifting techniques.

**Lower Body Blast:** Start with a cardio warm-up of step aerobics, and finish with exercises to tone lower body and abs.

**Ultimate Abs:** Focus on developing “ultimate” core muscle strength by targeting ab/back muscles. Concludes with a flexibility stretch cool down.

## “BREATHE, STRETCH, STRENGTHEN”

**Gentle Yoga:** (Level 1) Strengthen and stretch the whole body and increase the feeling of well being with deep breathing held in **standing** and **seated** poses.

**Intermediate Yoga** (Level 2): Raise the heart rate with flowing standing postures as well as deeper standing postures to build stamina and strength in arms, legs and core.

**Yoga for Fitness:** Flow patterns of strength movements originating from the core to build strength and endurance while increasing flexibility and balance.

**Yogalates:** Combine yoga and pilates to increase flexibility and strengthen core.

**Tai Chi/Qi Gong:** Ancient exercise called “meditation in motion”. Slow moving exercises that will increase flexibility, mobility and balance to promote overall health and well-being. Qi-gong is a Chinese healing art to decrease stress and improve health vitality to energize the body.

**Kripalu Yoga with Karen Snow:** Explore your edge today – Get to know your body like never before through this inquiry based Yoga class. Learn new Pranayama techniques, and Ride the Wave of Sensation. Class includes meditation.

# WORKING TOGETHER

## Thompson Health Programs:

We are teaming up with Thompson Health Sports Medicine Center once again to offer a variety of education programs to help prevent an injury. Each program works to show you how to do a movement properly to reduce the risk of getting hurt. You do not need to be an athlete to attend these classes; anyone can benefit. It is important to understand how an every day movement that isn't performed correctly can lead to an injury.

Learn how to do day-to-day things the correct way! It will benefit you in the long run.

## WIPP™:

Warming up is the most common thing people forget prior to working out, but it is the most important! Your muscles need to be warmed up to decrease the likelihood of an injury. WIPP is a specifically designed warm-up program incorporating five components of Sportsmetrics for maximum efficiency and conditioning: Dynamic Warm-Up, Plyometrics, Strength, Flexibility and Agility. Learn how to incorporate these moves into your fitness routine.

**COST:** \$10 members/\$15 non-members

**Dates:** February 16 - 4:00 - 5:00 pm

March 1 - 4:00 - 5:00 pm

March 15 - 4:00 - 5:00 pm

## Golf Fit:

Don't let your golf clubs collect dust this off-season, pull the clubs out and get yourself ready for the season. Improve your game, have more fun and reduce your risk of injury with this program. Golf Fit works on flexibility, core stability, posture, strength and balance.

**COST:** \$10 members/\$15 non-members

**DATES:** February 7 - 1:00 - 2:30 pm

March 6 - 1:00 - 2:30 pm

## Tuff Cuff:

This program is intended to increase endurance and strength of smaller muscles like the rotator cuff and elbow joint. After this program, you will have a better understanding of how to properly strengthen your rotator cuff prior to throwing, as well as how to maintain strength during the season. The strengthening exercises will be taught in addition to a proper warm-up and throwing program. A certified athletic trainer from Thompson Health's sports medicine center will teach you how to get stronger, stay strong and decrease your chance of injury.

**Cost:** \$10 member/\$15 non-member

**Dates:** February 23 - 4:00 - 5:00 pm

March 8 - 4:00 - 5:00 pm

March 15 - 4:00 - 5:00 pm

For more information on Thompson Health Center visit [www.thompsonhealth.org](http://www.thompsonhealth.org) or call the Sports Medicine Center at 585.396.6700

**Register in advance online or at our Welcome Desk. 15 participants are required for all programs.**



# Active Older Adults

## Things to know about Health Insurance:

Many health care providers offer programs to ensure you are able to maintain health and wellness no matter your financial situation. They make it easy for you to pay for a membership to a fitness club or exercise center. Here at the Y we participate with the MVP Silver Sneakers program and BlueCross BlueShield Silver & Fit program. These programs cover your membership here at the Y!

For specific information call your health insurance provider today to see if you are eligible!

## What is AOA?

At the Y we are here to keep you young in your golden years! We offer a variety of fitness programs, but we know you are looking for more than physical benefits. You want to build a sense of community and strengthen social ties, so we encourage socializing and volunteering. Each positively affects your health.

Patty Spaid is the AOA coordinator, here to help you with all your questions. She also plans the FUN, EXCITING social activities. It's all about adding a little more fun to the golden years. Come and join in!



## Simple Tip for New Active Older Adults:

Many people inquire about the proper clothing for working out. It is simple we want you to be comfortable! It doesn't matter if you're working out in the Wellness Center or if you are taking a class—make sure you are comfortable. Have a good pair of sneakers but be yourself. (For the pool have a swim suit and water shoes if necessary.)

## SOCIAL TIME!

Register for all events at Welcome Desk.

### Friday, February 23 at 1 pm - MOVIE DAY!

Join our group for a late afternoon matinee at the Canandaigua Theatre to see "One For the Money."

**Cost:** \$5.75 for movie

### Wednesday, March 14 at 12:30 pm

#### St. Patrick's Day Celebration

Irish or not enjoy a corned beef and cabbage lunch. It will take place in the teen center at the Y.

**Cost:** \$5

### Tuesday, April 17 at 10 am

#### Spring Sampler—Try a Different Class!

Step out of your comfort zone and try the other things we offer at the Y! It will be an event to sample different classes. After class create your own sandwich and mingle.

**Cost:** \$3

# ALWAYS HERE FOR YOU!



## Vacation Fun Club:

School holidays, half days or emergency snow days—days when there is no school, but you still have to work; don't worry we will be here.

Fun clubs provide a safe environment for kids to continue building friendships through games, crafts, swimming and so much more. Breakfast and afternoon snacks are provided.

Programs are available from 7 am - 6 pm.

*The only time we close is for a State of Emergency!!*

## Upcoming Fun Clubs:

**Mid-Winter Break:** February 20-24

**Canandaigua Conference Day:** March 16

**April Break:** April 9-13

**Memorial Day:** May 28

Check [www.canandaigua-ymca.org/School-age-child-care](http://www.canandaigua-ymca.org/School-age-child-care) for all of the 1/2 days, conference days, and other special days for all schools.

**COST:** \$35/\$42 per day or \$175/\$210 for a full week

## SCHOOL AGED SUMMER CAMP!

Don't leave your kids hanging during the summer, beginning **APRIL 1** sign them up for **full day** camp at the Y. Kids K - 12<sup>th</sup> grade can come and partake in Summer Camp.

K-5, will participate in **Traditional Summer Camp**, which is 10 weeks of FUN including a variety of activities, like sports, swimming, arts and crafts, sing-a-longs, field trips and so much more. All activities revolve around a different weekly theme.

Teens, 6<sup>th</sup> grade and up, can participate in the **Teen Trackers program**. In this program teens build self-confidence and team work by developing their own activities. Your creativity builds your own summer camp.

Teens, 14 to 17, who develop an interest in child care can participate in the **Counselor in Training program**. CIT's will participate in numerous trainings throughout the summer including basic first aid, CPR, teambuilding, etc... These are the counselors of the future!

**Dates:** June 25 - August 31

Registration Fee: \$25 - **Register before May 1 and this is waived!!!**

Weekly Rates:

Traditional Camp: \$165 Member/ \$210 NM

Teen Trackers: \$120 Member/ \$165 NM

CIT Program: \$130/2 weeks (CIT is bi-weekly)

For all the information or registration packet visit the SACC page or call 394-1440, direct child care line.

# Youth Development

## Child Watch

Free program (up to 2 hours) for Family/Individual Parent members. Your child (age 6 weeks and up) can enjoy friends and activities while you enjoy your workout.

**M-TH** 8:30 am - 8 pm

**F** 8:30 am - 5 pm

**SA** 8 am - Noon

## Drop N' Shop

During child watch hours you might need additional time or run errands, so Drop N' Shop for up to 3 hours, while you go off site for shopping, appointments, etc...

Members Only

**Cost:** \$10/Additional Child \$5

## Parents Night Out:

Reconnect, relax and enjoy a night out while your children, 6 weeks and up, have fun with us! Kids are given dinner and can go swimming (swimming only for ages 3 and older). Meets the first Saturday of each month.

March 5 - 4:30-8:30 pm

April 7 - 4:30 - 8:30 pm

May 5 - 4:30 - 8:30 pm

June 2 - 4:30 - 8:30 pm

**Cost:** \$12 first child/\$6 additional kids;  
Non-members: \$15/\$6

## Family Center:

Free program (up to 2 hrs.) for Family/Individual Parent members. Your child (age 4 and up) can enjoy friends and activities while you enjoy your workout. In the soft gym kids can be more active and exert more energy.

**Please make sure kids have socks.**

**Mon-Thurs: 5:15 - 8 pm**

**Tues/Wed/Thurs: 10:30 - 11:30 am**



## Friday Youth Night:

For kids in grades 3-6. Children are invited to play basketball, soccer, football, swim or relax in the teen center. Please do not bring your kids before 6:45 pm. Vending machines available for snacks.

**Fridays:** 7-9 pm

**COST:** \$12/\$24 per session;  
\$7 drop in rate per night

**Guest night: February 17, March 30, June 1**

Bring your little brother, sister or younger friend (K-2<sup>nd</sup> grade) to introduce them to the fun of Friday night at the Y.

Free for those with older siblings;  
\$5 drop in rate

## GREAT ACTIVITIES FOR THE "Youngsters"

### Bounce it Out

Kids can burn off some of that never-ending energy by bouncing it out in our inflatable bounce houses. Open to all ages, children must be supervised by an adult and please make sure kids have socks!

**Thursdays:** 11 am - Noon

**COST:** FREE/ \$5 per family nonmembers

### Gym and Swim (3-5 yrs.)

Let the kids run and swim in our supervised gym and swim program. This activity is purely for kids to have fun playing with other kids their same age. Staff plays games in the gym and then takes kids swimming. Kids should come dressed with swimsuit under clothing. Drop off in the family center and pick up in the pool!

**Mondays:** 9:45-11 am

**COST:** \$15/\$25

### First Time Fun!

Activities to engage infants and toddlers in small and large motor skills and a chance for the parents to meet others.

**Tuesdays:** 9:45-10:30 am

**COST:** \$8/\$16

# YOUTH ENRICHMENT

## Summer Fun for the youngsters and 1/2 Day summer camp!

Don't delay-here are some programs to keep your children entertained this summer. Registration for summer programs begins April 1.

### Preschool Summer Camp:

Keep the kids learning and exploring by registering for Preschool Summer Camp. Kids, 3 - 5 or 6 who have not yet completed kindergarten will play games, make crafts, read stories, swim and spend free time outside.

**Cost:** \$50/\$70

July 9 - August 17: 9 am to Noon

### Just for Fun Club:

Don't want your kids to sit home all summer, need a little break to run errands, want the kids to explore what Canandaigua has to offer? Sign them up for Just for Fun camp our half day camp! They will spend time at the Y playing games, doing crafts and swimming. They will also go out into the community to the library, fishing, Kershaw and more to explore their own environment. Pick and choose the weeks your children will attend. Kids will learn, build relationships and have a blast with 1/2 day camp.

**Cost:** \$35/\$65

July 9 - August 17; 9 am to Noon

## Preschool 2011-2012

Sign your child up for our 2012 school year preschool program. Children will learn to socialize and adapt to new situations. They will work on basic learning skills with colors, shapes, numbers, etc. Gym and swim time is offered to 3 and 4 year old classes.

Classes are available for 2, 3 and 4 year olds.

Registration begins April 1.

## WE HOPE YOU DANCE

Boys and girls it's time to DANCE! Here are some special dance programs.

### Princess or Prince Dance Camp:

Every little girl wants to be a princess and little boys want to be princes. Miss. Bernie will help make them official royalty through dance, lessons on proper etiquette, crown creation and creating a memory scrapbook. On the last day of camp parents are invited to see what their royalty has learned. And parents, grandparents, etc. are invited to dance with their little prince or princess!

February Break 20 - 24; 10:00 - 11:00 am

**Ages:** 4 - 10 year olds

**Cost:** \$40/\$50

### Super Hero Camp:

We are going to help your 'little hero' become a 'Super Hero.' Boys and girls will learn how to follow the same daily regimen as their favorite superhero - Spiderman, Batman, Wonder Woman, Superman, etc... to have super powers. These guidelines include: eating right, exercising right, following rules, being responsible for self and others, showing respect and coming up with their own Super Hero name. All with a little dance!

Spring Break: April 9-13; 10 - 11 am

**Ages:** 4 - 8 year olds

**Cost:** \$40/\$50



## Time to Get Active Kids!

We provide a variety of different programs to keep kids healthy and strong.

### Tae Kwon Do

Kids age 4-13, can build confidence, discipline and strength with this program. Tae Kwon Do is a self-defense, sport and exercise class.

Ages 4-13.

**M/W** 4:45-5:25 pm;

**Sat** 9:30-10:15 am

**Cost:** \$47/\$67 per month

### Fencing

Improve fitness, coordination and mental skills with fencing.

#### Beginner & Youth (Foil & Epee)

**Tues.** 7 - 8 pm

**Cost:** \$55/\$70

#### Ages 13+ Fencing (Epee & Sabre)

**Tues.** 7 - 8:30 pm

**Cost:** \$55/\$70

### Fitness Classes for Tweens

#### (Ages 8-13)

**Youth Fitness Games:** Enjoy a variety of fun games all while raising your heart rate.

Mon. 4-5pm

**COST:** \$7/\$15

**Youth Cycling:** Indoor cycling class for teens!

Mini Lance Armstrong's in training!

**Sat.** 10:45-11:15

**COST:** \$7/\$15

**Youth Yoga:** Kids can build strength, endurance and balance all while relieving the stress from being a teen!

**Fri.** 4-4:30 pm

**COST:** \$7/\$15

### Tween Aquatics

#### Turbo Teens (8 & Up)

Get off the couch and have some fun with friends in the pool! Water work outs are great for all fitness levels. Take the bus from the middle school to the Y with a friend and get in on the action.

**TU/TH** 3:45-4:30 pm

**Cost:** \$10/\$20

## Special Event for Kids

Hershey Track and Field Games: Encourage your children to challenge themselves at the 2012 track and field games. Kids ages 9-14 are invited to show us their strength in one or all of the competitions - running, jumping or throwing. It doesn't matter if they aren't as fast as a bolt of lightning it matters that they try!

Winners of each event and age group will move on to the state competition, continue to regional competition and finally make it to the nationwide finale weekend! Your child could make it all the way.

Please make sure to bring birth certificate to show proof of age.

**Friday, June 1** 6:00 - 8:00 pm

Canandaigua Academy Track

**FREE!**



# TEENS

**\*\* NEW \*\***

## Y Teen Night

Grades 6 and up are invited to the Y on Saturday Nights to play games, watch movies or simply hang out with your friends! Swimming will be available on the first Saturday of the month.

Registration is required but it is FREE.

No school, no teen night, we follow the Canandaigua School Calendar. For more information please call 585.394.1440.

**Time:** 7:00 - 9:30 pm

## Midnight Y-Ball

Enjoy a game of basketball on Friday night; ages 14 - 20 are invited to play. Stay fit and stay safe on Friday night.

**Time:** 9:30 pm to Midnight

**Cost:** \$3 members/\$5 non-member



## Teen Personal Training

Does your teen want to reach their competitive sports goals? Do they want to prevent injuries or begin to develop healthy habits? Then we have the program for them! Sign them up for our affordable Teen Personal Training program to help them meet their individual goals!

1 on 1 Training

2-1 hour sessions \$60/per person

Buddy Training:

2-1 hour sessions \$35/per person

## Teen Wellness Center Orientation

Kids who aren't 16 can take our FREE Orientation to work out in the wellness center. Parents must fill out the request form at our welcome desk, then we'll contact you to set up the first of three appointments to complete your orientation.

## Leaders Club:

FREE club for all teens to gain leadership skills in communication, problem solving, planning and decision making, and cultural competency. They will carry these skills out in service projects in the community. Leaders Club meets on the 1<sup>st</sup> Wednesday of each month from 5 pm to 7 pm in our Teen Center. Stand up and be a leader today!

**Teen Center:** Come hang out at the Y after school. It is more fun than sitting at home! We have the teen center with games, television, and supervision. It is FREE for members and non members w/ a free snack. Open until 6 pm.

## Transportation from Canandaigua Middle School to the Y:

If your teen needs a ride from the middle school to the Y; all you need to do is sign a registration form. See Ed in the Teen Center.

## Special Events:

### **A Day of Caring: Thursday, April 19**

Give your time and support to our community through the United Way of Ontario - Day of Caring. Come together with one another for this momentous day. To find out how you can help or how your business could help visit [www.unitedwayontariocounty.org](http://www.unitedwayontariocounty.org).

### **Healthy Kids Day– May 5:**

It's time kids and families get off the couch and get moving! Healthy Kid's Day is the community's chance to celebrate children and promote healthy lifestyles. Families will be able to enjoy our facility and visit with local organizations to learn all about safety and being healthy. Our hope is to encourage kids and families to kick start a summer of physical activity and learning with Healthy Kids Day.

**FREE to the whole community**

### **Spa Night:**

Mothers, daughters and ladies come enjoy a night of bonding and pampering. Local businesses will provide a variety of different services for you to feel like a queen.

Coming in May 2012

Cost: \$20 Members



### **Wacky Wednesday:**

Every second Wednesday of each month is WACKY WEDNESDAY for kids to learn while having FUN! Sign up is required on the Tuesday before the event.

#### **March 14 - Dinosaur Adventure**

Your child will become a little archeologist after this truly Wacky Wednesday. Kids will learn and piece together a dinosaur after diving for all the pieces in a sandpit.

**Cost:** \$3 members/\$5 non-members

**Time:** 4:00-5:00 pm

**Ages:** 5-10

#### **April 11 - Wildlife Defenders**

Exotic animals take over the Y! Wildlife Defenders will be bringing a variety of different animals from around the world to teach kids the importance that these animals have on our environment.

NO CHARGE, but please consider bringing a product for the Wildlife Defenders such as: kitty litter, old newspapers, paper towels, soap, sponges, garbage bags, etc... see complete list on website.

**Time:** 4:00-5:00 pm

**Ages:** 5 - 10

#### **May 9 - Main St. Scavenger Hunt**

Test your true knowledge of Canandaigua by participating in a Main Street scavenger hunt.

**Cost:** \$3 members/\$5 non-members

**Time:** 4:00 pm-5:00 pm

**Ages:** 8-12

#### **June 13 - Fishing on the Pier**

Enjoy sun, fun and FISHING by the pier. Learn about all of the different kinds of fish that live in our lake. Children are asked to bring their own fishing pole, if they do not have one please let Michele Albrecht know in advance! Parents who want to volunteer we would love your help.

**Cost:** \$3 members/\$5 non-members

**Time:** 4:00 pm - 5:30 pm

**Ages:** 6-12

# Canandaigua Family YMCA

32 North Main Street, Canandaigua, NY 14424

585.394.6866

[www.canandaigua-ymca.org](http://www.canandaigua-ymca.org)

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