



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**BUILD MORE
THAN MUSCLE.**

ORLEANS COUNTY YMCA

WINTER I SESSION PROGRAM GUIDE
JANUARY 5 – FEBRUARY 15, 2020 (6 WEEKS)

Registration Begins:

December 11, 2019

Members and current participants

December 16, 2019

Open Registration to all



Orleans County YMCA • 306 Pearl Street • Medina, NY 14103 • 585.798.2040 • www.glowymca.org

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,

Happy Holidays to you and your family! Here at the Y we are gearing up for a great start to 2020.

When looking back at 2019, our Strong Communities Campaign raised over \$29,000, and the Orleans County YMCA provided over \$40,000 in scholarship dollars to over 170 individuals and families. As a charity, our mission is to ensure that no one is ever turned away due to their inability to pay for programs and services. As we also gear up for the 2020 campaign, we reflect on our past success and look forward to raising even more support to meet our community needs next year.

I encourage you to take a look at our Winter program offerings and take note of the many opportunities to connect through special events, community gatherings, and regular programming we have to offer within this guide. **A few new exciting programs will be Judo and Canal Club's Snowshoeing, along with our 2nd Annual Cornhole Tournament.** We look forward to seeing you throughout the upcoming days!

Sincerely,

Greg Reed | Orleans County YMCA Executive Director

YMCA STAFF:

Greg Reed, Executive Director
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GIVE GROW INSPIRE

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: 1/5-2/15

JUDO **NEW PROGRAM**

Judo is a modern form of martial art which needs great balance upon one's body and mind. The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such as strength, flexibility, agility, speed, and balance.

Coach Marie has 35 years of Judo experience with a 4th degree black belt from USJF and a bronze medalist from the 2008 US Nationals. You're in for a treat!

Tuesdays

Ages 8-12

Youth Members: \$35

Youth Non-Members: \$50

5:30-6:45 PM*

*Times subject to change, based on numbers.



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

10:45 AM-12:00 N

Birth- 5 Years Old

Free to Members

Non-Members: \$2/drop-in

\$15 for a 10-Pack

\$20/session (7 weeks)



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 night with more league play.

**Times subject to change, based on numbers.

Thursdays

Ages 6-10

Youth Members: \$40

Youth Non-Members: \$60

6:30 - 7:45 PM**



CANAL CLUB: SNOWSHOEING

Snowshoeing is a type of hiking that involves walking over snow with the assistance of footwear that displaces weight over a larger area. This allows for memorable, serene winter hikes, even when it's difficult to get outside. Join us as we explore all that Orleans County has to offer!

Saturdays

Ages 8-Adult

Members: \$35

Non-Members: \$50

9:00 - 10:00 AM



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

5:30-6:15 PM

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

***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 Inflatable Bounce House and/or Obstacle Course.

Bounce House: \$160/\$185

Obstacle Course: \$180/\$205

Both Inflatables: \$220/\$250

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, & 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)

SCHOOL'S OUT EVENT

NO SCHOOL. NO WORRIES.

NERF WAR: Mid-Winter Break: February 18

Looking for something epic to do when school is out? Look no further! Join us on February 18 for a legendary Nerf War. Registration includes pizza and drink.

\$5 For Members | \$10 For Non-Members

Ages 5-7 from 11:00am-12:30pm

Ages 8-13 from 1:00-2:45pm



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

Team Fee: \$225

REGISTRATION DEADLINE: January 13th, 2020

First Day of Competition: January 20th, 2020

Starting at 6:30PM

CANAL CLUB: SNOWSHOEING

Snowshoeing is a type of hiking that involves walking over snow with the assistance of footwear that displaces weight over a larger area. This allows for memorable, serene winter hikes, even when it's difficult to get outside. Join us as we explore all that Orleans County has to offer!

Saturdays

Members: \$35

Non-Members: \$50



9:00 – 10:00 AM

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).

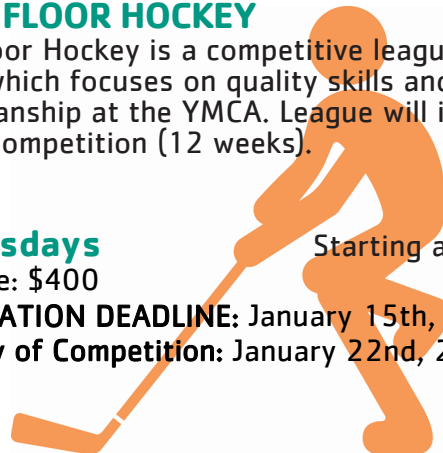
Wednesdays

Team Fee: \$400

REGISTRATION DEADLINE: January 15th, 2020

First Day of Competition: January 22nd, 2020

Starting at 7:00PM



CORNHOLE LEAGUE

Interested in starting a grassroots Cornhole League at the YMCA? We are inquiring on interest to start a league. Each league would play one night a week and would consist of 2 matches per night with each match consisting of 3 games. All games are played to 21 with cancelation scoring being used. Standing score will be kept through the 9 weeks of regular season matches with the league tournament during the 10th week. Call the Y, if you are interested!



Tuesdays

Members: \$40/person

Non-Members: \$65/person

Starting at 6:30 PM

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

10-Pack: \$30

SOCIAL RESPONSIBILITY

A poster for a Corn Hole tournament on a wood-grain background. At the top left is a blue square with the 'the Y' logo and '@ the Armory'. The title 'CORN HOLE tournament' is in large white letters, with the 'O' in 'CORN' being a solid black circle. Below the title, it says 'SATURDAY, DECEMBER 28, 2019', 'PIZZA, WINGS, & PRIZES', 'ORLEANS COUNTY YMCA', and '10:00 AM-1:00PM'. Below that, 'REGISTRATION AT 9:30AM'. A blue square on the left says '\$20 per team*'. To the right, it says 'Entry fee must be received by start', '*\$20/Team for Pre-Registration', '\$30/Team After December 25 & At Door', 'Prizes for 1st, 2nd, & 3rd Places', and 'Professional & Recreational Divisions'. At the bottom left, it says 'Want to promote your business & the Y? Sponsorships available: \$100, \$250, \$500, or \$1,000.' At the bottom right is a blue diamond shape with 'Door Prizes'. At the very bottom, it says 'Orleans County YMCA | 306 Pearl St, Medina, NY 14103 | 585.798.2040' and 'All proceeds will benefit Orleans County YMCA Scholarships'.

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

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.

WELLNESS CLASSES AND HEALTHY LIVING

All Wellness Classes are FREE for Members

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
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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.

Wednesday & Friday	9:00 AM - 9:45 AM
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
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INTERVAL BOOTCAMP **ELITE THURSDAY

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
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Y WELLNESS REWARDS PROGRAM:

Healthy Living is a Consistent Lifestyle; and we want to reward that! Each month, visit the YMCA 10 days or more for a chance to win YMCA apparel or gift certificates from local Orleans County businesses. Ask our Front Desk Staff or more details.

CYCLING CLASS **NEW BIKES IN JANUARY

An instructor-led workout on our NEW PRECOR SPINNING BIKES. 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	6:00 PM - 7:00 PM
Thursday	6:45 PM - 7:30 PM
Saturday	8:30 AM - 9:30 AM



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
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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
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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
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EXERCISE CLASS SCHEDULE AVAILABLE at www.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.

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 Categories	Joining Fee	Monthly Rate
Youth (Ages 0-12)	\$15	\$120* (annual rate only)
Junior (Ages 13-17)	\$25	\$18
Young Adult (Ages 18-24)	\$35	\$22
Adult (Ages 25+)	\$60	\$31
Single Parent Family	\$65	\$39
Family	\$75	\$48
Senior (Ages 62+)	\$50	\$28
Senior Couple (Ages 62+)	\$65	\$45

GUEST POLICY

Guests are welcome at the YMCA. YMCA members are allowed to bring guests. Guest pass fees are below. Fees are reduced by \$1.00, if you come with a YMCA Member.

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.

Type of Day Pass	Cost Per Visit
Adult Day Pass (ages 18 & up with valid photo ID)	\$10
Family Day Pass (2 adults with their children)	\$20

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. *Gift cards are valid for one year from the date of 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.

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!!

2nd Annual Corn Hole Tournament

Saturday, December 28th 9:30 AM-2:00 PM

\$20/Team Early Registration

\$30/Team After 12/25

Who will be crowned the Corn Hole Kings/Queens?

- 1st Place = \$\$ Prizes
- Pizza, Wings, & Door Prizes
- Sponsorships Available to Promote Your Business

Free Family Roller Skating

Monday, December 30th 1:00 PM-4:00 PM

Free Community Event

- Bring a non-perishable food item to enter a raffle for prizes!
- Skates provided, so please no personal skates.

NERF WAR: Mid-Winter Break Edition

Tuesday, February 18th 11:00 AM-2:45 PM

\$5 for Members | \$10 for Non-Members

Registration includes 90 minutes of Nerf War games, pizza, and drink.

Darts and glasses provided. Bring your own Nerf gun.
Ages 5-7 (11am-12:30pm) | Ages 8-13 (1-2:45pm)



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

