BUILDING BRIDGES
STRENGTHENING
OUR COMMUNITY

WINTER SESSION 2 PROGRAM GUIDE
FEBRUARY 23 – APRIL 25, 2020 (8 WEEKS)

EASTER BREAK 4/5-4/12

Registration Begins:
February 10, 2020
Members and current participants

February 17, 2020
Open Registration to all

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

Orleans County YMCA • 306 Pearl Street • Medina, NY 14103 • 585.798.2040 • www.glowymca.org
Dear Friend of the Y,

The YMCA is the perfect place for all people who are looking to grow, learn, and get the most out of life. At the Y, it doesn’t matter where you are from, what you look like or how much you earn. Everyone belongs.

The Orleans County Y has been making a difference in our local community for decades. Our volunteers and staff are deeply committed to fulfilling the Y mission through quality programs focused on health and wellness, child care, camps, and sports.

Our Y takes great pride in its ability to serve all, regardless of financial circumstance, through the Strong Communities Campaign. **This year our branch goal is $30,000.**

With your help, the Y will continue to offer EVERYONE in our community the opportunity to take part in:

- Quality youth sports programs that help kids to develop athletic and social skills while learning the values of personal responsibility, sportsmanship, and teamwork;
- Lifestyle and fitness programs, like GirlStrong and the YMCA Canal Club, that teach everyone the skills and knowledge needed to enjoy a better quality of life;
- Quality child care that provides working parents with safe, engaging activities for their children during the hours they are at work;
- Quality family programming that helps open the lines of communication, build trust and strengthen the bond between parents and their children.

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**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.

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**YMCA STAFF:**

Greg Reed, Executive Director  
**greed@glowymca.org**

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

Liz Pickle, Child Care Coordinator  
**lpickle@glowymca.org**

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**lthrash@glowymca.org**

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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 2 Session Dates: February 23rd - April 25th

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
Birth– 5 Years Old
Free to Members
Non-Members: $2/drop-in
$20/session (8 weeks)

10:45 AM–12:00 N

CANAL CLUB: SNOWSHOEING
Snowshoeing is a type of hiking that involves walking over snow with the assistance of footware 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!

February 15–March 21
Saturdays
9:00 –10:00 AM

Members: $35
Non-Members: $50

YOUTH FLOOR HOCKEY
Develop hockey skills with activities and competition for 1st–5th Grades in a supportive and fun environment.

Thursdays
Ages 6–12
Youth Members: $40
Youth Non-Members: $60

6:30 – 7:45 PM

PEE WEE SOCCER (PRESCHOOL)
Interested in giving your preschooler more experience with soccer in an instructional, safe, and fun setting? Children will learn the fundamentals of soccer, 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

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
Members: $35
Non-Members: $50

6:30–7:30 PM*
*Times subject to change, based on numbers.
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
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 7–9

WEEKLY RATES:
7:30am – 3:30pm 5-Day Option:
Member Rate: $120/week
Non-Member Rate: $150/week

7:30am – 6pm 5-Day Option:
Members Rate: $150/Week
Non-Members Rate: $180/Week

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

Weekly Themes:

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Call Your Orleans County YMCA to find out more!

SUMMER DAY CAMP PROGRAM @ THE Y ALL SUMMER LONG

Enjoy our Weekly Themes with Friday Specials & Field Trips
Early Bird Registration from 2/10/20 – 4/11/20*
$10/week/child deposit
*Register during Early Bird to enter into a drawing for a FREE week of camp!
ADULT SPORTS

ADULT CO-ED VOLLEYBALL
Co-ed recreational volleyball pick-up league for adults. Stop by to enjoy some competition with other adults in the community. Pick-up games will be held in the Orleans County YMCA Gymnasium.

Mondays
Pick-Up League
Starting at 6:30 PM
Members: FREE
Non-Members: $3/Drop-In

CANAL CLUB: SNOWSHOEING
Snowshoeing is a type of hiking that involves walking over snow with the assistance of foot- wear 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!

February 15–March 21
Saturdays
9:00 –10:00 AM
Members: $35
Non-Members: $50

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
Members: $35
Non-Members: $50

CORNHOLE LEAGUE
Join the Y for a tailgate favorite. Whether you are competitive, play for fun, or a beginner, this is the place for you! Choose between doubles, over 50, or a parent/child league. Each league will play one night a week and will 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.

Over 50 Division: Wednesdays at 10:00am
Parent/Child Division: Wednesdays at 6:00pm
Adult Doubles: Fridays at 6:00pm
*Days and times subject to change.

Members: $40/person
Non-Members: $65/person

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

Tuesday & Thursday
OPEN PLAY TIME
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

*Times subject to change, based on numbers.
SOCIAL RESPONSIBILITY

Tai Chi for Wellness
FREE classes for caregivers of loved ones with memory loss.
Come on your own or with your loved one!
Others are welcome to enroll - space permitting.

Wednesdays & Fridays, 1:30-2:30pm
March 4 - May 1, 2020
Location: Orleans County YMCA
305 Pearl St., Medina

For more information or to register:
Call or email Wendy 585-287-6430
wambro@lifespanrochester.org

What is Tai chi?
Tai chi combines slow moving with deep breathing.

What are the benefits?
Increase strength, balance & posture.
Prevent falls.
Improve mind, body & spirit.
Reduce stress and increase relaxation.

Have fun.

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

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

ANYTIME (Download the FOD App for scheduled classes)

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

Friday 11:00 AM - 11:45 AM

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

Saturday 9:00 AM - 9:45 AM

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

CYCLING CLASS **NEW BIKES AT THE Y**
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 5:30 AM - 6:15 AM
Thursday 6:45 PM - 7:30 PM
Saturday 8:30 AM - 9:30 AM

TAI CHI FOR WELLNESS **NEW CLASS**
Tai chi combines slow movements with deep breathing. Partnering with Lifespan, these classes are designed for caregivers of loved ones with memory loss, but all are welcome to attend from March 4 - May 1.

Wednesdays & Fridays 1:30 PM - 2:30 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

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

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 for more details.

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

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

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

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

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

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)

Free Family Roller Skating w/ GCASA
Thursday, February 20th  
1:00PM-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.

Healthy Kids Day
Friday, March 20th  
6:00PM-8:00 PM
Free Community Event
Come join us in fun activities that promote active minds and healthy bodies:
-Local organizations will participate with us to engage youth and families in learning more about our health.
-Rock Wall, Inflatable Obstacle Course and Bounce House, Door Prizes, Music, Food, Physical Activity, & More!
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
CLOSED: Easter Sunday (4/12)
Closing at Noon on Good Friday (4/10)