

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



TURN OVER A NEW LEAF

FALL II SESSION PROGRAM GUIDE

NOVEMBER 8 - DECEMBER 19, 2020 (6 WEEKS)

Registration Begins:

October 28, 2020

Members and current participants

November 2 2020

Open Registration to all

Our Mission:

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

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.

Fall Session II: 11/8-12/19



HOMESCHOOL EXTENSION PROGRAM

****NEW COLLABORATIVE PROGRAM****

This drop-off program is the perfect supplement to your child's current curriculum. On Thursdays, physical education and art/music (by Lee-Whedon Library & GOArt!) are offered with optional social-networking parenting classes. Students will have two 50-minute rotational classes, which will be separated by age groups of Pre-K to 1st grade and 2nd to 5th grade.

Thursdays

1:30-3:15 PM

Pre-K - 5th Grades

Youth Members: \$40

Youth Non-Members: \$65



CANAL CLUB "EXPLORE"

Looking for community that isn't virtual? Join our Executive Director, Greg, every Tuesday afternoon at trailheads around the county for hiking or snowshoeing "meet-ups". We can't wait to "explore" all that Orleans County has to offer!

Tuesdays

3:00-4:00 PM

FOR ALL AGES

Members: FREE with Membership

Non-Members: \$20

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.

Saturdays

9:00-10:00 AM

Ages 3-5

Youth Members: \$30

Youth Non-Members: \$50



YEAR-ROUND PROGRAMS

CHILDWATCH HOURS

Monday - Thursday

4:00PM - 7:30PM

Saturday

8:00AM - 11:30AM

*Family Membership Categories only, 1.25 hr. limit per visit.

FREE with a FAMILY MEMBERSHIP

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)

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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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 Studio at your convenience.

RETURNING SOON...

BARRE **NEW CLASS**

Barre is a toning, body-weight-lifting workout. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles—no ballet experience required.

Monday	5:45 AM - 6:30 AM
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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!

RETURNING SOON...

INTERVAL BOOTCAMP

Energetic, high energy cardio & strength class to challenge you for your fitness goals. Class outline based on Instructors design (subject to change).

Tuesday & Thursday	5:30 PM - 6:30 PM
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STRETCH AND STRENGTH **NEW CLASS**

This class is designed to improve your balance, flexibility, and range of motion while strengthening your core muscles. Relaxation and flexibility techniques with periodic strength exercises will be the perfect way to start your day.

Friday	5:45 AM - 6:30 AM
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CYCLING CLASS

An instructor-led workout on our NEW PRECOR SPINNIN BIKES. This high-energy class is low-impact; and you control the intensity of each class by modifying resistance and body positions.

Monday	5:30 PM - 6:30 PM
Wednesday	5:30 PM - 6:30 PM
Saturday	8:00 AM - 9:00 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.

RETURNING SOON...

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

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!!

Dia De Los Muertos Virtual Celebration

October 27-November 1

Partnered with GOArt! & Mariachi De Oro

- FREE Craft Kits Available at the Y & local libraries.
- Visit the Ofrenda at Mariachi De Oro in Medina with Authentic DoD Cuisine for purchase.
- More details are at www.MedinaDoD.com.

High School Scholarship Blood Drives

Friday, October 30th 10:00 AM-2:00 PM

Your Blood Donation contributes to saving lives AND a Scholarship for a Medina High School student in October.

Tuesday, December 1st 8:00 AM-12:00 PM

Wednesday, December 2nd 2:00 PM-6:00 PM

Your Blood Donation contributes to saving lives AND a Scholarship for a Orleans/Niagara BOCES High School student in December.



ORLEANS COUNTY YMCA

Operating Hours

Monday - Saturday 7:00AM - 12:00PM

Monday - Friday 4:00PM - 8:00PM

Sunday CLOSED

CLOSED: Thurs, November 26 - Thanksgiving

Closes at 12:00pm on Wed, November 25th

