



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING BRIDGES STRENGTHENING OUR COMMUNITY

WINTER SESSION PROGRAM GUIDE  
FEBRUARY 7 – MARCH 20, 2021 (6 WEEKS)

**Registration Begins:**

February 1, 2021

Members and current participants

February 3, 2021

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.

Winter Session Dates: February 7th – March 20th



## 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: SNOWSHOEING MEET-UPS

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!

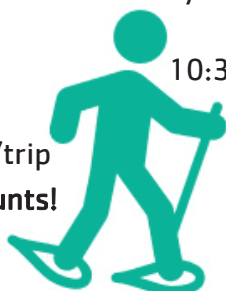
### Saturdays

10:30 – 11:30 AM

Members: \$5/trip

Non-Members: \$10/trip

Family/Group Discounts!



## YOUTH FLOOR HOCKEY

Develop hockey skills with activities and competition for 1st-6th Grades in a supportive and fun environment.

### Thursdays

Ages 6-12

Youth Members: \$35

Youth Non-Members: \$50

\*Times subject to change, based on enrollment.

6:15 – 7:30 PM



## 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.

### Saturdays

9:00-9:45 AM

Ages 3-5

Youth Members: \$30

Youth Non-Members: \$45

## YEAR-ROUND PROGRAMS

### CHILDWATCH HOURS

Monday - Thursday

3:00PM - 6:30PM

Saturday

8:00AM - 11:30PM

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

**FREE with a FAMILY MEMBERSHIP**

## 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 Lyndonville & Medina School Districts.

More information & registration packet available at [www.glowymca.org](http://www.glowymca.org) or contact the YMCA at (585)798-2040.

# 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 will be relocated to the main Fitness Room.

ANYTIME (Download the FOD App for scheduled classes)

## BARRE

Barre is a toning, body-weight-lifting workout. With high-reps and low-impact movement, 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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## CYCLING CLASS

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



## STRETCH & STRENGTH \*\*\*NEW CLASS

This class is designed to improve our 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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## TAI CHI FOR WELLNESS

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.

Virtual Offerings

STAY TUNED

## FREQUENT Y'ER 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.

## 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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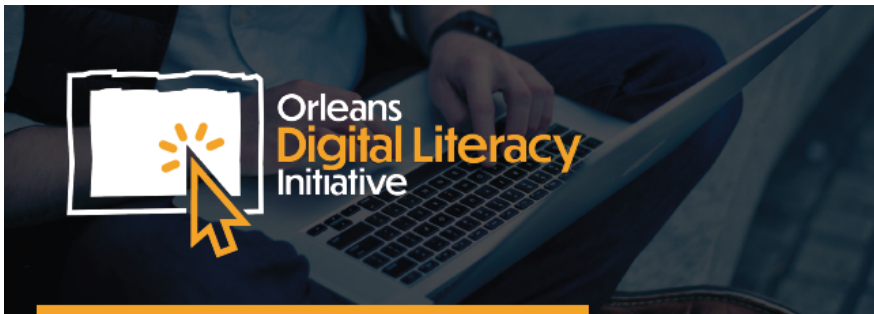
EXERCISE CLASS SCHEDULE AVAILABLE at [www.glowymca.org](http://www.glowymca.org)



# 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.



## EMPLOYMENT · EDUCATION · EQUITY

These are our reasons to **build digital literacy** and **address gaps in service** across Orleans County

Our County has been provided generous funding to plan for our approach to bridging the digital divide. And over a dozen organizations (so far) are leading the way.

## OUR GOALS

WE ARE BUILDING A PLAN SO THAT WE CAN:

- Bridge the digital divide by increasing access to hi-speed broadband internet for those who do not have access today
- Increase digital literacy skills, being sure to implement equitably so we support all our community members
- Expand access to employment opportunities, enabling promotion of the county as a desirable place to live and work

## YOUR PART

WE ARE ASKING FOR YOUR INVOLVEMENT BY PROVIDING YOUR INSIGHT, YOUR PERSPECTIVE, AND YOUR IDEAS. TOGETHER, LET'S:

- Support employers and employees as they strive to work remotely securely and efficiently
- Assist the job seeker in navigating the job search with more confidence and success
- Help families to access online education, shop online, take advantage of telehealth and therapies, and stay connected
- Enable businesses to recruit workers with increased digital literacy and expand technology solutions for their business



## ORLEANS COUNTY YMCA Operating Hours

Monday - Friday	6:00AM - 12:00PM; 3:00PM - 8:00PM
Saturday	7:00AM - 12:00PM
Sunday	CLOSED



### LEADING THE WAY (AND MAKING ROOM FOR YOU)...

Lead Agency: The United Way of Orleans County

The Arc of Genesee Orleans · Orleans County Cornell Cooperative Extension · Raising Kids Child Care Center · Orleans County YMCA · Orleans County Adult Learning Services · Community Action of Orleans and Genesee · Claims Recovery Financial Services · Litroff WNY · The Genesee Orleans Ministry of Concern · Boy Scouts of America - Iroquois Trail Council · Orleans County Job Development Agency · Representation from the Orleans County Legislature · Orleans Economic Development Agency · Orleans Microenterprise Assistance Program · Orleans County Tourism · Orleans County Association of Municipalities