



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

A LIFETIME OF HEALTHY PLAY

**FALL SESSION PROGRAM GUIDE (7 WEEKS)
SEPTEMBER 12TH – OCTOBER 30TH, 2021**

Registration Begins:

August 9th, 2021

Member Registration

August 16th, 2021

Open Registration to all

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

FOR 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 Vice President of Operations,

With fall just around the corner and the inevitable cooler weather coming our way, we here at the YMCA are gearing up for back to school and all of our fall programming returning to normal.

Located within this guide, you will find all of our current program offerings. For example, we have expanded our Child Care program to a total of ten locations throughout Genesee and Livingston Counties including the teen Center at Liberty Center for Youth. Check out the Sea Devil's Swim Team, Fireflies Gymnastics Team, Parent's Night Out, Tae Kwon Do, swim and gymnastics lessons and even birthday parties are back!

The "YMCA App" for your mobile device will give you many more convenience including access to all building schedules, informative push notifications as well as a way to scan in without needing to carry a membership key-tag.

Many of our exercise classes (land/water) as well as lap swim and racquetball court use are still on a reservation system. Please call the Y to reserve space in these areas and programs.

Lastly, our Board of Directors; a key group of dedicated volunteers who help to guide the YMCA, is currently seeking applications for new members. If you or someone you know could have a positive influence on our YMCA, please contact me for additional details.

Best in Health,

Jeff Townsend

VP of Operations

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GIVE GROW INSPIRE

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
- Reduced program fees for classes.
- Complimentary child watch during posted hours.
- Unlimited use of the wellness center, gym, pool, and fitness classes.
- Nationwide Membership-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)	No Fee	\$180* (Annual Rate Only)
Junior (Ages 13-17)	\$25	\$20
Young Adult (Ages 18-24)	\$25	\$25
Adult (Ages 25+)	\$25	\$41
1 Adult Family	\$25	\$50
2 Adults (living in same household)	\$25	\$58
2 Adult Family	\$25	\$69
Senior (Ages 62+)	\$25	\$35
2 Adult Seniors (Ages 62+)	\$25	\$54



Guest Passes

The GLOW YMCA allows unlimited guest passes for any member of our association. Guests are allowed to use the facility one time and then have the decision to join or not. Guests will remain the responsibility of the existing member while in the facility.

MEMBERSHIP FEES & PAYMENT PLANS

Pay in Full

Members may pay the full amount of their annual dues. MasterCard, Visa, cash, check or YMCA gift certificates 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 details, please contact Josh Bender, Director of Membership Operations at (585) 344-1664.

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.

AGE REQUIREMENTS

All children 10 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 years: Wellness Consultation required, must be 5 feet tall (60 inches).
- 14 years: Wellness Consultation required, adult supervision is not required.
- Must be 14 years old to participate in group exercise classes (land or water).

AQUATICS

- The pool will close for 30 minutes after the last strike of thunder or lightening per the Health Department.
- Must be 18 years old to use the saunas.
- Infants and non-potty trained toddlers must wear a swim diaper

CHILD WATCH

- Drop off available for family membership categories. 3 hours per day for ages six weeks through 12 years.

TEEN WELLNESS CENTER ORIENTATION

Ages 12-14 years

The Teen Wellness Center Orientation is designed to instruct teens age 12 and 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.

ONE-ON-ONE FITNESS ASSESSMENTS

The one-on-one fitness test and assessment is FREE to all members and is included in all personal training packages. This information provides the personal trainer the necessary test results to implement a safe, effective, and appropriate personalized program. Appointments for an assessment can be made at the Member Service Desk. Fitness Assessment components include:

- Par-Q (preliminary health history)
- Age, height, weight
- Resting heart rate and blood pressure
- Body composition (skin folds, waist-hip, and/or girth measurements)
- Cardio respiratory fitness (3-minute step test)
- Flexibility (sit and reach test)
- Upper Body Strength

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 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 unless class is cancelled by the YMCA.

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.

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 (585) 344-1664. Please remember to lock up your valuables.

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.

YOUTH TAEKWONDO

A Korean form of Martial Arts that teaches self defense techniques by use of the hands and feet, by developing coordination, strength and confidence within students. Class activities include stretching, exercise, fighting patterns, unarmed sparring and the philosophy of Tae Kwon Do. The recommended age for this class is 8-adult and parent/child participation is encouraged.

Monday & Wednesday 4:15-5:15 PM

Members: \$50
Non-Members: \$75

ADULT TAEKWONDO

Monday 5:15-6:00 PM

Members: \$50
Non-Members: \$75

LITTLE SHRIMPS

This is a perfect time for you and your little one to spend time in the pool bonding and playing. There is no formal instruction, but toys and flotation devices will be available for your convenience.

Ages 0-3 years old.

Mondays, Wednesdays & Fridays Members Only

9:15-9:50 AM Free



FALL SOCCER LEAGUE (Fall II Session)

Develop and improve youth soccer skills, such as passing and ball control through good competition and game play. *Times & Dates TBA in Fall II guide

Jr. High (Grades 4th -12th)

Weekdays and Saturdays - Competitive
Elementary (Grades K-3rd)

Saturdays at YMCA - Instructional
Pee-Wee Soccer (Ages 3-5) 9:00 AM- 9:45 AM

Saturdays at YMCA - Instructional

VACATION FUN CLUB

Spend a day off from school with us here at the YMCA. Children will need to bring appropriate gym clothes, sneakers, swimsuit, towel and a bag lunch. Runs from 7:00 AM to 6:00 PM

October 11th - Columbus Day

November 11th - Veteran's Day

November 12th - Teacher Conference Day

November 24th & 26th -Thanksgiving Break

Members: \$35 per day

Non-Members: \$55 per day



YOUTH DEVELOPMENT

GYMNASTICS CLASSES

LIBERTY STREET GYMNASTICS CENTER

LIL' TIKES TUMBLING

A parent and child tumbling class designed to have fun, improve large motor skills, and basic coordination.

LIL' ROLLERS

Introductory gymnastic class where child will learn all four gymnastic events; floor, bars, balance beam, and vault. Instructors guide the children through the skills, provide spot, and encouragement.

ROLLERS

Basic gymnastic class learning new gymnastics skills on all four events; floor, bars, balance beam, and vault. Instructors provide spotting and encouragement.

BEGINNER LEVEL I

Beginner level gymnastic class teaching the basic skills on all four events. Instructors lead children through each skill encouraging proper form and technique.

INTERMEDIATE LEVEL I

An advancement of beginner level I continuing to learn more advanced beginner level skills.

PRE-TEAM

(6 years old and up with Instructor Permission)
A pre-team level of gymnastics. Each gymnast must have successfully completed Level II or its equivalent. Instruction focuses on skill development, strength training and flexibility. Advanced gymnastics skills learned prepare gymnasts for routines performed at team level.

TEAM

(6 years old and up with Instructor Permission)
This is a competitive gymnastics team that practices year round. The team competes within the YMCA Gymnastics Program and USAG. Meets are December through May, *but competition in them is NOT mandatory*. The decision to compete is made on an individual basis. Must be a YMCA member.

GYMNASTICS FUN NIGHTS

A fun night for children to come and try out all of the events with friends and family. *Pre-registration is required.*

Friday, August 27th

6:00 - 7:00pm

Members: \$5 Non-Members: \$7

				Members	Non-Members
LIL' TYKES TUMBLING	2-3 YEARS	Saturday	10:30-11am	\$47	\$68
LIL' ROLLERS	3-4 YEARS	Saturday	10:30-11:15am	\$59	\$80
ROLLERS	4-5 YEARS	Tuesday	5:30-6:30pm	\$59	\$80
		Saturday	11:30-12:15pm	\$59	\$80
BEGINNER LEVEL I		Tuesday	5:30-6:30pm	\$67	\$89
		Tuesday	6:45-7:45pm	\$67	\$89
		Saturday	9:15-10:15am	\$67	\$89
INTERMEDIATE LEVEL I	INSTRUCTOR PERMISSION	Tuesday	6:45-8:00pm	\$77	\$101
		Saturday	11:15am-12:30pm	\$77	\$101
PRE-TEAM	INSTRUCTOR PERMISSION	Tuesday & Saturday	T: 6:45-8:00pm S: 8:45-10:15am	\$109	\$140
FIREFLY TEAM <small>Must be a Y Member</small>	INSTRUCTOR PERMISSION	Three Days a Week	TBA	\$120/mo.	NA

YOUTH DEVELOPMENT

Program Goals

The YMCA Learn to Swim Program is orientated toward student center learning. It is designed to ensure the student's safety, provide the student with regular progressive success and make the learning process more enjoyable.

At each level of the program, participants are involved in activities relating to five (5) basic components:

- Personal Safety
- Personal Growth
- Stroke Development
- Water Games and Sports
- Rescue Skills

Each skill level builds upon the preceding level, including five (5) levels covering the entire stroke and diving fundamentals and safety skills.

By ensuring that the program is student centered with developmentally appropriate activities the YMCA is able to:

- Ensure the student's safety
- Enhance the student's enjoyment
- Provide consistent, progressive success

SPLASH 'N PLAY (25 MIN)

Infants and parents work to adjust to the water and develop basic skills. Based on age, games and songs will be used to learn how to blow bubbles, kick, enter and exit the pool, and submerge their face in the water.

WATER EXPLORATION (25 MIN)

Parent/Child Class with instructor interaction. Helps toddlers learn basic water skills. Use of independent floatation devices is optional.

SWIM LESSONS

PROGRESSIVE LESSONS Youth Classes 35 min.

LEVEL 1

This is a beginner level for children. This level allows children to become acquainted with the pool, the use of floatation devices and basic skills.

LEVEL 2

Children continue to practice and build upon basic skills, now performing more skills with limited aid of a floatation device.

LEVEL 3

This is the initial intermediate level. Children further refine and develop strokes they have learned.

LEVEL 4

In this level, students work to further improve the crawl stroke, elementary backstroke, back crawl and side stroke.

PRIVATE / SEMI PRIVATE SWIM LESSON

A chance to have 1 to 1 or small group swim instruction based on individual skills and needs.

Individually Scheduled - Contact Megan Boring

Members Non-Members

SPLASH 'N PLAY	6mos-18mos	Saturday	9:00-9:30am	\$50	\$75
Water Exploration	18mos-36mos	Thursday	5:35pm	\$50	\$75
		Saturday	9:30am	\$50	\$75
Level 1	3-12 YEARS	Tuesday	5:35pm	\$65	\$89
		Thursday	6:20pm	\$65	\$89
		Saturday	9:30am or 11:00am	\$65	\$89
Level 2	3-12 YEARS	Tuesday	6:20pm	\$65	\$89
		Thursday	5:35pm	\$65	\$89
		Saturday	10:15am or 11:00am	\$65	\$89
Level 3	3-12 YEARS	Tuesday	5:35pm	\$65	\$89
		Thursday	6:20pm	\$65	\$89
		Saturday	10:15am	\$65	\$89
Level 4	3-12 YEARS	Tuesday	6:20pm	\$65	\$89
		Thursday	5:35pm	\$65	\$89
		Saturday	9:30am	\$65	\$89

**If there are less than 2 kids registered in the lesson the class will be cancelled.*

YOUTH DEVELOPMENT

CHILDWATCH HOURS

Monday – Friday 8:00AM – 12:00PM

Saturday 8:00AM – 12:00PM

*Family Membership Categories only, 3 hr. limit per day.

*Evening hours TBA in September.

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 (Children must be toilet trained to use service).

FAMILY Members ONLY: \$10/1st child
\$5 each additional child

BIRTHDAY PARTIES

Member Price/Non-Member Price

KID'S GYM

A 2 hour party with organized and free play.
\$120/\$165

KID'S GYM & SWIM

A 2 hour party with free play in the Kid's Gym as well as supervised pool time *Children under the age of 6 require an adult in the pool while swimming, children between the ages of 6-9 require a parent to be in the facility while swimming.
\$140/\$175

KID'S GYM & BOUNCE HOUSE

A 2 hour party with free play in the Kid's Gym as well as supervised access to the Bounce House.
\$165/\$230

ROOM RENTAL

A 3 hour rental of a large room on the 2nd floor. Set up and clean up is the renters responsibility.
\$50/\$85

GYMNASTICS PARTY

A 2 hour party with open gym time, birthday games, and time for a snack and presents.
\$140/\$175

LIBERTY CENTER FOR YOUTH

A safe and nurturing after school environment for teen in the City of Batavia and Genesee County area to play, grow and learn. All services will be available to youth ages 9 to 15. The Liberty Center will have a variety of different programs focusing on education, physical well-being, healthy relationships and mentoring support for positive teen development.

More information & registration packet available at www.glowymca.org or contact the YMCA at (585) 344-1664.

PRESCHOOL CLASSES FOR THE 2021-2022 SCHOOL YEAR

PLAYGROUP

Playgroup is an unstructured playtime for children who will be two by December 1, 2021. The program offers the opportunity for children to make the transition into the classroom environment for the first time under the guidance of a loving and nurturing staff. Begins 9/13/21.

THREE YEAR OLD NURSERY SCHOOL

Nursery School aims to provide children with social development in a structured environment that offers exposure to literature, materials, and activities that are age appropriate. Children must be three years old on or before December 1, 2021 and toilet trained in order to participate. The class meets twice weekly for 2 1/4 hours and class time includes swimming once a week. Begins 9/13/21. Monthly draft for payment is available.

PRE-K PLUS

This program is for children who will be five years old by 12/1/21. Pre-K Plus provides both a variety of pre-kindergarten learning opportunities and social skill development. Lessons are differentiated for students with previous UPK experience as well as those enrolled for their first pre-kindergarten class. In addition, this program includes swimming lessons, instructional gym classes, and cognitive learning activities daily. (Begins week of 9/6/21). Monthly draft for payment is available.

WRAP AROUND PROGRAM

UPK and Pre-K Plus students can come to our wrap program in the morning prior to class or after class, Monday through Friday. Parents must provide lunch.

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.

Registration for Fall 2021 is now open.

More information & registration packet available at www.glowymca.org or contact the YMCA at (585) 344-1664.

- Alexander School District (AM & PM Options)
- Batavia– Jackson Elementary (PM Options)
- Batavia–John Kennedy (PM Options)
- Batavia–Middle School, Bussed to JK (PM Options)
- Caledonia–Mumford Elementary School (PM Options)
- Geneseo School District (PM Only)
- LeRoy School District (AM & PM Options)
- Pembroke School District (AM & PM Options)
- YMCA Site (AM & PM Options)
- York School District (AM & PM Options)

HEALTHY LIVING

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 - 12:00 PM
Wednesday	6:30 PM - 9:00 PM*
Sunday	9:00 AM - 11:00 AM
Members:	FREE

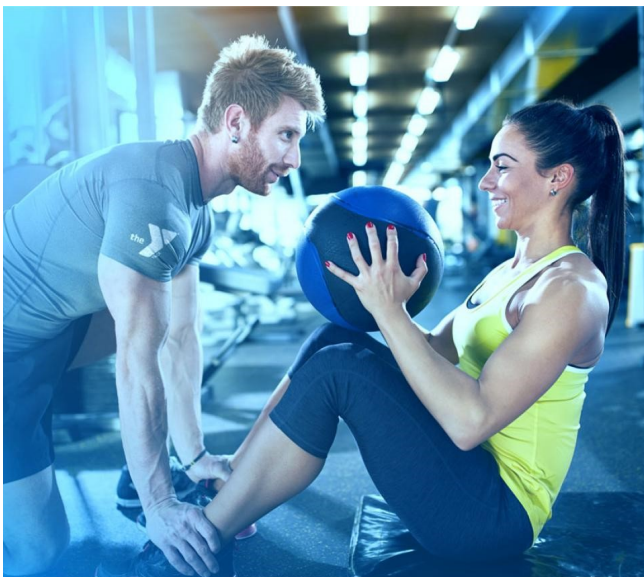
* Times subject to change during Get-Fit program sessions

NUTRITION COUNSELING

Managing your weight with healthy food choices and exercise is the best approach according to experts. At the Y, we know that healthy living includes a balanced mix of physical exercise and healthy nutrition. Whether your diet needs a complete overhaul or you just need some quick food tips, Nutrition Counseling can be a great investment in your overall health.

During your personalized session, we will analyze your diet and produce an individualized plan that helps you meet your goals. Sessions are by appointment only, and there is a per-session fee. However, many health insurance organizations offer reimbursement for Nutritional Counseling as part of their plans.

1 Session - \$25
6 Sessions- \$125



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

WATER WELLNESS CLASSES

All land and water wellness classes are FREE for Members

SHALLOW WATER X

Do you like to have a good time? Do you enjoy exercising with others? Then this class is for you! This class is a full body workout focusing on strengthening your muscles. The workout is entirely in the shallow end of the pool using kickboard, barbells, and noodles. Join us and find out how the resistance of the water can improve your life!

Monday-Friday 11:00 AM - 12:00 PM

WATER X

This class is for those looking for a cardio and strength workout using water dumbbells, kickboards, and noodles. Half of the class time usually takes place in the shallow end while the other half of the class time participants are allowed to exercise in the deep end.

Tuesday & Thursday 7:00pm - 8:00pm

BATAVIA SEA DEVILS SWIM TEAM

The Batavia Sea Devils is open to all members of the GLOW YMCA between the ages of 5-18. Members must be able to swim one length of the pool (25yards) without the aid of a flotation device and tread water for 1 minute. Prior experience is recommended.

Ages 5-18

Starts: October 2021- February 2022

Non-Varsity Athlete - \$400

Fall Season Varsity Athlete - \$325

Winter Season Varsity Athlete - \$250

*All participants need to have a GLOW YMCA membership.



SENIOR SWIM

Senior swim is an open swim time for active older adults to enjoy a quiet pool time. Exercise equipment and pool noodles will be available for use.

Tuesday, Thursday

1:00 PM - 2:00 PM

Thursday

9:30 AM - 10:30AM

MASTER'S SWIM CLUB

Are you over the age of 18 and miss the thrill of swim team, but don't have the time to commit to a team practice schedule? MSC will offer you the inclusiveness of a team with the flexibility of your own training schedule. Enjoy flexible pool times, daily pre-planned workouts and weekly motivational emails.

To Register: Sign up at the front desk, and be sure we have an updated email address.

Cost: Free to members*

**some competition fees may apply if you chose to compete at events*



POOL SCHEDULE
AVAILABLE AT
www.glowymca.org

WELLNESS CLASSES AND HEALTHY LIVING

All land and water wellness classes are FREE for Members

SILVER AND FIT EXPERIENCE

The class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength & cardiovascular endurance.

Monday & Wednesday 9:45AM - 10:45AM

PILATES

This class will strengthen the body's core muscles including the abs and lower back and will tone the body and increase flexibility. Use of stability ball, tubing and weights increase the intensity level.

Monday & Wednesday 11:00 AM - 12:00 PM

Monday & Wednesday 6:00 PM - 7:00 PM

ZUMBA®

A fusion of Latin and International 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!

Tuesday 6:30 PM - 7:30 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.

Monday & Wednesday 9:00 AM - 9:30 AM

OPEN LEVEL VINYASA YOGA

The primary focus is to achieve relaxation through a series of poses and breathing techniques.

Whether you are a beginner, more advanced Yogi, or somewhere in between, you will walk away from this class with not only increased range of motion, increased strength, but also a relaxed and destressed soul.

Thursday 5:15 PM - 6:15 PM

CYCLING CLASSES

GROUP CYCLING

This high energy class is low impact; you control the intensity of each class by modifying resistance and body positions.

Mondays 8:00 AM - 9:00 AM

Tuesday & Thursday 6:00 AM - 6:30 AM
(Starting 9/6/21)



INTERVAL BOOTCAMP

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

Thursday & Friday 8:30 AM - 9:30 AM

Thursday 6:30 PM - 7:30 PM

HIGH INTERVAL INTENSITY TRAINING (HIIT)

A class designed for a head-to-toe workout. You move and challenge yourself at your own pace with new exercises you may have not tried.

Saturday 9:15 AM - 10:15 AM

SPIRITUAL WELLNESS

WEEKLY SCRIPTURE REFLECTION

Every week, we come together to read scripture from the bible and have a time of reflection via zoom.

Wednesdays 8:30 AM - 8:45 AM

EXERCISE CLASS SCHEDULE AVAILABLE at www.glowymca.org

GENESEE COUNTY TRANSFORMING LIVES CAPITAL CAMPAIGN

Help us build a Healthy Living Campus in Downtown Batavia.



YOU CAN HELP CHANGE LIVES

The YMCA's **TRANSFORMING LIVES** Campaign is your opportunity to provide support for a new state-of-the-art Health and Wellness Center. We are asking the community to help us raise \$1,000,000 to ensure we can continue to serve the community's needs.

RECOGNITION WALL

While all donors will be acknowledged, special recognition opportunities are available for gifts of \$1,000 or more. Your recognition will be prominently displayed in the new Genesee County YMCA.

\$10,000+ Visionary Level

\$5,000 Leader Level

\$2,500 Patron Level

\$1,000 Friend Level

HOW TO DONATE

PLEDGE CARDS

Pledge card can be found at the Genesee County front desk.

ONLINE

Go to our website. www.glowymca.org

Click on the CAPITAL CAMPAIGN tab.

Click on link to DONATE NOW!

If you have any questions, please contact Rachel Hale at rhale@glowymca.org

A BOLD VISION

Built in the 1950s, the Genesee Y has been renovated and expanded over the years to meet the growing and changing needs of our community. The YMCA must address our facility again today, but it no longer makes financial sense to put additional money into an aging building when space for family programming and social space is lacking.

That is why we launched this **Transforming Lives Capital Campaign** to build a Healthy Living Campus and create a stronger and healthier community for many generations to come.

You are a critical part of that vision, please consider a gift today.

The GLOW YMCA has the opportunity to turn a portion of Downtown Batavia into a Healthy Living Campus, in collaboration with United Memorial Medical Center/ Rochester Regional Health. Together we will offer a continuum of care in one location, blending prevention, wellness and rehabilitation services.

THE HEALTHY LIVING CAMPUS

- State-of-the-art Health and Wellness Center
- Indoor pool with sauna
- Group exercise studios
- Gymnasium with indoor walking and running track
- Family/special needs and adult locker rooms
- Flexible gathering and meeting spaces
- Teaching Kitchen
- Child Watch and Youth Adventure rooms

GLOW YMCA'S CODE OF CONDUCT

The GLOW YMCA is founded on Christian principles and we strictly prohibits 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!!

Parent's Night Out (Members Only)

5:30-8:00pm

Friday, September 24th - Gotta Catch 'Em
All (Pokemon) Theme

Friday, October 15th - Storybook, Costume
Theme

Call the YMCA for Pricing

*Must pre-register by 5pm on Thursday

Annual Halloween Party

Friday, October 29th

6:00pm - 8:00pm

Members: Free Non-Member: \$5/child

*Must pre-register by the Thursday October
28th before 5pm.



GENESEE COUNTY YMCA



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