FALL II SESSION PROGRAM GUIDE
NOVEMBER 1 – DECEMBER 18, 2021 (7 WEEKS)

Registration Begins:
October 11, 2021
Members and current participants

October 18, 2021
Open Registration to all

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

It’s astonishing to see that October is already here and we are fully submerged into the Fall season. Our Before and After School Enrichment (BASE) programs at Albion, Lyndonville, and Medina Elementary Schools are all back up and running for the school year. Some locations are nearly full, while others still have openings. Scholarships are available, so your child(ren) can enjoy the whole school year with us!

With Part II of our Fall programming, we are excited to continue our Homeschool Extension program in partnership with GO Art!, monthly Parents Night Out events, Toddler Time with Miss Kim, and revitalized Birthday Parties facilitated by Miss Aly. Sign up on-line or at the Y, as we continue our programs throughout the season. In addition, as the weather brings us indoors, we have a wide variety of programs, classes, and Fitness-On-Demand to engage everyone in the community.

We’re also excited to be hosting the Dia De Los Muertos Celebration in partnership with GO Art! and Mariachi De Oro. Come join us for this festive and cultural event on October 23rd from 3–7pm...and bring the family, too!

I encourage you to take a look at our Fall 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. We look forward to seeing you throughout the upcoming days!

Sincerely,

Greg Reed | Orleans County YMCA Executive Director

YMCA STAFF:

Greg Reed, Executive Director  
greed@glowymca.org

Jessica Leno, Director of Membership  
jleno@glowymca.org

Kim Wroblewski, Child Watch Lead  
kwroblewski@glowymca.org

Liz Pickle, Child Care Coordinator  
lpickle@glowymca.org

Aly Gursslin, Special Event Coordinator  
agursslin@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.

Membership Categories

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>Joining Fee</th>
<th>Monthly Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (Ages 0–12)</td>
<td>N/A</td>
<td>$125* (annual rate only)</td>
</tr>
<tr>
<td>Junior (Ages 13–17)</td>
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<td>$18</td>
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<td>Young Adult (Ages 18–24)</td>
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<td>Adult (Ages 25+)</td>
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<td>$40</td>
</tr>
<tr>
<td>1 Adult Family</td>
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<tr>
<td>2 Adult Family</td>
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</tr>
<tr>
<td>2 Senior Adults (Ages 62+)</td>
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<td>$40</td>
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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.
- Nationwide Membership - 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.
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: 11/1–12/18

HOMESCHOOL EXTENSION PROGRAM PATNERING WITH GO ART!
This drop-off program is the perfect supplement to your child’s current curriculum. On Tuesdays, physical education and art/music (by GO Art!) are offered with optional social-networking parenting classes throughout the year. 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.

Tuesdays
Pre-K – 5th Grades
1:30–3:15 PM
Youth Members: $40
Youth Non-Members: $65

PEE WEE MOVEMENT (PRESCHOOL)
Does your preschooler need to get their wiggles out with engaging activities and interactive games with you and their peers? Then join us Monday nights! Children will learn about special awareness and physical fitness, all while learning the importance of sportsmanship, respect, responsibility, honesty and caring.

Mondays
Ages 3–5
5:30–6:15 PM
Youth Members: $30
Youth Non-Members: $50

YOUTH INDOOR SOCCER
Develop soccer skills with activities and competition for 1st–5th Grades in a supportive and fun environment.
**Depending on the number of participants in each class, classes may be combined or times changed.

Mondays
Ages 6–10
6:30 – 7:30 PM
Youth Members: $40
Youth Non-Members: $60

YEAR-ROUND PROGRAMS

CHILDWATCH HOURS
Monday – Wednesday 9:00AM–11:30AM
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:

• Albion School District BASE (AM Only)
• Lyndonville School District BASE (PM ONLY)
• Medina School District BASE (PM ONLY)

TODDLER TIME: STAY AND PLAY
This Y Staff-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. Our ChildWatch Lead, Kim, will be leading us through exploratory learning, soft play, art, stories, and more.

Thursdays
Birth – 5 Years Old
10:00–11:30 AM
Free to Members
Non-Members: $5/drop-in
$25/session (7 week)
**YOUTH DEVELOPMENT**

**BIRTHDAY PARTY**
Contact Aly at agursslin@glowymca.org for your party!

3 Packages, 6 Themes, & Add-Ons to Choose From!

**PACKAGES:**

**LET’S HAVE A PARTY!** $145/$195
Includes:
- 2 hour private access to the gym
- YMCA Birthday Shirt for the Birthday Girl/Boy
- Personal Party Assistant to help with logistics
- Parachute game or party assistant led craft
- 15 children (does not include adults)

**GYM JAM!** $195/$245
Includes “Let’s Have a Party” items, plus:
- Personalized screen in Lobby
- Juice boxes/pouches/water for child guests
- 1 Cheese or Cheese & Pepperoni Sheet Pizza

**BIRTHDAY BASH** $245/$295
Includes “Gym Jam” items, plus:
- Choice of themed decorations set up for you
- Themed plates, napkins, cups, and silverware
- COMPLETE CLEAN UP!

**CHOOSE A THEME:**
- RAINBOW PARTY
- DONUT GROW UP
- CARNIVAL PARTY
- DINOSAUR PARTY
- SPORTS PARTY
- NERF WAR

**ADD-ONS (CAN BE ADDED TO ANY PACKAGE):**
POPcorn MACHINE $30/$35
SNOW CONE MACHINE $40/$45
INFLATABLE OBSTACLE COURSE $60/$75
BALLOON ARCH $35/$40
EXTRA TIME $35/$50
DECORATE YOUR OWN CUPCAKE OPTIONS

**PHOTO BOOTH/PHOTOGRAPHY BY KIMBERLY ANN**

**CHILDWATCH HOURS**
Monday – Wednesday          9:00AM-11:30AM
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

**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 – 2.5 hour time limit (24 hour notice required).

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

**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 and FULL DAY)
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

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 Fitness Room.

ANYTIME (Download the FOD App for scheduled classes)

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

HATHA YOGA **NEW CLASS**
A practice of allowing yourself to connect with your body, and breathe through movement, as well as stillness. Through the 60 minute practice, we flow through postures for stretching, as well as strengthening the body and mind. Any level of experience is welcome as modifications, and variations are available to meet you where you at each day, each practice.
Monday & Thursday 6:30 PM - 7:30 PM

CYCLING CLASS
An instructor-led workout on our 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–6:15 PM
Wednesday 5:30 PM – 6:30 PM
Friday 5:45 AM – 6:15 AM
Saturday 8:00 AM–9:00 AM

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!

CARDIO DRUMS
Enter a new dimensions of Fitness! Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this new high-energy and rhythm program. Cardio Drums combines traditional aerobic movements with the powerful beat and rhythms of the drums.
Friday 11:00 AM – 11:45 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

EXERCISE CLASS SCHEDULE AVAILABLE at www.glowymca.org
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.

During the Pandemic, all consultations can be done by phone or virtually.
Questions? Contact Cathy at (585) 217-1330

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!

WANT TO GET INVOLVED WITH THIS PROGRAM? WE NEED VOLUNTEERS!
CONTACT GREG AT greed@glowymca.org.

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.

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 Genessee 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.
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!!

Parent's Night Out | Monster Mash
Friday, October 15th 5:00-8:00 PM
$15/child for Members Only
- Enjoy a date night with your significant other or run some errands without the kiddos. Kiddos will enjoy arts & crafts, activities & games. Pizza provided, too!

Dia De Los Muertos Celebration
Saturday, October 23rd 3:00-7:00PM
Free Community Event
- Drop-in anytime for this annual community event!
- Experience this authentic Latino tradition with music, performing arts, crafts, and traditional food!

Parent's Night Out | Friendsgiving
Friday, November 12th 5:00-8:00 PM
$15/child for Members Only
- Enjoy a date night with your significant other or run some errands without the kiddos. Kiddos will enjoy arts & crafts, activities & games. Pizza provided, too!

ORLEANS COUNTY YMCA
Operating Hours
Monday – Friday 6:00AM – 8:00PM
Saturday 7:00AM – 12:00PM
Sunday 7:00AM – 12:00PM
(Starting November 7)

CLOSED: Thursday, November 25th: Thanksgiving