



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING BRIDGES STRENGTHENING OUR COMMUNITY

**WINTER SESSION 2 PROGRAM GUIDE  
MARCH 6 – APRIL 30, 2022 (7 WEEKS)**

EASTER BREAK 4/10–4/17

**Registration Begins:**

**February 26, 2022**

**Members and current participants**

**February 28, 2022**

**Open Registration to all**

**Our Mission:**

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

## 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.

### 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.

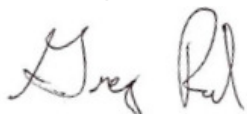
The Orleans County Y has been making a difference in our local community for decades. Our volunteers and staff are deeply committed to fulfilling the Y mission through quality programs focused on health and wellness, child care, camps, and sports.

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 \$27,500.***

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.

Sincerely,



Greg Reed | OrCo Y Executive Director

### YMCA STAFF:

Greg Reed, Executive Director  
[greed@glowymca.org](mailto:greed@glowymca.org)

Jessica Leno, Director of Membership  
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Michelle Fry, Special Event Coordinator  
[mfry@glowymca.org](mailto:mfry@glowymca.org)

# 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: March 6th – April 30th**



## HOMESCHOOL EXTENSION PROGRAM PARTNERING 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** 1:30–3:15 PM

**Pre-K – 5th Grades**

Youth Members: \$40

Youth Non-Members: \$65



## 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** 10:00–11:30 AM

**Birth – 5 Years Old**

Free to Members

Non-Members: \$5/drop-in

\$25/session (7 week)

## YOUTH FLOOR HOCKEY

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

**Tuesdays**  
**Ages 6–12**

Youth Members: \$40

Youth Non-Members: \$60



6:45 – 8:00 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.

**Tuesdays**  
**Ages 3–5**

Youth Members: \$35

Youth Non-Members: \$50

5:45–6:30 PM



## GIRLSTRONG: FITNESS TRAINING

This curriculum-based program is customized for middle and high school girls that are seeking to increase their strength and fitness development. Whether training for a sport or just wanting to meet a personal goal, come join this supportive community of ladies with insightful coaching.

**Tuesdays**  
**Saturdays**

6:00–7:30 PM

10:00–11:30 AM

Teen Members: \$35

Teen Non-Members: \$45



# YOUTH DEVELOPMENT

## BIRTHDAY PARTY

Contact Michelle at [mfry@glowymca.org](mailto:mfry@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  | -DINOSAUR PARTY |
| -DONUT GROW UP  | -SPORTS PARTY   |
| -CARNIVAL 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](http://www.glowymca.org) or contact the YMCA at (585)798-2040

- Albion School District BASE (AM)
- Lyndonville School District BASE (PM ONLY)
- Medina School District BASE (PM ONLY)





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Orleans County YMCA  
306 Pearl St., Medina, NY  
(585)798.2040  
[www.glowymca.org](http://www.glowymca.org)

**SUMMER DAY CAMP  
PROGRAM @THE Y**  
ALL SUMMER LONG

# BEST SUMMER EVER™



Call Your Orleans County YMCA to find out more!

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!

## 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 6:00 PM.

DAY CAMP FOR GRADES 1-6

LEADERS-IN-TRAINING (LIT) FOR GRADES 7-9

### WEEKLY RATES:

#### Full-Time 5-Day Option:

Member Rate: \$175/week

Non-Member Rate: \$225/week

#### Part-Time 3-Day Option:

Members Rate: \$135/Week

Non-Members Rate: \$170/Week

#### Half-Day (7:30am - 12:30pm only):

\$90/Week for Members

\$115/Week for Non-Members

### Weekly Themes:

Week 1	Passport To Summer	Jun 27- Jul 1
Week 2	American Ninja Warrior	July 5-8
Week 3	Dinosaur Discovery	July 11-15
Week 4	The Y-Lympics	July 18-22
Week 5	To Infinity & Beyond	July 25-29
Week 6	Under the Sea	Aug 1-5
Week 7	Mission Possible	Aug 8-12
Week 8	Blowing Off S.T.E.A.M.	Aug 15-19
Week 9	Great Outdoors	Aug 22-26

# SOCIAL RESPONSIBILITY



## VOLUNTEERS & WORK PROJECTS NEEDED

### WHAT IS DAY OF CARING?

Day of Caring is a volunteer-oriented event which encourages volunteerism in our community by helping people and non-profit agencies in need.

It is also an exciting day that offers a unique opportunity for businesses, employees and individuals to participate in making a difference, and to see first-hand how their donations to United Way are benefiting the lives and vitality of our community.

### WHAT KIND OF PROJECTS?

Day of Caring benefits elderly, disabled or nonprofit organizations. Projects include painting, sorting donated food, delivering meals to elderly, landscaping, and much more!

### WHEN?

April 22, 2022 at 8am

We will gather for breakfast and assign job locations

### WHERE?

Orleans County Fairgrounds  
12690 Rt 31  
Albion, NY 14411

Visit us at [www.OrleansUnitedWay.org](http://www.OrleansUnitedWay.org) for more info

## OPEN ROCK WALL CLIMBING REACH NEW HEIGHTS!

We need you to 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 REED AT**  
**[greed@glowymca.org](mailto: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.

## 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.

Questions? Contact JoAnne at (716) 940-3498

## 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](mailto:greed@glowymca.org) for more information on Volunteer Opportunities.

## 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!



# 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 Fitness Room.

ANYTIME (Download the FOD App for scheduled classes)

## TOTAL BODY HIIT

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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## HATHA YOGA

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.



Monday & Thursday	6:30 PM – 7:30 PM
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## GENTLE YOGA **\*\*NEW CLASS\*\***

Gentle yoga is essentially what it sounds like—a gentler style of hatha yoga practice. It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, breath work, and relaxation.

Monday & Thursday	11:30 AM – 12:30 PM
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## 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
Saturday	8:00 AM–9:00 AM



## STRETCH AND FLEX **\*\*NEW CLASS\*\***

This class will focus on preparing your body for the day with slow stretches and exercises to experience greater flexibility and increased energy to close out your week!

Friday	5:45 AM – 6:15 AM
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## FULL BODY FITNESS

Diago will lead you through a dynamic workout that aims to hit all the major muscle groups in one 60-minute session.

Saturday	10:00 AM – 11:00 AM
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## 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.

Wednesday	11:00 AM – 11:45 AM
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## 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)

# 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 and rentals.
- 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 Categories	Joining Fee	Monthly Rate
Youth (Ages 0-12)	N/A	\$125* (annual rate only)
Junior (Ages 13-17)	\$25	\$18
Young Adult (Ages 18-24)	\$25	\$25
Adult (Ages 25+)	\$25	\$31
2 Adults (Ages 25+)	\$25	\$40
1 Adult Family	\$25	\$40
2 Adult Family	\$25	\$50
Senior (Ages 62+)	\$25	\$28
2 Senior Adults (Ages 62+)	\$25	\$40

## 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. If you have lost an item, please notify the Member Service Desk at 798-2040. Please remember to lock up your valuables.

# 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

Friday, March 18th 5:00-7:30 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!

### Healthy Kids Day

Friday, April 1st 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 - Friday 6:00AM - 8:00PM

Saturday & Sunday 7:00AM - 12:00PM

**CLOSED: Easter Sunday (4/17)**

**Closing at Noon on Good Friday (4/15)**

