



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

# **FUN IN THE SUN**

**SUMMER I SESSION PROGRAM GUIDE (4 WEEK)**

**JUNE 26, 2022 – JULY 23, 2022**

**SUMMER II SESSION PROGRAM GUIDE (4 WEEK)**

**JULY 31, 2022 – AUGUST 27, 2022**

**Registration Begins:**

**Summer I Registration:**

**May 23, 2022**

**Summer II Registration:**

**June 27, 2022**

**Genesee County YMCA**

**209 East Main Street**

**Batavia, NY 14020**

**585-344-1664**

**[www.glowymca.org](http://www.glowymca.org)**

**Our Mission**

**To build 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 Associate Executive Director,

As we gear up for summer here at the YMCA, I think it's important to remind everyone about being safe and conscientious around pools, lakes and all aquatic environments. Additionally I want to encourage you to enjoy the few precious months of nice weather we get here in Genesee County, but also try not to forget about us here at the YMCA. Our facilities are ideal for learning to swim, and perfect for a fun and safe place for children when they are out of school. Looking to trim up before a summer wedding or reunion? Our wellness center and fitness class schedule has something for everyone.

In addition, we would personally like to thank our 246 donors for their support of our Annual Strong Communities Campaign. This year we are looking to raise \$50,000, and so far in 2022 the Genesee County YMCA has provided over 394 individuals and families with YMCA program and membership scholarships to participate in our YMCA. As a local charity, our mission is to ensure that no one is ever turned away due to their inability to pay.

I encourage all of you to take a look at our offerings and take note of the many programs to benefit people of all ages that are offered within this guide. Join us for a fun filled summer before its too late!

Best of health

Josh Bender

Associate Executive Director

## YMCA STAFF:

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

Joshua Bender, Associate Executive Director  
[jbender@glowymca.org](mailto:jbender@glowymca.org)

Maria Thompson, Preschool Director  
[mthompson@glowymca.org](mailto:mthompson@glowymca.org)

Charitie Bruning, Child Care Director  
[cbruning@glowymca.org](mailto:cbruning@glowymca.org)

Rachel Hale, Director of Association Advancement  
[rhale@glowymca.org](mailto:rhale@glowymca.org)

Tom Bonafede, Facility Director  
[tbonafede@glowymca.org](mailto:tbonafede@glowymca.org)

Cady Hume, Gymnastics Coordinator  
[chume@glowymca.org](mailto:chume@glowymca.org)

Jay Cisco, Youth Development Director Livingston County  
[jcisco@glowymca.org](mailto:jcisco@glowymca.org)

Dustin Holman, Aquatics & Sports Coordinator  
[dholman@glowymca.org](mailto:dholman@glowymca.org)

Roger Hume, Soccer Coordinator  
[rhume@glowymca.org](mailto:rhume@glowymca.org)

Gretchen Kendall, Child Watch Lead  
[gkendall@glowymca.org](mailto:gkendall@glowymca.org)

Catrina Lasher, Special Events/B-Day Party Coordinator  
[clasher@glowymca.org](mailto:clasher@glowymca.org)

**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 during member registration week.
- 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
2 Adults (2 adults in same household)	\$25	\$58
1 Adult Family	\$25	\$50
2 Adult Family	\$25	\$69
Senior (Ages 62+)	\$25	\$35
2 Adult Seniors (Ages 62+)	\$25	\$54

### MEMBERSHIP CANCELLATION

#### How to Cancel your membership

Members must complete and submit a cancellation form for their membership to be processed for termination. The account will be drafted one more time if the next payment draft falls within 30 days of completing the request.

#### Cancellation Options

Members are required to sign a termination form in order to cancel a membership. You can request the termination form in person, or via email, mail or fax. You can also fill out a termination form online. Terminations will be processed according to the date the form was received.

Memberships remain continuous until the member requests a cancellation form.

#### Refunds

Refunds are available only with an accompanying signed medical release from your doctor. Prior membership dues can be refunded for a maximum of two months only.

### 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 more details, contact Josh Bender, Associate Executive Director 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, 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.
- Supervision is required for ages 6-9 year olds while in the pool
- Infants and non-potty trained toddlers must wear a swim diaper
- Swim testing is required to swim in the deep end. Once you pass our deep end test you will get a red wrist band each time you swim at the front desk

## 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 ASSESMENTS

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 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 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 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.

## BEFORE & AFTER SCHOOL ENRICHMENT (BASE)

Licensed by the Office of Children and Family Services, this program provides a safe, and fun environment where children are cared for during those hours when guardians are still working.

- Batavia School District BASE (AM/PM)
- Alexander, LeRoy, Pembroke, York BASE (AM/PM)
- Geneseo BASE (PM/Full Day) Cal-Mum BASE (PM Only)

\*Registration for the 2022/2023 school year dates is now open for members. Non-members registration begins June 1.



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

## LIBERTY CENTER FOR YOUTH

Located at 114 Liberty Street, Batavia, New York (the old St. Anthony's School), Liberty Center is a safe and nurturing after school environment for teens in the City of Batavia and Genesee County area to play, grow and learn.

Liberty Center is a free drop-in after school program for youth ages 9-16, a registration form is required annually and available online at [glowymca.org](http://glowymca.org) under the "Teen Programs Tab" or at the YMCA front desk.

- Open Monday-Friday 2:30pm-6:00pm



## 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

June 20 - Juneteenth

Members: \$35 per day

Non-Members: \$55 per day

# YOUTH DEVELOPMENT

## GYMNASTICS CLASSES

### LIBERTY STREET GYMNASTICS CENTER

#### LIL' TYKES 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.

#### GYMNASTIC PRIVATE LESSONS

Members: \$22 per lesson

Non-Members: \$26 per lesson

REGISTER ONLINE

				Members	Non-Members
LIL' TYKES TUMBLING	2-3 YEARS	Tuesday	5:30-6:00pm	\$32	\$38
LIL' TYKES TUMBLING		Saturday	10:15-10:45am	\$32	\$38
LIL' ROLLERS	3-4 YEARS	Saturday	10:15-11:00am	\$35	\$48
ROLLERS	4-5 YEARS	Tuesday	6:30pm-7:15pm	\$35	\$48
		Saturday	11:15am-12:00pm	\$35	\$48
BEGINNER LEVEL I		Tuesday	5:30-6:30pm	\$40	\$55
		Saturday	9:15-10:15am	\$40	\$55
INTERMEDIATE LEVEL I	INSTRUCTOR PERMISSION	Tuesday	6:15-7:30pm	\$48	\$62
		Saturday	11:00am-12:15pm	\$48	\$62
PRE-TEAM (OPTION 1)	INSTRUCTOR PERMISSION	Wednesday & Saturday	W: 5:45pm-7:45pm S: 8:00am-10:00am	\$70	\$84
PRE-TEAM (OPTION 2)	INSTRUCTOR PERMISSION	Saturday	8:00am - 10:00am	\$48	\$62

# 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

# 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 must be able to swim 1 length of the pool. Strokes will continue to be refined, breaststroke is introduced.



Members Non-Members

				Members	Non-Members
SPLASH 'N PLAY (30 Min)	6mos-18mos	Tuesday	5:00pm	\$49	\$69
		Saturday	9:00am	\$49	\$69
WATER EXPLORATION (30 Min)	18mos-36mos	Thursday	5:00pm	\$49	\$69
		Saturday	9:30am	\$49	\$69
LEVEL1 (40 Min)	3-12 YEARS	Tuesday	5:30pm	\$49	\$69
		Thursday	5:00pm or 6:20pm	\$49	\$69
		Saturday	9:30am or 11:00am	\$49	\$69
LEVEL2 (40 Min)	3-12 YEARS	Tuesday	6:20pm	\$49	\$69
		Thursday	5:00pm or 5:40pm	\$49	\$69
		Saturday	10:15am or 11:00am	\$49	\$69
LEVEL3 (40 Min)	3-12 YEARS	Tuesday	5:35pm	\$49	\$69
		Thursday	6:20pm	\$49	\$69
		Saturday	10:15am	\$49	\$69

# YMCA SUMMER CAMP

The YMCA Summer Camp program is based on the philosophy of structured and safe play in a fun and nurturing environment that is welcoming for all children. Daily schedule includes sports, swimming, arts and crafts, fellowship, games, themed activities, weekly trips, special guests, and so much more.

## Specialty Camps

### Ages 8-12

#### **SPORTS CAMP**

2 Week Session  
August 1-August 12

Covers 4 sports - basketball, soccer, tennis, and baseball. Activities include: drills, evaluations, scrimmages, and more.

#### **STEM CAMP**

2 Week Session  
August 15-August 26

Activities include: coding, building, chain reactions, environmental, and more.

SPACES FILLING UP  
REGISTER TODAY!

## JOIN US FOR THE BEST SUMMER EVER!

- Free Breakfast/Lunch
- Hands-on exploration and skill building
- Active Play
- Social-Emotional growth
- Strong role models

## Summer Camp Rates

### Weekly Rates:

#### 5-DAY OPTION:

Member Rate: \$195

Non-Member Rate: \$265

#### 3-DAY OPTION:

Member Rate: \$150

Non-Member Rate: \$195

#### 1/2-DAY OPTION:

Member Rate: \$95

Non-Member Rate: \$125

### SPECIALTY CAMPS

**\*Pricing covers 2 weeks\***

Member Rate: \$410

Non-Member Rate: \$550

Ages 3-12

7:00AM-6:00PM

### Summer Camp: So Much More

**\*YMCA Summer Camp keeps kids engaged, safe, healthy and learning. Above all, we focus on making summer fun!**



### Week 1

Passport to Summer  
June 27-July 1

### Week 2

American Ninja Warriors  
July 5-8

### Week 3

Dinosaur Discovery  
July 11-15

### Week 4

Little Einsteins  
July 18-22

### Week 5

Animal Planet  
July 25-July 29

### Week 6

Shipwrecked  
August 1-5

### Week 7

Mission Possible  
August 8-12

### Week 8

Mud Sweat and Glory  
August 15-19

### Week 9

The "Y" Factor  
August 23-27

### Week 10

The Great Outdoors  
August 29-September 2

For questions contact:  
Charitie Bruning  
Child Care Director  
cbruning@glowymca.org



# YMCA SUMMER REC

The YMCA Summer Recreation program is a six week program offering safe play in a fun and nurturing environment that dives into exploration and safe play. Daily schedule includes sports, arts and crafts, fellowship, games, outdoor play and more.

## JOIN US FOR THE BEST SUMMER EVER!

- Free lunch daily
- Hands-on exploration and skill building
- Active play and wellbeing
- Social and emotional growth
- Quality, experienced staff
- Memories to cherish
- Positive Relationship Building
- A strong community of the best campers and staff around!

## Summer Rec Locations

### FARRELL PARK

100-111 Otis St

### JOHN KENNEDY SCHOOL

166 Vine St

### LAMBERT PARK

100 Verona Ave

### WILLIAMS PARK

101 Pearl St

Ages 5-15

9:00AM-4:00PM

Week 1  
July 5-8  
\*No Rec July 4th\*

Week 2  
July 11-15

Week 3  
July 18-22

Week 4  
July 25-29

Week 5  
August 1-5

Week 6  
August 8-12

\*FOR ADDITIONAL WEEKS,  
PLEASE SEE SUMMER  
CAMP  
OPTIONS

For questions contact:  
Charitie Bruning  
Child Care Director  
cbruning@glowymca.org

## Registration

## Now Open!

\*All participants must register prior to their first day at rec

## AFFORDABLE FUN FOR ALL

\*Summer Rec is a free program for Batavia City Youth\*

# YOUTH DEVELOPMENT

## CHILDWATCH HOURS

Monday - Saturday 8:00AM - 12:00PM

Tuesday - Thursday 4:00PM - 8:00 PM

\*Family Membership Categories only, 3 hr. limit per day.  
(Not available for day pass users or guests)

## 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 (24 hour notice required, child must be toilet trained).

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

## BIRTHDAY PARTY

**KIDS GYM** Member Price/Community Member Price

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 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

# PRESCHOOL CLASSES FOR THE 2022-2023 SCHOOL YEAR

REGISTRATION NOW OPEN

## PLAYGROUP

Playgroup is an unstructured playtime for children who will be two by December 1, 2022. 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 week of 9/12/22.

## 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, 2022 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 week of 9/12/22.

## UPK PROGRAM

For children residing within the Batavia School District turning four years old by 12/1/22. This is a free program and registration is done through the Batavia District Office. You may indicate that you would like the YMCA location on your registration form.

## PRE-K PLUS

This program is for children who will be five years old by 12/1/22. 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 9/6/22.

## WRAP AROUND PROGRAM

UPK and Pre-K Plus students can come to our wrap program in the morning prior to class. Parents must provide lunch.



# SOCIAL RESPONSIBILITY

## PICKLEBALL

It's a little tennis, a bit of Ping Pong, a splash of badminton and a ton of fun.

Tuesday/Thursday  
Wednesday

OPEN PLAY TIME  
9:00 AM - 12:00 PM  
6:30 PM - 8:30 PM

Members: FREE



## 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 Rob Walker, CEO for more information on Volunteer Opportunities.

Email: [rwalker@glowymca.org](mailto:rwalker@glowymca.org)

Phone: (585)344-1664



## SPIRITUAL WELLNESS

### WEEKLY SCRIPTURE REFLECTION

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

Wednesdays 8:30 AM - 8:45 AM

# AQUATICS HEALTH & WELLNESS

All land and water wellness classes are FREE for Members

## 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 - 8:00 PM

## 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

## 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 & Fridays

Members ONLY

9:15-9:50 AM

Free

## SUMMER SWIM TEAM

The GLOW YMCA summer swim team is a non-competitive team open to swimmers ages 9-18.

Mondays & Wednesdays

6:00-7:30 PM

Members: \$150

Non-Members: \$200

Program runs June 20th-August 5th. No practice on Monday, July 4th.

For any questions contact Emily Hirsch at

Ehirsch@glowymca.org

(585)344-1664 ext.1173



## LAP SWIM

Lap swim is an open swim time for members to enjoy pool time. Reservations are required for pool use. Please contact the front desk to reserve your lane.

Days: Monday-Saturday

Timeslots: Various times (See Schedule).

## 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 & FIT EXPERIENCE

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

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

## 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 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.

Tuesday & Thursday 6:30 PM - 7:30 PM

Saturday 10:30 AM - 11:30 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.

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. You will walk away from this class with not only increased range of motion, increased strength, but also a relaxed and destressed soul.

Monday 6:00 AM - 7:00 AM

Thursday 5:30 PM - 6:30 PM

## INTERVAL BOOTCAMP

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

Tues, Thurs, Friday 8:30 AM - 9:30 AM

Wednesday & Friday 5:40 AM - 6:30 AM

## 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 not have tried or seen before!

Saturday 9:15 AM - 10:15 AM

## GROUP CYCLING

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

Monday & Wednesday 8:00 AM - 9:00 AM

Tuesday & Thursday 6:00 AM - 6:30 AM

## 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

## NUTRITION COUNSELING

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



EXERCISE CLASS SCHEDULE AVAILABLE at [www.glowymca.org](http://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 YMCA front desk.

### ONLINE

Go to our website. [www.glowymca.org](http://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](mailto: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 room

# 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.



## GLOW Corporate Cup 5K

Thursday, August 4, 2022

More information and registration at  
[www.glowcorporategup.org](http://www.glowcorporategup.org)

The goal of this event is for local businesses to form racing teams, compete in a fun atmosphere, and crown a winner of the Corporate Cup. Following the race is AFTER GLOW, the region's largest "office party." We encourage companies to set up tents, bring refreshments, and prepare to have a good time at this major networking function. For further info and questions contact Rachel Hale at [rhale@glowymca.org](mailto:rhale@glowymca.org).



### GENESEE COUNTY YMCA Operating Hours

Monday - Friday 5:30AM - 8:30PM

Saturday 7:00AM - 12:00PM

