



Check us out
www.glowymca.org
Or Facebook:
Orleans County YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BACK 2 SCHOOL – BACK 2 THE “Y”

FALL I SESSION PROGRAM GUIDE
SEPTEMBER 11 – OCTOBER 29, 2022 (7 WEEKS)

Registration Begins:
August 8, 2022
Members and current participants

August 22, 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 joined together by a shared commitment to nurturing the potential of all, promoting healthy living and fostering a sense of social responsibility.

Letter from the Executive Director,

As the final days of summer bliss wind down, we look forward to the busy season of Fall and Pumpkin Spice everything. Here at the Y, it has been a great summer with the Canal Club program to offer free excursions on the Canal and Glenwood Lake; and Summer Day Camp! Our youth had a great time filling the YMCA with laughter and excitement this summer. We look forward to transitioning this glee into the school year with our Before and After School Enrichment (BASE) programs at Akron, Albion, Lyndonville, and Medina Elementary Schools. Scholarships are available, so your child(ren) can enjoy the whole school year with us!

With the school year, we are excited to continue our offering our services for Birthday Parties and our Mommy and Me Playgroup (now "Toddler Time | Stay & Play"). Finally, the Homeschool Extension Program is back this Fall with PE and Art classes offered every Wednesday!

Sign up on-line or at the Y.

I encourage you to take a look at our Fall program offerings and take note of the many fun programs we have to offer within this guide. We look forward to seeing you throughout the upcoming days!

Sincerely,

Jesse Cudzilo | Orleans County YMCA Executive Director

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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.

Fall Session I



HOMESCHOOL EXTENSION

PROGRAM PARTNERED WITH GO ART!

This drop-off program is the perfect supplement to your child's current curriculum. On Wednesdays, physical education and art/are offered 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.

Wednesdays

1:30-3:15 PM

Pre-K - 5th Grades

Youth Members: \$45

Youth Non-Members: \$65

MY PARENT AND ME: 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.

Wednesdays

6:00-7:00 PM

Ages 3-5

Youth Members: \$35

Youth Non-Members: \$50

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

\$30/session (7 weeks)

YEAR-ROUND PROGRAMS

CHILDWATCH HOURS

Monday - Thursday 4:00PM - 7:30PM

Monday - Wednesday 9:00AM - 11:30AM

Saturday 8:00AM - 10:30AM

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 the Akron, Albion, Lyndonville, & Medina School Districts.

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



WELLNESS CLASSES AND HEALTHY LIVING

All Wellness Classes are FREE for Members

PERSONAL TRAINING

Whether you want to manage your weight, participate in sports conditioning during the off season, or live healthier, we have a personal training program for you. Certified personal trainers guide participants through a structured workout program. Individualized exercise plans are tailored to meet the member's specific goals.

1 Session	\$35
6 Sessions	\$175

FIT FRIEND

2 people can receive personal training at the same time for only \$55 per session!

6 Sessions	\$275
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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	10:30 AM - 11:30 AM
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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)

INTERVAL BOOTCAMP

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

Tuesday & Thursday	5:30 PM - 6:30 PM
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STRETCH & FLEX

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 - 6:30 AM
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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-6:30 PM
Tuesday	6:45 PM-7:30PM
Wednesday	5:30 PM - 6:30 PM
Saturday	8:00 AM-9:00 AM



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.

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

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 (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.

Visit our website for more information:

<https://glowymca.org/scholarship-assistance/>

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, September 23rd 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!

Nerf Wars

Monday, October 10th
Ages 5-7 11:00-12:30
Ages 8-13 1:00-2:30

Looking for something epic to do when school is out? Look no further! Join us on October 10th for a legendary Nerf War. Registration includes pizza and drink.

\$5 For Members | \$10 For Non-Members

American Red Cross Blood Drive

Friday, September 9th 2:00 PM - 6:00 PM



ORLEANS COUNTY YMCA

Operating Hours

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

CLOSED: Monday, September 6th: Labor Day

