



BACK2SCHOOL BACK2THE Y

FALL I SESSION PROGRAM GUIDE

September 10 – October 28, 2023 (7 WEEKS)

Registration Begins:

October 9, 2023:

Members and current participants

October 16, 2023:

Open Registration to all

For Strong Community

Welcome to the Y. We are an inclusive organization of individuals 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 submersed into the Fall season. Our Before and After School Enrichment (BASE) programs at Lyndonville and Medina Elementary Schools are all up and running for the school year. Some locations are filled with a waiting list, 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 offering PE and Art class, monthly Parents Night Out events, Toddler Time, and Birthday Parties. Sign up online 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 a ginormous indoor playground to engage everyone in the community.

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,

Jesse Cudzilo | Orleans County YMCA Executive Director

YMCA STAFF:

Jesse Cudzilo, Executive Director
jcudzilo@glowymca.org

Jessica Leno, Membership Director
jleno@glowymca.org

Kim Wroblewski, Child Watch Coordinator
kwroblewski@glowymca.org

Kimmie Thielemann, Special Events Coordinator
kthielemann@glowymca.org

Liz Delfox, Child Care Coordinator
ldelfox@glowymca.org

GIVE GROW INSPIRE

OUR AREAS OF FOCUS

The YMCA is a cause-driven organization that is for youth development, healthy living and 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

MEMBERSHIP

There are two ways to participate in YMCA programming:

1. As a **YMCA Member** who pays annual or monthly dues can participate in programming at reduced rates or at no charge (OR)
2. As a **program member** who can take part in YMCA programs on an individual basis

MEMBERSHIP BENEFITS

- Priority registration for classes during member registration
- Reduced Program fees for classes
- Complimentary child watch during posted hours
- Unlimited use of the wellness center, gym, pools (Batavia & Warsaw), and fitness classes
- Nationwide Membership – Use of other participating YMCAs 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	\$125* (annual rate only)
Junior (Ages 13 – 17)	\$25	\$18
Young Adult (Ages 18 – 24)	\$25	\$25
Adult (Ages 25+)	\$25	\$31
Two Adults (Ages 25+)	\$25	\$40
One Adult Family	\$25	\$40
Two Adult Family	\$25	\$50
Senior (Ages 62+)	\$25	\$28

MEMBERSHIP FEES & PAYMENT PLANS

Pay in Full

Members may pay the full amount of their annual dues. Master Card, 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

Strong Communities

Through the YMCA's Annual Strong Communities Campaign, financial assistance is provided based on available resources to those in need. For more details, Please contact Jess Leno, Director of Membership & Operations @ 585.798.2040

Donations to this campaign are always welcome



GENERAL INFORMATION AND POLICIES

YMCA GIFT CARD

Give the gift of good health. A YMCA gift card is perfect for children who would enjoy the multitude of sports and activities, families who play together, or for the adult who is looking to start/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. Gift cards expire one year after 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. Fee: \$25
- 12 – 14 Years: May participate in group exercise classes with adult supervision.

CHILD WATCH

- Drop off available for family membership categories. 1.5 hour limit per visit for ages six weeks through ten years.

TEEN WELLNESS CENTER ORIENTATION

Ages 12 – 14 – \$25 fee for training

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 an 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 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: Male and Female. Additional single use family restrooms with built in showers are located in the lobby. 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 secure their personal belongings. The YMCA is not responsible for unsecured or lost personal items.

SUBSTANCE USE POLICY

The GLOW YMCA is committed to providing and maintaining a safe and healthy environment for all members, volunteers, and staff. Therefore, all tobacco products, vapes, and alcohol are prohibited throughout our YMCA facilities and grounds.

CELL PHONE AND CAMERA POLICY

The use of cell phone cameras or other recording devices are 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 the Member Service Desk for Two weeks after being turned in. After that time, items are donated to local charities. If you have lost an item, please call 585-798-2040 or stop by the desk.

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, 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: 9/10 – 10/28



HOMESCHOOL PE & ARTS

HOMESCHOOL EXTENSION PROGRAM

This drop-off program is the perfect supplement to your child's current curriculum. On Wednesdays, physical education and art are offered. Students will have two 50-minute sessions in each of these areas.

Tuesdays

1:30 – 3:45 PM

Pre-K – 5th Grades

Youth Members: \$45

Youth Non-Members: \$65



TODDLER TIME: STAY AND PLAY

This Staff-Led Play Group offers unstructured and structured playtime for children birth – 5 years of age. Connect with other families as you interact with your child(ren) in a safe, explorative space. Activities include exploratory learning, soft play, art, and more.

Fridays

10:00 – 11:30 AM

Birth – 5 years Old

Free to Members

Youth Non-Members: \$5 drop in / \$30 (7wks)

PEE WEE SOCCER (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

5:30 – 6:15 PM

Ages 3 – 5

Youth Members: \$35

Youth Non-Members: \$55

YOUTH INDOOR SOCCER

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

Mondays

6:30 – 7:30 PM

Pre-K – 5th Grades

Youth Members: \$50

Youth Non-Members: \$70

YEAR ROUND PROGRAMS

CHILDWATCH HOURS

Monday – Wednesday

9:00 – 11:30 AM

Monday – Thursday

4:00 – 7:30 PM

Saturday

8:00 – 10:30 AM

Family Membership Categories only, 1.50 hr. limit per day

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: Lyndonville and Medina

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

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

- 6 Sessions: \$275

WARRIOR FITNESS

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

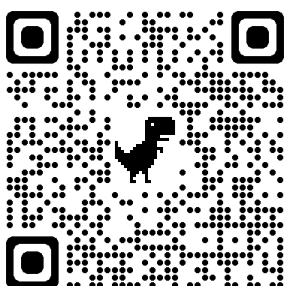
Tuesday & Thursday

5:30 - 6:30 PM

ARE YOU OR DO YOU WANT TO BE 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!

SCAN THE QR CODE FOR THE GROUP EXERCISE SCHEDULE



SPIN 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 positions.

Monday

5:30 - 6:30 PM

Wednesday

5:45 - 6:20 AM

Wednesday

5:30 - 6:30 PM

Saturday

8:00 - 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.

Wednesdays

Body Love Yoga

6:00 - 7:00 PM

CARDIO DRUMS

Enter a new dimension 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

9:00 - 9:45 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 motion, and activities for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance using a chair for balance.

Monday, Wednesday, & Friday

10:00 - 11:00 AM

SILVER SNEAKERS CHAIR YOGA STRETCH

The chair-based Yoga Stretch class is designed to increase flexibility, balance, and range of motion. It also promotes stress reduction while improving mental clarity.

Tuesday & Thursday

10:00 - 11:00 AM



Silver Sneakers

SOCIAL RESPONSIBILITY

Party at the Y

Lets Have a Party!	\$170	\$220
Gym Jam!	\$220	\$270
Birthday Bash!	\$270	\$320

NEW

MEMBERS ONLY!

Birthday Bash Combo!
Birthday Bash, Popcorn Machine, Snowcone machine, Bounce house and Balloon Arch for \$400! (\$35 in savings!)

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 Jesse Cudzilo – jcudzilo@glowymca.org
for more information on Opportunities.

OPEN ROCK WALL CLIMBING

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 JESSE AT jcudzilo@glowymca.org

GIRL SCOUTS OF WESTERN NY

Girl 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:
585-798-2040

BIRTHDAY PARTIES

LETS HAVE A PARTY

Base Package Includes:

Members: \$170
Non-Members \$220

- 2 - hour private access to the gym
- Personal Party Assistant (help with setup/takedown)
- 30 Minute setup prior to event
- Parachute games (if desired) or party assistant led
- 15 children (each additional child \$5 up to 25 children)

Gym Jam Package Includes: (in addition to Base items)

Members: \$220
Non-Members \$270

- Personalized screen in lobby
- Juice boxes and/or drinks for the children
- 1 cheese or cheese/pepperoni sheet pizza

Birthday Bash Package Includes: (in addition to Base/ Gym Jam items)

Members: \$270
Non-Members \$320

- Choice of themed decorations
- Plates and cutlery
- Complete setup and cleanup

Contact

Kimmie Thielemann
Special Event Coordinator
kthielemann@glowymca.org
585-798-2040



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 registered sexual offender; has pleaded guilty to or been convicted of any crime involving sexual abuse or a crime against persons such as a child, spouse, 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 substances.

SPECIAL EVENTS

Parent's Night Out

TBD 5:00 – 7:30 PM

\$15 / per child; Members ONLY

- Enjoy a date night with your significant other or run some errands without the kiddos. Children will enjoy arts & crafts, activities & games. Pizza provided!

Dia De Los Muertos Celebration

TBD 3:00 – 7:00 PM

Free Community Event

- Drop in anytime for this annual community event!
- Experience this authentic Latino tradition with music, performing arts, crafts, and traditional food!

Craft Night

TBD 6:00 – 8:00 PM

\$15 – Members

\$20 – Non-Members

- Come join us for a unique evening of creativity while enjoying light refreshments. During this event we will make a seasonal craft item for you to keep.



ORLEANS COUNTY YMCA

Operating Hours

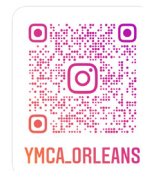
Monday – Friday	6:00 AM – 8:00 PM
Saturday	7:00 AM – 12:00 PM
Sunday	(Starting Nov 6th) 7:00 AM – 12:00 PM
CLOSED:	

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