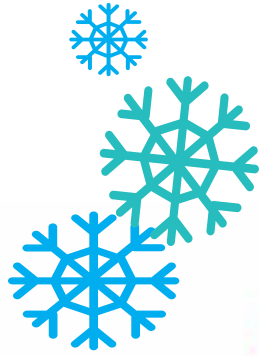




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JUMP INTO A WINTER WONDERLAND



Winter 2014-2015 Program Guide
ROCHESTER AREA FAMILY YMCA
709 1st Avenue SW, Rochester MN 55902
(507) 287-2260 • www.rochfamy.org

WELCOME



The Rochester Area Family YMCA grants access to all members of our community to participate in the wide range of programs and activities designed to encourage a healthier lifestyle and to support and strengthen families.

CELEBRATING 50 YEARS ON FIRST AVENUE

Our current facility was built in 1964. We are grateful for the individuals who made this happen. Thanks for the memories!

A MESSAGE FROM OUR CEO

As the Executive Director of the Rochester Area Family YMCA, let me extend my greetings. I have been working with the Y for 30 years and here in Rochester for seven years. This year the Rochester Area Family YMCA is celebrating 50 years of service to Rochester. I would also like to extend my thanks to the thousands of members and program participants who make the YMCA what we are today, one of the premier family organizations in the area.



Current membership stands at over 7,000 members! Of this figure, over 17% are scholarships recipients. Many people still don't know that the YMCA does not turn anyone away from a YMCA experience because of their inability to pay.

Many of these membership scholarships, as well as the many program scholarships we award, are the direct result of our Annual Support Campaign. This year, we are trying to raise \$235,000 for our campaign to help those in need. If you would like to find out more about our Open Doors Scholarship program or about our Annual Support Campaign, please feel free to contact me or one of our Welcome Center staff for more information.

Beyond scholarships, our overall mission is, "Providing for the spiritual, mental, and physical well-being of the individual, family, and community." We are in the prevention business as we look to build a better physical, mental and spiritual base under every person who walks through our doors. As you glance through this guide, you'll find pages of programs with something for everyone.

Whether you are new to the YMCA or one of our veterans, I hope you enjoy your YMCA experience and I look forward to seeing you soon.

HOME AWAY FROM HOME

The Rochester Area Family YMCA participates in the A.W.A.Y. Program. A.W.A.Y. means Always Welcome At YMCA's. This program is based on the philosophy that when a person enrolls in a YMCA, they become a member of a nationwide association of people that helps build strong kids, strong families and strong communities, and, therefore, when away from home, they will be warmly welcomed by all other participating YMCA's in the United States. Your membership gains you access to more than 2,600 YMCA's across the nation.



Yours in service,

Steve Courts
CEO/Executive Director
Rochester Area Family YMCA





QUESTIONS?

Call our Welcome Center
(507) 287-2260
extension 1083

BUILDING HOURS

709 First Avenue SW
Rochester, MN 55902

Monday-Thursday: 4:45 a.m. – 10:00 p.m.
Friday: 4:45 a.m. – 9:00 p.m.
Saturday: 7:30 a.m. – 6:00 p.m.
Sunday: 11:00 a.m. – 7:00 p.m.

HOLIDAY HOURS

Thanksgiving	Closed
Christmas Eve	4:45 a.m. – 1:00 p.m.
Christmas Day	Closed
New Year's Eve	4:45 a.m. – 5:00 p.m.
New Year's Day	11:00 a.m. – 3:00 p.m.

MEMBERSHIP PRICING

Category	Monthly	Annual	Joining Fee
Adult (ages 24-64)	\$50.50	\$606.00	\$75.00
Young Adult (ages 19-23)	\$40.00	\$480.00	\$50.00
Family (2 adults + dependents)	\$74.00	\$888.00	\$100.00
One Adult Family (1 adult + dependents)	\$64.00	\$768.00	\$75.00
Couple (2 adults only)	\$67.00	\$804.00	\$100.00
Senior (age 65+)	\$45.00	\$540.00	\$50.00
Senior Couple (both ages 65+)	\$60.00	\$720.00	\$50.00
Student (ages 10-18)	\$20.50	\$246.00	--
Kid's Care	\$25.00	\$300.00	--
Nanny	\$25.00	--	--

Veteran, Clergy and Corporate discount available.
See Welcome Center for details.

Membership pricing is subject to change.
Proper notice will be given if there will be a rate change.

MEMBERSHIP PACKAGES

Our membership packages vary based on the number of people in your household, your age, and your income. The Y has a membership package for everyone, no matter what your situation is. A membership representative from the Welcome Center would be pleased to discuss what options we have available for you.

PAYMENT OPTIONS

Monthly drafts require either a checking account or credit card on file. A joining fee is required for some membership types and is waived when an annual membership is paid in full.

CORPORATE MEMBERSHIPS

Memberships are available for colleges, and businesses. Each group has a different need for our services. Please contact Angela Dieterich at angied@rochfamy.org to learn more about our programs that will meet your needs. Programs for both membership and wellness are available. For group home and community outreach groups, please contact talbirdl@rochfamy.org.

YOUR YMCA MEMBERSHIP INCLUDES

- Unlimited facility usage
- FREE PARKING
- FREE Group Exercise/Water Fitness Classes
- FREE Recreational equipment rental
- FREE Quick Start Orientation
- 30 minute consultation with one of our Certified Personal Trainers
- Opportunity to utilize Kids Care services
- Special member rates on YMCA programs
- Priority registration dates for programs
- Special events throughout the year
- Community involvement opportunities
- Programs & activities for everyone!



FREE QUICK START ORIENTATION

Get yourself on the right foot! In four sessions, our trained fitness center staff will show you the basics of how to use our machines as well as provide seat settings and a starting weight. Stop in the Fitness Center to get started or call (extension 1042) for an appointment. For a personalized program, please see our personal training page or refer to our [website](#).

INSURANCE DISCOUNTS

Your medical insurance provider may be able to offer discounts based on your facility usage. Most providers require a certain level of gym visits per month. Insurance companies offering discounts to members of the Rochester Area Family YMCA include: Blue Cross/Blue Shield of Minnesota, Health Partners, UCare, Medica Fit Choices, and more.

YOU'RE INVITED UPCOMING YMCA EVENTS



ANNIE AT PARAGON THEATRE

Saturday, December 20, 2014 • 2:00 p.m.
Join us for the new release! Purchase your tickets online or at the Welcome Center. Proceeds of ticket sales go to the Y.

NEW YEAR'S OPEN HOUSE

Thursday, January 1, 2015 • 11:00 a.m. – 3:00 p.m.
Invite your friends and family to get a jump start on your New Year's Resolutions! FREE COMMUNITY EVENT.

HEALTHY KIDS DAY®

Saturday, April 25, 2015 • 11:00 a.m. – 3:00 p.m.
Healthy Kids Day, the Y's national initiative to improve families' health and well-being, takes place at 1,900 Ys and kick-starts healthier behaviors now and throughout the summer, a critical out-of-school time for children's health. FREE COMMUNITY EVENT

GUS MACKER 3 ON 3 BASKETBALL

August 7-9, 2015
We hope you'll join us as a player, volunteer or spectator for our third Gus Macker 3 on 3 Basketball Tournament. Register your team online at www.macker.com OR contact macker@rochfamy.org to volunteer.



ROCHESTER'S FAVORITE

Thank you for voting us Rochester's Favorite Fitness Center and a finalist for Rochester Favorite Summer Camp!



FACILITY RENTALS

The Rochester Area Family YMCA offers an outstanding facility available to rent for various events. The Y can also offer its services in regards to planning on-site wellness activities for your event. If you would like to learn more about renting our facility for an upcoming event contact Talbird Lovan at talbirdl@rochfamy.org. Rooms Available/Number of people include: Balfour Hall/80, 1st Floor Conference Room/10, Multi-Purpose Room/55, President's Room/20, Red & Blue Gym/100, South Gym/100.

PROGRAM REGISTRATION POLICIES

Member registration begins November 10 • Non-Member registration begins November 17

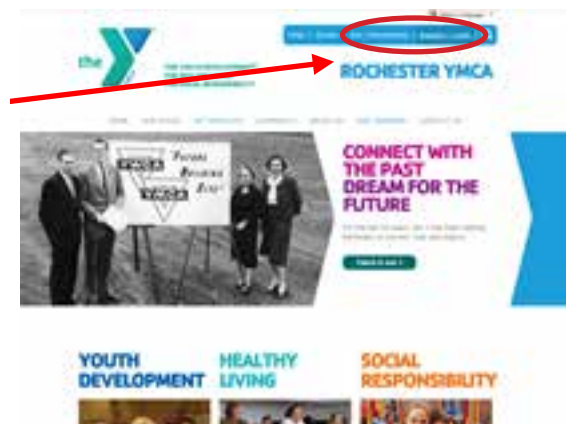
- Payment must be received at the time of registration. Payment is needed to reserve your space.
- Make-up classes or refunds for classes missed due to vacations or schedule conflicts are not permitted.
 - Check your schedule before committing to a session.
- The YMCA reserves the right to combine class levels or cancel classes due to insufficient enrollment.
 - In the event of a canceled class, a full refund will be given.
- Cancellations requested less than one week before scheduled to begin will be granted with only 50% refund.

REGISTER ONLINE AT WWW.ROCHFAMY.ORG

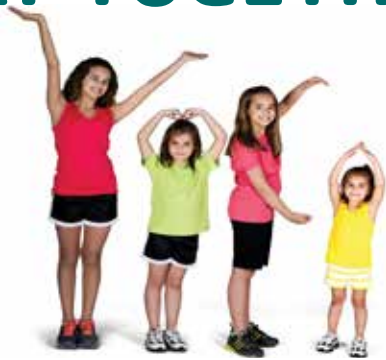
Click Register/Login to access our online registration. It's available 24 hours a day, 7 days a week!



Our new website makes it easy to check schedules, register for classes and more! Visit us online today!



LEARN TOGETHER PLAY TOGETHER



BIRTHDAY PARTIES

The Y's Birthday Party Program offers kids the option of spending their special day with us. With the choice of swimming or gym games, the Y is the place to be! To schedule a party visit www.rochfamy.org or call the Welcome Center (507) 287-2260 extension 1083. If you have any questions, please contact Taryn Wohlfiel at tarynw@rochfamy.org.

Party Basics

- Parties are designed for children ages 3-12.
- Costs include up to 10 children with an additional fee for each additional participant.
- 2 adult chaperones are required.
- Payment due when you reserve your party.
- Water slide times may vary.

POOL PARTY

Fridays: 5:30 p.m.
Saturdays: 1:00 p.m. or 2:30 p.m.
Sundays: 1:00 p.m. or 2:30 p.m.
Cost (up to 10 children)
\$60 Members / \$120 Non-Members
Additional attendees are \$5 per person
Participants will be allotted up to one hour of time for cake and presents and then will be allowed to use the pool from that point forward until closing. All water slide riders must be at least 48" tall and it is at the discretion of the lifeguard to determine safety requirements regarding swim skill.

GYM PARTY

Saturdays: 1:00 p.m. - 2:30 p.m. or 2:30 p.m. - 4:00 p.m.
Sundays: 1:00 p.m. - 2:30 p.m. or 2:30 p.m. - 4:00 p.m.
Cost (up to 10 children)
\$60 Members / \$120 Non-Members
Additional attendees are \$3 per person
Participants will be allotted up to one hour of time for cake and presents and then will be allowed to use the gym from that point forward until closing.



Y-TOTS PRESCHOOL

2015-2016 School Year

Our state licensed preschool will help your child develop independence, self-confidence, and school readiness skills. Our daily routine includes structured & unstructured play, early literacy, basic curriculum concepts, indoor and outdoor large motor activities (this includes monthly usage of the Water Park), snack time, and a variety of seasonal and holiday themes. Y-Tots is open to all children ages 3-5, regardless of sex, race, color, national origin, or ability to pay. Children must be toilet trained to be a Y-Tot.

A \$50.00 non-refundable fee is payable at the time of registration. **Contact Julie Ellis with any questions about current availability and scholarship information at juliee@rochfamy.org or 287-2260 extension 1051.**

3 YEARS OLD

must be 3 by September 1, 2015

Tuesdays and Thursdays

Two Days a Week

9:00 a.m. - 11:30 a.m.

Members - \$130/month

Non-Members - \$145/month

4-5 YEARS OLD

must be 4 by September 1, 2015

Tuesdays and Thursdays

12:30 p.m. - 3:00 p.m.

Members - \$130/month

Non-Members - \$145/month

Monday, Wednesday, Friday

9:00 a.m. - 11:30 a.m.

or

12:30 p.m. - 3:00 p.m.

Members - \$157/month

Non-Members - \$175/month



Registration for the 2015-2016 Y-Tots Preschool year will begin January 12. Stop by the Y-Tots classroom for a tour.

SMALL STUFF SPORTS

These programs are a unique way to spend time with your child while they learn basic fundamentals of a sport. You and your child will work together through multiple skill stations. The season ends with the kids playing the big game! Each child will receive a Y-shirt. Participants will meet in the gyms on the 3rd floor. Ages 3-5

\$25 Members/ \$40 Non-Members

Basketball: March 7-March 28

Saturdays, 9:00 a.m. - 10:00 a.m.

Soccer: April 18-May 9

Saturdays, 10:00 a.m. - 11:00 a.m.

SPARK CREATIVITY TEACH SKILLS



KIDS CARE

Kids Care provides supervised care for our members' children in a safe, nurturing, and caring environment while parents are in the building. We provide care for ages 6 weeks to 7 years old. Our schedule of game time, arts and crafts, and free play will make your child's time in Kids Care fun and exciting!

Kids Care Hours

Monday-Thursday: 8:55 a.m. - 1:00 p.m.
4:25 p.m. - 7:45 p.m.

Friday: 8:55 a.m. - 1:00 p.m.
4:25 p.m. - 6:30 p.m.

Saturday: 8:25 a.m. - 12:30 p.m.

Member Rate

Daily: \$3 per child

Monthly: \$25

Punch-cards: \$30 for 10 punches

UNLIMITED
KIDS CARE
\$25/month

Non-Member Rate

Daily: \$5 per child

Punch-cards: \$50 for 10 punches.

All payments can be made at the Welcome Center before your children enter Kid's Care. If your child is not picked up by closing time, we will charge \$1.00 per minute per child. Please make a reservation if you have an infant by calling (507) 287-2260 extension 1025.

Y-ZONE

This free program is for youth in grades K-8. At Y-ZONE your child will have a chance to be active and have fun. Participants under 10 must be signed in and out daily. This program will open during scheduled hours (Monday-Friday: 4:30 p.m. - 6:30 p.m. and Saturday 9:00 a.m. - 12:00 p.m.) upon request. Please sign in at Kids Care; Y-ZONE will open if adult to youth ratios allow.

Y-SMART

After School Program

The Y invites you to be a part of our after school program during the 2014-2015 school year. The program takes place from 3:30 p.m. - 5:45 p.m., Monday-Friday. Y-SMART, which stands for **Shaping Minds And Realizing Talents**, focuses on bringing healthy lifestyles to all participants. Youth will have opportunities each week to participate in activities including swimming, running and more. Participants will receive a healthy snack each day in the program in addition to receiving homework help. Y-SMART will meet immediately following school on scheduled early release days during the year. Each child will receive a Y-shirt. Y-SMART will not take place on school cancellations or early release due to inclement weather. Refunds will not be awarded for cancelled days. Free extended care will be provided after Y-SMART (in Y-ZONE) until 6:30 p.m. A one-time registration fee will be charged per participant of \$25 Members / \$50 Non-Members. Pricing Per School Quarter:
\$350 Members / \$400 Non-Members
*10% discount offered for 2nd child
For participants attending year-round school please contact rachelh@rochfamy.org for pricing details.



YOUTH/STAFF RATIOS

6 weeks-1 year: 1 staff to 3 youth
2 years-3 years: 1 staff to 7 youth
4 years-6 years: 1 staff to 10 youth
7 years - 10 years: 1 staff to 12 youth

Ratios and occupancy guidelines are maintained for the safety of all children. For this reason there may be a time when we cannot accommodate your child.



ADVENTURE DAYS

This fun-filled day camp program is offered on non-school days for participants in grades K-6. Have a ton of fun at the Y while school is out for the day. Games, sports, crafts, swimming in the water park, and much more! Bring a swimsuit, towel, lunch, and drink each day. An afternoon snack will be provided. The program will run from 9:00 a.m. - 4:00 p.m. Free extended care is offered in Y-SMART from 6:30 a.m. - 9:00 a.m. and 4:00 p.m. - 6:00 p.m. \$30 Members / \$35 Non-Members Adventure Days will be held on the following dates:
November 26, 28
January 19, 23
February 16
March 27

LEGO ROBOTICS CLUB

This program introduces the Lego Robotics in a fun, friendly way. This club is for all levels of Lego Robotics users. Youth will work in teams as well as individually with the instructor to develop and increase skills. Participants will receive a Y-shirt.
Grades 2-6
\$40 Members / \$60 Non-members
Saturdays, 1:30 p.m. - 3:00 p.m.
Session I: March 1-March 29
Session II: April 12-May 3

PARENT DATE NIGHT

Bring your child to the Y and enjoy a night on the town! Our trained staff will spend time with your kids while they enjoy playing gym games, making a craft, and more. The evening will wrap up with a kid-friendly movie. Pizza and a healthy snack will be provided. Ages 3-12; participants must be potty trained.
Members: \$15 for 1st child
Non-Members: \$25 for 1st child
Each additional child is \$5
5:30 p.m. - 9:00 p.m.
January 16 February 13 April 17

SPECIAL DISCOUNT

Register your child for Parent Date Night and Canvas Painting and receive \$5 off!

CANVAS PAINTING

Sunshine and Roses Canvas Painting will be coming to the Y! Register your school-age child for this art event. For more information visit www.sunshineandrosescanvaspainting.com
\$20 Members / \$25 Non-Members
6:00 p.m. - 7:00 p.m.
January 16 February 13



HOLIDAY CAMP

Join us for your holiday break at the Y while school is out. Participants can register for one day or the entire week of camp. Youth will have a ton of fun at the Y participating in holiday-themed games, gym activities, crafts, swimming and much more! Bring a swimsuit, towel, lunch, and drink each day. An afternoon snack will be provided.

*The Y will close at 5:00 p.m. on December 31.

All participants must be picked up by 5:00 p.m.

Full Week: \$140 Members / \$160 Non-Members

Price per Day: \$30 Members / \$35 Non-Members

December 26, 29, 30, 31 January 2

9:00 a.m. - 4:00 p.m.

Free extended care offered in Y-SMART

6:30 a.m. - 9:00 a.m. and 4:00 p.m. - 6:00 p.m.

SPRING BREAK CAMPS

Start your spring break off with an exciting week filled with activities at the Y! Participants can register for one day or the entire week of camp. We will spend our days playing games, swimming in the Water Park and more! Bring a swimsuit, towel, lunch, and drink each day. An afternoon snack will be provided.

Full Week: \$140 members / \$160 Non-Members

Price per Day: \$30 Members / \$35 Non-Members

March 30-April 3

9:00 a.m. - 4:00 p.m.

Free extended care offered in Y-SMART

6:30 a.m. - 9:00 a.m. and 4:00 p.m. - 6:00 p.m.

FAMILY FUN NIGHT

Come to the Y and play together as a family! Our trained staff will guide families and youth in exciting activities for children ages 3 and up. Activities will include a fun holiday craft as well as gym activities, relays and more. Kids Care will also be open during this program for younger children. Pizza will be served for all participants!

\$15 Members / \$25 Non-Members (price per family)

6:00 p.m. - 8:30 p.m.

November 14

March 20



FAMILY KUNG FU

Kung Fu for Fitness class consists of a workout with flexibility exercises, calisthenics and single person and partner drills designed to strengthen and aerobically condition the body. It combines breathing, exercises, philosophy, body mechanics and meditation from the Chinese martial arts.

\$60 Members / \$120 Non-Members (price per family)

Saturdays, 12:30 p.m. - 1:30 p.m.

Check www.rochfamy.org for dates.

EVERYBODY PLAYS EVERYBODY WINS

YMCA BASKETBALL LEAGUE

Participants will work on the fundamentals of basketball, scrimmage, and play games during this eight week session. This program runs two times per week and meets in the 3rd floor gyms. Games are scheduled Saturdays, between the hours of 8:15am-4:00pm. The schedule is determined by the number of teams in each division. The first two full weeks are dedicated to practice. Tuesday evenings are scheduled practice times.

\$55 Members / \$ 75 RYBA member / \$95 Non-Members
Tuesdays, 6:00 p.m. - 7:00 p.m.

Saturdays, January 10-February 28

Grades K-1: 8:30 a.m. - 9:30 a.m.

Grade 2: 9:45 a.m. - 10:45 a.m.

Grade 3: 11:00 a.m. -12:00 p.m.



BASKETBALL

COACHES NEEDED



PRE-TEEN FITNESS

This two part orientation focuses on teaching youth ages 11-12 the proper etiquette and safety precautions while in the fitness center. Both portions are required to complete the youth training program.

Part One

Consists of an interactive Power Point to facilitate learning and encourage discussion. This portion of the class will be held in the President's room on the 2nd floor.

Part Two

Consists of a hands on course to facilitate understanding and promote learning. This portion of the class will be held in the Fitness Center.

Class is held every Monday and Tuesday evening on the second week of the month.
FREE for Members



The Y's **four core values** are caring, honesty, respect and responsibility. We challenge our members and participants to believe in and behave according to these values. Our core values unit us as a movement with a common cause. They are the shared beliefs and essential principles that guide our behavior, interactions with each other and decision-making.

CARING

To show a sincere concern for others.

HONESTY

To be truthful in what you say and do.

RESPECT

To follow the golden rule.

RESPONSIBILITY

To be accountable for your promises and actions.

YOUTH KARATE

Ryu Te Karate, originating in Okinawa, is a self-defense system founded by Master Seiyu Oyata, based on original fighting arts of the ancient warriors of Okinawa. Mr. Oyata's techniques can be practiced by all ages, abilities, and body types. Ryu Te Karate training is a great way to build strength, balance, coordination, and self-confidence. In addition to Karate's traditional punching, blocking, and kicking skills, we also teach practical self-defense, how to deal with bullies and how to resolve conflicts without physical aggression. This class will run on Saturday mornings and will meet in Balfour Hall. Ages 5-12

9:00 a.m. - 10:30 a.m.

\$50 Members / \$70 Non-Members

Session I: January 10-February 21

Session II: February 28-April 11

YOUTH SOCCER

Youth participants will learn soccer offense and defense fundamentals while working on dribbling, passing, running and shooting. Each child has the opportunity to play all positions. Youth will be divided into appropriate age groups. Participants will receive a Y-shirt. Meet in the gyms.

\$40 Members/ \$60 Non-Members

Grades K-3

Saturdays 10:00 a.m. -11:00 a.m.

April 18-May 23





SWIM LESSONS REGISTRATION POLICIES

- Payment must be received at the time of registration. We will not reserve a space without payment.
- Make-up classes or refunds for classes missed due to vacations or schedule conflicts are not permitted. Check your schedule before committing to a session.
- The YMCA reserves the right to combine class levels or cancel classes due to insufficient enrollment. In the event of a canceled class, a full refund will be given.
- Cancellations of swim lessons requested less than a week before they are scheduled to begin will be granted with only 50% refund.

PARENT/CHILD AQUATICS

These programs are a great way to introduce aquatic safety skills through games and songs. They offer water enjoyment for both the parent and the child. These classes are designed to encourage learning and water adjustment in a safe, positive setting. Parents accompany their children at all times while an experienced instructor guides parents in teaching their children fundamental safety and aquatic skills. These classes are an excellent way for children to begin transitioning to the preschool swim program.

Suggestions To Prepare You For These Programs

- Please bring a swimsuit and towel for both of you.
- Clothes, street shoes, diaper bags, and other personal items should be stored in a locker.
- Bring a padlock to lock up your valuables.
- Shower before entering the pool.
- Please remember, only one parent is allowed in the pool with the child.
- If child is not potty trained, they must wear a swim diaper and a tight fitting swim suit or plastic pants.
- Have fun! Enjoy this special time with your child.



WATER BABIES

6-18 months

\$35 Members
\$54 Non-Members
Each lesson is
30 minutes

Session One		
Thursday	Jan 8 - Feb 12	5:40-6:10pm
Saturday	Jan 10 - Feb 14	10:15-10:45am
Session Two		
Thursday	Feb 19 - Mar 26	5:40-6:10pm
Saturday	Feb 21 - Mar 28	10:15-10:45am

WATER TOTS

19months-5 Years

\$35 Members
\$54 Non-Members
Each lesson is
30 minutes

Session One		
Thursday	Jan 8 - Feb 12	5:05-5:35pm
Saturday	Jan 10 - Feb 14	10:50-11:20am
Session Two		
Thursday	Feb 19 - Mar 26	5:05-5:35pm
Saturday	Feb 21 - Mar 28	10:50-11:20am

PORPOISE CLUB

This swim club is for swimmers ages 11-14 who have progressed through group lessons and would like to keep swimming non-competitively. Swimmers will work on endurance, stroke refinement, and more.

Prerequisite: Completed Flying Fish/ Shark skills.

\$40 Members / \$65 Non-Members

Sundays 3:10 p.m. - 3:50 p.m.

Session I: January 4 - February 8

Session II: January 15 - March 22



ADULT SWIMMING LESSONS

These classes are for adults and teens that want to develop or improve on basic swimming skills and overcome any fear of water. These lessons are held in a group setting; for those looking for one-on-one attention a private lesson is recommended.

\$40 Members / \$65 Non-Members

Sundays: 6:15 p.m. - 6:55 p.m.

Session I: January 4 - February 8

Session II: February 15 - March 22

AQUATICS PROGRAMS

The Y has introduced tens of millions of people nationwide to swimming since inventing group swim instruction in 1906. At the Y, our lessons are divided by both age and skill level. If you have questions about our Aquatics Programs or what type of lesson would work best for you, contact our Aquatics Director, Crystal Sobotta at crystals@rochfamy.org

Preschool Lesson Levels **Ages 3-5**

The preschool program provides children with their first pool experience without parental assistance, in a safe, fun and positive learning environment. Child must be 3 by the start of the class. Maximum enrollment for each class is six and the minimum is two.

SUNFISH

This is a transitional class from parent/child to preschool lessons. It slowly introduces swimmers to the pool who have not had group lessons before or children who may be hesitant about swimming. Parents are not required to be in the pool with the child but have the option to be in the pool the first 2 lessons. Skills Spotlight: blowing bubbles, floating and paddling with assistance.

PIKE

Swimmer should be comfortable in the water without a parent in the pool area. This class presents basic swim skill through games and fun. Swimmers begin to submerge their head swim with an IFD (noodles). Skills Spotlight: Floating, paddling, and kick on both front and back with assistant.

PIKE TWO

This class is for preschool swimmers who are comfortable in the water, and can swim independently with an IFD (noodle, floatation pack). Skills Spotlight: Independent paddle front and back (2 yards), floating front and back with assistance, and submerging face/head.

EEL

Swimmers who are well adjusted to the water and are eager to learn more. Eel swimmers continue to build on Pike skills such as effective kicking and floating. Skills Spotlight: Kicking, floating on both front and back, and progressive paddle stroke. Pre-requisite: Completed Pike or Pike Two skills.

RAY/STARFISH

Swimmers are ready to begin developing their endurance and stroke development. This level is also introduced to treading water, rhythmic breathing, rescue skill, and personal water safety. Skills Spotlight: Independent arm strokes for front crawl, back crawl, elementary back stroke, breast stroke, and side stroke. Pre-requisite: Completed Eel skills.



School Age Lesson Levels **Ages 6 and up**

Whether your school age child is a new swimmer or has been swimming circles around you, the school age program offers a class that is just right for your child's skill level. Child must be six by the start of the class. Maximum enrollment is eight and the minimum is two.

POLLIWOG

Beginner level for school age children to help them become adjusted to the water. Skills Spotlight: Introduction to fundamental skills of front and back floating, treading water with assistance, front, back, and side paddle (5 yards with a floatation aide; 2 yards independently) Equivalent to Red Cross Level 1 & 2

GUPPY

Continue to develop confidence in their abilities by increasing their swim stroke endurance, paddle stroke practice, floating & rotary breathing without the aid of floating devices. Skills Spotlight: Front crawl, back crawl, breast stroke, elementary back, side stroke, 25 yards with floatation, and 10 yards without floatation aides. Introduction to scissor & whip kicks, rhythmic breathing, and diving skills. Pre-requisite: Polliwog skills. Equivalent to Red Cross Level 2 & 3

MINNOW

Swimmers continue to refine their stroke skills and develop correct timing and coordination of arm and leg movements. Skills Spotlight: Introduction to rotary breathing, butterfly, basic water safety, and rescue skills. Pre-requisite: Completed Guppy skills. Equivalent to Red Cross Level 3 & 4

FISH

Swimmers build on previous work to perform strokes with greater precision and accuracy. Skills Spotlight: Endurance continues to increase (to 50 yards). Pre-requisite: Completed Minnow skills. Equivalent to Red Cross Level 4

FLYING FISH/SHARK

This is an advanced level where students focus on stroke perfection. Skills Spotlight: Swimmers will learn open turns/flip turns, perfect their strokes, and rescue skills. Pre-requisite: Completed Fish skills. Equivalent to Red Cross Level 5

SESSION I SWIMMING LESSONS

January 4 - February 14

PRESCHOOL

SUNDAY January 4 - February 8		TUESDAY January 6 - February 10		WEDNESDAY January 7 - February 11		THURSDAY January 8 - February 12		SATURDAY January 10 - February 14	
4:00-4:30p	Pike	10:15-10:45a	Eel	9:30-10:00a	Pike	4:30-5:00p	Pike Two	9:30-10:00a	Ray/Starfish
4:00-4:30p	Pike Two	10:15-10:45a	Ray/Starfish	9:30-10:00a	Pike Two	4:30-5:00p	Eel	10:05-10:35a	Eel
4:35-5:05p	Eel	10:50-11:20a	Pike	10:05-10:35a	Eel	5:05-5:35p	Pike	10:40-11:10a	Pike Two
4:35-5:05p	Ray/Starfish	10:50-11:20a	Pike Two	10:05-10:35a	Ray/Starfish	5:40-6:10p	Ray/Starfish	11:15-11:45a	Pike
5:10-5:40p	Pike	4:30-5:00p	Eel			6:15-6:45p	Sunfish	11:25-11:55a	Sunfish
5:10-5:40p	Sunfish	4:30-5:00p	Pike Two			6:15-6:45p	Pike Two		
5:45-6:15p	Eel	5:05-5:35p	Pike						
5:45-6:15p	Ray/Starfish	5:05-5:35p	Sunfish						
6:20-6:50p	Pike Two	5:40-6:10p	Ray/Starfish						
6:20-6:50p	Sunfish	5:40-6:10p	Pike						
		6:15-6:45p	Pike Two						
		6:15-6:45p	Eel						



Each lesson is 30 minutes
\$35 Members / \$54 Non-Members

SCHOOL AGE

SUNDAY January 4 - February 8		TUESDAY January 6 - February 10	
4:00-4:40p	Polliwog	9:30-10:10a	Home School
4:00-4:40p	Guppy	4:30-5:10p	Guppy
4:45-5:25p	Guppy	4:30-5:10p	Minnow
4:45-5:25p	Minnow	5:15-5:55p	Polliwog
4:45-5:25p	Fish	5:15-5:55p	Guppy
5:30-6:10p	Polliwog	6:00-6:40p	Polliwog
5:30-6:10p	Minnow	6:00-6:40p	Fish
5:30-6:10p	FF/Shark		
6:15-6:55p	Polliwog		
6:15-6:55p	Guppy		



polliwogs

THURSDAY January 8 - February 12		SATURDAY January 10 - February 14	
4:30-5:10p	Polliwog	9:30-10:10a	Fish
4:30-5:10p	FF/Shark	9:30-10:10a	Minnow
5:15-5:55p	Minnow	10:15-10:55a	Polliwog
5:15-5:55p	Guppy	11:00-11:40a	Guppy
6:00-6:40p	Guppy		
6:00-6:40p	Fish		

Each lesson is 40 minutes
\$40 Members / \$60 Non-Members

YOUTH & ADULT PRIVATE LESSONS

Each lesson is 30 minutes
\$60 Members / \$75 Non-Members

SUNDAY			TUESDAY			THURSDAY		
4:00-4:30p	Jan 4, 11, 18	A	4:30-5:00p	Jan 6, 13, 20	A	4:30-5:00p	Jan 8, 15, 22	A
4:35-5:05p	Jan 4, 11, 18	A	5:05-5:35p	Jan 6, 13, 20	A	5:05-5:35p	Jan 8, 15, 22	A
5:10-5:40p	Jan 4, 11, 18	A	5:40-6:10p	Jan 6, 13, 20	A	5:40-6:10p	Jan 8, 15, 22	A
5:45-6:15p	Jan 4, 11, 18	A	6:15-6:45p	Jan 6, 13, 20	A	6:15-6:45p	Jan 8, 15, 22	A
6:20-6:50p	Jan 4, 11, 18	A	4:30-5:00p	Jan 27, Feb 3, 10	B	4:30-5:00p	Jan 29, Feb 5, 12	B
4:00-4:30p	Jan 25, Feb 1, 8	B	5:05-5:35p	Jan 27, Feb 3, 10	B	5:05-5:35p	Jan 29, Feb 5, 12	B
4:35-5:05p	Jan 25, Feb 1, 8	B	5:40-6:10p	Jan 27, Feb 3, 10	B	5:40-6:10p	Jan 29, Feb 5, 12	B
5:10-5:40p	Jan 25, Feb 1, 8	B	6:15-6:45p	Jan 27, Feb 3, 10	B	6:15-6:45p	Jan 29, Feb 5, 12	B
5:45-6:15p	Jan 25, Feb 1, 8	B						
6:20-6:50p	Jan 25, Feb 1, 8	B						

If you have a fear of water or want to improve your skills in a one-on-one setting, private lessons are your answer. These lessons are designed to give participants individualized attention in order to master their swimming skills. Together the instructor and student/parent will determine the goals for each session and the curriculum is customized to meet your goals. Each private session consists of three lessons.

SESSION II SWIMMING LESSONS

February 15 - March 28

PRESCHOOL

SUNDAY February 15 - March 22		TUESDAY February 17 - March 24		WEDNESDAY February 18 - March 25		THURSDAY February 19 - March 26		SATURDAY February 21 - March 28	
4:00-4:30p	Pike	10:15-10:45a	Eel	9:30-10:00a	Pike	4:30-5:00p	Pike Two	9:30-10:00a	Ray/Starfish
4:00-4:30p	Pike Two	10:15-10:45a	Ray/Starfish	9:30-10:00a	Pike Two	4:30-5:00p	Eel	10:05-10:35a	Eel
4:35-5:05p	Eel	10:50-11:20a	Pike	10:05-10:35a	Eel	5:05-5:35p	Pike	10:40-11:10a	Pike Two
4:35-5:05p	Ray/Starfish	10:50-11:20a	Pike Two	10:05-10:35a	Ray/Starfish	5:40-6:10p	Ray/Starfish	11:15-11:45a	Pike
5:10-5:40p	Pike	4:30-5:00p	Eel	10:05-10:35a	Ray/Starfish	6:15-6:45p	Sunfish	11:25-11:55a	Sunfish
5:10-5:40p	Sunfish	4:30-5:00p	Pike Two			6:15-6:45p	Pike Two		
5:45-6:15p	Eel	5:05-5:35p	Pike						
5:45-6:15p	Ray/Starfish	5:05-5:35p	Sunfish						
6:20-6:50p	Pike Two	5:40-6:10p	Ray/Starfish						
6:20-6:50p	Sunfish	6:15-6:45p	Pike Two						
		6:15-6:45p	Eel						

Each lesson is 30 minutes
\$35 Members / \$54 Non-Members



guppies



shark

SCHOOL AGE

SUNDAY February 15 - March 22		TUESDAY February 17 - March 24	
4:00-4:40p	Polliwog	9:30-10:10a	Home School
4:00-4:40p	Guppy	4:30-5:10p	Guppy
4:45-5:25p	Guppy	4:30-5:10p	Minnow
4:45-5:25p	Minnow	5:15-5:55p	Polliwog
4:45-5:25p	Fish	5:15-5:55p	Guppy
5:30-6:10p	Polliwog	6:00-6:40p	Polliwog
5:30-6:10p	Minnow	6:00-6:40p	Fish
5:30-6:10p	FF/Shark		
6:15-6:55p	Polliwog		
6:15-6:55p	Guppy		

THURSDAY February 19 - March 26		SATURDAY February 21 - March 28	
4:30-5:10p	Polliwog	9:30-10:10a	Fish
4:30-5:10p	FF/Shark	9:30-10:10a	Minnow
5:15-5:55p	Minnow	10:15-10:55a	Polliwog
5:15-5:55p	Guppy	11:00-11:40a	Guppy
6:00-6:40p	Guppy		
6:00-6:40p	Fish		

Each lesson is 40 minutes
\$40 Members / \$60 Non-Members



fish

YOUTH & ADULT PRIVATE LESSONS

Each lesson is 30 minutes
\$60 Members / \$75 Non-Members

SUNDAY			TUESDAY			THURSDAY		
4:00-4:30p	Feb 15, 22 Mar 1	A	4:30-5:00p	Feb 17, 24 Mar 3	A	4:30-5:00p	Feb 19, 26, Mar 5	A
4:35-5:05p	Feb 15, 22 Mar 1	A	5:05-5:35p	Feb 17, 24 Mar 3	A	5:05-5:35p	Feb 19, 26 Mar 5	A
5:10-5:40p	Feb 15, 22 Mar 1	A	5:40-6:10p	Feb 17, 24 Mar 3	A	5:40-6:10p	Feb 19, 26 Mar 5	A
5:45-6:15p	Feb 15, 22 Mar 1	A	6:15-6:45p	Feb 17, 24 Mar 3	A	6:15-6:45p	Feb 19, 26 Mar 5	A
6:20-6:50p	Feb 15, 22 Mar 1	A	4:30-5:00p	Mar 10, 17, 24	B	4:30-5:00p	Mar 12, 19, 26	B
4:00-4:30p	Mar 8, 15, 22	B	5:05-5:35p	Mar 10, 17, 24	B	5:05-5:35p	Mar 12, 19, 26	B
4:35-5:05p	Mar 8, 15, 22	B	5:40-6:10p	Mar 10, 17, 24	B	5:40-6:10p	Mar 12, 19, 26	B
5:10-5:40p	Mar 8, 15, 22	B	6:15-6:45p	Mar 10, 17, 24	B	6:15-6:45p	Mar 12, 19, 26	B
5:45-6:15p	Mar 8, 15, 22	B						
6:20-6:50p	Mar 8, 15, 22	B						

If you have a fear of water or want to improve your skills in a one-on-one setting, private lessons are your answer. These lessons are designed to give participants individualized attention in order to master their swimming skills. Together the instructor and student/parent will determine the goals for each session and the curriculum is customized to meet your goals. Each private session consists of three lessons.

FEEL STRONGER BE HEALTHIER

SMALL GROUP OR PRIVATE LESSONS

Pilates, Yoga or KettleBells

Get a head start on pilates, yoga or kettle bells with a 30 or 55 minute private or small group lesson. Work one-on-one with an instructor or get a few friends together and schedule a lesson. These sessions can be set up to meet the time that suits you best. Contact Pennie at 287-2260 extension 1042 or pennie@rochfamy.org to schedule your private or small group lesson.

30-Minute Session

Private: \$15 Member / \$30 Non-Member
Small Group: \$25 Member / \$50 Non-Member
(2-4 individuals, Pricing for entire group)

55-Minute Session

Private: \$30 Member / \$60 Non-Member
Small Group: \$40 Member / \$80 Non-Member
(2-4 individuals, Pricing for entire group)

FITNESS ASSESSMENTS

Ages 13 and up only by appointment

Need a starting point? Let our personal trainers help you find a baseline for your workout. Whether you take the results and work on your own or work with one of our trainers, it is helpful to get tested again in a few months to see how far you have come.

Testing Includes (all parts of testing are optional):

- Height and Weight
- Resting Heart Rate
- Recovery Heart Rate
- Crunch Test
- Push-Up Test
- Flexibility Test
- Predicted Maximum and Target Heart Rate
- Body Composition (using skin calipers)
- Body Measurements

Entire Test: \$30 Members / \$50 Non-Members

Body Comp Test & Measurements Only:

\$15 Members / \$25 Non-Members

BETTER TOGETHER WELLNESS EXPERIENCE

Discover the YMCA and the great programs available for you and your family. Enjoy the aspects of working alongside an experienced Wellness Coach from establishing goals to writing out exercise plans to track your progress anywhere from 2 weeks to 6 months. Learn about all aspects of wellness and classes offered that fit your preferences and needs, strength training and cardio. Together, we will help you experience wellness to the fullest. Contact talbirdl@rochfamy.org to schedule your appointment or event.

KETTLEBELLS

Kettle Bells will help you take your workout to the next level. This class will improve your cardiovascular function, increase muscular strength, improve posture & alignment, and you will lose body fat. KettleBells are not for beginners. Participants in this program should be experienced in strength training, cardiovascular conditioning, and consider themselves to be at an intermediate fitness level

30-Minute KettleBells

\$10 Member / \$20 Non-Member
Tuesdays, 10:20 a.m. - 10:50 a.m.
Check www.rochfamy.org for dates.

KettleBells & Rope

\$20 Member / \$40 Non-Member
Wednesdays, 6:30 p.m. - 7:15 p.m.
Meet in the 3rd floor cycle studio.
Check www.rochfamy.org for dates.



NUTRITION



Jen Brewer is our Registered Dietician at the Y and released her latest book "All Diets Work, That's the Problem!" in 2011. She received her Dietetics degree from Brigham Young University. Before joining the Rochester Area Family Y, she worked full time as a Dietitian in the Detroit Health Department, counseling

patients one-on-one and has provided group seminars and cooking demonstrations. Jen has traveled throughout the country speaking and counseling for over a decade. She is committed to developing strong and healthy bodies at the Y. Email jenb@rochfamy.org

SILVERSNEAKERS®

Check www.rochfamy.org for class times or pick up a Group Fitness Schedule from the Welcome Center.

SilverSneakers® Circuit: Non-impact standing choreography alternated with safe, fun and effective exercises for upper body strength work. Chair for standing support "head to toe" stretch and complete relaxation in a comfortable position.

SilverSneakers® 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 ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers® Tai Chi: Strength, Flexibility and Balance. This class will include Qigong exercises to improve strength in the legs, back and core; improve flexibility in the knees, hips and shoulders and improve balance and coordination. In other words- exercises to reduce the risk of falling.

GROUP FITNESS CLASSES

All instructors are certified professionals who truly care about your health and offer a variety of skills and levels in each class.
Ages 13+

CARDIO

Cardio Mix: Mix up your fitness routine to get a great cardio workout.

Cardio Complete: Combines dance, strength training, Pilates, yoga and kickboxing, so you can get it all in one workout! The first 30 minutes is easy to follow dance cardio movements, the second half is strength training. Dance and have fun to upbeat music and burn up to 600 calories in one 55-minute body workout.

Cycle: BIG cardio workout that challenges both aerobic and anaerobic energy systems. Builds muscular power and endurance.

TurboKick®: Kickboxing at its best. Choreographed to music that is heart pumping. This class is a high energy cardio workout.

Zumba®: Dance away your worries with motivating, high-energy music and unique Latin style choreography.

Zumba® Toning: Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength training dance fitness party.

20/20/20: A combination of all your favorite classes-A great way to mix up your routine from bounding to dance and one 20 minute strength/conditioning routine.

MUSCLE CONDITIONING

Core: Core conditioning class primarily focuses on the abdominal and back.

CSI: Utilizes a variety of equipment with athletic-based drills and skills. High intensity workout includes cardio and strength.

Group Strength: Muscle conditioning workout that builds muscular strength and endurance.

Powercut: Mix of cardio and toning exercises designed to get your heart pumping while working a variety of muscle groups.

Barre Bliss: A full body bare foot sculpting class with ballet, pilates, stretching and strength exercises using a chair and various exercise equipment.

SPIRIT, MIND, & BODY

Belly Dance: Joyful, creative, and empowering art. Combines isolated movements of expression with muscle control to tighten, tone, and shape the body, while providing a low-impact aerobic workout. No previous dance experience necessary!

Gentle Stretch Chair Yoga: Focusing on a more gentle yoga flow series to reduce stress and achieve a peaceful & relaxed state of mind and body.

Pilates: Work to perfect your alignment and posture as you develop long lean muscle and strengthen your core muscles.

Qigong: Gentle movement, deep breathing, self-applied massage techniques and meditation help to stimulate the body's ability to heal itself. This class is excellent for improving range of motion, flexibility, balance, and reducing effects of stress.

PiYo® Strength: A combination of Pilates and yoga. Focuses on building the core (pilates) and increasing flexibility (yoga).

Power Qigong: A more dynamic Qigong with a focus on core and lower body strength and the building of "Internal Power".

Tai Chi: An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures.

Yoga: A "mind-body" class involving slow movements and "postures". Develop discipline, strength, balance, and flexibility.

Yoga Sculpt: A rigorous class set to energetic music. This class includes segments of yoga, traditional strength training and cardio workouts, it's stress relieving and fun! Come check it out!

Foam Roller: Stretching using the foam roller. Learn self-massage and flexibility techniques.

WATER

Aqua Zumba®: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all is exhilarating beyond belief.

Gentle Water and Stretch: An easy water class which will incorporate stretching and easy water movements.

Aqua Splash: A mix of cardio water dance and strength work-all in the water! Great work out for all!

Water Works: A cardio and strength workout in the shallow end of the pool.

FAMILY

Family Fitness: This class is designed for you and your preschool through school-age children. Come enjoy some time together being active. Think of gym class with stretching and no rope burns- a fun class that could be different each time.

Baby & Me: Get back to working out without having to leave your baby! Bring your baby and stroller to the 3rd floor South Gym for 30 minutes of fun and fitness. Activities include a warm-up and toning moves for mom/dad while the babies watch and interact in the stroller. This class is open to all fitness levels and is a place where moms and dads can feel a sense of community and comfort without judgement.



Check www.rochfamy.org for class times or pick up a Group Fitness Schedule from the Welcome Center.



YOUR GOALS BECOME OUR GOALS



MEET OUR TRAINERS

Our personal trainers are nationally certified with ongoing continuing education in various subjects including senior fitness, chronic conditions, weight management, biomechanics and more. For complete biographies of our trainers please refer to our Personal Training Brochure or go to www.rochfamy.org.



To get started in personal training, group personal training, and fitness assessments please complete and return a Personal Training Questionnaire. They can be picked up in the Fitness Center or at the Welcome Center.

PERSONAL TRAINING

Ages 13 and up only, by appointment

Get a personal program designed just for you! Our nationally certified personal trainers will work with you to develop an exercise program that fits your needs. Whether you are just getting started or need a serious challenge we can provide what you need. We recommend a 30 minute session for a consult, a three or five hour package for a complete program, or a ten hour package for a complete program with ongoing training. Personal training packages are non-refundable.

Individual Training Sessions

Members:	\$20 for 30 minutes
	\$40 for 60 minutes
Non-Members:	\$30 for 30 minutes
	\$60 for 60 minutes

Personal Training Packages

Members:	Three Hours for \$108
	Five Hours for \$170
	Ten Hours for \$320
Non-Members:	Three Hours for \$162
	Five Hours for \$255
	Ten Hours for \$480

GROUP PERSONAL TRAINING

Start the new school year working out with a friend (or two)! Training in a small group is a fun and cost effective way to reach your goals. Work with one of our certified personal trainers to get a great workout while learning how to motivate each other. All group training packages are non-refundable. At least one group participant must be a Y member. Non-members must purchase a day pass for each session to participate in this program.

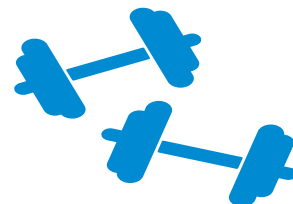
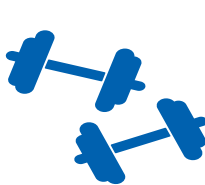
Group Training Packages (prices listed are per group):

Two Participants

1 hour: \$60
3 hours: \$165
5 hours: \$250
10 hours: \$450

Three Participants

1 hour: \$70
3 hours: \$195
5 hours: \$300
10 hours: \$500



The Y. So Much More™



MAH-JONG

Come join our group of Mah-Jong players at the Y! Mah-Jong is a game that originated in China. It is commonly played by four players. Similar to the Western card game rummy, Mah-Jong is a game of skill, strategy, and calculation and involves a degree of chance.

Meets at 12:30 p.m. every Thursday by Balfour Hall.

MASSAGE THERAPY

Massage Therapist Ashley Andrist has appointments available at the YMCA. Call at (507) 251-3567 or email at aandristmassage@gmail.com to set up your massage. 30 minutes - \$35; 60 minutes - \$60; 90 minutes - \$90

SENIOR COFFEE

Senior coffee is a chance for active older adults at the Rochester Area Family YMCA to come together, meet new people, discuss similar interests and enjoy a great cup of coffee. Take the opportunity to stop in and meet some new friends.

9:00 a.m. - 12:00 p.m.

Every Wednesday in the Pool Lobby.

TAE KWON DO

Cypress Martial Arts is a traditional (non-competitive) martial arts school accredited by the American Karate and Tae Kwon Do Organization (AKATO). Students participate in a positive family like atmosphere, regardless of physical limitations. Martial philosophy is applicable to many parts of life. Our students benefit from self-confidence, self-control, improved focus and balance, exercise, and the opportunity to continue to advanced training. Training includes hand and foot techniques, self-defense, patterns and some weapons and sparring. Classes are primarily taught by Janet Snyder and other AKATO black belts. Tuition covers fees for uniforms. Classes are held continuously throughout the year. Contact rachelh@rochfamy.org for pricing if looking to start mid-session. The class meets in the Multi-Purpose Room. Ages 5+

\$100 Members / \$135 Non-Members

Session 1: December 2 - February 27

Session 2: March 3 - May 29

Tuesdays, 6:30 p.m. - 7:30 p.m. All levels

Fridays, 6:00 p.m. - 7:00 p.m. Beginners Class

Fridays, 7:00 p.m. - 8:00 p.m. Advanced Class

KARATE TRAINING FOR ADULTS & TEENS

Our instructors teach a classical style of Karate developed on the island of Okinawa, the birthplace of all forms of true Karate. The instructors hold Black Belt certifications in the Ryu Te style of Karate, founded by Master Seiyu Oyata. Adults will learn basic techniques of blocking, punching, kicking, efficient forms of self-defense, and classical Okinawan weapons. Mr. Oyata's techniques can be practiced by all ages, abilities, and body types, in a noncompetitive atmosphere. This class will meet on Wednesday evenings or Saturday mornings, with the option to attend both for an additional fee of \$20. Ages 13+

\$50 Members / \$ 70 Non-Members

Saturdays 10:30 a.m. - 12:00 p.m.

Wednesdays 7:30 p.m. - 9:00 p.m.

Session 1: January 7 - February 21

Session 2: February 25 - April 11

KENDO & JAPANESE FENCING FOR ADULTS & TEENS

Learn the art of Kendo Japanese fencing. The Principles of Martial Arts based on the Japanese Katana are used in practice to gain self-discipline. The discipline can be applied to many different areas of your own life. This is a great way to stay physically active and gain self-control and confidence. Instructor Steve Voss is a member of the Midwest and All United States Kendo Federations and has studied Kendo for 23 years. The class meets Tuesday evenings in a racquetball court on the 3rd floor. Ages 13+ Free for Members / \$50 Non-Members Session 1: January 6 - February 17 Session 2: February 24 - April 7



CHILDHOOD IS BACK

ADULT CO-ED VOLLEYBALL

All players must be at least 18 years of age to participate. Each team must have a minimum of 6 players registered and adhere to male-female ratios during play. Matches will consist of rally scoring with 3 games to 25 or 50 minutes in length. Playoffs and championship game will be held on March 10. Individuals interested in playing and looking for a team should contact rachelh@rochfamy.org. League fee is \$150 per team
Mondays, 6:00 p.m. – 10:00 p.m.
January 23 – March 9



ADULT CO-ED DODGEBALL

Each team must have a minimum of 6 players registered and adhere to male-female ratios during play. Matches will consist of seven games played or 45 minutes. Individuals interested in playing and looking for a team should email rachelh@rochfamy.org. League fee is \$150 per team
Thursdays, 6:00 p.m. – 10:00 p.m.
February 19 – April 2

ADULT CO-ED BASKETBALL

This league is open to all skill levels and will be played on a smaller court in the South Gym. All participants must be at least 18 years of age to participate. Games will operate in a 50 minute time frame, with 20 minute halves and a 5 minute half time. Each team will be allowed one time out per half.
February 15 – March 29
Sundays 6:00 p.m. – 10:00 p.m.
\$115 per team



ADULT PICKLEBALL

Register for the Y's brand new Pickleball League. This league is open to males and females and will be single play. All participants must be at least 18 years of age to participate. Matches will consist of 3 games per night or a maximum of 45 minutes in length.
May 5 – June 9
Tuesdays, 6:00 p.m. – 10:00 p.m.
\$20 per person

LEARN HOW TO PLAY PICKLEBALL

Ron Siemers is a member who has volunteered to teach other members how to play pickleball on Tuesdays and Thursdays at 10 a.m. and 2 p.m. Register for your lesson online or at the Welcome Center. FREE to members.

RACQUETBALL

Be a part of the Y's Racquetball League. There is a league available for all skill levels and is open to males and females. Leagues runs 8 weeks and will be single play. All participants must be at least 18 years of age to participate. FREE to members.

Mondays, January 5 – February 23

A League: 5:00 p.m. – 6:30 p.m.

B League: 6:30 p.m. – 7:30 p.m.

Wednesdays, January 7 – February 25

B/C League: 5:30 p.m.

LEARN HOW TO PLAY PICKLEBALL

US Open Player Cheryl Jones can provide private lessons for \$25 per lesson. Email rachelh@rochfamy.org to schedule.

ADULT WALLY BALL

Join us for one of our NEW Co-Ed Wallyball Leagues on Tuesday or Thursday night. The Y is offering competitive 3 on 3 Wallyball on Thursday nights and a lower league of 4 on 4. Both leagues are co-ed and all players must be at least 18 years of age to participate. Teams must adhere to male-female ratios during play; Matches will consist of rally scoring with 3 games to 25, or a maximum of 50 minutes in length. Individuals who are searching for a team should contact rachelh@rochfamy.org. League fee is \$115 per team.

Lower 4 vs 4 Co-Ed

Tuesdays, 6:00 p.m. – 10:00 p.m.

January 24-March 10

Upper 3 vs 3 Co-Ed

Thursdays, 6:00 p.m. – 10:00 p.m.

January 26-March 12



TAKE A CLASS SAVE A LIFE



CPR/AED FOR THE PROFESSIONAL RESCUER FULL COURSE

Designed for individuals with a duty to respond to emergencies, this program combines discussions, video and hands-on training. Real-life rescue scenarios reinforce decision-making skills. Course covers how to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. Also covered in the class is how to use an AED. Course fee includes textbook and pocket mask. The class must have a minimum of three students to be held.

\$80 Members / \$100 Non-Members

9:00am-3:00pm • Saturday, January 10

9:00am-3:00pm • Saturday, February 7

9:00am-3:00pm • Saturday, March 7

REVIEW COURSE

Refresh your skills at this review course designed to allow you to be re-certified in CPR/AED for the Professional Rescuer without taking the full course. You are required to present an American Red Cross CPR certificate for the Professional Rescuer that is current or has expired within the last year at the beginning of the course. You must provide your own textbook and resuscitation mask. The class must have a minimum of 3 students to be held. Class is held 6:00pm-9:00pm.

\$40 Members / \$55 Non-Members

6:00pm-9:00pm • Thursday, January 8

6:00pm-9:00pm • Thursday, February 5

6:00pm-9:00pm • Thursday, March 5

LIFEGUARD TRAINING/ AMERICAN RED CROSS

Age 16+ (Maximum 10 students)

Course candidates will become lifeguards by gaining the necessary skills needed to recognize, prevent and respond to aquatic emergencies. Prerequisites: swim 300 yards combinations of front crawl and breaststroke (non-stop swimming), perform a surface dive 9 feet to retrieve a 10 pound brick, and swim back holding the brick on top of the water.

This will be offered as a Red Cross blended learning class. The students will be responsible for completing online course work and therefore need access to internet. Students will receive instructions on how to do so on the first day.

Participants must have a passing score of 80% or better on all exams and pass the final skill scenarios in order to receive certifications. The course fee includes textbooks, AED, First Aid, and Lifeguard Training. If certification requirements are not met, certification will not be awarded and no refund will be given.

\$160 Members / \$180 Non-Members

4:00pm-6:00pm • Monday, January 19

4:00pm-8:00pm • Thursday, January 29

4:00pm-8:00pm • Friday, January 30

9:00am-4:00pm • Saturday, January 31

4:00pm-6:00pm • Monday, March 23

4:00pm-9:00pm • Tuesday, March 31

4:00pm-9:00pm • Wednesday, April 1

4:00pm-9:00pm • Thursday, April 2

6:00pm-8:00pm • Monday, April 27

9:00am-5:00pm • Saturday, May 9

9:00am-5:00pm • Sunday, May 10

LIFEGUARD REVIEW COURSE

\$50 Members / \$70 Non-Members

4:00pm-9:00pm • Friday, May 29

9:00am-2:00pm • Saturday, May 30

ROCHESTER PHYSICAL EDUCATION



Welcome to any & all fitness levels!
Saturdays at 10:30 a.m.
Soldiers Field

Rochester Phys Ed (RPE) is an emerging idea designed to develop a free community based workout, offered in public spaces, open to all. The idea is to do something fun, improve the health of our community, and provide a low-tech solution for those seeking a group exercise experience. RPE will focus on a program of old school calisthenics, circuit training and other classical forms of exercise that don't require fancy equipment but do require motivation and camaraderie.

NEWDAY CHURCH @ THE Y

We are a **community of real people** from all walks of life, **ignited** in our commitment to reach others with the **message and love of Jesus**.



WORSHIP SERVICES

9:30 am on Sunday's @ the Y... All are welcome!

WOMEN'S BIBLE STUDY

10:00 am-12:00 pm on Thursdays @ the Y

Contact: Mary DuBall for more information: 280-0271

CHILDREN & YOUTH MINISTRIES

Every Wednesday evening from 6-7:30 pm we invest our lives in our kids ages 3 years old thru high school.

Visit www.rochfamy.org for schedule and information on our AWANA program on Wednesday nights, 6-7:30 pm @ the Y.

PARENT FORUMS

Sunday Nights 6-7:30 pm at various times during the year.

We will learn how to use practical tools, tips, and techniques for respectful, healthy relationships with kids.

CONTACT INFORMATION

Lead Pastor / Marriage & Family Consultant - John DuBall. Email: john@newdaycov.org

Children & Youth Director - Carson Frutiger. Email: carson@newdaycov.org

Worship Arts Minister - Sarah Monson. Email: sarah@newdaycov.org

Life Group & Network Coordinator - Lynne Frutiger: lynne@newdaycov.org

More info? Visit: www.newdaycov.org Phone: 507-226-0390



ROCHESTER AREA FAMILY YMCA TO OFFER LIVESTRONG® AT THE YMCA

A physical activity and well-being initiative for cancer survivors.

Beginning in January 2015 the Rochester Area Family YMCA will begin offering LIVESTRONG at the YMCA, a research-based physical activity and well-being initiative that helps people affected by cancer reach their holistic health goals.

LIVESTRONG at the YMCA is a twelve-week, small group program available for adult cancer survivors in the Rochester area. The program will be offered two days a week at the YMCA. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal". The program is conducted outside of medical facilities to emphasize that LIVESTRONG at the YMCA is about health, not disease.

As part of LIVESTRONG at the YMCA, the Y engages cancer survivors through an approach that focuses on the whole person. Participants work with trained Y staff to build muscle mass and strength, increase flexibility and endurance, and improve functional ability. In addition to physical benefits, the program also focuses on the emotional well-being of survivors by providing a supportive community environment where people affected by cancer can connect during treatment and beyond.

For more information contact Talbird Lovan, talbirdl@rochfamy.org, 507-287-2260 extension 1013.



NURTURING QUALITY RELATIONSHIPS

Y MENTORS PROGRAM

Y Mentors provides positive mentoring relationships to help youth discover abilities by broadening their experiences and opportunities. In this community-based mentoring program, caring adult volunteers are matched with youth in K-12th grade in Olmsted County for a one-to-one mentoring relationship based on similar interests. This is a free program available to Members and Non-Members. Mentor & Mentee applications can be found online at: www.rochfamy.org/programs/mentors.



Become A Mentor...

Volunteers must be 21 years old, complete an application, furnish references, be willing to submit to a criminal background check, and able to make a one year commitment to the mentoring relationship.

Mentors offer their friendship and guidance to build a healthy mind, body, and spirit in their mentee. Currently more than 50 kids are waiting for a mentor. Could one of them be waiting for you?

MENTOR TESTIMONIAL

(received 11/21/2013)

"One thing I've certainly gained is a greater appreciation for the roles that parents, teachers, mentors, and other adults play in the lives of youth. It's not hard to see, once we take the time to be aware and give it some thought, the incredible number of kids and teens that are absolutely crying out for someone to connect with. And while that has always been a normal part of the growing up process, I don't think anyone would argue that many of the challenges and choices that today's youth are faced with are far beyond what any earlier generations have faced. Any time we can connect with a youth in a positive way or help show a young person that character is a part of everything we do (or don't do), I think we're making a difference in the future of our world. Carry on Mentors!"

AFTER A MENTOR AND A MENTEE ARE MATCHED...

Every match is assigned to a case manager who provides ongoing support for the life of the match. To enhance the mentoring experience, we also offer organized activities once or twice per month, YMCA resources, and community opportunities for mentors and mentees to foster long-term quality relationships. We ask for 8-20 hours of interaction per month for one year.

Contact our dedicated staff for more information:

Jenny Johnston, Director
507-287-2260 extension 1141
jenniferj@rochfamy.org

Elyse Baker, Case Manager
507-287-2260 extension 1142
elyseb@rochfamy.org

Get A Mentor For Your Child...

Youth must want a mentor, attend school K-12th, have a personal/ family need, be referred by a parent, school counselor, teacher, social worker, etc.

We always have a waiting list, so the length of time your child will wait for a mentor is very difficult to predict. We work hard to get every child matched as soon as we can.

BE A MENTOR... MAKE A DIFFERENCE!

OPEN DOORS SCHOLARSHIP PROGRAM

The Rochester Area Family Y is committed to helping people achieve their full potential through a balance of spirit, mind, and body. The Y provides membership and program opportunities through the Open Doors Program to anyone who desires to participate, regardless of the inability to pay. Funds used to provide these scholarships are raised through our Annual Support Campaign.

The Open Doors Scholarship Program follows a sliding fee scale, designed to fit each individual's financial situation. To foster a sense of ownership in the Y, recipients are asked to pay a portion of the fees, based on total household income. Scholarships for membership are offered for a six-month term. In order to continue a scholarship membership, you must reapply every six months. Scholarship recipients are expected to sign a code of conduct and to adhere to all of the rules and regulations of the YMCA.

VOLUNTEERISM

When you volunteer at the Y, you take an active role in bringing about meaningful and enduring change right in your own neighborhood. There is no other volunteer organization quite like the Y. That's because in 10,000 communities across the nation, we have the presence and partnerships to not just promise, but to deliver lasting personal and social change. Each of our volunteers help deliver the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it. To volunteer at the Rochester Area Family YMCA, pick up a volunteer application at the Welcome Center. Please consider volunteering for our next special event!

2014 ANNUAL SUPPORT CAMPAIGN

We count on the generosity of our members, partners, and advocates to keep our doors open to whoever needs a place to go that will help them be more healthy, connected, and secure. We look to our community to support our efforts by donating to our Annual Support Campaign. Our goal in 2014 is to raise \$237,000. You can make your pledge for a brighter future anytime online at www.rochfamy.org, by visiting our Welcome Center and filling out a pledge form or through participating in an upcoming event.

UPCOMING FUNDRAISING EVENTS

- **MITTEN SALE**

Wednesday Mornings: November 12, 19, 26 and December 10

Stay warm this winter with a pair of Pennie's handmade mittens!

Mittens are \$20 per pair

20% of sale going to the Y's Annual Support Campaign and LIVESTRONG®

- **GIVE TO THE MAX DAY**

Thursday, November 13

Support the Y and other nonprofits and schools in Minnesota by donating online at www.givemn.org!

In 2013, GiveMN raised more than \$17 million in 24 hours during the annual Give to the Max Day celebration.

- **GUS MACKER 3 ON 3 BASKETBALL**

August 7-9, 2015

Get your game faces on and get a team together to compete in our annual 3-on-3 basketball tournament.

Anyone can play! Youth divisions include: 10 & under, 11-12, 13-14, 15-16, and 17-18. Adult divisions include: 19-24, 25-29, 30-34, 35-39, and 40 & over.



FROM GENERATION TO GENERATION

For information on memorial gifts, endowment and planned giving, please contact Sarah Brandt at (507) 287-2260 extension 1091 or sarahb@rochfamy.org.

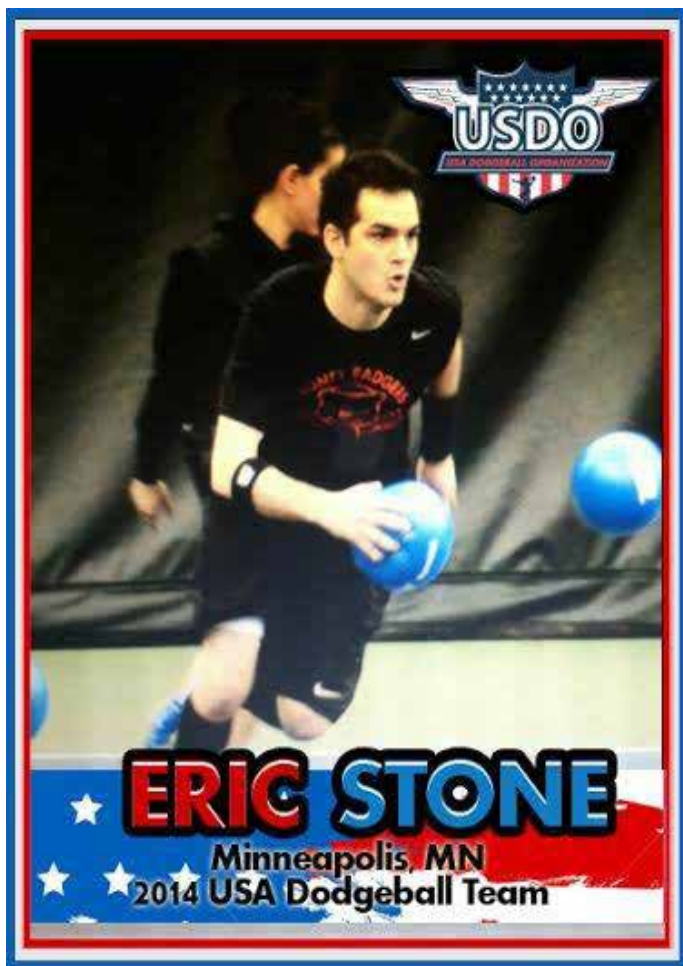
ABOUT THE Y: The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children—regardless of age, income or background—to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. ymca.net

DESTINATION DODGEBALL

JOIN THE ROCHESTER AREA FAMILY YMCA AND OLMSTED MEDICAL CENTER FOR A THROW DOWN IN THE TUNDRA!



- Co-ed Dodgeball Tournament
- Saturday, January 24, 2015
- Adult (18+) and Youth Divisions (14-17) offered!
- Pool play will begin at 9:30 a.m.
- Tournament held at OMC Sports Medicine & Athletic Performance
5155 55th St NW, Rochester MN 55901
- Go to www.rochfamy.org for details.



FEATURING ERIC STONE FROM USA DODGEBALL

Team USA brought home a silver medal in the men's category of the 2014 World Dodgeball Championship held in Hong Kong.



We are excited to have Eric join us for this premier dodgeball event here in Rochester!

Email rachelh@rochfamy.org for more information.