

# EXERCISE YOUR HEART

...IN MORE WAYS THAN ONE



WINTER 2017 PROGRAM GUIDE  
ROCHESTER AREA FAMILY YMCA



# APP & EVENTS



## COMMUNITY OPEN HOUSE JANUARY 2ND 1PM - 8PM

### PRIZES

- ICE HAWKS TICKETS  
While supplies last
- 6 MONTH MEMBERSHIP to the Y
- POOL PARTY at the Y

### ENJOY

- POOL & WATER PARK
- FITNESS CENTER
- GROUP FITNESS CLASSES
- & MORE!

## Save the Date .....

- December 21st - Santa at the Y & Craft Sale
  - December 24th - Christmas Eve Service with New Day Church
  - January 2nd - Community Open House at the Y
  - March 21st - Annual Meeting at the Y
- Look for additional info at [www.rochfamy.org](http://www.rochfamy.org)



## GET CONNECTED

**Top 5** - weekly communication from the Y to you! Posted in the building, Facebook & Instagram

**E-blast** - monthly e-mail sent to those on the Y's contact list. Subscribe from the website or Facebook.

search "Rochester area ymca"

# OUR YMCA THERE IS AN APP FOR THAT!



The easiest way to find your favorite fitness class or program at the Y:

- Scan in when you visit the Y
- Find programs, events & schedules
- Search & add classes to your calendar
- Get notifications for closings and cancellations



LEARN MORE



# MEMBERSHIP

As a nonprofit organization, the Rochester Area Family YMCA structures its rates to be affordable, and offers financial aid opportunities to those who qualify.

## benefits

- New and improved Fitness Center
- Over 75 Group Exercise Classes
- Lap Pool, Water Park and Whirlpool
- Racquetball/Handball Courts
- Basketball, Volleyball, and Pickleball courts
- Free equipment rental (balls, racquets, etc.)
- Indoor walking/running track
- Exclusive member discounts on all programs
- Opportunities for community involvement
- Free Quick Start program to learn about our fitness center
- Free Youth Sports (excluding martial arts or swimming lessons)
- Utilization of the AWAY (Always Welcome at YMCA's) program
- Reciprocity throughout the state of Minnesota
- Opportunity to add unlimited Kid's Care to your membership
- Free 30 minute Certified Personal Trainer consultation
- Free consultation with a Wellness Coach
- Free parking while you use our facility

## rates

MEMBERSHIP TYPE	SHORT-TERM	MONTHLY	ANNUAL
Student (ages 10-18)	\$21	\$21	\$246
Young Adult (ages 19-23)	\$41	\$41	\$480
Adult (ages 24-64)	\$72	\$52	\$606
Dual (2 adults in same household)	\$89	\$69	\$804
One Adult Family	\$86	\$66	\$768
Two Adult Family	\$96	\$76	\$888
Senior (age 65+)	\$66	\$46	\$540
Senior Couple (both 65+)	\$82	\$62	\$720

Financial assistance is available. Membership pricing is subject to change.

## daily rate

DAILY RATE TYPE	FEE
Youth/Student (ages 3-18)	\$5
Adult (ages 19-64)	\$10
Senior Citizen (65+)	\$5
2 Adults	\$15
Family	\$25

## membership specials

- Military Outreach Program
- Corporate Memberships
- UMR Membership Partnership
- AWAY Program
- Insurance Discounts & Savings
- Short Term Memberships

## insurance programs

- Blue Cross Blue Shield of Minnesota
- Blue Cross Blue Shield of N. Dakota
- Blue Cross Blue Shield of Wyoming
- Health Partners Fitness
- Medica
- Preferred One
- Regency Managed Properties
- South Country Health Alliance
- UCare
- SilverSneakers®
- Silver&Fit®

## Hours

**Mondays - Thursdays:**  
4:45 a.m. - 10:00 p.m.

**Fridays:**  
4:45 a.m. - 9:00 p.m.

**Saturdays:**  
7:30 a.m. - 6:00 p.m.

**Sundays:**  
11:00 a.m. - 7:00 p.m.



# KIDS CARE & PARTIES

## birthday parties

The Y's Birthday Party Program offers kids the option of spending their special day with us. The Y is the place to be!

### Pool Party at the Y

**Y Members: \$60    Community Members: \$120**

Reserve your party from the Y's website at [www.rochfamy.org](http://www.rochfamy.org) or in person at the Welcome Center

- Parties are designed for children ages 3 - 12 years old.
- Costs include up to 10 children with an additional \$5 fee for each additional participant
- Party days and times are one of the following: Fridays at 5:30pm, Saturdays at 1:00pm or 3:00pm, Sundays at 1:00pm or 3:00pm
- Participants will be allotted up to 90 minutes of time for cake and presents and then will be allowed to use the pool from that point forward until closing.
- All waterslide riders must be at least 48" tall and it is at the discretion of the Lifeguard to determine safety requirements regarding swim skill.
- Please note: In cold weather, the water slide in the pool closes at 10 degrees. In case of lightning, our insurance requires that all swimmers exit the pool for 30 minutes following the lightning strike.

## kids care

Parents and Guardians, let us watch the kids for you so you can have time to swim, join a group fitness class or enjoy the fitness center. Kids Care is located on the 2nd floor.

Please call 507.287.2260 to make infant reservation. Questions & comments can be directed to Youth & Family Coordinator, Cassandra, at [cassil@rochfamy.org](mailto:cassil@rochfamy.org)

- Open during scheduled hours unless there is a building closure.
- Please do not bring your child if they are ill or showing signs of illness including fever, sore throat, runny nose, etc.
- Participants must wear socks in Kids Care. No bare feet allowed.

### Hours

<b>Monday</b>	9 a.m. - 1 p.m.; 4:30 p.m. - 7:30 p.m.
<b>Tuesday</b>	9 a.m. - 1 p.m.; 4:30 p.m. - 7:30 p.m.
<b>Wednesday</b>	9 a.m. - 1 p.m.; 4:30 p.m. - 7:30 p.m.
<b>Thursday</b>	9 a.m. - 1 p.m.; 4:30 p.m. - 7:30 p.m.
<b>Friday</b>	9 a.m. - 1 p.m. *
<b>Saturday</b>	8:30 a.m. - 11:30 a.m.
<b>Sunday</b>	Kids Care is closed

Kids Care will be closed Saturday, December 24th.

### Fees

<b>Y Members:</b>	<b>Community Members:</b>
\$3 per visit for each child	\$5 per visit for each child
\$25/month for unlimited care	
\$30 for a 10 visit punch card	



## kids gym

The Y welcomes families to our Kids Gym!

Enjoy the indoors playset, slide, swing, climbing wall, games & more!

Check availability at the Welcome Center.

Located on the 3rd floor.



# AFTERSCHOOL ACADEMIC ENRICHMENT

## messy play

**Y Members: \$20 Community Members: \$35**

- January 10th—February 14th
- 4:30pm—5:30pm
- Ages 7—10

Age-appropriate, carefully supervised, and messier than a mob of monkeys in an art supply store, this program offers a structured environment for kids to get their hands dirty while making new friends and wild creations! We'll make projects using everything from bubbles, paint, mud, shaving cream and more. This is located in the STEM room on the 2nd floor.

## young scientists

**Y Members: \$20 Community Members: \$35**

- February 2nd—March 9th
- 4:30pm—5:30pm
- Ages 7—10

Young scientists will learn about the world around them through questioning, experimenting and having fun! This STEM-based program focuses on learning enhancement, building competence, and gaining confidence, all while having fun and making new friends. Join us and let us bring out the scientist in you! This is located in the STEM room on the 2nd floor.

## adventures in art

**Y Members: \$20 Community Members: \$35**

- February 21st—March 28th
- 4:30pm—5:30pm
- Ages 7—10

Paint, draw, create! This unique, hands-on program introduces young artists to a variety of art media that may include drawing, painting, clay creations, plaster of Paris, paper Mache, and more! This is located in the STEM room on the 2nd floor.



## Parent's Night Out

Join us for fun at the Y while your parent's enjoy a night out! The evenings will include games, crafts, swimming, and fitness fun in a safe and healthy environment. The Y will provide dinner and a snack for participants. Participants will need to bring swimsuits and gym clothes/shoes. Pre-registration is required and closes once space is filled. Space is limited, so early registration is recommended. Participants must be potty-trained.

**Y Members: \$7 for first child, \$5 for each additional.  
Community Members: \$10 for first child, \$7 for each additional.**

- January 6th, February 10th or March 10th
- 5:00pm - 8:30pm



## National Day of Service Volunteer Program

YMCA Leaders in Training and Y Mentors participants are encouraged to join us for a service learning project in honor of National Day of Service. Participants will join in a discussion about the spirit of service and the importance of giving back to our community. We will then work together on a service learning project.

**Y Members: free Community Members: \$5**

- January 16th
- 8:30am - 12:00pm



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BEST  
SUMMER  
EVER**

## Y Summer Camp

ROCHESTER AREA FAMILY YMCA

#BestSummerEver

FOR MORE INFORMATION:

Cassandra at [cassil@rochfamy.org](mailto:cassil@rochfamy.org)

## OPEN HOUSE

May 25th 6:00pm - 7:00pm

May 31st 6:00pm - 7:00pm

June 6th 6:00pm - 7:00pm

June 9th 12:00pm - 1:00pm

Registration opens February 15th



# ADVENTURE DAY CAMP

When school is out...the Y opens it's doors! Experience the natural world through exploration and active involvement and have fun on your day off of school. Social recreation, camp crafts, and our Y traditions provide a rich menu of activities for school age kids. We provide daily hands-on activities including environmental education and activities. Age appropriate groups provide a structure for campers to develop self-esteem, learn cooperative skills and practice the YMCA values of caring, honesty, respect, and responsibility.

Campers should bring a morning snack, lunch, swimsuit & clothes to play outside. The YMCA will provide an afternoon snack.

## adventure day camp

**Y Members: \$30/day    Community Members: \$40/day**

**Dates of Camp:** Dec. 23<sup>rd</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>.

Jan. 2, 16<sup>th</sup>, 27<sup>th</sup>.

Feb 20<sup>th</sup>.

March 31<sup>st</sup>.

April 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>.

## HOURS

**PreCare:**  
6:30am - 9:00am  
(free for all Day Campers)

**Day Camp Hours:**  
9:00am - 4:00pm

**Post Care:**  
4:00pm - 6:00pm  
(free for all Day Campers)

## Y Summer Camp



# Y-TOTS PRESCHOOL

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 in Y-Tots.



## registration

Contact Julie Ellis to register or with any questions about current availability and scholarship information at [juliee@rochfamy.org](mailto:juliee@rochfamy.org) or 287-2260 x 1051.

A \$50.00 non-refundable fee is payable at the time of registration.

Registration for the 2017-2018 year begins January 9th and will remain open until classes fill.

## 3 year olds

**Y Members: \$140/month**  
**Community Members: \$155/month**

- Child must be 3 by September 1st, 2017
- Tuesdays and Thursdays
- 9:00am - 11:30am

## 3-4 year olds

**Y Members: \$140/month**  
**Community Members: \$155/month**

- Child must be 4 by December 1st, 2017
- Tuesdays and Thursdays
- 12:30pm - 3:00pm

## 4 year olds

**Y Members: \$170/month**  
**Community Members: \$190/month**

- Child must be 4 by September 1st, 2017
- Mondays, Wednesday & Fridays
- 9:00am - 11:30am or,
- 12:30pm - 3:00pm



# YOUTH SPORTS

Youth participants will learn the basics of the sport and will also learn to use teamwork to increase their overall stamina in the sport. The Y encourages a fun and supportive Youth Sports program where skills, teamwork and good sportsmanship are encouraged. Parents are encouraged to guide their child during each clinic and work together with their child during the Youth Sports class.

## small stuff sports

Small Stuff Sports are sports programs designed for kids ages 4 to 6 years old.

### Small Stuff Basketball

**Y Members: Free Community Members: \$50**

- January 14th - February 4th
- Saturdays, 9:15am - 10:00am
- Meets in the Red/Blue Gym

### Small Stuff Soccer

**Y Members: Free Community Members: \$50**

- April 15th - May 6th
- Saturdays, 9:15am - 10:00am
- Outside, weather permitting or Red/Blue gym

## school age sports

### Youth Soccer

**Y Members: Free Community Members: \$50**

- April 15th - May 13th
- Saturdays, 10:00am - 11:00am
- 1st - 5th Grade
- Outside, weather permitting or Red/Blue gym

### Youth Volleyball

**Y Members: Free Community Members: \$40**

- March 6th - March 20th
- Mondays, 6:00pm - 7:00pm
- 2nd - 6th Grade
- South Gym

### Youth Soccer

**Y Members: Free Community Members: \$40**

- March 7th - March 28th
- Tuesdays, 6:00pm - 7:00pm
- 1st - 5th Grade
- Outside, weather permitting or Red/Blue gym

### Youth Basketball

**Y Members: Free Community Members: \$50**

- January 14th - February 11th
- Saturdays, 10:00am - 11:00am
- 1st - 5th Grade
- Red/Blue Gym



## Wiffle ball League

Join the Y for a Wiffle ball league! This is open to everyone that is 12 years old and up. The league will play 1 to 2 games every Sunday from January 8th until February 26th. Teams can have 5 players max on one team. The number of games played depends on how many teams sign up. This will take place in the South Gym. See complete list of rules for this program at [www.rochfamy.org](http://www.rochfamy.org)

**Cost: \$140 per team**

- January 8th - February 26th
- Sundays, 2pm - 7pm
- South Gym



## Dodgeball Tournament for Kids!

The kids are out of school and the Y is hosting a Dodgeball tournament for kids in 3rd to 5th grade. Teams consist of 4 kids per team and can have up to 2 alternates, in case of injury or other malfunctions. Parents and guardians are welcome to stay all day. The captain of each team will sign up their team and work with their players individually on payment. The time of this tournament will be determined by the number of teams that sign up.

**Cost: \$80 per team**

- February 20th
- Starts at 9am
- Red & Blue Gym





# YOUTH SPORTS

Youth participants will learn the basics of the sport and will also learn to use teamwork to increase their overall stamina in the sport. The Y encourages a fun and supportive Youth Sports program where skills, teamwork and good sportsmanship are encouraged. Parents are encouraged to guide their child during each clinic and work together with their child during the Youth Sports class.

## Euro football club

Euro Football is a youth soccer club providing professional coaching to teach soccer in a consistent manner for true development from season to season. EURO's mission is to provide the maximum benefit of professional training through a program that emphasizes fun, sportsmanship, individual development and team play. The EURO approach allows players the chance to excel for the enjoyment of the game and the challenge of the competition.

### Introduction to Futsal

**Y Members: Free**

- Ages 7 to 9 year olds
- January 12th, 19th, 26th
- February 9th, 16th, 23rd
- March 9th, 16th, 23rd
- 6:00pm - 7:00pm
- South Gym

### Futsal

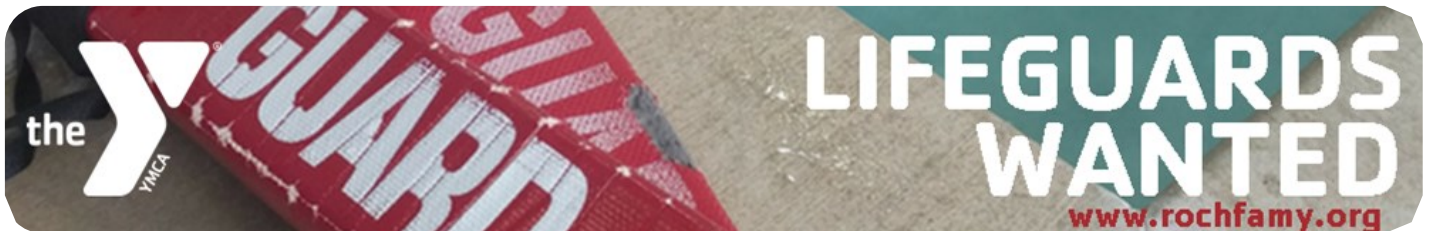
**Y Members: Free**

- Ages 10 to 13 year olds
- January 12th, 19th, 26th
- February 9th, 16th, 23rd
- March 9th, 16th, 23rd
- 7:00pm - 8:00pm
- South Gym

### Futsal

**Y Members: Free**

- Ages 14 and up
- January 9th, 16th, 22nd
- February 6th, 13th, 20th
- March 6th, 13th, 20th
- 4:00pm - 5:00pm
- South Gym



## SANTA AT THE Y & Craft Sale

- Visit Santa & take a photo
- Shop Santa's workshop that local vendors have helped create
- 20% of the sales will be donated to the Y's Annual Support Campaign

**December 21st**  
**5 - 8pm**



## Pool Party at the Y

Bring your inflatables and join us for a fun night at the Y pool!

**6 - 8pm** January 6th  
February 3rd  
March 3rd

### SPECIAL NOTES FOR THE PARTY

- Please rinse the water inflatables prior to placing in the pool
- Inflatable water wings will not be allowed in the pool
- Floatation toys should be no larger than 4 feet wide
- Day passes are available for anyone who isn't a Y Member.





# YOUTH PROGRAMS

## Conquerors Boxing

Contact Conqueror's Boxing for more information at 507.218.7675

- Tuesdays and Thursdays, 5pm - 7:30pm

Geared towards empowering youth and young adults in the Rochester and the surrounding communities specific to their faith, family, fitness and future.



## Y Mentors

Contact Tierre, Y Mentors Program Coordinator, for more information at [tierrew@rochfamy.org](mailto:tierrew@rochfamy.org) or 507.287.2260

### REGISTER A CHILD

- Youth must want a mentor and be attending school.
- Mentees have a personal or family need and might be referred to the Y Mentors by school counselors, teachers, social workers and/or parents.
- Learn more and register by contacting our staff at the Y.

Y Mentors provides positive mentoring relationships to help youth discover abilities by broadening their experiences and opportunities.

### BECOME A MENTOR

Mentors offer their friendship and guidance to build a healthy mind, body, and spirit in their mentee. Currently more than 70 kids are waiting for a mentor. Majority of our waiting list is boys waiting for a mentor. We are always in great need of male mentors. Could one of them be waiting for you?

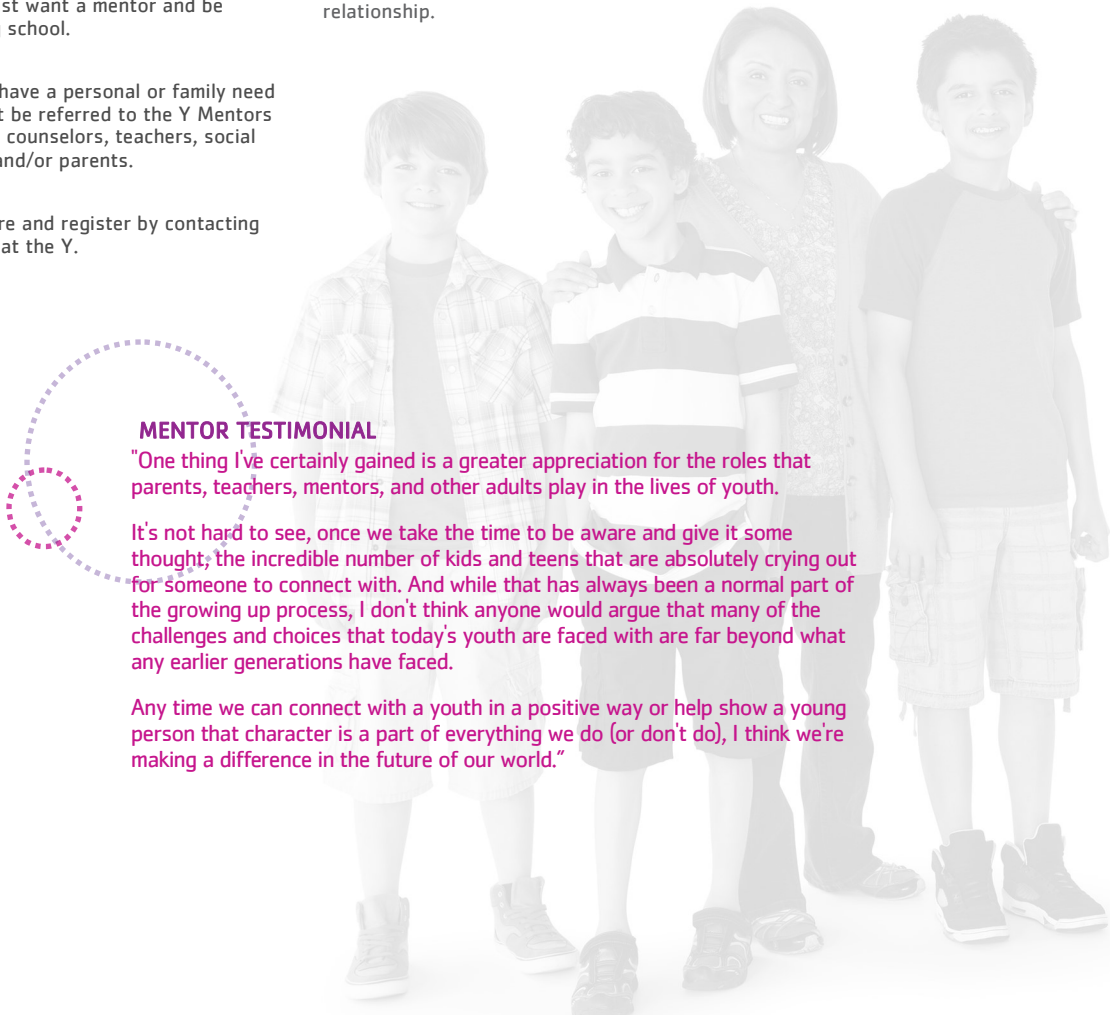
Volunteers must complete an application, furnish references, be willing to submit to a criminal background check, and able to make a one year commitment to the mentoring relationship.

### MENTOR TESTIMONIAL

"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."





# FAMILY & YOUTH CLASSES

## family playground

**Y Members: Free**   **Community Members: \$10**

- Tuesdays 4:15pm - 4:40pm
- January 10th - February 14th
- February 21st - March 28th

Playing, moving and leading by example is the perfect way for a parent or guardian to show a child the importance of exercise...and this class provides that for you! Obstacle courses, rebounding, jump rope, resistance skills are a variety of the ways we play and have fun while working out. An adult is required to accompany children during this class. This class meets in MPR.

## kids dance

**Y Members: \$20**   **Community Members: \$35**

- Saturdays, 9:30am-10:00am
- January 14th - February 18th
- February 25th - April 1st

This is the ultimate dance-fitness workout for kids 4 - 8 years old. This program features age-appropriate music, moves and games that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Meets in the Small Group Studio on the 2nd floor.

## family kung fu

**Y Members: \$60/family**  
**Community Members: \$120/family**

- Sundays, 2-3pm
- January 8th - February 12th
- February 26th - April 2nd

This fun, family friendly workout consists of flexibility exercises, calisthenics, and single person and partner drills all designed to strengthen and aerobically condition the body, combined with breathing exercises, philosophy, body mechanics and meditation from the Chinese martial arts. Cost includes 8 weeks of classes for the entire family. This class will meet in the Small Group Studio on the 2nd floor.

## youth karate

**Y Members: \$50**   **Community Members: \$70**

- Saturdays 9am - 10am
- January 7th - February 18th
- February 25th - April 8th
- Ages 5 to 12 years old

RyuTe® Karate classes are held on Saturday mornings for boys and girls age 5-12. Karate originated in Okinawa over 500 years ago. Classes are taught by experienced Black-belt instructors and offered in 7-week sessions. Karate-themed games are used to reinforce the lessons. Karate training in a noncompetitive atmosphere is a great way to build strength, balance, coordination, and to develop self-confidence. In addition to Karate's traditional punching, blocking, and kicking skills we also teach Okinawan culture, practical self-defense and how to deal with bullies. Karate uniforms are not required for this class.

## parent/child aquatics

These programs are a great way to introduce aquatic safety skills through games and songs for kids who are 6 months old to 3 years old. They offer water enjoyment for both the parent and the child. These classes can be found in the Youth Swim Lesson section of the Program Guide.



# FAMILY & YOUTH CLASSES

## pre-ballet

**Y Members: \$20    Community Members: \$35**

- Wednesdays, 4:00pm - 4:30pm
- January 11th - February 15th
- March 1st - April 5th
- Ages 5 to 7 year olds

An introduction to ballet with beginning development of ballet concepts and fundamentals. Floor routines will be offered and fun, creative movements will be encouraged. This class is for 5 - 7 year olds and will be held in MPR on the 2nd floor. Leotard and shoes are required.

## petite dancers

**Y Members: \$20    Community Members: \$35**

- Mondays, 4:00pm - 4:30pm
- January 9th - February 13th
- February 27th - April 3rd
- Ages 2 to 4 year olds

An introduction to ballet with beginning development of ballet concepts and fundamentals. Floor routines will be offered and fun, creative movements will be encouraged. This class is for 2-4 year olds and will be held in MPR on the 2nd floor. Leotard and shoes are required.

## kids yoga

**Y Members: \$15    Community Members: \$30**

- Fridays, 4:00pm - 4:30pm
- January 13th - February 17th
- February 24th - March 31st

Through yoga poses, breathing techniques and meditation/relaxation exercises we can guide youth to a deeper connection with their own bodies. Youth learn physical skills such as strength, balance and flexibility as well as concepts such as cooperation, compassion and gratitude all while having a blast. This class meets in MPR on the 2nd floor.



HEALTHY  
KIDS DAY®  
is here  
**APRIL  
29**  
For a better us.™



# ADULT CLASSES & SPORTS

Group fitness instructors and Personal Trainers are excited to bring the following classes to the Y. All fitness levels are welcome.

## kettlebells

**Y Members: \$10 Community Members: \$20**

- Tuesdays 10:20am - 11:05am
- January 10th - February 14th
- Tuesdays, 7:30pm - 8:15pm
- Jan 10th - Feb 14th
- Feb 21st - April 4th (no class March 14th)

A "kettlebell" is a traditional Russian cast iron weight that looks like a cannonball with a handle. Using these weights, class participants are taken through a variety of movements all designed to develop strength, mobility, internal energy, work capacity and vitality. This is the ultimate class for extreme all-round fitness. Class meets in the Cycle & Kettlebell Room on the 3rd floor.

## kettlebells HIIT

**Y Members: \$10 Community Members: \$20**

- Saturdays, 10:30am - 11:15am
- January 14th - February 25th (no class February 11th)
- March 4th - April 8th

A "kettlebell" is a traditional Russian cast iron weight that looks like a cannonball with a handle. Using these weights, class participants are taken through a variety of movements all designed to develop strength, mobility, internal energy, work capacity and vitality. High intensity intervals will be included in this class, which is effective at burning fat cells. Class meets in the Cycle & Kettlebell Room on the 3rd floor.

## boxing

**Y Members: \$20 Community Members: \$40**

- Tuesdays 9:30am - 10:15am
- January 10th - February 14th
- February 21st - March 28th
- Saturday, 8:30am - 9:15am
- January 14th - February 18th
- March 4th - April 8th

The Y's boxing class features strength and conditioning exercises on and off heavy bags, speed bags, uppercut bag, medicine balls, jump rope and core exercises. All participants must wear wraps for their hands. Wraps are available for purchase at the Welcome Center. Boxing class is located in the Boxing Room on the 3rd floor.

## karate

**Y Members: \$50 Community Members: \$70**

- Saturdays 10:00am - 11:30am
- January 7th - February 18th
- February 25th - April 8th
- Adults & teens ages 13+

RyuTe® Karate classes are offered to adults and teens on Saturday mornings in 7-week sessions. Our instructors teach a classical style of Karate developed on the island of Okinawa, the birthplace of all forms of true Karate. RyuTe® developed Master Seiyu Oyata emphasizes effective self-defense by using flowing, empty hand techniques to control an opponent. In addition to Karate's traditional punching, blocking, and kicking skills, RyuTe® includes escapes, joint-locking and striking techniques. Mr. Oyata's techniques can be practiced by all ages, abilities, and body types, in a noncompetitive atmosphere. For more information on this style, visit [www.ryute.com](http://www.ryute.com)

## okinawan kobudo

**Y Members: \$50 Community Members: \$70**

- Wednesdays 7:30pm - 9:00pm
- January 4th - February 15th
- February 22nd - April 5th

Okinawan Kobudo refers to the weapon systems of Okinawan martial arts. The Kobudo classes are offered Wednesday evenings, 7:30 pm to 9:00 pm, in 7-week sessions. Our experienced instructors teach weapon forms (katas), disarms and pinning techniques as developed by Master Seiyu Oyata in his RyuTe® Karate system. Classes are open to Adults, Teens (13+) and youth (with permission from the instructor). We will study traditional weapons such as the bokken (wooden katana sword), nunchaku, bo staff (6-ft), tonfa, jo staff (4-ft), tanbo, and Okinawan sai. We have some loaner weapons available for use during class, or we offer advice on how students may purchase their own.



# ADULT CLASSES & SPORTS

## trx

**Y Members: \$40 Community Members: \$60**

- Mondays, 5:30pm - 6:15pm
- January 9th - February 13th
- February 20th - March 27th
- Saturdays, 8:30am - 9:15am
- January 14th - February 25th
- March 4th - April 15th

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the users body weight to complete hundreds of exercises. This class meets in the fitness center.

## salsa dancing

**Y Members: Free Community Members: Free**

- Every Sunday at the Y
- 4:00pm - 6:00pm

Come experience the joy of dance with our Latin motion classes! Never danced before? That's okay. Each week we devote the 1st half of our class to teaching the basics of salsa. 2nd half of the class will fluctuate from week to week based upon the needs of the attendees. The selections may include cumbia, bachata or more advanced salsa technique. Dance technique will first be explained with dancers performing the moves individually, but will end with dancers working in pairs. Don't worry, you don't need to bring your own partner, we will alternate through leads and follows. The classes will reward you with an opportunity to meet new people, reduce your risk of disease, sharpen your mind and enhance your dancing.

## women's self defense

**Y Members: \$50 Community Members: \$70**

- Saturdays from 11:30am - 12:30pm
- January 7th - February 18th
- February 25th - April 8th
- Adults & teens ages 14+

Build confidence while learning about situational awareness, determining degrees of risk, and practical self-defense tactics. This course has four sessions that will provide an opportunity to try things in a safe environment and help you determine when to fight back, or escape. Part of the class will be physical and will feature practicing moves including punching, kicking and ground defense. We will work through many important and relevant scenarios including what to do if you are being followed. No special attire is required and participants are encouraged to come in your every-day clothing. Ages 14+.

## yoga body sculpt

**Y Members: \$35 Community Members: \$60**

- Thursdays, 5:35pm - 6:25pm
- January 12th - February 16th
- February 23rd - March 30th

This is a true, total body workout with high intensity as participants sculpt their bodies with yoga, plyometric moves, cardio and weightlifting. This class is located in Balfour, on the 1st floor.

## Masala Bhangra Dance

**Y Members: \$35 Community Members: \$60**

- Thursdays, 6:30pm - 7:15pm
- January 12th - February 16th
- February 23rd - March 30th

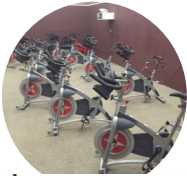
Bhangra and Bollywood dance movements are presented in an easy to follow format. This is an Indian dance based class, designed for people of all ages and fitness levels. This class is located in Balfour, on the 1st floor.

## new instructor training

**Y Members: \$150 Community Members: \$200**

- Mondays, 7:30pm - 9:30pm
- January 23rd, 30th, February 6th, 13th & 20th

If your passion is fitness and you want to work with groups, register for the Y's 5 night class and learn about the techniques and procedures about teaching a group fitness class. This class includes 5 hours of classroom and practical training, covers Y mission statements, elements of fitness, exercise and health components including anatomy and kinesiology and how to teach and structure a class. This will prepare you for a national certification in teaching group fitness. Class will take place in the President's Room on the 2nd floor.



# GROUP FITNESS AT THE Y

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Sunrise Yoga</b> Cindy-Balfour 5:45am-6:45am					<b>KEY</b>
<b>A.O.A Strength</b> Linda G-Balfour 8:00am-8:50am	<b>A.O.A Cardio</b> Lisa N-Balfour 8:00am-8:50am	<b>A.O.A Strength</b> Linda G-Balfour 8:00am-8:50am	<b>A.O.A Cardio</b> Lisa N-Balfour 8:00am-8:50am	<b>A.O.A Strength</b> Linda H-Balfour 8:00am-8:50am	<b>MPR</b>
<b>Water Works</b> Alex-Pool 9:15am-10:00am	<b>Aqua Zumba</b> Kim-Pool 9:15am-10:00am	<b>Aqua Zumba</b> Mima-Pool 9:15am-10:00am	<b>Water Works</b> Alex-Pool 9:15am-10:00am	<b>Water Works</b> Tim-Pool 9:15am-10:00am	<b>Balfour</b>
<b>Zumba® II</b> Mima-MPR 9:15am-10:10am	<b>TurboKick®</b> Becky D-MPR 9:15am-10:05am	<b>Zumba® II</b> Kim-MPR 9:15am-10:10am	<b>Power Cut</b> Jen B/Tamsin-MPR 9:15am-10:10am	<b>Group Strength</b> Chantel -MPR 9:15am-10:10 am	<b>Aquatics</b>
<b>Group Strength</b> 9:15am-10:10am <b>Hard CORE Challenge</b> 10:15am-10:30am Pennie-Balfour	<b>Pilates</b> Pennie-Balfour 9:15am-10:10am	<b>Group Strength</b> 9:15am-10:10am <b>Hard CORE Challenge</b> 10:15am-10:30am Maureen-Balfour	<b>Belly Dance</b> Rhoda-Balfour 9:15am-10:05am Belly Dance Choreography 10:05-10:30am	<b>HIIT</b> Christina-MPR 10:15-11:00am	<b>Cycle Studio</b>
<b>Enhance® Fitness</b> Jessica W-Small Group Studio 9:30am-10:30am	<b>PiYo Strength®</b> Becky D-Balfour 10:15am-11:00am	<b>Enhance® Fitness</b> Lisa-Small Group Studio 9:30am-10:30am	<b>Zumba® II</b> Priscilla-MPR 10:15am-11:10am	<b>Enhance® Fitness</b> Pennie-Small Group Studio 9:30am-10:30am	<b>Boxing Gym</b>
<b>Pilates Challenge</b> Maureen-MPR 10:15am-10:45am	<b>Power Cut</b> Lisa-MPR 10:15am-11:10am	<b>HIIT</b> Christina- MPR 10:15-11:00am	<b>Silver Sneakers® Classic</b> Paula-Balfour 10:35am-11:30am		<b>Small Group Studio</b>
<b>Yoga</b> Maureen-MPR 10:50am-11:55am	<b>Qigong Strength, Flexibility and Balance</b> Bonnie-Balfour 11:05am-12:00pm	<b>Tai Chi</b> Bonnie- Balfour 10:35am-11:30am	<b>Yoga</b> Patricia-MPR 11:25am-12:20am	<b>Gentle Stretch Chair Yoga</b> Avin-Balfour 11:00am-11:45am	<b>Saturday</b>
<b>Silver Sneakers® Circuit</b> Linda -Balfour 10:35am-11:25am			<b>Line Dancing &amp; More</b> Paula-Balfour 11:35am-12:20pm		<b>Aqua HIIT</b> Jan- Pool 8:30am-9:25am
	<b>Tai Chi</b> Patrick-Balfour 12:05pm-12:55pm	<b>Yoga</b> Patricia-MPR 11:15am-12:10pm		<b>Cycle</b> Lanse-Cycle Studio 12:00pm-12:45pm	<b>Zumba® II</b> Kim-MPR 8:30am-9:25am
	<b>Cycle</b> Pennie-Cycle Studio 12:00pm-12:30pm			<b>Gentle Water &amp; Stretch</b> Avin-Current Pool 12:00pm-12:45pm	<b>Group Strength</b> Sylvia/Valerie- MPR 9:30am-10:25am
<b>Enhance® Fitness</b> Lisa-Balfour 12:30pm-1:25pm		<b>Enhance® Fitness</b> Rhoda-Balfour 12:30pm-1:25pm		<b>Enhance® Fitness</b> Pennie-Balfour 12:30pm-1:25pm	<b>Yoga</b> Colette-MPR 10:30am-11:25am
<b>Power Qigong</b> Bonnie-Balfour 4:30pm-5:25pm	<b>Group Strength</b> Patti-Balfour 4:35pm-5:25pm	<b>Insanity®</b> Jen S-MPR 4:30pm-5:25pm	<b>Group Strength</b> Patti-MPR 4:35pm-5:25pm	<b>Zumba® II</b> Jaime-MPR 4:35pm-5:30pm	<b>Sunday</b>
<b>Zumba® II WOMEN'S ONLY</b> Amy-MPR 4:30pm-5:25 pm	<b>HIIT</b> Chantel-MPR 4:45pm-5:30pm	<b>Yoga</b> Avin-Balfour 4:30pm-5:15pm			<b>Group Strength</b> Jacque/Jan- MPR 11:30am-12:20pm
<b>Group Strength</b> Mary-Balfour 5:35pm-6:25pm	<b>Dance Strong</b> Sylvia-MPR 5:40pm-6:25pm	<b>Zumba® II</b> Priscilla-MPR 5:30pm-6:25pm			<b>Yoga II</b> Cassie W-MPR 12:30pm- 1:25pm
<b>Cardio Complete</b> Jacque-MPR 5:30pm-6:25pm		<b>Barre Bliss</b> Avin-Cycle Studio 5:30pm-6:15pm	<b>Cardio Complete</b> Jacque-MPR 5:30pm-6:25pm		
<b>Cycle</b> Tamsin-Cycle Studio 6:30pm-7:15pm	<b>Belly Dance</b> 6:30-7:25 pm Rhoda-Balfour	<b>Power Cut</b> Dana-MPR 6:35pm-7:30pm	<b>Full Body Burn</b> Jacque/ Michele-MPR 6:30pm-7:20pm		
<b>Aqua HIIT</b> Jan-Pool 6:50pm-7:35pm	<b>Muscle Strong Relax and Stretch</b> 6:30-7:15 pm 7:15-7:30 pm Sylvia-MPR	<b>Cycle</b> Lanse-Cycle Studio 6:30pm-7:25pm			
	<b>Aqua Zumba</b> Priscilla-Pool 6:50pm-7:35pm	<b>Raging Water &amp; Stretch</b> Avin-Current Pool 6:50pm-7:35pm			

## Group Fitness Schedule January 2nd - March 31st 2017



Questions or comments regarding the Group Fitness classes  
Please Contact Pennie Eisenbeis 507-287-2260-ex1042 or email at  
[pennie@rochthey.org](mailto:pennie@rochthey.org)



# PERSONAL TRAINING & WELLNESS

## personal training

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 help! 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.

Contact [sharonc@rochfamy.org](mailto:sharonc@rochfamy.org) or visit the Welcome Center to schedule an appointment.

### Y Members:

- 30 minutes for \$20
- 60 minutes for \$40
- Three Hours for \$108
- Five Hours for \$170
- Ten Hours for \$320

### Community Members:

- 30 minutes for \$30
- 60 minutes for \$60
- Three Hours for \$162
- Five Hours for \$255
- Ten Hours for \$480

## wellness coaching

At the Y, your success is important to us. A Wellness Coach partners with you as you make choices that support an effective, balanced and fulfilling life. We want to make sure that you are connecting to the resources and programs that will best help you meet your needs. The Y provides wellness coaching to empower you to create or further develop your vision for healthy living.

Wellness Coaches at the Y:  
Anne Viswanatha & Judy Nichols

### Y Members:

- 1 session: \$20
- 3 sessions: \$54
- 5 sessions: \$85
- 10 sessions: \$160

### Community Members:

- 1 session: \$40
- 3 sessions: \$108
- 5 sessions: \$170
- 10 sessions: \$320

## shiatsu massage

Shiatsu massage is an old healing process that uses thumb and hand pressure on certain points called "Tsubo" (vital points). Muscle tension in your upper and lower back is caused by an accumulation of lactic acid and carbon dioxide gas, which makes the muscles contract and causes fatigue. Shiatsu will help relieve muscle tension, increase your circulation, and eliminate the toxins from your body.

Schedule an appointment by calling or texting Naoko Vold at 507.254.8266

### Services

- 10 minute shiatsu \$10
- 15 minutes shiatsu \$15

### Choose your focus

- upper back tension relief
- lower back
- neck and scalp massage
- Foot Care for 30 minutes \$30

## 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 YMCA, 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.

Schedule an appointment by contacting Jen Brewer at [jenb@rochfamy.org](mailto:jenb@rochfamy.org)





# WELLNESS PROGRAMS



## LIVESTRONG® at the YMCA

- Free, 12-week program with two 90-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Evaluation includes fitness and quality of life assessments before and after participation
- Facilitated by YMCA-certified instructors
- Requires referral and medical clearance from a physician

### Sessions

January 17th - April 16th from 1:30pm - 2:45pm  
 March 7th - May 25th from 5:45pm - 7:00pm

### Registration

Pre-registration and an intake interview is required prior to the program starting.

### Contact Info

livestrong@rochfamy.org or 507.287.2260



## LIVING STRONGER

- Continue exercise and physical activity for those who have completed the LIVESTRONG® program
- Structured exercise and continuing education for cancer survivors.
- Mondays will consist of a structured class with an education piece. Wednesdays, participants are encouraged to come to the Y on their own for their individual workout.
- Connect with other LIVESTRONG® Alumni

January 9th - March 29th

1:45pm - 2:45pm

Y Members: \$36 Community Members: 60

Register on the Y's website or at the Welcome Center



## Quick Start Program

- 4 free sessions with a trained Y staff member in the Fitness Center
- Learn how to use the equipment, set the seat and machine and the right settings for your needs.
- Starting weight for the machines is also provided

### SCHEDULE YOUR SESSION

- Speak with staff in the fitness center
- Call 507.287.2260 ext 1041
- E-mail Sharon at sharonc@rochfamy.org

## READY STEADY BALANCE

January 9th, 11th & 13th

10:30am - 11:30am

Register at the Welcome Center for this 3 day class.

FREE FALLS PREVENTION CLASS



# YOUTH SWIM LESSONS & AQUATICS

## youth swimming lessons



- Parent/Child Lessons (6 months–3 years)
- Preschool Lessons (ages 3–5)
- School Age Lessons (ages 6 and up)
- Porpoise Club
- Private Lessons
- Homeschool swim lessons

## training



- Lifeguard Training
- CPR/AED & First Aid

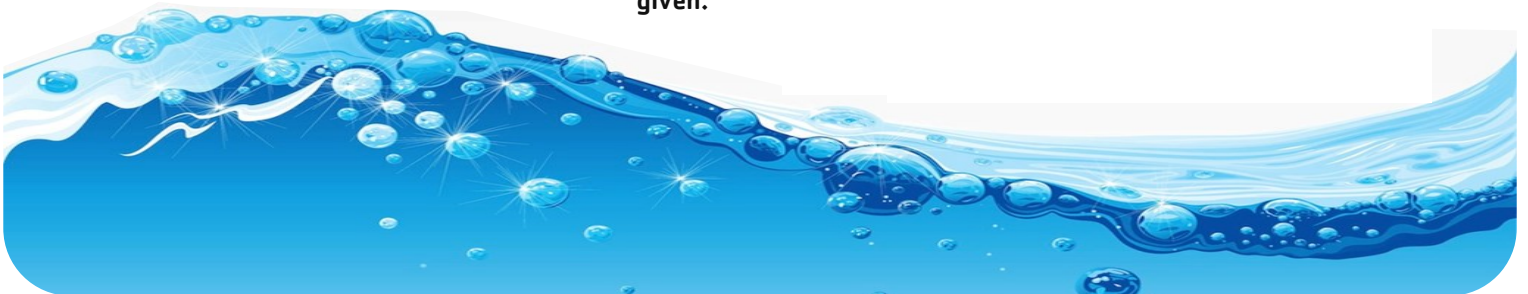
## Ways to Register:

- [www.rochfamy.org](http://www.rochfamy.org)
- In person at the Welcome Center at the Y
- Through the Y's app through Google Play or iTunes Store



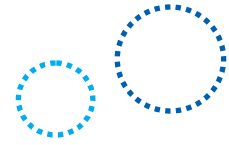
## registration for swim lessons

- 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 schedule conflicts are not permitted.
- We reserve the right to combine class levels or cancel classes to due insufficient enrollment. A refund will be given in the event of a cancelled session.
- Cancellations of swim lessons requested less than a week before they are scheduled to begin will be granted with only 50% refund.
- There will be a \$10 extra charge for any registrations after the registration deadline.
- In the event of severe weather or for other reasons beyond the YMCA's control, and classes cannot be made up, no refund will be given.





# SWIMMING LESSONS



## parent/child lessons

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



### 6-18 months

Shrimp is an introduction to the aquatic environment for parents and their infants. Parents are encouraged to develop appropriate expectations for their children's performance in the water. They learn basic aquatic safety and have a positive experience with their children that can help them grow closer.



### 19 months-3 years

Kipper continues to provide positive aquatic experience for parents and infants. The infants learn basic water skills and have fun playing with toys and flotation devices. Parents review and learn more about basic aquatic safety.

## Winter 1 Lessons

### Registration Dates

Opens for Y Members: December 1st

Open for Community Members: December 8th

Registration deadline: January 3rd

**Y Members: \$35    Community Members: \$65**

	Tuesday Jan 10th - Feb 14th	Saturday Jan 14th - Feb 18th
Shrimp	5:15pm - 5:45pm	10:15am- 10:45am
Kippers	6:00pm - 6:30pm	11:00am - 11:30am

## Winter 2 Lessons

### Registration Dates

Opens for Y Members: January 19th

Opens for Community Members: January 26th

Registration deadline: February 15th

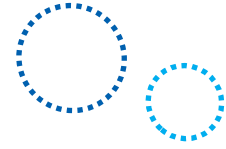
**Y Members: \$35    Community Members: \$65**

	Tuesday Feb 21st - Mar 21st	Saturday Feb 25 - Mar 25th
Shrimp	5:15pm - 5:45pm	10:15am- 10:45am
Kippers	6:00pm - 6:30pm	11:00am - 11:30am





# SWIMMING LESSONS



## preschool lessons

### AGES 3-5

Our preschool lessons provide children with their first pool experience without parental assistance, in a safe, fun and positive learning environment. Children must be 3 years of age by the start of class.



perch

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 might be hesitant about swimming. Parents are not required to be in the pool with the child but they have the options to be in the pool for the first two lessons.

*Skills Spotlight: blowing bubbles, floating, and paddling with assistance*



pike

This class is for preschool swimmers who are comfortable in the water without parents. This class presents basic swim skills through games and fun. Swimmers begin to submerge their head and swim with an IFD (noodle).

*Skills Spotlight: floating, paddling, and kick on both front and back with assistance*



eel

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*



rays

This class is for swimmers who are well adjusted to the water and are eager to learn more. Ray swimmers continue to build on skills such as effective kicking and floating.

*Skills spotlight: kicking, floating on both front and back, and progressive paddle stroke*



starfish

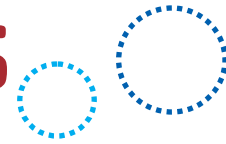
This class is for swimmers who are ready to begin developing their endurance and stroke development. The swimmers in this level are also introduced to treading water, rhythmic breathing, rescue skills, and personal water safety.

*Skills spotlight: independent arm strokes for front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke*





# SWIMMING LESSONS



## school age lessons

### 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. Children must be 6 by the start of the class.



inia

**Inia** is the beginner level for school age children who haven't taken lessons before or are just starting swim lessons at the grade school level. *Skills spotlight: introduction to fundamental skills of front and back floating, introduction to front crawl, back crawl, intro to elementary backstroke, and treading water; intro to rhythmic breathing, rescue skills, and personal water safety.*



polliwogs

**Polliwog** is the school age level that follows starfish to help children become adjusted to the water.

*Skills Spotlight: introduction to fundamental skills of front/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 and 2*



guppies

**Guppies** continue to develop confidence in their abilities by increasing their swim stroke endurance, practicing paddle stroke, floating and rotary breathing without the aid of floating devices.

*Skills Spotlight: Front/back crawl, breaststroke, elementary backstroke, sidestroke, 25 yards with floatation, and 10 yards without floatation aid. Introduction to scissors and whip kicks, rhythmic diving and diving skills Equivalent to Red Cross Level 2 and 3*



minnows

**Minnows** 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. Equivalent to Red Cross Level 3 and 4*

*Prerequisite: Guppies class or approval from Aquatics Coordinator*



fish

**Fish** continue to build on previous work to perform strokes with greater precision and accuracy. They will work on their front and back crawl, breaststroke, sidestroke, and elementary backstroke

*Skills Spotlight: Endurance continues to increase to 50 yards. Equivalent to Red Cross Level 4*

*Prerequisite: Minnows class or approval from Aquatics Coordinator*



flying fish

**Flying Fish** is an advanced level where students focus on stroke perfection. Swimmers will build up their endurance for various strokes, front and back crawl, breaststroke, and butterfly.

*Skills Spotlight: Swimmers will learn open turns/flip turns, perfect their strokes, and rescue skills.. Equivalent to Red Cross Level 5*

*Prerequisite: Fish class or approval from Aquatics Coordinator*



porpoise

**Porpoise Club** This swim club is for swimmers ages 11-14 or swimmers who have progressed through group lessons and would like to keep swimming noncompetitively. Swimmers will work on endurance, stroke refinement, and more. Sundays, 3:10pm - 3:50pm. *Prerequisite: completed Flying Fish*

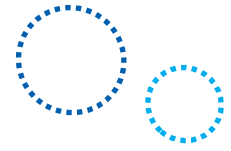
**Y Members:** \$40

**Community Members:** \$70





# SWIMMING LESSONS & TRAINING



## Private lessons

Our private lessons are a great option for swimmers of all ages and all ability levels. Whether you are just learning how to swim or are looking for stroke technique, our one on one lesson will help you meet your goals. [Stop by the Welcome Center to get more information.](#)

<b>One Lesson</b>	<b>Y Members:</b> \$23	<b>Community Members:</b> \$37
<b>Three Lessons</b>	<b>Y Members:</b> \$65	<b>Community Members:</b> \$111
<b>Five Lessons</b>	<b>Y Members:</b> \$105	<b>Community Members:</b> \$185
<b>Ten Lessons</b>	<b>Y Members:</b> \$200	<b>Community Members:</b> \$350

## Homeschool swim lessons

This will be a goal oriented program where participants create an individual goal to work toward throughout the session. The program coordinator is Merilea Osterlund (homeschooling mom and Red Cross certified Swim and Lifeguard Instructor with competitive swimming experience). We hope to have other volunteer instructors/coaches join us on occasion for special skill segments on stroke and fitness techniques or how to take your swimming to a new level. Again, this is not designed to be swim lessons with individual instruction time. While there will be coaching and technique building, participants will primarily use the time to work toward an individual goal and build fitness and endurance in the swimming pool (with occasional group pool games to keep things interesting).

### CLASS DETAILS:

Thursdays, January 12th - March 30th

**Y Members:** \$62.50     **Community Members:** \$125



## Lifeguard training

Course candidates will become American Red Cross certified lifeguards by gaining the necessary knowledge and skills needed to prevent, recognize, and respond to aquatic emergencies.

Prerequisites: swim 300 yards (non-stop swimming) of front crawl and breaststroke; swim 20 yards, perform a surface dive 9 feet to retrieve a 10 pound brick, then swim back holding the brick on top of the water (in under 1 minute 40 seconds); and tread water without using hands for 2 minutes.

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 CPR/AED, First Aid, and Lifeguard Training. If certification requirements are not met, certification will not be awarded and no refund will be given.  
Age 15+ (Maximum 10 students)

### CLASS DETAILS:

- Jan 26th: 7-8pm
- Jan 27th: 4pm - 9pm
- Jan 28th: 8am - 5pm
- Jan 30th: 4pm-9pm

**Y Members:** \$160  
**Community Members:** \$200

## CPR/AED & FirstAid

American Red Cross course covers how to respond to breathing and cardiac emergencies in adults, children, and infants until more advanced medical personnel take over.

[Classes available this session will be posted on the Y's website and app.](#)

### RECERTIFICATION :

**Y Members:** \$40  
**Community Members:** \$60

### FULL CLASS:

**Y Members:** \$80  
**Community Members:** \$100

# SWIMMING LESSONS

Winter 1 Lessons: Jan 8th - Feb 18th

## Registration Dates

Opens for Y Members: Dec 1st

Open for Community Members: Dec 8th

Registration deadline: January 3rd



## Preschool Swim Lessons

**Y Members: \$40**

**Community Members: \$70**

Sundays Jan 8th - Feb 12th		Tuesdays Jan 10th - Feb 14th		Thursdays Jan 12th - Feb 16th		Saturdays Jan 14th - Feb 18th	
3:30 - 4:10pm	Pike	4:30-5:10pm	Eel	4:30-5:10pm	Pike	9:30-10:10am	Ray
4:15 - 4:55pm	Starfish	5:15-5:45pm	Shrimp	5:15-5:55pm	Ray	9:30-10:10am	Pike
5:00-5:40pm	Perch	5:15-5:55pm	Perch	6:00-6:40pm	Eel	10:15-10:45am	Shrimp
5:00 - 5:40pm	Pike	6:00-6:30pm	Kippers	6:00-6:40pm	Starfish	11:00-11:30am	Kippers
5:45-6:25pm	Eel	6:00 - 6:30pm	Pike			11:00-11:40am	Perch



## School Age Swim Lessons

**Y Members: \$40**

**Community Members: \$70**

Sundays Jan 8th - Feb 12th		Tuesdays Jan 10th - Feb 14th		Thursdays Jan 12th - Feb 16th		Saturdays Jan 14th - Feb 18th	
3:00-3:30pm	Porpoise Club	4:30-5:10pm	Guppies	4:30-5:10pm	Inia	9:30-10:10am	Minnow
3:30 - 4:10pm	Polliwog	4:30-5:10pm	Inia	5:15-5:55pm	Minnow	10:15-10:55am	Inia
3:30-4:10pm	Guppies	5:15-5:55pm	Polliwog			10:15-10:55am	Polliwog
4:15-4:55pm	Flying Fish	6:00-6:40pm	Minnow			11:00-11:40am	Guppies
4:15-4:55pm	Fish						
5:00-5:40pm	Inia						
5:45-6:25pm	Inia						
5:45-6:25pm	Polliwog						





# SWIMMING LESSONS

**Winter 2 Lessons: Feb 19th - Mar 25th**

### Registration Dates

Opens for Y Members: Jan 19th  
 Opens for Community Members: Jan 26th  
 Registration deadline: Feb 15th



## Preschool Swim Lessons

**Y Members: \$40**

**Community Members: \$70**

Sundays Feb 19th - Mar 19th		Tuesdays Feb 21st - Mar 21st		Thursdays Feb 23rd - Mar 23rd		Saturdays Feb 25th - Mar 25	
3:30 - 4:10pm	Pike	4:30-5:10pm	Eel	4:30-5:10pm	Pike	9:30-10:10am	Ray
4:15-4:55pm	Starfish	5:15-5:45pm	Shrimp	5:15-5:55pm	Ray	9:30-10:10am	Pike
5:00-5:40pm	Perch	5:15-5:55pm	Perch	6:00-6:40pm	Eel	10:15-10:45am	Shrimp
5:00-5:40pm	Pike	6:00-6:30pm	Kippers	6:00-6:40pm	Starfish	11:00-11:30am	Kippers
5:45-6:25pm	Eel	6:00-6:30pm	Pike			11:00-11:40am	Perch



## School Age Swim Lessons

**Y Members: \$40**

**Community Members: \$70**

Sundays Feb 19th - March 19th		Tuesdays Feb 21st - March 21st		Thursdays Feb 23rd - March 23rd		Saturdays Feb 25th - March 25th	
3:00-3:30pm	Porpoise Club	4:30-5:10pm	Guppies	4:30-5:10pm	Inia	9:30-10:10am	Minnow
3:30 - 4:10pm	Polliwog	4:30-5:10pm	Inia	5:15-5:55pm	Minnow	10:15-10:55am	Inia
3:30-4:10pm	Guppies	5:15-5:55pm	Polliwog			10:15-10:55am	Polliwog
4:15-4:55pm	Flying Fish	6:00-6:40pm	Minnow			11:00-11:40am	Guppies
4:15-4:55pm	Fish						
5:00-5:40pm	Inia						
5:45-6:25pm	Inia						
5:45-6:25pm	Polliwog						








# NEW DAY COVENANT CHURCH

## Children and Youth Ministry at NewDay



**WHO WE ARE**

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!

NewDay reaches out to children, youth, adults, and families so they can experience the life-changing difference that comes from knowing and following Jesus, and in so doing provide HOPE, HEALING, and PURPOSE.

### NURSERY

Ages 0-4 Years  
Sundays 9:30AM @ the YMCA

Electronically checked-in your child and make your way into church. While you're away a team of exceptional volunteers will care for your children as they enjoy time playing, reading, learning and sharing together.

### CNEXTIONS

Ages 6-8<sup>th</sup> Grade  
Wednesdays 6-7:30PM @ the NewDay Office

cNEXTions is a time for middle school students to connect with friends and connect with God. Caring adults will lead your student through a fun and innovative discipleship-training curriculum.

### KidsZone

Ages 5-5<sup>th</sup> Grade  
Sundays 9:30AM @ the YMCA

Kids are dismissed to KidsZone from our worship gathering. After meeting their teacher in the back they will head off to a fun and creative lesson time, equipping them with biblical truths and tools for a lifelong relationship with Jesus Christ.

### Encounter

Ages 9-12<sup>th</sup> Grade  
Mondays 6-8PM @ Host Homes

High school students are invited to discover more of who God is as we gather together for a meal and conversation, encountering God through God's word. Check the website for host home locations.  
[www.newdaycov.org/encounter](http://www.newdaycov.org/encounter)

John DuBall, Lead Pastor // [john@newdaycov.org](mailto:john@newdaycov.org)  
Sarah Monson, Worship Arts Minister // [sarah@newdaycov.org](mailto:sarah@newdaycov.org)  
Carson Frutiger, Children and Youth Director // [carson@newdaycov.org](mailto:carson@newdaycov.org)

507.226.0390  
[www.newdaycov.org](http://www.newdaycov.org)

## Wednesdays 6 - 7:30PM @ the Y

## 2016-2017

AWANA is one of the largest, most energizing, Bible-centric, non-denominational children's ministries in the world. This is a place where your child will have the opportunity to develop positive, healthy relationships and life-long character qualities that are based on God's principles.



Awana is divided into three different groups : Cubbies 3 - 5 years, Sparks K - 2<sup>nd</sup> Grade, and T & T 3<sup>rd</sup> - 5<sup>th</sup> Grade. In these separate groups kids experience large group time, game time, and handbook time. During large group time kids sing songs and work together through some of God's key promises. Game time is fun and interactive, and handbook time allows kids to work through age appropriate handbooks, creatively learning God's purpose for their lives.

October 2016						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2016						
S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2016						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2017						
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29	30	31				

February 2017						
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26	27	28				

March 2017						
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26	27	28	29	30	31	

April 2017						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- Oct 5 - Awana Kick-Off
- Oct 26 - Costume Night
- Nov 30 - Blue, Red, Green Night
- Dec 21 - Christmas Program
- Jan 25 - Pajama Night
- Feb 22 - Nickel and Dime Night
- Mar 29 - Hawaiian Night
- Apr 19 - Award Night
- Apr 26 - Family Pool Party

709 1st Ave, Rochester, MN 55902 // [www.rochfamy.org/registration](http://www.rochfamy.org/registration)  
For additional info contact Carson Frutiger, Children and Youth Director  
507.226.0390 // [carson@newdaycov.org](mailto:carson@newdaycov.org) // [www.newdaycov.org](http://www.newdaycov.org)

■ Awana Kick-Off/ Award Night  
■ Special Night ■ Awana Family Dinner

# JOIN HANDS

New obstacles are facing our world...and some with a vengeance. We are joining hands with individuals to help them on their journey of cancer, childhood obesity, arthritis, youth that lack support and others who just need a friend. We invite you to join hands with the Y and stand with your neighbors in support. Join the Y...by becoming a member, volunteering or donating.



## advocate

Invite friends to join - share the Y's e-mail with neighbors - like and comment on Facebook, Twitter & Instagram - talk to others about your Y story - join us at Y events

## annual support campaign

sponsors - businesses - organizations - individuals  
We are looking for 300 individual donors this year for the Y. Last year...262 generous individuals donated to the Y. This year, we are asking everyone to join us for our annual support campaign...because with just \$1, more is possible for those in our area.

A smile goes a long way...and many of those smiles at the Y come from our volunteers. Stop by the Welcome Center at the Y or e-mail our staff and see how you can volunteer at the Y in 2016.

## volunteer

## The Y.™ A Better Us.™

Throughout Rochester and the community, countless people know about the Y. But, there's so much more to our Y than one might think. From exercise to education, from aerobics to advocacy, from fitness to friendships, the Y doesn't just strengthen our bodies. It strengthens our communities.



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GIVE

- ONLINE AT [WWW.ROCHFAMY.ORG](http://WWW.ROCHFAMY.ORG)
- OUR FACEBOOK PAGE
- WELCOME CENTER
- GIVE THE GIFT OF STOCK
- ADD MONTHLY DONATION TO MEMBERSHIP DRAFT

## ANNUAL SUPPORT CAMPAIGN ROCHESTER AREA FAMILY YMCA

Every dollar donated to the Y has a lasting impact on the people of our local community. The Y is a non-profit 501 (c)(3) 1 Tax ID \$41-0807581. All donations are tax-deductible.

