



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO FUN

Rochester Area Family YMCA
709 First Avenue SW
Rochester, MN 55902

507.287.2260
www.rochfamy.org



ROCHESTER AREA FAMILY YMCA

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THE NOT SO SCARY SPOOKTACULAR! PARTY

Trunk n' Treat • Scare Station • Music and Dance
Food • Candy Maze • Carnival of Games • Fun

FRIDAY, OCTOBER 23rd
5:30pm–7:30pm

This fun-filled evening features an outdoor Trunk 'n' Treat with lots of candy. Little ghouls and goblins will have the opportunity to travel through the Candy Maze to the SPOOKTACULAR costume party complete with games, music and dancing.

Suggested donation of \$10 or winter
outwear. All proceeds will go to the
United Way of Olmsted County.



YOUTH DEVELOPMENT



PRESCHOOL CLASSES

2015-2016 Y-Tots Preschool

Our state-licensed preschool will help your child develop independence, self-confidence, and school readiness skills. Our daily routine includes structured and unstructured play, early literacy, basic curriculum concepts, indoor and outdoor large motor activities, snack time, and a variety of seasonal and holiday themes.

3 Years Old

TUESDAYS AND THURSDAYS

9:00am-11:30am

MEMBERS: \$130/month

COMMUNITY MEMBERS: \$145/month

4-5 Years Old

MONDAYS, WEDNESDAYS, FRIDAYS

9:00am-11:30am or

12:30pm-3:00pm

MEMBERS: \$157/month

COMMUNITY MEMBERS: \$175/month

TUESDAYS AND THURSDAYS

12:30pm-3:00pm

MEMBERS: \$130/month

COMMUNITY MEMBERS: \$145/month

Questions can be directed to our Y-Tots Director, Julie Ellis, at juliee@rochfamy.org.

Introduction to Dance

Preschoolers benefit from age appropriate instruction that enhances their physical, emotional and social skills. Young children experience the love of learning through music and dance. Dance will increase your child's flexibility, range of motion, physical strength and stamina. It will improve muscle tone, corrects poor posture, increases balance and coordination, and improves overall cardiovascular health.

AGES: 3-5

WEDNESDAYS

3:30pm-4:00pm

4:00pm-4:30pm

SESSION 1: September 9-October 14

SESSION 2: October 21-November 25

LOCATION: Balfour Hall

MEMBERS: \$15

COMMUNITY MEMBERS: \$30



Small Stuff Sports Sampler

Preschoolers will be able to sample a variety of basic sports skills, build self confidence and have fun. The Sports Sampler will introduce kids to sports in a fun atmosphere, all while cultivating the values, skills and relationships that lead to positive behaviors and better health.

AGES: 3-5

MONDAYS • 6:00pm-7:00pm

November 30-December 14

LOCATION: South Gym

MEMBERS: FREE

COMMUNITY MEMBERS: \$50



YOUTH DEVELOPMENT

YOUTH PROGRAMS

Adventure Days

This fun-filled day camp program is offered on non-school days. Have a ton of fun at the Y while school is out for the day! You will play a variety of games, sports, swimming and much more. Bring a swimming suit, towel, morning snack, lunch, and drink. An afternoon snack will be provided. Free extended care is offered from 6:30am-9:00am and 4:00pm-6:00pm

KINDERGARTEN-6th GRADE

9:00am-4:00pm

October 15, 16

November 13, 25, 27

December 23

MEMBERS: \$30/day

COMMUNITY MEMBERS: \$40/day

Holiday Camp

Join us for your holiday break while school is out. Participants can register for one day or the entire week. Youth will have a ton of fun at the Y participating in holiday-themed games, gym activities, swimming and much more. Bring a swimming suit, towel, morning snack, lunch, and drink. An afternoon snack will be provided. Free extended care is offered from 6:30am-9:00am and 4:00pm-6:00pm

KINDERGARTEN-6th GRADE

9:00am-4:00pm

December 28, 29, 30, 31*

MEMBERS: \$30/day

COMMUNITY MEMBERS: \$40/day

MEMBERS: \$120/week

COMMUNITY MEMBERS: \$160/week

*All participants must be picked up by 5:00pm

ZUMBA® for Kids

Kids will get a chance to be active and jam out to their favorite music. ZUMBA® helps develop a healthy lifestyle and incorporates fitness as a natural part of children's lives by making fitness fun! This class will feature kid-friendly routines based on original ZUMBA® choreography. We break down the steps, add games, activities, and cultural exploration elements into the class structure. These classes will incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, and cultural awareness.

ZUMBA Kids Jr.

AGES 4-6

WEDNESDAYS • 11:45am-12:30pm

SESSION 1: September 16-October 21

SESSION 2: October 28-December 2

LOCATION: Small Group Studio (2nd Floor)

MEMBERS: \$25

COMMUNITY MEMBERS: \$40

ZUMBA Kids

AGES 7-11

MONDAYS • 5:30pm-6:15pm

SESSION 1: September 21-October 26

SESSION 2: November 2-December 7

LOCATION: Small Group Studio (2nd Floor)

MEMBERS: \$25

COMMUNITY MEMBERS: \$40



ZUMBA
kids

YOUTH DEVELOPMENT

YOUTH PROGRAMS

Kids Yoga and Story Time

Kids in today's world are stressed. Our kids deal with school pressure, emotional relationships with peers, friends and parents, and busy schedules packed with extra-curricular activities. The fast pace of our society can have enormous effects on a child's joy and comfort levels in the same way it does adults.

Yoga: teaches techniques for self-health, stress reduction and relaxation. Children will benefit from enhanced flexibility, improved strength and greater coordination.

Story Time: research shows that reading aloud to the kids improves child's chances at school, advance vocabulary, and gives a head start in language and literacy.

AGES 4 and up

THURSDAYS • 6:00pm-6:30pm

SESSION 1: September 17-October 22

SESSION 2: October 29-December 3

LOCATION: Balfour Hall

MEMBERS: FREE

COMMUNITY MEMBERS: \$10



Tae Kwon Do

Cypress martial arts is a traditional (non-competitive) martial arts school accredited by the AKATO. Students participate in a positive family like atmosphere, regardless of physical limitations. 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. A uniform will be provided in the cost of tuition.

AGES 5 and up

TUESDAYS • 6:00pm-7:30pm

FRIDAYS • 6:00pm-7:00pm (Beginner)

FRIDAYS • 7:00pm-8:00pm (Advanced)

August 28-November 20

LOCATION: Balfour Hall

MEMBERS: \$100

COMMUNITY MEMBERS: \$135

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. If you have any questions or would like to donate please contact our Development Director, Melissa Schmid at melissas@rochfamy.org or 507.287.2260 ext. 1091



YOUTH DEVELOPMENT

AFTERSCHOOL PROGRAMS



Y.E.P! Y Enrichment Program

Mondays-Healthy Fit Kids

Fun happens here! Youth will enjoy developing healthy life skills. Youth will have the opportunity to learn about fun, easy, everyday activities and how to prepare healthy afterschool snacks. Youth will have the opportunity to explore nature, find new talents, and create lasting friendships. Enrollment will be capped at 12 participants/day.

Tuesdays-Project GO!

Project GO! stands for Project: Get Outdoors! Youth will spend time exploring the great outdoors with Lead Explorer- Juicebox Jill. Youth will engage in nature based play, art projects, fishing, snowshoeing, and observing the natural world. Youth will be outside, so please dress appropriately.

Wednesdays-Fine Arts

Our fine arts enrichment program is designed to develop motor skills, cultivate imagination, creativity and social development in a fun and caring environment. Youth will paint, sculpt, create, draw and design their way to a final showcase in December.

Thursdays-STEM

Today's youth will be the next generation of inventors and problem solvers. Science, technology, engineering and math is an exciting career field with endless opportunities. Youth will have then opportunity to work with STEM instructor- Rocket Roger in a small group setting to explore various areas of science.

Fridays-Sports

Game on! Youth will spend time on Friday afternoons enjoying their favorite sports. Outdoor sports will be the focus as long as the weather allows. Youth will transition to indoor sports as the temperature drops and the snow flies.

GRADES 1-6

MONDAY-FRIDAY • 3:45pm-5:45pm

October 5th-December 18th

MEMBERS: \$10/day or \$50/week

NON-MEMBERS: \$15/day or \$75/week



YOUTH DEVELOPMENT

YOUTH SPORTS

Flag Football

Flag football is fun for everyone! It is designed to introduce the game of football in a fun, non-competitive environment. The goal is for every program participant to be successful and to have fun!

AGES 3-5
SATURDAYS • 9:00am-10:00am
October 3-October 31
LOCATION: Behind the Y
MEMBERS: FREE
COMMUNITY MEMBERS: \$50

GRADES K-3
SATURDAYS • 9:00am-10:00am
October 3-November 7
LOCATION: Behind the Y
MEMBERS: FREE
COMMUNITY MEMBERS: \$60

Indoor Soccer

Soccer is an exciting sport combining team play and individual skills. Our indoor soccer program will give youth a solid foundation for the sport as it is designed to teach fundamentals, teamwork, and how to play the game.

AGES 3-5
MONDAYS • 6:00pm-7:00pm
October 5-October 26
LOCATION: South Gym
MEMBERS: FREE
COMMUNITY MEMBERS: \$50

GRADES K-3
MONDAYS • 6:00pm-7:00pm
October 5-November 9
LOCATION: South Gym
MEMBERS: FREE
COMMUNITY MEMBERS: \$60

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. This 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.

AGES 5-12
SATURDAYS • 9:00am-10:30am
SESSION 1: September 12-October 24
*No practice on October 18
SESSION 2: October 31-December 19
LOCATION: Balfour Hall
MEMBERS: \$50
COMMUNITY MEMBERS: \$70



YOUTH DEVELOPMENT

YOUTH ATHLETIC TRAINING

Speed, Agility and Conditioning Training

Take advantage of our SAC training program designed to enhance your overall athletic ability. Sessions will focus on developing acceleration speed mechanics, multi-directional techniques, and increasing power through the combination of flexibility, strength and explosive exercises.

Each athlete will participate in an athletic assessment prior to beginning the training program. The assessment will help determine strengths and weaknesses of each athlete, which will assist in the development of the program. At the completion of the program, each athlete will be reassessed in each component.

Our certified personal trainer/ strength conditioning specialist, Jacob Wulff will lead these programs. All questions can be directed to jkwulff93@yahoo.com

S.A.C. Training

S.A.C. training will teach a progressive approach to speed and agility techniques and introduce the proper techniques of strength and power exercises to your athlete.

AGES 11-13
TUESDAYS AND THURSDAYS
4:00pm-5:30pm

FULL SESSION: October 6-December 14
MEMBERS: \$100
COMMUNITY MEMBERS: \$150

MINI SESSION 1: October 6-November 5
MEMBERS: \$60
COMMUNITY MEMBERS: \$85

MINI SESSION 2: November 10-December 17
MEMBERS: \$60
COMMUNITY MEMBERS: \$85



Athletic Performance Training

Athletic performance training will focus on the development and application of force by the body. Advance techniques in speed and agility will teach the body to apply force in the proper direction, eliminating breaking forces. Advance strength and power movements in the weight room will train the muscle to produce greater force. The combination of the two produces a more powerful and faster athlete.

AGES 14-18
MONDAYS, WEDNESDAYS, FRIDAYS
4:00pm-5:30pm

FULL SESSION: October 5-December 18
MEMBERS: \$150
COMMUNITY MEMBERS: \$200

MINI SESSION 1: October 5-November 6
MEMBERS: \$85
COMMUNITY MEMBERS: \$115

MINI SESSION 2: November 9-December 18
MEMBERS: \$85
COMMUNITY MEMBERS: \$115

HEALTHY LIVING

FAMILY FITNESS

Toddler and Me Classes

Our parent and child class promotes early development and provides a strong foundation for your child's critical years. Weekly classes will help your child achieve new milestones and prepare for more advanced challenges during each stage of growth.

AGES 2-4

THURSDAYS • 10:15am-10:45am

SESSION 1: September 10- October 15

SESSION 2: October 22-November 26

LOCATION: South Gym

MEMBERS: FREE

COMMUNITY MEMBERS: \$15



Family Kung Fu

Conditioning training for strength, flexibility, and stamina are key components to the serious practice of martial arts. These same training drills are also great for people who just wish to get into shape. Kung Fu Fitness will consist of a workout with flexibility exercises, calisthenics, and single person and partner drills all designed to strengthen and aerobically condition the body, combines with breathing exercises, philosophy, body mechanics and meditation from the Chinese martial arts.

SATURDAYS • 12:30pm-1:30pm

SESSION 1: September 5-October 24

SESSION 2: November 7-December 19

LOCATION: Multi Purpose Room (MPR)

MEMBERS: FREE

COMMUNITY MEMBERS: \$10

Family Rebounding

Children love to bounce! This fun cardio class uses the "rebounder" (trampoline). Rebounding will provide the child with better coordination skills, stimulation of growth and improved self-confidence. Use gravity and the resistance of the bounding mat to move and fire up your cardiovascular system. An adult must be near in case of a fall.

TUESDAYS • 4:25pm-4:55pm

SESSION 1: September 15-October 20

SESSION 2: October 27-December 1

LOCATION: Multi Purpose Room (MPR)

MEMBERS: FREE

COMMUNITY MEMBERS: \$10

Family Dance Fusion

Come on out and dance! Bring the kids along for a fun and funky workout filled with simple steps to a high energy music mix.

AGES 8 and up

THURSDAYS • 5:30pm-5:55pm

September 17-October 22

LOCATION: Balfour Hall

MEMBERS: FREE

COMMUNITY MEMBERS: \$10



HEALTHY LIVING

ADULT FITNESS

Women's Self Defense

Build confidence while learning about situational awareness, determining degrees of risk, and practical self-defense tactics. This course has 4 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.

AGES 14 and up
TUESDAYS • 7:00pm-8:30pm
September 15-October 6
LOCATION: Small Group Studio
MEMBERS: \$40
COMMUNITY MEMBERS: \$55

WORKSHOPS

THURSDAYS • 6:30pm-8:00pm
October 1
November 5
December 3
January 7
LOCATION: Small Group Studio
MEMBERS: \$10
COMMUNITY MEMBERS: \$15



So I Think YOU Can Dance

Enjoy the art of dance while strengthening your body, enlivening your soul and having tons of fun. Class will start with a full body warm-up, then core work, including balance, followed by across the floor combinations and finishing with some fun choreography in one of the following dance styles: jazz, Broadway style jazz, contemporary or lyrical.

AGES 13 and up
WEDNESDAYS • 11:05am-12:00pm
September 9-October 14
October 21-November 25
LOCATION: Multi Purpose Room (MPR)
MEMBERS: \$20
COMMUNITY MEMBERS: \$40



Men's Basketball League

Hit the hardwood with the folks who invented the game - the Y! This is a competitive basketball league for men 18 and older. The season will consist of seven weeks of regular season games, an All-Star weekend and three weeks of play-offs. All games are officiated by certified referees. Games consist of two 20 minute halves. Stats are recorded each week. There will be Player of the Week and End of Season awards.

AGES 18 and up
SUNDAYS • 6:00pm-10:00pm
December 6-February 28
LOCATION: Red/Blue Gym
LEAGUE FEE: \$300/team



HEALTHY LIVING

ADULT FITNESS

Kettlebells

Kettlebells will help you take your work out to the next level. This class will improve your cardiovascular function, increase muscular strength, improve posture and 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.

TUESDAYS • 10:20am–10:50am
SESSION 1: September 8–October 13
SESSION 2: October 20–November 24
SESSION 3: December 1–January 5

FRIDAYS • 10:20am–10:50am
SESSION 1: September 11–October 16
SESSION 2: October 23–December 4
SESSION 3: December 11–January 15

SATURDAYS • 8:55am–9:20am
SESSION 1: September 12–October 17
SESSION 2: October 24–November 28

LOCATION: Cycle Studio
MEMBERS: \$10
COMMUNITY MEMBERS: \$20



Kendo Japanese Fencing

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. 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.

AGES 13 and up
TUESDAYS • 7:00pm–9:00pm
September 8–November 3
LOCATION: Racquetball Courts
MEMBERS: FREE
COMMUNITY MEMBERS: \$50



Boxing and Kettlebells

Combine cardio and strength and you will have a complete workout for your entire body. Boxing class will feature different moves while working on and off a boxing bag. Strength and conditioning exercises will be done in a group setting. All participants must wear wraps for their hands.

MONDAYS • 5:45am–6:30am
SESSION 1: September 21–October 26
SESSION 2: November 9–December 14

FRIDAYS • 10:00am–10:45am
SESSION 1: September 25–October 30
SESSION 2: November 13–December 18

LOCATION: Boxing Room (3rd Floor)
MEMBERS: \$20
COMMUNITY MEMBERS: \$40

HEALTHY LIVING

HEALTH & WELLNESS PROGRAMS

Massage Therapy

Ashley Andrist studied Massage Therapy at the Minnesota School of Business and received her Diploma in 2009. Ashley specializes in Swedish Massage, the most popular form of massage in the United States and Canada. Swedish Massage, also called "relaxation massage," uses five basic movements to increase circulation and remove toxins from muscles. Using firm but gentle pressure, aided by oil to reduce friction, this type of massage is a favorite of many clients. Another specialty Ashley excels in is hot stone massage. In this type of massage, hot stones are used to heat up and manipulate the muscles to allow the therapist to give deeper pressure without hurting the muscles. The heated stones are extremely relaxing, and the warmth permeates throughout the entire body.

Appointments can be made through Ashley Andrist by calling 507.251.3567



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.

Koken Life

Though there are many wellness programs that have popped up around the world, the thing that makes Koken stand out is the pinnacle of the Koken method: contribution. Taking the great points from the previous Y Weight group program, Jen has now added the Koken principles to help you do so much more than just lose weight. Koken (Japanese: meaning contribution) centers on six pillars of a pyramid that help you grow in all areas of wellness and wholeness, so that you can then contribute to your family, your community, and your world. Join Jen and your fellow Koken members on a journey through the six pillars of resources, nutrition, activity, service, connection, and contribution to truly become your best self, both inside and out!

HEALTHY LIVING

PERSONAL TRAINING

Questions can be directed to our Fitness Center Coordinator, Sharon Coleman, at sharonc@rochfamy.org.

Our Trainers

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.

Kevin Rivers

- Certified Personal Trainer through National Strength and Conditioning Association
- American Academy of Sports Dieticians and Nutritionists Specialist

Valerie Willis

- Certified Personal Trainer through National Academy of Sports Medicine
- Certified Tabata Boot Camp, Kettlebells Instructor, TRX Trainer
- NASM certified Nutrition Specialist

Jake Cruz

- Certified Personal Trainer through National Council on Strength and Fitness
- Strength training specialty

Cassie Jacobson

- Certified Personal Trainer through National Council on Strength and Fitness
- Strength training specialty

Kayla Dietzenbach

- ACSM Certified Personal Trainer and Health Fitness Specialist
- ACE Certified Group Exercise Instructor
- Water Fitness Instructor
- Youth Development Coach

Jacob Wulff

- Certified Personal Trainer through National Academy of Sports Medicine
- Focus on sports performance and rehabilitation and occupational stress

Individual Training

MEMBERS

- \$20-30 minutes
- \$40-60 minutes

COMMUNITY MEMBERS

- \$30-30 minutes
- \$60-60 minutes

Packages

MEMBERS

- \$108-3 Hours
- \$170-5 Hours
- \$320-10 Hours

COMMUNITY MEMBERS

- \$162-3 Hours
- \$255-5 Hours
- \$480-10 Hours



SOCIAL RESPONSIBILITY

SMALL GROUP PERSONAL TRAINING

Trainer-Led Classes

Trainer-led group classes are a great way to try something new, stay focused and accountable. You'll work in a small group with a personal trainer toward a common goal.

*start dates will be determined by demand

Weight Training Fundamentals

Perfect your lifting form and learn how to safely progress to your next skill level.

TRAINER: Jake Cruz
TUESDAYS AND THURSDAYS
6:30pm-7:00pm



Kay F.I.T. Challenge

Functional interval training will help you build strength, speed and endurance. Maximize your calorie burn while sculpting and toning your health and fitness or prepare for your next race.

TRAINER: Kayla Dietzenbach
THURSDAYS
6:30pm-7:15pm

Sculpt Fusion

This class will emphasize specific body parts weekly fusing into a full body workout monthly.

TRAINER: Kevin Rivers
MONDAYS AND WEDNESDAYS
5:00pm-5:30pm

Questions can be directed to our Fitness Center Coordinator, Sharon Coleman, at sharonc@rochfamy.org.



SOCIAL RESPONSIBILITY

Y MENTORS

Questions can be directed to our Case Worker, Elyse Baker, at elyseb@rochfamy.org

Our Mentor Program

Y Mentors helps youth discover their full potential by providing positive mentoring relationships and strengthening their connections in their community. Youth are matched with caring adult volunteers who have similar interests. This is a free program available to members and community members. Mentor and mentee applications can be found online.

Becoming a Mentee

Youth must want a mentor, have a personal/family need, be referred by a parent, counselor, teacher, social worker etc. and be in Kindergarten-12th grade. We always have a waiting list so the length of the 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 and provide monthly activities for the waitlist youth.

Becoming a Mentor

Volunteers must be at least 18 years of age for our site-based group and at least 21 years of age for our community-based group. All 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. Mentors offer their friendship and guidance to build a healthy mind, body and spirit in their mentee.

After the Match

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

Site-Based Program

Our site-based mentoring program offers one caring adult volunteer matched with two boys in middle school (5th-9th grade) in Olmsted County for a one-to-two mentoring relationship based on similar interests. This is a group dynamic that allows boys to also get to know other boys & mentors forming lasting positive relationships.

Community-Based Program

In our 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.



SOCIAL RESPONSIBILITY

LIVESTRONG®

LIVESTRONG®

FOUNDATION

Partners in Healing the Whole Person

LIVESTRONG® is a free, twelve week program designed to help ease cancer survivors back into fitness and maintain confidence. As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. This program meets twice a week using traditional exercise methods to ease you back into fitness and help you maintain your confidence. You'll focus on: building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

Taking it at Your Own Pace Expert, Caring Staff

No one experiences cancer in the same way. Participants come to the program with different physical challenges and lifestyle goals. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There is no competition here—physical activities are tailored to match only what you're able to accomplish.

Our staff have been specially trained to work with cancer survivors and patients. They are exercise experts who understand your unique physical needs and concerns and help you address them safely. They are also relationship builders with the empathy and the ability to connect with and develop relationships with and among cancer survivors and their families.

EnhanceFitness®

Active, Energized, and, Empowered

EnhanceFitness is a group exercise program that helps older adults at all levels of fitness become more active, energized and able to maintain their independence. It is an evidence-based group exercise program that uses simple, easy to learn movements that motivate individuals with arthritis to stay active throughout their life. EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance and flexibility—everything older adults need to maintain health and function as they age.



ENHANCE FITNESS®



LIVESTRONG®

FOUNDATION

FIRST ANNUAL **THE NOT SO SCARY** **SPOOKTACULAR!**



1 Mile & 5K Family Fun Run/Walk
Benefiting LIVESTRONG® at the YMCA
October 31st 1:30 pm

Starting at the Spooky Rochester Area Family YMCA South Parking Lot.
Costumes not required but encouraged!

1 Mile Run/Walk

Early BOO:
July 6–October 1st
Individual \$10
Family Rate is \$30

October 2– October 31st
Individual–\$15
Family is \$40

5K Run

Early BOO:
July 6–October 1st
Individual–\$20
Family Rate is \$40

October 2– October 31st
Individual– \$25
Family rate– \$60

Family Choice

Define: minimum of 1 member of the family must be in the 1 mile or 5K
Ex: of 4 – 1 parent run/ walks the 5K;
Other parent and kids run/walk 1 mile.

Early BOO: July 6–October 1st– \$35
October 2–October 31— \$50

Register at www.rochfamy.org or stop by the Welcome Center