



# NEW YEAR. NEW START.

I want to  
swim

I want to  
join the  
journey

I want to  
do martial  
arts

I want to  
play

I want to  
make a  
difference

I want to  
save lives

I want to  
dance

I want to  
learn

I want to  
be healthy

I want to  
reach new  
heights

## WHAT DO YOU WANT TO DO?



ROCHESTER AREA FAMILY YMCA

# OUR DIRECTORS



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# I WANT TO... LEARN



## Y-Tots Preschool

The Rochester Area Family YMCA's state licensed preschool program offers each child exciting hands-on opportunity to explore and understand the world around them.

Our qualified and experienced teachers provide a developmentally appropriate environment provoking children's interests and curiosities.

Through this environment, children will be challenged to engage in a variety of activities, individually fostering their social, emotional, intellectual, and physical development.

Our teachers are here to facilitate each child's learning experience, and in turn, prepare each child for a successful future.

For current openings and scholarship opportunities, please contact Julie Ellis at 507.287.2260 (ext. 1051) or [juliee@rochfamy.org](mailto:juliee@rochfamy.org)

### 3 Year Olds

Tuesday and Thursday

12:30pm-3:00pm

Members: \$133/month

Community Members: \$148/month



### 4-5 Year Olds

Monday, Wednesday, Friday

9:00am-11:30am

12:30pm-3:00pm

Members: \$162/month

Community Members: \$148/month

**Registration for 2016-2017  
will begin on  
January 11, 2016**

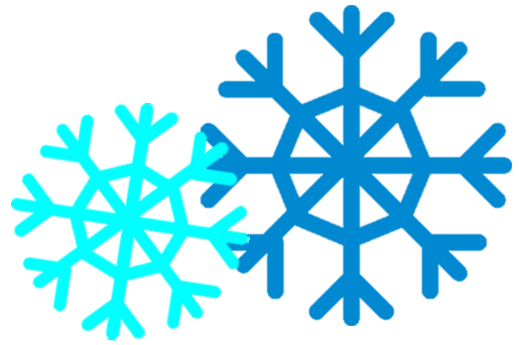
Tuesday and Thursday

12:30pm-3:00pm

Members: \$133/month

Community Members: \$148/month

# I WANT TO... PLAY



The Y is the starting point for many youth to learn about becoming and staying active. These benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning a new skill or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

Parents are encouraged to be more than mere spectators, by contributing their time as volunteer coaches – as well as being their kid's greatest fan.



## YOUTH BASKETBALL

Basketball offers kids a variety of health, emotional and social benefits. Our young athletes will not only learn basketball skills, but will make friends and build self-esteem. Participants will work on the fundamentals of basketball, scrimmage, and play games.

January 16–February 20

Kindergarten–2<sup>nd</sup> Grade: 9:00am–10:00am

3<sup>rd</sup>–5<sup>th</sup> Grade: 10:00am–11:00am

MEMBERS: FREE

COMMUNITY MEMBERS: \$60

RCYBA PLAYERS: \$50



## YOUTH VOLLEYBALL CLINIC

Youth will learn the basics of bumping, setting and spiking along with the ability to work together as a team. Parents are more than welcome to come help and encourage their kids with playing. Passing, setting, and hitting drills will be used to increase each child's overall stamina in volleyball.

January 9

January 30

February 13

February 27

Kindergarten–2<sup>nd</sup> Grade: 1:00pm–2:00pm

3<sup>rd</sup>–5<sup>th</sup> Grade: 2:00pm–3:00pm

MEMBERS: \$15

COMMUNITY MEMBERS: \$25



## GYMNASTICS + YOGA

Youth and parents/guardians are encouraged to dress comfortably as adult participation is encouraged. Youth will practice fun yoga poses that will serve as the building blocks for gymnastics. Youth will gain experience with basic gymnastics moves such as hand stands, walk overs and back bends.

January 7–February 25

AGES 6–10: 6:00pm–7:00pm

MEMBERS: FREE

COMMUNITY MEMBERS: \$30





# I WANT TO... DANCE



## 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: 3-6

January 6-February 10

3:25pm-3:55pm

MEMBERS: \$15

COMMUNITY MEMBERS: \$30



## 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

January 7-February 11

10:15am-11:00am

MEMBERS: \$20

COMMUNITY MEMBERS: \$35

### ZUMBA Kids

AGES 7-11

January 4-February 8

5:30pm-6:10pm

MEMBERS: \$20

COMMUNITY MEMBERS: \$35



# I WANT TO... SWIM



Swimming is a part of life in the land of 10,000 lakes. We provide a safe environment for swimmers of all ages and abilities to learn a lifelong skill, develop water safety skills, and build confidence. The Y has introduced tens of millions of people nationwide to swimming since inventing group swim instructions in 1906.

## 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 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 class.
- 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.

## SWIMMING LESSONS

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

MEMBERS: \$35

COMMUNITY MEMBERS: \$60



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.

### SESSION ONE

Tuesday	Jan 5-Feb 2	6:00-6:30p
Saturday	Jan 9-Feb 6	10:15-10:45a

### SESSION TWO

Tuesday	Feb 16-Mar 15	6:00-6:30p
Saturday	Feb 20-Mar 19	10:15-10:45a



19 months-3 years

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

### SESSION ONE

Tuesday	Jan 5-Feb 2	5:15-5:45p
Saturday	Jan 9-Feb 6	11:00-11:30a

### SESSION TWO

Tuesday	Feb 16-Mar 15	5:15-5:45p
Saturday	Feb 20-Mar 19	11:00-11:30a





# 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.

MEMBERS: \$40

COMMUNITY MEMBERS: \$65



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).

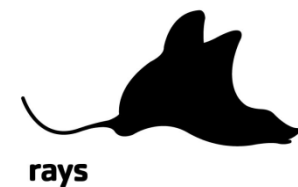
Skills Spotlight: floating, paddling, and kick on both front and back with assistance



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 back stroke, breast stroke, and side stroke



## SESSION ONE

Registration Deadline: December 31



SUNDAY January 3-January 31		TUESDAY January 5-February 2		WEDNESDAY January 6-February 3		THURSDAY January 7-February 4		SATURDAY January 9-February 6	
Pike	3:30-4:10p	Pike	10:00-10:40a	Eel	9:30-10:10a	Eel	4:30-5:10p	Ray	9:30-10:10a
Eel	3:30-4:10p	Eel	10:45-11:25a	Ray	10:15-10:55a	Ray	4:30-5:10p	Starfish	9:30-10:10a
Ray	4:15-4:55p	Eel	4:30-5:10p			Pike	5:15-5:55p	Pike	10:15-10:55a
Starfish	4:15-4:55p	Ray	4:30-5:10p			Starfish	5:15-5:55p	Eel	10:15-10:55a
Perch	5:00-5:40p	Perch	5:15-5:55p			Perch	6:00-6:40p	Perch	11:00-11:40a
Pike	5:00-5:40p	Pike	5:15-5:55p			Eel	6:00-6:40p		
Eel	5:45-6:25p	Ray	6:00-6:40p						
Ray	5:45-6:25p	Starfish	6:00-6:40p						



## SESSION TWO

Registration Deadline: February 10

SUNDAY February 14-March 13		TUESDAY February 16-March 15		WEDNESDAY February 17-March 16		THURSDAY February 18-March 17		SATURDAY February 20-March 19	
Pike	3:30-4:10p	Pike	10:00-10:40a	Eel	9:30-10:10a	Eel	4:30-5:10p	Ray	9:30-10:10a
Eel	3:30-4:10p	Eel	10:45-11:25a	Ray	10:15-10:55a	Ray	4:30-5:10p	Starfish	9:30-10:10a
Ray	4:15-4:55p	Eel	4:30-5:10p			Pike	5:15-5:55p	Pike	10:15-10:55a
Starfish	4:15-4:55p	Ray	4:30-5:10p			Starfish	5:15-5:55p	Eel	10:15-10:55a
Perch	5:00-5:40p	Perch	5:15-5:55p			Perch	6:00-6:40p	Perch	11:00-11:40a
Pike	5:00-5:40p	Pike	5:15-5:55p			Eel	6:00-6:40p		
Eel	5:45-6:25p	Ray	6:00-6:40p						
Ray	5:45-6:25p	Starfish	6:00-6:40p						



# 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.

**MEMBERS: \$40**

**COMMUNITY MEMBERS: \$65**



**polliwogs**

Polliwog is the 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 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 crawl, back crawl, elementary back stroke, side stroke, 25 yards with floatation, and 10 yards without floatation aid. Introduction to scissors and whip kicks, rhythmic breathing 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, breaststroke, basic water safety and rescue skills

Equivalent to Red Cross Level 3 and 4



**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, breast stroke, side stroke, and elementary back stroke

**Skills Spotlight:** Endurance continues to increase to 50 yards

Equivalent to Red Cross Level 4



**flying fish**

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

**Skills Spotlight:** Swimmers will learn open turns/flip turns, perfect their strokes, and rescue skills.

Equivalent to Red Cross Level 5

# SESSION ONE

Registration Deadline: December 31

SUNDAY January 3-January 31fsg		TUESDAY January 5-February 2		THURSDAY January 7-February 4		SATURDAY January 9-February 6	
Polliwog	3:30-4:10p	Home School	9:30-10:00a	Polliwog	4:30-5:10p	Fish	9:30-10:10a
Guppies	3:30-4:10p	Guppies	4:30-5:10p	Flying Fish	4:30-5:10p	Minnow	9:30-10:10a
Guppies	4:15-4:55p	Minnow	4:30-5:10p	Minnow	5:15-5:55p	Polliwog	10:15-10:55a
Minnow	4:15-4:55p	Polliwog	5:15-5:55p	Guppies	5:15-5:55p	Guppies	11:00-11:40a
Fish	4:15-4:55p	Guppies	5:15-5:55p	Guppies	6:00-6:40p		
Polliwog	5:00-5:40p	Polliwog	6:00-6:40p	Fish	6:00-6:40p		
Minnow	5:00-5:40p	Fish	6:00-6:40p				
Flying Fish	5:00-5:40p						
Polliwog	5:45-6:25p						
Guppies	5:45-6:25p						



# SESSION TWO

Registration Deadline: February 10

SUNDAY February 14-March 13		TUESDAY February 16-March 15		THURSDAY February 18-March 17		SATURDAY February 20-March 19	
Polliwog	3:30-4:10p	Home School	9:30-10:00a	Polliwog	4:30-5:10p	Fish	9:30-10:10a
Guppies	3:30-4:10p	Guppies	4:30-5:10p	Flying Fish	4:30-5:10p	Minnow	9:30-10:10a
Guppies	4:15-4:55p	Minnow	4:30-5:10p	Minnow	5:15-5:55p	Polliwog	10:15-10:55a
Minnow	4:15-4:55p	Polliwog	5:15-5:55p	Guppies	5:15-5:55p	Guppies	11:00-11:40a
Fish	4:15-4:55p	Guppies	5:15-5:55p	Guppies	6:00-6:40p		
Polliwog	5:00-5:40p	Polliwog	6:00-6:40p	Fish	6:00-6:40p		
Minnow	5:00-5:40p	Fish	6:00-6:40p				
Flying Fish	5:00-5:40p						
Polliwog	5:45-6:25p						
Guppies	5:45-6:25p						



# 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 non-competitively. Swimmers will work on endurance, stroke refinement, and more.

Prerequisite: completed Flying Fish

SESSION 1: January 3-February 6

SESSION 2: February 14-March 19

3:10pm-3:50pm

MEMBERS: \$40

COMMUNITY MEMBERS: \$65





## PERSONALIZED LESSONS

Our personalized 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 lessons will help you meet your goals.

Pick your instructor and coordinate a time to schedule your lessons. Once you have confirmed times with your instructor, stop by the Welcome Center to register.



	MEMBER	COMMUNITY MEMBER
One Lesson	\$20	\$30
Five Lessons	\$90	\$135
Ten Lessons	\$170	\$255

## PRIVATE LESSONS

Private lessons are a great option for swimmers who may have a fear of water or want to improve your skills in a one-on-one setting. These lessons are designed to give participants individualized attention in order to master their swimming skills. 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 30 minute lessons.

MEMBERS: \$45

COMMUNITY MEMBERS: \$75



TUESDAY			THURSDAY		
January 5, 12, 19	4:30-5:00p	A	January 7, 14, 21	4:30-5:00p	A
January 5, 12, 19	5:05-5:35p	A	January 7, 14, 21	5:05-5:35p	A
January 5, 12, 19	5:40-6:10p	A	January 7, 14, 21	5:40-6:10p	A
January 5, 12, 19	6:15-6:45p	A	January 7, 14, 21	6:15-6:45p	A
Jan 26, Feb 2, 9	4:30-5:00p	B	Jan 28, Feb 3, 11	4:30-5:00p	B
Jan 26, Feb 2, 9	5:05-5:35p	B	Jan 28, Feb 3, 11	5:05-5:35p	B
Jan 26, Feb 2, 9	5:40-6:10p	B	Jan 28, Feb 3, 11	5:40-6:10p	B
Jan 26, Feb 2, 9	6:15-6:45p	B	Jan 28, Feb 3, 11	6:15-6:45p	B



TUESDAY			THURSDAY		
Feb 16, 23, Mar 1	4:30-5:00p	A	Feb 18, 25, Mar 3	4:30-5:00p	A
Feb 16, 23, Mar 1	5:05-5:35p	A	Feb 18, 25, Mar 3	5:05-5:35p	A
Feb 16, 23, Mar 1	5:40-6:10p	A	Feb 18, 25, Mar 3	5:40-6:10p	A
Feb 16, 23, Mar 1	6:15-6:45p	A	Feb 18, 25, Mar 3	6:15-6:45p	A
March 8, 15, 22	4:30-5:00p	B	March 10, 17, 24	4:30-5:00p	B
March 8, 15, 22	5:05-5:35p	B	March 10, 17, 24	5:05-5:35p	B
March 8, 15, 22	5:40-6:10p	B	March 10, 17, 24	5:40-6:10p	B
March 8, 15, 22	6:15-6:45p	B	March 10, 17, 24	6:15-6:45p	B





# I WANT TO... BE HEALTHY



The Y is a leading voice on health and well-being. With a mission centered on balance, we bring families closer together, encourage good health and foster connections through fitness, sports, fun and shared interests.

Healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y is much more than just working out. Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.



## 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.

January 5–February 9

3:25pm–3:55pm

MEMBERS: FREE

COMMUNITY MEMBERS: \$10



## KIDS YOGA

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. One way to counteract the negative effects associated with stress is through participation in our yoga class. Kids Yoga will focus on techniques for self-health, stress reduction and relaxation, enhanced flexibility, and improve strength and coordination.

AGES 4 and up

January 7–February 11

5:45pm–6:15pm

MEMBERS: \$15

COMMUNITY MEMBERS: \$30



## KETTLE BELLS

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.

TUESDAYS • 10:20am-10:50am

TUESDAYS • 6:45pm-7:15pm

SESSION 1: January 5-February 9

SESSION 2: February 16-March 22

FRIDAYS • 10:20am-10:50am

SESSION 1: January 8-February 12

SESSION 2: February 19-March 25

SATURDAYS • 8:55am-9:20pm

SESSION 1: January 9-February 13

SESSION 2: February 20-March 26

MEMBERS: \$10

COMMUNITY MEMBERS: \$20



## BOXING

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.

SESSION 1: January 26-March 8 (No class on February 16)

SESSION 2: March 15-April 26 (No class on April 5)

MEMBERS: \$20

COMMUNITY MEMBERS: \$40



## 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 provide what you need.

### 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 Wuiff



- 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
- \$40-60 minutes

### COMMUNITY MEMBERS

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



## TRAINER'S CHOICE MONDAYS



Sick of the same old work out routine? This is a fun way to work with a Certified Personal Trainer once a week. Trainers will rotate so you will most likely have a different trainer every Monday night.

MEMBERS: \$15/session



# I WANT TO... SAVE LIVES



The Y provides opportunities for learning lifesaving skills because we truly are in this together, and together we can harness knowledge and our individual strengths to bring about a safer environment around us. We believe in providing training, resources and support to empower our neighbors to make change, overcome obstacles and contribute to a safer, healthier, happier community so that everyone has the chance to learn, grow and thrive.





## CPR/AED FOR THE PROFESSIONAL RESCUER & FIRST AID

Designed for individuals with a duty to respond to emergencies, this program combines discussions, video and hands-on training. Course covers how to respond to breathing and cardiac emergencies in adults, children, and infants until more advanced medical personnel take over.

### Recertification Classes:

January 7: 6:00pm–9:00pm

January 28: 6:00pm–9:00pm

February 18: 6:00pm–9:00pm

MEMBERS: \$40

COMMUNITY MEMBERS: \$60

### Full Classes:

January 23: 9:00am–3:00pm

February 13: 9:00am–3:00pm

MEMBERS: \$80

COMMUNITY MEMBERS: \$100



## LIFEGUARD TRAINING

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. 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. All participants must be at least 15 years old.

January 15–17

January 15: 5:30pm–9:00pm

January 16: 8:00am–4:00pm

January 17: 8:00am–4:00pm

MEMBERS: \$160

COMMUNITY MEMBERS: \$200



## WATER SAFETY INSTRUCTOR TRAINING

This class will provide professional instruction on land and water based techniques to effectively teach swim lessons for infants and adults. All participants must be at least 16 years old.

December 15–January 3

MEMBERS: \$160

COMMUNITY MEMBERS: \$200

December 15: 7:00pm (Swim Test)

December 27: 12:00pm–4:00pm

December 28: 12:00pm–4:00pm

January 3: 8:00am–12:00pm

# I WANT TO... JOIN THE JOURNEY



## ENHANCE FITNESS

EnhanceFitness 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 participants overcome the obstacles of living with arthritis and revitalize their well-being within a safe community of support.

EnhanceFitness has been nationally recognized by the Centers of Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging and the National Council on Aging.

MONDAYS, WEDNESDAYS, FRIDAYS

9:30am-10:30am (Small Group Studio)

12:30pm-1:30pm (Balfour Hall)



## LIVESTRONG®

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. You'll focus on: building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

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.



# I WANT TO ... DO MARTIAL ARTS



Martial Arts are a great way to develop your mind, body and spirit in an encouraging, non-intimidating and family-friendly environment. These classes will contribute to increased physical strength, flexibility, balance, control, discipline, and spirituality. Students train with others at their own skill level progressing from basic stances, punches, blocks, and kicks. Our martial art programs build a healthy, active habit for you that focuses on more than just the physical. These programs will develop one's self-esteem, concentration and respect for others.



## 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)

December 1–February 26

MEMBERS: \$100

COMMUNITY MEMBERS: \$135



## 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, combined with breathing exercises, philosophy, body mechanics and meditation from the Chinese martial arts.

SESSION 1: January 10–February 28

SESSION 2: March 6–May 1

(no class March 27)

2:00pm–3:00pm

MEMBERS: \$60/family

COMMUNITY MEMBERS: \$120/family



## KARATE

Ryu Te Karate, originating in Okinawa, is a self-defense system founded by 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 5-12

SESSION1: January 10-February 21

SESSION 2: February 28-April 10

9:00am-10:00am

MEMBERS: \$50

COMMUNITY MEMBERS: \$70

AGES 13+

WEDNESDAYS • 7:30pm-9:00pm

SATURDAYS • 10:30am-12:00pm

SESSION 1: January 6-February 20

SESSION 2: February 24-April 9

MEMBERS: \$50

COMMUNITY MEMBERS: \$70

\*an additional \$20 will be charged for participants wanting to attend both Wednesdays and Saturdays



## 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

January 5-February 16

February 23-April 6

7:00pm-9:00pm

MEMBERS: FREE

COMMUNITY MEMBERS: \$50





## WOMEN'S SELF DEFENSE

Build confidence while learning about situational awareness, determining degrees of risk and practical self-defense tactics. This course will provide an opportunity to try things in a safe environment and help you determine when to fight back or escape. Part of this 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. Participants are encouraged to come in your every-day clothing and must be over the age of 14.

SESSION1: January 19-February 20

SESSION 2: February 27-April 9

11:30am-12:30pm

MEMBERS: \$50

COMMUNITY MEMBERS: \$70



## KOBUDO (OKINAWAN WEAPONS)

Okinawan kobudo is a Japanese term that can be translated as "*old martial way of Okinawa*". We also study Kobudo, traditional weapons used by the ancient warriors of Okinawa such as the bokken (sword), nunchaku, bo (6 ft-staff) tonfa, jo, kama (sickle) and sai.

January 5-February 16

February 23-April 6

7:00pm-9:00pm

MEMBERS: FREE

COMMUNITY MEMBERS: \$50



# I WANT TO ... REACH NEW HEIGHTS



## SKI TRIP TO WELCH VILLAGE

Adults and youth are invited to enjoy a day of fun on the slopes at Welch Village. Coach bus transportation will be provided from the Rochester YMCA to Welch Village. Bus will load in front of the Y at 7:30am and will return at 5:30pm. All youth ages 10 and under must be accompanied by an adult or responsible older youth. Attendees are welcome to pack a lunch and snacks or lunch is available for purchase at Welch Village. Cost includes lift ticket and transportation. Rental equipment is extra.

January 18 (Registration deadline: January 14)

February 15 (Registration deadline: February 11)



MEMBERS: \$45

COMMUNITY MEMBERS \$50

SKI OR SNOWBOARD: \$15

HELMET: \$5



## CLIMBING CAMP AT PRAIRIE WALLS

Elementary, Middle and High School students are invited to bring a friend and join YMCA staff for a morning of climbing at Prairie Walls climbing gym. This event will meet at Prairie Walls at 9 a.m. Prairie Walls staff will provide instruction on climbing gear and basic climbing techniques. The YMCA will provide all participants with a healthy morning snack. This session is open to youth in 3<sup>rd</sup> grade and older.

January 29

9:00am-12:00pm

MEMBERS: \$30

COMMUNITY MEMBERS: \$35



# I WANT TO ... MAKE A DIFFERENCE



## 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-12<sup>th</sup> 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 PROGRAMS

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 PROGRAMS

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.