



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY FOR



Spring/Summer Program Guide 2015

MORE HEALTH
MORE HOPE
MORE OPPORTUNITY

Take a new class. Meet a new friend. Volunteer.
Let's do more together!

The Y. So Much More™

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



WELCOME



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

CELEBRATING 50 YEARS ON FIRST AVENUE

Our current facility opened in 1965. We are grateful for the individuals who made this happen. Thanks for the memories!

A MESSAGE FROM OUR CEO

Youth development, healthy living and social responsibility... these are our three areas of focus at the YMCA. As we connect with the past 50 years and dream of the next 50 years, it's our connection to our focus that will keep our legacy alive.

Our three areas of focus have actually been our pillars since we opened this facility in 1965.

- The Y was all over youth development with teen dances, teaching youth how to swim and offering a variety of youth sports and camps.
- Back in the early 60's, Mayo physicians were pioneers of healthy living when they changed how doctors looked at cardiac rehabilitation by incorporating exercise into the daily routine of recovering cardiac patients.
- The Y was also very much about social responsibility by creating teen clubs, starting LINK for homeless youth and Y Mentors programs.

Today the Y continues to carry these focuses forward and has become a key partner in the development of the Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP)--visit Olmsted County Public Health Services' website to learn more.

The things the Y stood for 50 years ago will be the same things we stand for during the next 50 years... watch for our fitness center renovation coming this spring!



HOME AWAY FROM HOME

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

STEVE'S EXCELLENT FITNESS TOUR

One of the Y's great treasures lies within our fitness classes. Not only do our fitness classes help keep people's minds, bodies, and spirits in shape, you become part of a community where you can meet friends, where you are encouraged to try new things and where you can feel supported in your health journey. If you have not attended group fitness classes before, this will be a great introduction! Classes are free with a Y membership.

Tai Chi • 11:15 a.m. Tuesday 2/17
Cycle • 10:30 a.m. Saturday 2/28
Aqua Zumba® • 6:15 p.m. Monday 3/2
Yoga • 6:30 p.m. Monday 3/9
Barre Bliss • 9:15 a.m. Friday 3/20

Yours in service,

Steve Courts
CEO/Executive Director
Rochester Area Family YMCA



QUESTIONS?

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



BUILDING HOURS

709 First Avenue SW
Rochester, MN 55902
www.rochfamy.org

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

SUMMER HOURS (MAY-SEPTEMBER)

Monday-Thursday: 4:45 a.m. – 10:00 p.m.
Friday: 4:45 a.m. – 9:00 p.m.
Saturday: 7:30 a.m. – 6:00 p.m.
Sunday: 11:00 a.m. – 5:00 p.m.

MEMBERSHIP PRICING

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

Veteran, Clergy and Corporate discount available.

See Welcome Center for details.

Membership pricing is subject to change.

FREE QUICK START ORIENTATION

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



PAYMENT OPTIONS

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

INSURANCE DISCOUNTS

Your medical insurance provider may be able to offer discounts based on your facility usage. Most providers require a certain level of gym visits per month. Insurance companies offering reimbursements to members of the Rochester Area Family YMCA include: Blue Cross Blue Shield of Minnesota (and North Dakota), Health Partners, UCare's UCan! and/or ActiveU programs, Vitality, Medica, Preferred One, SilverSneakers and Silver & Fit, South Country Health Alliance and Regency Managed Properties. Stop by the Welcome Center to see if you are eligible and to get enrolled.

CORPORATE MEMBERSHIPS

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

MEMBERSHIP PACKAGES

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

YOUR YMCA MEMBERSHIP INCLUDES

- Unlimited facility usage
 - FREE Youth Sports*
 - FREE PARKING
 - FREE Group Exercise/Water Fitness Classes
 - FREE Recreational equipment rental
 - FREE Quick Start Orientation
 - 30 minute consultation with one of our Certified Personal Trainers
 - Opportunity to utilize Kids Care services
 - Special member rates on YMCA programs
 - Priority registration dates for programs
 - Special events throughout the year
 - Community involvement opportunities
 - Programs & activities for everyone!
- *Does not include Martial Arts or Swim Lessons

BIRTHDAY PARTIES

The Y's Birthday Party Program offers kids the option of spending their special day with us. With the choice of swimming or gym games, the Y is the place to be! To schedule a party contact Taryn Wohlfel at tarynw@rochfamy.org or (507) 287-2260 extension 1083.

Party Basics

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



PRESCHOOL SUMMER FUN

Join us for these week-long half-day adventures! Classes will be led by Y-Tots Preschool teachers and will include play, exploration, art, stories, songs, snacks, outdoor time and Friday pool play. These are designed for children who are 3-5 years old. Children must turn 3 prior to June 1, 2015 and must be toilet-trained. Classes will meet in the Y-Tots Preschool room Monday-Friday from 9-11:30. There is no extended care provided. You may register online or at the welcome center. Specific information and forms will be mailed in early summer. If you have questions, please contact juliee@rochfamy.org or 287-2260 extension 1051.

Members: \$67 per week (Receive a 10% discount if you register for 2 or more weeks)

Non-members: \$82 per week

June 8-12 Bug Boogaloo
Come and learn about butterflies, fireflies, ladybugs and more!

June 15-19 Commotion in the Ocean
Come along on an under-the-sea adventure!

July 6-10 Rainforest Romp
Spend a week on a trip to the rainforest!

July 13-17 Bubble-licious
A week-long bonanza of bubble activities!

July 27-31 Summer Surprises
A different summer theme each day—come and be surprised!

GYM PARTY

Saturdays: 12:30 p.m.-2:30 p.m. or 2:30 p.m.- 4:00 p.m.

Sundays: 1:00 p.m. - 2:30 p.m.

Cost (up to 10 children)

\$60 Members / \$120 Non-Members

Additional attendees are \$3 per person

Participants will be allotted up to one hour of time for cake and presents and then will be allowed to use the gym from that point forward until closing.

POOL PARTY

Fridays: 5:30 p.m.

Saturdays: 12:30 p.m. or 2:30 p.m.

Sundays: 1:00 p.m. .

Cost (up to 10 children)

\$60 Members / \$120 Non-Members

Additional attendees are \$5 per person

Participants will be allotted up to one hour of time for cake and presents and then will be allowed to use the pool from that point forward until closing. All water slide riders must be at least 48" tall and it is at the discretion of the lifeguard to determine safety requirements regarding swim skill.



Y-TOTS PRESCHOOL



2015-2016 School Year

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

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

3 YEARS OLD

must be 3 by September 1, 2015

Tuesdays and Thursdays

Two Days a Week

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

Members - \$130/month

Non-Members - \$145/month

4-5 YEARS OLD

must be 4 by September 1, 2015

Tuesdays and Thursdays

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

Members - \$130/month

Non-Members - \$145/month

Monday, Wednesday, Friday

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

or

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

Members - \$157/month

Non-Members - \$175/month

**Stop by the Y-Tots
classroom for
a tour.**

YOU'RE INVITED UPCOMING YMCA EVENTS

FAMILY MOVIE DAY AT PARAGON THEATRE

Join us as we partner with Paragon Theatres for the showing of the hilarious family-friendly movie, Home, featuring the voices of Jennifer Lopez, Steve Martin, and Rihanna. Each ticket purchased will raise \$2 to help a youth attend Summer Day Camp at the Rochester Area Family YMCA. Tickets must be purchased ahead of time by visiting the Y or online at www.rochfamy.org or by calling Rachel 507-287-2260 extension 1031 10:00 a.m. Saturday, March 27 at Paragon Theatre \$8 per ticket

SOCIAL ICE - COOL AS CAMP

4:00 p.m. - 6:00 p.m.
Friday, February 20 & Saturday February 21
Peace Plaza, Downtown Rochester
Fun for the whole family--Bring your kids to meet this summer's camp counselors and register to win a free week of summer camp! You won't want to miss the 'Cool as Camp' display and live ice carving demonstrations

ANNUAL MEETING

Tuesday, March 24
6:30 p.m. Social
7:00 p.m. Meeting
Join us in the South Gym for 2014 highlights and awards.



HEALTHY KIDS DAY®

This free community event helps families find fun through active play and educational opportunities to inspire them to carry that spirit of fun throughout their summer. There will be fun games and activities provided by Y Staff and other local organizations, as well as swimming, karate, Zumba® demonstrations and more! You don't want to miss this fun family event!
10:00 a.m. - 3:00 p.m.
Saturday, April 25th



FACILITY RENTALS

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

PROGRAM REGISTRATION POLICIES

Member registration begins February 16 • Non-Member registration begins February 23

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

REGISTER ONLINE AT WWW.ROCHFAMY.ORG



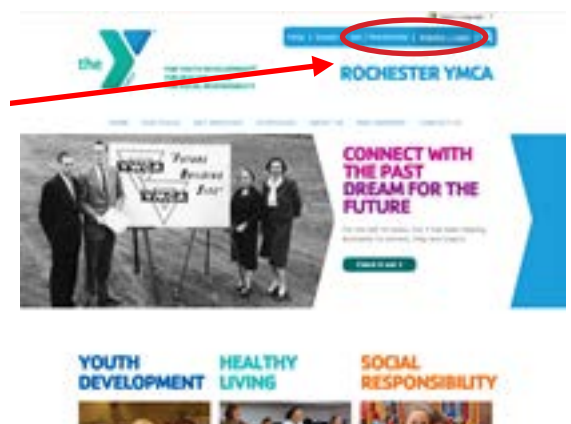
Register/Login to access our online registration.
It's available 24 hours a day, 7 days a week!

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

facebook.com/rochfamy

twitter.com/rochfamy

youtube.com/theyresourcecenter





SPARK CREATIVITY TEACH SKILLS

KIDS CARE

Kids Care provides supervised care for children in a safe, nurturing, and caring environment while parents are in the building. We provide care for ages 6 weeks to 10 years old (Free for school aged youth). Our schedule of game time, arts and crafts, and free play will make your child's time in Kids Care fun and exciting!

Kids Care Hours

Monday-Thursday: 8:55 a.m. - 1:00 p.m.

4:25 p.m. - 7:45 p.m.

Friday: 8:55 a.m. - 1:00 p.m.

4:25 p.m. - 6:30 p.m.

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

Member Rate

Daily: \$3 per child

Monthly: \$25

Punch-cards: \$30 for 10 punches

**UNLIMITED
KIDS CARE
\$25/month**

Non-Member Rate

Daily: \$5 per child

Punch-cards: \$50 for 10 punches.

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

LEGO ROBOTICS CLUB



This program introduces the Lego Robotics in a fun, friendly way. The club is for all levels of Lego Robotics users. Youth will work in teams as well as individually with the instructor to develop and increase skills. Grades 2-6
Participants will receive a Y-shirt.

\$40 Members / \$60 Non-Members

Saturdays, 1:30 p.m. - 3:00 p.m.

Session I: March 1-March 29

Session II: April 12-May 3



Y-SMART

After School Program

The Y invites you to be a part of our after school program during the 2014-2015 school year. The program takes place from 3:30 p.m. - 5:45 p.m., Monday-Friday. Y-SMART, which stands for **Shaping Minds And Realizing Talents**, focuses on bringing healthy lifestyles to all participants. Youth will have opportunities each week to participate in activities including swimming, running and more. Participants will receive a healthy snack each day in the program in addition to receiving homework help. Y-SMART will meet immediately following school on scheduled early release days during the year. Each child will receive a Y-shirt. Y-SMART will not take place on school cancellations or early release due to inclement weather. Refunds will not be awarded for cancelled days. Free extended care will be provided after Y-SMART (in Y-ZONE) until 6:30 p.m.

A one-time registration fee will be charged per participant of \$25 Members / \$50 Non-Members. Pricing per School Quarter:

\$350 Members / \$400 Non-Members

*10% discount offered for 2nd child

For participants attending year-round school please contact rachelh@rochfamy.org for pricing details.



YOUTH/STAFF RATIOS

6 weeks-1 year: 1 staff to 3 youth

2 years-3 years: 1 staff to 7 youth

4 years-6 years: 1 staff to 10 youth

7 years - 10 years: 1 staff to 12 youth

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

ADVENTURE DAYS



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

CROSSROADS BASKETBALL CLINIC

Join the Y and Crossroads College Basketball Teams at this one-of-a-kind skills clinic. Crossroads basketball players from the men's & women's team will work with youth to develop and refine their skills including dribbling, shooting and passing. Players will receive a snack and sport drink. Please wear appropriate gym attire, including athletic clothing.

\$15 Members/ \$25 Non-Members
Saturday, March 28
1st-3rd grade boys and girls 9:00 a.m. – 11:30 a.m.
4th-6th grade boys and girls 12:30 p.m. – 3:00 p.m.



KRIS HUMPHRIES BASKETBALL CLINIC

Kris Humphries Foundation presents a one day basketball clinic at the Y. Players will practice basic skills including passing, dribbling and shooting. Please dress in appropriate gym attire including tennis shoes and athletic clothing. All players will meet Kris Humphries. Subway lunch provided. Each camper will receive a t-shirt.

\$5 Members/ \$10 Non-Members
Friday July 24 9:00 a.m. – 3:00 p.m.



SPRING BREAK CAMPS

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

Full Week: \$140 members / \$160 Non-Members
Price per Day: \$30 Members / \$35 Non-Members
March 30-April 3
9:00 a.m. – 4:00 p.m.
Free extended care offered in Y-SMART
6:30 a.m. – 9:00 a.m. and 4:00 p.m. – 6:00 p.m.

LEADERS IN TRAINING-SPRING BREAK CAMP

Grades 7-12
Full Week: \$45 members / \$70 Non-Members
Price per Day: \$30 Members / \$35 Non-Members



FAMILY FUN NIGHT

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

Price per family: \$15 Members / \$25 Non-Members
6:00 p.m. – 8:30 p.m.
March 20

FAMILY KUNG FU

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

Price per family: \$60 Members / \$120 Non-Members
Saturdays, 12:30 p.m. – 1:30 p.m.
Check www.rochfamy.org for dates.

MAH-JONG

Come join our group of Mah-Jong players at the Y! Mah-Jong is a game that originated in China. It is commonly played by four players. Similar to the Western card game rummy, Mah-Jong is a game of skill, strategy, and calculation and involves a degree of chance.
Meets at 12:30 p.m. every Thursday by Balfour Hall.

YOUTH SOCCER

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

FREE Members/ \$50 Non-Members
Grades K-3

Saturdays 9:00 a.m. - 10:00 a.m.
May 23-June 27

YOUTH T-BALL

This is a great program that stresses the basic skills of T-ball, sportsmanship, fair play, Y values and just plain fun. The six week season consists of three weeks of practice and a three week game schedule. Meet outside the Y. Please bring a glove. Participants will receive a Y-shirt. Grades K-3

FREE Members/ \$50 Non-Members
Grades K-3

Saturdays 9:00 a.m. - 10:00 a.m.
July 18-August 22

SMALL STUFF SPORTS

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

FREE Members/ \$50 Non-Members
Basketball: March 7-March 28

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

Soccer: May 23-June 27

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

T-Ball: July 18-August 22

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



EVERYBODY PLAYS EVERYBODY WINS

YOUTH KARATE

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

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

\$50 Members / \$70 Non-Members

Spring Session: April 18 - May 30

Summer Session I: June 6 - July 18

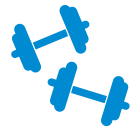
Summer Session II: July 25 - August 29

PRE-TEEN FITNESS

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

Part One

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



Part Two

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

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

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

CARING

To show a sincere concern for others.

HONESTY

To be truthful in what you say and do.

RESPECT

To follow the golden rule.

RESPONSIBILITY

To be accountable for your promises and actions.



PARENT/CHILD AQUATICS

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

Suggestions To Prepare You For These Programs

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

SWIM LESSONS REGISTRATION POLICIES

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

WATER BABIES

6-18 months

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

Summer:
\$25 Members
\$40 Non-Members

Spring Lessons		
Thursday	April 9 - May 14	5:35-6:05pm
Saturday	April 11 - May 16	10:50-11:20am
Summer Lessons		
Mon-Thurs	June 8 - June 11	6:15-6:45pm
Mon-Thurs	June 22 - June 24	6:15-6:45pm
Mon-Thurs	July 6 - July 9	6:15-6:45pm
Mon-Thurs	July 20 - July 23	6:15-6:45pm
Mon-Thurs	Aug 3 - Aug 6	6:15-6:45pm

WATER TOTS

19 months-5 Years

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

Summer:
\$25 Members
\$40 Non-Members

Spring Lesson		
Thursday	April 9 - May 14	6:10-6:40pm
Saturday	April 11 - May 16	10:15-10:45am
Sunday	April 12 - May 17	4:00-4:30pm
Summer Lesson		
Mon-Thurs	June 15 - June 18	6:15-6:45am
Mon-Thurs	June 29 - July 2	6:15-6:45am
Mon-Thurs	July 13 - July 16	6:15-6:45am
Mon-Thurs	July 27 - July 30	6:15-6:45am
Mon-Thurs	Aug 10 - Aug 13	6:15-6:45am



PORPOISE CLUB

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

Spring

Sundays, 3:10 p.m. - 3:50 p.m.
April 12 - May 17
\$40 Members / \$65 Non-Members

Summer

Monday-Thursday, 6:45 p.m. - 7:25 p.m.
Session I: June 8 - June 18
Session II: July 6 - July 10
Session III: August 3 - August 13
\$55 Members / \$72 Non-Members



ADULT SWIMMING LESSONS

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

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

April 12 - May 17

\$40 Members / \$65 Non-Members

Summer: Monday-Thursday, 6:45 p.m. - 7:25 p.m.

Session I: June 22 - July 2

Session II: July 20 - July 30

AQUATICS PROGRAMS

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

Preschool Lesson Levels **Ages 3-5**

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

SUNFISH

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

PIKE

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

PIKE TWO

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

EEL

Swimmers who are well adjusted to the water and are eager to learn more. Eel swimmers continue to build on Pike skills such as effective kicking and floating.

Skills Spotlight: Kicking, floating on both front and back, and progressive paddle stroke. Pre-requisite: Completed Pike or Pike Two skills.

RAY/STARFISH

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



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

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

POLLIWOG

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

GUPPY

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

MINNOW

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

FISH

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


FLYING FISH/SHARK

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

SPRING SESSION SWIMMING LESSONS


April 6 - May 17

PRESCHOOL

SUNDAY		TUESDAY		WEDNESDAY		THURSDAY		SATURDAY	
April 12 - May 17		April 7 - May 12		April 8 - May 13		April 9 - May 14		April 11 - May 16	
4:00-4:30pm	Pike	10:15-10:45am	Pike	9:30-10:00am	Pike	5:00-5:30pm	Pike Two	9:30-10:00am	Ray/Starfish
4:00-4:30pm	Pike Two	10:15-10:45am	Pike Two	9:30-10:00am	Pike Two	5:00-5:30pm	Eel	10:05-10:35am	Eel
4:35-5:05pm	Eel	10:50-11:20am	Eel	10:40-11:10am	Eel	5:35-6:05pm	Pike	10:40-11:10am	Pike Two
4:35-5:05pm	Ray/Starfish	10:50-11:20am	Ray/Starfish	10:40-11:10am	Ray/Starfish	6:10-6:40pm	Ray/Starfish	11:15-11:45am	Pike
5:10-5:40pm	Pike	5:00-5:30pm	Eel	<div> starfish</div>		6:45-7:15pm	Sunfish	11:25-11:55am	Sunfish
5:10-5:40pm	Sunfish	5:00-5:30pm	Pike Two			6:45-7:15pm	Pike Two		
5:45-6:15pm	Eel	5:35-6:05pm	Pike						
5:45-6:15pm	Ray/Starfish	5:35-6:05pm	Sunfish						
6:20-6:50pm	Pike Two	6:10-6:40pm	Ray/Starfish						
6:20-6:50pm	Eel	6:10-6:40pm	Pike						
		6:45-7:15pm	Pike Two						
		6:45-7:15pm	Eel						

Each lesson is 30 minutes
\$35 Members \$60 Non-Members

SCHOOL AGE

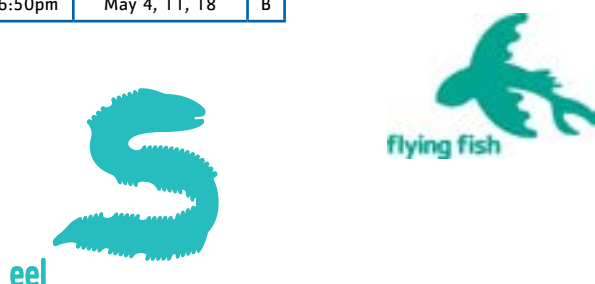
SUNDAY April 12 - May 17		TUESDAY April 7 - May 12		THURSDAY April 9 - May 14		SATURDAY April 11 - May 16	
4:00-4:40pm	Polliwog	9:30-10:10am	Home School	5:00-5:40pm	Polliwog	9:30-10:10am	Fish
4:00-4:40pm	Guppy			5:00-5:40pm	FF/Shark	9:30-10:10am	Minnow
4:45-5:25pm	Guppy	5:00-5:40pm	Guppy	5:45-6:25pm	Minnow	10:15-10:55am	Polliwog
4:45-5:25pm	Minnow	5:00-5:40pm	Minnow	5:45-6:25pm	Guppy	<div> minnows</div> <div>Ea \$40 Memb</div>	
4:45-5:25pm	Fish	5:45-6:25pm	Polliwog	6:30-7:10pm	Guppy		
5:30-6:10pm	Polliwog	5:45-6:25pm	Guppy	6:30-7:10pm	Fish		
5:30-6:10pm	Minnow	6:30-7:10pm	Polliwog				
5:30-6:10pm	FF/Shark	6:30-7:10pm	Fish				
6:15-6:55pm	Polliwog						
6:15-6:55pm	Guppy						
6:15-6:55pm	Minnow						

Each lesson is 40 minutes
\$40 Members \$65 Non-Members

YOUTH & ADULT PRIVATE LESSONS

Each lesson is 30 minutes
\$45 Members \$70 Non-Members

SUNDAY			TUESDAY			THURSDAY		
4:00-4:30pm	April 2, 19, 27	A	4:00-4:30pm	April 7, 14, 21	A	4:30-5:00pm	April 9, 16, 23	A
4:35-5:05pm	April 2, 19, 27	A	4:35-5:05pm	April 7, 14, 21	A	5:05-5:35pm	April 9, 16, 23	A
5:10-5:40pm	April 2, 19, 27	A	5:10-5:40pm	April 7, 14, 21	A	5:40-6:10pm	April 9, 16, 23	A
5:45-6:15pm	April 2, 19, 27	A	5:45-6:15pm	April 7, 14, 21	A	6:15-6:45pm	April 9, 16, 23	A
6:20-6:50pm	April 2, 19, 27	A	4:00-4:30pm	Apr 28, May 5, 12	B	4:30-5:00pm	Apr 30, May 7, 14	B
4:00-4:30pm	May 4, 11, 18	B	4:00-4:30pm	Apr 28, May 5, 12	B	5:05-5:35pm	Apr 30, May 7, 14	B
4:35-5:05pm	May 4, 11, 18	B	4:35-5:05pm	Apr 28, May 5, 12	B	5:40-6:10pm	Apr 30, May 7, 14	B
5:10-5:40pm	May 4, 11, 18	B	4:35-5:05pm	Apr 28, May 5, 12	B	6:15-6:45pm	Apr 30, May 7, 14	B
5:45-6:15pm	May 4, 11, 18	B						
6:20-6:50pm	May 4, 11, 18	B						



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

SUMMER SWIMMING LESSONS

SESSION ONE

June 8-18 • Monday-Thursday
(2 weeks long)

\$55 Members / \$75 Non-Members

shark

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	6:15-6:45pm
Pike Two	Pike	Pike	Pike	Pike	Pike	Pike	Sunfish
Eel	Pike Two	Pike Two	Sunfish	Pike Two	Two	Pike Two	-
Ray/Starfish	Eel	Ray/Starfish	Eel	Eel	Ray/Starfish	Eel	Ray/Starfish
Polliwog	Guppy	Polliwog	Polliwog	Polliwog	Polliwog	Guppy	Polliwog
Guppy	Minnow	Guppy	Guppy	Guppy	Guppy	Minnow	Guppy
FF/Shark	Fish	Minnow	FF/Shark	Fish	Minnow	Fish	FF/Shark

PRIVATE LESSONS

June 8-11 or June 15-18 • Monday-Thursday
(1 week long)

\$80 Members / \$100 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	6:15-6:45pm
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SESSION TWO

June 22-July 2 • Monday-Thursday
(2 weeks long)

\$47 Members / \$66 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	6:15-6:45pm
Pike Two	Pike	Pike	Pike	Pike	Pike	Pike	Sunfish
Eel	Pike Two	Pike Two	Sunfish	Pike Two	Pike Two	Pike Two	-
Ray/Starfish	Eel	Ray/Starfish	Eel	Eel	Ray/Starfish	Eel	Ray/Starfish
Polliwog	Guppy	Polliwog	Polliwog	Polliwog	Polliwog	Guppy	Polliwog
Guppy	Minnow	Guppy	Guppy	Guppy	Guppy	Minnow	Guppy
FF/Shark	Fish	Minnow	Minnow	Fish	Minnow	Fish	FF/Shark

PRIVATE LESSONS

June 22-25 or June 29 - July 2 • Monday-Thursday
(1 week long)

\$80 Members / \$100 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	6:15-6:45pm
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SESSION THREE

July 6-16 • Monday-Thursday
(2 weeks long)

\$55 Members / \$75 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	6:15-6:45pm
Pike Two	Pike	Pike	Pike	Pike	Pike	Pike	Sunfish
Eel	Pike Two	Pike Two	Sunfish	Pike Two	Two	Pike Two	-
Ray/Starfish	Eel	Ray/Starfish	Eel	Eel	Ray/Starfish	Eel	Ray/Starfish
Polliwog	Guppy	Polliwog	Polliwog	Polliwog	Polliwog	Guppy	Polliwog
Guppy	Minnow	Guppy	Guppy	Guppy	Guppy	Minnow	Guppy
FF/Shark	Fish	Minnow	Minnow	Fish	Minnow	Fish	FF/Shark

PRIVATE LESSONS

July 6-9 or July 13-16 • Monday-Thursday
(1 week long)

\$80 Members / \$100 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	6:15-6:45pm
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SESSION FOUR

July 20 - July 30 • Monday-Thursday
(2 weeks long)

\$55 Members / \$75 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	6:15-6:45pm
Pike Two	Pike	Pike	Pike	Pike	Pike	Pike	Sunfish
Eel	Pike Two	Pike Two	Sunfish	Pike Two	Two	Pike Two	-
Ray/Starfish	Eel	Ray/Starfish	Eel	Eel	Ray/Starfish	Eel	Ray/Starfish
Polliwog	Guppy	Polliwog	Polliwog	Polliwog	Polliwog	Guppy	Polliwog
Guppy	Minnow	Guppy	Guppy	Guppy	Guppy	Minnow	Guppy
FF/Shark	Fish	Minnow	FF/Shark	Fish	Minnow	Fish	FF/Shark

PRIVATE LESSONS

July 20-23 or July 27-30 • Monday-Thursday
(1 week long)

\$80 Members / \$100 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	6:15-6:45pm
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SESSION FIVE

August 3-13 • Monday-Thursday
(2 weeks long)

\$55 Members / \$75 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	5:45-6:15pm
Pike Two	Pike	Pike	Pike	Pike	Pike	Pike	Sunfish
Eel	Pike Two	Pike Two	Sunfish	Pike Two	Two	Pike Two	-
Ray/Starfish	Eel	Ray/Starfish	Eel	Eel	Ray/Starfish	Eel	Ray/Starfish
Polliwog	Guppy	Polliwog	Polliwog	Polliwog	Polliwog	Guppy	Polliwog
Guppy	Minnow	Guppy	Guppy	Guppy	Guppy	Minnow	Guppy
FF/Shark	Fish	Minnow	FF/Shark	Fish	Minnow	Fish	FF/Shark

PRIVATE LESSONS

August 3-6 or August 10-13 • Monday-Thursday
(1 week long)

\$80 Members / \$100 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	5:45-6:15pm
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SESSION SIX

August 17-27 • Monday-Thursday
(2 weeks long)

\$55 Members / \$75 Non-Members

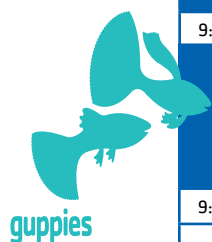
9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	5:45-6:15pm
Pike Two	Pike	Pike	Pike	Pike	Pike	Pike	Sunfish
Eel	Pike Two	Pike Two	Sunfish	Pike Two	Two	Pike Two	-
Ray/Starfish	Eel	Ray/Starfish	Eel	Eel	Ray/Starfish	Eel	Ray/Starfish
Polliwog	Guppy	Polliwog	Polliwog	Polliwog	Polliwog	Guppy	Polliwog
Guppy	Minnow	Guppy	Guppy	Guppy	Guppy	Minnow	Guppy
FF/Shark	Fish	Minnow	FF/Shark	Fish	Minnow	Fish	FF/Shark

PRIVATE LESSONS

August 17-20 or August 24-27 • Monday-Thursday
(1 week long)

\$80 Members / \$100 Non-Members

9:00-9:30am	9:35-10:05am	10:10-10:40am	10:45-11:15am	4:30-5:00am	5:05-5:35pm	5:40-6:10pm	5:45-6:15pm
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FEEL STRONGER BE HEALTHIER

SMALL GROUP OR PRIVATE LESSONS

Pilates, Yoga or KettleBells

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

30-Minute Session

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

55-Minute Session

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

FITNESS ASSESSMENTS

Ages 13 and up only by appointment

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

Testing Includes (all parts of testing are optional):

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

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

Body Comp Test & Measurements Only:

\$15 Members / \$25 Non-Members

KETTLEBELLS

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

30-Minute KettleBells

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



NUTRITION



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

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

BETTER TOGETHER WELLNESS EXPERIENCE

Come and join wellness trainer and dietitian Jen Brewer, RDN as she leads you through six different wellness pillars to help you achieve your overall wellness goals. The groups meets weekly to help give you the group support that you need to help you on your path to your individual health and wellness goals.

Wednesdays, 12:00 p.m. - 1:00 p.m.

April 15-July 22

\$50 Members / \$100 Non-Members

Group size is limited and spots fill up quickly, so sign up today!

FAMILY COOKING CLASSES

Introducing the dynamic duo of dietitian Jen Brewer and Chef Pasquale Presa as they help you get your kids in the kitchen to learn basic culinary skills that will help teach them so much more than cutting and chopping. Through the nutrition tidbits from Jen and the cooking comments from Chef Pasquale, you and your children are in for a fun, interactive evening of learning and growing together! Check www.rochfamy.org for dates.



GROUP FITNESS CLASSES

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

Ages 13+ Check www.rochfamy.org for class times or pick up a Group Fitness Schedule from the Welcome Center.

CARDIO.....

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

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

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

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

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

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

20/20/20: A combination of all your favorite classes-This class will focus on two 20 minute cardio routines from bounding to dance and one 20 minute Strength/Conditioning routine.

Tabata Cycle: HIT- High Intensity Training - 20 seconds of strength and cardio followed by 10 seconds of complete rest-repeat 8 times.

Outdoor Cycle Group; A guided one hour course outside around the YMCA. Begins midspring.

Piloxing: A non-stop, cardio fusion of standing pilates, boxing and dance that will push you past your limits for a sleek, strong and powerful you!

MUSCLE CONDITIONING

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

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

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

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

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

SPIRIT, MIND, & BODY

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

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

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

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

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

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

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

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

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

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

WATER.....

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

Deep Water: Limited to the deep end of the pool. Increase buoyancy, increase resistance, with decreased stability requiring the core muscles to work harder.

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

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

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

FAMILY.....

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

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



YOUR GOALS BECOME OUR GOALS

MEET OUR TRAINERS

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



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

PERSONAL TRAINING

Ages 13 and up only, by appointment

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

Individual Training Sessions

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

Personal Training Packages

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



GROUP PERSONAL TRAINING

Training in a small group is a fun and cost effective way to reach your goals. Work with one of our certified personal trainers to get a great workout while learning how to motivate each other.

All group training packages are non-refundable. At least two people must be signed up for a class to start. Non-members must purchase a day pass for each session to participate in this program. The groups will be limited to 4-6 attendants depending on what is being taught. Each group training session length will vary depending on the class being taught (anywhere from 4-12 weeks). Please see the online Personal Training sections or Fitness Center attendant for current list of classes available. They will change, so check back frequently.



MASSAGE THERAPY

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

WOMEN'S SELF-DEFENSE COURSE

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. No special attire is required and participants are encouraged to come in your every-day clothing. Ages 14+
\$40/members \$55/non-members

Session I (Early Spring):

7:00 p.m. – 8:30 p.m. • Thursday, March 5
7:00 p.m. – 8:30 p.m. • Thursday, March 12
7:00 p.m. – 8:30 p.m. • Thursday, March 19
7:00 p.m. – 8:30 p.m. • Thursday, March 26

Session II (Late Spring):

7:30pm – 9:00pm • Tuesday, April 28
7:30pm – 9:00pm • Tuesday, May 5
7:30pm – 9:00pm • Tuesday, May 12
7:30pm – 9:00pm • Tuesday, May 19

Session III (Early Summer):

7:30pm – 9:00pm • Tuesday, June 9
7:30pm – 9:00pm • Thursday, June 11
7:30pm – 9:00pm • Tuesday, June 16
7:30pm – 9:00pm • Thursday, June 18

TAE KWON DO

Cypress Martial Arts is a traditional (non-competitive) martial arts school accredited by the American Karate and Tae Kwon Do Organization (AKATO). Students participate in a positive family like atmosphere, regardless of physical limitations. Martial philosophy is applicable to many parts of life. Our students benefit from self-confidence, self-control, improved focus and balance, exercise, and the opportunity to continue to advanced training. Training includes hand and foot techniques, self-defense, patterns and some weapons and sparring. Classes are primarily taught by Janet Snyder and other AKATO black belts. Tuition covers fees for uniforms. Classes are held continuously throughout the year. Contact rachelh@rochfamy.org for pricing if looking to start mid-session. The class meets in the Multi-Purpose Room. Ages 5+
\$100 Members / \$135 Non-Members

Session 1: June 2

Session 2: August 28

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

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

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



KARATE TRAINING FOR ADULTS & TEENS

Our instructors teach a classical style of Karate developed on the island of Okinawa, the birthplace of all forms of true Karate. The instructors hold Black Belt certifications in the Ryu Te® style of Karate, founded by Master Seiyu Oyata. Adults will learn basic techniques of blocking, punching, kicking, efficient forms of self-defense, and classical Okinawan weapons. Mr. Oyata's techniques can be practiced by all ages, abilities, and body types, in a noncompetitive atmosphere. This class will meet on Wednesday evenings or Saturday mornings, with the option to attend both for an additional fee of \$20. Ages 13+
\$50 Members / \$ 70 Non-Members
Saturdays 10:30 a.m. – 12:00 p.m.
Wednesdays 7:30 p.m. – 9:00 p.m.
Spring Session: April 15– May 30
Summer Session I: June 3 – July 18
Summer Session II: July 22 – September 2

KENDO & JAPANESE FENCING FOR ADULTS & TEENS

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



ADULT SPORT LEAGUES

Interested in playing but don't have a team? Become a free agent and get picked up by a team. Learn more about adult intramurals by visiting our website and creating a free and easy player profile through imleagues.com.

ADULT CO-ED VOLLEYBALL

All players must be at least 18 years of age to participate. Each team must have a minimum of 6 players registered and adhere to male-female ratios during play. Matches will consist of rally scoring with 3 games to 25 or 50 minutes in length. Playoffs and championship game will be held on March 10. Individuals interested in playing and looking for a team should contact rachelh@rochfamy.org. League fee is \$150 per team
Tuesdays, 6:00 p.m. – 10:00 p.m.
April 20–June 9



ADULT CO-ED DODGEBALL

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

ADULT CO-ED BASKETBALL

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



ADULT PICKLEBALL

Register for the Y's brand new Pickleball League. This league is open to males and females and will be single play. All participants must be at least 18 years of age to participate. Matches will consist of 3 games per night or a maximum of 45 minutes in length.
May 5 – June 9
Tuesdays, 6:00 p.m. – 9:00 p.m.
\$15 per person

LEARN HOW TO PLAY PICKLEBALL

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

RACQUETBALL

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

Drop in:

11:30 a.m. Monday, Tuesday, Wednesday, Friday
4:30 p.m. – 7:30 p.m. Tuesday/Thursday
Saturday mornings
Sunday afternoons

LEARN HOW TO PLAY RACQUETBALL

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

ADULT WALLY BALL

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



SILVER SNEAKER LITTER LEAGUE

Through a grant from Togetherhood™, Silver Sneaker Litter League is forming.

One week every April, thousands of volunteers work together across Rochester to scour ditches, parks, waterways and boulevards to pick up tons of trash.

As a Silver Sneaker Litter League volunteer, you will have an opportunity to participate in Litter Bit Better on April 18, 2015 as well as set an example for all ages year around. Come learn more on February 18 at Senior Coffee. Special treats will be provided.

April 18-25 Help Make Rochester A LITTER Bit Better

SENIOR COFFEE

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

9:00 a.m. – 12:00 p.m.

Every Wednesday in the Pool Lobby.

SILVERSNEAKERS®

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

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

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and ball are offered for resistance; and a chair is used for seated and/or standing support.

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

OPEN DOORS SCHOLARSHIP PROGRAM

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

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

VOLUNTEERISM

When you volunteer at the Y, you take an active role in bringing about meaningful and enduring change right in your own neighborhood. There is no other volunteer organization quite like the Y. That’s because in 10,000 communities across the nation, we have the presence and partnerships to not just promise, but to deliver lasting personal and social change. To volunteer at the Rochester Area Family YMCA, pick up a volunteer application at the Welcome Center.

2015 ANNUAL SUPPORT CAMPAIGN

We count on the generosity of our members, partners, and advocates to keep our doors open to whoever needs a place to go that will help them be more healthy, connected, and secure. We look to our community to support our efforts by donating to our Annual Support Campaign. Our goal in 2015 is to raise \$250,000. You can make your pledge for a brighter future anytime online at www.rochfamy.org, by visiting our Welcome Center and filling out a pledge form or through participating in an upcoming event.

GUS MACKER 3 ON 3 BASKETBALL

August 7-9, 2015

Get your game faces on and get a team together to compete in our annual 3-on-3 basketball tournament. Anyone can play! Youth divisions include: 10 & under, 11-12, 13-14, 15-16, and 17-18. Adult divisions include: 19-24, 25-29, 30-34, 35-39, and 40 & over. Register your team online at www.macker.com OR contact macker@rochfamy.org to volunteer.

FORE THE KIDS GOLF TOURNAMENT

Wednesday, September 16, 2015

Eastwood Golf Course

Golf with us for a good cause!

FROM GENERATION TO GENERATION

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



TAKE A CLASS SAVE A LIFE



CPR/AED FOR THE PROFESSIONAL RESCUER FULL COURSE

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

\$80 Members / \$100 Non-Members

9:00am-3:00pm • Saturday, March 7

REVIEW COURSE

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

\$40 Members / \$55 Non-Members

6:00pm-9:00pm • Thursday, March 5

WATER SAFETY INSTRUCTOR CLASS

Interested in becoming a swim instructor? If you are 16 years old and a proficient swimmer, you can become an American Red Cross Water Safety Instructor. This class will provide professional instruction on land and water based techniques to effectively teach swim lessons for infants to adults. Must attend every class. NO EXCEPTIONS! Dates TBD. Check online for up to date information.

ROCHESTER PHYSICAL EDUCATION



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

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

LIFEGUARD TRAINING/ AMERICAN RED CROSS

Age 16+ (Maximum 10 students)

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

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

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

\$160 Members / \$180 Non-Members

4:00pm-6:00pm • Monday, March 23
4:00pm-9:00pm • Tuesday, March 31
4:00pm-9:00pm • Wednesday, April 1
4:00pm-9:00pm • Thursday, April 2

6:00pm-8:00pm • Monday, April 27
9:00am-5:00pm • Saturday, May 9
9:00am-5:00pm • Sunday, May 10

4:00pm-9:00pm • Friday, May 2
8:00am-6:00pm • Saturday, May 3
9:00am-6:00pm • Sunday, May 4

4:00-8:00pm • Tuesday, May 22
4:00-8:00pm • Wednesday, May 23
4:00-8:00pm • Thursday, May 24
4:00-8:00pm • Friday, May 25
9:00am-5:00pm • Saturday, May 26

LIFEGUARD REVIEW COURSE

\$50 Members / \$70 Non-Members

4:00pm-9:00pm • Friday, May 29
9:00am-2:00pm • Saturday, May 30

NEWDAY CHURCH @ THE Y

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



WORSHIP SERVICES

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

WOMEN'S BIBLE STUDY

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

Contact: Mary DuBall for more information: 280-0271

CHILDREN & YOUTH MINISTRIES

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

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

PARENT FORUMS

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

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

CONTACT INFORMATION

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

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

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

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

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



LIVESTRONG at the YMCA®

This program is focused on fostering an environment that will support the cancer survivor's journey back to a healthier well-being. The Y accomplishes this support through specialized group exercise and strength training programs, as well as providing specific training for our staff in cancer treatments and recovery. The YMCA partners with our community health organizations to ensure that we are providing programs and services for cancer survivors in all stages of recovery.

OUR COMMITMENT TO CANCER SURVIVORS:

YMCA is committed to helping cancer survivors feel alive again.

LIVESTRONG at the YMCA® is a FREE small group, health and wellness program designed to help adult survivors overcome the effects of fatigue and deconditioning due to treatment and the disease.

Survivors will participate in a 12-week research based program that helps them regain strength, overcome fatigue, and increase flexibility, and most importantly, connect with other survivors and create a support network.

Adult survivors are eligible to join the program from the point of diagnosis through the balance of life. This program will also serve and embrace the families and caregivers that have been affected by this disease. While in the program, survivors will receive a family membership at no cost and caregivers will have full facility access.

For more information, please refer interested survivors to Talbird Lovan, Director of Operations at the Rochester Area Family YMCA. 507-287-2260 extension 1013, LIVESTRONG@rochfamy.org

Taking applications now for the next available class beginning on April 6. The class will meet on Mondays and Wednesdays from 1:30 pm to 3:00 pm

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



NURTURING QUALITY RELATIONSHIPS



Y MENTORS PROGRAMS

January is 'National Mentoring Month,' a time when we are able to spotlight the importance of mentors and the need for every child to have a caring adult in their life. The Rochester Area Family YMCA's Y Mentors program would like to invite everyone to learn more about becoming a mentor. Y Mentors offers two mentoring program models to both free to members & non Y members in Olmsted County serving youth K-12th grade:

COMMUNITY BASED MENTORING PROGRAM

Y Mentors' community based mentoring program serves youth grades K-12 in Olmsted County, with caring adult volunteers. Each adult volunteer is matched with one youth, based on similar interests. To enhance the mentoring experience, Y Mentors provides on-going support, free monthly activities, and community & YMCA resources to foster long-term quality relationships. Our Mentors offer their friendship and guidance to build a healthy mind, body and spirit in their Mentee.

SITE BASED MENTORING PROGRAM

Y Mentors site-based group mentoring serves youth in middle school within Olmsted County, in need of a positive adult role model and caring adult. We are specifically targeting the youth on our waiting list from our community based mentoring program to give them the opportunity to be connected with a positive adult role model. Each adult volunteer is matched with two youth, based on similar interests, until the end of August 2015 (min. 9hrs/month; first 3 Tuesdays/ Month). Each adult volunteer is then also matched with another Mentor forming groups of two mentors & four youth.

AFTER A MENTOR AND A MENTEE ARE MATCHED...

Every match is assigned to a case manager who provides ongoing support for the life of the match. To enhance the mentoring experience, we also offer organized activities, YMCA resources, and community opportunities for mentors & mentees to foster long-term quality relationships.

We serve 120 youth annually and have 60 youth on our waiting list. Find out if one is waiting for you! An application is required and can be found on our website: <http://www.rochfamy.org/our-focus/social-responsibility/y-mentors-volunteers.php>.

Contact our dedicated staff for more information:

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

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

Wanda Bucher, Site Case Manager
507-287 2260 extension 1143
wandab@rochfamy.org

BE A MENTOR... MAKE A DIFFERENCE!

ALOHA SUMMER



DISCOVER Y SUMMER DAY CAMP

No matter what your interest, we have a camp for you!



PRESCHOOL SUMMER FUN

Looking for summer fun for preschoolers? Our summer programs feature half-day adventures for children ages 3-5. Sessions are led by Y-Tots Preschool teachers and will include play, exploration, art, stories, snacks, playground time, and Friday swim time.

DISCOVER Y DAY CAMP

Discover Y Day Camp is for children entering K-6th grade. Youth will enjoy fun and exciting activities all week long and have a chance to explore nature, find new talents and make lasting friendships and memories. Explorers are entering grades K-2 in the Fall of 2015. Adventurers are entering grades 3-6 in the Fall of 2015.

SPECIALTY CAMPS

This summer the Y is excited to be partnering with other organizations to bring in even more camps, including horseback riding, pottery on the wheel and golf. Ages vary for specialty camps.

SPORTS CAMP

The Y's Sports Camp is for children entering K-6th grades. It's not whether you win or lose, it's how you learn the game. At the Y, kids develop all their skills, from catching, dribbling to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy and active- and that virtual games just can't compare to the real thing. NEW this summer we will offer Karate Camp!

SCIENCE, TECHNOLOGY, ENGINEERING & MATH (STEM) CAMP

STEM Camps offer the fun of a day camp with an educational focus. Campers will learn about a variety of topics including science, nature, experiments, physics, LEGO Robotics and engineering. Space is limited to 25 campers per week per age group. Grades 2-3 and 4-6.

FINE ARTS CAMP

Fine Arts Camp will give youth the opportunity to explore many forms of art. Fine Arts Camp is for children entering K-6th grade. Topics include photography, pottery, drawing, music and more. Each camper will be able to take their creations home at the end of the week. Bring "art clothes" for your camper as we may get messy during certain weeks. Space is limited to 25 campers per week per age group. Campers will be split up in age groups of youth entering grades K-2 and 4-6.

LEADERS IN TRAINING (LIT)

Summer camp provides a fantastic environment for youth to begin developing their leadership skills. The LIT program is designed for youth entering grades 7-9. LITs will focus on leadership skills including communication, teamwork, goal-setting and decision-making.

COUNSELORS IN TRAINING (CIT)

Counselors in Training is a brand new program designed to give youth entering grades 10-12 an in-depth look at what it would be like to work as a summer camp counselor.

Members receive a discount on all camps.

View the Summer Camp Guide for details. Available online and at the Welcome Center.

ROCHESTER AREA FAMILY YMCA • RochFamY.org • 287-2260