

Celebrate with a Party

Splash Party

1 hour in the pool, 1 hour party room.

Customized Parties

Choice of supervised activities include: Pool, Gym Games, "Gym-a-Knees" and Indoor Sports.

Starting at \$95

Call 508-767-2505, ext. 3039 to book today!

LIVE YOUR
BEST LIFE

ACHIEVE
TOTAL FITNESS

\$39.99

A MONTH

with a 1-year agreement



Personal Training

Introductory Special 3 Hour Package*

Members \$125 Non Members \$150

Schedule an appointment with a Fitness Trainer

Call 508-767-2505, ext. 3023



*The Introductory Special is available for first-time personal training clients only. Regular pricing applies to all future training sessions upon completion of introductory offer of three hours.

NEW

Adult Fitness
Classes

HEALTH PROMOTION

CLASS & PROGRAM GUIDE 2011

Fall Session: Begins September 5, 2011

REGISTER FOR A CLASS

Aquatics
Fitness
Certifications

NEW
AQUA ZUMBA
ITSY BITSY YOGA
And Many More!

eliminating racism
empowering women

ywca

Central Massachusetts

Membership

The YWCA is a women's membership organization, men join as associates. The annual basic membership/associate dues help support the YWCA mission and is non-refundable, nontransferable. Members of the YWCA are entitled to discounted rates for registered classes, excluding certifications, in addition to other discounts throughout the organization. To become a Member/Associate, see the Front Desk or fill out a registration form online at www.ywcacentralmass.org.

Member/Associate Type & Dues:

Household \$65	Adult (individual 18+ years old) \$40	Single Parent Household \$40
College Student (full-time) \$25	Senior (60+ years old) \$20	Youth (under 18 years) \$25

Fitness Plans

Fitness Plans for the YWCA's Health and Wellness Center are available which give access to our entire fitness facility and drop-in classes plus special discounted rates on registered classes. To learn more about Fitness Plans at the YWCA, see the Front Desk or visit www.ywcacentralmass.org or call Member Services at 508-767-2505 ext. 3017.

Access Cards

An access card is given to all YWCA members/associates. This card provides access to the Health & Wellness Center and the gated parking lot. Participants must carry their access card with them at all time. Cards take three business days to process. There is a \$5.00 replacement fee.

Class Registration

You may register in person, by mail or by calling 508-767-2505. Payment is due in full at the time of registration. Registrations are accepted on a first-come, first-serve basis. The YWCA reserves the right to cancel a class due to low enrollment. There are no makeup sessions for missed classes unless the YWCA cancels the class. The YWCA offers a 10% discount when two or more children (age 17 years or under from the same household) register for swim lessons. The discount is applied to the second and subsequent children on the lesser amount.

Scholarship Assistance

Financial aid, up to 50% on swim lesson fees, is available for income-eligible individuals and families. See the Front Desk for an application.

Refund Policy

If the YWCA cancels a class due to low enrollment, you will be notified and given the option of a credit towards another activity or a refund. A participant may cancel registration up to the start of the first class for a refund of the class fee less a \$10.00 processing fee. There are no refunds after this date.

Facility Rules

All guests must show a valid picture ID. No exceptions. Members and guests must check in at the Front Desk when entering the building. Children under the age of 13 must be accompanied by an adult at all times unless the child is participating in a supervised youth activity or class. Youth who are not toilet trained must wear a swim diaper with tight-fitting legs and waistband in the pool. For safety reasons, youth are not allowed to attend any class in which they are not registered. Swim caps and a bathing suit are required to be worn in the pool.

Child Care

Drop-in care for children two months through seven years of age is available Monday-Friday, from 9:00 a.m. to 1:00 p.m. while parents participate in a program. Reservations must be made in advance at the Front Desk. Fees vary depending on child's age. Space is limited. For more information, contact the Front Desk at 508-791-3181.

Lockers & Locker Room Policy

Lockers are available for day use by program participants. Individuals must provide their own lock. The YWCA is not responsible for lost or stolen property. A limited number of short lockers are available for rental. Locks are available for purchase at the Front Desk. Parents with children 6 years and older must use the appropriate gender adult locker room. In addition to the locker rooms, there are two private family changing rooms available. Children under 16 years of age are prohibited from using the steam room.

Parking

The YWCA gated parking lot is available for parking only while attending a program in the building. Due to a limited number of spaces, the YWCA does not guarantee the availability of parking. If the lot is full, try the municipal lot next to the Library. Cars parked in other YWCA areas may be towed.

Items For Sale

YWCA branded merchandise (T-shirts, ball caps and sports towels) is available for purchase at the Front Desk. Bathing caps, swim goggles, nose clips, shampoo and body wash are also for sale. All sales are final.

Bollywood Dance Workout

Get fit with Bollywood dance moves and infectious bhangra beats. This fun workout burns fat and tones your whole body with cardio, sculpting, and stretching while teaching you moves you'll love to flaunt on the dance floor. Let yourself go, boogie to the bhangra beat, get fit from head to toe, and unleash waves of energy and joy.

Wednesday, 6:30 - 7:30 p.m. FDC 03

Fitness Plan Members \$48

YWCA Members \$54

Non Member \$81

East Coast Swing

Learn the basics of this great partner dance and be able to boogie to all styles of music from the big band sounds of the 30s and 40s to contemporary swing artists.

Thursdays, 7:00 - 7:50 p.m. FDC 07

Fitness Plan Members \$54

YWCA Members \$63

Non Member \$90

Russian Kettlebell: Hardstyle

The Russian Kettlebell is a very efficient tool for burning fat, losing weight, and toning the entire the body including the legs, gluts, stomach, shoulders and arms. In doing Russian Kettlebell drills, purpose always follows correct form. Hence, 'hardstyle' refers to the focus given to strict form and proper tension in each movement.

Mondays, 7:00 - 8:00 p.m. FDC 02

Fitness Plan Members \$54

YWCA Members \$63

Non Member \$90

Tai-Chi

A soft and graceful style of martial arts, Tai-Chi is an energy healing system that helps to generate and circulate internal energy throughout the body. The practice of Tai-Chi helps to calm the mind and relax the body. It has been proven to improve health and alleviate numerous illnesses.

Beginner: Mondays, 4:30 - 5:30 p.m. FDC 04

Intermediate: Thursdays, 4:30 - 5:30 p.m. FDC 05

Fitness Plan Members \$48

YWCA Members \$54

Non Member \$81

CERTIFICATIONS

Professional certifications are offered in conjunction with national certification organizations. For more information on courses, including course times and fees, call 508-767-2505, ext. 3021.

CPR

American Heart Association certification course. Everyone should be trained and certified in this valuable life-saving skill. Certification is good for two years. 9/21/11

Wednesday 6:00 - 8:00 p.m. FDC 74 **\$40**

CPR Re-Certification FDC 75 **\$35**

First Aid & Defibrillation (AED)

For groups of 6 individuals or more. FDC 76 **\$35**

Lifeguard Training

Lifeguard Training, First Aid and CPR for the Professional Rescuer. Participants must pass a preliminary swim test, attend all classes and pass final written and practical exams for certification. Fees include all class and pool instruction, books, materials and certificates (upon successful completion of program). FDC 71 **\$250**

Lifeguard Re-Certification

Recertification offered in conjunction with the full class at a reduced fee. Attendance required at select classes. FDC 72 **\$150**

Water Safety Instructor

American Red Cross certification course for teaching Red Cross progressive swim lessons. Participants must be at least a level 5 swimmer, pass a preliminary swim test, attend all classes and pass practical and written exams for certification. Additional observation and practice teaching is required, outside of the regularly scheduled classes. 2-week course to be run late December/early January. Call 508-767-2505, x 3022. FDC 73 **\$250**

SUPPORT GROUPS

Encore^{Plus} After Breast Cancer (ABC) Program Free to Women Diagnosed with Breast Cancer

Weekly facilitated support group sessions offer women an opportunity to share thoughts, information, resources and concerns with other women diagnosed with breast cancer. You also enjoy stress reduction exercises and healing techniques. This program is offered free to any woman diagnosed with breast or reproductive cancer. Membership is not required. Call 508-767-2505, ext 3017 to pre-register. Weekly Meetings Tuesday, 12:00-1:00 p.m. Bilingual Meeting meet 1st Wednesday of the month, 3:30-4:30 p.m.

Encore^{Plus} Water Exercise.....Free to Women Diagnosed with Breast Cancer

This weekly aquatic exercise class is specifically designed to support women surviving breast cancer by increasing upper body strength and range of motion. This class is followed by a breast cancer support group, see 'specialty' for more information. Women facing surgical treatment can start three weeks after surgery. Physician's approval required. Membership is not required. Call 508 767-2505, ext. 3017 for more information or to register. Tuesday, 11:00 - 11:30 a.m.

Freestyle Swim Clinic

Proper technique is the key to efficient swimming to increase speed and endurance. This class focuses on proper body position, breathing, arm stroke and kick to develop a strong freestyle stroke. This is a good class for teens and adults who are considering a competitive swim or triathlon experience. Runs Fall Session I
Friday, 5:45-6:30 p.m. FDC 82

Fitness Plan Members \$54
YWCA Members \$63
Non Member \$90

Nereids

Join the Nereids—open to adult women. Includes water exercise, free swim and routines set to music. Monthly luncheons at the YWCA and other special events add to the fun. Join this wonderful group and make exercise a fun part of your day. September 7 - June 13, 2011 - No class: 12/26/11, 12/28/11, 1/2/12, 2/20/12, 2/22/12, 4/16/12, 4/18/12, 5/28/12
Monday and Wednesday, 9:30 - 10:30 a.m. FDC 64

Fitness Plan Members \$158
YWCA Members \$185
Non Member \$240

Power Swim Training for Beginners

For swimmers and triathletes who are new to Power Swim Training. Learn the techniques needed to become a faster, stronger swimmer. This class combines skill instruction, practice and a workout. Runs Fall Session II
Saturday, 5:30-6:30 a.m. FDC 81

Fitness Plan Members \$54
YWCA Members \$63
Non Member \$90

Power Swim Training with Patty

Structured, challenging swim training for swimmers and triathletes. Build speed and endurance in this fast-paced, high-powered weekly workout. This class is for experienced swimmers;

call 508-767-2502 x3021 if you need to know if you qualify.
Monday, 5:00 – 6:00 a.m. FDC 80

Fitness Plan Members \$48
YWCA Members \$54
Non Member \$81

FITNESS

Classes run for a 6 week session.

Fall Session I: September 12 - October 23

Fall Session II: October 24 - December 5

Winter Session I: December 6 - January 15

Youth Fitness Classes

Girls on the Go

Girls ages 10 - 14 years
Interested in improving your physical activity and fitness levels while developing healthy nutritional habits? Join Girls on the Go! 10 weeks of special group activities designed to expose girls to fitness classes, gym games, yoga, swimming and other fitness activities. To register, call Tiffany at 508-767-2505, ext. 3032. FDC 46

TOT Itsy Bitsy Yoga®

Toddlers ages crawling to 24 months
Itsy Bitsy Yoga for Tots is a supportive, fun-loving, and active yoga class. As tot's mobility increases, classes offer tot-centric poses that encourage and support their physical explorations. Tots become more confident in their moving bodies as they practice yoga both in and out of class. Parents also get to do a little yoga, but no yoga experience is required.
Monday, 9:30 – 10:30 a.m. FDC 08

Fitness Plan Members \$54
YWCA Members \$63
Non Member \$90

Adult Fitness Classes

American Rumba

Learn the basic steps and distinctive hip movement of Rumba called the Cuban Motion, one of the most important elements of this dance. Rumba dance lessons will sharpen your sense of rhythm, timing and muscular control.
Tuesday, 7:00 - 7:50 p.m. FDC 06

Fitness Plan Members \$54
YWCA Members \$63
Non Member \$90

AQUATICS

Swim Lessons

Lessons run for a 10 week session.

Fall Session: September 12 - November 20

Winter Session: January 19 - March 25

Youth Swim Lessons

Children not toilet trained must wear a swim diaper with tight-fitting legs and waistband. See swim lessons level descriptions on page 4.

Swim & Fun Program

Infant, Toddler & Pre-school Swim & Fun

Ages 6 months - 6 years
This will combine swim lessons, water safety, games, free swim and a taste of water sports in 90 minutes of fun-filled activities. Registration is required for full participation in the program. Friends of registered participants may join in free swim and games on a drop-in basis upon payment of drop-in fees. Children under 3 years of age must be accompanied by an adult into the water. Parents are welcome in the pool.

Thursday, 9:30 - 11:00 a.m. FDC 16

	<i>1 child</i>	<i>2+ children</i>
Fitness Plan Members	\$111	\$181
Basic Members	\$130	\$200
Non Member	\$165	\$235

Parent & Child Level A

Ages 6 months - 3 years
This class is designed for children who have either no water experience or one previous session of water adjustment lessons.
Saturday, 9:00 - 9:30 a.m. FDC 14
Sunday, 10:30 - 11:00 a.m. FDC 15

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

Parent & Child Level B

Ages 18 months - 5 years
Parents participate with children to learn water adjustment and safety skills. This class is designed for children who have had two or more previous sessions of water adjustment lessons, or children ages 3 - 5 years old who have little or no previous experience with water adjustment, are reluctant to enter the

water or submerge, or may benefit from parental presence and support in the water.

Saturday, 9:00 - 9:30 a.m. FDC 14
Sunday, 10:30 - 11:00 a.m. FDC 15

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

Preschool Swim

Ages 3 - 5 years
Red Cross Preschool Level 1, 2 & 3 swim lessons taught, focusing on the developmental skills of pre-school aged children.

Tuesdays, 3:30 - 4:00 p.m. FDC 19
Thursdays, 3:30 - 4:00 p.m. FDC 21
Saturday, 9:00 - 9:30 a.m. FDC 22
Saturday, 9:30 - 10:00 a.m. FDC 23
Saturday, 10:30 - 11:00 a.m. FDC 24
Sunday, 9:00 - 9:30 a.m. FDC 25

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

Beginner Swim

Age 6 years & up
Red Cross Level 1 & 2 swim lessons, see descriptions in box on page 4.

Tuesday, 4:00 - 4:30 p.m. FDC 26
Thursday, 4:00 - 4:30 p.m. FDC 27
Saturday, 9:30 - 10:00 a.m. FDC 28
Saturday, 10:00 - 10:30 a.m. FDC 29
Saturday, 10:30 - 11:00 a.m. FDC 30
Sunday, 10:00 - 10:30 a.m. FDC 31

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

Advanced Beginner Swim

Age 6 years & up
Red Cross Level 3 swim lessons, see descriptions in box on page 4.

Tuesday, 4:30 - 5:00 p.m. FDC 55
Saturday, 10:00 - 10:30 a.m. FDC 56
Saturday, 10:30 - 11:00 a.m. FDC 58
Sunday, 9:30 - 10:00 a.m. FDC 57

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

**American Red Cross Swim Lesson
Youth & Adults Progressive Swim Lessons-Levels 1-6**

Level 1 Introduction to Water Skills

The focus of this level is to help students feel comfortable in the water and enjoy the water safely. Elementary aquatic skills are taught. Skills include water entry and exit, breathing and submerging, floating, treading, arm movements and kicking on front and back and changing direction and position. Classes are taught with instructor support as needed.

Level 2 Fundamental Aquatic Skills

Skills introduced include gliding and floating independently, breath control, picking up submerged objects, treading and swimming a combined arm and leg stroke for at least 15 feet on front and back. Prerequisite: Completion of Level 1 or the student must be comfortable entering and exiting the water, submerging independently, and floating on the front and back.

Level 3 Stroke Development

Skills introduced include front crawl with rotary breathing, elementary backstroke, dolphin kick, scissors kick, treading, survival floating and beginning diving. Prerequisite: Completion of Level 2 or the student must be able to float on their front and back independently for 5 seconds and swim unassisted for 5 body lengths.

Level 4 Stroke Improvement

Skills introduced include diving, underwater swimming, turns, front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke. Prerequisite: Completion of Level 3 or the student must be able to enter water headfirst and jump into deep water, swim 15 yards front crawl with rhythmic breathing, tread or float for 30 seconds and swim 15 yards elementary backstroke.

Level 5 Stroke Refinement

Students will work to improve and perfect all swim strokes while also building strength and endurance. Additional diving, surface dives and flip turns are taught. Prerequisite: Completion of Level 4 or the student must be able to jump into deep water and swim continuously 25 yards each of front crawl and elementary backstroke and swim 15 yards each of breaststroke and back crawl

Level 6 Swimming and Skill Proficiency

Students will refine their swim strokes and turns to a high level of fluency and endurance to swim 500 yards continuously. In addition, skills modules such as Personal Water Safety, Fundamentals of Diving or Fitness Swimmer will be introduced. Prerequisite: Completion of Level 5 or the student must be able to perform a shallow dive, swim 50 yards continuously of front crawl and elementary backstroke, and 25 yards each of breaststroke and back crawl.

Intermediate Swim

Age 6 years & up
Red Cross Level 4, 5 & 6 swim lessons, see descriptions in box on page 4.
Thursday, 4:30 - 5:00 p.m. FDC 33
Saturday, 9:00 - 9:30 a.m. FDC 34

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

Barracuda Club

For Advanced Swimmers, level 6 & above. Do you want to improve your strokes, speed, endurance and diving? Join the Barracuda Club and achieve new swim goals.
Saturday, 9:30 – 10:30 a.m. FDC 37

Fitness Plan Members \$107
YWCA Members \$126
Non Member \$161

Private Swim Lessons

Sometimes one-on-one instruction works best for children who are learning to swim. Lessons are scheduled individually with every effort made to accommodate your schedule. Semi-private (1 instructor, 2 students) also available. Participants must be of similar swim ability. Lessons are 30 minutes.

Fitness Plan Members & YWCA Members
Private \$20 (1 Lesson) \$160 (10 lessons)
Semi-Private \$28 (1 Lesson) \$224 (10 lessons)
Non Member
Private \$25 (1 Lesson) \$200 (10 lessons)
Semi-Private \$33 (1 Lesson) \$264 (10 lessons)

Custom Swim Lessons

Design your own swim class. Groups of 4 - 6 participants schedule a session of eight lessons at convenient times. Call for more information.

Swimming is for Everyone

Ages 5 - 14 years old
A recreational swimming pool experience for children and teens with special needs. Trained instructors and volunteers will work with participants. The whole family is encouraged to join!
Sunday, 3:00 - 4:00 p.m. FDC 20

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

Synchronized Swimming

Beginning Synchro

Ages 5 - 14 years. This class is designed as an introduction to synchronized swimming, focusing on the skills needed for recreational or team participation.
Wednesday, 4:00 - 5:00 p.m. FDC 41
Sunday, 4:00 - 5:00 p.m. FDC 42

Fitness Plan Members \$107
YWCA Members \$126
Non Member \$161

Novice Team

This class builds on the skills learned in Beginning Synchro class. Also appropriate for first-time participants with strong swim skills and endurance.
Wednesday, 4:00 – 5:30 p.m. FDC 44

Fitness Plan Members \$111
YWCA Members \$130
Non Member \$165

Synchro-Maids.....Call for information

A competitive synchronized swim team experience with increased commitment based on age, interest and skill level. This program prepares swimmers for shows and competition which take place from September through June.

Synchro Private Lessons.....Call for information

One-on-one instruction for synchronized swimmers to learn new skills or practice figures and routines.

Adult Swim Lessons

Adaptive Swimming

Ages 15 & up. A swimming program for adults and teens with special needs. The focus of the class is water safety and basic swim skills. Tuesday, 7:15-8:00 p.m. FDC 70

Fitness Plan Members \$97
YWCA Members \$114
Non Member \$150

Aquatic Personal Training.....Call for information

Whether you are just beginning a water exercise program or want to revamp your current routine, an aquatic personal trainer can help you achieve new levels of physical fitness and well-being. Training sessions are scheduled individually, or in a five-hour packages.

Basic Swim

Red Cross Progressive Level 1. Designed for non-swimmers, this course focuses on basic water skills including water

adjustment, floating and basic safety precautions.
Wednesday, 7:30 - 8:00 p.m. FDC 60

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

Beginner Swim

Red Cross Progressive Level 2 & up. This class is for swimmers who have mastered floating, prone glide, beginning crawl stroke, back float and basic backstroke.
Wednesday, 8:00 - 8:30 p.m. FDC 61

Fitness Plan Members \$88
YWCA Members \$103
Non Member \$138

Private Swim Lessons.....Call for information

Sometimes one-on-one instruction works best for adults learning to swim. Lessons are scheduled individually with every effort made to accommodate your schedule. Semi-private (1 instructor, 2 students) also available. Participants must be of similar swim ability. Lessons are 30 minutes.

Fitness Plan Members & YWCA Members
Private \$20 (1 Lesson) \$160 (10 lessons)
Semi-Private \$28 (1 Lesson) \$224 (10 lessons)
Non Member
Private \$25 (1 Lesson) \$200 (10 lessons)
Semi-Private \$33 (1 Lesson) \$264 (10 lessons)

Aquatic Fitness Classes

Classes run for a 6 week session.

Fall Session I: September 12 - October 23

Fall Session II: October 24 - December 5

Winter Session I: December 6 - January 15

Aqua Zumba

Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. 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, exhilarating beyond belief.
Wednesday, 5:30 - 6:30 p.m. FDC 01

Non Member \$90.00
YWCA Member \$63.00
Fitness Member \$54.00