

FREE

Family Fun Fridays!

EVERY FRIDAY, 5:30 - 9:00 p.m.

FREE TO ALL FAMILIES

Pre-Registration Not Required

Come and join us Friday evenings & enjoy free time with the family!

Volleyball Sports Swim
Gymaknees Nutrition & more!

Contact Tiffany at 508-767-2505 ext. 3032

Hey Girls!

Let's get on the GO!

Girls on the Go teaches girls how to be healthy and active!

Eating Right! Getting Active!
Feeling Great! Girls on the Go!

Just \$15 a girl!

July 5 - August 4, 2011, Tuesday and Thursday
To register, call Tiffany at 508-767-2505, ext. 3032.

SaludSocial

1-hour of Family Fun with Games & Sports

EVERY Tuesday & Thursday

June 21 - August 11, 2011

5:30-6:30 p.m. at the YWCA

FREE FOR ANY FAMILY!

All youth must be accompanied by an adult 18 years or older.

Parking available at the Worcester Public Library

Contact Raquel at 508-797-2505, ext 3003

Celebrate with a Party

Splash Party (*Economical*)

1 hour in the pool, 1 hour party room.
Basic package is based on 25 people.

Customized Parties

Choice of supervised activities include: Pool, Gym Games, "Gym-a-Knees" and Indoor Sports. Basic packages are based on 15 people.

**Party packages start at only
\$95**

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

HEALTH PROMOTION

CLASS & PROGRAM GUIDE 2011

Summer Session

Begins June 20, 2011



**BRAND
NEW
FITNESS**

Check out our exciting
new classes!

SUMMER REGISTRATION

**Aquatics
Fitness
Specialty**

eliminating racism
empowering women **ywca**

Central Massachusetts

Membership

The YWCA is a women's membership organization. The annual basic membership helps support the YWCA mission and is non-refundable, non-transferable. If you become a member of the YWCA, you are entitled to register for a class at a member rate, 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
Adult (individual 18+ years old)	\$40
College Student (full-time)	\$25
Single Parent Household	\$40
Senior (60+ years old)	\$20
Youth (under 18 years)	\$25

To enroll in any swim lesson, you must be a Member/Associate of the YWCA. Classes in which both parent and child participate, require an Adult Membership. Becoming a member of the YWCA should not be interpreted as a fitness member of the YWCA's Health & Wellness Center. To learn more about a fitness membership at the YWCA, see the Front Desk, visit www.ywcacentralmass.org, or contact Member Services at 508-767-2505, ext. 3017.

Access Cards

A membership card is given to all YWCA members. This card provides access to the Health & Wellness Center and the gated parking lot. Participants must carry their access card with them at all times. 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. Registrants for swim lessons must have a valid YWCA membership throughout the class session. 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 make-up sessions for missed classes unless the YWCA cancelled the class.

Scholarship Assistance

Financial aid, up to 50% on annual fitness plan and registered class 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. The YWCA membership fee is refundable only when purchased in conjunction with a class that is cancelled. Most refunds require a \$10.00 processing fee.

Facility Rules

All guests must show a valid picture ID. No exceptions. All members and guests must check in at the Front Desk when entering the building. All 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. Children who are not toilet trained must wear a swim diaper with tight-fitting legs and waistband in the pool. For the safety of our members, children are not allowed to attend any class in which they are not registered. It is required to wear a swim cap in the pool. All registrants must pay the appropriate fees for facility use. Inappropriate behavior can result in suspension of privileges.

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 take a class or work-out in our facility. Reservations are honored on a first-come, first-serve basis and must be made in advance at the Front Desk. Fees vary depending on child's age. Space is limited. Cancelled reservations are eligible for credit only. No refunds will be issued for this service. For more information contact the Front Desk.

Lockers & Locker Room Policy

Lockers are available for day use by Health & Wellness Center 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 and logo sport towels are available for purchase at 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 member parking only while attending a program or class 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 merchandise is available for purchase at the Front Desk. All sales are final.

SPECIALTY 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. 5512.

CPR

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

First Aid & Defibrillation (AED)

For groups of 6 individuals or more.

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). Ages 15 and older.

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. Ages 16 and older.

Support Group

Encore^{Plus} After Breast Cancer (ABC) Program

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 Meetings meet 1st Wednesday of the month, 3:30-4:30 p.m.

Free to Women Diagnosed with Breast Cancer

Stroke & Endurance Ages 13 years & up. Red Cross Level 3 & up. A course designed to improve your swim strokes and endurance level. Next session begins September 2011.

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. 7-week class. No class 7/4/11 & 7/18/11.

June 20 - August 15, 2011
Monday, 5:00 – 6:00 am FDC 80

Fee: \$56

Adult Aquatic Classes

Aqua Zumba

Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. 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.

June 22 - July 27, 2011
Wednesday, 6:30 - 7:30 p.m. FDC 01

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



Encore^{Plus} Water Exercise

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.
Free to Women Diagnosed with Breast Cancer 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. Next session begins September 2011.

FITNESS
Adult Fitness Classes

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.

June 23 - July 28, 2011
Thursday, 6:30 - 7:30 p.m. FDC 04

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



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, glutes, 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.

June 23 - July 28, 2011
Thursday, 7:00 - 8:00 p.m. FDC 02

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



T’ai 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 mind and relax the body. It has been proven to improve health and alleviate numerous illnesses. This class is taught by certified T’ai Chi instructor John Dansereau.

June 20 - August 1, 2011
Monday, 4:30 - 5:30 p.m. FDC 03

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



Just Add Water!
YWCA SUMMER SWIM PROGRAMS

Swim Clinic \$65.00

Monday—Friday, 4:00—5:00 p.m.

Get ready for summer by joining us for a fun-filled, action packed swim clinic. This program is designed to build swim skills and increase endurance using water sports, games, races and free swim. *Swim Ability: American Red Cross Level 3 and above*

June 27— July 1, 2011 Register by June 24, 2011 FDC 26
August 15—19, 2011 Register by August 12, 2011 FDC 27

Kids in Safe Swimming \$50.00

Monday—Friday, 3:30—4:00 p.m.

A swim program for younger children (pre-school; ages 3 and up) that teaches water safety and basic strokes using easy-to-understand lessons and games. *Swim Ability: American Red Cross Levels 1 & 2*

June 27— July 1, 2011 Register by June 24, 2011 FDC 19
August 15—19, 2011 Register by August 12, 2011 FDC 20

Family Swim & Fun \$91.00 per child/ \$140 for 2 or more siblings

Thursday, 9:30—11:00 a.m.

This swim program combines swim lessons, water safety, games, free swim and a taste of water sports in 90 minutes of fun-filled water activities. Parents are welcome in the pool. Friends of registered participants may join in free swim and games on a drop-in basis and paying applicable drop-in fees. Children under 4 years of age must be accompanied by an adult into the water. This class is designed for children ages 10 years and younger.

July 7—August 18, 2011 Register by July 5, 2011 FDC 16

**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.

AQUATICS

Youth Swim Lessons

Children not toilet trained must wear a swim diaper with tight-fitting legs and waistband.

Parent & Child

Ages 18 months - 5 years
This class is designed for children who have either no water experience or one previous session of water adjustment lessons, are reluctant to enter the water or submerge, or may benefit from parental presence and support in the water. Parents participate with children to learn water adjustment and safety skills.

Saturday, 9:00 - 9:30 a.m. FDC 14

Fee: \$72

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.

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, 10:00 - 10:30 a.m. FDC 25

Fee: \$72

Beginner Swim

Age 6 years & up
Red Cross Level 1 & 2 swim lessons, see descrip. in box.

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, 9:00 - 9:30 a.m. FDC 31

Fee: \$72

WEEKLY SWIM LESSONS SESSION DATES
Saturday Classes: July 2 – August 20
Sunday Classes: July 3 – August 21

Advanced Beginner Swim

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

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

Fee: \$72

Intermediate Swim

Age 6 years & up
Red Cross Level 4, 5 & 6 swim lessons, see descrip. in box.

Saturday, 9:00 - 9:30 a.m. FDC 34

Fee: \$72

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

Fee: \$88

Private Swim Lessons.....Call for information

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.

Custom Swim Lessons.....Call for information

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

Swimming is for Everyone

A recreational swimming pool experience for children and teens with special needs. Trained instructors and volunteers will work one-on one with participants. The whole family is encouraged to join! Next session begins September 2011.

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. Next session begins September 2011.

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. Next session begins September 2011.

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. Next session begins September 2011.

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.

June 29 - August 17, 2011

Wednesday, 7:30 - 8:00 p.m. FDC 60

Fee: \$72

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.

June 29 - August 17, 2011

Wednesday, 8:00 - 8:30 p.m. FDC 61

Fee: \$72

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.