



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE WELL

STAY HEALTHY

LIVE STRONG

2011 - 2012
WINTER & SPRING
PROGRAM GUIDE

YMCA OF CENTRAL MA
Greendale Family Branch

Winter January 9th – February 19th
Spring I February 27th – April 15th
Spring II April 23rd – June 17th





WE'RE FOR YOUTH DEVELOPMENT

INTRODUCING SUSAN LEO-JOHNSON, JULI CREASIA & SUE MEDINE

When you are talking Youth Development, this team really makes it happen. "Youth Development is the major part of who I am and what I try to do, says Sue Medine. Lifting children up and giving them encouragement and the tools to be independent thinkers is a teacher's biggest goal and challenge." Sue didn't consciously decide to work for the Y, it just happened. "My children attended Wee Wuns Nursery School and I fell in love with the teachers, the energy, the families and the values this program encompassed." Sue loved the program so much that she decided to work part-time with Mary Ellen Rogers. That was back in 1984 and she has been with the YMCA of Central Massachusetts ever since. We welcome Susan Medine as the Wee Wuns Nursery School Director for the Greendale Family Branch.

Susan Leo Johnson is Greendale's School's Out Site Director. She grew up at the YMCA, and because of the many positive experiences she had as a child being involved in all the programs at the Y, she decided that a career would be something she really would enjoy. Susan believes that Youth Development is very important to the Y. "I hope to, on a daily basis, inspire, encourage and be supportive to the youth that we serve. Seeing a child in their "Ah-ha" moment, is really amazing to see their young minds at work!"

Juli Creasia is our Norback School's Out Site Coordinator, and when she is not busy building youth experiences, she is lifeguarding and teaching swim lessons for in the Main and Alden Pools. Juli started her career at the Y last February straight out of college and is ready to take on new challenges. "The Y has been a part of my life since childhood. I went to summer camp for thirteen years, learned to swim and worked as a camp counselor/lifeguard/swim instructor since I was a teenager." The Y gave Juli a place that allowed her to grow and develop new interests while surrounding her with staff that were caring and supportive. "Many of my fondest memories of childhood are from summers spent at the Y." As an education major, Juli has always been passionate about youth development and being the positive role model children need in today's society. In the School's Out program Juli has the opportunity to work with elementary level children everyday and help support their families as well. "Working at the Y allows me to be socially responsible by giving back and being a leader in my community."



STAFF DIRECTORY/INDEX

The YMCA of Central Massachusetts is an association united in a common goal to strengthen our communities and to develop the spirit, mind and body of all persons regardless of means, through activities guided by and based upon our core values of caring, honesty, respect and responsibility.

STAFF

Celeste Aiello x224
Active Older Adult Coordinator

Brian Anderson
Youth Development Director

Nancy Boland x236
Greendale School's Out/
Summer Camp Director

Brenda Cole-Milner x270
Membership/Marketing Director

Julianne Creasia x246
Norrback School's Out
Site Coordinator

Phil Dubeau x 229
Facilities Director

Katie DuPont x288
Aquatics Director

Linda Fitzgibbons x232
Account Manager

Lisa Howell x273
Wellness Director

Jennifer Keaney x249
Early Childhood/
Youth Coordinator

Kelly Keevan x 225
Administrative Assistant

Susan Leo-Johnson x 298
Greendale's School's Out
Site Director

Pete Kolifrath x231
Tennis Director

Paul Kononenko x228
Tennis Pro

Steve Lockney
508-869-0586
Harrington Center Director

Suzanne Medine x234
Nursery School / Pre K and
Kindergarten Director

Christina Puleo x295
Associate Executive Director

Amanda Salmon x248
Welcome Center Director

Kim Vance x227
Business Office Manager

Trevor Williams x226
District Executive Director

DIVERSITY INCLUSION STATEMENT

The YMCA of Central Massachusetts appreciates and supports the dignity and worth of all members of our community. We will nurture an environment that reflects, respects and celebrates our differences and embraces the richness of our diversity.

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GENERAL INFORMATION

HOURS OF OPERATION (effective 9/6)

Monday-Friday 5:15 am - 10:00 pm
Saturday 7:00 am - 9:00 pm (7:00*)
Sunday 8:00 am - 7:00 pm

* Summer hours 5/28

HOLIDAY CLOSINGS

Saturday - CHRISTMAS EVE - DECEMBER 24,
YMCA will be closing at 12:00 p.m.

Sunday - CHRISTMAS DAY - DECEMBER 25

Saturday - NEW YEARS EVE - DECEMBER 31

YMCA will be closing at 6:00 p.m.

Sunday - NEW YEARS DAY - JANUARY 1, 2012

Monday - MEMORIAL DAY - MAY 28, 2012

Sunday - EASTER - APRIL 8, 2012

PROGRAM REGISTRATION

Payment in full is required for all classes at the time of registration. To register for a class, membership must be valid through the end of the program session. Program registration is for all members and non-members who wish to enroll their children or themselves into classes. Dates and times have been set up to help facilitate this process. Classes scheduled on Monday, May 28th will be prorated due to the Memorial Day Holiday.

Program registration is as follows:

| Session | Members | Program Members | Non-Members |
|-----------|---------|-----------------|-------------|
| Winter | 12/8/11 | 12/23/11 | 12/30/11 |
| Spring I | 12/8/11 | 12/23/11 | 12/30/11 |
| Spring II | 3/22/12 | 4/6/12 | 4/13/12 |

TO BETTER SERVE YOU, REGISTRATION IS LIVE. YOU WILL RECEIVE AN INSTANT CONFIRMATION ONCE YOU ENROLL IN CLASSES.

SESSIONS DATES

Winter: January 9th – February 19th (6 week)

Spring I: February 27th – April 15th (7 week)

Spring II: April 23rd – June 17th (8 week)

PROGRAM CANCELATIONS

The YMCA reserves the right to cancel any class that does not meet the minimum enrollment.

Registrants will receive a minimum of 48-hours notice of class cancellation via phone or email. If the YMCA cancels a class, registrants will receive a program credit or refund. Those registering late for the start of a program will not be given a pro-rated price. Registering after the first week of the session requires director approval. No swim lesson registrations will be accepted after the start of the first class.

PROGRAM CREDIT/REFUND POLICY

Registrants must provide a minimum of 72 hours notice of cancellation prior to the first class to be eligible for a refund or credit. After the first class, a 50% credit/refund will be issued. After the second class, no credit/refund will be issued.

Director approved credits or refunds will first be applied to any outstanding account balances and the remainder will be made available to the registrant according to YMCA refund policies.

Program membership refunds may be granted to individuals who purchase a YMCA membership in order to register for a class that was full or canceled.

CLASS MAKE-UP POLICY

If the YMCA cancels a class due to inclement weather, instructor illness, or some other unforeseen reason, the Y will do its best to offer a make-up class. If no make-up can be scheduled, a credit will be issued.

For reasons of safety and program quality, the YMCA allows for make-ups if a participant misses a class for medical reasons only. Individual make-ups may be scheduled (if possible) with a doctor's note and the approval of the department director.

GENERAL INFORMATION AND GUIDELINES

WELLNESS CENTER / FAMILY WELLNESS CENTER

- Members must be at least 13 years old to use the Wellness Center.
- Members ages 7-12 must use the Family Wellness Center and be with a parent.
- Personal items such as jackets and gym bags are not to be stored in the Centers. Lockers are available for day use. We ask you to please bring a lock with you to lock up your items.
- Jeans, sandals, clogs, mid-drift tops and cell phone use are not permitted in the Wellness Centers.

POOL

- All swimmers **MUST** take a cleansing shower before entering the pool per State Health Law.
- No swimming is permitted unless a lifeguard is on the pool deck.
- Children under the age of 6 or anyone who requires a flotation device must be accompanied in the water by an adult of competent swimming ability.
- Children under 13 must be accompanied in the pool area by an adult.
- Proper swim attire must be worn. Young children must wear swim diapers.
- Diving is allowed in the deep end of the Main Pool only. Forward jumps permitted in Main & Alden Pools.
- Equipment may be used at the lifeguard's discretion. Starting blocks are for use during lessons only.
- Only YMCA bubbles and Coast Guard approved lifejacket devices are permitted. No inflatables such as water wings, inner tubes, etc.
- All swimmers under 13 must take a swim test.
- The lifeguard on duty has complete authority in the pool area. Please respect this authority.

WHIRLPOOL

Bathers must be 18 years or older. If you have any medical conditions such as heart disease, diabetes, high/low blood pressure, or you are pregnant, consult a physician before using. Please limit duration to no more than 10 minutes.

TENNIS PROCEDURES

CHECKING IN

Tennis players must check-in and present their YMCA membership card at the Welcome Center upon arrival. Additionally, all court fees must be paid in full prior to taking the court. Members are responsible for their guests, completing a guest form, and paying associated guest fees upon arrival.

CANCELATION NO SHOW

Cancellations must be made 24-hours in advance. Same-day cancellations and no-shows will be billed corresponding court fees.

DAILY COURT RESERVATIONS

M-F Fee: 6-9 am: \$10/60-minutes
9-5 pm: \$20/hour
5-8 pm: \$30/hour
8-9:30 pm: \$20/hour

S/S Fee: Sat 7:30-9 am: \$10/60-minutes
Sun 8-9 am: \$10/hour
Sat/Sun 9:00 am-close \$20/hour
8-9:30 pm: \$20/hour

BOOKING COURTS

Courts may be booked up to six days in advance, by calling the Welcome Center x 221. It is the responsibility of the individual making the reservation to pay court fees in full at time of arrival. In addition to court fees, non-members will be assessed the standard daily guest pass fee of \$15.

FOR MORE TENNIS INFORMATION PLEASE REFER TO PAGE 18 - 21 & 33-35

RACQUET SERVICES

The YMCA offers racquet stringing, gripping, and racquet maintenance services. Contact the Tennis Department at 508-852-6694 x231 for more information or stop by the Welcome Center for assistance.

MEMBERSHIP

Types of Memberships

YMCA of Central Massachusetts Membership

Gives you and/or your family full-privileges to the Greendale Family Branch, Central Community Branch and Boroughs Family Branch in Westborough.

Young Adult Memberships

For adults ages 18-25 years.

Senior Adult Memberships

For individuals 65 years and older. This membership is branch-specific and valid at Greendale.

Teen Memberships

Memberships for teens ages 13-18 currently attending middle or high school. **BRANCH SPECIFIC. Please contact Membership.**

Military Memberships

Please contact Membership Services at x 270 for more information.

Program Memberships

AOA, Youth and Preschool are branch specific and entitle members to discounted program fees only. These are limited memberships and do not include use of facility or other member benefit programs such as Child Watch, Family Swim or Kids Zone. **Please contact Membership.**

| | | |
|----------------------------------|----------------|---------------------------|
| ADULT (26 - 64) | \$56.00 | \$ 100.00 Join Fee |
| FAMILY 2 | \$89.00 | \$ 100.00 Join Fee |
| FAMILY 3+ | \$99.00 | \$ 100.00 Join Fee |
| SENIOR (65+) | \$50.00 | \$0 Join Fee |
| SENIOR COUPLE | \$80.00 | \$0 Join Fee |
| YOUNG ADULT (18 - 25) | \$44.00 | \$0 Join Fee |

BENEFITS OF MEMBERSHIP

- Be the first to register for YMCA programs at the member rate.
- Access to facilities, services, programs and special events.
- Over 40 free group exercise classes including cycling, yoga and deep water exercise classes.
- Free swimming lessons for children ages 6 - 12 years of age with a full family membership.
- Free Kids Gym during scheduled hours with a full family membership.
- 1.5 Hours of Child Watch per day per child with a full family membership.
- Free new member Personal Training appointment, which you can be used in Wellness, Tennis or Aquatics to be scheduled at enrollment.

Financial Assistance Statement

It is our position at the YMCA of Central Massachusetts that all of our membership, childcare and program services will always be accessible to any person regardless of age, income, race, or religion. In those cases where the cost of our membership or programming is out of reach of the individual or family we will offer financial assistance based on need through our Association "Y Access" Program.

For more information on Membership and for the current rates, please contact x 270

Healthy Rewards Member Referral Program

Wouldn't it be GREAT to share your YMCA experiences with a friend or family member? Ask about our new Healthy Rewards program to qualify for a premium YMCA gift!

RECIPROCALITY (MA, ME, CT, RI, NH, VT) NEW ENGLAND STATES

All of our Full-Privilege Members enjoy reciprocity in YMCA's outside of the YMCA of Central Massachusetts. Be sure to bring a photo ID and your Membership Card.

A.W.A.Y. (Always Welcome at YMCAs) Each membership card has on it an AWAY pass. This entitles you to visit hundreds of YMCAs across the country at approximately half the guest rate.

GUESTS AT THE Y

Guests are always welcome at the Y! The cost is \$15.00 per person ages 13 and older and \$5.00 per child under 13. Teen guests must be signed in by an adult. All guests must present a photo ID when registering as a guest.

INSURANCE REBATES

As a member of the Greendale YMCA you may be entitled to a reimbursement from your insurance provider. Most insurances require a 4 month commitment to the Y to receive a reimbursement. Please contact your insurance provider to find out if you are eligible. We would be more than happy to provide you with the appropriate documentation. Please allow 2 weeks to process.

The following insurance providers may reimburse you:

Fallon Community Health Plan
Blue Cross Blue Shield
Harvard Pilgrim Health Plan
Tufts Navigator

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

EXPANDING THEIR MINDS

WEE WUNS NURSERY SCHOOL



Introduce your child to the joy of learning!

Our NAEYC Accredited program is designed to meet the needs of each child, providing him or her numerous daily opportunities to grow cognitively, socially, emotionally, physically and morally. Our developmental program is designed to support your child's individual learning style and to develop his or her positive self image.

Warm, caring, experienced degreed lead teachers create a supportive environment in which learning is both fun and challenging. We offer daily opportunities for literacy, music, art, dramatic play, science, social studies, math, fine and gross motor development, as well as monthly Swim and Kids' Gym activities.

Wee Wuns is a half-day preschool program offering 2, 3, or 5-day per week classes from 9:00 am-1:00 pm.

Wee Wuns Nursery School Visits and Observation Times

Prospective parent visits can be scheduled October - February. To schedule a visit contact 508-852-6694 x234 for more information.

Wee Wuns Open Houses
Sept 6th and 7th 2012

The First Day of School
is September 10, 2012



ACADEMIC ENRICHMENT

WEE WUNS KINDERGARTEN & PRE-K

Where children are encouraged to become life-long learners!

Our full-day NAEYC Accredited Kindergarten & Pre-K program is staffed by supportive, MASS DOE-certified early childhood teachers and maintains an 8:1 student to teacher ratio. Children ages 4 to 6 participate in a fun and challenging developmental curriculum that is based on the Creative Curriculum and the Massachusetts Department of Education (DOE) Kindergarten Frameworks.

Our program is designed to support your child's individual learning style, to foster self-esteem, and support total development: cognitive, social, emotional, physical and moral. Opportunities for swimming, Kids' Gym, field trips, parent involvement and family events are an added plus.

Schedule: M-F 7:30 am- 5:30 pm

Kindergarten & Pre-K Visits and Observation Times

To schedule a visit for more information, please contact 508.852.6694 x234



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SCHOOL AGE CHILD CARE AND VACATION CAMPS

SCHOOL'S OUT (ages K - 14)

After-school child care at two locations, both licensed by EEC (Department of Early Education and Care). Programs offer reliable after-school supervision for children kindergarten through age 14.

School's Out provides experience that promotes self-esteem, independence and responsibility. Activities include sports and games, music, arts, crafts, multicultural activities, outdoor play and homework time. The School's Out program also operates during all non-school weekdays, holidays, early release days, snow days and vacation weeks. To register please contact Nancy Boland at 508-852-6694 x 236

SCHOOL'S OUT LOCATIONS

Greendale Family Branch YMCA

75 Shore Drive, Worcester
Contact: Susan Leo-Johnson
508-852-6694 x298

Transportation provided from Nelson Place, Flag St., Thorndyke, Abby Kelley and McGrath Schools to the Greendale YMCA site. Children from other schools are welcomed!

YMCA Norrback School's Out

44 Malden St., Worcester
Contact: Julianne Creasia 508-852-6694 x246



VACATION CARE* (ages 6 - 12)

Sign up for a day of fun including swimming, sports, arts, crafts and more. Space is limited so register early. Please bring morning snack, lunch, swim suit, **toothbrush** and towel. Afternoon snack provided

Schedule: February 20 - 24, 2012
April 16 - 20, 2012
June 15 - 22, 2012 (tentative)
7:30 a.m. - 6:00 p.m.

Fee: \$44/day Members
\$54/day Non-Members

HOLIDAY CARE*

Sign up for a day of fun including swimming, sports, arts, crafts and more! Space is limited so register early. Please bring a morning snack, healthy lunch, toothbrush, swim suit and towel. Afternoon snack provided

Schedule: Monday, January 16, 2012
Martin Luther King Day
7:30 am-6:00 pm

Fee: \$44/day Members
\$54/day Non-Members

SNOW CARE*

Sign up for a day of fun including swimming, sports, arts, crafts and more! Space is limited so register early. Please bring a morning snack, healthy lunch, **toothbrush**, swim suit, and towel. Afternoon snack provided.

Schedule: 8:30 am-6:00 pm - Follows
Worcester Public School Closings

Fee: \$44/day Members Only

***All registrations and paperwork must be completed and received prior to the first day of vacation care. Vacation Care forms and paperwork are available at the Welcome Center.**

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

CAMP HARRINGTON

LOCATION

An Inviting Setting Your school or organization at YMCA Camp Harrington. The grounds are located 10-minutes northeast of downtown Worcester and nestled on 35 acres of wilderness with access to Sewall Pond.

Camp Harrington is the home of Central Massachusetts Premier Summer Day Camp and also features the Debs Memorial Lodge (www.ymcach.org/lodge.doc), conference center and team-building facilities.

The Camp offers a variety of activities including canoeing, swimming, beach volleyball, archery, a high ropes course, 30-foot rock tower for climbing, athletic field for team sports, and a large pavilion for group events, retreats, reunions, cookouts or outdoor weddings. Weekends book quickly, so contact us today at 508-869-0586!

THE EXPERIENCE

Our staff works with your group to customize a program that addresses specific issues affecting your organization. Challenges presented to your group will require teamwork to successfully accomplish established goals. For more information, please visit us at: www.ymcach.org/outdoorcenter.html

For rates, please visit us at:
www.ymcach.org/ocpricing.html

YOUTH SUMMER CAMPS

Among the finest camps in Central Massachusetts, our goal is to develop a safe environment where children can develop skills, establish friendships, increase confidence, and most of all just have pure FUN! Established in 1958, YMCA Camp Harrington has been a camping leader in Worcester County for over 50 years. Director Steve Lockney has Twenty + years camping experience and 11 years Directing Camp Harrington. Together with his staff, they offer campers a top quality day camp experience. Camp Harrington is located in the woods of Boylston, MA on a spring fed pond. Campers ages 5-14 attend camp from all over Worcester County. A typical session is about 200 campers with 13 campers to a group and a 1-6 camper/counselor ratio. Camp Harrington is also a leader in inclusion programming and offers "inclusive" camp to children with special needs.

FOR MORE INFORMATION PLEASE VISIT
<http://www.ymcach.org/>

T.E.A.M TOGETHER EVERYONE ACHIEVES MORE

The success of any organization ultimately depends on how efficiently a team works together toward a common goal. Communication, trust, self-confidence and goal-setting are the cornerstones to building a great team. The YMCA's Harrington Outdoor Center provides a unique setting to create functional, unified teams and an environment where your team/class will work together to develop shared responsibility, individual accountability and mutual support during each activity.

Our rustic outdoor setting allows you to step away from the tensions of the office or school and begin to work as a team at a basic level. Discussions may be led by our facilitators or your own group leaders to help you discover fresh, innovative approaches to working together to achieve organizational priorities.

Useful parallels are drawn to the workplace and other life situations. Visit www.ymcach.org/lows.html



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

CHILD CARE

CHILD WATCH (8 weeks - 6 years)

Complimentary service exclusively for YMCA Family Members participating in classes or using the facilities. First-come, first-serve basis; 1.5 hour limit. Must remain on-site and present DARK GREEN or BLUE family membership card at drop-off and pick-up. Space is limited.

Schedule: M-F 8:30 am-1:30 pm
M-F 5:00-8:00 pm
S/S 8:30 am-11:30 am

Fee: Free for Family Members Only



KIDS ZONE (ages 6 - 12)

Complimentary service exclusively for YMCA Family Members participating in classes or using the facilities. First-come, first-serve basis; Your child can be active and engaged at the YMCA while you work out! Arts, crafts, and games. Must present DARK GREEN or BLUE membership card at drop-off and pick-up. Space is limited.

Schedule: M-F 5:00-8:00 pm
Sat 8:30 am-11:30 am
Sun 8:30 am-11:30 am

Fee: FREE Family Members Only

ADDED HOURS FOR VACATION WEEKS

Winter Vacation

December 26 - 30
8:30 - 1:30 pm

February Vacation

February 20 - 24
8:30 - 1:30 pm

April Vacation

April 16 - 23
8:30 - 1:30 pm

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

PRESCHOOL ENRICHMENT

TINY DANCERS (ages 2-6)

Welcome to the new Y Tiny Dancers. This is a progressive program designed by professional dance instructors to promote a fun and safe developmental experience.

TINY DANCERS I (ages 2-3)

Intro to ballet positions and dance moves through games and fun activities. Please wear a leotard, tights and ballet shoes.

Schedule: Fri 4:00 - 4:45 pm

TINY DANCERS II (ages 3-4)

A class for preschoolers that combines creative movement, ballet, coordination and rhythm. Please wear a leotard, tights and ballet shoes.

Schedule: Fri 5:00 - 5:45 pm

TINY DANCERS III (ages 4-6)

This fun, interactive class teaches ballet and tap basics through games and repetition. Please wear a leotard and tights and bring ballet and tap shoes.

Schedule: Fri 6:00-6:45 pm

ME & MY PAL ARTS & CRAFTS (ages 2-3)

You and your grown-up pal will have lots of fun working with paint, clay, glue and lots of other icky sticky art materials. Please bring an art apron or old oversized t-shirt to class

Schedule: Tues 10:00-10:45 am

ARTS & CRAFTS

A good old-fashioned arts and crafts class where your little one will have lots of fun working with paint, clay, glue and lots of other icky sticky art materials. Please bring an art apron or old oversized t-shirt to class

Schedule: Tues 5:00-5:45 pm (ages 4-6)

MIXED MEDIA (Winter, Spring I, II)

Create works of visual art while learning something new every week- a combination of painting, drawing, and sculpting.

Schedule: Tues 6:00-6:45 pm (ages 6-12)

PRICES FOR ALL CLASSES ON THIS PAGE

| | | |
|------------------|-----------------|------------------------|
| WINTER | \$45.00 | Family Members |
| | \$66.00 | Program Members |
| | \$88.00 | Non-Members |
| SPRING I | \$52.00 | Family Members |
| | \$77.00 | Program Members |
| | \$103.00 | Non-Member |
| SPRING II | \$59.00 | Family Members |
| | \$88.00 | Program Members |
| | \$118.00 | Non-Members |



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

PRESCHOOL ENRICHMENT

LITTLE GYMNASTS (ages 2-6)

Welcome to the new Y Gymnastics. This is a progressive program designed by experienced gymnasts to promote a fun and safe developmental experience.

ME & MY PAL GYMNASTICS (ages 2 - 3)

An active Mom/Dad & tot class designed to introduce gymnastics fundamentals including balance, climbing, rolling, and jumping. The perfect combination for your energetic little one!

Schedule: Fri 9:00-9:45 am

PRESCHOOL GYMNASTICS LEVEL I

(ages 3 - 4)

Program includes an introduction to basic gymnastics skills delivered in a structured, fun, creative and safe environment. Class incorporates balance, jumping, rolling, and hopping on our mats, and balance beams.

Schedule: Fri 10:00-10:45 am
Fri 4:00-4:45 pm

PRESCHOOL GYMNASTICS LEVEL II

(ages 4-6)

Program includes an introduction to basic gymnastics skills delivered in a structured, fun, creative and safe environment. Class incorporates balance, jumping, rolling, and hopping on our mats, and balance beams.

Schedule: Fri 5:00-5:45 pm

| | | |
|---------------|----------------|------------------------|
| WINTER | \$45.00 | Family Members |
| | \$66.00 | Program Members |
| | \$88.00 | Non-Members |

| | | |
|-----------------|-----------------|------------------------|
| SPRING I | \$52.00 | Family Members |
| | \$77.00 | Program Members |
| | \$103.00 | Non-Member |

| | | |
|------------------|-----------------|------------------------|
| SPRING II | \$59.00 | Family Members |
| | \$88.00 | Program Members |
| | \$118.00 | Non-Members |



WINTER BASKETBALL LEAGUE (ages 4 & 5)

Enjoy the thrill of connecting with friends in a non-threatening environment. Two weeks of skill development, followed by five weeks of league play. All levels welcome in this recreational program. Program includes team shirts, team picture and end-of-season celebration!

See Page 13 for Fees and Schedules



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

PRESCHOOL ENRICHMENT

SCHOOL VACATION PROGRAMS

What do you do with your children during winter & spring vacations that can be educational, will develop youth and encourage healthy life-styles? How about these fun activities and you choose the time that works for your family.

WHIP IT UP

Cooking never was so much fun! Children will create healthy snacks and enjoy the tasty treat too.

Schedule: 8:30 am - 10:00am
Location: Kitchen

ARTSY KIDS

Arts and crafts for the preschooler creating a positive experience and developing youth through creative activities.

Schedule: 10:00 am - 11:30am
Location: Alden Program Room

JUMPIN' GYMNASTS

Children enjoy a little floor tumbling, and balance beam movements in a fun safe environment. A healthy activity for youth development.

Schedule: 11:30 am - 1:00pm
Location: Kids Gym

Session 1 - December 27 - 30

Session 2 - February 21 - 24

Session 3 - April 17 - 20th

FEES:

| | 1 Program | 2 Programs | 3 Programs |
|--------|-----------|------------|------------|
| 1 Day | \$15.00 | \$25.00 | \$35.00 |
| 2 Days | \$25.00 | \$35.00 | \$45.00 |
| 3 Days | \$35.00 | \$45.00 | \$55.00 |
| 4 Days | \$45.00 | \$55.00 | \$65.00 |

* REGISTRATION IS REQUIRED

LOBBY CRAFT OPTIONS - Drop In

Join us for craft projects in the Greendale Family Branch lobby. \$1.00 / child

NOVEMBER

19 10:00 am - 12:00 pm
Turkey Pinecones

DECEMBER

20 5:00 pm - 7:00 pm
Tree Ornaments

JANUARY

14 10:00 am - 12:00 pm
Winter Picture Frames

FEBRUARY

7 5:00 pm - 7:00 pm
Valentine Craft

MARCH

17 10:00 am - 12:00 pm
St. Patrick's Day Craft

APRIL

17 5:00 pm - 7:00 pm
Earth Day Craft

MAY

19 10:00 am - 12:00 pm
Memorial Day Craft

JUNE

12 5:00 pm - 7:00 pm
Flag Day Craft

30 10:00 am - 12:00 pm
Independence Day Craft

NO REGISTRATION IS REQUIRED



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SWIM, SPORTS & PLAY

YOUTH SPORT PROGRAMS

MINI YOGA

Mind, body & FUN! Kids Yoga is a creative approach to yoga that will improve focus, stimulate the imagination and release energy in a fun and safe environment. The use of animated poses and basic stretching exercises promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques teach kids how to focus, relax and develop self-control.

Schedule: Tues 4:00-4:40 pm (Ages 4-8)
Thurs 4:50-5:30 pm (Ages 9-14)

KIDS IN MOTION

Designed as a circuit training workout, this class will get your child moving and sweating. This is a non-competitive class to introduce kids to exercise. Kids will use bands, balls, weights and various other tools to increase endurance, build strength and burn calories while having fun.

Schedule Thurs 4:00-4:40 pm (Ages 6-9)
Tues 4:50-5:30 pm (Ages 10-13)

SPORT SPECIFIC STRENGTH & CONDITIONING FOR GIRLS

Strength and conditioning program specially designed for female athletes, lead by a Certified Strength and Conditioning Specialist. The program will incorporate agility, strength training, speed work and conditioning to improve sports performance. This workout is designed to enhance all levels and types of female high school athletes

Schedule Wed 4:00 – 5:00 pm (Ages 13 – 18)

PRICES FOR ALL CLASSES ON THIS PAGE Excluding Youth Basketball League

| | | |
|---------------|----------------|------------------------|
| WINTER | \$45.00 | Family Members |
| | \$66.00 | Program Members |
| | \$88.00 | Non-Members |

| | | |
|-----------------|-----------------|------------------------|
| SPRING I | \$52.00 | Family Members |
| | \$77.00 | Program Members |
| | \$103.00 | Non-Member |

| | | |
|------------------|-----------------|------------------------|
| SPRING II | \$59.00 | Family Members |
| | \$88.00 | Program Members |
| | \$118.00 | Non-Members |

TUMBLING (Winter, Spring I, II)
Progressive class delivered in a structured, fun, creative and safe environment. Program incorporates balance beam, but focuses on floor tumbling.

Schedule: Fri 6:00-6:45 pm (6-12 yrs)

ZUMBATOMIC®

Sure, chillin' out is cool. But rockin' out is a blast! That's why you're gonna love the Zumbatomic® fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids ages 4-12 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.

Schedule Monday 4:30-5:15

YOUTH BASKETBALL LEAGUE (ages 4-12) (Winter - Spring I) 13 weeks

Enjoy the thrill of connecting with friends in a non-threatening environment. 3 weeks of skill development, followed by 10 weeks of league play. All levels welcome in this recreational program. Program includes team shirts, team picture and end-of-season celebration!

Schedule: Sat 8:30-9:20 am (ages 4-5)
Sat 9:30-10:20 am (ages 6-7)
Sat 10:30-11:20 am (ages 7-9)
Sat 11:30-12:20 am (ages 10-12)

Fee: \$150 Family Members
\$175 Youth Members
\$200 Non-Members

KENPO MARTIAL ARTS (ages 6-12)

Nick Cerio's Kenpo is offered at the Greendale YMCA.

Schedule: M/W 4:30 - 5:15 pm
Sat 11:30 am - 12:15 pm
Sat 12:15 - 1:00 pm

for more information, or to register, please contact Steve Dwyer at 508-215-9500

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SUMMER CAMP PROGRAM

The Greendale Summer Camp Program strives to promote the healthy development of youth and teens in a positive, and nurturing environment. The philosophy of all our camps is to provide creative, recreational and educational opportunities while enhancing each camper's physical, social, emotional and spiritual well-being.

Program activities provide an opportunity for your child to respond to a variety of challenges while developing and living the YMCA character values.



We are for

- **Youth Development**
- **Healthy Living**
- **Social Responsibility**

Grab your sunscreen, your swimsuit, and your smile and get ready for the best summer ever!

OUR MISSION

The YMCA of Central Massachusetts is an association united in a common goal to strengthen our communities and to develop the spirit, mind and body of all persons regardless of means, through activities guided by and based upon our core values of caring, honesty, respect responsibility.

Utilizing our extensive, state of the art facilities and provided activities in both small and large groups under the guidance of caring, well-trained staff; YMCA Day Camping Strives to help each camper:

- Grow Personally
- Develop New Skills
- Improve Personal and Family Relationships
- Become Better Leaders and Supporters
- Appreciate Diversity
- Have Fun in a Safe Environment

All camps comply with regulations of the Massachusetts Department of Public Health and are licensed by the local Board of Health.

CAMPS AVAILABLE (ages 2.9 - 16 years of age)

- Wee Wuns Camp
- Kindercamp
- Camp Greendale
- Camp Harrington
- Leadership Development Program
- Greendale Tennis Camps



CAMP BROCHURE AVAILABLE SOON

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SWIM, SPORTS & PLAY

SWIM LESSONS

Our lessons provide a safe, child-centered learning environment and focus on stroke development, safety, rescue skills and personal growth for all ages and levels.

Parent/Child & Preschool Lesson Rates

Winter (6 week session) Spring I (7 week session)
Spring II (8 week session)

| | | |
|------------------|-----------------|------------------------|
| WINTER | \$45.00 | Family Members |
| | \$69.00 | Program Members |
| | \$90.00 | Non-Members |
| SPRING I | \$53.00 | Family Members |
| | \$80.00 | Program Members |
| | \$106.00 | Non-Member |
| SPRING II | \$60.00 | Family Members |
| | \$92.00 | Program Members |
| | \$120.00 | Non-Members |

PARENT & CHILD (ages 6 months - 3)

Children have fun while parents guide them through aquatic skills including kicking, arm strokes, and breath control. The objective is to get both the parent and child comfortable in the water.

| | | |
|-----------|----------|------------------|
| Schedule: | Monday | 10:10 am |
| | Thursday | 10:45 am |
| | Friday | 10:45 am |
| | Saturday | 9:35 or 10:45 am |

PARENT AND PIKE (ages 2 - 5)

Children learn beginner skills and water safety in a relaxed environment with their parent. This transitional class prepares children for our preschool swimming program.

| | | |
|-----------|----------|-----------------|
| Schedule: | Monday | 10:45 am |
| | Thursday | 10:10 am |
| | Friday | 10:10 am |
| | Saturday | 9:00 or 10:10am |

PRESCHOOL SWIMMING (ages 3 - 5)

PIKE: Beginner level. Child must be able to enter water **without** a parent. Listening skills and ability to follow directions are required.

EEL: Beginner/Intermediate level. Child must be able to swim 15 yards with a two-bubble flotation device or less in a prone position, comfortably put face into the water, and jump into the pool without assistance.

RAY: Intermediate level. Child must be able to swim for the entire class without a flotation device and a minimum of 15 yards on their front and back.

STARFISH: Advanced level. Child must be able to swim 25 yards non-stop front crawl and back crawl. Child must be able to complete a kneeling dive and tread water for one minute.

| | |
|-----------|---|
| Mon: | 10:10-10:40 am - Eel 10:45-11:15 am - Pike 4:00-4:30 pm - Eel, Ray 4:35-5:05 pm - Pike, Eel 5:10-5:40 pm - Pike, Eel 5:45-6:15 pm - Pike |
| Tues: | 10:10-10:40 am - Pike, Eel 10:45-11:15 am - Eel, Ray/Star 4:35-5:05 pm - Star 5:10-5:40 pm - Pike, Eel 5:45-6:15 pm - Eel, Ray 6:20-6:50 pm - Pike |
| Wed: | 4:00-4:30 pm - Eel 4:35-5:05 pm - Pike, Eel 5:10-5:40 pm - Pike, Eel 5:45-6:15 pm - Ray |
| Thurs: | 10:10-10:40 am - Eel 10:45-11:15 am - Pike 4:35-5:05 pm - Eel, Ray 5:10-5:40 pm - Pike, Eel 5:45-6:15 pm - Eel, Star 6:20-6:50 pm - Pike, Eel |
| Fri: | 10:15-10:45 am - Pike 10:45-11:15 am - Eel 4:00-4:30 pm - Pike, Eel 4:35-5:05 pm - Pike 5:10-5:40 pm - Eel 5:45-6:15 pm - Eel |
| Saturday: | 9:00-9:30 am - Pike, Eel, Star 9:35-10:05 am - Pike, Eel, Ray 10:10-10:40 am - Pike, Eel, Ray 10:45-11:15 am - Pike, Eel 11:20-11:50 am - Pike, Eel |

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SWIM, SPORTS & PLAY

PRIVATE SWIM LESSON

Learn to swim or perfect your stroke in a safe, comfortable environment. Stroke technique, safety, and water acclimation all tailored to the individual. Please fill out a private lesson request form at the Welcome Center. **Lessons are based on instructor availability and may be limited.**

Schedule: By Appointment

Private Lesson Fee:

\$36/30-min. lesson Members
\$42/30-min. lesson Program Members
\$54/30-min. lesson Non-Members

Semi-Private Lesson Fee:

\$46/30-min. lesson Members
\$52/30-min. lesson Program Members
\$64/30-min. lesson Non-Members

YOUTH AQUATIC CONDITIONING

A one on one program based on exercise movements for children with chronic, debilitating conditions. This will be conducted in the safest environment – WATER. Program will adapt to the child's ability using different muscle groups for overall strengthening of the body. Must be comfortable in the water. Please fill out an Aquatic Personal Training request form at the Welcome Center.

Schedule: By Appointment x288

Fee: \$55/hour; \$225/five hours Members
\$75/hour; \$325/five hours Non-Members

Due to the student / teacher ratios we aim to maintain, there are NO make-ups unless scheduled by the Greendale YMCA



SWIM FUN FACTS

An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.

Swimming strengthens the heart and lungs

Swimming works out all of the body's major muscles

Swimming help reduce stress

Water's buoyancy make swimming the ideal exercise for physical therapy and rehabilitation or for anyone seeking a low-impact exercise.

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SWIM, SPORTS & PLAY

YOUTH LESSON RATES

Winter (6 week session) Spring I (7 week session)
Spring II (8 week session)

| | | |
|---------------|----------------|------------------------|
| WINTER | FREE | Family Members |
| | \$69.00 | Program Members |
| | \$90.00 | Non-Members |

| | | |
|-----------------|-----------------|------------------------|
| SPRING I | FREE | Family Members |
| | \$80.00 | Program Members |
| | \$106.00 | Non-Member |

| | | |
|------------------|-----------------|------------------------|
| SPRING II | FREE | Family Members |
| | \$92.00 | Program Members |
| | \$120.00 | Non-Members |

***One complimentary class per child.**
Additional swim classes for full members available for a fee.

YOUTH SWIMMING (ages 6 - 12)

POLLIWOG: Beginner level. Child must be able to enter water without a parent.

GUPPY: Child must be able to swim on their front and back for 15 yards **without** a flotation device. They can comfortably put face into the water, back float and jump into the pool without assistance.

MINNOW: Child must be able to swim 25 yards non-stop of front crawl with rotary breathing and back crawl, tread water for one-minute, and complete a kneeling dive.

FISH: Child must be able to swim 25 yards each: backstroke, breaststroke, sidestroke, and 50 yards of front crawl with rotary breathing and comfortably dive from the starting block.

FLYING FISH/SHARK: Child must be able to swim 50-100 yards each: backstroke, breaststroke, sidestroke, front crawl with rotary breathing and comfortably dive from the starting block.

| | |
|---------------|--------------------------------|
| MONDAY | 4:00-4:30 pm - Fish, Polliwog |
| | 4:35-5:05 pm - Guppy, Minnow |
| | 5:10-5:40 pm - Guppy, FF/Shark |
| | 5:45-6:15 pm - Polliwog, Guppy |

| | |
|-------------|--------------------------------------|
| TUES | 4:35-5:05 pm - Guppy, Fish, FF/Shark |
| | 5:10-5:40 pm - Minnow, Fish |
| | 5:45-6:15 pm - Guppy, Minnow |
| | 6:20-6:50 pm - Polliwog, Guppy |

| | |
|------------|--|
| WED | 4:00-4:30 pm - Guppy, Minnow, FF/Shark |
| | 4:35-5:05 pm - Polliwog, Fish |
| | 5:10-5:40 pm - Guppy, Minnow |
| | 5:45-6:15 pm - Polliwog, Guppy |

| | |
|--------------|-----------------------------------|
| THURS | 4:35-5:05 pm - Guppy, Minnow |
| | 5:10-5:40 pm - Polliwog, Fish |
| | 5:45-6:15 pm - Polliwog, FF/Shark |

| | |
|------------|--|
| FRI | 4:00-4:30 pm - Minnow, FF/Shark |
| | 4:35-5:05 pm - Polliwog, Guppy, Minnow |
| | 5:10-5:40 pm - Guppy, Minnow, Fish |
| | 5:45-6:15 pm - Guppy, Fish, FF/Shark |

| | |
|------------|--|
| SAT | 9:00-9:30 am - Guppy, Minnow, Fish |
| | 9:35-10:05 am - Guppy, Minnow, FF/Shark |
| | 10:10-10:40 am - Polliwog, Guppy, Minnow |
| | 10:45-11:15 am - Polliwog, Guppy, Minnow, Fish |
| | 11:20-11:50 am - Polliwog, Guppy, Minnow, FF/Shark |

GATOR CLUB (ages 7 - 15)

Recreational program for swimmers to learn and refine the four competitive strokes, as well as work on flip turns, dives, and the fundamentals of competitive swimming. All swimmers will be tested on the first day of class, and must be at FISH level to join (please refer to the FISH level description above).

Schedule: M/W 6:00-7:00 pm Juniors (7-10)
M/W 7:00-8:00 pm Seniors (11-15)

| | | |
|---------------|-----------------|------------------------|
| WINTER | \$60.00 | Members |
| | \$84.00 | Program Members |
| | \$108.00 | Non-Members |

| | | |
|-----------------|-----------------|------------------------|
| SPRING I | \$70.00 | Members |
| | \$98.00 | Program Members |
| | \$126.00 | Non-Member |

| | | |
|------------------|-----------------|------------------------|
| SPRING II | \$80.00 | Members |
| | \$112.00 | Program Members |
| | \$144.00 | Non-Members |

HEALTHY LIVING

Improving the Nation's Health and Well-Being

SWIM, SPORTS & PLAY

NEW JUNIOR & YOUTH TENNIS PROGRAM SCHEDULE

Winter and Spring Tennis Programs are 11 weeks For the Winter and Spring we will offer (2) 11 week program sessions.

Winter Session: Jan 2nd to March 25th

Spring Session: March 26th to June 17th

Longer sessions will improve the quality of the program in several ways:

- Consistency of instruction: Instructors will stay with group longer which will improve continuity.
- Group Continuity: Players can stay with their group longer so they can improve as a group.
- Relationships/Communication: Players and instructors will form better relationships improving communication and enhancing the overall experience.
- Development: Players will be better able to develop their strokes and skills with a more consistent approach.
- Easier Registration/Convenience: Longer sessions mean not having to register as often.

Participants will be given the option of paying the program fee in two installments if paying by credit card.



YOUTH TENNIS PROGRAMS

PEE-WEE & PARENTS (ages 4-5)

(11 week program)

This family-friendly tennis program is for young children that are new to tennis. Kids and parents will both participate in this class, which teaches basic tennis and gross motor skills through fun games and activities. Parents will also learn how to make tennis time with their kids productive by assisting them in a variety of activities, yielding maximum playing time. (8:1 ratio). Limit 12. Requirement: each player must be accompanied by an adult, parent, or guardian. Register the child only.

Schedule: Sat 9:00 - 9:45 am

Fee: \$130 Members
\$145 Youth Members
\$165 Non-Members

MUNCHKIN TENNIS (ages 5-6)

(11 week program)

A fun-filled tennis program that uses kid-friendly equipment, smaller court dimensions, and low compression tennis balls. The program incorporates more game-based instruction while familiarizing them basic strokes and rules of the game. (8 to 1 ratio). Limit 12.

Schedule: Tues 4:15 - 5:00 pm
Thurs 4:15 - 5:00 pm
Sat 9:45 - 10:30 am

Fee: \$130 Members
\$145 Youth Members
\$165 Non-Members



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SWIM, SPORTS & PLAY

YOUTH TENNIS PROGRAMS

QUICKSTART TENNIS (ages 6 - 7)

(11 week program)

QuickStart is a specialized tennis format to get kids playing tennis more quickly by kid-friendly equipment, smaller dimensions, low compression tennis balls, and a modified scoring system. Coaches will help players become more self-sufficient by having them start rallies and games themselves in order to get them playing the game of tennis as soon as possible. (8 to 1 ratio) Limit 12. (Note: 6 yr olds need to have completed at least one session of Munchkin Tennis in order to do QuickStart programs.)

Schedule: Tues 4:00 - 5:00 pm
Thurs 4:00 - 5:00 pm
Sat 10:30 - 11:30 am

Fee: \$145 Members
\$160 Youth Members
\$215 Non-Members

JUNIOR DEVELOPMENT PROGRAM (JDP ages 8 & up)

JDP LEVEL I TENNIS (11 week program)

This level is for children who are new to the Junior Development Program. This program focuses on players developing proper strokes and basic rallying skills. Our game-based approach will make it fun for players while they learn basic strokes, rules, ball control. 6 to 1 ratio

Schedule: Mon 4:00 - 5:00 pm
Tues 5:00 - 6:00 pm
Wed 4:00 - 5:00 pm
Thurs 5:00 - 6:00 pm
Fri 4:00 - 5:00 pm
Sat 10:30 - 11:30 am

Fee: \$145 Members
\$160 Youth Members
\$215 Non-Members



JDP LEVEL 2 (ages 10+) (11 week program)

Players at this level need to know the basic strokes and be able to sustain short rallies. Serving, rallying, ball control, and point play is the focus of JDP2. 6 to 1 ratio

Schedule: Mon 5:00 - 6:30 pm
Thu 5:00 - 6:30 pm
Fri 5:00 - 6:30 pm
Sat 12:00 - 1:30 pm

Fee: \$275 Members
\$310 Youth/Teen Members
\$340 Non-Members

JDP LEVEL 3 (ages 10+) (11 week program)

Players at this level need to be proficient with serving, rallying and basic strokes. They also need to know basic rules, scorekeeping and are able to play points and games. Progressing to full-court games and modified match play are the focus of JDP3. Placement in this program is contingent upon evaluation of skills and/or approval from the Tennis Director. 6 to 1 ratio

Schedule: Mon 5:00 - 6:30 pm
Fri 5:00 - 6:30 pm
Sat 12:00 - 1:30 pm

Fee: \$275 Members
\$310 Youth/Teen Members
\$340 Non-Members



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SWIM, SPORTS & PLAY

YOUTH TENNIS PROGRAMS



NEW! (11 week program)

GREENDALE RISING STARS (Ages 8 - 12)

This program is for highly skilled players interested in following a path that will lead to competition in USTA tournaments. Entry into this program requires an invitation from or approval of the Tennis Director. Greendale Rising Stars will focus on players mastering stroke production techniques, tactics, and footwork required to play tennis at the highest level of junior competition.

Schedule: Tues 5:00 - 6:30 pm
Sat 3-4:30 pm

Fee: \$275 Members
\$310 Youth/Teen Members
\$340 Non-Members

HIGH SCHOOL VARSITY (ages 13 - 18)

(11 week program)

This program is intended for high level H.S. players looking to make their H.S. teams. The program includes fast-paced drills, footwork, game strategy and match play. Placement contingent upon evaluation of skills and/or Director approval. Limit 8.

Schedule: Sat 1:30-3 pm
Level: intermediate to advanced

Fee: \$275 Members
\$310 Youth/Teen Members
\$340 Non-Members

JUNIOR ROUND ROBINS

Our Junior Round Robins are an excellent way for players to get in more tennis time. Players will play both singles and doubles. Round Robins are supervised by one of our tennis professionals to provide players with feedback and tips to improve each player's game.

This round robin is for players in our Junior Varsity and High School Varsity programs.

Schedule: Sun 12:00 - 1:30 pm
For JDP 3, Jr. Varsity, and High School Varsity players

Fee: \$10 Members
\$15 Youth/Teen Members
\$20 Non-Members

NEW! ORANGE BALL ROUND ROBIN

Orange Ball Round Robins are for players in JDP2 and JDP3. Orange balls are lower compression balls which make for more controlled play and longer rallies allowing players to develop their skills more quickly.

Space is limited. Weekly sign-up is required. Call or visit the Welcome Center to register.

Schedule: Sundays 1:30-3 pm

Fee: \$10 Members
\$15 Youth/Teen Members
\$20 Non-Members



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child

SWIM, SPORTS & PLAY

YOUTH TENNIS PROGRAMS



JUNIOR VARSITY (ages 10+) (11 week program)

This program is for players approaching intermediate level and have completed at least one session of JDP 3 or equivalent. Players must have good fundamental strokes in order to begin development of directional control, spin and basic tactics. Players will take part in competitive games and drills that are fun and will help them to improve. Placement in this program is contingent upon evaluation of skills and/or approval from the Tennis Director. All classes are limited to 6 players.

Schedule: Mon 5:00 - 6:30 pm
Sat 10:30 - 12:00 pm

Fee: \$275 Members
\$310 Youth/Teen Members
\$340 Non-Members



SCHOOL VACATION CAMPS

The Greendake Y has just the thing for your kids during school vacations...TENNIS!

During each school vacation Greendale's Tennis Program offers 3 hour mini-camps. T/W/TH 12:00 - 3:00 p.m. Players will have a great time improving their tennis skills through drills that are fun and productive. You can sign up for one, two or all three days.

Schedule Christmas Vacation
December 27, 28 & 29th

February Vacation
February 21, 22, & 23rd

April Vacation
April 17, 18, & 19th

Fees \$50 per day Members
or \$125.00 for all 3 days

\$65 per day Non-Members
or \$175.00 for all 3 days

PRIVATE & SEMI-PRIVATE LESSONS

Rates listed are per person

Schedule: By Appointment
Private Fee: \$65/hour Members
\$35 1/2 hour Members
\$75/hour Non-Members
\$45 1/2 hour Non-Members

Semi Private Fee:
\$35/hour each Members
\$45/hour each Non-Members

Contact Pete Kolifrath, Tennis Director, at
508-852-6694 x 231 or pkolifrath@ymcaofcm.org.
Half-hour and 90-minute lessons also available



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child and Teen

EDUCATION & LEADERSHIP

LEADERSHIP DEVELOPMENT

LEADERS CLUB (ages 13 - 18)

Make a difference in your community, while developing your mind, body, spirit and self-esteem. Strong focus on community service, social and leadership development, service projects, special events and fundraising.

Program runs October 2011 - June 2012.

Schedule: Thurs 6:00 - 7:00 pm

Fee: \$51.00 Annual Club Dues



YOUTH CIVIC ENGAGEMENT

YOUTH AND GOVERNMENT (Grades 9 - 12)

In partnership with Doberty High School, the Y offers students with a passion for politics and government the opportunity to participate in a year long program designed to help participants acquire critical skills to take into the future.

- Public speaking/communications
- Greater understanding of the democratic process
- Enhanced leadership skills
- Application of moral and ethical values to life decisions

DELEGATES CHOOSE ONE OF THE FOLLOWING AREAS OF CONCENTRATION:

- Legislative Branch
- Judicial Branch
- Executive Branch
- Press Corp
- Lobbyist Corp



HEALTHY LIVING

Improving the Nation's Health and Well-Being

FAMILY TIME

KIDS GYM FAMILY TIME (ages 1 - 6)

A great activity space for children up to six years and their parents/guardian. Gym offers climbing and balancing equipment, a 15' inflatable crayon "bounce house", parachutes, hoops, tunnels and much more! Active parent supervision/participation required.

| | |
|----------------------|--|
| MON/TUES /FRI | 8:30-9:00 am 11:00 am - 2:00 pm 6:30-8:00 pm |
| WED | 8:30-9:00 am 12:30-1:30 pm 6:30-8:00 pm |
| THURS | 8:30-9:00 am 12:30-2:00 pm 6:30-8:00 pm |
| SAT | 8:30-11:00 am 1:00 -2:30 pm 4:30-7:00 p,m |
| SUN | 8:30-12:00 am 1:00 -2:30 pm 4:30-7:00 pm |
| Fee: | FREE Family Members \$4/visit for Preschool/Youth \$4/visit Non-Members plus \$5.00 guest fee |

YOUTH AND FAMILY WELLNESS CENTER

Families who workout together, stay together at the Y! Kids ages 7 - 12 bring your parents to your very own workout room. It has all the equipment found in our Wellness Center, but just for families! Treadmills, ellipticals, weights, circuit training, free weights, rowing machines, bikes and more.

| | |
|-----------|--------------------|
| Monday | 5:00 pm - 8:00 pm |
| Tuesday | 5:00 pm - 8:00 pm |
| Wednesday | 5:00 pm - 8:00 pm |
| Thursday | 5:00 pm - 8:00 pm |
| Friday | CLOSED |
| Saturday | 9:00 am - 12:00 pm |
| Sunday | 11:00 am - 2:00 pm |

BIRTHDAY PARTIES

What better place than the YMCA to host your child's next birthday? Greendale YMCA birthday parties include exclusive use of one of our party rooms for your group, and most importantly, a great activity to keep your guests moving and grooving!

KIDS'GYM (Ages 1 - 6)

Celebrate your birthday with one hour in the KIDS' Gym, with lots of room to run and play, followed by one hour in one of our party rooms!

| | | |
|------------------|-------------|----------------------------|
| Schedule: | Sat | 12:00-2:00 or 2:30-4:30 pm |
| | Sun | 12:00-2:00 or 2:30-4:30 pm |
| | Members | \$175.00 |
| | Non-Members | \$200.00 |



INFLATABLE OBSTACLE COURSE (6+)

Fun for the school's age crowd! Participants compete against each other with tunnels, bolsters and a slide. First hour is spent in the gymnasium followed by one hour in one of our party rooms.

*NEW *BASKETBALL PARTY (6+)

How about playing some hoops with your best buddies! Organized team play and one hour in our party room.

| | | |
|------------------|-------------|--------------|
| Schedule: | Sat | 4:30-6:30 pm |
| | Members | \$175.00 |
| | Non-Members | \$200.00 |

SUPER SPLASH POOL PARTY (6+)

Your kids will have a blast splashing and swimming, followed by one hour of fun in one of our party rooms. All parties are in the Main Pool.

| | | |
|------------------|-------------|----------------------------|
| Schedule: | Sat | 12:30-2:30 or 3:00-5:00 pm |
| | Sun | 12:30-2:30 or 3:00-5:00 pm |
| | Members | \$175.00 |
| | Non-Members | \$200.00 |

HEALTHY LIVING

Improving the Nation's Health and Well-Being

ADULT GROUP CLASSES

ZUMBA®

Are you ready to party yourself into shape? That's exactly what the program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Ages 13 and up.

Schedule: Monday 6:45-7:45 pm

| | | |
|------------------|----------------|------------------------|
| WINTER | \$36.00 | Members |
| | \$54.00 | Program Members |
| | \$72.00 | Non-Members |
| SPRING I | \$42.00 | Members |
| | \$63.00 | Program Members |
| | \$84.00 | Non-Member |
| SPRING II | \$48.00 | Members |
| | \$72.00 | Program Members |
| | \$96.00 | Non-Members |



****NEW** TRX**

Suspension Training is coming to The Greendale Y! This format will help you build strength and increase your balance and flexibility. Using body-weight only training in functional exercises, which are easily adapted for ALL fitness levels.

Members Fee:

| | |
|-------------|----------|
| 1 session | \$55.00 |
| 5 sessions | \$225.00 |
| 10 sessions | \$400.00 |

Non-Member Fee:

| | |
|-------------|----------|
| 1 session | \$75.00 |
| 5 sessions | \$325.00 |
| 10 sessions | \$500.00 |

For more information, please contact Lisa Howell at 508 852 6694 x 273.



HEALTHY LIVING

Improving the Nation's Health and Well-Being

ADULT GROUP CLASSES

PLEASE REFER TO GROUP EXERCISE SCHEDULE FOR TIMES

HATHA YOGA

Hatha Yoga incorporates a combination of different poses to improve flexibility and reduce stress. Poses will focus on correct body alignment to build strength, increase vitality, and improve circulation. Target your mind, body and spirit.

YOGALATES

Can't decide if you want to take yoga or Pilates? Get the best of both worlds and try Yogalates! This hybrid class combines yoga postures and techniques with Pilates exercises.

BOOTCAMP

One full hour of heart pumping cardio drills combined with full body muscle conditioning that will tone and tighten your entire body.

CYCLE FUSION

What could be better than the pairing of cycling and strength training? After a tough ride, rise to the challenge using weights, balls and more to build total body strength.

SPORTS STEP

Warm up with easy to follow step movements, then let your inner athlete perform, challenging yourself with moderate athletic drills on and off the step. Finish off with exercises utilizing Pilates moves that will "whittle your middle."

ALL LEVELS WELCOME



All Classes that are offered on this page are exclusively **FREE of CHARGE** for full-privileged YMCA MEMBERS



YOGA FOR EVERYONE

GENTLE YOGA

An introduction to basic yoga poses. This class emphasizes stretching, coordination of breathing with movement and attention to alignment.

RESTORATIVE YOGA This class focuses on opening, releasing and relaxing the body in restful postures. The poses of restorative yoga are soothing, relaxing and well supported.

POWER YOGA

In this class you will move fluidly through a challenging Vinyasa practice. Modifications will always be offered and encouraged.

YOGA FLOW

This class moves at a steady pace incorporating movement and flow between the postures. Flow classes build strength, stamina, balance, and flexibility. The focus of this class is to quiet the mind utilizing moving meditation.

FUNCTIONAL INTENSE TRAINING (F.I.T.)

F.I.T. is a cross-training class which will take your workout to a new level. It requires 100% pure energy. Using sport-specific moves, you will build endurance and increase strength and power.

STRENGTH AND POWER

Head to toe workout using weights, bands, gliding disks and more! All the toys come out in this class to help you create a long, lean physique.

INDOOR CYCLING

Time will fly by as you ride inside to rockin' music with inspirational instruction. Designed to improve cardiovascular fitness, stamina and strength, indoor cycling has become a way of life in New England. Reservations must be made no more than 48-hours in advance by calling 508-852-6694 x 276.

Schedule: See Group Exercise Schedule

HEALTHY LIVING

Improving the Nation's Health and Well-Being

ADULT GROUP CLASSES

PLEASE REFER TO GROUP EXERCISE SCHEDULE FOR TIMES

TURBOKICK®

Fast-paced cardio kick-boxing combined with dance moves. A complete upper and lower body workout; in and out in 60 minutes.

PIYO®

The only 30-minute workout we offer combines mat Pilates with yoga elements. A great way to end your work day...wind down and power up!

PILATES

The ultimate mat workout to engage your mind & body.

POWER PILATES

Intermediate to advanced class to build stamina & promote long, lean muscles.

VERSATILE CARDIO SCULPT

A combination of freestyle and choreographed sequences with weight work layered in between. This multi-formatted style incorporates power, strength, hi/low impact, coordination, speed and range of motion training. Abdominal and back strengthening and a recovery stretch is included!

CARDIO STEP

A mix of freestyle and choreographed movements combining step and weight work. This class incorporates power, coordination, strength and speed training to increase your athletic ability. A core workout and recovery stretch wraps up this 1 hour class!

BODY BALL BLAST

Improve your posture, balance, strength and overall fitness level by developing strong back and abdominal muscles. An exercise ball will be used to focus on both flexibility and strength during this 1 hour yoga class.

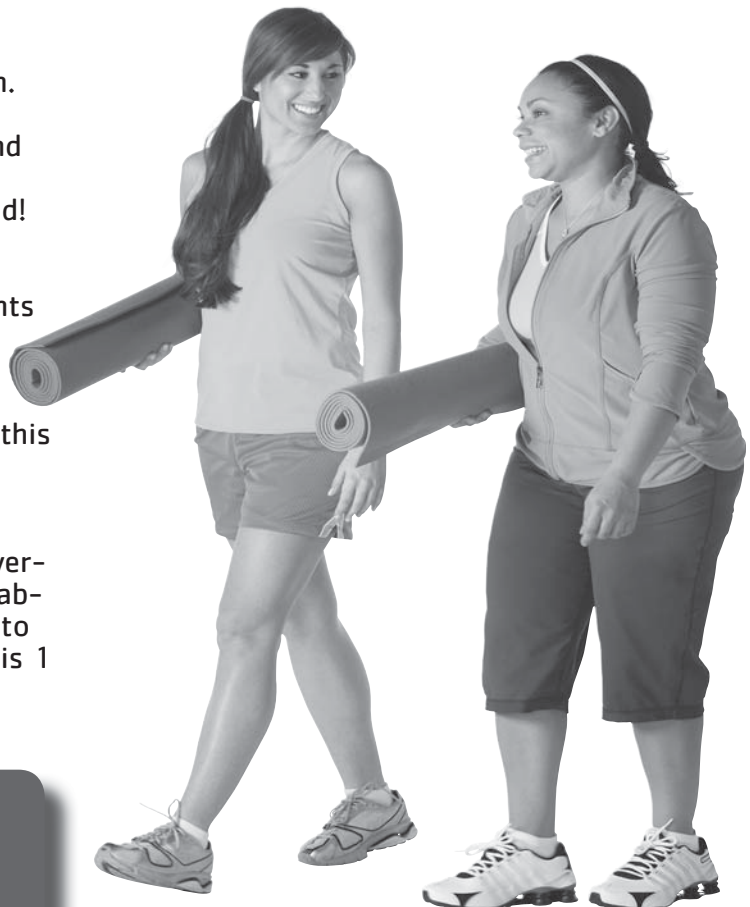
PERSONAL TRAINING

NEW MEMBER PERSONAL TRAINING (NMPT)

This is a one-hour appointment to familiarize new members with our fitness equipment. Your FREE orientation will include an introduction to our equipment and Wellness Center policies. This is a \$55 value we offer to help new members set realistic goals and develop a working relationship to help them succeed. A wellness staff member will educate you on the proper techniques for using the strength training and cardiovascular equipment. Please come dressed to work out in sneakers and athletic wear. A great way to get off on the right foot with your exercise program.

Schedule: By Appointment Only x292

Fee: Free to New Members



All Classes above are exclusively FREE of CHARGE for full-privileged YMCA MEMBERS

HEALTHY LIVING

Improving the Nation's Health and Well-Being

PERSONAL TRAINING

PERSONAL TRAINING

Could you use someone to push you and hold you accountable for your workouts? The YMCA offers a wide range of personal training options to meet every fitness goal! Services must be paid for at the Welcome Center and scheduled by calling x273. Description of services is listed below. Training rates for Individual Training, 1 on 1 training. All PT is non-refundable, all sessions expire 1 year from the purchase date. 1 session = 1 hour

Schedule: By Appointment x 273

Members Fee:

| | |
|-----------|----------|
| 1 session | \$55.00 |
| 5 Pack | \$225.00 |
| 10 Pack | \$400.00 |

Non-Member Fee:

| | |
|-----------|----------|
| 1 session | \$75.00 |
| 5 Pack | \$325.00 |
| 10 Pack | \$500.00 |

TOTAL FITNESS LIFESTYLE PACKAGE

It is half what you do and half what you eat. Take advantage of this package to evaluate your entire lifestyle. Each package includes a one-hour appointment with a certified trainer to evaluate your fitness regime and a second hour with a registered dietician to provide a nutritional assessment and advice geared toward your goals and needs.

Schedule: By Appointment x 273

Fee: \$90.00 per package

LAND & WATER PERSONAL TRAINING

Combine the elements of water and air to really challenge your body. Challenging your body in various ways will bring about faster results. This package offers 4 personal training sessions: 2 in the pool and 2 on land.

Fee: \$180.00 Members
\$255.00 Non-Members

SEMI-PRIVATE PERSONAL TRAINING

Semi-private training makes fitness affordable, while providing accountability, encouragement, education, and social support. Sessions may be purchased for two-three participants and are best suited when the participants in the group are of equal physical fitness with similar fitness goals. Participants must be able to accommodate like schedules. **Rates listed below are per person / per hour.**

Schedule: By Appointment x273

Member Fee:

| | |
|----------|-------------|
| 2 people | \$40.00 /pp |
| 3 people | \$35.00 /pp |

Non-Member Fee:

| | |
|----------|-------------|
| 2 people | \$65.00 /pp |
| 3 people | \$60.00 /pp |

NUTRITION COUNSELING SERVICES

You are what you eat! Exercise is only part of the equation, nutrition is the other critical half. We now have a Registered Dietician on staff to evaluate your exercise program and diet. Learn your ideal weight and caloric needs, how to accurately read a food label, and what correct portion size is. Nutritional plans can be customized to your goals and fitness programming. Choosing the proper food is as important as selecting the correct exercises. Set yourself up to succeed by tackling the problem from both sides.

Schedule: By Appointment x 273

Members Fee:

| | |
|-----------|----------|
| 1 session | \$55.00 |
| 5 Pack | \$225.00 |
| 10 Pack | \$400.00 |

Non-Member Fee:

| | |
|-----------|----------|
| 1 session | \$75.00 |
| 5 Pack | \$325.00 |
| 10 Pack | \$500.00 |

HEALTHY LIVING

Improving the Nation's Health and Well-Being

LIVESTRONG at the Y

The Y and The Lance Armstrong Foundation joined together to create LIVESTRONG at the YMCA, a physical activity and well-being program designed to help adult cancer survivors achieve their health goals. The research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. Participants work with Y staff trained in supportive cancer care to achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind and body.

PROGRAM GOALS

- Improve energy levels and self-esteem
- Build muscle mass and strength
- Increase flexibility and endurance
- Improve functional ability to do everyday tasks
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Develop an ongoing physical fitness program so participants can continue to practice a healthy lifestyle not only as part of recovery, but as a way of life



If you would like more information or you would like to participate in the **LIVESTRONG** at the YMCA Program, please contact our **LIVESTRONG** leaders at:
Email: LIVESTRONG@ymcaofcm.org

or contact:

Christina Puleo - Assistant Executive Director 508 852 6694 x 295

HEALTHY LIVING

Improving the Nation's Health and Well-Being

ADULT AQUATICS

ADULT SWIM INSTRUCTION (13 +)

Adult Beginners

For individuals with little or no swim experience. Will learn basic arm and leg motions. Working toward swimming without support. Must be able to stand in water that is 4 feet 2 inches deep. (Alden Pool)

Schedule: Thurs 7:05-7:45 pm

ADULT ADVANCED BEGINNER

For individuals who can float on their front and back and comfortably put face in the water. Individuals can move in water without support for 15 yards. Working towards swimming the length of pool. Swimming in deep water, treading water and jumping in will also be addressed. (Alden and Main Pool)

Schedule: Thurs 6:20-7:00 pm

ADULT INTERMEDIATE

For individuals who can swim length of pool non-stop using front crawl with rotary breathing and back crawl. Focus is on proper technique and endurance. Must be able to tread water and swim in deep water. (Main Pool)

Schedule: Tues 6:20-7:00 pm

PRICES FOR ALL GROUP ADULT LESSONS

| | | |
|------------------|-----------------|------------------------|
| WINTER | \$45.00 | Members |
| | \$69.00 | Program Members |
| | \$90.00 | Non-Members |
| SPRING I | \$ 53.00 | Members |
| | \$ 80.00 | Program Members |
| | \$106.00 | Non-Members |
| SPRING II | \$ 60.00 | Members |
| | \$ 92.00 | Program Members |
| | \$120.00 | Non-Members |

MASTERS SWIM PROGRAM (18+)

Structured workouts coached in an atmosphere of fun and fitness. Workouts focus on interval training, stroke technique and endurance. Swimmers must be comfortable swimming at least 1500 yards during a one hour workout.

Schedule: TUES 7:00-8:00 pm

| | | |
|------------------|-----------------|------------------------|
| WINTER | \$ 24.00 | Members |
| | \$ 36.00 | Program Members |
| | \$ 48.00 | Non-Members |
| SPRING I | \$ 28.00 | Members |
| | \$ 42.00 | Program Members |
| | \$ 56.00 | Non-Members |
| SPRING II | \$ 32.00 | Members |
| | \$ 48.00 | Program Members |
| | \$ 64.00 | Non-Members |

AQUATIC PERSONAL TRAINING

An individualized water exercise program designed specifically for those who are injured, pre/post-surgery, or want to learn water specific moves and the components of aquatic fitness. Please fill out an Aquatic Personal Training request form at the Welcome Center.

Schedule: By Appointment x 288

Fee: \$55/hour; \$225/five hours Members
\$75/hour; \$325/five hours Non-Members

Semi-Private Fee: \$45 / Two Members
\$40 / Three Members
\$70 / Two Non-Members
\$65 / Three Non-Members

LAND AND WATER PERSONAL TRAINING

Combine the elements of water and land to really work your body. Challenging your body in various ways will bring about faster results. This package offers a total of four sessions: two in the pool and two on land.

Schedule: By Appointment x 288

Fee: \$165 Members
\$230 Non-Members

HEALTHY LIVING

Improving the Nation's Health and Well-Being

AQUATIC GROUP EXERCISE CLASSES

BURDENKO® BEGINNER DEEP WATER AND SHALLOW WATER CONDITIONING

Class provides an optimal environment for safe and effective conditioning. Develop, improve and maintain balance, coordination, flexibility, speed and strength. Use multi-directional movement in the water to build core strength and improve posture and overall health. (Main Pool)



Beginner Deep Water Classes require reservations.

Please call the Welcome Center no earlier than 2:00 p.m. the day before each class to secure a spot.

Schedule: M/W/F 8:45-9:30 am
T/TH 6:15-7:00 pm

Fee: FREE Members

BURDENKO® ADVANCED DEEP WATER AND SHALLOW WATER CONDITIONING

An intermediate to advanced program for participants ready to progress from the beginner Burdenko class. We will focus on balance, coordination, flexibility, endurance, speed and strength while working on building core stabilization for better posture and overall health. (Main Pool)

Schedule: Tues 8:45-9:45 am
Thurs 8:45-9:45 am

| | | |
|---------------|----------------|------------------------|
| WINTER | \$39.00 | Members |
| | \$57.00 | Program Members |
| | \$75.00 | Non-Members |

| | | |
|-----------------|-----------------|------------------------|
| SPRING I | \$ 45.00 | Members |
| | \$ 66.00 | Program Members |
| | \$ 87.00 | Non-Members |

| | | |
|------------------|-----------------|------------------------|
| SPRING II | \$ 51.00 | Members |
| | \$ 75.00 | Program Members |
| | \$ 99.00 | Non-Members |

AQUACIZE

Low impact exercise for all ages. Workout builds muscle tone, flexibility and endurance. (Main Pool) Drop-in class for members, space is limited.

Schedule: M/W/F 9:30-10:15 am

Fee: FREE Members

WATER AEROBICS

A great cardio and strength-building workout that is low stress on the back and joints. (Alden Pool) Drop-in class for members, space is limited.

Schedule: M/W 6:30-7:30 pm

Fee: FREE Members



HEALTHY LIVING

Improving the Nation's Health and Well-Being

AQUATIC GROUP EXERCISE CLASSES

AQUA YOGA

Performing yoga in the water helps lengthen and strengthen muscles, support weak joints, and improve balance and coordination. Combines flowing dynamic movements with traditional yoga poses. Developing a regular practice eases chronic pain, muscle injuries and imbalances. (Alden Pool)

Schedule: Fri 7:15-8:00 am

LIQUID FIT

Take this popular land-based class to the pool! Varying intensity, speed and range of motion will enhance flexibility, muscular and aerobic endurance. Get wet with interval-based activities in a boot-camp style class. Suitable for all fitness levels! (Alden Pool)

Schedule: Mon 9:15-10:00 am
 Tues 7:00 - 7:45 am
 Wed 9:15-10:00 am
 Thurs 7:00 - 7:45 am
 Fri 9:15-10:00 am

| | | |
|---------------|----------------|------------------------|
| WINTER | \$36.00 | Members |
| | \$54.00 | Program Members |
| | \$72.00 | Non-Members |

| | | |
|-----------------|-----------------|------------------------|
| SPRING I | \$ 42.00 | Members |
| | \$ 63.00 | Program Members |
| | \$ 84.00 | Non-Members |

| | | |
|------------------|-----------------|------------------------|
| SPRING II | \$ 48.00 | Members |
| | \$ 72.00 | Program Members |
| | \$ 96.00 | Non-Members |



NEW * EVERYONE TRI-S

It's time for EVERYONE TO TRI WITH JILL! This class is a 1.5 hr of pure energy. A combination SPIN & SWIM. You can start your workout with a high energy, adrenaline pumping, SPIN class that will challenge you through hills, flats and power drills. Then it's time to transition to the pool where you will focus on technique as well as drills, speed and endurance. This class is an intermediate to advance class. You must be able to swim 100 meters consistently without stopping! (Main Pool)

Schedule: Sat 7:15 - 8:45 am
 Thurs 6:15 - 7:45 pm

Fee: See fees below

H2O CHALLENGE & MUSCLE CONDITIONING FOR SWIMMERS

This must try class combines cross training in the pool with muscle conditioning on land. Sessions will include 30-minutes of strength training on land with one-hour in the pool improving aerobic and muscular endurance without the impact on the joints. All levels and abilities welcome! (Main Pool)

Schedule: Sun 9:00-10:30 am

| | | |
|---------------|----------------|------------------------|
| WINTER | \$42.00 | Members |
| | \$60.00 | Program Members |
| | \$84.00 | Non-Members |

| | | |
|-----------------|-----------------|------------------------|
| SPRING I | \$ 49.00 | Members |
| | \$ 70.00 | Program Members |
| | \$ 98.00 | Non-Members |

| | | |
|------------------|-----------------|------------------------|
| SPRING II | \$ 56.00 | Members |
| | \$ 80.00 | Program Members |
| | \$112.00 | Non-Members |



HEALTHY LIVING

Improving the Nation's Health and Well-Being

ACTIVE OLDER ADULTS

HATHA GENTLE YOGA

This is a basic, therapeutic style of yoga. The class teaches breathing exercises to focus the mind and calm the emotions. Meditation is also practiced to center the spirit. A great way to improve self-awareness and de-stress the body.

Schedule: Wed 6:30-7:45 pm

| | | |
|---------------|----------------|--------------------|
| WINTER | FREE | Members |
| | \$72.00 | AOA |
| | \$96.00 | Non-Members |

| | | |
|-----------------|-----------------|-------------------|
| SPRING I | FREE | Members |
| | \$80.00 | AOA |
| | \$110.00 | Non-Member |

| | | |
|------------------|-----------------|--------------------|
| SPRING II | FREE | Members |
| | \$96.00 | AOA |
| | \$128.00 | Non-Members |



SILVERSNEAKERS® YOGA STRETCH

Learn how to blend three yoga styles to create a harmony of movement for the whole body. YogaStretch is taught from seated and standing positions to enhance flow and energy and is designed to increase flexibility and balance.

Schedule: T/TH 11:30-12:30 pm

Fee: FREE Members Only



SILVERSNEAKERS® @ MSROM

Muscular Strength and Range of Motion
A variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living (ADLs). Hand-held weights, elastic tubing, and a ball are offered for resistance; a chair is used for seated and/or standing support.

Schedule: M/F 11:00-12:00 pm
W 11:30 -12:30 pm

Fee: FREE Members Only

ACTIVE OLDER ADULT SWIM

Pick up a copy of our pool schedule for days and times. A great workout without any impact.

HEALTHY LIVING

Improving the Nation's Health and Well-Being

ACTIVE OLDER ADULTS



ZUMBA GOLD ®

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. (MP ROOM)

Schedule: Wed 1:00 - 2:00 pm

| | | |
|------------------|----------------|--------------------|
| WINTER | \$30.00 | Members |
| | \$48.00 | AOA |
| | \$66.00 | Non-Members |
| SPRING I | \$38.00 | Members |
| | \$58.00 | AOA |
| | \$78.00 | Non-Member |
| SPRING II | \$40.00 | Members |
| | \$64.00 | AOA |
| | \$88.00 | Non-Members |

FEES FOR ALL CLASSES TO THE RIGHT

| | | |
|------------------|-----------------|--------------------|
| WINTER | FREE | Members |
| | \$60.00 | AOA |
| | \$78.00 | Non-Members |
| SPRING I | FREE | Members |
| | \$68.00 | AOA |
| | \$88.00 | Non-Member |
| SPRING II | FREE | Members |
| | \$80.00 | AOA |
| | \$104.00 | Non-Members |

SHIP SHAPE

Strengthening class using hand weights, bands, balls and body resistance. Focus on balance, range of motion and flexibility. Stand or sit with optional use of mats.

Schedule: T/TH 9:30-10:30 am

FOREVER FIT

Low impact aerobics. The strength, tone and stretch portion is done using chair.

Schedule: M/F 10:00-11:00 am



Y BE FIT

Choreographed aerobic workout to get your heart pumping and your toes tapping. Strength and endurance portion is followed by a chair-based stretch.

Schedule: T/TH 8:30-9:30 am

FIT, FUNCTIONAL & FUN

This class challenges your cardio-respiratory and muscular strength in alternating interval segments. You will do a range of fun athletic and dance-like moves and grooves. You'll work ROM, balance, agility, and core involvement to enhance your functional fitness level. Mat work for strength and length wraps up the class!

Schedule: T/TH 10:30-11:30 am

HEALTHY LIVING

Improving the Nation's Health and Well-Being

ACTIVE OLDER ADULTS WATER EXERCISE

ARTHRITIS WATER EXERCISE

A recreational program in our therapeutic (Alden) pool designed to help people with arthritis, exercise through gentle movements. Maintain and improve joint flexibility, strength, balance and agility. Led by a certified YMCA/Arthritis instructor.

Schedule: M/T/TH 8:30-9:15 am
M/W 1:15 - 2:00 pm
FRI 12:15 - 1:00 pm

| | | |
|---------------|-----------------|--------------------|
| WINTER | \$42.00 | Members |
| | \$78.00 | AOA |
| | \$108.00 | Non-Members |

| | | |
|-----------------|-----------------|-------------------|
| SPRING I | \$48.00 | Members |
| | \$88.00 | AOA |
| | \$125.00 | Non-Member |

| | | |
|------------------|-----------------|--------------------|
| SPRING II | \$56.00 | Members |
| | \$104.00 | AOA |
| | \$144.00 | Non-Members |



WATERWALKING

Enjoy the challenge and benefits of exercising with no stress to your joints. (Alden Pool)

Schedule: M/W 12:15-1:00 pm
M/W 11:30 -12:15 pm
T/TH 11:30 -12:15 pm

* See below for rates

HYDROFIT

Use the power of the water to get fit, build strength and flexibility. For all fitness levels. (Alden Pool)

Schedule: T/TH 9:15-10:00 am

| | | |
|---------------|----------------|----------------|
| WINTER | FREE | Members |
| | \$60.00 | AOA |

| | | |
|-----------------|----------------|----------------|
| SPRING I | FREE | Members |
| | \$68.00 | AOA |

| | | |
|------------------|----------------|----------------|
| SPRING II | FREE | Members |
| | \$80.00 | AOA |

HEALTHY LIVING

Improving the Nation's Health and Well-Being

ADULT & JUNIOR TENNIS

NEW TENNIS PROGRAM SCHEDULE FOR ALL POPULATIONS

Winter and Spring Tennis Programs are 11 weeks
For the Winter and Spring we will offer (2) 11 week program sessions.

Winter Session: Jan 2nd to March 25th
Spring Session: March 26th to June 17th

Longer sessions will improve the quality of the program in several ways:

- Consistency of instruction: Instructors will stay with group longer which will improve continuity.
- Group Continuity: Players can stay with their group longer so they can improve as a group.
- Relationships/Communication: Players and instructors will form better relationships improving communication and enhancing the overall experience.
- Development: Players will be better able to develop their strokes and skills with a more consistent approach.
- Easier Registration/Convenience: Longer sessions mean not having to register as often.

Participants will have the option of paying the program fee in two installments if paying by credit card.



HEALTHY LIVING

Improving the Nation's Health and Well-Being

ADULT TENNIS

TENNIS 101 (11 week program)

If you are new to Tennis then this is the program for you! You'll learn all the basics to get you going quickly while having a great time! Don't worry about not having played tennis before. Most people feel the same way until they try it. Once they try tennis THEY ARE HOOKED! Minimum requirement of 4 participants per court. Maximum 6 to 1 ratio.

Schedule: Mon 10:30 am - 12:00 pm
Tues 6:30 - 8:00 pm
Thurs 9:00 - 10:30 am
Thurs 8:00 - 9:30 pm
Sat 9:00 - 10:30 am

Fee: \$160 Members
\$199 Non-Members

ADULT CLINICS (11 week program)

A great opportunity for players looking to improve their game. Minimum requirement of 3 participants per court 1.5 Hour Clinics (4:1 Ratio)

Schedule: Mon 9:00 - 10:30 am (2.5-3.0)
Mon 6:30 - 8:00 pm (2.5-3.0)
Mon 6:30 - 8:00 pm (3.0-3.5)
Wed 9-10:30 am (2.0-2.5)
Wed 8-9:30 pm (2.0-2.5)
Thurs 10:30 - 12:00 pm (3.0-3.5)
Fri 9:00 - 10:30 am (2.5 - 3.0)
Fri 10:30-12:00 pm (2.0-2.5)

Men's Clinics (3.0 - 3.5)

Mon 10:30 - 12:00 pm
Thurs 6:30 - 8:00 pm

Fee: \$285 Members;
\$350 Non-Members

ADULT MATCH PLAY / ROUND ROBINS

(11 week program)

Don't have a partner or group? Let us get you matched up and playing right away! Our fun format has one of Greendale's tennis professionals there to give advice on tactics & strategy while mixing in some great drills. Minimum requirement of 4 participants per court

Schedule: Tues 8:00-9:30 pm
Doubles 3.0 - 3.5

Fee: \$180 Members
\$220 Non-Members

ADULT TEAM TENNIS

The Greendale YMCA is home to many adult teams that compete locally. Regardless of your level, we have an appropriate team for you from NTRP 2.5-4.5 levels for men and women. We offer day time teams and evening/weekend teams.

USTA MIXED DOUBLES LEAGUE

(Runs January - May)

Greendale Y has several mixed doubles teams for 3.0, 3.5, and 4.0 players. Matches are played every other week on Friday nights from 8-9:30 pm.

USTA SPRING LEAGUE

(Runs May - July)

During the spring/summer Greendale Y will field a number of men's and women's teams. Women's teams will be 2.5, 3.0, and 3.5. Men's teams will be 3.0, 3.5, 4.0, and 4.5.

For more info on USTA Team Tennis please contact Tennis Director, Pete Kolifraith

STRONG KIDS ROUND ROBIN

A tennis program for a great cause! Looking to play more tennis or just play with a new group of players? Then sign-up today and play in our weekly Strong Kids Round Robin. You'll also be supporting a great cause...the YMCA Strong Kids' Campaign. All donations will go directly to support youth and families in our service area and provide them the opportunity to participate in a YMCA program. Space is limited. Weekly sign-up at the Welcome Center is required. Minimum of 8 players needed each week. (Starts October 4th)

Schedule: Wed 10:30 - 12:00 pm

Fee: \$10.00 Members
\$20.00 Non Members



HEALTHY LIVING

Improving the Nation's Health and Well-Being

ADULT TENNIS

PRIVATE & SEMI-PRIVATE LESSONS

Rates listed are per person

Schedule: By Appointment
Private Fee: \$65/hour Members
\$35 1/2 hour Members
\$75/hour Non-Members
\$45 1/2 hour Non-Members
Semi Private Fee:
\$35/hour each Members
\$45/hour each Non-Members

Contact Pete Kolifrath, Tennis Director, at 508-852-6694 x 231 or pkolifrath@ymcaofcm.org. Half-hour and 90-minute lessons also available.

FREE TENNIS ORIENTATION

If you are a new member or new to our tennis program, please contact our Tennis Director, Pete Kolifrath, to schedule your free tennis orientation. This complimentary service will allow our tennis staff to determine your playing level and help you find the tennis program or activity that is right for you! Call Pete at x231 or email pkolifrath@ymcaofcm.org.

TENNIS CONNECTIONS

TENNIS FREE FOR ALL

Saturday, December 31st
A fun, free introduction to tennis for adults and kids ages 4 & up. The event will feature intro to tennis basics, tennis games, prizes, raffles and refreshments.

Schedule: Saturday 9:00 - 10:30 pm

Fee: FREE to all ages 4 and up!

SATURDAY NIGHT ROUND ROBINS

Once a month we will host a fun, social Round Robin for adults that will feature several rounds of doubles and singles. A great time had by all!

Schedule: Saturday 7:00 - 9:00 pm

Dates: Jan 14, Feb 11, Mar 24, Apr 28, May 19.

Fee: \$15 Members
\$25 Non-Members

2nd ANNUAL GREENDALE TENNIS CHAMPIONSHIPS

Get your competitive game tuned up and compete in Greendale's 2nd Annual Tennis Championship. This event will include tournament draws for players 3.5 and below and 3.6 and above in the following categories: Men's Singles, Men's Doubles, Women's Singles, Women's Doubles, and Mixed Doubles. Our schedule-friendly format will have matches played over a two-month period in February and March, where players schedule their own matches with opponents while following a tournament timeline. The Championships will culminate with a Final's Day where all championship matches are played so other players can watch and take part in the festivities. Finals Day will be held Sunday, April 15th.

There is a \$10 entry fee per person per event. For more information or to sign up, contact Pete Kolifrath, Tennis Director, at 508-852-6694, ext 231 or email pkolifrath@ymcaofcm.org

4th ANNUAL TENNIS EXTRAVAGANZA - MARCH 31

This fun-filled event to support our Annual Strong Kids Campaign will feature: Entertainment, Fast-paced Tennis Drills, Round Robin, New Racquet Demo, Silent Auction, Raffles, Prizes, Refreshments and more! There will be several vendors on hand showcasing their products including racquets, tennis accessories, and other great items!

Schedule: Fri 7:00-10:00 pm
Fee: \$40 / Playing Participants
\$20 / Non-playing Attendees

Tickets must be purchased in advance by contacting Pete Kolifrath, Tennis Director, at 508-852-6694 x231 or via email at pkolifrath@ymcaofcm.org.



HEALTHY LIVING

Improving the Nation's Health and Well-Being

HEALTHY LIFESTYLES

AQUATIC CERTIFICATIONS

LIFEGUARD CERTIFICATION

Receive lifeguard certification upon successful completion of the course. Must be at least 16 years old and pass a swim test, which includes 300 yd continuous swim with combination of front crawl, and breast stroke; a 20 yd. swim with a surface dive to retrieve a 10 lb. brick in 7-10 ft. of water then swim back 20 yd. in 1 minute 40 seconds. Course includes First Aid and Professional Rescuer CPR Certification. Please note: in the event a participant does not pass the pre-test on the first day of class, no refund will be given.



Schedule: Winter January 11 - March 7
Spring March 14 - May 16
Wed 6:30 - 9:30 pm

Fee: \$300 Members
\$350 Non-Members

WATER SAFETY INSTRUCTOR COURSE

This class is designed to train participants to be American Red Cross Water Safety Instructors. Participants who successfully complete all requirements will receive Water Safety Instructor Certification. Pre-requisite is current lifeguard certification or strong swimming skills. A pre-test will be conducted the first night. Minimum age is 17.

Schedule: TBD

Fee: \$250 Members
\$300 Non-Members

CONTACT: KATIE DUPONT x 288
for more information.

BABYSITTER CERTIFICATION

Make a difference in the lives of young children. This American Red Cross Babysitter Certification will teach you everything you need to know to start your own babysitting business. From health and safety to activities and discipline. Participants must be 13 years of age prior to the start of the class.

Schedule: TBD

Fee: \$65 Members
\$85 Program Members
\$110 Non-Members



DID YOU KNOW

President Ronald Reagan was a Lifeguard at the YMCA.

Janet Evans, Mark Spitz, Greg Louganis and John Naber all learned to swim at the YMCA.



SOCIAL RESPONSIBILITY

Giving Back and Providing Support to Our Neighbors

COMMUNITY HEALTH & FAMILY SERVICES

MILITARY OUTREACH

The Department of Defense has contracted with the YMCA to provide FREE "family" memberships at participating YMCAs throughout the United States and Puerto Rico for the following Title 10 DoD Military Groups. If you or a family member are being deployed, if you were injured in action, or if you are a recruiter, you may qualify for this program for up to 18 months. Please contact Membership Services at x 270 for details on qualification.

Y ACCESS PROGRAM

It is our position at the YMCA of Central Massachusetts that all of our membership, childcare and program services will always be accessible to any person regardless of age, income, race, or religion. In those cases where the cost of our membership or programming is out of reach of the individual or family we will offer financial assistance based on need through our Association "Y Access" Program. For more information, please contact Membership Services at x 270.

STRONG KIDS CAMPAIGN

The Annual Strong Kids Campaign is the backbone that supports the YMCA's mission of helping all people regardless of their ability to pay. Each year 100% of the dollars raised go directly to support financial assistance for youth and teen programs and memberships. In addition to your support the YMCA also engages the support of our volunteers, staff, program participants, scholarship recipients and board members.

This year's campaign is launching with the largest goal the YMCA of Central Massachusetts has seen to date, \$535,000. These funds raised provide financial assistance and scholarships to children, teens and families who would otherwise not be able to afford YMCA programs, such as, Afterschool, child care, summer camp and youth & teen leadership development programs. This goal will ensure that children and teens are exposed to positive role models while participating in constructive activities that build character and self-esteem.

At the YMCA we believe our success will always be measured by the lives we touch. Please help us to live up to our mission of building strong kids, strong families and strong communities. If you are interested in donating or volunteering your time in support of the Strong Kids

VOLUNTEERING TO MAKE A DIFFERENCE

Do you believe in the Y mission? Do you want to make a difference in peoples lives?

There are many volunteer opportunities at the YMCA. No matter what your special talents or interests are, or what your schedule allows, You can help change someone's life!

- Help out in Child Watch
- Be a new member buddy
- Help in a swim class
- Help with our Strong Kids Campaign
- Volunteer to plant flowers
- Read stories to a preschool class
- Mentor a youth in the teen center
- Serve on a program committee
- File in our back office
- Data Entry

These are just a few of the volunteer opportunities. Please help us build strong kids, strong families, and strong communities by becoming a Y Volunteer!

Stop by any of our Welcome Centers and ask about becoming a volunteer! Look for postings about inquiry sessions in the Greendale lobby.



SOCIAL RESPONSIBILITY

Giving Back and Providing Support to Our Neighbors

SPECIAL EVENTS



EASTER EGG HUNT & PICTURES WITH THE EASTER BUNNY

Come and hunt for eggs outside (weather permitting). Enjoy healthy snacks and have your picture taken with the Easter Bunny before he hops away! **Pick up your tickets at the Welcome Center beginning February 28th.**

Photos may be purchased:

\$3.00 for 4 x 6, 5x7 for \$5.00, 8x10 for \$7.00.

ALL MONIES BENEFIT THE STRONG KIDS CAMPAIGN

Schedule: Wednesday, March 28th
11:30am - 1:00pm

Fee: FREE for Member's Only



FRIDAY FAMILY FUN NIGHTS

SWEETHEART'S DANCE

Dance to the tunes with "Jazzy J" in the Multi-Purpose Room.

Schedule: Friday, February 17th
5:30pm - 8:00pm

DRIVE IN MOVIE NIGHT - "Cars 2"

Bring your family for a movie, popcorn and "Drive-In" fun! Multi-Purpose Room.

Schedule: Friday, March 23rd
5:30pm - 8:00pm

HEALTHY KIDS DAY - OPEN HOUSE

YMCA's Healthy Kids Day is our Movement's largest national initiative, bringing children and families together and providing the education, activities and support that encourage healthy habits in children and parents alike.

Schedule: Friday, April 27th
5:30pm - 8:00pm



SOCIAL RESPONSIBILITY

Giving Back and Providing Support to Our Neighbors

CONNECTING COMMUNITIES

THE COFFEE CONNECTION

Meet our Directors over a cup of coffee, learn about programs in their departments, ask questions and connect!

Schedule: January 3, 4, & 5
Look for posted times and locations

CRAFTY CUTIES

Join our Volunteer group knitting/crocheting hats, scarves, blankets, etc. for various hospitals and shelters on Tuesday mornings! Contact Celeste for details at x 224.

CALLING ALL BRIDGE PLAYERS

A few members would like to get together on Monday's or Fridays at 10:00 am to play Bridge. All levels welcome.

Call Celeste at ext 224 for details.

SMALL GROUP BIBLE STUDY

Join us on Wednesday mornings from 8:00 - 9:00am for Bible Study and prayer.

Location: Alden Program Room

Contact Brenda at ext. 270 for details.

4TH ANNUAL 45 DAY WELLNESS CHALLENGE

Feb 1 - Feb 29th

Let us help you achieve your goals with incentives. We're for Healthy Living!

Utilize the YMCA 45 days of the first 90 days of enrollment or 45 days from the day of joining and receive:

| | |
|---------|-------------------|
| 30 Days | Water Bottle |
| 45 Days | Workout Towel |
| 90 Days | Challenge T-Shirt |

Earn extra incentive points for: NMPT, Volunteering, and Small Group Connections. Watch for more information in the Lobby.

Enroll at the Welcome Center or contact Brenda at ext. 270 for details.



TENNIS CONNECTIONS

TENNIS FREE FOR ALL Saturday, December 31st

A fun, free introduction to tennis for adults and kids ages 4 & up. The event will feature intro to tennis basics, tennis games, prizes, raffles and refreshments.

Schedule: Saturday 9:00 - 10:30 pm

Fee: FREE to all ages 4 and up!

SATURDAY NIGHT ROUND ROBINS

Once a month we will host a fun, social Round Robin for adults that will feature several rounds of doubles and singles. A great time had by all!

Schedule: Saturday 7:00 - 9:00 pm

Dates: Jan 14, Feb 11, Mar 24, Apr 28, May 19.

Fee: \$15 Members
\$25 Non-Members

FAMILY FUN TOURNEY

January 22nd

Join us for a fun-filled, semi-competitive family tournament. Round Robin format that will include prizes and refreshments. **Each team must be an adult and child. Junior players must be able to serve and keep score in order to participate.**

Schedule: Sun 9:00 am - 12:00 pm

Fee: \$25 per Team/Members
\$35 per Team/Non-Members



SOCIAL RESPONSIBILITY

Giving Back and Providing Support to Our Neighbors

CONNECTING COMMUNITIES

MEMBER APPRECIATION DAYS – We Love Our Members!

Bring your family, friends and neighbors to the YMCA on the following days. Bring a guest into the Y for FREE on this day. Special themes, raffles and more during the times listed. Come join in all the fun!

JANUARY

Monday – JANUARY 2, 2012

New Years Eve Party – Missed the New Year, Ring it in at the Y!

5:00 – 8:00 p.m. COUNT DOWN EVERY HOUR!

RAFFLES, SNACKS, PARTY HATS & FAVORS!

FEBRUARY

Tuesday, February 14th

WE LOVE OUR MEMBERS

VALENTINES APPRECIATION BREAKFAST

7:00 – 9:00 a.m.

MARCH

Thursday, MARCH 15th

LUCK OF THE IRISH DAY

KARAOKE of IRISH SONGS in the Lobby

12:00 – 2:00 p.m.

APRIL

Friday, April 27th

HEALTHY KIDS DAY / MEMBER APPRECIATION

5:30pm – 8:00pm

MAY

Thursday, May 5th

CINCO DE MAYO

Enjoy a glass of Sangria

3:00 – 7:00 p.m.

JUNE

Wednesday, June 20th

FIRST DAY OF SUMMER

Raffle for a beach package

10:00a.m – 4:00 p.m.



PROGRAM REGISTRATION INFORMATION

This form must accompany all program registrations. Registrations will only be processed with a signed copy of Program Registration Information Form.

REGISTRATION GUIDELINES AND POLICIES

- Completed forms with payment will be accepted at the Greendale Family Branch YMCA for on-site registration. **Please refer to page 3 of the program brochure for registration dates.**
- **Incomplete registration forms and/or registrations without a signed information form** will not be processed. Forms must be complete, legible and include payment or credit card information.
- **Registrants must provide a minimum of 48 hours notice of cancelation prior to the first class to be eligible for a full-refund or credit. Cancelation notices received less than 48 hours in advance of the first class will qualify for a 50% credit / refund. Cancelation notices received after the second class do not qualify for a credit / refund. Cancelation requests for programs/services under \$25.00 will qualify for a credit only.**
- **Programs may be canceled if enrollments do not meet minimum requirements 48 hours prior to the beginning of the class.** If classes are cancelled by the YMCA, registrants will receive a program credit or refund.
- **Membership must be active through the program session** for which you are registering or the non-member fee will apply. Members will need to renew any membership expiring before August 21, 2011 in order to receive a member rate. **No retro-active credits will be given when a membership type is changed during the registration period.**
- **Registrations received after the start of the first class require Director's approval.**
- Fees will be pro-rated for abbreviated sessions and / or holidays when the YMCA is closed. Payments made by credit card will be charged the correct pro-rated fees. However, if an overpayment is received via check, the amount of the overpayment will be applied as a program credit to the registrant's YMCA account.
- If the YMCA cancels a class due to inclement weather, instructor illness or some other unforeseen reason, the Y will do its best to offer a make-up class. If no make-up class is scheduled, a credit will be issued.
- The YMCA does not issue credit, refunds or make-up classes when participants miss a class for personal reasons.
- Parents /guardians of children ages 0 - 12 are responsible for drop-off and pick-up at the location of the program (i.e., pool, tennis courts, gymnasium, etc) and **must remain in the Greendale YMCA building should they be needed.** Should a parent or guardian leave the area of the program, they MUST inform the instructor where they can be found. This procedure has been established for the protection and safety of all children within YMCA programs.

STRENGTHENING THE FOUNDATIONS OF COMMUNITY

The Y is a nonprofit like no other. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver, positive change.

The Y is community centered. For nearly 160 years, we've been listening and responding to our communities.

The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.

The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.

The Y has local presence and global reach. We mobilize local communities to effect lasting, meaningful change.

THE YMCA OF CENTRAL MASSACHUSETTS

The YMCA of Central Massachusetts is a non-profit organization, whose origin dates back 150+ years. We have made a solid commitment to improve the community. We are involved in community partnerships and collaborations with over 100 schools, churches and human service organizations.

OUR CAUSE DEFINES US

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



Central Community Branch

766 Main Street
Worcester, Massachusetts 01610
508 755 6101

Boroughs Family Branch

4 Valente Drive
Westborough, Massachusetts 01581
508 870 1320

Greendale Family Branch

75 Shore Drive
Worcester, Massachusetts 01605
508 852 6694



WINTER & SPRING PROGRAM GUIDE

GREENDALE FAMILY BRANCH
75 Shore Drive
Worcester, Massachusetts
508 852 6694
www.ymcaofcm.org