



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE FOR LESS

WELLNESS
EVERYONE
CAN AFFORD

WINTER SESSION
JANUARY 9 – MARCH 3



YMCA OF
CENTRAL MASSACHUSETTS
CENTRAL COMMUNITY BRANCH

hours of operation

Monday–Friday 5:15 am–9:30 pm

Saturday 7:15 am–6:30 pm

Sunday 8:15 am–3:30 pm

Hours subject to change.

session dates

January 9–March 3, 2012

www.ymcaofcm.org

Check out our NEW website!

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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.

YMCA 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 and responsibility.

MORE FOR LESS

Wellness
Everyone
Can Afford



The Central Community Branch YMCA
has adjusted membership prices to
make access to health and wellness
affordable for the community.

\$30 — Adults

\$60 — Families

**We're for Youth Development,
Healthy Living and Social Responsibility.**

AQUATICS

parent/child (6–36 months)

This class is for children ages 6 to 36 months and their parents. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills.

Schedule: Monday 6:00–6:30 pm
Saturday 9:00–9:30 am

Fee: \$37/Family Members
\$52/Potential Members

preschool (3–5 years)

Below is a brief description of each level. Please find the class that best describes your child's swimming ability.

Fee: \$37/Family Members
\$52/Potential Members

pike

This level is for the beginner, a child that is not able to move through the water on their own and is fearful. The main goal at this level is to eliminate the child's fear and work on moving through the water independently, with a bubble.

Schedule: Monday 5:30–6:00 pm
Thursday 4:30–5:00 pm
Saturday 9:35–10:05 am

eel



For the child that can move through the water independently, with a bubble. The main goal at this level is to have the child swim in a horizontal position for longer distances comfortably.

Schedule: Monday 5:30–6:00 pm
Thursday 4:30–5:00 pm
Saturday 9:35–10:05 am

ray

This level is for the child that can swim without a bubble, or is fluctuating between a small bubble and swimming without. The main goal at this level is swimming with their faces in the water and getting their arms out, (front crawl).

Schedule: Monday 5:30–6:00 pm
Saturday 10:10–10:40 am

starfish

This level is for the swimmer who is comfortable with his/her face in the water and already has the basics of front crawl. He/she will concentrate on rotary breathing and endurance.

Schedule: Monday 5:30–6:00 pm
Saturday 10:10–10:40 am

youth (6–12 years)

Below is a brief description of each level. Please find the class that best describes your child's swimming ability.

Fee: Free/Member Benefit for Family Members
\$25/Youth Members
\$58/Potential Members



polliwog

This level is for the beginner swimmer, who is unable to swim on their own without flotation.

Schedule: Monday 4:00–4:45 pm
Thursday 5:00–5:45 pm
Saturday 10:45–11:30 am

guppy

This level is for the swimmer who has passed Polliwog or can swim on their own using the paddlestroke and are comfortable in deep water.

Schedule: Monday 4:00–4:45 pm
Thursday 5:00–5:45 pm
Saturday 10:45–11:30 am

minnow

This level is for the swimmer who has passed Guppy or can swim one length of the large pool with the back crawl and can demonstrate the front crawl for 15 yds.

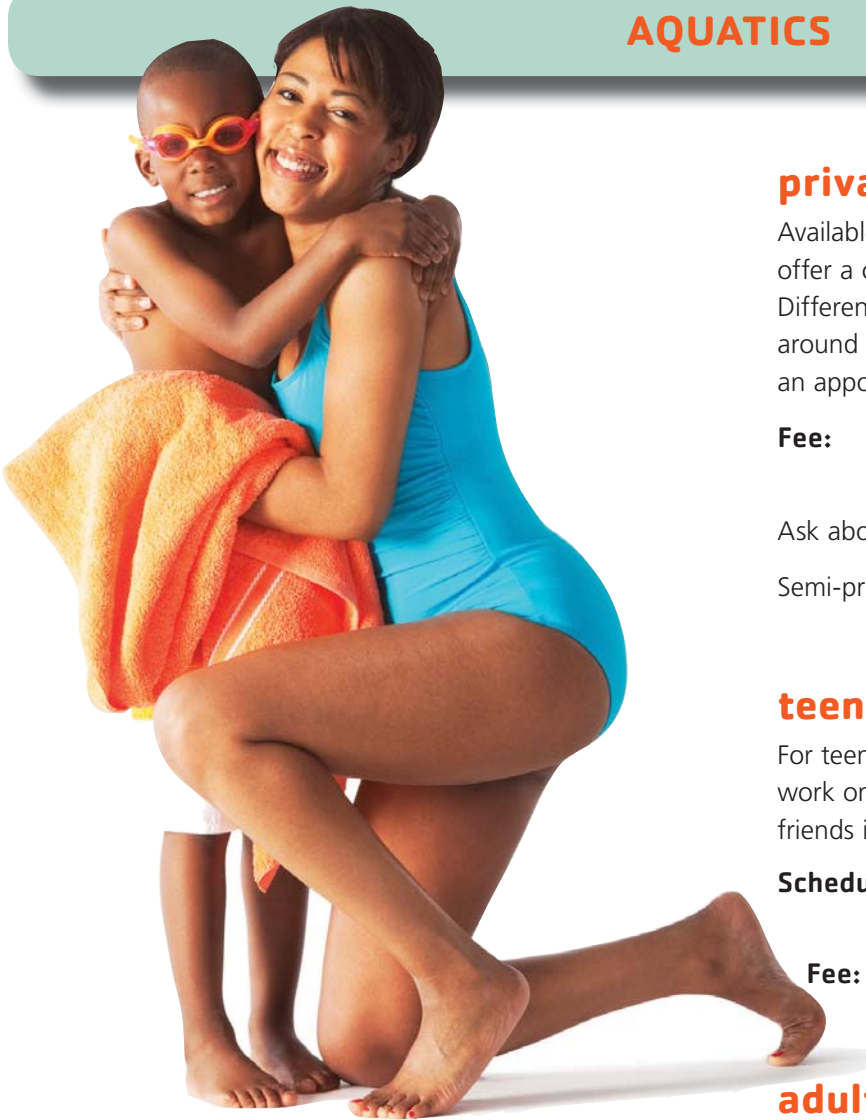
Schedule: Monday 4:45–5:30 pm
Thursday 5:45–6:30 pm
Saturday 11:30 am–12:15 pm

fish

This level is for the swimmer who has passed Minnow or can swim 50 yds of both the front crawl and the back crawl.

Schedule: Monday 4:45–5:30 pm
Saturday 11:30 am–12:15 pm

AQUATICS



private swim lessons

Available for any age and any swim ability. These lessons offer a concentrated half hour of one-on-one instruction. Different days and times are available — we will work around your busy schedule. For more information or an appointment call Pam at ext. 224.

Fee: \$20/half hour/Members
\$30/half hour/Potential Members

Ask about our Private Swim Lesson package rates!

Semi-private \$30/half hour/Members
\$40/half hour/Potential Members

teen swim lessons (12 – 16 yrs)


For teens who aren't comfortable around water. We will work on basic skills and have you swimming with your friends in no time.

Schedule: Mon 6:30–7:15 pm
Sat 8:15–9:00 am

Fee: \$25/Teen Members
\$58/Potential Members

adult lessons — 2 levels

Level I: For beginners looking for small group instruction. Basic swimming skills and strokes are taught to build confidence and improve technique. It's never too late to learn.

Schedule: Monday 6:30–7:15 pm 
Saturday 8:15–9:00 am

Fee: \$37/Members
\$58/Potential Members

Level II: For swimmers who can move through the water comfortably. Emphasis is on improving skills and learning new strokes while working on endurance. The perfect place to change old habits and make swimming a lifelong sport.

Schedule: Monday 6:30–7:15 pm 

Fee: \$37/Members
\$58/Potential Members

flying fish

For the swimmer who has passed Fish or can swim 100 yds of both the front crawl and the back crawl. Must also be able to demonstrate the breast stroke and dolphin kicks.

Schedule: Monday 4:45–5:30 pm
Saturday 11:30 am–12:15 pm

shark/porpoise

This level is for the swimmer who has passed flying fish or can demonstrate 200 yds of the front crawl and a 200 yds individual medley.

Schedule: Monday 4:45–5:30 pm
Saturday 11:30 am–12:15 pm



Child Watch offered. Check the schedule for options.

CHECK OUT AQUA AEROBICS ON PAGE 6.

HEALTH & WELLNESS

Welcome to Health & Wellness

The Wellness Team welcomes you! As a member of the Central Community Branch Y, you'll have countless opportunities for achieving optimal health & wellness. We are here to help you reach your goals. We have designed programs to appeal to everyone! Please take advantage of all that the Wellness Team has to offer.

Group Exercise Classes

The majority of Group Exercise classes are included with your membership. Classes are for all members over 13 years old, and have a wide array of styles to appeal to many different people. Classes are free and you won't have to reserve your spot. Simply arrive 5 minutes prior to class and be ready to have a wonderful experience with highly skilled instructors and motivated members. A detailed description of each class and the schedule is included in this guide.

Personal Training

Members often need that extra push to reach and exceed their goals. Our highly qualified team of Health & Fitness Professionals will show you how to take your fitness to the next level and beyond. Here are the top 8 reasons members have invested in themselves through Personal Training.

Reasons to use a YMCA Certified Personal Trainer

Personal Goals: Feel and look your best for a wedding, anniversary, vacation, reunion, or birthday.

Motivation: An appointment with a trainer helps you stick to a schedule . . . trainers make hard work FUN!

Inexperience: Don't feel "lost" . . . we'll be your partner in wellness and together will achieve success!

Training: Train for a road race, triathlon, charity walk or a specific sport such as golf or tennis.

Real Life: Increase strength and endurance for what you do in your life . . . from gardening to hiking!

Address a current health condition: High blood pressure, diabetes, high cholesterol, obesity: Our trainers can help you to battle these conditions and improve your overall health!

Wellness Center Programs

All staff working in the Wellness Center are Certified Personal Trainers, or in the process of obtaining their certification. A member of our highly trained Wellness Team will provide you with a complimentary orientation where you'll learn to use the equipment in the Wellness Center in a safe and effective manner. If you would like to track your BMI (Body Mass Index), your weight and your body fat percentage, we can help you with that as well. Please make your appointment with a member of the Wellness Team to get started on the road to health and wellness!



Variety: Make your workouts fun and efficient! Break out of the boredom and enjoy working out.

Value: The average cost per session in the fitness industry is \$75. The YMCA has made Personal Training affordable and available to everyone.

Pricing & Packages

One-on-One Personal Training

One Session: \$45
Five Sessions: \$200
Ten Sessions: \$400 with Bonus Session

Small Group Personal Training

Train with friends and save money!

Five Sessions: \$130 per person
Ten Sessions: \$230 per person with Bonus Session

For more information or to set up an appointment, please contact Andy Sharry at ext. 287.

Specialized Training Programs

- Nutrition Counseling
- Triathlon Training
- Running Performance Enhancement
- One-on-One Yoga and Pilates Training
- One-on-One Pilates Training
- Body Building/Muscle Building
- Figure/Fitness Model Training

Individual

Five Sessions: \$200

Ten Sessions: \$400 w/ Bonus Session

Small Group



Train with friends and save money!

Five Sessions: \$130 per person

Ten Sessions: \$230 per person w/ Bonus Session



pilates

A highly effective way to stretch, strengthen and streamline your body. Incorporates core conditioning, strengthening of back and glutes muscles and overall muscle toning.

Schedule: Mon/Wed 7:30–8:30 pm 
 Mon/Wed/Fri 11:00–12:00 noon 



cycling

A fun and energetic cardio workout with music and energy to motivate people of all abilities. Come give it a spin!

Schedule: Wed/Fri 6:00–7:00 am
 Tues/Thurs 12:00–1:00 pm
 Tues/Thurs 6:00–7:00 pm 
 Sat 9:00–10:00 am 

fitness blast

A high-powered combination of core, balance, strength, speed, and agility in a fun and energetic environment.

Schedule: Tues/Thurs 6:00–7:00 pm 
 Thurs 6:00–7:00 am
 Sat 9:00–10:00 am 

core crush

Work your core in this intense and fun class. You'll learn movements to develop a strong and stable core that you can use in your own workouts. Total body muscle toning is also part of this class.

Schedule: Sat 8:00–9:00 am

yoga

Relax, stretch, tone and flex your body. Stressed? You need Yoga!

Schedule: Mon 6:30–7:30 pm 
 Tues 6:00–7:00 am
 Wed 6:30–7:30 pm 
 new time! Fri 7:00–8:00 am

zumba

Come enjoy the hot Latin rhythms that will sculpt your body while energizing you with the fun party atmosphere of Zumba Fitness!

Schedule: Mon/Wed/Fri 5:00–6:00 pm 

boxing conditioning

Train like a boxer in this boot-camp style class. You'll be able to fight that extra round after preparing your body in this class.

Schedule: Mon/Wed 6:00–7:00 pm 

learn to box

Hit the speed bag, the heavy bag or spar with our highly trained boxing instructors. Slide on the gloves and join us in the ring. This is for everyone who wishes to improve fitness, cardio health while learning some incredibly important self-defense movements.

Schedule: Mon–Thurs 7:00–8:00 pm

Please check updated Group Exercise schedule for current classes and times.

YMCA running team

You've probably seen the runners on the Main Streets of Worcester and the back roads of towns in the area. The team is made up everyday people who enjoy running, but also enjoy the connections made with other special people. First time and experienced runners are invited! Members receive professional coaching, mapped team runs on Wednesdays at 6 pm and Saturdays at 8 am. A wide variety of cross-training classes such as boot camps, spinning, zumba and yoga. Join us today!

Please contact Wellness Director Andy Sharry at 508.755.6101 ext. 287 or e-mail him at asharry@ymcaofcm.org. Check out the team page on Facebook, YMCA RUNNING TEAM

Fee: Free for Members
(\$30 annual registration fee)
Non-members, \$40/month



SilverSneakers® I

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

Schedule: Wed 9:30–10:30 am 🧘

SilverSneakers® II

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobics. A chair is offered for support, stretching, and relaxation exercises.

Schedule: Mon 9:30–10:30 am 🧘
Fri 9:30–10:30 am 🧘

aqua fit

Looking to exercise and you're not sure where to begin? Condition your whole body with a low-impact, high-energy water workout. Come to the pool, where the exercise is fun and "cool".

Schedule: Mon/Fri 9:15–10:00 am 🧘

aqua stretch-n-flex

Are you feeling stiff? Tired of your joints aching? This class provides easy to follow exercises for all your joints, executed using full "range of movement" t a slow and controlled pace. Guaranteed to leave you feeling refreshed. Great for all levels!

Schedule: Tues/Thurs 8:30–9:15 am

SilverSneakers® yoga stretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses.

Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Schedule: Wed 10:25–10:55 am 🧘

SilverSneakers® SilverSplash®

A water fitness program designed to enhance each individual's quality of life and daily function. This class utilizes the physical properties of the water to enhance agility, range of motion, and cardiovascular conditioning. With the use of the SilverSneakers® kickboard, participants develop strength, balance, and coordination. No swimming ability is required. Get wet, be strong and meet new friends in SilverSplash.

Schedule: Wed 9:15–10:00 am 🧘

CHILD WATCH

traditional child watch (3 mos–12 yrs)

Family life can be hectic and the Central Community Branch YMCA offers you the opportunity to participate in activities while we look after your children. While you enjoy a new aerobics class, a workout in the Wellness Center or a dip in the pool, caring YMCA staff will watch your children and engage them in a variety of activities.

There is a 1½ hour time limit and you must be a YMCA Member to use this service. Please sign your child into our Child Watch Room, off the lobby.

Schedule:

Mon, Wed, Fri	9:00 am – 12:30 pm
Tues & Thurs	9:00 am – 12:00 pm
Mon & Wed	5:00 pm – 8:30 pm
Tues & Thurs	5:00 pm – 8:00 pm
Sat	9:00 am – 12:00 pm

Fee: Free to YMCA Members and their children.
\$5/child for Adult or Program Members
Space is limited — first come, first served.

*Must be able to swim without PFD and touch the bottom of the small pool.

child watch evening activity (5–12 yrs)

Trained YMCA staff supervise activities throughout our facility. Your child can choose between a structured activity in another part of the YMCA or stay and play in our Child Watch Activity Center. Please check the schedule below.

There is a 1½ hour limit and you must be a YMCA Member to use this service. Please sign your child into our Child Watch space, off the lobby.

Schedule:

Mon	Board Games	5:30 – 8:30 pm
Tues	Swimming* (bathing suit required)	5:00 – 8:00 pm
Wed	Virtual Gym	5:30 – 8:30 pm
Thurs	Swimming* (bathing suit required)	5:00 – 8:00 pm

Fee: Free to YMCA Family Members and their children.
\$5/child for Adult or Program Members
Space is limited — first come, first served.



YOUTH

minority achievers program

College preparatory program open to students grades 9 through 12. This program evaluates each student based on their grades and individual academic needs to prepare them for the college admissions process. Potential participants must complete a M.A.P application as well as a membership application both of which are available at the Welcome Center and the Teen Department.

There is a \$20 a month fee to be an active member of Minority Achievers. Contact Amie at ext. 240 for more information.

spartacus program

This redirection and personal development program for teens focuses on team building, self-esteem, health and wellness, conflict resolution, anger management, teen pregnancy and STIs, just to name a few. Students are selected through referral only. Probation officers, school guidance counselors, and parents or guardians may refer students. Spartacus runs in 8-week sessions with a 9th week set aside for make-up work. Referral forms may be picked up at the Welcome Center or from the Teen Department. Attendance is mandatory and students who successfully complete an 8-week session will be offered a 1-year free membership to the YMCA. For more information contact Amie at ext. 240.

Schedule: Mon–Fri 4:30–6:30 pm

methods of payment

1) Electronic Fund Transfer

An easy way to pay as you go! Your checking or savings account is debited once per month.

2) Annual Payment

Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check or credit card — inquire at the Member Service desk for details.

financial assistance

It is our position at the YMCA of Central Massachusetts that all of our membership, childcare and program services 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 offer financial assistance based on need, through our Association “Y Access” Program. Please ask your Member Service staff for details.

guests

Guests are always welcome at the Central Community Branch YMCA. There is a non-refundable fee of \$15/person for a Day Pass. The Day Pass is valid for the day of purchase only and allows the Guest full access to the facility. Guests must be the age of 18 or older, or be accompanied by an adult member.

canceling your membership

To cancel your membership, you must provide a minimum of 30 days written notice and return your membership card.

Questions? Call Nadine at 508.755.6101 ext. 225.

The YMCA reserves the right to change membership fees with 30 days written notice to members.

reciprocity (MA and RI)

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.

program credit /refund policy

- Should the YMCA need to cancel a class, a full refund or credit will be issued to the participant.
- Should the participant cancel prior to the first class, a full refund or credit will be provided.
- Should the participant cancel after the first class meeting, whether or not they attended, a 50% refund will be issued.
- Should the participant cancel after the second class meeting, no credit or refund will be issued.
- Should a participant miss a class, the YMCA will make every effort to schedule a make-up.

insurance rebates

As a member of the Central Branch 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.

The following insurance providers may reimburse you:

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



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.

YOUTH/RENTALS

Kids on the Go (8–14 yrs)

This fun-filled, self-paced program provides a guided approach to improve routine physical activity and fitness levels, including practical ways for young people to eat a balanced diet. Meet once a week for 30 min. of interactive learning on nutrition and 60 min. of coached group exercise activities that vary each week. Experience our Virtual Gym, Rock Climbing, water activities, and more!

Wed 5:00–6:30 pm

Fee: \$25 per session (Includes YMCA Membership for duration of session)

pool party all ages • limit 15

Let our party facilitator help you make the day extra special. We offer a shallow pool for young children or non-swimmers and two lanes of the large pool for adventurous swimmers. After an exciting hour in the pool, you're off to the party room for more fun.

ALL PARTIES ARE 2 HOURS

A party facilitator will assist you with all your party needs. For more info., call Pam at ext. 224.

Fee: \$140/Members
\$170/Potential Members

Can't decide? Choose both parties and create your own experience.

Fee: \$200/Members
\$250/Potential Members

rock party ages 5 & up • limit 10

Looking for something different? Have a rock climbing birthday party at the YMCA. Our professional staff will instruct up to 10 children on how to rock climb, then off to the party room to complete your fun-filled party.



YMCA of Central Massachusetts Central Branch YMCA

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508.755.6101

Nonprofit
Organization
U.S. Postage
PAID
Permit No. 241
Worcester, MA