2017 Autumn Program Guide

September 11 – December 3, 2017
YMCA OF CENTRAL MASSACHUSETTS
CENTRAL COMMUNITY BRANCH
NEW MOBILE APP
YMCA OF CENTRAL MASSACHUSETTS

• Class Schedules
• Workout Plans
• Progress Tracking
• Calendar
• Individual/Group Challenges
• And More!

Download our NEW MOBILE APP Today!
Must have valid Email on file.
Please see Welcome Center Staff.
Members with a valid Email on file will receive an Email with access information.

www.ymcaofcm.org

Questions?
Contact Matthew Evans at mevans@ymcaofcm.org
or Pam Suprenant at psuprenant@ymcaofcm.org
About the
Central Community Branch YMCA

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 and responsibility.

Our Cause
We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That’s why, at the Y, strengthening community is our cause.

Our Impact
Every day our impact is felt when a teen makes a healthy choice, when a mentor inspires a child and when our community comes together for the common good.

Our Areas of Focus
We strengthen the foundations of our community through:

Youth Development...nurturing the potential in every child.

Healthy Living...improving the nation’s health and well-being.

Social Responsibility...giving back and providing support to our neighbors.

HOURS OF OPERATION
MON – FRI 5:15 AM – 8:30 PM
Saturday 7:15 AM – 6:30 PM
Sunday 8:15 AM – 3:30 PM

CHILD WATCH HOURS
MON – FRI 9:30 AM – 12:00 PM
MON – TH 5:00 PM – 7:30 PM
Saturday 9:00 AM – 12:00 PM

CLOSINGS
September 4th Labor Day
November 23rd Thanksgiving day

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PROGRAM NOTES
Sunday Hours begin on Sunday, October 1st

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.
NEW YMCA Swim Lessons – coming soon!
AQUATICS

Parent/Child - small pool
(Ages 6-36 months)
This class is for children ages 6 to 36 months & their parents. Classes are designed to allow the children to have fun in the water while the parent guides them to learn water safety.

Monday 5:30–6:00 pm
Saturday 9:00–9:30 am
$62/Family Members
$82/Non-members
10–12 week session

PRESCHOOL
(Ages 3–5)
Below is a brief description of each level. Please find the class that best describes your child’s swimming ability.

$62/Family Members
$82/Nonmembers
10–12 week session

Pike - small pool
This level is for the beginner; a child who does not know the basics: front paddle, Elementary Backstroke, Circle Pulls, does not back float or may be fearful. The main goal is to work on these skills & eliminate fear.

Monday 5:00–5:30 pm
Thursday 4:30– 5:00 pm
Friday 10:00–10:30 am
Saturday 9:30–10:00 am

Eel - small pool
For the child who can, front paddle, do Circle pulls, Elementary Backstroke & Frog kick for 15 yds. each plus blow bubbles w/face in water—wearing 2 bubbles or less. The main goal is to improve on the above skills & endurance.

Monday 4:30–5:30 pm
Friday 10:30–11:00 am
Saturday 10:00–10:30 am

Ray - lap pool
This level is for the child who can swim without a bubble & can Front & Back Paddle, do Circle pulls, Elementary Backstroke, & Frog kick for 15 yds. Each & is comfortable in deep water. The main goal at this level is to improve on all the above & endurance.

Monday 5:00–5:30 pm
Friday 11:00–11:30 am
Saturday 9:00–9:30 am

Starfish - lap pool
This level is for the swimmer who can do the Front Crawl w/arms out of the water & rhythmic breathing, & can do Circle Pulls, Elementary Backstroke, Frog Kick, & Back Crawl for 25 yds. each, all in deep water. He/she will concentrate on rotary breathing and endurance.

Saturday 9:30–10:00 am

Polliwog - small pool
This level is for the beginner swimmer who does not know the basics: Front paddle, Circle pulls, Frog kick, Elementary Backstroke, Back paddle, & Back Float. The main goal is to work on these skills.

Monday 4:00– 4:30 pm
Thursday 5:00– 5:30 pm
Thursday 5:30–6:00pm
Saturday 10:30–11:00 am
Saturday 11:00–11:30 am

Guppy - lap pool
This level is for the swimmer who can swim on their own & can do Front paddle with face in the water, Circle pulls, Frog kicks, Elementary Backstroke, Back paddle for 15 yds. each, can Back float 10 seconds & is comfortable in deep water.

Monday 4:00–4:30 pm
Saturday 10:00–10:30 am

YOUTH
(Ages 6–12)
Below is a brief description of each level. Please find the class that best describes your child’s swimming ability. Classes are 30 minutes in length.

$30/Members
$74/Youth Members
$90/Non-members
10–12 week session
AQUATICS

YOUTH (Ages 6–12) continued

Minnow – lap pool
This level is for the swimmer who can swim the Front crawl w/arms out of the water & rhythmic breathing, & can do the Elementary Backstroke and Circle pulls 25 yds. each, can Frog Kick and do the Back Crawl 15 yds. each (all in deep water) & retrieve an object off bottom of 5ft. deep.
Monday 4:30–5:00 pm
Thursday 6:00–6:30 pm
Saturday 10:30–11:00 am

Fish – lap pool
This level is for the swimmer who can swim Front Crawl 50 yds. w/rotary breathing & arms out, can do Elementary Backstroke, Breaststroke, Sidestroke arms, & Back Crawl 25 yds. each, retrieve object off bottom of 8ft. deep & tread water 60 sec.
Monday 5:30–6:00 pm
Saturday 11:00 –11:30 am

Flying Fish – lap pool
For the swimmer who can swim 100 yds. front crawl & 50yds of each the Elementary Backstroke, Breaststroke, Sidestroke, & Back Crawl and can tread water 2 min. & back Float 1 min.
Monday 6:00–6:30 pm
Saturday 11:30 am–12:00 pm

Shark – lap pool
This level is for the swimmer who can swim Front Crawl 200 yds. w/Bilateral Breathing, do Breaststroke & Elementary Backstroke both w/Glide & Back Crawl 100 yds. each & Side-stroke 50 yds. each side with Glide and Butterfly 25 yds.
Monday 6:30–7:00 pm
Saturday 11:30 am–12:00 pm

Adult/Teen Swim Lessons
$62/Members
$82/Non-members
10–12 week session

Level I: - small pool
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.
Monday 6:00–6:30 pm
Saturday 8:30– 9:00 am

Level II: – lap pool
For swimmers who can move through the deep 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.
Monday 6:30–7:00 pm
Saturday 8:30– 9:00 am

Private Swim Lessons
Available for ages 3 years to 103 years and for any swim ability. These lessons offer a concentrated half hour of one on one instruction. Different days and times are available; we will try to work around your busy schedule. For more information email Lillie at LSkerry@YMCAofCM.org or call 508-755-6101 ext. 273

$26/half hour/Members*
$36/half hour/Non-members*

Semi-private (2 students)
$39/half hour/Members*
$54/half hour/Non-members*

* Or purchase 5 lessons for the price of 4!
HEALTH & WELLNESS

Welcome to Health & Wellness!
Wellness Team welcomes you! As a member of the Central Community Branch Y, you’ll take your workout and goals to a new level in our recently renovated Wellness Center. Our talented Staff and Trainers 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.

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 dedicated Wellness Team will provide you with a free orientation on how to use the equipment in the Wellness Center in a safe and effective manner. Please make your appointment with our Wellness Team to get started on the road to health and wellness!

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. Contact Matthew Evans Wellness Director at 508.755.6101 x.287 or at mevans@ymcaofcm.org

Pricing & Packages
Five, 30 minute sessions: $100
Five, 60 minute sessions: $200
Five, 60 minute group sessions: $130 per client (minimum 2)
Ten, 60 minute group sessions: $230 per client (minimum 2)

LIVESTRONG at the YMCA
A 12-week program for cancer survivors and their families. Survivors and loved ones meet twice weekly for 75 minutes and focus on total mind and body wellness while under the guidance of trained LIVESTRONG at the YMCA professionals. A new program will begin this Spring. For more information, please contact Community Wellness Coordinator, Brenda Jenkins at 508.755.6101 x252 or at Bjenkins@ymcaofcm.org.

Group Exercise Classes
The majority of Group Exercise classes are included with your membership. Specialty, classes and packages will be announced and promoted. Classes are for all members, and have a variety of styles that appeal to our diverse membership base. Class instructors ask that you arrive five minutes early to class and be ready to have a wonderful experience. Check out our class descriptions on the next page.

Youth Sports Skills Camps
Allow our youth to learn basic sports skills, teamwork and sportsmanship. Learn fundamental skills of Boxing, Jump Rope, Basketball, Football and Soccer in a safe, teambuilding environment.

Tae Kwon Do—$50 for 4 weeks
Youth Boxing—$50 for 8 weeks
Advance Boxing—$60 for 8 weeks

For more information, please contact Matthew Evans, Wellness Director at 508.755.6101 x287 or at mevans@ymcaofcm.org.
GROUP EXERCISE

**AquaFit**
Condition your whole body with this low impact/high energy aerobics and strength training workout. This is a great class that will give you long lasting results and total fitness! It’s fun too!

**Aqua Zumba®**
Enjoy the pool as you enjoy the hot Latin rhythms that will sculpt your body while energizing you with the fun party atmosphere of Zumba Fitness!

**Boot Camp**
Begin your morning with more intensity than most people have all day. This class is a combination of cardio and strength.

**Compound Boxing**
One round at a time. Train like a boxer. Gain Strength, burn calories and increase stamina.

**Boxing 101**
Hit the speed bag, the heavy bag and learn the basics of boxing while having fun.

**Lunch Circuit**
This high energy class will break up your day and release endorphins to make you productive for the rest of the day.

**Indoor Cycling**
A fun and energetic cardio workout with music and energy to motivate people of all abilities. Give it a spin!

**SwimStrong**
Exercise moved to the pool for this fun swimming workout taught by experienced swim instructors.

**Triple Threat**
A combination of core, balance, strength, speed, and agility in a fun and energetic environment.

**TRX**
Make it personal. Circuit based class, Training the movements not the muscles.

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

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

**Silversneakers Circuit®**
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 SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**Fee based Class**
It’s simple… make the 5 to 10 week commitment to your fitness and embrace the challenge. Class include: Taekwondo, Youth Boxing and Sports Camps. Contact mevans@ymcaofcm.org for more information.
PARTIES / CHILD WATCH

Pool Party (all ages)
Let our party facilitator help you make the day extra special. We offer a shallow pool for young children or non-swimmers and up to 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. Limited to 20 swimmers.

$175/Members
$200/Nonmembers

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. Enjoy a new aerobics class, a workout in the Wellness Center, or a dip in the pool, while caring YMCA staff watch your children and engage them in a variety of activities. There is a 1 1/2 hour time limit and you must be a YMCA Member to use this service. Space is limited – first come, first served.

Mon–Fri 9:30 am – 12:00 pm
Mon–Thurs 5:00 pm – 7:30 pm
Sat 9:00 am – 12:00 pm

Free to YMCA Family Members and their children.
$5/child for Adult or Program Members

*Don’t forget to pack your child’s bathing suit on Tuesday and Thursday evenings - Child Watch staff will escort your child to the pool for a free swim in the pool. The child must be able to swim without PFD and touch the bottom of the small pool to participate.

FALL SESSION INFORMATION

Fall Session: September 11 – December 3
Member Registration: Begins August 15
Non-Member Registration: Begins August 23

Interested in a Rock Climbing Party?
Contact Pam Suprenant at 508.755.6101 x224 or at psuprenant@ymcaofcm.org
Teen Programs / Youth Basketball

Minority Achievers Program
Minority Achievers is a 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 college admissions process. Potential participants must complete a M. A. P application as well as a membership application. There is a $20 a month fee to be an active member of the program.

In our yearly college preparation initiatives, the minority achievers program provides an opportunity for inner city youth to visit Historically Black Colleges and Universities along with other schools in the travel area. Seats fill up fast and the cost is $500.00 per student. Contact Amie Cox ext. 240

Youth & Government
Youth and Government™ is a national program of the Y that involves thousands of teens nationwide in state-organized, model-government programs. Students from every corner of the U.S. have the opportunity to immerse themselves in experiential civic engagement and to, quite literally, practice democracy. Teens from across every state meet in their local Youth and Government™ groups throughout the year to discuss and debate issues that affect citizens of their state and to propose legislation. The program culminates with teens serving as delegates at their state conference, debating bills on the floor of the legislature. Contact Amie Cox ext.240

Spartacus
This redirection and personal development program for teens focuses on team building, self-esteem, health and wellness, conflict resolution, anger management, STIs, just to name a few. Students are elected through referral only. Probation officer school guidance counselors, and parents or guardians may refer students. Spartacus runs 8 week session with a 9th week set aside for make-up work. Attendance is mandatory and students who successfully complete an 8-week session will be offered a one year free membership to the YMCA. For more information contact Amie Cox ext.240

Y Fit
Would you like to work out with Teens? We have a program for you called Y-fit you have a workout area just for teens. It does not matter if you play sports or not we just want to see you healthy. We meet Monday-Thursday from 3-7pm. Come and learn about healthy living, healthy eating, healthy cooking. With this program we also go swimming, rock climbing and take group classes. For more information contact Amie Cox ext. 240

Youth Basketball
Teamwork Matters! Join us at the Central Community Branch for Youth Basketball this Fall!

Ages 4 – 6 years  Ages 7 – 9 years  Ages 10 – 13 years
Mondays 6:00-7:00 PM  Mondays 7:00-8:00 PM  Tuesdays 6:00-8:00 PM

Registration begins August 15; Fee is $100
Program runs from September 25 – November 11
Questions, please contact Amie Cox at 508.755.6101 x240

Central Community Branch  508.755.6101  ymcaofcm.org