2017 Autumn Program Guide

September 11 – December 3, 2017

YMCA OF CENTRAL MASSACHUSETTS

GREENDALE YMCA
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
About the Greendale Family 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. 5:15am–10:00pm
Saturday 7:00am–9:00pm
(prior to Labor Day we close at 7:00pm on Saturdays)
Sunday 8:00am–7:00pm

CLOSINGS
Labor Day Monday, 9/4
Thanksgiving Day Thursday, 11/23

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REGISTRATION INFORMATION

GUIDELINES AND POLICIES

• Registrants must provide a minimum of 72 hours notice of cancellation prior to the first class to be eligible for a full-refund or credit.

• Cancellation notices received less than 72 hours in advance of the first class will qualify for a 50% credit/refund. Cancellation notices received after the second class; do not qualify for a credit/refund. Cancellation requests for programs/services under $25.00 will qualify for credit only.

• Programs may be cancelled if enrollments do not meet minimum requirements 72 hours prior to the beginning of the class.

• If the YMCA cancels a class due to inclement weather or for some other unforeseen reason, there will be no credit given or make up class scheduled.

• 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 the end of the session in order to receive a member rate. No retro-active credits will be given when a membership type is changed during the registration period.

• 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.

Fall 2017 SESSION INFORMATION

Session Dates: September 11th – December 3rd *

Member Registration: August 15th
Program Member Registration: August 21st
Non-Member Registration: August 23rd

*No Classes November 23rd
FALL 2017 REGISTRATION FORM

Complete a registration form for each participant.

Bring this form with you to register at your Welcome Center.

PLEASE NOTE OUR POLICIES BELOW:

- Registrants must provide a minimum of 72 hours notice of cancellation prior to the first class to be eligible for a full-refund or credit. ________ (initial)

- Cancellation notices received less than 72 hours in advance of the first class will qualify for a 50% credit/refund. Cancellation notices received after the second class; do not qualify for a credit/refund. Cancellation requests for programs/services under $25.00 will qualify for credit only. ________ (initial)

- The YMCA does not issue credit, refunds, or make-up classes when participants miss a class for personal reasons. ________ (initial)

- If the YMCA cancels a class due to inclement weather or for some other unforeseen reason, there will be no credit given or make up class scheduled. ________ (initial)

- I have read all the policies and procedures related to the registration process including the cancellation, credit/refund and class make-up policies and agree to all the terms stated in the YMCA program brochure. ________ (initial)

Member Name: _________________________________________________________
Phone Number: ___________________________________________ Email: ________________________________
Address (Please include City/State/Zip): __________________________________________________________________________________

Please Check Membership Type:  Family  Youth / Preschool  Non Member  AOA

<table>
<thead>
<tr>
<th>Participant’s Name</th>
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Payment Type (check one):
Check — Please make checks payable to: Greendale YMCA

Account: ___________________________ Exp. _____ Visa/Master Card/Discover/Amex (circle)
Signature: ___________________________ Total Due: ____________

Greendale Family Branch  508.852.6694  ymcaofcm.org
CHILD WATCH & KIDS GYM

Child Watch & Kids in Action are a free member benefit for those with a family 2+ or 3+ membership.

Child Watch (ages 8 weeks - 6 years)
Monday–Friday: 8:00a–1:30p, 3:00–8:00p
Saturday: 8:00a–12:00p
Sunday: 8:00a–12:00p

Family Kids Gym Hours* (ages 6 and under)
Monday–Friday: 8:00a–9:00a, 12:15p–1:00p, *1:30p–3:00p, 5:00p–6:30p
Saturday: 8:00a–9:00a, 2:00p–6:00p
Sunday: 8:00a–9:00a, 2:00p–6:00p

*Family hours are for adult and child interaction. During this time, Child Watch will be unable to use the Kids Gym Room. Kids Gym may be closed Monday–Friday from 1:30pm–3:00pm and on Saturday/Sunday for a birthday or special event.

Kids Gym Closing Hours for Wee Wuns and School’s Out Usage**
Monday–Friday: 11:30am–12:00pm  3:00pm–5:30pm

**Child Watch will still be available during the time above, but the Kids Gym room will be closed during this time.

Kids in Action (ages 6–12 years)
Now located across from the basketball gym! Board games, arts & crafts, homework time, gym play and much more ...
Monday–Thursday: 6:00pm–8:00pm
Saturday: 9:00am–12:00pm

* Children ages 6–12 are welcome in Child Watch anytime that Kids in Action is closed.

Kids Fit Club (ages 6–12 years)
We are excited to announce that we will be extending “Kids Fit Club” into the fall! We will be offering three different workout classes per week for children 6–12 for $10 per month, per child with a family 2+ or 3+ membership. Registration will go through our welcome center similar to a paid program. Parents will need to drop off their kids in Kids in Action 15 minutes before the start of each class. Our Kids in Action staff member will then take care of drop off/pick up. Classes may change to outdoor boot camp/yoga/Kids Move It depending on weather and space availability.

Monday 6:30–7:00: HITT Deck Class
Wednesday 7:00–7:30: HITT Deck Class
Saturday 10:00–10:30: HITT Deck Class
**CHILDHOOD EDUCATION & CARE**

**Wee Wuns Nursery School**

Introduce your child to the joy of learning!

Our Department of Early Education and Care (EEC) licensed programs are designed to meet the needs of each child, providing him or her with a number of daily opportunities to grow cognitively, socially, emotionally and physically. Our developmental program is designed to support your child’s individual learning style and to develop his or her positive self image. We offer a 1:8 teacher to child ratio.

Warm, caring, experienced degreed 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, STEM activities, as well as a monthly swim lesson and Kids’ Gym activities. A healthy snack that follows HEPA Guidelines is offered daily.

**Option 1**

(Ages 2.9 – 6)
A half-day Pre-school program offering 2, 3 or 5 days per week classes from 9:00am-1:00pm. Classes begin on Monday, September 11th. Mandatory Parent Orientation, September 6th 6:00pm-8:00pm. Child Meet & Greet, September 7th and 8th from 10:00am-12:00pm.

**Option 2**

(Ages 2.9 – 6)
A full time Pre-school program offering 5 days per week year round (7:30am – 5:30pm). Classes begin Monday, August 28th. Mandatory Parent Orientation/Child Meet & Greet August 24th from 6:00-8:00pm.

Please bring your child’s updated physical form and any other required paperwork to Orientation.

**Wee Wuns Nursery School Visits and Observation Times**

To schedule a visit or to receive more information, please contact our Wee Wuns Coordinator, Maureen Blanchard at 508-852-6694 x234.
School’s Out is an after school program licensed by the Department of Early Education and Care (EEC) that follows all regulations for School-Age Child Care. Our program is also guided by the YMCA of the USA standards for quality childcare. Program runs from school dismissal until 6:00pm. The Y provides transportation from: Abby Kelley Foster Charter, Thorndyke Road School, Francis J. McGrath Elementary School, Nelson Place School, Wawecus Road School, Flagg Street School, Clark Street Developmental Learning School and Norrback Avenue School. Children attending other schools may also be dropped off by a parent or guardian to attend the program.

Our goal is to provide your children with fun and enjoyable learning experiences that enhance your child’s social/life skills and promotes our four core values: honesty, respect, responsibility and caring. We provide these learning opportunities through activities such as arts & crafts, cooking, outdoor/indoor play, music & dance, archery, multicultural activities, science and a wide variety of sports. The School’s Out program also offers your children extensive homework time, tutoring and a daily snack that meets the YMCA of the USA’s HEPA (Healthy Eating & Physical Activity) standards.

For more information contact Greg Dustin, Director of Child Care Services, at 508-852-6694 ext. 256 or gdustin@ymcaofcm.org.

**Vacation Care (7:30am—6:00pm) and Snow Care (8:30 am—6:00pm)**

On Worcester Public School Vacation Days sign up for a day of fun including swimming, sports, crafts and more! Space is limited so register early. Please bring a morning snack, lunch, sneakers, swim suit, towel and toothbrush. Afternoon snack is provided.

On Worcester Public School closings come join us at the Greendale Family Branch YMCA for Snow Care from 8:30am-6:00pm. Children are accepted on a first come/first serve basis and need to bring the same items as Vacation Care.

**Fall Vacation Care Schedule**

- Wednesday, October 6th
- Wednesday November 22nd
- Friday, December 22nd
- Tuesday, December 26th through Wednesday, December 29th

**Fees**

- $50/day for members
- $55/day for non-members
BIRTHDAY PARTIES

Kids Gym Parties (ages 1-5)
Saturday 12:30-2:30pm or 3:00-5:00pm
Sunday 12:30-2:30pm or 3:00-5:00pm

Pool Parties (ages 6+)
Pool parties will include guided swim instruction, games and water safety.
Saturday 12:30-2:30pm or 3:00-5:00pm
Sunday 12:30-2:30pm

Gym Parties (ages 6+)
Sports or Obstacle Course
Saturday 12:30-2:30pm

Birthday Party Pricing
Member $225
Non-Member $275
Pool Party Member $275
Pool Party Non-Member $325
Each additional guest $10
30 Minute Add-On for room $50

Party Details
All parties are offered separately, run 120 minutes and can accommodate 15 children, with an extra charge for each additional child.
Included are a party space, tables and chairs, a 60-minute activity, a host for the length of your party and cleanup. Your choice of juice boxes or small water bottles for each child are provided.
For more information or to book a Birthday Party please visit our welcome center.
YOUTH GYMNASICS

Tot & Me (ages 18 months–3 years)
Our tot and me program is designed to encourage an interest in gymnastics from even the youngest of gymnasts. This is a great beginning step for students and parents in whom we will begin the basics of gymnastics, coordination and gross motor skills. Busy little ones are motivated to learn and have fun with a parent while engaging in age-appropriate games and activities. This class has structure, but still allows for exploration time with parents.

Saturday: 9:00-9:45am — November 4th – December 2nd ONLY

Tiny Tumblers (ages 3–5 years)
Designed with preschoolers (without parent guidance) in mind, participants are introduced to basic tumbling skills and gymnastics in a fun, safe environment. Our tiny tumblers program is the next step for our young children (although tot and me is not a pre-requisite) where the gymnasts will be introduced to more "big kid" gymnastics. We will focus on balance, strength and coordination. We will use weekly themes and stimulating activities to help teach our tumbling tots.

Tuesday 4:30-5:30pm
Thursday 4:30-5:30pm
Saturday: 10:00-11:00am — November 4th – December 2nd ONLY

Beginner – Level 1 (ages 6+)
This level is designed to introduce students to the sport of gymnastics. Classes are 60 minutes and students have the option of taking one or two classes per week. Our beginner classes will use safe and progressive teaching techniques to coach our students in all elements of gymnastics including strength, flexibility, endurance, and self-confidence. Boys and girls ages 6 and older will have an enjoyable experience in the great sport of gymnastics. As they progress, children will be moved up to a more challenging class.

Tuesday 5:30-6:30pm
Thursday 5:30-6:30pm
Saturday: 10:00-11:00am — November 4th – December 2nd ONLY

Advanced – Level 2 (ages 8+)
This class will focus on tumbling, flexibility and strength. Students do not need a background in gymnastics to participate. They are expected to show an eagerness to learn and practice certain strength and flexibility outside of the gym. This class will work towards the most desired skills, cartwheels, back-bends, round-offs, splits, jumps and much more. Students will start at the basics with safety as a main focus and each week be able to add on with new tricks and skills. Keep in mind strength and flexibility and therefore skills, are not instant it takes a consistent commitment to be able to achieve such goals.

Tuesday 5:30-6:30pm
Thursday 5:30-6:30pm
Saturday: 11:00am–12:00pm — November 4th – December 2nd ONLY

Weekday Option (12 weeks)
MEMBER $175
PROGRAM MEMBER $225
NON-MEMBER $250

Saturday Option (5 weeks)
MEMBER $73
PROGRAM MEMBER $94
NON-MEMBER $105
Little Dribblers (ages 3-5)
Teaches the fundamentals of passing, dribbling and shooting on adjustable hoops with small balls. Drills promote hand eye coordination, team building, and all around fun.
Monday 4:00–4:45pm
Tuesday 10:00 –10:45am

After School Hoops
Teaches fundamentals of passing, dribbling and shooting on both adjustable hoops and regulation size hoops. Promotes basketball skill development while teaching team fundamentals and exposing youth to competitive basketball.
Wednesday 5:00–5:45pm (ages 6–9)
Wednesday 6:00–6:45pm (ages 10–14)

Little Kickers (Ages 3–5)
Teaches the fundamentals of passing, dribbling and shooting with nerf soccer balls and smaller goals. Kids will do drills and a practice game each week.
Monday 10:00–10:45am
Friday 11:00–11:45am

Cartoon Club (ages 5–15)
Do you like to draw? Do you want to learn more about cartoons and cartoon drawing. Children will learn how to make a comic page, create their own comic book character, do collaborative illustrations, and much more.
Monday 6:00–6:45pm (ages 5–9)
Wednesday 6:00–6:45pm (ages 10–15)

Lil’ Sports of All Sorts (ages 3–5)
An introductory class of multiple sports in a nonthreatening environment. All levels are welcome in this recreational program that features the “Games Approach” with an array of innovative resources designed to teach effective sports skills and develop mature sports behavior. A variety of traditional and backyard games will be played.
Thursday 10:00–10:45am

Tee Ball (ages 3–5)
Teaches the fundamentals of throwing, catching, hitting, and base running with soft balls and bats. Drills promote hand eye coordination, team building, and all around fun. A Small Practice Game will be played each week.
Friday 10:00–10:45am

Archery (ages 6–12)
Archery will held outside and will only run through October 28th (7 week session).
The focus is on beginning archery safety, skills, and drills. Participants learn about archery form and etiquette. Fun games are introduced in this class.
Thursday 5:00–5:45
Member $53
Program Member $62
Non-Member $111
Leaders Club (ages 13–17)

You can meet many of tomorrow’s leaders today at the YMCA Leaders Club, a leadership incubation program that gives teens the opportunity to learn to become more effective in their interactions with others. Teens improve their individual leadership and social skills while also experiencing new ways to give back and grow as human beings. Teens meet on a weekly basis in small groups to develop and implement projects aimed at providing valuable service to their local community.

If you are looking for a place to learn more about leadership or find your individual leadership talents, the Greendale Y Leaders club is for you. You will be provided with the opportunity to attend and participate in activities of the Y at its many branches, all while finding, defining, and developing your leadership abilities. You will be in an environment of action and growth in the leaders club, but your level of participation is key for your advancement and the advancement of your peers.

So if you are up for the challenge so are we! For more information and to register please contact John Brown at jbrown@ymcaofcm.org.

Monday and Tuesdays: 2:00–7:00pm

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KIDS TRI PRIVATE SWIM LESSONS

Get individual swim training geared toward triathlons from our talented instructors who are triathletes. Focus will be on technique, form, speed and endurance to maximize your performance for an all-around better race experience.

Kids Tri Private Lesson Fee:
$45/30-min. lesson Member
$50/30-min. lesson Program Members
$55/30-min. lesson Non-Members

Members–Only Special: 5 Lessons for $180!
NEW MOBILE APP
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www.ymcaofcm.org
YOUTH AQUATICS

PARENT & CHILD LESSONS

Parent & Child (ages 6 months–3)
Children have fun while parents guide them through aquatic skills and safety measures. The objective is to get both the parent and child comfortable in the water.
Tuesday 10:10am
Thursday 10:45am
Saturday 9:35am 10:45am

Parent & 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.
Tuesday 10:45am
Thursday 10:10am
Friday 5:45pm
Saturday 9:00am 10:10am 11:20am

PRESCHOOL LESSONS (ages 3–5)

Pike (Beginner)
Child must be able to enter without parent. Listening skills and ability to follow directions are required.
Monday 5:45pm
Tuesday 10:10am 4:35pm
Wednesday 4:35pm 5:10pm
Thursday 10:45am 5:10pm
Friday 10:15am 4:35pm
Saturday 9:00am 9:35am 10:45am

Eel (Beginner/Intermediate)
Child must be able to swim 15 yards with a two bubble floatation device or less in a prone position, comfortably put face into the water, and jump into the pool without assistance.
Monday 5:10pm
Tuesday 10:45am 4:00pm 5:45pm
Wednesday 4:00pm 5:10pm
Thursday 10:10am 4:35pm 5:10pm
Friday 10:45am 5:10pm
Saturday 9:35am 10:10am 10:45am 11:20am

Ray/Starfish (Intermediate/Advanced)
Child must be able to swim an entire class without a floatation device and a minimum of 15 yards on their front and back.
Tuesday 4:00pm
Wednesday 5:45pm
Thursday 5:45pm
Friday 4:00pm Saturday 9:00am

POLLYWOG (Beginner)
Child must be able to enter the water without parent.
Monday 4:00pm 5:45pm
Tuesday 4:35pm
Wednesday 4:35pm
Thursday 4:00pm 5:45pm
Friday 5:10pm
Saturday 9:35am 10:10am 10:45am

Guppy (Advanced Beginner)
Child must be able to swim on their front and back for 15 yards without a flotation device. They can comfortably put their face in the water, back float, and jump into the water without assistance.
Monday 4:35pm
Tuesday 5:10pm 5:45pm
Wednesday 4:00pm 5:45pm
Thursday 4:00pm 4:35pm 5:45pm
Friday 4:00pm 4:35pm 5:45pm
Saturday 9:00am 10:10am 11:20am

Minnow (Intermediate)
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.
Monday 4:35pm
Tuesday 4:00pm 5:10pm
Wednesday 4:00pm 4:35pm
Thursday 4:00pm
Friday 4:35pm 5:45pm
Saturday 9:35am 11:20am

Fish (Advanced Intermediate)
Child must be able to swim 25 yards of each: backstroke, breaststroke, sidestroke, and 50 yards front crawl with rotary breathing and comfortably dive from the starting block.
Tuesday 4:35pm
Wednesday 5:10pm
Thursday 5:10pm
Friday 5:10pm
Saturday 9:00am 10:45am

Flying Fish/Shark (Advanced)
Child must be able to swim 50–100 yards of each: backstroke, breaststroke, sidestroke, and front crawl with rotary breathing.
Monday 5:10pm
Wednesday 5:45pm
Thursday 4:35pm
Friday 4:00pm
Saturday 10:10am

YOUTH LESSONS (ages 6–12)

Polliwog (Beginner)
Child must be able to enter the water without parent.
Monday 4:00pm 5:45pm
Tuesday 4:35pm
Wednesday 4:35pm
Thursday 4:00pm 5:45pm
Friday 5:10pm
Saturday 9:35am 10:10am 10:45am

Guppy (Advanced Beginner)
Child must be able to swim on their front and back for 15 yards without a flotation device. They can comfortably put their face in the water, back float, and jump into the water without assistance.
Monday 4:35pm
Tuesday 5:10pm 5:45pm
Wednesday 4:00pm 5:45pm
Thursday 4:00pm 4:35pm 5:45pm
Friday 4:00pm 4:35pm 5:45pm
Saturday 9:00am 10:10am 11:20am

YOUTH RATES

MEMBER $30
PROGRAM MEMBER $110
NON-MEMBER $190

PARENT & CHILD and PRESCHOOL RATES

MEMBER $90
PROGRAM MEMBER $110
NON-MEMBER $190

Greendale Family Branch 508.852.6694 ymcaofcm.org
YOUTH / ADULT AQUATICS

YOUTH

Stingray Club
Recreational program for swimmers to refine the four competitive strokes, and build on strength and endurance. Your child will also learn to refine flip turns, dives and fundamentals of competitive swimming while building confidence. All swimmers are tested the first day of class, and must be a FISH level to join.

Tuesday  4:30-5:30pm
Saturday  11:30am-12:30pm

Member  $105
Program Member  $150
Non-Member  $205

TEEN & ADULT INSTRUCTIONAL (Ages 13+)

Beginner Adult
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.

Tuesday  9:30-10:10am
Thursday  6:20-7:00pm

Advanced Beginner Adult
For individuals who can float on their front and back comfortably and can put their face in the water. Individuals can move in water without support for 15 yards. Working towards swimming the length of the pool.

Thursday  6:20-7:00pm

Member  $90
Program Member  $110
Non-Member  $190

CERTIFICATIONS

Lifeguard
Must be at least 16 years of age and pass a swim test, which includes 500 meter continuous swim with combination of front crawl and breaststroke, a 20 meter swim with a surface dive to retrieve a 10 lb. brick in 10 feet of water then swim back 20 meters in 1 minute 40 seconds. Course includes First Aid and Professional Rescuer CPR certification.

Please Note: in the event that a person does not pass the pre-test on the first day of class, NO REFUND will be given.

Dates: October 18th - December 6th
* Additional Class Saturday, October 28th 8:00am-4:00pm

Wednesday  6:30-9:30pm

Member  $400
Non-Member  $450

PRIVATE SWIM LESSON

Learn to swim or perfect your stroke in a safe, comfortable environment. Please complete a private lesson request form at the Welcome Center. Lessons are based on instructor availability and may be limited.

30 Minute Private Lesson Fee:
$45 Member
$55 Non-Member

Members-Only Special: 5 Lessons for $190!

AQUATIC PERSONAL and/or TRIATHLON TRAINING

An individualized water exercise program designed specifically for those who are injured, pre/post surgery, or want to learn water specific moves and components of aquatic fitness.

Please complete an Aquatic Personal training request form at the Welcome Center.

1 Hour Aquatic PT Session:

$60 Member
$85 Non-Member

Greendale Family Branch  508.852.6694  ymcaofcm.org
YMCA of Central MA Stingray Swim Team

Our team is a year round competitive swim team for swimmers aged 6-18, offering high quality professional coaching and technique instruction for all abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor. Our coaches, as members of the American Swimming Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. They provide assurances that the time children spend in swimming will be quality time.

For more team information please email our Head Swim Coach at trussell@ymcaofcm.org.

Practice Times:
- 10 & Under - Monday & Wednesday 4:00 - 5:00 pm.
- 11 & Over - Monday/Wednesday/Friday 6:30 - 8:00 pm.
- 14 & Over - Tuesday 5:00 - 6:30 am.
- All Ages - Tuesday & Thursday 6:45 - 8:15 pm.
- Dry-land - 12 & Under - Monday 5:30 - 6:30 pm/13 & Over - Thursday 5:30 - 6:30 pm.

Team Member Fees:
Family 11 month Membership Rate – $1200
- Registration fee of $243
- 11 monthly payments of $87

Teen/Youth 11 month Membership Rate – $1500
- Registration fee of $301
- 11 monthly payments of $109

Family 7 month Membership Rate – $950
- Registration fee of $243
- 7 monthly payments of $101

Teen/Youth 7 month Membership Rate – $1175
- Registration fee of $301
- 7 monthly payments of $122
AQUATICS

ADULT FITNESS

Power Swim
Take the plunge and make the change. This class will emphasize on becoming stronger and more efficient through swimming drills combined with land exercise of sit-ups, push ups and squats that will increase your flexibility, endurance and speed. It’s a total body workout for all levels. You must be bring your own goggles, bathing cap, hand paddles, training fins and drag belt for class. You must be able to swim 200 yds. comfortably.

Wednesday 9:00-10:00am
Friday 9:00-10:00am
Member $105
Program Member $150
Non-Member $205

Endurance Swim
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.

Thursday 6:00-7:00am
Member $105
Program Member $150
Non-Member $205

Everyone TRI’s
Nov. 4th – Dec. 2nd
This 2hr workout starts in the pool where we will focus our workouts on muscle endurance for both aerobic/anaerobic, speed and technique drills. Participants will then transition into the spin room for a high energy class that will challenge you through hills, intervals and flats. This class is for the intermediate to advanced and must be able to swim 400 meters nonstop.

Saturday 7:00-9:00am
Member $160
Program Member $200
Non-Member $250

Burdenko ADVANCED Water Conditioning
An intermediate to advanced program for participants ready to progress from the Burdenko Beginner Class. Participants will increase their endurance and conditioning by working in deep and shallow water while utilizing various aquatic equipment.

Wednesday 8:00-8:45am
No classes 10/6, 10/13 & 10/20
Family Member $72
Program Member $148
Non-Member $142

FREE MEMBER BENEFIT

AQUATIC CLASSES

Aqua Yoga — Promo Class
Combines flowing dynamic movements with traditional yoga poses. Performing yoga in the water helps lengthen and strengthen muscles, support weak joints, and improve balance and coordination. Developing a regular practice eases chronic pain, muscle injuries and imbalances.

Tuesday 7:45-8:30am

* Aquacize
Low impact exercise for all ages. Workout builds muscle tone, flexibility and endurance.

Monday and Wednesday
9:30-10:15am

* Water Aerobics
A great cardio and strength building workout that is low impact on the back and joints.

Monday and Wednesday
6:30-7:30pm

* Burdenko BEGINNER Deep Water Conditioning
Class provides an optimal environment for safe and effective conditioning. Develop, improve and maintain balance coordination, flexibility, and strength. Use multi-directional movement in the water to build core strength and improve posture and overall health.

Monday, Wednesday and Friday
8:45-9:30am

Tuesday and Thursday
5:45pm—6:30pm

* To reserve your space in our Beginner Deep Water Class please go to www.ymcaofcm.org. Click on Location: Greendale. Click on Schedules and then scroll down to Class Reservations. Participants may only sign up for 2 classes within the week of signing up.

COMING SOON to AQUATICS

SUP Board Lessons & SUP Board Yoga

Greendale Family Branch 508.852.6694 ymcaofcm.org
**ADAPTIVE AQUATICS**

**SPLASH Swim Program**
This program services participants who have a diagnosis of autism or any family with special needs. Classes offer a smaller student-to-instructor ratio. Class will focus on safety and basic swim skills.

**Beginner (6–12 Years)**
Parents must be in the water for support until the instructor and parent are comfortable with the independence of the participant. Class will focus on safety and basic swim skills.

**Monday** 4:00–4:30pm  
**Tuesday** 5:10–5:40pm

**Advanced Beg./Intermediate (6–12 Years)**
Parents must be in the water for support until the instructor and parent are comfortable with the independence of the participant. Swimmer must be comfortable jumping in the water and can swim independently without floatation.

**Tuesday** 5:45–6:15pm

**Members** $87  
**Program Members** $108  
**Non-Member** $185

**AOA AQUATICS**

**Aqua Strength and Balance**
This program takes place in our therapy pool. The class is designed to help people with *arthritis* exercise through gentle movement, maintain and improve joint flexibility, muscle strength and balance.

**Monday** 10:45–11:30 & **Tuesday and Thursday** 8:30–9:15am  
**Monday and Wednesday** 12:15–1:00 & **Friday** 11:30–12:15pm

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<tr>
<td>Member</td>
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<tr>
<td>AOA Program Member</td>
<td>$148</td>
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<tr>
<td>Non-Member</td>
<td>$222</td>
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**Hydrofit**
Use the power of the water to get fit, build strength and flexibility. For all fitness levels.

**Tuesday and Thursday** 9:15–10:00am

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<td>AOA Program Member</td>
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<td>Non-Member</td>
<td>$148</td>
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**Water Walking**
Enjoy the challenge and benefits of exercising in our therapy pool with no stress to your joints and a smile on your face.

**Monday and Wednesday** 11:30–12:15pm  
**Tuesday and Thursday** 11:30–12:15pm

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<td>$99</td>
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<tr>
<td>Non-Member</td>
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**ADAPTIVE PRIVATE SWIM LESSONS**
Learn to swim or perfect your stroke in a safe, comfortable environment. Please complete a private lesson request form at the Welcome Center. Lessons are based on instructor availability and may be limited.

Schedule: By Appointment.

**30 Minute Private Lesson Fee:**

- $40 Members
- $45 Program Members
- $50 Non-Members
JUNIOR TENNIS

Red Ball (ages 4–9)
Greendale’s fun-filled tennis programs for younger players will teach strokes and movement skills while introducing ball and racquet control skills.

The following 1-hour programs are for beginners to advanced beginners and are organized by age groups.

Our modified, player-friendly tennis format is designed to help kids be able to play tennis on their own more quickly by using specialized equipment, smaller court dimensions and a modified scoring system.

Munchkin Tennis (age 4 & 5)
Tuesday 4:15–5:00pm
Thursday 4:15–5:00pm
Saturday 10:30–11:15pm
Member $90
Youth Member $110
Non-Member $190

Racketeers (ages 6 & 7)
Tuesday 4:15–5:00pm
Thursday 4:15–5:00pm
Saturday 11:15–12:00pm
Member $90
Youth Member $110
Non-Member $190

Junior Aces (ages 8 & 9)
Monday 4:00–5:00pm
Wednesday 4:00–5:00pm
Thursday 5:00–6:00pm
Friday 4:00–5:00pm
Saturday 10:30–11:30am
Member $210
Youth Member $245
Non-Member $275

Orange Ball (ages 10–13)
This program is for the beginner to advanced beginner, players ages 10–12. Players will be instructed on stroke production, ball control, rules, and tactics while playing on a 60’ court and using “Orange Balls” which have 50% of the yellow ball compression.

Monday 5:00–6:30pm
Friday 5:00–6:30pm
Saturday 12:00–1:30pm
Member $345
Youth Member $395
Non-Member $459

Green Ball (ages 10–14)
This program is for players who can maintain longer rallies, serve, and play points, on a full-sized 78’ tennis court using a “Green Ball” which has 75% of the yellow ball compression. Placement in this program may be contingent upon evaluation of skills and/or approval from the Tennis Director.

Tuesday 5:00–6:30pm
Wednesday 5:00–6:30pm
Friday 5:00–6:30pm
Member $345
Youth Member $395
Non-Member $459

Junior Challengers (ages 12–17)
This program is for players who are low to strong intermediate level and have the rallying skills, tactics, and all court skills required. Participation in this program is contingent upon approval of our Tennis Director.

Tuesday 5:00–6:30pm
Wednesday 5:00–6:30pm
Saturday 1:30–3:00pm
Member $345
Youth Member $395
Non-Member $459

Teen Tennis (ages 13+)
This program is specifically for teenage players who are relatively new to tennis (beginner to advanced beginner) with the objective of creating a more comfortable situation by matching them up with players of similar age & level.

Wednesday 3:30–5:00pm
Member $345
Youth Member $395
Non-Member $459
**High School Combo**

(ages 14–17)

This is for high school varsity & junior varsity level players looking to make their high school team. This program incorporates stroke production, competitive drills and match play.

**Tuesday 3:30-5:00pm**

**Saturday 3:00-4:30 pm**

Member $345
Youth Member $395
Non-Member $459

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**“FREE MATCH PLAY FOR JUNIOR PROGRAM PARTICIPANTS!”**

All players in our 90 minute junior programs will receive complimentary “walk-on” court time on Fridays and Saturdays after 6:30pm.

All players must currently involved in a specified program and have a “Junior Match Play” card.

Please contact or visit tennis office for more information or assistance.

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**Private Tennis Lessons**

Private lessons are one of the best ways to improve your game both in the short-term and long-term. Our friendly and knowledgeable staff of certified tennis professionals will provide you with an assessment of where you are and help you plan out the next step towards improving your tennis game and reaching your tennis goals.

**1 Hour Private Lesson**

Member: $85
Non-Member: $95

**1/2 Hour Private Lessons**

Member: $50
Non-Member: $55

**Private Lesson Packages**

(5 one-hour private lessons):

Save $25 when purchasing lessons in packages of 5 private lessons.

Member: $400
Non-Member: $450

**Semi Private Tennis Lessons**

1 Hour Semi-Private Lesson:

Member: $50 per person
Non-Member: $55 per person

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**Download our App!**

Available for Apple and Android Devices

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Greendale Family Branch  508.852.6694  ymcaofcm.org
ADULT TENNIS

Tennis 1.0
If you are new to tennis then Tennis 1.0 is for you. Learn all the basics and get playing quickly while having a great time. Don’t worry about not having played tennis before. Once you start playing tennis you’ll be HOOKED! 6 to 1 ratio, minimum of 4 participants per class.
Monday 8:00-9:30am
Wednesday 9:00-10:30am
Thursday 6:30-8:00pm
Sunday 9:00-10:30am
Member $225
Non-Member $290

Tennis 2.0
For players that have completed Tennis 1.0 or have equivalent experience. Players should have an understanding of basic strokes, be able to sustain a baseline rally, serve, keep score, and play an actual game of tennis. Program makes it fun and keeps you improving your tennis game. 6 to 1 ratio. Minimum 4 players per class.
Wednesday 10:30-12:00
Sunday 12:00-1:30pm
Member $225
Non-Member $290

Drills, Skills & Match Play
Looking to improve your game? This program will help refine your strokes, improve your tactics and match play. Greendale’s tennis professionals will lead you through great drills that are fun and productive. 4 to 1 ratio, minimum of 3 participants per court.

Monday (2.5-3.0) 6:30-8:00pm
Tuesday (2-2.5) 10:30-12:00pm
Tuesday (2.0-2.5) 6:30-8:00pm
Wednesday (2.5-3.0) 9-10:30am
Friday (2.5-3.0) 10:30-12:00pm
Saturday (2.5-3) 9:00-10:30am
Member $340
Non-Member $415

Wednesday Night Round Robin
(12 week program)
Level: 2.5-3.5
Looking for others to play tennis? Join us every Wednesday night to play some tennis, meet others, and have some fun! Our Tennis Staff will match you up and organize a great night of tennis each week. Space is limited to 12 players so don’t wait too long to sign up.
Wednesdays 8:00-9:30pm
Member $209
Non-Member $255

ADULT TEAM TENNIS
Adult Team Tennis Greendale Y 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. We offer day-time teams and evening/ weekend teams.

Women’s Daytime League
Our day-time women’s doubles league runs from September through March competing against other local clubs. Each week we field a team of 8 players on match day. Matches are followed by a light lunch hosted by the home team which makes for a great day of tennis competition and socializing!
We have three teams: (2) DBH3 is for 3.0 -3.5 players DBH4 is for 2.5-3.0 players.
Practices:
DBH3: Monday 9:00-10:30am or 10:30-12pm
DBH4: Monday 12-1:30pm
Matches: Thursdays 9:00am-1:00pm

Central Mass League (CMITA)
CMITA offers both men’s and women’s teams which play both singles and doubles matches. Matches are played on Saturday’s and the season runs from October through April. Women’s matches are Saturday from 12-3pm and Men’s matches are Saturday from 3:00-6:00pm.
2017/2018 Teams:
Men’s C (up to 3.5 level)
Men’s B (3.5-4.0 level)
Women’s C (up to 3.5 level)
Women’s B (up to 4.0 level)
Women’s A-1 (up to 4.5 level)
For more information please contact our tennis department.
ADULT TENNIS

Sunday Morning Round Robin
Greendale’s Sunday Morning Round Robins are a great way to start your day, play some great tennis, and meet others. Each Round Robin will feature several rounds of play organized by Greendale’s tennis staff.

Sunday 10:30-12:12 pm
Conducted on Sundays that coincided with our program schedule with the exception of holidays and school vacation weeks.

Members: $12
Non-Members: $18

Space is limited & advance sign-up is required. Sign-up online or at the Welcome Center.

Active Older Adult Round Robin (ages 50+)
Join us every Tuesday afternoon for a fun, social tennis round robin for tennis players ages 50 and over. This is a great way to connect with other players as well. (Space is limited and weekly sign up is required.) Sign up online or at the Welcome Center.

Tuesdays 12:30-2:00pm
Member: $10
Non-Member: $15

Private Tennis Lessons
Private lessons are a great way to improve your game both in the short-term and long-term. Our friendly and knowledgeable staff of certified tennis professionals will provide you with an assessment of where you are and help you plan out the next step/s towards improving your tennis game and reaching your tennis goals.

1 Hour Private Lesson
Member: $85
Non-Member: $95

1/2 Hour Private Lessons
Member: $50
Non-Member: $55

Private Lesson Packages
(5 one-hour private lessons):
Save $25 when purchasing lessons in packages of 5 private lessons.
Member: $400
Non-Member: $450

Semi Private Tennis Lessons
1 Hour Semi-Private Lesson:
Member: $50 per person
Non-Member: $55 per person

Court Reservations
Greendale Y has 6 indoor clay courts that members can reserve. Members can reserve courts through online reservation system. To request access go to www.greendaleymca.tennisbookings.com

Open Court Rates (per hour):
September 1-24

September 25-May 31st

Monday-Friday
6 am to 9 am: $16
9 am to 5 pm: $26
5 pm to 8 pm: $36
*** 8 pm to 9:30 pm: $26

Saturday
6–9 am: $16
9 am to 3 pm: $36
3 pm – 6 pm: $26
6 pm to close: $16

Sunday
6 am to 9 am: $16
9 am to close: $26

*** Exception:
Fridays 6:30–close: $16

Our Ball Machine = Game Improvement!!!
Our Playmate Ball Machine is one of the best ways to improve your tennis game. We offer “Ball Machine Subscriptions” for both individuals and families.
Yearly Subscription Cost:
Individual: $50
Family: $100
GET FIT
AND BE
SOCIAL
PICKLEBALL

Try this increasingly popular sport that provides a great workout while offering a very social and competitive game.

About the Game

Pickleball is played on a badminton court using a perforated plastic ball. The game is easy for beginners to learn, but can develop into a quick, fast-paced game for experience players. Program meets in the basketball gym. Equipment is provided.

Tuesday and Thursday 7:00–9:00pm

Member          $15
Non-Member       $70

Daily Drop in Fee

Member          $3
Non-Member      $15

COME JOIN THE FUN!
Included in your membership

Get Started Coaching
New members Get Started with a certified trainer with a FREE 1 hour Fitness Orientation to learn how to use the machines and set up an achievable program for you! **Your Goals are Our Goals, Get Started Today!**

Group Exercise Classes: Open to all members, from teens (13+) to our senior members. Regardless of your ability level, we can help you find the right class to reach your fitness goals. If you have questions or concerns about the right class for you, please feel free to stop in and speak with any of the instructors. They will be more than happy to find the right class for you!

Personal Training

Do you need help reaching your wellness goals?
Healthy Living is something that is achieved on a daily basis through your beliefs, thoughts and actions. The Greendale Family Branch YMCA strives to promote wellness through every aspect of an individual’s life.

Reasons to use a YMCA Certified Personal Trainer

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

**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 we will achieve success!

**Training:** Train for a road race, triathlon, charity walk or a specific hobby or activity.

**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!

Pricing & Packages

**Individual Personal Training Sessions:**
- Orientation package – 1 Session: $60
- Health Seeker package – 2 Sessions: $100
- Next Level Fitness package – 5 Sessions: $240
- Fit for Life package – 10 Sessions: $400

**Non-Member Rates May Differ**

**2 person Personal Training Sessions:**
Personal Training with a friend makes an individualized program more enjoyable and more affordable. 2 people for 5 sessions.

- 5 hour package – Member: $160/person
- 5 hour package – Non-Member: $260/person

For best results, we suggest a minimum of two sessions per week. If this is not possible, members will be encouraged to complete workouts that are provided by trainers, on their own time.

For more information contact Jill Watkins, Health Wellness Coordinator at jwatkins@ymcaofcm.org or Karin Anderson, Director of Healthy Living at kanderson@ymcaofcm.org.
HEALTH AND WELLNESS

Sports Specific Training
Getting ready for … Basketball, Soccer, Cross Country or any other sport. Let us take you to the next level of training utilizing our HIIT DECK. Where Total Body Workouts and hard work payoff from a simple bench press to full court lunges your body will go through a full anaerobic workout which will increase overall stamina and endurance. **For more information on trainers please contact Jill Watkins at jwatkins@ymcaofcm.org.**

AOA LAND — Drop in Classes

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

Tuesday/Thursday 11:45am

**Silversneakers® Classic**
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.

Monday 11:00am
Wednesday 11:30am
Friday 11:15am

**Ship Shape**
This is a strength and endurance class. Hand weights, band, and balls are used. Strong focus on balance and flexibility. Mats and chairs are used for the stretch portion of the class.

Tuesday/Thursday 9:30am

**Senior Challenge**
This class will consist of mostly body weight, timed strength and conditioning drills. We will have relays, games and fun while getting fit.

Monday 10:00am
Friday 10:15am

**Fit, Functional, & Fun**
This class challenges your cardio-respiratory and muscular strength in alternating interval segments. It will enhance your functional fitness level. Mat work for strength and flexibility wraps up the class.

Tuesday/Thursday 10:45am

**Y Be Fit**
This class is a choreographed aerobic workout. It will get your heart pumping and toes tapping. The strength and stretch portion is followed by a chair-based stretch.

Tuesday/Thursday 8:30am

Greendale Family Branch 508.852.6694 ymcaofcm.org
Fee Based Group Fitness

POWER ROW
This class will integrate intervals utilizing the rower and the functional power of the HIIT deck. Your instructor will lead you through powerful high intensity intervals on and off the rower in the dynamic one hour class. Limit 8 participants per class.

Tuesday 5:30am
Wednesday 9:15am

MAX ZONE
Do you want to maximize your after burn? Join us for this epic workout which is designed to increase metabolism, increase energy, create visible and lasting toning, and give you an extra calorie burn for up to 36 hours! This 60 minute class combines running (or power walking), rowing and strength training. This class will push you out of your comfort level and into the MAX ZONE!

Wednesday 10:30am
Thursday 5:30am

TRX HIIT
High intensity interval training designed to burn calories and increase your metabolic rate! 30 minute class.

Monday 12:00pm
Monday 7:00pm
Wednesday 6:30am
2 Day Option: 12:00pm & Wednesday 6:30am

P90X®
If you want to get in the best shape of your life, the P90X® Fitness system is the program for you and is now available in small group sessions. P90X® uses the science of Muscle Confusion™ to constantly challenge your body with new moves and routines so your results never plateau, and you get in better shape in less time and be held accountable by your coach!

Wednesday 7:00pm
Tuesday 7:15pm

TREAD and SHREAD
This class is comprised of interval training utilizing treadmill cardio rounds for 60 minutes which may include sprints, hill climbs, intervals and intervals of sport specific strength and agility training off the treadmill. This workout will offer seasoned exercisers a new challenge and new exercisers a quick way to see results.

Thursday 10:30am

PARKINSON’S & RELATED DISORDERS
This class incorporates exercises that target improving specific deficits with emphasis on strength, balance and flexibility. Class includes a head-to-toe 20 minute warm up (seated). The remaining time is spent performing a variety of unique standing exercises and routines. Participants are encouraged to do as much as possible and rest when necessary. Those with other neurological diseases or related disorders are welcome.

Questions please contact Paula Sheehan at paulas1031@yahoo.com

Wednesday 11:00am
Friday 10:30am

*Those with other neurological diseases or related disorders are encouraged to attend.

NEW: Class is FREE now for members.

Class meets once a week:
Members $130
Non Member $180

Class meets twice a week:
Members $205
Non Member $255
HEALTH AND WELLNESS

NEW... MMA STRIKE FITNESS

Be the change you want to be!

Burn Fat and transform your body through this high intensity cardio workout using Boxing and Martial Art Techniques that will help you become a stronger leaner you. It’s time to take your fitness to a new level. Taught by our very own Certified MMA Instructors.

Gloves and wraps are available for purchase at the welcome center.

Beginner Classes—1 hour

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- 1 day a week: Member $130
- 1 day a week: Non-Member $180
- 2 day a week: Member $230
- 2 day a week: Non-Member $280

Intermediate Classes—1.5 hours

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- 1 day a week: Member $155
- 1 day a week: Non-Member $205
- 2 day a week: Member $255
- 2 day a week: Non-Member $305

CLEAN & LEAN

Try out our NEW Nutrition and fitness class! Turn your body into a fuel burning machine by learning the benefits of clean eating and proper exercise routines that will help you keep the weight off! This beginner level class will inspire healthy eating and present a variety of knowledge concerning weight loss, calorie counting, nutrition label reading. Don’t miss this opportunity to try out something NEW and FUN!

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- Member $205
- Non-Member $255

We reserve the right to change the schedule without notice due to special events, training, maintenance or class needs.

As courtesy to others, please arrive on time. It is Y policy that participants be no more than 10 minutes late. If new to the class, please arrive early to meet the instructor.
EXERCISE FOR ALL

Our Ex4All program serves individuals with mental, intellectual and physical disabilities. This program increases strength, flexibility, and mobility, producing an overall sense of well being and mental health balance. Come enhance relationship building and belonging while working with our trained staff.

For more information or to sign up please contact Karin Anderson, Director of Healthy Living at 508-852-6694 ext. 273 or kanderson@ymcaofcm.org

FREE EXERCISE FOR ALL EVENTS

Ex4All provides opportunities to engage with others while building relationships. Please join us for these events.

Yoga Class
Monday 4:45–5:30pm

Dance Party
3rd Monday Monthly
Greendale Multipurpose room
7:30–8:30pm

Karaoke Night
1st Thursday Monthly
Boroughs YMCA Branch
6:00–8:00pm

Special Events
Friday Nights: Dates TBA
Obstacle Course Activity
Just Sweat Activity
6:00–7:00pm

EXERCISE FOR ALL PERSONAL TRAINING LAND & WATER OPTIONS

Training Rates: One on One Land & Water Fee:

Individual: $20/30-min. lesson
$40/60-min. lesson

Semi Private: (2 person):
$15/30-min. lesson per person
$25/60-min. lesson per person

Small Group: (4–8 person):
$100/8 (45 min) sessions

Teen and Youth Group—Monday & Wednesday
4:00–4:45pm
**MASSAGE**

**Massage Therapy:** Manual manipulation of soft body tissue (muscle, connective tissue, tendons and ligaments) to enhance a person’s health and well being.

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<tr>
<th>Massage Type</th>
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<td>30 Minute Massage</td>
<td>$45</td>
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<tr>
<td>60 Minute Massage</td>
<td>$70</td>
<td>$85</td>
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<tr>
<td>90 Minute Massage</td>
<td>$105</td>
<td>$120</td>
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**Chair Massage**
This massage is a convenient and inexpensive way to enjoy the benefits of massage. All you have to do is relax in specially designed chair. By using acupressure points and a combination of sport technique this massage treats the most common areas of tension and stress areas.

**Focus Massage**
Refresh with this 30 minute therapeutic massage. Your therapist will work on a specific area of tension. For many people this is the shoulders, neck, and upper back.

**Relaxation Massage**
De-stress and unwind during this full-body massage with light to medium pressure. This massage will soothe your body and mind, transporting you to tranquil state of relaxation.

**Deep Tissue Massage**
Find relief from chronic pain, tension and tightness caused by injury or overworked muscles. This therapeutic massage focuses on specific problem area, with deep pressure applied during the massage. Your massage therapist will adjust the pressure to accommodate your comfort level. This service is beneficial for those with chronic muscle tension and pain.

**Sports Massage**
Improve your athletic performance and reduce the risk of injury with a combination of deep tissue, stretching and compression techniques. This massage reduces muscle pain, joint soreness, increases flexibility and speeds recovery of overworked muscles.

**Cupping Massage**
This new technique uses negative pressure or suction to release general muscular tension, specific areas of tightness and pain including trigger points and Myofascial restriction. It promotes healing by increasing cellular metabolism.

**Specialty Massage Services**

**Energy Balancing Therapy**
Restore your equilibrium of your body and mind. This specialized treatment brings balance by clearing up stagnate areas in your energy field through Reiki/energy work and massage techniques. The healing arts of energy work is practiced in many cultures around the world for stress reduction, relaxation and promotion of healing.

**Hot Stone Massage Therapy**
Promotes deeper muscle relaxation through placement of smooth, water heated stones at the key points of the body. Our professional massage therapists will also incorporate a customized massage, with the use of the hot stones which offers enhanced benefits.

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<td>60 Minute Massage</td>
<td>$80</td>
<td>$95</td>
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**Massage Bundle Packages & Add On’s**
5 - 30 minute chair massages—Member: $190
5 - 60 minute chair massages—Member: $300
5 - 90 minute chair massages—Member: $430
PLEASE GIVE TODAY

ANNUAL CAMPAIGN
You can make a real difference!
Consider a gift today!
http://wwwymcaofcm.org/support-the-y/