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.

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.
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.

Spring 2018 SESSION INFORMATION
Session Dates: April 2nd – June 17th *

Member Registration: March 13th
Program Member Registration: March 19th
Non-Member Registration: March 21st

* No Classes the week of April 16th and on May 18th.

To register please visit our welcome center or online at www.ymcaofcm.org
**SPRING 2018 REGISTRATION FORM**

*Complete a registration form for each participant. Please Initial and Sign.*

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.

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

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.

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.

---

**Guardian Name (if participant a minor)_________________________ Guardian DOB:__________**

**Participant Name:_________________________________________ Participant DOB:__________**

**Phone:_________________________ Email:_________________________**

**Address (Please include City/State/Zip):________________________________________________________**

**Circle Membership Type:** Family Adult Youth / Preschool Teen Senior AOA Silver Sneakers Non Member

**Emergency Contact Name:____________________________________ Emergency Contact #:_________________________**

*By signing this form, I agree that I (or my child) desire to engage voluntarily in YMCA exercise programs. I agree to assume the risk and further agree to hold harmless the YMCA and its staff members conducting the program from any and all claims, suits, losses or related cause of action for damages, including but not limited to such claims that may result from injury or death, accidental or otherwise, during or arising in any way from the program.*

**Participant Signature (Parent or Guardian if Participant is a Minor):_________________________**

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Class Day(s)</th>
<th>Class Time</th>
<th>Class Fees</th>
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<td>TOTAL DUE</td>
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</tbody>
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**Payment Type (Please Circle):**
- Cash
- Check — Payable to: Greendale YMCA
- Visa/Master Card/Discover/Amex (circle) Account: ____________________________ Exp. _____

Greendale Family Branch  508.852.6694  ymcaofcm.org
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: 8:00am–1:30pm & 3:00–8:00pm  
Saturday: 8:00am–12:00pm  
Sunday: 8:00am–12:00pm

**Family Kids Gym Hours* (ages 6 and under)**

Monday–Friday: 8:00–9:00am, 1:00–3:00pm & 5:30–6:30pm  
Saturday: 8:00–9:00am & 1:30–6:00pm  
Sunday: 8:00–9:00am & 1:30–6:00pm

*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 & 3:30–5:30pm

**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.
EARLY CHILDHOOD EDUCATION

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.

Now registering for Fall 2018

To schedule a visit or to receive more information, please contact our Wee Wuns Coordinator, Maureen Blanchard at 508-852-6694 x236.

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 10th. Mandatory Parent Orientation, September 5th 6:00pm-8:00pm. Child Meet & Greet, September 6th and 7th 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 27th. 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.

Greendale Family Branch  508.852.6694  ymcaofcm.org
Greendale YMCA’s School’s Out (Grades K–14 years)

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.

Spring Vacation Care Schedule

Monday April 16th—Friday April 20th

Advanced registration is required!

Fees

$50/day for members
$55/day for non-members
SUMMER CAMP

Camp Greendale on Indian Lake

Join us for the fourth season of Camp Greendale on Indian Lake. This camp experience brings about tradition and best practices from both resident and day camp programming to create a high level experience for your child that will support achievement, relationship building and belonging.

Greendale Preschool Camp (33 months-5)
Activities will include swimming, weekly themes, sports, running games, Kids Gym, crafts and more! No camp the week of August 27th!

5 Days
Family Member $261/weekly
Non-Member $281/weekly

M, W & F
Family Member $172/weekly
Non-Member $192/weekly

T & TH
Family Member $108/weekly
Non-Member $128/weekly

Greendale Summer Camp (Ages 5–14)
Camp Greendale is our traditional full day summer camp. Guaranteed to keep your child happy, safe and active during the hot summer days!

5 Days
Family Member $285/weekly
Non-Member $325/weekly

M, W & F
Family Member $225/weekly
Non-Member $265/weekly

T & TH
Family Member $175/weekly
Non-Member $215/weekly

Hello! My name is Steve Winston and I am extremely excited and honored to introduce myself as the new Camp Director here at Camp Greendale on Indian Lake. I am beyond thrilled to spend my first summer with you all at our beautiful Camp, surrounded by the positive energy of committed and caring staff, campers, and families. Summer camp always provides a great opportunity to grow together through meaningful, fun, and safe experiences. Whether it’s for the first time or even the 100th, I look forward to sharing a new camp experience with you! Please feel free to contact me if you have any questions. Summer Camp 2018 is right around the corner, see you soon!

swinston@ymcaofcm.org or 508.852.8526694 x 234
**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 or contact Steve Winston, Youth Development Director at swinston@ymcaofcm.org or 508-852-6694

**Splash Pad Parties ... Starting in June!**

**Private Party**  
Member $300
Saturday and Sunday  
9:00am or 10:00am

**Semi-Private Party**  
Member $250
Saturday and Sunday parties during family open time 12:00pm or 1:00pm
YOUTH & ADULT MARTIAL ARTS

Youth Kempo Karate (ages 5–11)

Students learn real world self-defense, and traditional Kempo Karate in a controlled environment, in safety, and at their own pace. Through a shared learning experience, core concepts of movement, defense, offense and form, develop concurrently with situational preparedness, recognizing good judgment, and self-discipline, together with respect for one’s self, and others. As students progress through the material, they are empowered with self-confidence, mental focus, and physical ability, through practical application and skills development in an engaging, and fun environment. This is a full karate program, which includes testing and belt ranking for beginner to advanced students.

Wednesday 5:30–6:15pm (ages 5–7)
Wednesday 6:15–7:00pm (ages 8–11)
Saturday 11:00–11:45am (ages 5–7)
Saturday 11:45–12:30pm (ages 8–11)

Member $110
Program Member $170
Non-Member $220

Adult Kempo Karate and Self-Defense (ages 12–adult)

Adult Kempo Karate is a full karate program, which includes testing and belt ranking for beginner to advanced students. Combining interactive, hands on real world self-defense techniques, with the core karate principles that make them effective, this program delivers traditional methods of training, with modern applications. The traditional karate training provides a solid foundation of karate fundamentals, with focus on skill development, through vigorous drilling of material. Students will develop real power, speed, agility, and improved physical conditioning, combined with centuries proven, martial knowledge, to be effective in any real-life confrontation. Fighting concepts, sparring, full contact, and modern competitive fighting, are integrated throughout the curriculum. Through the practice of the traditional material comes the added benefits of decreased stress, increased physical and mental energy, and improved self-confidence.

Wednesday 7:00–8:00pm (ages 12–adults)
Saturday 12:30–1:30pm (ages 12–adults)

Member $110
Program Member $170
Non-Member $220

All classes are taught by Sensei Mark Terkelsen, 38-year martial arts practitioner, multi-disciplined in both Kempo Karate and Wing Chun Kung Fu, with over 28 years of teaching experience.
YOUTH GYMNASTICS

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.

Tuesday 10:30–11:15am

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 11:15am–12:00pm
Tuesday 4:30–5:30pm
Thursday 4:30–5:30pm

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.

Tuesday 5:30–6:30pm
Thursday 5:30–6:30pm

Advanced – Level 2 (ages 8+)

This class will focus on tumbling, flexibility and strength. Students do not need a back round 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

Spring Gymnastics will start the week of April 9th and will conclude the week of June 4th — 8 week session

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<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>PROGRAM MEMBER</th>
<th>NON–MEMBER</th>
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<tr>
<td>Spring</td>
<td>$150</td>
<td>$190</td>
<td>$250</td>
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Greendale Family Branch  508.852.6694  ymcaofcm.org
YOUTH SPORTS / DANCE

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.

Wednesday  4:30–5:05pm
Saturday  9:00–9:35am

Recreational Basketball Fundamentals
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  5:10–5:55 (ages 6–12)
Saturday  9:45–10:30am (ages 6–8)
Saturday  10:45–11:30 (ages 9–14)

NEW — Cardio Kids! (ages 6–12)
Endurance, agility, balance and motor skills are increased through a series of exciting activities and obstacle course challenges. All children, regardless of their athletic abilities, will benefit greatly from Cardio Kids.

Wednesday  6:15–7:00pm
Saturday  10:00–10:45am

DANCE – Funk & Jump (ages 6–12)
This class is designed to introduce dancers to the basics of hip hop with a concentration in creative movement and foot work. The focus of this class will be to build a solid foundation of hip hop dance moves to later be executed in choreography. Dress Code: Gym clothing that is easy to move in & (any) sneakers (NO jeans/dresses, NO restrictive wear).

Mondays 5:30–6:05pm

Little Dribblers (ages 3–5)

Recreational Basketball Fundamentals

NEW — Cardio Kids! (ages 6–12)

DANCE – Funk & Jump (ages 6–12)

OUTDOOR YOUTH SPORTS

Lil’ Sports of All Sorts (6–12)
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  4:30–5:15pm

Archery (ages 6–12)
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  5:15–6:00pm

Youth Outdoor Sports Classes will held from April 28th – June 17th

Member $30
Program Member $70
Non-Member $108

Greendale Family Branch  508.852.6694  ymcaofcm.org
YOUTH & TEEN

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 Tuesday:
3:00-7:00pm

Greendale Leadership Summer Camp Ages 13 – 15

A leadership program designed to encourage service, and the core values of the YMCA. Leaders in Training (LIT’s) will spend the summer giving back while also enjoying the perks of summer camp!

<table>
<thead>
<tr>
<th>Days</th>
<th>Family Member</th>
<th>Non-Member</th>
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<td>T &amp; TH</td>
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NEW - SWIM LESSON PROGRAM

YMCA Swim Lessons
Water Movement

YMCA Swim Lessons
Water Acclimation

YMCA Swim Lessons
Water Acclimation

YMCA Swim Lessons
Stroke MECHANICS

YMCA Swim Lessons
Stroke Development

YMCA Swim Lessons
Stroke Introduction
Dear Swim Lesson Participants and Families,

Welcome to YMCA of Central Massachusetts’ updated swim lesson program! Starting with our spring session, we have updated our program to put even more emphasis on keeping kids safe in and around the water.

The new program allows us to do this because we are catering our lessons to fit your child’s age, fitness, skill level and experience. We will be using skill-based instruction, maximizing physical activity all the while elevating character development. Our goal is to have kids learn to swim and progress through the levels at a faster rate.

Say good-bye to the fish! Another change you will notice is the new naming system. Instead of the traditional “fish” names, the new lessons will follow developmentally appropriate stages. Accompanied by the corresponding color, we hope this will simplify your understanding of the swim lesson progression.

**Spring Session Dates:**
April 2nd - June 17th *No classes the week of April 16th and no class May 28th*

**Spring Registration Dates:**
Family Members – March 13th
Youth/Preschool – March 19th
Non-Members – March 21st

If you have any questions, comments or concerns, please contact Aquatic Director, Katie Hebert at KHebert@ymcaofcm.org or at 508-852-6694 x293.

Mark your calendars! Office hours will be held March 24th 9:00am-12:00pm and March 26th-30th 4:00-7:00pm to assist you with registration and to answer any questions.

Katie Hebert
Aquatic Director
# YOUTH AQUATICS

## LEVEL TO STAGE CONVERSIONS

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<tr>
<th>Swim Level</th>
<th>Swim Stage</th>
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<tr>
<td>Parent &amp; Child</td>
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<td>Parent &amp; Pike</td>
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<tr>
<td>Ray</td>
<td>Preschool</td>
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<tr>
<td>Starfish</td>
<td>Preschool</td>
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<tr>
<td>Polliwog Beginner</td>
<td>Youth</td>
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<tr>
<td>Polliwog Advanced</td>
<td>Youth</td>
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<td>Guppy</td>
<td>Youth</td>
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<tr>
<td>Minnow</td>
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<tr>
<td>Fish</td>
<td>Youth</td>
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<tr>
<td>Flying Fish</td>
<td>Youth</td>
</tr>
<tr>
<td>Shark</td>
<td>Competitive, Recreation, Leadership</td>
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<tr>
<td>Swim Club</td>
<td>Recreation Track</td>
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<tr>
<td>Intro to Competitive</td>
<td>Competitive Track</td>
</tr>
</tbody>
</table>
YOUTH AQUATICS

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months–5 years
PARENT* & CHILD:
STAGES A–B

3 years–5 years
PRESCHOOL:
STAGES 1–4

5 years–12 years
SCHOOL AGE:
STAGES 1–6

12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

Is the student comfortable working with an instructor without a parent in the water?

Will the student go underwater voluntarily?

Can the student do a front and back float on his or her own?

Can the student swim 10–15 yards on his or her front and back?

Can the student swim 15 yards of front and back crawl?

Can the student swim front crawl, back crawl, and breaststroke across the pool?

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

A / WATER DISCOVERY

NOT YET

B / WATER EXPLORATION

NOT YET

1 / WATER ACCLIMATION

NOT YET

2 / WATER MOVEMENT

NOT YET

3 / WATER STAMINA

NOT YET

4 / STROKE INTRODUCTION

NOT YET

5 / STROKE DEVELOPMENT

NOT YET

6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parent/ing relationship.

Greendale Family Branch 508.852.6694 ymcaofcm.org
YOUTH AQUATICS

SWIM STARTERS
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.
YOUTH AQUATICS (0 – 5 years)

A / Water Discovery

Tuesday  10:10am
Wednesday 10:10am
Thursday  10:45am
Saturday  9:35am  10:45am  11:20am

B / Water Exploration

Tuesday  10:45am
Thursday 10:10am
Friday  5:45pm
Saturday  9:00am  10:10am

1 / Water Acclimation

Monday  5:10pm  5:45pm
Tuesday  10:10am  4:35pm
Wednesday  10:45am  4:35pm  5:10pm
Thursday  10:45am  5:10pm
Friday  10:15am  4:35pm
Saturday  9:00am  9:35am  10:45am  11:20am

2 / Water Movement, 3 / Water Stamina

Monday  4:35pm  5:10pm
Tuesday  10:45am  4:00pm  5:45pm
Wednesday  4:00pm  5:10pm
Thursday  10:45am  4:35pm  5:10pm
Friday  10:15am  4:35pm
Saturday  9:35am  10:10am  10:45am  11:20am

3 / Water Stamina, 4 / Stroke Introduction

Tuesday  4:00pm
Wednesday  5:45pm
Thursday  5:45pm
Friday  4:00pm  Saturday  9:00am

MEMBER  $80
PROGRAM MEMBER  $100
NON-MEMBER  $160
YOUTH AQUATICS

SWIM STARTERS
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit.
- Jump, push, turn, grab

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique. Developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.
# YOUTH AQUATICS (6 – 12 years)

### 1 / Water Acclimation

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### 3 / Water Stamina, 4 / Stroke Introduction

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### 4 / Stroke Introduction, 5 / Stroke Development

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### 5 / Stroke Development, 6 / Stroke Mechanics

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### 6 / Stroke Mechanics

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<td>Program Member</td>
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<tr>
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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 12:00-1:00pm

Member $90
Program Member $125
Non-Member $180

Rays in Training Swim Team Clinic
Interested in becoming a Y Stingray Swim Team Member? Clinic participants will learn more about competitive swim training to see if they are ready to join the team!
Our Spring/Summer Season starts on April 9th!

April 2nd and 4th
Monday and Wednesday 6:30-7:30pm

Member $20
Program Member $30
Non-Member $40

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.

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

Member $80
Program Member $100
Non-Member $160

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 $80
Program Member $100
Non-Member $160

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: April 30th — May 23rd
* Additional Class Sunday,
May 13th 8:00am-4:00pm
Monday and Wednesdays
6:30-9:45pm

Member $400
Program Member $425
Non-Member $450

Water Safety Instructor
This class is designed to train participants to be an American Red Cross Water Safety Instructor. This course is a blended learning program, which means part of class is conducted online. There is an additional $35 fee from the Red Cross when you login for the online training. The online training includes 10 hours of blended learning.
Pre-requisite is current lifeguard certification or strong swimming skills, and must be at least 16 years old. A pre-test will be conducted the first night of class.

Dates: May 5th, 6th, 12th, 13th, 19th, 20th
Saturday 9:00am-3:00pm
Sundays 8:00am-12:00pm

Member $300
Program Member $325
Non-Member $350

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. They can be purchased before or after your appointment is made, however please note that they are non-refundable and valid for 1 year from date of purchase. Private lessons are based on instructor availability.

Private Lesson
$45 members
$55 program member
$65 non-member
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 - 5:00pm
- 11 & Over - Monday/Wednesday/Friday 6:30 - 8:00pm
- 14 & Over - Tuesday 5:00 - 6:30am
- All Ages - Tuesday & Thursday 6:45 - 8:15pm
- Dry-land - 12 & Under - Monday 5:30 - 6:30pm / 13 & Over - Thursday 5:30 - 6:30pm

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 DEVELOPMENT

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.

Monday 9:00-10:00am
Friday 9:00-10:00am
Member $110
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
* Class ends May 24th
Member $77
Program Member $105
Non-Member $144

Everyone TRI’s
Winter is here and it’s time to take training back inside! Stay conditioned on the OFF Season with this 2 hour class. This class will consist of ...

Pool Workouts: that will focus on technique, muscle endurance, speed and transition from one discipline to another.

Cycling Workouts: that will focus on intervals, hills and endurance flats focused toward outdoor riding with our NEW INDURO CYCLING, virtual Riding at its best.

Brick Workouts: combination of Swim/Spin or Spin/Run intervals.

Strength Training and HIIT DECK workouts: to work on Agility, Speed and Core Conditioning.
This class is for all levels but must be able to swim 400meters comfortably nonstop.

Equipment you will need for this class: hand paddles, training fins, goggles, and swim cap.

Saturday 7:00-9:00am
Member $175
Program Member $210
Non-Member $260

NEW — HIIT H2O
Our HIIT DECK just met the POOL
Do you think running, sit-ups, pull ups, burpees and strength training belong in the pool? ... So, do we!

Come join Jill Watkins as she PUSHES YOU TO YOUR LIMITS in this 60 min high intensity class. Work on speed, agility, strength and core with all the benefits of the pool with little to no impact on joints but all the benefits of traditional land exercises. * Must be able to swim at least 50 yards.

Friday 10:00-10:45am
Member $110
Program Member $150
Non-Member $205

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 a aquatic personal training request form at the Welcome Center. They can be purchased before or after your appointment is made, however please note that they are non-refundable and valid for 1 year from date of purchase.

1 Hour Aquatic PT Session:
$60 Member
$85 Non-Member

Greendale Family Branch 508.852.6694 ymcaofcm.org
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 (ages 6–12)**
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 5:45-6:15pm**

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<tr>
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<td>Non-Member</td>
<td>$160</td>
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FREE MEMBER BENEFIT AQUATIC CLASSES

**Aqua Yoga — Promo Class**
Combin...[rest of sentence cut off]

**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.

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. They can be purchased before or after your appointment is made, however please note that they are non-refundable and valid for 1 year from date of purchase. Private lessons are based on instructor availability.

**Private Lesson – 30 minute**

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<td>$55 program member</td>
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<td>$65 non-member</td>
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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.

**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>Non-Member</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>Non-Member</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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Me & My Munchkin  
(ages 3-5)
A bonding moment with your favorite little rising tennis star! Adults join their little one on-court for guided exercises and games designed for fun and to develop early childhood motor skills, eye-hand coordination, and comfort in group settings.

Thursday 1:30–2:15pm  
Saturday 8:15–9:00am

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<tr>
<td>Adult</td>
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The RED BALL Series
For preschoolers to middle-schoolers, these programs introduce young players to strokes, games and match play, using mini-nets, smaller courts and game-based learning for age-appropriate instruction. A great opportunity for young people to make friends and learn the game of tennis!

Lil Grippers (ages 4-5)
Tuesday 4:15–5:00pm  
Saturday 10:30–11:15am

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Racketeers (ages 6-7)
Tuesday 4:15–5:00pm  
Thursday 4:15–5:00pm  
Saturday 11:15–12:00pm

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Rallyers (ages 8-9)
Monday 4:00–5:00pm  
Wednesday 4:00–5:00pm  
Thursday 5:00–6:00pm  
Saturday 10:30–11:30am

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<tbody>
<tr>
<td>Adult</td>
<td>$175</td>
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Tennis Mini-Camp Series
Have your child join us during school break for 1, 2, 3, or 4 days of tennis, friendship and fun!

During public school breaks we hold tennis camps for young tennis players ages 7+!

Below are details on this spring’s tennis camp:

April Break Mini Camp  
(Ages 7-14)
April 17, 18, 19, 20,  
Tuesday–Friday 10:00am–1:00pm

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<td>$165 for all 4 days</td>
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Enroll anytime at  
ymcaofcm.org/programs/enrollment  
or visit the Welcome Center

Greendale Family Branch  508.852.6694  ymcaofcm.org
Rising Stars  
(ages 7–9)  
Program offers accelerated learning and instruction to youngsters with natural talent, athleticism and ability to quickly master strokes and court movement. 2 days a week of 1 hour instruction. Please speak with the Director for assessment.

Dates: TBD

Member $315  
Program Member $378  
Non-Member $432

Orange Ball  
(ages 10–12)  
Middle-Schoolers enjoy 90 minutes of instruction, games, and match play on a 60’ court using USTA-certified low compression orange balls.

Monday 5:00-6:30pm  
Friday 5:00-6:30pm  
Saturday 12:00-1:30pm

Member $290  
Program Member $340  
Non-Member $395

Green Ball  
(ages 10–12)  
In this program, intermediate level players with consistent strokes and good movement work on refining their techniques and learning strategies for singles and doubles. Conducted on full court with USTA—certified mid-compression green balls.

Wednesday 5:00-6:30pm  
Friday 5:00-6:30pm

Member $290  
Program Member $340  
Non-Member $395

Orange Ball Lite  
(ages 8–10)  
A transition program for young players who've mastered Red Ball and are ready to try Orange Ball. A 60 minute program introducing “big net” dynamics, movement, and continued instruction using USTA-certified low-compression orange balls. Please see your Coach or the Director for assessment.

Saturday 10:30 to 11:30 am

Member $175  
Program Member $210  
Non-Member $240

Enroll anytime at ymcaofcm.org/programs/enrollment or visit the Welcome Center

Please contact Leigh at lhudson@ymcaofcm.org for more information
TENNIS – TEEN DEVELOPMENT

Dreamers (ages 14+)
Teens wanting to learn or aspire to improve. They will learn the fundamentals of strokes, movement, match play and more—with other teens!
Saturday 11:30-1:00pm
Member $290
Program Member $340
Non-Member $395

Champions (ages 14+)
For High School level players looking to make or rejoin their team. Focus is on competitive drills, tactics and match strategy.

Tuesday 3:30-5:00pm
Saturday 3:00-4:30pm
Member $290
Program Member $340
Non-Member $395

Challengers (ages 13+)
For intermediate level players with rallying skills, tactics, and all court skills. Please see the Tennis Center Director for placement in this program.

Tuesday 5:00-6:30pm
Wednesday 5:00-6:30pm
Saturday 1:30-3:00pm
Member $290
Program Member $340
Non-Member $395

Youth Tennis Social & Pizza Party!
Join us as we host and or visit another local Tennis club and enjoy a few hours of fun round robin style match play—singles, doubles and mixed doubles—followed by a pizza party!

Matches are held using orange ball, green ball and yellow ball, and open to young players ages 10 and thru 17.

Next event is being planned so stay tuned!

Date: TBD
Member $25
Non-Member $35

High School Hits (ages 15+)
Fun match play—Round Robin style—for high school players. Sign up for the entire session to own a spot or drop-in. Spots fill up fast.
Sunday 1:30-3:00pm
Teen members and Teen Non-Member Drop In Fee: $10
Pre-Register to save a spot!

Enroll anytime at ymcaofcm.org/programs/enrollment or visit the Welcome Center
TENNIS - ADULT DEVELOPMENT & SOCIALS

Tennis 101
Have you always wanted to learn to play tennis? Join our introduction to tennis clinic to meet other players, learn the basics and get playing! 1:6 ratio.

Monday  8:00-9:30pm
Sunday  12:00-1:30pm

Member    $225  
Non-Member $290

Tennis 201
Have a basic understanding of the game and ready to learn more? Join this primer clinic to work stroke fundamentals. 90 minutes of instruction, drills, and match play. 1:6 ratio.

Sunday  9:00-10:30am

Member    $225  
Non-Member $290

Private Lessons
Join one of our Tennis Center Pros for a 1:1 session to work that specific area or stroke that’s challenging you. Walk away with advice, tips and corrections you can immediately put to use on the court! Work with the pro of your choice and schedule a mutually available time. Price is the same for 1-1 and semi-privates. Maximum 2 players per private lesson.

1 Hour Lesson
Member    $80  
Non-Member $95

Round Robins
Meet other members of the Greendale tennis community for 90 minutes of rotating doubles, organized and facilitated by a staff member.

Level 1 – Beginner to Moderate

Level 2 – Intermediate +

AOA – Round Robins
Are you a senior player who loves the game? Come meet other members of our 65+ tennis community for fun, friendship and good tennis! 90 minutes of rotating doubles organized and facilitated by a staff member.

Wednesday 1:30-3:00pm

Members    $50  
Non-Member $100

Drop-In:
Member    $7.50  
Non Member $10

Greendale Family Branch  508.852.6694  ymcaofcm.org
FREE—Yoga for Tennis

Yoga designed specifically to develop strength, flexibility and balance for the tennis athlete, and to master breathing and stress management techniques for competition.

FREE to Members

Monday  8:00-9:00am  
Friday  12:30-1:30pm  
Sunday  8:00-9:00am

FREE—Cardio Tennis

An on-court workout for tennis players of all skills and levels; 1 hour session focusing on cardio, agility, balance, burst and power exercises and stations, interspersed with rapid-fire tennis drills! Bring your racquet and come sweat with us!

FREE to members

Tuesday  12:00-1:00pm  
Saturday  9:00-10:00am

FREE—Brown Bag Lecture Series

Every month, pack a lunch and join us in the tennis lounge for a learning moment about a tennis/sports topic! A guest speaker will join us to talk on a relevant topic, such as nutrition for athletes, conditioning for competition, performance pressure, and more! Watch for the schedule posted in the tennis lounge.

FREE to members

FREE—Workshop Series

A series of weekend workshops focusing on topics of special interest to our tennis community!

The Mental Game of Tennis

Workshop focuses on strengthening your “mental game”. Includes Yoga for Tennis, breathing, stress management, tools and techniques to manage pressure.

Date: TBD

USPTR U10 Development Certification Workshop

The United States Professional Tennis Registry (USPTR) provides on-court training workshops to help existing and aspiring coaches prepare for instructing. The NetGen U10 Workshop shows coaches how to teach quality group lessons to young players using red, orange, and green balls.

Saturday, June 23, Noon–6pm  
Sunday, June 24, 8 am–3 pm

Testing Day:

Sunday, June 24, Noon–3 pm

USPTR Fees:

<table>
<thead>
<tr>
<th>Before June 15</th>
<th>After June 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>$127</td>
<td>$157</td>
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</table>

Register on-line at USPTR.COM

Enroll anytime at ymcaofcm.org/programs/enrollment or visit the Welcome Center
Stroke of the Month

Our Pro Team have selected the strokes below as this spring session’s SPECIAL target areas for learning! EACH month we will incorporate them into our programs and hold special mini clinics for individual learning. A members-only program.
Limited to 6 players per mini clinic.

Fee: $10/1-hour mini-clinic

APRIL – the LOB
MAY – the FOREHAND
JUNE – the OVERHEAD SMASH

EVENT SCHEDULE:

APRIL: The Lob

4/9, Monday 8–9pm with Orlando
4/15, Sunday 12–1 pm with Bob
4/24, Tuesday 11–Noon with Tammy

MAY: The Forehand

5/14, Monday 8–9pm with Orlando
5/27, Sunday 12–1 pm with Bob
5/29, Tuesday 11–Noon with Tammy

JUNE: The Overhead Smash

6/4, Monday 8–9pm with Orlando
6/12, Tuesday 11–Noon with Tammy
6/17, Sunday 12—1 pm with Bob

** Dates and times may vary.
Confirm times at the Welcome Center or Tennis Lounge.

NEW * NEW * NEW

Vendor Highlight of the Month

Introducing our NEW Initiative to bring you GEAR! We’re partnering with Babolat, Wilson and Head to bring you a full complement of demo racquets. Each month we’ll be highlighting a vendor and conducting on-court FREE demo days with a ball machine so you can stop in and try them out. See the schedule below for our first series of FREE demo days.

MARCH EVENT SCHEDULE

Humpday with HEAD
Wednesday, March 14th 6:30–9:30 pm

TGIF with HEAD
Friday, March 16th 6:30–8:00 pm

Sunday Brunch with HEAD
Sunday, March 18th 10:30–1:30 pm

Happy Hour with HEAD
Tuesday, March 27th 5:00–8:00PM
TENNIS - TEAMS & LEAGUES

United States Tennis Association (USTA)

USTA oversees competitions, events and leagues through-out the United States. We actively participate in and host numerous USTA teams. This month we are kicking off our summer USTA teams!

Singles at 6:30, Doubles at 8:00pm

Mondays - 3.5M & 4.5 over 18 years old teams.
Tuesdays - 3.0M, 4.0M over 18.  3.5W over 40.
Wednesdays - 3.0W, & 4.0W over 18.
Thursdays - 3.5W over 18. 3.5M over 40.

Central Indoor League (CMITA)

CMITA is a traveling league offering weekly matches involving singles and doubles matches. The league fields teams for both women and men. Matches are played on Saturdays. 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 A1—Silver (Up to 4.4 Level)
Women’s A1– Gold (up to 4.5 level)

Dorothy Bruno Hills Indoor Tennis League (DBH)

DBH is a daytime women’s doubles league that runs from September through March competing against local clubs. Each week on match day, our teams compete against other clubs either here Greendale (“home”) or take to the road and compete at another tennis club. Matches are followed by a light lunch hosted by the home team which makes for a great day of tennis and socializing!

In 2018, we fielded 3 teams at the DBH 4 and DBH 3 levels. Teams form in August with team assignments in September. Players register with a partner for the season.

Program fees include pre-season training, kickoff events, weekly practices, weekly matches, home matches attended by the team coaches and bye-week round robins.
TENNIS – INHOUSE COMPETITION

Early Bird Singles Ladder

Are you a singles player, up at dawn and ready to hit the courts? Join our Early Bird Singles Ladder for 10 weeks of singles play.

For Members Only

Weekdays: 6–9am
Duration: April 2 – June 17
Start Fee: $20
Court Fees: $10/hour - 6:00–7:30am
$16/hour - 7:30–9:00am

Players arrange their own matches and use TennisBookings.com to reserve their courts.

Join us at the Championship Awards Presentation Breakfast at the end of the season!

Breakfast Date/Time: TBD

AOA – Senior Men’s Doubles League

Ready to partner up and join a daytime team for competitive match play?

The league plays Tuesdays, 10:30–Noon. Stay afterwards for a potluck lunch in the tennis lounge!

Tuesdays 10:30am–12:00pm
Members Only – $50.00
Weekly Signups – $7.50
(If Space Available)

Enroll anytime at ymcaofcm.org/programs/enrollment or visit the Welcome Center
TENNIS – THE BASICS

COURT RESERVATIONS

Y members can reserve courts 7 days in advance. Tennisbookings.com is our on-line reservation system and you need an account to make a reservation. To activate your YMCA member account, go to:
greendaleymca.tennisbookings.com

Court Reservation Fees Hourly:

**Monday–Friday**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>6:00am to 7:30am</td>
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<tr>
<td>7:30am to 9:00am</td>
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<td>9:00am to 5:00pm</td>
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<tr>
<td>5:00pm to 8:00pm</td>
<td>$36</td>
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<tr>
<td><em>8:00pm to 9:30pm</em></td>
<td>$26</td>
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**Saturday**

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<td>9:00am to 3:00pm</td>
<td>$36</td>
</tr>
<tr>
<td>3:00 – 6:00pm</td>
<td>$26</td>
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<tr>
<td>6:00pm to close</td>
<td>$16</td>
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**Sunday**

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<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>8:00am to close</td>
<td>$26</td>
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</tbody>
</table>

* Exception:

Fridays 6:30pm – close: $16

You can select any open court to play on but if programming needs arise, we may reassign you to another court.

BALL MACHINE

Looking to work your strokes with some steady drilling? Try our Playmate ball machine! Requires an orientation before use, and an annual subscription. Members only. Bring a friend and have fun!

Yearly Subscription Cost: $50

TENNIS GUESTS

Guests are always welcomed to join a YMCA Member on the tennis courts! Standard Y guest fees apply as well as court fees.

Please contact Leigh at lhudson@ymcaofcm.org for more tennis information.
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!

Group Exercise Classes: Free & Open to all members, from teens (13+) to our senior members. Additionally ages 9 – 12 with parent next to child. Regardless of your ability level, we can help you find the right class to reach your fitness goals.

Come check out our NEW ADDITIONS and time changes to the Group Exercise Schedule: Healthy Nutrition class, Barre Fusion, Pilates, & HIIT & Induro Cycling classes.

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.

Pricing & Packages Rates M/NM

<table>
<thead>
<tr>
<th>Package Description</th>
<th>M</th>
<th>N</th>
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</thead>
<tbody>
<tr>
<td>Orientation package - 1 Session</td>
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<tr>
<td>Health Seeker package - 2 Sessions</td>
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<td>Commitment package - 5 Sessions</td>
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<tr>
<td>Fit for Life package - 10 Sessions</td>
<td>$400</td>
<td>$550</td>
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2 person Semi-Private Personal Training
Personal Training with a friend makes an individualized program more enjoyable and more affordable. 2 people for 5 sessions. Price per person.

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<tr>
<th>Package Description</th>
<th>M</th>
<th>N</th>
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<tbody>
<tr>
<td>Orientation package - 1 session</td>
<td>$45</td>
<td>$65</td>
</tr>
<tr>
<td>Commitment package - 5 Sessions</td>
<td>$160</td>
<td>$240</td>
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<tr>
<td>Fit for Life package - 10 Sessions</td>
<td>$280</td>
<td>$430</td>
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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.

* Please complete a personal training request form at the Welcome Center. They can be purchased before or after your appointment is made, however please note that they are non-refundable and valid for 1 year from date of purchase.

Top Five Reasons for Personal Training

Personal Goals: Increase strength and endurance for what you do daily in life. Feel and look your best for a wedding, anniversary, holiday, or reunion.

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

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!

Inexperience: We will 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.

Do you have a MYZONE belt yet? Buy one today and join our exciting monthly Challenges. Prizes given to top participants. You will see how your workouts count, and see the results you have been waiting for. Available at our front desk for half the retail price.

For more information contact Karin Anderson, Director of Healthy Living at kanderson@ymcaofcm.org

Greendale Family Branch 508.852.6694 ymcaofcm.org
**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 Karin Anderson at kanderson@ymcaofcm.org.**

**AOA LAND — Drop in Classes**

**Siversneakers® 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**

**Siversneakers® 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**

**Dance & Tone**

Have fun dancing to favorite tunes from the past and present while working on Strength, Endurance, Coordination & Balance. Plan to get your heart pumping and toes tapping. This is a no to low impact class with options for higher energy moves. The class ends with a chair-based (or mat optional) stretch.

**Tuesday/Thursday 8:30am**
**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

**TRX HIIT**
High intensity interval training designed to burn calories and increase your metabolic rate!

- **Monday**  12:00pm
- **Monday**  7:00pm
- **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!

- **Tuesday**  7:15pm

**Tread and Shred**
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—Neurological Disorders Boxing**
This class incorporates exercises that target improving specific deficits with emphasis on cardiovascular endurance, strength, balance and flexibility. Class incorporates 20 minutes of BOXING movements utilizing our suspended boxing bags.

Further, vocalization, eye hand coordination, core, upper & lower body encompasses this well rounded 60 minute class. Modifications are consistently provided throughout this class.

Those with other neurological diseases or related disorders are encouraged to attend. Class is FREE for members.

Questions please contact Paula Sheehan at paulas1031@yahoo.com

- **Wednesday**  11:00am
- **Friday**  10:30am

**MMA Strike Fitness**
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.

- **Monday**  9:00am
- **Saturday**  8:00am

<table>
<thead>
<tr>
<th></th>
<th>Members</th>
<th>Program Member</th>
<th>Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$110</td>
<td>$150</td>
<td>$180</td>
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</table>

If interested in a 2 day option please contact Karin Anderson at kanderson@ymcaofcm.org
HEALTH AND WELLNESS

WORMTOWN REBOOT
Attention Wormtown alumni and new participants! Let’s SPRING forward to NEW exercise routines to get you back on track and feeling great! A combination of cardio and strength training with emphasis on keeping track of your nutritional eating. Come reboot your system and “Spring” into feeling rejuvenated and energized!

Tuesday 5:30-6:30pm

Kids HIIT (Ages 9–12)
Youth fitness class in our Youth and Family Wellness Center. This class has FUN Interval workouts combining full body strength training and cardio bursts designed to improve overall fitness. This class makes exercise count while exposing kids to how good they feel when they move. It will increase aerobic capacity, tone your entire body, and make fitness imbedded in one’s life starting at an early age. Sign up for this HIIT 45 min workout and you’ll be so happy with all the benefits from doing so.

Monday 4:15-5:00pm
Thursday 4:15-5:00pm
Saturday 10:00–10:45am

Healthy Eating Nutritional Class
Come to our Nutritional class offered FREE to members! There are various diets plans and different philosophies on what is the best way to eat and reach your nutritional goals. Food is our fuel that allows us to live, function, and move. If you want your body to function at it’s best, you have to fuel it correctly. Your body can be a high energy expending machine. Take part in this class to learn the benefits of nutritional eating that will give you your desired outcomes. This class will inspire healthy eating and present a variety of knowledge concerning weight loss, calorie counting, and nutrition label reading. * Lead by our Certified Nutrition specialist and consultation with our registered dietician.

Monday 6:30 –7:00pm

Teen Personal Training (Ages 13–19)
Take part in this new offering at a lower price than our adult personal training. Our trainers will focus on what you need based on your goals whether it be sport specific training, strengthening, toning, weight loss–weight gain, or overall conditioning. Let us help make the difference in you! Contact Jill Watkins at jwtikins@ymcaofcm.org for more information

Pricing & Packages Rates

<table>
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<tr>
<th>Member</th>
<th>Orientation package - 1 Session</th>
<th>$45/$60</th>
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<tr>
<td></td>
<td>Commitment package - 5 Sessions</td>
<td>$190/$250</td>
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<tr>
<td></td>
<td>Fit for Life package - 10 Sessions</td>
<td>$350/$500</td>
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</table>

2 person Semi-Private Personal Training
Personal Training with a friend makes an individualized program more enjoyable and more affordable.
2 people for 5 sessions. Price per person

<table>
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<tr>
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<tr>
<td></td>
<td>Commitment package - 5 Sessions</td>
<td>$130/$180</td>
</tr>
<tr>
<td></td>
<td>Fit for Life package - 10 Sessions</td>
<td>$250/$400</td>
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</table>

Greendale Family Branch  508.852.6694  ymcaofcm.org
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. 223 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 4:15-5:15pm

- **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**
  - Last Friday Night Monthly
  - Zumba Dance night or Yoga Class

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):**
  - $85/8 (45 min) sessions

- **Teen Group — Tuesday 4:15-5:00pm**
- **Youth Group — Wednesday 4:00-4:45pm**
LIVESTRONG partnered with the YMCA of the USA in 2007 to create LIVESTRONG at the YMCA, a 12-week physical activity program and well-being program designed to help adult cancer survivors achieve their holistic health goals.

The research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

Participants work with Y staff trained in a supportive cancer care environment to achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

We offer a variety of experiences. Exercise classes which include Stability & Medicine balls, Indoor cycling, Zumba, Nutrition, Pilates, Barre, Kickboxing, Gentle Yoga, Mindfulness, Stress Reduction, Water Exercise Activities, and Alumni Gatherings.

In addition to physical benefits, LIVESTRONG at the YMCA focuses on the whole person and the disease. LIVESTRONG the YMCA helps people move beyond cancer in spirit, mind and body.

LIVESTRONG at the YMCA
Class times & Location

75 minute classes — Two Options

**Evening Class—Multipurpose Room**
Tuesday & Thursday—6:30-7:45pm

**Daytime Class—Group Exercise Studio**
Wednesday & Friday—12:00-1:15pm

To register for this program contact
Brenna Miller, LIVESTRONG Coordinator at greendalegrpex@ymcaofcm.org or
Karin Anderson, Director of Healthy Living at kanderson@ymcaofcm.org
MASSAGE

Set up an appointment with our Massage Therapists: Jill Watkins LMT at jwatkins@ymcaofcm.org or Deanna Leamon LMT at deannaleamon@mac.com

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Member Price</th>
<th>Non-Member Price</th>
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<tr>
<td>30 Minute Massage</td>
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<tr>
<td>60 Minute Massage</td>
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<td>$85</td>
</tr>
<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.

<table>
<thead>
<tr>
<th>Service</th>
<th>Member Price</th>
<th>Non-Member Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minute Massage</td>
<td>$55</td>
<td>$70</td>
</tr>
<tr>
<td>60 Minute Massage</td>
<td>$80</td>
<td>$95</td>
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PLEASE GIVE TODAY

ANNUAL CAMPAIGN

You can make a real difference!

Consider a gift today!

http://www.ymcaofcm.org/support-the-y/