

eliminating racism
empowering women

ywca
schenectady

44 Washington Avenue
Schenectady, NY 12305
518-374-3394
518-374-3385 fax
www.ywca-schenectady.org

Non-Profit Org.
US Postage
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Schenectady, NY
Permit #145

**Front Street Pool
Opening June 27th!**

yoga
child care
land fitness
aqua fitness
silversneakers®
aquatic activities
children's aquatic classes

www.ywca-schenectady.org

Hours of Operation
Monday - Friday 7:00 am - 9:00 pm
Saturday & Sunday 9:00 am - 5:00 pm
June - September 2008

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summer program brochure

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MISSION

The Young Women's Christian Association of the United States of America is a Women's membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women's growth, leadership and power in order to attain a common vision: Peace, justice, freedom and dignity for all people.

ONE IMPERATIVE

To thrust our collective power toward the elimination of racism wherever it exists and by any means necessary.

DIRECTIONS

44 WASHINGTON AVENUE SCHENECTADY, NY

From **Albany** - Rte 5 to State St. to Downtown. Turn Right onto Washington Avenue at the light in front of Schenectady County Community College (SCCC).

From **Albany** - I-90 West to exit 25. Straight through toll (I- 890) to exit 4C (Scotia Exit). Straight at light in front of SCCC to 44 Washington Ave.

From **Troy/Latham/Niskayuna** - Rte 7 (Troy-Schenectady Rd.). Bear Right onto Union Street. Union Street ends on our front steps.

From **Saratoga** - I-87S to exit 7. Turn Right off ramp onto Troy-Schenectady Rd. (Rte. 7W). Bear Right onto Union Street. Union Street ends on our front steps.

FRONT STREET POOL

Take Nott Street across Erie Blvd. Continue on Nott St. and turn left onto Front Street, continue for a few blocks. Front St. pool is on the right hand side after the railroad overpass. The pool is set back from the road.

board of directors

Shirley Readdean.....President
 Marsha MortimoreVice President
 Kerrie Wolf.....Vice President
 Catherine Lewis.....Treasurer
 Rebecca Jarczyński.....Secretary

Linnea D'Andrea	Donna Reichel
Nohelani Etienne	Jesmarie Soto
Irene Kestner	Dot Valachovic
Louise Macuirles	Kathy VanAllen
Christine Pangburn	Kate Weller
Alicia Patrick	Trish Williams
Doreen Ross	Sarah Zarrelli

Executive Director:

Rowie Taylor

MEMBERSHIP IN THE **YWCA**, THE OLDEST AND LARGEST WOMEN'S ORGANIZATION IN THE WORLD, REGISTERS YOUR COMMITMENT TO SUPPORT THE ECONOMIC, SOCIAL, PHYSICAL AND PSYCHOLOGICAL DEVELOPMENT OF WOMEN AND THEIR FAMILIES.

IT AFFORDS YOU AN OPPORTUNITY TO BUILD A STRONGER COMMUNITY AND TAKE PART IN VARIOUS **YWCA** PROGRAMS.

website: www.ywca-schenectady.org

Summer 2008 Session:

June 1, 2008
 through
 August 31, 2008

The YWCA will be CLOSED:

- Memorial Day, May 26
- Independence Day, July 4
- Labor Day, September 1

membership information

Membership in the YWCA is not only essential to utilizing our classes, programs and child care, it is a statement of support for the goals and the mission of the YWCA. We are unable to refund membership fees.

Annual Membership Fee:

Adults (women 18+)	\$30.00
Associates (men 18+)	\$30.00
Seniors (60 and over)	\$25.00
Teens (age 12 -17)	\$15.00

Children under the age of 11 are included in parent or guardian's membership. Men are also invited to become associate members; however, they will not receive the voting privileges of membership.

registration and refund policy

To register for a program, payment must be made. Fees will be specified by each program. We are unable to reserve a space in class until we have received payment, which is due prior to the beginning of the class or program. **When you register for a class, please make sure to bring your current membership card.** A \$30 processing fee will be charged for all returned checks.

We strive to offer a variety of pricing options that meet your individual and family needs. Please note that children under the age of 15 may not participate in adult aerobics, aquatic, sauna or weight training exercise programs without the Health & Fitness Coordinator's permission.

The YWCA reserves the right to cancel any class. Classes and activities may be cancelled or postponed due to insufficient registration, inclement weather, or unforeseen circumstances. Every effort will be made to notify those registered. If a class is cancelled by the YWCA, members may receive a credit voucher or a refund. Voluntary absence from a class does not reduce the cost of operating a class- for this reason, we can not provide individuals a refund or credit even if the absence is unavoidable.

membership information

This information will help the YWCA make plans to serve our community more effectively. Information is voluntary and failure to complete this form will neither affect your membership nor be used for purposes of employment. Membership fees are not refundable.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Work Phone: _____

E-mail: _____

Employer: _____

Birth Date: _____

Notify/Emergency: _____

Phone: _____

membership type

- Adults (women 18+)
- Associates (men 18+)
- Seniors (60 and over)
- Teens (age 12 -17)

Payment: Amount \$ _____

Check Enclosed

Credit Card # _____ Exp. Date _____

Name on card: _____

Current School Level:	Ethnic Identity:	Family Income:	Age:
<input type="checkbox"/> Grade School	<input type="checkbox"/> Black/African Amer.	<input type="checkbox"/> Under \$15,000	<input type="checkbox"/> 12-17
<input type="checkbox"/> H.S. or GED	<input type="checkbox"/> Hispanic/Latina(o)	<input type="checkbox"/> \$15,000 - \$29,999	<input type="checkbox"/> 18-24
<input type="checkbox"/> College Graduate	<input type="checkbox"/> American Indian/ Alaskan Native	<input type="checkbox"/> \$30,000 - \$44,999	<input type="checkbox"/> 25-44
<input type="checkbox"/> Graduate School	<input type="checkbox"/> Caucasian/White	<input type="checkbox"/> \$45,000 - \$59,999	<input type="checkbox"/> 45-59
Sex	<input type="checkbox"/> Asian/Pacific Island	<input type="checkbox"/> \$60,000 - \$74,999	<input type="checkbox"/> 60 +
<input type="checkbox"/> Female	<input type="checkbox"/> Other - Multi Ethnic	<input type="checkbox"/> \$75,000 - \$99,999	
<input type="checkbox"/> Male		<input type="checkbox"/> \$100,000 and above	

Release: The YWCA of Schenectady has my permission to use photos, videos or audiotapes taken of me or minor children in my family for the purpose of publicizing YWCA activities

Signature _____ Date _____

child care

YWCA of Schenectady offers early childhood education to children in a safe and caring environment.

Locations include:

- 44 Washington Avenue
- 134 Emmons (fall 2008)
- E-38 Yates Village
- Schenectady County Community College

44 Washington Avenue and S.C.C.C. sites are NAEYC accredited.



summer fun days

For children 6-12 years old during summer school break. Activities include: field trips, swimming lessons, art experience, gym games, and special events. Located at SCCC. Space is limited for the upcoming June 30 - August 29th session.

childcare

Choose one of three sites for early childhood education for children 18 months old to 5 years old. Available sites: E-38 Yates Village (7:30 am - 5:30 pm), 44 Washington Avenue (7:00 am - 5:30 pm) and Schenectady County Community College (7:30 am - 5:30 pm).

infant care

Available for children 6 weeks to 18 months old at two sites: Washington Avenue and Schenectady County Community College.

For information or registration, please contact 374-3394, ext 101.

services to women & families

The YW's Services to Women & Families supports women through three program areas: Domestic Violence Shelter services, Non-Residential Domestic Violence Services, and Homeless Housing. These programs provide our clients counseling, support groups, educational programs, advocacy and housing. In 2007, Services to Women & Families served almost 4,000 women and children.

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fitness plans

YWCA membership is required to participate in all programs. Adults \$30, Associates \$30, Seniors (60+) \$25 and teens (12 - 17) \$15.

- seniors (60+) receive a 15% discount on all plans.
- all plans include use of fitness center & sauna.

Front Street Pool Plan

(unlimited access to open swim & lap swim)

Individual **\$99** -or-

Family **\$159** (up to 5 individuals)

*membership required

Family Plan special \$100 if you sign up by July 12

Front Street Pool Drop-In Rates

(members and non-members)

\$3.00 Adults -or-

\$1.25 Children under the age of 14.

get healthy plan- our all-inclusive package includes unlimited lap & family swim, land & water aerobic classes for 1 person.

1 Year	\$400 Best Price!
3 Months	\$115
1 Month	\$40

aqua fitness plan- unlimited participation in all water aerobic classes.

1 Year	\$350
3 Months	\$100
1 Month	\$35

land fitness plan- unlimited participation in all land fitness classes.

1 Year	\$330
3 Months	\$90
1 Month	\$30

lap swim plan- unlimited participation in all scheduled lap swims.

1 Year	\$350
3 Months	\$100
1 Month	\$35

family swim plan- unlimited participation in all family swim sessions. Includes up to 5 individuals.

6 Months	\$200
3 Months	\$100

drop-in rates- one time visits for lap swim, family swim, water or land aerobics.

Members	\$6
Seniors	\$4
Family	\$15

(up to 5 individuals, \$3 for each additional individual)

Non-Member \$10

(one time only)

indoor pool schedule june 1- june 26

mon	tues	wed	thurs	fri	sat	sun
7-9 am lap swim	7-9 am lap swim	7-9 am lap swim	7-9 am lap swim	7-9 am lap swim	7:30-8:30 am lap swim	
9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	8:30-9:30 am aqua fitness	
	10-11 am women swim		10-11 am women swim			
12-1:30 pm lap swim		12-1:30 pm lap swim		12-1:30 pm lap swim	12-1:30 pm lap swim	12-1:30 pm lap swim
5:30-6:30 pm lap swim	5:30-6:30 pm aqua fitness	5:30-6:30 pm lap swim	5:30-6:30 pm aqua fitness	5:30-6:30 pm lap swim	1:30- 5 pm family swim lap swim (2 lanes)	1:30- 5 pm family swim lap swim (2 lanes)
6:30-7:30 pm aqua fitness		6:30-7:30 pm aqua fitness		6:30-8:30 pm family swim	6:30-8:30 pm family swim	

indoor pool schedule june 27- july 3

7-9 am lap swim	7-9 am lap swim	7-9 am lap swim	7-9 am lap swim	7-9 am lap swim	7:30-8:30 am lap swim	
9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	8:30-9:30 am aqua fitness	
	10-11 am women swim		10-11 am women swim			

**** Indoor pool is closed for maintenance beginning July 4th, reopening on September 2nd.**

outdoor pool schedule june 27 - aug 30

Front Street Pool Plan (unlimited access to open swim & lap swim) Individual \$99 -or- Family \$159 (up to 5 individuals) *membership required	 Family Plan special \$100 if you sign up by July 12	Front Street Pool Drop-In Rates (members and non-members) \$3.00 Adults -or- \$1.25 Children under the age of 14.
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mon	tues	wed	thurs	fri	sat	sun
7-9 am lap swim	7-9 am lap swim	7-9 am lap swim	7-9 am lap swim	7-9 am lap swim		
9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	9-10 am aqua fitness	
12-1:30 pm lap swim (2 lanes)	12-1:30 pm lap swim (2 lanes)	12-1:30 pm lap swim (2 lanes)	12-1:30 pm lap swim (2 lanes)	12-1:30 pm lap swim (2 lanes)	10am-1:30 pm lap swim (2 lanes)	12-1:30 pm lap swim (2 lanes)
12-6:30 pm open swim	12-6:30 pm open swim	12-6:30 pm open swim	12-6:30 pm open swim	12-6:30 pm open swim	12-6:30 pm open swim	12-6:30 pm open swim
6:30-7:30 pm aqua fitness	6:30-7:30 pm aqua fitness	6:30-7:30 pm aqua fitness	6:30-7:30 pm aqua fitness			

The Front Street pool is open to members and non-members. All members will present their membership and fitness plan cards for entrance to the Front Street Pool. Parents/Guardians are required to be on the premises with children under the age of 14 years old. Parents/Guardians will be in the water no more than an arm's length away if their child is a non-swimmer. Lifeguards have full authority at the pool to limit or prevent behavior that may violate safe conduct rules. Pool rules will be followed so all patrons can have safe fun at the Front Street Pool. Access will be denied if rules are violated.

aquatic activities

children's learn to swim week

Beginner - child is new to the pool environment. Water exploration skills such as bobbing, head submersion, floating, kicking and introduction to alternating arm action are instructed. Children will practice skills with and without support.

Advanced Beginner - child has been exposed to pool environment. The child should be able to support him or herself in the water swimming either "doggy paddle" or front crawl. Further instruction in front crawl is taught. Breath control, back crawl, elementary backstroke and stroke endurance is instructed.

Sessions: July 7 - 11 **Free!**
July 14 - 18
July 21 - 25
July 28 - Aug 1
Aug 4 - Aug 8

10:15 - 11:00 am
(Learn to swim classes meet daily for a week)

\$25.00 per child per week
Classes will be held at the **Front Street Pool**.
YWCA Membership required.
Class size is limited.

**Free Learn
to Swim
Week
classes
July 7-11 only!**

family/open swim

This great family activity provides a chance for children to further their swimming skills, as well as physical activity for all. An adult or guardian must accompany children in the pool area at family/open swim.

Session:	Indoor pool	Front Street pool
	June 1- 29	June 27 - Aug 30
	Fri & Sat	Daily
	6:30 - 8:30 pm	12:00 - 6:30 pm
	Sat & Sun	
	1:30 - 5:00 pm	

aquatic activities

aqua fitness class

This class provides a great cardiovascular workout. Participants work out at their own pace. The water is a natural resistance to tone and sculpt the body. The water provides a low-impact workout and supports the bones and joints. It is a great workout for those of us with arthritis. All ages (15 years & older), fitness levels and co-ed welcome.

Classes: Session: June 1 - July 3
Indoor pool (44 Washington Avenue)
(see schedule on page 7)

Session: July 7 - Aug 30
Outdoor pool (Front Street Pool)
(see schedule on page 8)

lap swim/swim jogging:

Lap swimming as an exercise routine has great benefits. Swimming provides a low-impact cardio workout. The water provides a natural resistance to tone and sculpt the body. Water walking and swim jogging are also available during this session.

Session: June 7- July 3
Indoor pool (44 Washington Ave.)
(see schedule on page 7)

Session: July 7 - Aug 30
Outdoor pool (Front Street Pool)
(see schedule on page 8)

women's swim:

Ladies join us for this hour of open swim. Choose from water walking and lap swim during this time. Come and relax and explore the water. For women only.

Session: June 1 - July 3
Indoor pool (44 Washington Ave.)
(see schedule on page 7)

land fitness

Burn calories and tone your body in one of our many aerobic classes. New members are welcome to join at any time!

cardio step

Cardio Step is a low-impact, high-intensity step workout class for those looking for a cardiovascular workout. Choreography is used in class. Participate at your own pace.

Classes: Mondays & Wednesdays
9:00 - 10:00 am

cardio circuit

Participants will rotate around different cardio workout stations to get the ultimate workout. Stations include: Step, free weights, stability balls and more!

Classes: Fridays
9:00 - 10:00 am

step'n tone

Combination of low-impact step aerobics and toning exercises to tone and sculpt the body. Various types of equipment, such as stability balls, free weights, dynabands and more will be utilized.

Classes: Tuesdays & Thursdays
5:30 - 6:30 pm

osteoporosis prevention

Fight osteoporosis! This class is designed for post-menopausal women. Weight training, balance control and flexibility are emphasized in this class.

Classes: Tuesdays & Thursdays
11:00 am - 12:00 pm

adult classes

pilates class

Pilates exercise focuses on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility while integrating the concept of mindfulness, fluidity and grace. Come join in the fun and do something special for YOU!

Please bring a sticky mat.

Session I: June 3 - June 26 (Tues & Thurs)
Session II: July 3 - Aug 28 (Thurs)
Class: 4:15 - 5:15 pm

*Pilates classes included under Land Fitness and Get Healthy Fitness plans.

kripalu yoga

Experience the union of movement, breath and concentration with the ancient art of Yoga. Develop balance, strength and flexibility through a guided exploration of asana, pranayama and meditation. John Horan, certified Kripalu Yoga instructor.

Class:
session: July 15 - Aug 19
Tuesdays: 7:00 - 8:15 pm
Cost: \$45.00 session
-or-
\$15.00 per drop-in
YWCA Membership required
5 participants minimum



silversneakers



silversneakers® fitness program:

Members of select Medicare health plans receive the SilverSneakers® Fitness Program as one of their benefits. SilverSneakers® includes a free basic membership to the YWCA of Schenectady, SilverSneakers® classes customized for older adults, Senior AdvisorsSM assistance, fun social events and more. Visit www.silversneakers.com to see if your health plan offers SilverSneakers®.

SilverSneakers® I - Strength & Range of Muscular Movement

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



Classes: Mondays & Fridays
11:00 am - 11:45 pm

silversneakers® yoga stretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Class: Wednesdays
10:30 - 11:15 am

**All members with
Get Healthy Plans or Land Fitness Plans
are welcome to attend SilverSneakers®.**

fitness

health center

The Health Center * is for independent cardio and strength training workouts that include:

- ◆ Hydraulic strength training equipment
- ◆ Treadmill
- ◆ Cardio glider
- ◆ Universal weight unit
- ◆ Step machine
- ◆ Exercise bike

schedule:

Mon-Fri 7am - 7pm
Sat 7am - 5pm
Sun 12pm - 5pm

*Prior to first use, members are required to have a free orientation session. Staff will teach you how to effectively and safely use the equipment.

locker rentals

Members are welcome to rent a locker for their exclusive use. Members are to visit the YWCA Reception Desk to rent a locker. The member is to inform the Reception desk staff of the selected locker.



Any locked lock on a non-rented locker will be removed.

Rates:

1 month \$7.00
3 month \$18.00
6 months \$30.00
1 year \$48.00