



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CHOOSE YOUR BUBBLE

Canandaigua YMCA

April 30 – Program Guide

Canandaigua YMCA
32 N. Main St.
Canandaigua, NY 14424
585.394.6866
www.Canandaigua-YMCA.org

Registration Dates:

April 9 for members
ONLINE ONLY at 6 pm
April 13 for non-members

COUNT ON US

Hours:

Monday through Friday: 5:15am - 9:30pm

Weekends: 7:30am - 5:30pm

Child Watch Hours

M-TH 8:30am - 8 pm

F 8:30 am - 5:00 pm SA 8 am - 12 pm

Guest Policy

Guests are welcome at the Canandaigua YMCA. All must present a photo ID and pay the daily fee.

Youth (through Grade 12): \$5.00

Adult: \$10.00

Family (same household): \$15.00

College students: \$5 must have valid college ID

Away Program

You can use your card at over 600 YMCAs nationwide and be admitted at no charge or half of a guest fee. AWAY means "Always Welcome at YMCAs."

Insurance Information

The YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk.

Age Requirements

Children Under the Age of 9 must be accompanied by an adult at all times unless in a registered program.

Children ages 9 - 12 must have an adult in the building unless participating in supervised, recreational activities. Children need to be signed in and out by a parent.

Age Requirements by Program Area

Pool: General rules: 5 & under parent/guardian needs to be in pool, 6 - 8 parent/guardian in pool area, 9 - 12 parent/guardian in the building. Lifeguards have a right to overrule this policy though as they see fit.

The Zone: 5 & up, unless enrolled in SACC, VFC, Preschool, Acrobatics, Family Time, Birthday Parties or scheduled Child Watch time.

Wellness Center: Ages 16+ (Age 13+ with the completion of teen training program.)

Group Exercise Classes: Age 13+

Sauna: Age 18+

Child Watch: Minimum age 6 weeks

Adult Basketball: Age 19+

Card Requirements

Please always bring Y card. Replacement cards \$2.00.

YMCA Board of Directors

Jen Kelley, Chief Volunteer Officer

Nanci Bentley

Stephen Cole

Sally Crosiar

Penny Elliott

Jeff Friend

Bill Fuge

Gail Herman

Bob Locke

Lara LaChapelle

Chris Miller

Bill O'Hanlon

Stella Pennise

Jim Rahmlow

Terry Rockwell

Nancy Sheridan

Kelly Sheridan

Willie Simmons

Kim Snyder

Steven Swartout

Karen Tricomi

YMCA Key Staff

Laurie O'Shaughnessy, CEO

Laurie@canandaigua-ymca.org

Directors

Katie Achter, Youth & Family Director

Katie@Canandaigua-YMCA.org

Rich Buch, Business and Finance

Rbuch@canandaigua-ymca.org

Grace Conklin, Aquatics Director

GConklin@canandaigua-ymca.org

Lindsey Dixon, Development & Communications

Lindsey@canandaigua-ymca.org

Melissa Gaspary, Senior Program Director

Mgaspary@canandaigua-ymca.org

Scot Haynes, Maintenance

SHaynes@canandaigua-ymca.org

Mary Shaver, Preschool, SACC & Teen Director

MShaver@canandaigua-ymca.org

Birthday Parties:

Birthdays@Canandaigua-ymca.org

Birthday Party Direct Line 585.394.6812

Child Watch:

Childwatch@Canandaigua-ymca.org

Ellie Burnett, Member Service

Eburnett@canandaigua-ymca.org

Sandi Heacock, Billing Registration Specialist

Sheacock@canandaigua-ymca.org

Shelby Kramer, Aquatic Staff Associate

Shelby@canandaigua-ymca.org

Amanda Petroccione, Head Performance Coach

Amanda@Canandaigua-ymca.org

Carolyn Rosenzweig, Membership Staff Associate

CRosenzweig@Canandaigua-YMCA.org

Tina Sallazzo, Wellness Staff Associate

Tina@Canandaigua-ymca.org

Patty Spaid, Active Older Adults Coordinator

Patty@canandaigua-ymca.org



JOIN IN

Stay Connected

Be the first to know when a **class is canceled**, when the **pool is closed** or any other important announcement with our **Mobile App!**

FREE WIFI in the building!



For further details on anything below stop by the Welcome Desk.

Membership Hold Policy

Memberships can be placed on hold for up to 90 days annually for a **\$25 fee**. Hold fees are non-refundable and due in advance.

Insurance Information

The YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk.

Member Benefits

A membership gives you access to: group exercise classes, trained staff, unlimited use of the wellness center, gym and pool, active older adult programs, dance classes, preschool, FREE child watch and more! As a member you register first and pay reduced rates on youth & adult specialty classes.

Photo & Cell Phone Policy

Cell phone use is not permitted in locker rooms, wellness center, gym and other program areas. Photos and videos may be taken only with permission of YMCA management and all participants being photographed.

For Your Safety

We have surveillance cameras in various locations on our property.

Corporate Memberships

We have corporate membership opportunities. If you want to provide a wellness program for your employees we can help! Contact the Y to see if we can make it work for your business.

Member Fees

Category	Monthly Fee	Passport Fee*	Joining Fee
Family (2 adults + children 22 and under in one house)	\$82.25	\$99.50	\$75
Individual Parent (Adult + children 22 and under in one house)	\$70.25	\$90.00	\$75
Adult Couple (2 adults in the same household)	\$74.00	\$90.00	\$75
Senior Couple (62+)	\$69.25	\$90.00	\$75
Senior (62+)	\$49.50	\$60.50	\$50
Adult (23-61)	\$58.00	\$64.00	\$50
Young Adult (19 - 22)	\$39.00	\$49.00	\$30
Youth (Birth - 19)	\$19.00	\$29.00	NA

- Passport Memberships allow for use of the CANANDAIGUA YMCA and any of the 10 branches of the YMCA of Greater Rochester.
- Joining Fees are tax deductible, and are only charged to new members and those that have lapsed more than 30 days. These fees are used as a source of funds to enhance membership services.
- Payments can be made in one annual payment or monthly by direct debit from a bank account or credit card. **30 days written notice is required to stop the draft.** There is a \$20 service fee for any returned checks or drafts.
- Insurance Co-Pays - Many health insurance policies now cover membership and program costs to help ensure a healthier lifestyle for their subscribers. Please contact your insurance company for more details.

Think Summer...

The Y is here for you all summer! Special summer memberships run Memorial Day - Labor Day.

If your schedule is looking too busy to come during the summer - put it on hold, \$25 for 90 days.

Summer Member Rates: Memorial Day - Labor Day

Youth: \$62.00

Young Adult: \$125.00

(Young adult = College students; students can begin getting this membership on May 15 with an ID)

Adult: \$172.00

Couple: \$210.00

Family: \$245.00

Individual Parent: \$210.00

Senior: \$148

Senior Couple: \$205

Youth Programs

Swim diapers are required for SKIPS, and any other child not fully toilet trained.

During the first lesson, abilities are assessed and your child may be moved to a different level to better serve his or her needs.

Young Child Lessons

Cost: \$42/\$74

Skips (Parent/Child ages 6-36 mos.)

M 9:15 - 9:45 am;
TH 9:00 - 9:30 am; 4:10 - 4:40 pm
SA 9:00 - 9:30 am; 9:40 - 10:10 am

Pre-Pike (Parent/Child ages 33mos-5 yrs.)
Transition from swimming with a parent to an instructor-directed class.

M 9:55 - 10:25 am;
TH 4:50 - 5:20 pm; 9:40 - 10:10
SA 10:20 - 10:50 am; 11:00 - 11:30 am

Pike (3-5 yrs.) Introduction to swimming on front, back and side. Float belts used. Low instructor-to-student ratio.

M 9:55 - 10:25 am; TU 4:40 - 5:10pm
W 6:50 - 7:20 pm;
TH 9:15 - 9:45 am; 5:30 - 6:00 pm
SA 9:00 - 9:30 am; 10:20 - 10:50 am

Eel (3-5 yrs.) Swimmers will move from wearing just 1-2 bubbles to no bubbles, while gaining endurance and confidence on front, back and side.

M 9:15 - 9:45 am; TU 4:40 - 5:10pm
W 6:50 - 7:20 pm
TH 9:55 - 10:25 am; 4:50 - 5:20 pm
SA 9:40 - 10:10 am; 10:40 - 11:10am

Ray (3-5 yrs.) Emphasis on: front & back crawl, sidestroke, elementary backstroke, breast stroke. Rhythmic breathing and kneeling dives. No float belts.

TU 5:20 - 5:50 pm; SA 10:40 - 11:10am

Youth CATCH Games

CATCH, coordinated approach to child health, equates to getting your kids moving and disguising it in FUN! Good, old-fashioned fun games every Saturday.

When: Saturdays

Ages 3 - 4; 9:30-10:15 am
Ages 5 - 7; 10:20-11:05 am
Ages 8 - 9; 11:10 - 12 pm

Cost: \$25/\$45

Swim Lessons ages 6 - 14 yrs.

Cost: \$42/\$74

Tadpole Introduction to swimming on front, back and side. Float belts are used.

TH 4:00 - 4:40 pm; SA 9:00 - 9:40 am

Polliwog For those comfortable wearing just 1-2 bubbles. Gain endurance and confidence on front, back and side while working toward no float belt.

TU 3:50 - 4:30 pm; W 6:00 - 6:40 pm
TH 4:30 - 5:10 pm
SA 9:00 - 9:40 am; 9:50 - 10:30 am

Guppy Front/back crawl, sidestroke, breaststroke, elementary backstroke. Rhythmic breathing/kneeling dives. No float belts.

TU 3:50 - 4:30 pm; W 6:00 - 6:40 pm
TH 5:20 - 6:00 pm
SA 9:00 - 9:40 am; 9:50 - 10:30 am

Minnow Further stroke development. Rotary breathing/standing dives.

TU 5:20 - 6:00 pm; TH 3:40 - 4:20 pm
SA 9:50 - 10:30 am

Fish Butterfly, open turns and standing dives.
SA 10:40 - 11:20 pm

Pre-Competitive Swimming (Ages 5 and Up) Learn stroke technique, starts, turns and streamlines and prepare for the swim team.

Prerequisites: Completion of Ray or Guppy and ability to swim 25 yds. on front and back.

W: 6:00 - 7:00 pm; **Cost:** \$85/\$145

Private Youth Swim Lessons (ages 3-12):

Everyone should have an opportunity to learn to swim. We'll work with any one at any age at any time when it comes to learning to swim! Contact Grace - Gconklin@canandaigua-ymca.org for information.

"Itty Bitty" Sports (Ages 3 - 5)

Children ages 3-5 will be able to run around with friends while learning the basics to classic sports and games.

When: Tuesdays, 10 - 10:40 am

Cost: \$25/\$45

Tumbling

Learn the basics of tumbling and work more on beam and vault skills.

Youth Tumbling: Ages 5+

Tuesday, 5:30 - 6:15 pm; **Cost:** \$30/\$45

Youth Activities

Fall Preschool 2's, 3's and UPK registration is open!

Our preschool program invites children, 2, 3 and 4 year olds, to begin their journey of learning here at the Y. At the Y children get to utilize the gym, pool and dance studio on top of an already rich, hands-on curriculum. Register today for an amazing start!

Before & After School Age Child Care registration is open!

Count on the Canandaigua Y to make it easy and convenient by providing a registered child care program in your child's school! We're located in Canandaigua, Bloomfield, Naples & Livonia! Children will have gym, homework & craft time along with plenty of great activities. They also get a healthy breakfast & snack.

Before School: 7 am - School Starts

After School: Dismissal - 6 pm

Visit Canandaigua-YMCA.org to learn more!

Creating Happy, Daily!

As an individual parent & family member reap the benefits of our programs

Child Watch: ages 6 weeks & up; Please remember you must stay in the building for the 2 hours, otherwise you need to drop 'n' shop.

Primetime Zone Time: School Age Children. Non-Members can pay the Family Day Pass to have their children participate.

Drop 'n' Shop: Leave your kids here for more than 3 hours. ****NEW**** you can transfer unused time to a different day!

Parents Night Out: Every 1st Saturday of the month, enjoy a night out! We provide food, special theme with corresponding fun activities and swimming for ages 3 and up.

NEW TIME: 4:30 - 8:30 pm

Cost: \$20/\$25, ages 6 wks - 2 yrs old
\$15/20, 3 and up

Summer Programs

Homeschool Summer Camp

May 15-19, 9 am - Noon

Join us for a week of sports, games, art & music, swimming and more! Come for specific days or the whole week and save!

Monday: Summer Sports Mania

Tuesday: Ocean Adventures - Swim

Wednesday: The Great Outdoors

Thursday: Treasure Hunters - Swim

Friday: Game Day

Cost: \$50/\$65 for the week
\$12/\$15 per day
\$5 sibling discount!

All Day Summer Camp

Swimming, Color Wars, Field Trips and more at Y summer camp. Our camp is **certified by OCFS**; all counselors go through extensive background checks and are CPR, First Aid & AED certified.

Campers who sign up for swim lessons & camp get a discounted price on lessons.

Cost: \$180 members/\$225 non-members

Preschool Summer Camp

Active games, crafts, creative play and a local park to keep your **3-5 year old** going all summer.

Mon./Wed./Fri.: Week ends at Y Pool

Tues./Thurs./Fri.: Week ends at Park

Cost: \$60 members/ \$75 non-members

Swim Lessons

Swim lessons available for all levels in the morning & evening, along with Lake Lessons at Kershaw Park!

Synchronized Swim Camp: July 10 - 14

Competitive Swim Camps: June 26 - 30;
July 3 - 7

Dance Lessons

for kids classes including **Kinder Dance, Children Theater & Princess Class.** There's dance for adults too! Session one begins May 15; Session 2 begins July 3.

Adult Fitness

Personal Training at the Y

We are here to help you on your wellness journey. Whether losing weight, building muscle or preparing for an event a personal trainer is the way to accomplish your goal.

We have Specialty Training sessions as well, so if you're interested in doing Yoga or Pilates Personal Training, we are able to specialize a workout for you. Whatever your needs are, our team of personal trainers is here for you!

Free 1 hour Orientation for all New Members!

Be better equipped and feel more confident with knowledge on the equipment.

Personal Training Programs:

2-1 hour sessions, \$80;

5 - 1 hour sessions \$180

10 -1 hour sessions \$300

Teen & Buddy Training also available.

Jumpstart Program:

4 weeks - 4 appointments that will give you a routine to do on your own.

Jump into a Water Class

We offer a variety of water aerobic programs that utilize the resistance and buoyancy of the water to improve cardiovascular fitness, strength and flexibility. Below is a schedule of classes, rated on a scale 1-5, 1 being easy in shallow water & 5 being the most intense in the deep end.

Purchase a punch pass so you can pick and choose the classes you want to attend. For more information on the classes please visit online.

Cost: 20 punches: \$40/\$80

10 punches: \$20/\$40; 5 punches: \$10/\$20

Senior Splash (Level 1-2, Shallow)

Mon/TU/TH 1:30-2:15 pm

M.O.V.E (Level 1-2, Shallow)

T/TH 10:00 am - 10:45 am

Aquatone A (Level 2, Shallow)

M/W/F 11:00 am -12:00 pm

Aquatone B (Level 3, Shallow/Deep)

TU/TH 9:00 - 10:00 am

Rise-n-Cise (Level 4-5, Deep)

M/W/F 8:00 - 9:00 am

Free 30 minute Training Demos

Join, personal Trainer Alli Esposito for a series of demonstrations that will focus on functional and foundational movements. She will address proper form, different variations of exercises, and modifications. Come learn some new techniques, ask questions and seek personal advice for your own workout!

When: Wednesday, May 3 & May 17 at 11:30 am

Meet Personal Trainer Alli Esposito!



Allie is a certified NASM Personal Trainer. She has a wide array of clients including student athletes and active older adults. Allie's motto is "I can and I will." She makes that motto your motto! You will be able to overcome any health or fitness obstacle with her guidance. Allie is a young, vibrant personal training star and you will have the opportunity to learn from her FOR FREE! **Don't miss the chance to learn and work with Allie in May!**

Water Aerobics cont'd.

Full Throttle (Level 4-5, Deep)

M/W/F 10:45 a.m. - 11:45 a.m.

Muscle to Music (Level 4-5, Shallow/Deep)

Tuesday/Thursday 7:15 - 8:15 pm

Water Running (Level 5)

Wednesdays 9:15 - 10:15 am

Aqua HIIT (Level 5)

Mondays 6:00 - 6:45 pm

Specialty Swim Programs

Adult Beginner Swim Lessons

In a small group setting, we'll help you become more confident in the water. Must pre-register.

Wednesdays, 7:00 - 8 pm

Cost: \$55/\$70

Adult Private Swim Lessons & Water Rehabilitations

are also offered. Please contact Grace - GConklin@Canandaigua-YMCA.org for more information.

Group Fitness

Don't forget about classes included in your membership including, yoga, PiYo, Piloxing, Mommy & Me and these 2 below...

Cardio Pump:

We're adding an additional day of cardio pump to the schedule! Get lean, build strength and tone muscle with this total body workout during your lunch hour. It's a great class because it incorporates everything into one!

When: Monday, Wednesday & Friday at Noon!

HIIT:

High Intensity Interval Training, kick your workout into high gear with HIIT. You'll work between high & moderate level exercises to burn major calories and build muscle.

When: Tues., 6 - 7pm;

Thurs. 6 - 6:45 pm; Fri. 9:30 - 10:30am

Sat. 8:30 - 9:15 am

Intro to HIIT: Mondays, 8:30 - 9:30 am

There's more free classes too...

CrossFit Kid Classes

CrossFit Kids is a strength and conditioning program specifically designed for kids & teens to develop a lifelong love of fitness. Amanda Petroccione, Head CrossFit Kids Coach, will develop workouts that are constantly varied to keep it broad, inclusive and scalable for any participant, at any level.

Pre-K: Ages 4 - 5

Tuesday, 11:30 - 11:55 am

Cost: \$25 for 8 weeks

Kids: Ages 5 - 12

Mon. 3:45 - 4:25 or Thurs., 3:45 - 4:25

Cost: \$35 (1 class/week for 8 weeks)

Pre-Teen: Ages 8-12

Wed., 4:30 - 5:15 pm

Cost: \$35 (1 class/week for 8 weeks)

Teens: Ages 13 - 17

Wed., 3:30 - 4:25; Fri., 3 - 4 pm

Cost: \$40 (1 class/week for 8 weeks)



Specialty Programs

PiYo at the Lake!

Make it a Sunday Funday with friends and family as it starts with a workout and ends with a mimosa all by the lake.

When: Sunday June 11 at 9 am

Cost: \$10

URMC Stress Reduction Program

Stress... who doesn't have stress in their life? Our URMC lifestyle counselors will teach you the impact stress has on your psychological and physical health and also give you ways to cope.

4 weeks, 1 hour group sessions

Cost: \$40/\$45

Beginning April 25; Tuesdays at 6 pm

Hiking Group

As the weather starts to get nice we want to get outside and enjoy it! Our own Allison Tallent, who works in the wellness center, would love to get a group together to hike! If you're interested please sign up at the welcome desk. She's looking at doing it once a month on a Friday. Learn more at the Welcome Desk!

Getting Started...

CrossFit OnRamp

This **introductory class** will guide you through the fundamental movements necessary for class. Participants must attend all six classes.

Cost: \$30

CrossFit

Now it's time to start! Discover endless potential of the human body with a class specifically designed to promote proper body mechanics through varied exercises

Classes are at a variety of times all day long - Full schedule is online.

Unlimited Classes: \$32 per month

Olympic Lifting

Want to take your lifting to the next level? This specialty class will improve the mechanics of your Olympic Lifts by breaking down the Clean & Jerk and Snatch to their fundamental parts.

When: Tues./Thurs., 8:30 - 9:30 am or 6:30 - 7:30 pm

Cost: \$25 unlimited members

Canandaigua Family YMCA

32 North Main Street, Canandaigua, NY 14424
585.394.6866
www.canandaigua-ymca.org

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**BEST
SUMMER
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Look inside for more information
on **summer fun & summer
memberships** for the whole family
at the Canandaigua Y.

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