

eliminating racism  
empowering women  
**ywca**

44 Washington Ave  
Schenectady, NY 12305

eliminating racism  
empowering women

**ywca**

NorthEastern NY

**September 6, 2011 to  
December 31, 2011  
Fall/Winter Brochure**

**YWCA NorthEastern NY**

**44 Washington Ave**

**Schenectady, NY 12305**

**518.374.3394**

**[www.ywca-northeasternny.org](http://www.ywca-northeasternny.org)**

**Hours of Operation**

Monday - Friday 7:00 am - 9:00 pm

Saturday 7:00 am - 5:00 pm

Fitness Center 7am -7pm Monday - Friday

Saturday 7:00 am - 5:00 pm

# Board of Directors

Dot Valachovic.....President  
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**Executive Director.....Rowie Taylor**

## MISSION

YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all.

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.

# YWCA events



## “The Many Faces of Domestic Violence”

Mask Workshops will be held on October 5, 12, 19, & 26 from 12-5pm at the YWCA NENY in the Heckman Lounge. Supplies and Snacks to be provided for all participants.

The YWCA’s 2011 “domestic violence awareness” project “*The Many Faces of Domestic Violence*” is to increase awareness and support the healing of domestic violence victims. The mask project offers an artistic outlet to express experiences and feelings as victims and their strengths as survivors. Half masks will be available as well as a myriad of textiles, craft supplies, paints and decorative bric/brac to assist in the creative process. Support staff will be available to assist with supplies and offer individual support during the process.

## *Week Without Violence, October 17 - 21*

### “Turn the Town Purple & Pink”

**Wednesday, October 19, 2011**

Community organizations and businesses will be asked to place Purple/Pink balloons around their buildings to remind people of the importance of supporting domestic violence awareness and breast cancer awareness.

### “Take Back the Night March”

**Thursday, October 20, 2011**

Meet here at the YWCA, 44 Washington Ave at 5pm to view “*Amy’s Story*”. A sensitive portrayal of a modern day domestic violence tragedy that changed a criminal justice community. Then join us as we **Take Back the Night in a March** through the Stockade at 6pm. There will be a speaker, music, invocation and then the march, demanding that domestic violence and sexual assault be stopped. Community groups, businesses, organizations and individuals are welcome to march. Bring your banners, posters and flashlights.

### “Chalk Walk”

**Friday, October 21, 2011**

Children’s Center participants at Washington Avenue and SCCC will draw chalk pictures on the sidewalks representing peace, friendship and love.

**For more information check out our website**

**[www.ywca-northeasternny.org](http://www.ywca-northeasternny.org)**

**Save the Date!**

Women of Achievement &  
 REACH Awards Dinner  
 Thursday, March 22, 2012  
 Glen Sanders Mansion, Scotia

## Festival of Trees

The Schenectady County Historical Society (SCHS) and the YWCA NorthEastern NY (NENY) are pleased to host the 5th annual Festival of Trees. Last year over 1,000 people visited the display of holiday trees prepared by community groups and businesses.

The Festival of Trees will be on display at the Schenectady County Historical Society, 32 Washington Avenue, and the YWCA's main campus, 44 Washington Avenue, from November 26th to December 12th.



For information on how to register please call Jo-Anne Rafalik at 374.394 extension 105 or email [funddevelopment@ywca-neny.org](mailto:funddevelopment@ywca-neny.org).

## membership policies

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.

Information from the membership form 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.

### **Session dates:**

**September 6, 2011**

**through**

**December 31, 2011**

**Closed: October 10, 2011**

**November 24 & 25, 2011**

**December 26, 2011**

**There will be no land fitness classes or aqua fitness classes on these dates.**

**The fitness center is closed as well.**

# membership form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

To **'go green'** we hope to include more correspondence through email.

Employer: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Notify/Emergency: \_\_\_\_\_

Phone: \_\_\_\_\_

## Membership type

Adults (women 18+)  Associates (men 18+)

Seniors (60 and over)  Teens (age 12 -17)

## Age:

12-17 18-24 25-44 45-59

## School Level

Grade School H.S./GED College Graduate Graduate School

## Ethnic Identity:

Black/African Amer. Hispanic/Latina(o) American Indian/Alaskan Native  
Caucasian/White Asian/Pacific Island Other:Multi Ethnic

## Family Income:

Under \$15,000 \$15,000 - \$29,999 \$30,000 - \$44,999

\$45,000 - \$59,999 \$60,000 - \$74,999 \$75,000 - \$99,999

\$100,000 and above

Payment Amount \$ \_\_\_\_\_ Check Enclosed

Credit Card # \_\_\_\_\_ Expire \_\_\_\_\_

Circle one: VISA MC DISCOVER AMX

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

# upcoming events at the YWCA NENY



## YWCA NorthEastern NY


### Golf Tournament

eliminating racism  
empowering women

**Proceeds benefit the domestic violence & breast cancer programs**

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Friday September 30  
Mohawk Golf Club  
1849 Union Street, Schenectady  
8:30am shotgun scramble




**\$150 Per Player**  
includes: greens fees, cart, breakfast,  
awards ceremony and lunch.

Eric Lastowka long drive demonstration  
MadJackbeer tasting by the  
Van Dyke before lunch

Register at: [www.ywca-northeasternny.org](http://www.ywca-northeasternny.org)  
or call 518.374.3394 for more information

Sponsors



Imagination at work











[www.ywca-northeasternny.org](http://www.ywca-northeasternny.org) | facebook ywca northeastern ny

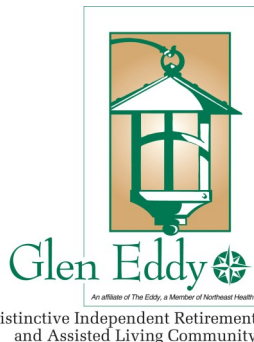
# glen eddy classes

## Fall Classes at the Glen Eddy

Come and join us at the Glen Eddy, our off-site partner, located at One Glen Eddy Drive, Niskayuna .

**Zumba Gold** This program was specifically designed to bring Latin international dance rhythms to the active older adult , the beginner ,special populations that may need modifications for success.

Classes : Tuesday **September 13 - November 15**  
12:00-12:45pm  
Instructor: Chandra



## **Silversneakers® muscular strength and range of 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 . A chair is used for seated and/or standing support.

Classes : Friday 10:00 -10:45am  
Instructor : Maria

## **Silversneakers® walking club**

Come and enjoy the exercise of walking various courses on the Glen Eddy grounds , as well as stretching and flexibility exercises.

Classes: Tuesday **September 6 - October 25** 11:00-11:45am  
Instructor : Janet

## **Aqua fitness**

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 also provides a low-impact workout and supports the bones and joints. This is a great workout for those with arthritis.

Classes: Monday **September 12 – December 19** 9:00-9:45am  
Instructor: Theresa  
Classes: Wednesday **September 14 - December 21** 9:00-9:45am  
Instructor: Janet

For more information contact Chandra Santiago, Health and Fitness Coordinator at the YWCA 374-3394 Ext-121.

**All classes are included in the Get Healthy Plan and Silversneakers® Program.**

# fitness plans

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

## **STEP 1:**

### **PAY FOR YWCA MEMBERSHIP:**

Adults \$30, Associates \$30,

Seniors (60+) \$25 and teens (12 - 17) \$15.

## **STEP 2:**

**Get Healthy Plan 2011:** our all-inclusive package includes unlimited land fitness classes, unlimited Silver Sneakers® classes and unlimited use of the Fitness center at the YWCA NENY location and unlimited Aqua and Land fitness classes at our off -site partner the Glen Eddy . **Best Value**

Entire Session from September 6 to December 31, 2011 \$195

1 day/week class for the session \$85

2 day/week class for the session \$160

### **Personal Training** This package is for a personal training session.

1 hour session (member) \$40

1 hour session (non- member) \$60

***New participants only SPECIAL!*** Purchase a package of 10 hour sessions @ \$360.00 and receive 2 additional hours free!

### **Fitness Center Plan** This package includes unlimited use of our fitness center for one person.

4 months \$40

1 month \$15

### **OR PAY PER CLASS AT OUR DROP IN RATES LISTED BELOW**

Senior Member \$6 Member \$7 Non-Member (senior included) \$11

## registration and refund policy

To register for a program or class, payment must be made either by purchasing a plan or paying a drop in fee. Refer to previous page for fitness plans and drop in rates. 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 aerobic or weight training exercise programs without the 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.

## fitness center

***\*stop by and try out the new fitness equipment***

### fitness center

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

Hydraulic strength training equipment

Treadmill

Cardio glider

Universal weight unit

Step machine

### fitness center orientations

Prior to the first use, members are required to have a free orientation. Staff will teach you how to safely and effectively use the equipment. Please contact Chandra Santiago at 374-3394, ext. 121 to make an appointment.

## special events at the YWCA

### **Silversneakers Fitness/Nutrition**

### **Social @ The Glen Eddy**

**Monday October 17, 2011**

**2:00 - 3:00PM Union Room**

### **Refreshments and door prizes immediately following seminar**

Come and join us for an informative seminar on the benefits of exercise and nutrition in the older active adult .

Maintenance of functional capacity for independent living, reduction of chronic diseases as well as promotion of our psychological well being.

Sign up with any of the Fitness instructors  
or contact Chandra Santiago, 374-3394 ext 121.

### **Silversneakers**

### **Holiday Potluck Social at the YWCA NorthEastern NY**

**Monday, November 14, 2011**

**11:30-12:30PM Kathan Room**

Come and share your favorite holiday dish with members and friends. Exchange recipes and holiday cheer during this festive time of year. For more information contact

Chandra Santiago 374-3394 ext 121,  
or any of our Fitness Instructors.

## other ywca offerings

### 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.

Session I: September 6 - October 25

Session II: November 1 - December 20

Classes: Tuesdays 7:00 - 8:15pm

Instructor: John Horan, Certified Kripalu Yoga Instructor

Cost:

\$60.00 session/ YWCA membership required

\$15.00 drop-in fee/ no membership required

**Aikido & Iaido** Aikido is a Japanese martial art with Jujutsu roots making Aikido a viable marital art. Aikido works to increase body strength, mind and spirit.

Contact Suzanne Rancourt to register 470-3078

**Tri-City Dancers** Exercise for the young and the old, in a fun & spirited environment. Enjoy this dancing experience alone or with a partner.

Contact Bob Schulz to register 452-1154

### Personal Training

Individualized exercise/fitness planning available with Chandra Santiago. She is a certified Personal Trainer. For more information or to set up an appointment, call 374-3394, ext. 121 \$40/hour.

### Locker rentals

Members are welcome to rent a locker for their exclusive use. Members choose a locker and inform the Reception Desk of the locker number at time of payment. Any locked lock on a locker that has not been rented will be removed.

Rates:

1 month \$7.00                      6 months \$30.00

3 months \$18.00                    1 year \$48.00

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### 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 NorthEastern NY, SilverSneakers® classes customized for older adults, Senior Advisors SM assistance, fun social events and more. Visit [www.silversneakers.com](http://www.silversneakers.com) to see if your health plan offers SilverSneakers®. Registration for a SilverSneakers® membership is at the YWCA NorthEastern NY, 44 Washington Ave, Schenectady, 518-374-3394.

#### **How to enroll:**

1. Take your health plan membership ID card to the YWCA
2. At the reception desk, register for Silver Sneakers®. The receptionist or the Silver Sneakers® instructor will assist you with the registration.
3. A tour of the facility will be arranged to explain the proper use of the fitness equipment, show you where the classes are held, the locker room and how to sign in for class.
4. You are now enrolled and ready to take control of your health!

### silversneakers® muscular strength and range of 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. A chair is used for seated and/or standing support.

Classes: Monday & Friday 10:30 - 11:15 am

Instructor: Janet

### 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.

Classes: Tuesday & Thursday 10:15 - 11:00 am

Instructor: Chandra

### silversneakers® cardio circuit/cardio fit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Class: Wednesday 10:30 - 11:15am

Instructor: Chandra/Janet

## land fitness at YWCA

**body sculpt max** This class works specific muscle groups for the upper, lower and core of the body to give maximum sculpting definition. A variety of equipment will be used to reach your goals.

**Dates: Starts September 13th & 15th**

Classes: Tuesday & Thursday 6:45 - 7:45am  
Instructor: Chandra

**guts and butts** This class will shape, tone and tighten your gut and butt. Various types of equipment will be utilized.

**Dates: Starts September 14th**

Classes: Wednesday 6:45 - 7:30am  
Instructor: Chandra

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

Classes: Tuesday & Thursday 11:15am - 12:15pm  
Instructor: Maria

**cardio step** This class is a low impact, high intensity step class for those looking for a cardiovascular workout.

Classes: Monday 9:00 -10:00am  
Instructor: Maria

**instructor choice** The instructor chooses the format for this hour-long class designed to improve cardio endurance and muscular strength for a great overall workout.

Classes: Wednesday 9:00 -10:00am  
Instructor: Maria

**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: Friday 9:00 - 10:00 am  
Instructor: Janet

## land fitness at YWCA

**pilates class** Pilates is a mind-body exercise that works to improve alignment, breathing and is balanced with graceful movement. The focus is on conditioning the body from the inside out. **Bring a sticky mat!**

Classes: Monday & Wednesday 4:15 -5:15pm  
Instructor: Chandra

### New Fall Classes

**cardio/combo** A combination of cardio and toning exercises to sculpt and strengthen the body. Various types of equipment will be used.

**Dates: September 13-December 20**

Classes: Tuesday 5:30-6:30pm  
Instructor: Janet

**Zumba** Utilizes the principles of fitness interval training to maximize calorie output, workout to exciting Latin moves that have taken the world by storm. **Dates: October 5 - December 6**

Classes: Wednesday 5:30-6:15pm  
Instructor: Chandra

**Tae Bo®** Tae Bo, which stands for Total Awareness Excellent Body Obedience, is a form of high impact aerobics that combines the moves of Tae Kwon Do, karate, boxing, ballet, and hip-hop dancing.

**Dates: Starts September 12, no class September 26**

Classes: Monday 6:00 - 7:00pm  
Instructor: Faith

**Afro-Bic** Is an Afro-Euro-Centric dance that combines Arabic and African dance moves for all levels. Come join Afro-Bic.

**Dates: September 21 & 28 & October 19 & 26**

Classes: Wednesday 6:30-7:30pm  
Instructor: Ami

**willPower&grace** is a barefoot fitness class for all levels with the benefits of cardio-sculpt, self awareness of yoga, discipline of pilates as well as a meditation session.

Classes: Thursday, Sep 29, Oct 6, 13, 20 5:30-6:30pm  
Saturday, Oct 1, 8, 15, 22 9:00-10:00am

Instructor: Jess