

eliminating racism
empowering women
ywca

44 Washington Ave
Schenectady, NY 12305

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empowering women

ywca

NorthEastern NY

2010 winter/spring program brochure

yoga
land fitness
adult classes
aqua activities
silver sneaker classes

YWCA NorthEastern NY
44 Washington Ave
Schenectady, NY 12305
518.374.3394

www.ywca-neny.org

Hours of Operation

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

Board of Directors

Dot Valachovic.....President
 Kerrie Wolf.....Vice President
 Sarah ZarrelliVice President
 Catherine Lewis.....Treasurer
 Jesmarie Soto Johnson.....Secretary

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|--------------------|-----------------------|
| Nohelani Etienne | Alicia Patrick |
| Goldie Harald | Donna Reichel |
| Rebecca Jarczynski | Betsy Schuhle |
| Irene Kestner | Laura Schweitzer, PhD |
| Louise Macuirles | Trish Williams |
| Christine Pangburn | Kate Weller |

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.

aquatic activities at Rotterdam Boys & Girls Club

aqua fitness classes

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.

Sessions:

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|-----------------|-----------------|
| Monday - Friday | 9:00 - 10:00 am |
| Saturday | 8:30 - 9:30 am |

YWCA memberships (or payment of the drop in rate) is required to participate classes at the Rotterdam Boys & Girls Club. Please register for membership and fitness plans, Including Silver Sneakers, at the YWCA, 44 Washington Ave. For more information contact the YWCA at 518-374-3394.

SNOW CANCELLATION POLICY

ON DAYS WHEN MOHONASEN & SCHALMONT SCHOOL DISTRICT ARE DELAYED OR CLOSED THERE WILL BE NO AQUATIC CLASSES ONLY AT THE ROTTERDAM BOYS& GIRLS CLUB

Directions

From: YWCA 44 Washington Ave
To: Rotterdam Boys & Girls Club
721 Curry Road, Rotterdam

I-890 east to Broadway exit, Exit 5. Turn right onto Broadway. Stay on Broadway, approximately 1.9 miles. Turn left onto North Wescott Road. Turn left onto Curry Road. Boys & Girls Club is located at 721 Curry Road.

other ywca offerings

kripalu yoga

Experience the union of movement, breath and concentration with the ancient art of Yoga. Develop balance, strength and flexibility.

Class:

January 5th-February 23rd

March 9th-April 27th

May 11th– June 29th

Tuesdays 7:00—8:15pm

Cost:

\$60/ session/YWCA Membership Required

\$15.00 drop-in fee/ no membership required

yoga dance

A blend of yoga, movement, breath, sound and dance. Each class will be based on a specific theme. Mary Clare O'Connor certified Yoga Dance instructor.

Class:

January 6th-February 24th

March 10th-April 28th

Wednesdays 7:00—8:15pm

Cost:

\$60/ session/YWCA Membership Required

\$15.00 drop-in fee/ no membership required

tri-city folk dancing:

Come dance and socialize. Provides exercise for the young and old. This group has met at the YWCA for several years. Come dance with us!

Instructor: Bob Schultz 452-1154

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:

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|-----------------------|---------|
| 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.

Winter/Spring 2010 Session

January 4, 2010

to

June 26, 2010

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 # _____ Expiry _____

Circle one: VISA MC DISCOVER

Name on card: _____

Signature: _____

land fitness at YWCA

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

Classes:

Monday & Wednesday 9:00 - 10:00am
Tuesday, Wednesday & Thursday 5:30 - 6:30pm

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

Classes:

Fridays 9:00 - 10:00 am

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. Bring a sticky mat!

Classes:

Tuesday & Thursdays 4:15 - 5:15 pm

land fitness at YWCA

body sculpt Work the upper and lower body, strengthening the core and giving complete body muscle definition. Uses a variety of weight training, strengthening, and balance exercises as well as mat work. Bring a sticky mat!

Classes:
Monday, Wednesday & Friday 6:45 - 7:45am

sculpt max Work very specific muscle groups for maximum sculpting definition. Uses a variety of weight training tools and strengthening exercises as well as mat work. Bring a sticky mat!

Classes:
Tuesdays & Thursdays 6:45 - 7:45am

gentle stretch Move your whole body through a complete series of balance and yoga poses designed to increase flexibility, and range of movement. Promotes stress reduction and mental clarity. Bring a sticky mat!

Classes:
Thursdays 10:15 - 11:00am

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

Classes:
Tuesdays & Thursdays 11:15-am12:15pm

fitness plans

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

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

3 Months \$110
1 Month \$40

*pool is located at Rotterdam Boys & Girls Club

aqua fitness plan unlimited participation in all water aerobic classes.

3 Months \$80
1 Month \$30

*pool is located at Rotterdam Boys & Girls Club

land fitness plan unlimited participation in all land aerobic classes.

3 Months \$80
1 Month \$30

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

Members \$6
Seniors \$4
Non-Member \$10

(one time only)

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

All members with a Get Healthy Plan or Land Fitness Plans are welcome to attend Silver Sneakers

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, 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.

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

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| schedule Mon-Sat 7:00 am -7:00 pm |
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health 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 374-3394 to make an appointment.



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 AdvisorsSM assistance, fun social events and more. Visit www.silversneakers.com to see if your health plan offers SilverSneakers. Registration for a Silver Sneaker membership is at the YWCA, 44 Washington Ave, Schenectady, 518-374-3394.

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, and a chair is used for seated and/or standing support.

Classes: Mondays & Fridays

10:30 - 11:15 am

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: Tuesdays

10:15 - 11:00 am

SilverSneakers® Cardio Circuit

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.

Classes: Wednesdays

10:30 - 11:15 am