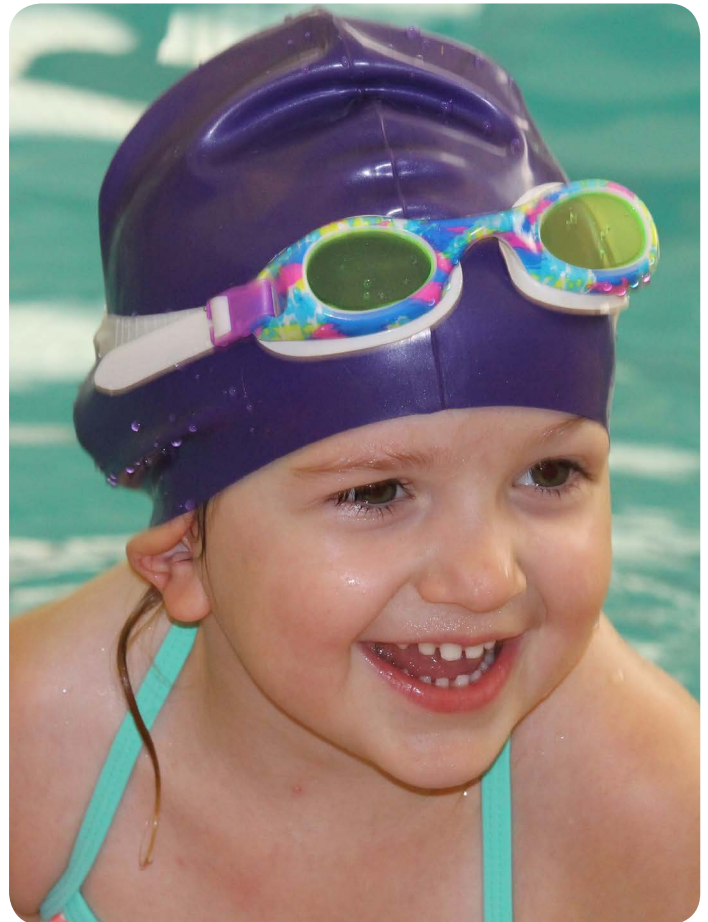




**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

RYE Y SUMMMER PROGRAMS

June 29 - August 17, 2019



SUMMER PROGRAM REGISTRATION STARTS:

**Members - June 5 - Drop off youth aquatics form by 6/4
Online registration starts at 6:00 am**

**Non-Members - June 7 - Youth aquatics: in-person
only starting at 7:30 am. Online registration starts at 6:00 am**

Register at www.ryeymca.org

Online registration not available for aquatics classes.

**FALL Program
Registration
starts Aug. 7 for
Members &
Aug. 14 for
Non-Members**

**Fall session starts
Sept. 7**

YOUTH SWIM CLASSES

Summer swim lessons are a great way for children and teens to formally continue improving their swim skills during the summer. While children might have additional resources for swimming during the summer through summer camp, outdoor pool usage, or backyard pools, they are often participating in recreational swimming. We believe that participation in our formal summer swim lesson program is beneficial and will help children and teens continue to improve and achieve great swim skills this summer!

Swim evaluations are required for all swim groups excluding Parent/Child and Pre Acclimation.

No online registration for youth swim classes. Please refer to spring program guide for class descriptions

PARENT CHILD CLASSES

Stage A Water Discovery: 6-12 months

Tuesday: 10:00-10:30am

Saturday: 9:00-9:30am

Sunday: 9:00-9:30am

Stage B.1 Water Exploration: 1 to 2 years

Tuesday: 10:30-11:00am

Saturday: 9:30-10:00am

Sunday: 9:30-10:00am or 10:00-10:30am

Stage B.2: Water Exploration: 2 -3 years

Saturday: 10:00-10:30am

Sunday: 10:30-11:00am or 11:00-11:30am

PRE SCHOOL CLASSES

AGES 3-5

Ages 2-1/2 to 3 years

Pre Acclimation

Monday: 3:45-4:15pm

Wednesday: 3:45-4:15pm

Saturday: 10:30-11:00am or 11:20am-11:50am

Ages 3-5 years

Stage 1: Water Acclimation

Monday: 3:45-4:30pm

Tuesday: 4:35-5:20pm

Wednesday: 3:45-4:30pm

Thursday: 4:35-5:20pm

Saturday: 10:30-11:15am or 11:20am-12:05pm

Stage 2: Water Movement

Monday: 3:45-4:30pm

Tuesday: 4:35-5:20 pm

Wednesday: 3:45-4:30pm

Thursday: 4:35-5:20pm

Saturday: 10:30-11:15am or 11:20am-12:05pm

Stage 3: Water Stamina

Monday: 3:45-4:30pm

Wednesday: 3:45-4:30pm

Thursday: 4:35-5:20pm

Saturday: 10:30-11:15am

Stage 4: Stroke Introduction

Monday: 3:45-4:30pm

Tuesday: 4:35-5:20pm

Wednesday: 3:45-4:30pm

Thursday: 4:35-5:20pm

Saturday: 10:30-11:15am

SCHOOL AGE CLASSES

AGES 6-9

Stage 1: Water Acclimation

Monday: 4:35-5:20pm

Wednesday: 4:35-5:20pm

Saturday: 11:20am-12:05pm

Stage 2: Water Movement

Monday: 4:35-5:20pm

Wednesday: 4:35-5:20pm

Saturday: 12:10-12:55pm

Stage 3: Water Stamina

Monday: 4:35-5:20pm

Wednesday: 4:35-5:20pm

Saturday: 12:10-12:55pm

Stage 4: Stroke Introduction

Monday: 4:35-5:20pm

Tuesday: 4:35-5:20pm

Wednesday: 4:35-5:20pm

Saturday: 12:10-12:55pm

Stage 5: Stroke Development

Monday: 3:45-4:30pm or 4:35-5:20pm

Saturday: 11:20am-12:05pm or 12:10-12:55pm

Wednesday 4:35-5:20pm

Stage 6: Stroke Mechanics

Monday: 3:45-4:30pm or 4:35-5:20pm

Wednesday 4:35-5:20pm

Saturday 12:10-12:55pm

YOUTH & TEEN CLASSES

AGES 10-17

Stage 1/2: Acclimation and Movement

Thursday: 4:35-5:20pm

Saturday: 11:20am-12:05pm

Stage 3/4: Stamina and Stroke Introduction

Monday: 4:35-5:20pm

Saturday: 11:20am-12:05pm

Stage 5/6: Development and Stroke Mechanics

Wednesday: 4:35-5:20pm

Saturday: 12:10-12:55pm

FEEES

Infant/Toddler - Stage A, B.1, B.2*

Family Members: **FREE**

Youth Members: **\$134**

Non Members: **\$229**

Pre-School School Age, Youth & Teen Classes*

Family Members: **\$112**

Youth Members: **\$140**

Non-Member: **\$231**

*Fees are based on a 7 week session. Sunday, Monday, Tuesday, Wednesday, Friday classes are 7 weeks; Thursday classes - 6 weeks; Saturday classes - 8 weeks. Fees will be adjusted at registration.

INTENSIVE SWIM PROGRAM FOR BEGINNERS

In order to maximize your child's experience in the water this summer, consider a 2 day option for your beginner swimmer to get additional practice on the skills they need to succeed!

All classes below are Tuesday and Thursday from 3:45-4:30pm

Preschool:

Stage 1: Water Acclimation

Stage 2: Water Movement

Stage 3: Water Stamina

School Age:

Stage 1: Water Acclimation

Stage 2: Water Movement

FEES: 2 Day Option

7 week session (No class July 4)

Family Members: \$208;

Youth Members: \$260

Non Member: \$429



ADULT HEALTHY LIVING CLASSES

*Fees are based on a 7 week session. Sunday, Monday, Tuesday, Wednesday, Friday classes are 7 weeks; Thursday classes - 6 weeks; Saturday classes - 8 weeks. Fees will be adjusted at registration.

POWER ZONE TRAINING FOR INDOOR CYCLING

Ages 16+

Individualized training on our Stages bikes, featuring power meters. (8-18 participants)

Tuesday: 9:00-10:30am

Member: \$140; Non-Member: \$182

EARLY MORNING BOOT CAMP **Ages 16+**

Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body. (8-12 participants)

Monday and Wednesday: 5:30 - 6:15am

Member: \$144; Non-Member: \$185

HIGH INTENSITY INTERVAL TRAINING **Ages 16+**

Designed for people who are looking for intensity and challenge, not recommended for beginners. (8-12 participants)

Daytime classes

Monday: 9:30 - 10:30 am

Thursday: 9:30 - 10:30am*

Saturday: 8:30 - 9:30am*

Evening classes

Monday: 7:30-8:30 pm

Wednesday: 8:00-8:45 pm

Member: \$88 per class; Non-Member: \$127 per class

KARATE **Ages 16+**

USA GOJU style karate, taught by a black belt instructor. Courses designed to enhance self-esteem, self-confidence, and self-discipline.

Tuesday: 6:00-8:00pm

Member: FREE; Non-Member: \$133

ADULT COMMUNITY HEALTH

LIVESTRONG AT THE YMCA

A **FREE twelve-week, small group program designed for adult cancer survivors.** For more info, contact Heidy at ext. 114, heidy@ryeymca.org or visit www.ryeymca.org and type LIVESTRONG in searchbox.

June 3 - August 23

Monday and Wednesday from 1:15 - 2:30pm OR

Tuesday and Thursday from 6:15 - 7:30pm

FREE - Membership not required

BLOOD PRESSURE SELF-MONITORING

An evidence-based program with personalized support for developing a blood pressure self-monitoring routine.

Location: Outside the Fitness Center. **Fees: \$20-\$40**

Weekly office hours:

Wednesdays: 9:30am-11:00am and Thursdays: 1:30-3:00pm

FREE MONTHLY NUTRITION SEMINARS

May 15: Eating for your heart

June 19: Dietary approaches to stop hypertension

July 17: Reducing sodium intake

August 21: Shopping, cooking, and food preparation

11:30am-12:30pm, 2nd Floor Conference Room

BASIC TRAINING **Ages 16+**

Foundations of strength training with resistance exercises using free weights and your own body weight. Build overall strength and endurance. All levels welcome. (8-12 participants)

Morning options:

Monday: 10:30-11:15AM

Wednesday: 10:30-11:15AM

Friday: 10:30-11:15AM

Afternoon options

Monday: 12:30-1:15 pm

Wednesday: 12:30-1:15 pm

Member: \$75; Non-Member: \$87

Fee per option

Basic Training Evening Option: Small Group Workouts

Informal groups (Members only)

Tues & Thur 6:30-7:15PM

Groups of 3-5 members can sign up for group personal training. The small group workout focuses on endurance, circuit training and resistance training. Open for all levels.

6 (45 minute sessions) group workouts: \$124 per person;

12 (45 minute sessions) group workouts: \$237 per person

For more information email LauraLaura@ryeymca.org



PRE-ENDURANCE SWIM CLASS - **Ages 18+**

For those who can swim at least 2 continuous laps of freestyle using side or rotary breathing. **Prerequisites:** Participants should be able to swim at least 2 continuous laps of freestyle with face in the water using side breathing.

Monday, Wednesday & Friday: 6:50-7:40am

Members: \$140; Non-Members: \$180

ENDURANCE SWIM TRAINING - **Ages 18+**

This program is for the swimmer who wishes to focus on efficiency and enhancing endurance in a guided practice. **Prerequisites:** Participants should be able to swim 200 yards (8 lengths) with ease (not speed) using rotary breathing continuously.

Monday, Wednesday & Friday: 5:30-6:50 am

Monday, Wednesday & Friday: 5:30-6:50 am (Classes **will not** be pro-rated based on the number of days you can attend.)

AQUA FLEX **Ages 18+**

No online registration.

A low impact water exercise class in the Brookside Pool for participants 62+.

Tuesday & Thursday: 11:20am- 12:00pm

Member: FREE; Non Member: \$70

Register online at www.ryeymca.org



SUMMER 2019 - RYE YMCA - MEMBERS ONLY MAIL-IN/DROP-OFF LOTTERY REGISTRATION FORM

(Please print clearly)

NAME OF MEMBER/PARTICIPANT _____

BIRTH DATE _____ MALE__ FEMALE__ TYPE OF MEMBERSHIP _____

PARENT/GUARDIAN _____

ADDRESS _____ CITY _____ ZIP _____

EMAIL (required) _____ PHONE: _____

Members will be notified by **email** which class the child is in or if child has been placed on an accommodation (wait) list.

CLASS	CHOICE #1	OR	CHOICE #2	OR	CHOICE #3	OR	CHOICE #4	FEE
CLASS NAME/DAY:								
AND								
CLASS NAME/DAY:								
AND								
CLASS NAME/DAY:								
AND								
CLASS NAME/DAY:								

SWIM EVALUATION MUST BE INCLUDED OR APPLICATION WILL NOT BE PROCESSED
(No evaluation needed for Parent/Child and Pre Acclimation.)

If you are registering for swim lessons and your child has special needs, please contact us and we will do our best to accommodate their class with additional assistance. Please contact Sheila Viger, sheilaviger@ryeymca.org or (914) 967-6363 ext. 121 to discuss options when registering for swim classes.

A SEPARATE CHECK IS NEEDED FOR EACH CLASS.
SEND FORM AND PAYMENT TO: RYE YMCA, 21 LOCUST AVENUE, RYE, NY 10580

I give permission for the Rye YMCA to charge my AMEX____ VISA____ MASTERCARD____ DISCOVER____ FOR THE TOTAL AMOUNT OF CLASSES REGISTERED ABOVE. AMOUNT \$ _____

CREDIT CARD # _ _ _ - _ _ _ - _ _ _ - _ _ _ EXP. DATE: _____

PRINT NAME ON CARD: _____ SIGNATURE: _____

FOR OFFICE USE ONLY:

STAFF NAME: _____ DATE: _____ TYPE OF PAYMENT: _____ RECEIPT # _____

I would like to contribute to the Annual Campaign to help others in need enjoy our services and programs. Please add \$ _____ to my registration charge (or include a separate check).

SUMMER PROGRAM REGISTRATION

ONLINE REGISTRATION INSTRUCTIONS:

Register online at www.ryeymca.org - Click on blue button entitled: "Register for Classes"

All users must create a new password the first time they use our registration system. Please sign into your account with the email address associated with your account, and click on [Forgot your password?](#) If you do not remember the address associated with your account, click on the middle box - Find My Account.

<p>I want to sign in to my account</p> <p>Email Address <input type="text"/></p> <p>Password <input type="password"/></p> <p>Forgot your password?</p> <p>▶ Sign In</p>	<p>I want to set up online access for my account</p> <p>If you're a current or past member, or if you have registered for programs in the past, but you haven't set up your online account, select this option to enable your online account. You can use your online account to register for classes, programs and events.</p> <p>▶ Find Account</p>	<p>I don't have an account, but I want to create one</p> <p>If you've never been a member or enrolled in any of our programs or classes, select this option to create an online account. You can use your online account to register for classes, programs and events.</p> <p>▶ Sign Up</p>
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<p>If you have not signed in since Oct. 2016, you will need to re-set your password. Enter email address and click on Forgot your password?</p>	<p>Current & past members and program participants who haven't set up an online account yet, please click Find Account.</p> <p>Enter the last name, birthdate (MM/DD/YYYY format), and zip code associated with your Rye Y account record and click submit to find your account.</p>	<p>Non-Members who have not participated in any programs, click Sign Up.</p> <p>Complete the information form with YOUR contact information. At the bottom of the screen, you will be able to save your non-member record with the option of adding any additional adults or children for whom you will be registering.</p>
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CHILDREN'S AQUATICS CLASSES ARE NOT AVAILABLE FOR ONLINE REGISTRATION

MAIL-IN REGISTRATION PROCEDURES FOR MEMBERS

(or Non-Members, who wish to become members contingent upon availability in class)

- Mail-in, drop off, fax or email registration forms up to one month PRIOR to the following dates (potential members must include payment for membership and complete a membership card at the Member Services Desk and attach to registration) **Drop off by June 4.**
- All registrations become part of a lottery and will be processed starting at 9:00 a.m. June 5. You will receive an email confirmation.
- Fill out Registration Form, sign and return with a separate check or money order for each class, or clearly write your American Express, Visa, or MasterCard number and name where indicated on the registration form. No cash please.
- Children registering for Pre-School and Youth Swim Classes must include an evaluation form from their previous class, except for WParent/Child and Pre Acclimation.
- Children who have not been evaluated must receive an evaluation prior to enrolling in any swim class, except for absolute beginners. Please contact 967-6363, ext. 121 for an evaluation time.
- A separate registration form must be completed for each participant with first, second, third and fourth choices for classes. The more choices you provide, the better chance you have of getting into a class.
- If you want 2 or more children (max 3) to be placed in the same class(es) or times, please staple registrations together and attach a note with your request. We will do our best to accommodate your requests.
- Mail-In registration DOES NOT apply to After School Adventures, Red Cross Safety Training Courses, Youth Basketball League and Swim Team. Please contact Member Services for further information.
- **Members will be notified by email which class the child is in or if child has been placed on an accommodation (wait) list.** You will not be charged class fees until we have a space for your child. You can also check your child's status at our online registration portal (www.ryeymca.org - click on blue tab). If child cannot be accommodated, you will receive a full refund.