

Winter/Spring 2012

Programs & Schedules



PLAY EVERY DAY



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



Registration:

	Member	Community	Program Start Date
Session 1:	..12/12/1112/14/111/2/12
Session 2:	..2/13/122/15/122/27/12
Session 3:	..4/9/124/11/124/23/12



of Greater Westfield

WINTER/SPRING 2012

GENERAL INFORMATION

YMCA OF GREATER WESTFIELD :: REGISTER TODAY: 413.568.8631

Mission of the YMCA

To provide the community with quality programs and services that build healthy spirit, mind, and body for all.

Leadership Team

- Gregg Thompson**, Executive Director
- Cindy Agan**, Fitness Director
- Michelle Anamisis**, Youth Development Director
- Jamie Bloom**, Program Director of Aquatics & Head Swim Team Coach
- Charlene Call**, Director of Member Retention & Wellness
- Bridget Daley**, Camping & Outdoor Education Director
- George Hart**, Youth Sports Director
- Alex Khatchadourian**, Membership Director
- Bruce Loubert**, Finance Director
- Carol Palmer**, Active Older Adults Director
- Rosann Scalise**, Program Operations Director
- Dave Wunch**, Maintenance Director

Membership & Registration

We now have online registration for members. Other registrations must be done in person, unless the member is paying by credit card. Meeting days, times and fees are listed in this brochure. Enrollment for all programs is limited and all fees are non-refundable. Payment with registration for all courses is required.

TABLE OF CONTENTS

General Information	1
Membership Rates	2
Active Older Adults	3
Adult Activities & Sports	4
Adult Fitness	4-7
Health & Wellness	8
Aquatics	9-11
Child Care/Nursery School	12
Parties	13
Arts & Humanities	14
Youth & Teen	16
Camp Shepard	17
Outdoor Center	18
Gymnastics	19-20
Youth Sports & Fitness	21-22



Designed & Printed by: IDEASGRAPHICS.COM 30 WOODLAND RDG SOUTHWICK, MA 01077 TEL: 413.575.2366

HOURS OF OPERATION

Monday - Friday	5:30AM -10:00PM
Saturday	7:00AM - 7:00PM
Sunday (Until May 21 st)	12:00PM - 5:00PM

Inclement Weather Policy

In the case of severe weather conditions, check out our website at www.westfieldymca.org or check our local TV stations for closings or delays.

Holiday Closings

The YMCA is closed on seven holidays during the year: New Years Day, Easter Sunday, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Day.

YMCA Helps Unemployed Members

If you are currently a member of the "Y" in good standing and you become unemployed, the YMCA will continue your membership until employment is regained. This is in keeping with the YMCA charitable mission of meeting the needs of the community and improving the quality of life for its members. If you become unemployed, call the "Y" for more information.

Volunteers Needed

Looking for something to do? Do you want to pick and choose your hours? Would you like to join a staff of friendly, helpful people? The YMCA of Greater Westfield is looking for volunteers to help with fitness classes, swimming programs, clerical help, special programs, youth programs and more. Call Alex Khatchadourian to learn more about how you can be a volunteer.

New Member Orientation

If you have recently joined and are not sure what activities are best for you, attend an orientation! Times change seasonally, so refer to flyers or inquire at the reception desk. No registration is required, please meet in the lobby.

Child Watch/Babysitting Children Services

Child Watch is available for children ages 6 months to 10 years while parents are using the YMCA facilities. It is free with your membership. To ensure all members who want to use this service can, there is a two hour time limit. Hours are Monday – Friday 9:00AM – 12:00PM and Monday – Thursday from 5:00PM – 8:00PM.

BANK PLAN/CREDIT CARD PLAN

Affordable monthly payments are available through the bankdraft plan or credit card plan. **Cancellation or account changes can occur at any time given a 30 DAY WRITTEN NOTICE.**

PROGRAM REFUND/CREDIT POLICY

If a class is cancelled by the YMCA, a full refund or credit will be given. If serious illness occurs, a doctor's order will

enable the participant to get a pro-rated refund or credit toward any class in the future. There are **NO MAKE-UPS FOR MISSED CLASSES.**

INSUFFICIENT FUNDS

A \$25.00 fee on any checks returned due to insufficient funds will be applied.

We accept:



MEMBERSHIP RATES

Membership for All

The heart of the YMCA's mission is to reach out and involve people in our communities, all people. The YMCA is committed to helping people grow in spirit, mind and body. The "all" in our mission is what makes us unique in meeting community needs.

Each year the YMCA provides thousands of children, adults and families with a membership. We understand that for many working families in the Greater Westfield Area, membership is just out of financial reach. The YMCA's Membership for All is an initiative that enables all individuals and families to become an active member of the YMCA. Membership for All is possible thanks to the many generous donors who support the YMCA's Annual Campaign.

Verification of income is expected within two (2) weeks of start date. Income can be verified by providing last year's tax return. Please see the Membership Director for other verification options. If this membership structure does not meet your or your families needs please complete the YMCA's financial aid application for additional support. This structure is for YMCA membership only. For assistance on programs, camp or child care please complete the YMCA's financial aid application.

OTHER MEMBERSHIP RATES:

Youth (up to age 12).....\$80 per year
 Teen (13-18).....\$20 per month
 *College (Full Time)\$33 per month
 *Senior\$33 per month
 *Joiner fee \$2/month

2012 Monthly Membership Rates								
Gross Household Income	Adult (ages 19 and up)		1-Adult Family with Children		2-Adult Family without Children		2-Adult Family with Children	
	Membership Fee	Joiner Fee*	Membership Fee	Joiner Fee*	Membership Fee	Joiner Fee*	Membership Fee	Joiner Fee*
\$45,000 +			\$56/mo	\$7/mo	\$65/mo	\$7/mo	\$69/mo	\$7/mo
\$40,000-\$44,999	\$44/mo	\$4/mo	\$49/mo	\$3.50/mo	\$59/mo	\$3.50/mo	\$62/mo	\$3.50/mo
\$30,000-\$39,999			\$43/mo	\$3.50/mo	\$53/mo	\$3.50/mo	\$55/mo	\$3.50/mo
\$25,000-\$29,999	\$40/mo	\$2/mo	\$39/mo	\$3.50/mo	\$48/mo	\$3.50/mo	\$49/mo	\$3.50/mo
\$24,999 & under	\$34/mo	\$2/mo	\$39/mo	\$3.50/mo	\$48/mo	\$3.50/mo	\$49/mo	\$3.50/mo

* Monthly join fee is applied to all new memberships for the first 11 months of the draft or can be paid in full.



Here's an example of how Membership for All works:

John and Mary Smith have a combined income of \$41,000 and they would like to have a family membership at the YMCA. Through the Membership for All initiative, they will qualify for a family membership rate based on their income.

John, Mary, Sarah and Matt can now be part of the YMCA family and reap the benefits of belonging to the YMCA of Greater Westfield.

Visit us online at westfieldymca.org

Everyone Can Afford The YMCA

The YMCA of Greater Westfield, as a charitable tax exempt organization, provides financial aid to those members who are experiencing financial hardships. These funds are provided through our "Partners with Youth" annual giving program from members of the community, YMCA staff, fundraisers, endowment earnings and United Way allocations. Members requesting help should contact the YMCA for an application to establish need. Total confidentiality is maintained. Call 413.568.8631

GUEST PASSES

Anyone purchasing or using a complimentary guest pass must be a guest of a member. Guests receive the same benefit as their host.
 FEES: \$10.00 Adult/Full Time College
 \$5.00 High School/Middle School
 \$5.00 Adult Fee for family swim

SATISFACTION GUARANTEED

The YMCA of Greater Westfield offers a "No Risk, Satisfaction Guaranteed" policy, which states that anyone joining who is not satisfied with the facilities and/or services of the YMCA will, within 30 days of joining, be refunded their full membership. As a reflection of our mission to be an organization that incorporates values in its programs, the YMCA is committed to developing a trusting relationship with its members. There is no financial risk with the YMCA; we back up what we promote!

NEW MEMBER OPPORTUNITY

To help get you started meet with our Wellness Director for a free body composition analysis and a brief fitness consultation. Contact Charlene Call at ext. 305

Part of the YMCA's mission is to reach out and involve people in our community, all people. The "all" in our mission is what makes us unique in meeting community needs. Membership for All is possible thanks to the many generous donors who support the YMCA's annual campaign. At the YMCA everyone is welcome.



of Greater
Westfield

WINTER/SPRING
2012

ACTIVE OLDER ADULTS

YMCA of Greater Westfield :: Register Today: 413.568.8631

Class Size

Class size is determined by room accommodations and safety policies. Some classes may close due to full enrollment. If this happens, the YMCA will be glad to place your name on a waiting list.

Balancing Act

Lessen your chance of falling by learning how to increase range of joint movement through better agility related exercises. These are mostly stationary movements while standing, to enhance coordination and flexibility with some strength training elements. This class is for people 55 years and older.

Tues. & Thurs.....11:30AM-12:15PM
MemberFree
Non-Member.....\$2.50 per class

Kickers

Join this fun loving and spirited entertaining group! Kickers rehearse and perform three times a year at local schools and nursing homes. No previous experience in the thespian arts is required! Contact Carol Palmer for more information. Two to three shows performed per year.

Outreach Fitness

The YMCA reaches out to the community at select locations for a variety of programs.

Agawam Senior Center

Tues., Thurs... 9:00AM to 10:00AM

West Springfield Senior Center

Wed. 9:30AM to 10:30AM

Mercy Adult Day Care/Westfield

Fri. 11:15AM to noon

American Inn- Southwick (residents only)

Mon., Wed., and Fri. . . 9:00-9:45AM

Westfield Care and Rehab

1st and 3rd Thurs. of the month, 10:30AM-11:00AM

Active Older Adults - Going Strong 1

This hour-long exercise class in the gym is geared for the active and motivated adult. It includes low impact aerobics, strength training, and floor work.

Mondays, Wednesdays, Fridays.....8:30AM-9:30AM
MemberFree
Non-Member..... Value Package \$50.00/Session or \$2.50 per class

Active Older Adult - Going Strong 2

This 45 minute exercise class in the GP room is geared for the active adult 55+ years of age. It includes mild, low impact aerobics, and strength training.

Mondays, Wednesdays, Fridays.....10:30AM - 11:15AM
MemberFree
Non-Member..... Value Package \$50.00/Session or \$2.50 per class

Therapy Swim

Enjoy our warm pool for your physical therapeutic needs. Adult individuals who are physically challenged or recovering from surgery, injuries, physical ailments, and/or chronic physical conditions are encouraged to participate. Work-outs and exercise plans are designed by your doctor or physical therapist. A prescription is required from your doctor to participate at Therapy Swim. Prescriptions will expire six months from date of issue.

Monday through Friday12:00PM - 1:00PM
Monday, Wednesday, Friday6:30PM - 7:30PM
MemberFree
Non-Member\$3 per visit or 30.00 punch pass/ 10 visits

AOA Pool Fitness

Enjoy our warm water workout with an instructor guiding you through exercises that will benefit individuals with arthritis, back concerns, and chronic joint and muscle stiffness. Exercises will encourage full range of movement and resistance exercises to help build muscle. This is a low intensity water workout for individuals 55 and older. This class has been endorsed by the Arthritis Foundation Aquatic Program.

Mondays and Wednesdays11:00AM - 12:00PM
Tuesdays & Thursday1:00PM - 2:00PM
MemberFree
Non-Member\$3.00 per visit.

Poolates

This class combines the gentle art of Tai-chi and the benefits of Pilates and puts them into the softness and buoyancy of water. This is a great way to workout the Core while being easy on the joints. All abilities are welcomed from the athletic individual to the individual with joint problems.

Fridays10:15AM- 11:00AM
Member.....Free
Non-Member.....Value Package \$20.00 or \$3.00 per visit

Social Events

Girls (and guys!) just want to have fun! Please join our VERY Active Older Adults on bus trips and excursions which are posted at registration times. Also, check for delicious luncheons and gala parties in our General Purpose Room. See Carol Palmer or Sue Woods for more information.

ADULT ACTIVITIES & SPORTS

FOR YOUTH DEVELOPMENT - FOR HEALTHY LIVING - FOR SOCIAL RESPONSIBILITY

Special Needs Adult Swim

These open swim times are available for adults with physical and/or developmental challenges. Participants enjoy a positive interaction with others while swimming in a warm water pool. Staff supervision is mandatory on a one to one basis for individuals who require 24 hour supervisory care.

Tuesday/Thursdays:8:30PM to 9:30PM

Fridays:1:00PM to 3:00PM

Member.....Free

Non-Member.....\$5.00

See Aquatics for Adult and Private Swim Lessons.

ADULT FITNESS

Body Composition Analysis

Body fat percentage refers to the percentage of body fat mass (the weight of the fat) in regards to body weight. The weight that is not fat is referred to as fat free body mass. This information will be helpful to monitor changes in your body composition.

Member\$10.00

Non-Member.....\$30.00

Fitness Assessment

A battery of tests that assess your cardiovascular fitness, strength fitness, and flexibility. Additionally, the assessment includes an analysis of your body fat and resting heart rate & blood pressure to establish your current level of fitness. This is a great educational and motivational tool to establish a safe and appropriate level of exercise for the beginner and will let the more fit person understand how to proceed to the next level of fitness.

Member\$35.00

Non-Member.....\$75.00

Personal Training

Everyone can benefit from a personal trainer. From the elite athlete looking to gain a competitive edge; the beginner who is unfamiliar with exercise equipment; the person who needs motivation; or the person who finds he/she adheres to a regular exercise schedule when an appointment is scheduled. Whatever your reason, our certified trainers will design a program tailored to your needs. Our trainers will motivate you and monitor your progress to ensure your program is safe, progressive and effective. Your first Personal Training session for each package will be a fitness consultation that includes understanding your personal goals, a fitness assessment (see above) to establish a base line, and a body composition (see above). From this information, we will build your program. Each package will have a follow up appointment to determine progress by body composition. A great gift! Call Cindy Agan for details.

“Dynamic Duo” - Split the package time and cost with a friend.

“The Starter” - Includes one 60 minute consultation, one body fat analysis, and one follow up appointment.

Member\$70.00

Non-Member\$85.00

“The Booster” - Includes one 60 minute consultation, one body fat analysis, and three follow up appointments.

Member.....\$175.00

Non-Member\$225.00

“The Motivator” - Includes one 60 minute consultation, one free fitness assessment and 11 follow up appointments. This is an 8-week program. Option A is to meet twice a week for 30 minutes for 8-weeks. Option B is to meet once a week for 45 minutes for 8-weeks.

Member.....\$350.00

Non-Member\$400.00

Volleyball

Recreational volleyball takes place in the gymnasium. All players must be registered. Volleyball runs the same sessions as adult fitness classes.

Friday7:30PM to 9:30PM

Member.....Free

Non-Member\$45.00

Racquetball & Squash

There are two racquetball courts and one squash court. Equipment is available to borrow at the reception desk. The racquetball courts are available by reservation. Reservations can be made with the reception desk, either in person or over the phone, up to 24 hours in advance.

Adult Basketball & Badminton

The YMCA offers adult basketball and adult badminton in the gymnasium. Please check at the reception desk for times. These programs are included with any full Membership.

The Knit Wits Knitting Group

A group of enthusiastic knitters, some brand new to the hobby and others who are seasoned veterans. Not only do they knit for themselves they also knit for our troops and other worthy causes. The knit wits look forward to seeing new faces; new members of any age, gender or ability are welcome. Be sure to join us every Wednesday from 9:30AM – 10:30AM in the Board Room. For more information contact Charlene Call Member Retention/Wellness Director at 413-568-8631 Ext.305



ZUMBA

Be part of the Zumba family and enjoy some group fun. This cardio workout is more like a party while you move to Latin vibe music fused with cardio dance steps.

Mon. & Wed. 6:30PM – 7:30PM

MemberFree
Non-Member (1day/week)\$55.00
Non-Member (2day/week)\$95.00

Aqua Zumba

The Zumba “Pool Party” involves twisting, splashing, laughing and stretching. It’s that same Zumba fun vibe in the water with less impact on the joints.

Mon. & Wed. 7:00PM – 8:00PM Cole pool

MemberFree
Non-Member (1day/week)\$55.00
Non-Member (2day/week)\$95.00

YOGA

Decrease stress, relax your mind and strengthen your body with gentle yoga. Practice physical postures and yoga poses as you create a balance between the body, mind, and spirit. These classes are geared for all levels with chair yoga suitable for beginners.

Monday Night. (GP Room):
6:30PM to 7:30PM

Wednesday Night. (Dance Center):
6:30PM to 7:30PM

Tues. & Thurs (GP room) 7:00AM -8:00AM

Tues. & Thurs Session III (Chalet) 7:00AM - 8:00AM

Tues.& Thurs. (GP Room):
8:30AM to 9:30AM

Tues. & Thurs. (GP Room)
Chair Yoga 9:45AM to 10:30AM

MemberFree
Non-Member (1 day per week).....\$80.00
Non-Member (2 day per week).....\$140.00

Cardiovascular Fitness Center

High school members age 14 and all other full members have unlimited use of two state of the art air conditioned cardiovascular fitness rooms. Both feature stationary bikes, rowing machines, treadmills, and elliptical trainers. Children ages 11-13 may use the cardio rooms with a parent/legal guardian present.

Fitness Class Policy

There is a minimum attendance policy for adult fitness classes. If this number is not reached, or if there is a facility schedule change, the YMCA reserves the right to cancel a class. Class size is determined by room accommodations and safety policies. Some classes may close due to full enrollment. If this happens the YMCA will be glad to place your name on a waiting list. All full high school members may take adult fitness classes. There will be no make-ups for holidays and canceled classes.

Hi/Lo Combo

Be with your peers in this class that features rhythmic floor routines with the occasional step routine and free weights. The goal of this class is to improve all elements of fitness: cardio vascular, muscular, strength, and flexibility. Keep the impact on the joints low but the intensity high as you workout at your own level.

Mon. & Wed.....9:30AM – 10:30AM

Member.....Free
Non-Member.....\$85.00

Saturday Instructor Choice

Enjoy the surprise every Saturday with a different workout that will definitely be high energy. A combination of floor aerobics, step and floor exercises.

Sat8:00AM – 9:00AM

Member.....Free
Non-Member Drop in Fee\$4.00

Adult Pool Fitness

Pool Fitness classes are designed for people of all ages to utilize the buoyant qualities of the water to enhance their physical fitness. It is an ideal form of exercise to increase physical strength and endurance without overheating and putting stress on the joints. No swimming skills are required in these classes, but participants should feel comfortable in the water. Class can accommodate beginner through advanced. Please let the instructor know if you need modifications due to an injury or you want options to increase the intensity of your workout.

Mon., Wed8:10AM to 9:00AM

Tues., Thurs.....8:10AM to 9:00AM

Mon., Wed9:00AM to 9:50AM

Tues., Thurs.....9:00AM to 9:50AM

Tues. & Thurs6:15PM – 7:15PM

Fri. (only)8:30AM to 9:30AM

Member.....Free

Non-Member (3days/ week)\$95.00

Non-Member (2days/ week)\$80.00

Non-Member (Friday only).....\$45.00

Choose to Lose

You're not alone in the struggle to lose weight and get fit. Get the support you need in this 10-week program. It's for anyone who feels that they need to lose weight and become more physically fit. It will begin in January and end in March. The first meeting will be one hour to give out general information about the program and do weighs in and measurements. Then, you will be individually assigned a trainer. You will meet with a trainer, once a week, at your convenience, for 15 minutes to discuss food journals, exercise routines and other pertinent information. You'll receive that one on one, personal time to keep you motivated. Call Cindy Agan x323 for specific date and time.

Member \$150.00
*Non-Member \$250.00

*Non-Member will have access to the facility during the 10 weeks. At the end of the program, if you decide to join the YMCA, \$100.00 will be applied towards your membership.

BOSU CORE STRENGTH

A piece of exercise equipment that is half of a stability ball in a domed shape that means "Both Sides Utilized." The BOSU has multiple exercise purposes. It's used as a step and a platform to do cardio and core movements. It's about inserting thought into movement as you strengthen and reshape your posture. A good class for sports minded individuals who would like to enhance their skills.

Tues 6:30PM to 7:15PM
Member Free
Non-Member \$50.00

Hustle And Muscle

Feel the power of a good workout. This class will alternate between circuit or stations that offer a variety of cardio movements and strength training exercises. Cardio moves will consist of a burst of fast intervals with lower intensity moves. Work at your own level and be part of the early morning risers.

Wed. 6:00AM - 7:00AM
Member: Free
Non-Member: \$75.00

Body Shaping

Intimidated by free weights and lifting, yet know that building muscle will help you lose weight along with cardio? This non-aerobic class will cue you through the right body posture and movement to gain muscle strength for your entire body. The instructor will demonstrate how to use the equipment from hand weights, body bars, bands, exercuffs, stability balls, and steps. Learn to feel strong as you sculpt and tone your body with weights.

Tues., Thurs. (GP Room) 5:30PM to 6:30PM
Member: Free
Non-Member: \$75.00

GROUP CYCLING

Experience your cycle class on a LeMond Rev Master stationary bike. Instructors go over proper seat adjustments and set up, as they guide you through a warm-up steady up-tempo cadence, sprints, climbs, and a cool down. You control the resistance to make the pedaling as easy or as difficult as you choose. This is an enjoyable group setting with some classes, (weather permitting), held outside.

Mon. 6:00AM to 7:00AM
Tues. 6:00AM to 7:00AM
Thurs. 6:00AM to 7:00AM
Mon., Wed., Fri. 9:15AM to 10:15AM
Mon., Wed., Fri. 5:30PM to 6:30PM
Member Free
Non-Member (1day/week) \$45.00
Non-Member (2day/week) \$80.00
Non-Member (3day/week) \$95.00

Yoga Ball

Whether sitting, back supported on the stability ball or on the floor with the ball, you will engage those core muscles. A benefit of exercising with the ball is that the body responds to the instability of the ball to remain balanced, engaging many more muscles. Those muscles become stronger over time to keep balance. The core body muscles: abdominal and back muscles are the focus of this fitness class with basic stretching incorporated into the program.

Tues. Thurs. (GP Room) 10:45AM to 11:30AM
Member: Free
Non-Member: \$85.00

Boot Camp

Boot Camp gives you the benefit of mixing up the routine to keep those muscles guessing. This heart pumping class uses cardio drills: running, jump, roping, stepping, with a challenging free weight routine. It's to increase muscular endurance and strength. Boot camp incorporates various equipment: body bars, stability balls, steps, bands etc.

Mon. & Wed 5:30PM to 6:30PM
Member: Free
Non-Member: \$80.00

10K Training Program

Meets every Sunday for 8 weeks beginning Jan. 8th to Feb. 26th. This class is geared to individuals who can run comfortably for at least 45 minutes and has completed a 5k beforehand. Program will be constructed according to assessment level. Regardless of weather, class will be conducted outside. Improve your running skills and end the session by participating in a 10k race.

Sunday (meet GP room) ... 7:00AM - 8:00/8:30AM (progressive time)
Member: Free
Non-Member \$50.00



of Greater Westfield

WINTER/SPRING 2012

ADULT FITNESS

YMCA OF GREATER WESTFIELD :: REGISTER TODAY: 413.568.8631

Workshops

During the year, the YMCA will offer specialty workshops to include belly dancing, breakdancing and self-defense. Flyers with dates and times will be available at the reception desk. Contact Cindy Agan for more information.

Workshops require payment from all levels of memberships that are non-refundable.

Breakdancing.. 4th Friday of each month.

Cardio Kickboxing

Join Martin Lee, Martial Arts instructor, for a mixture of our challenging kickboxing moves with cardio to keep your heart rate up and to burn those calories.

Tues. & Thurs. (GP Room)7:15PM & 8:15PM

Member:Free

Non-Member:\$70.00

Tai Chi for Health

Tai Chi, a form of exercise developed in ancient China, has demonstrated to have a powerful effect on health. Known for its slow, fluid movements, the central premise in Tai Chi is to integrate the mind and body. The ongoing practice of Tai Chi is thought to enable qi or life force to flow powerfully and smoothly within the body. It promotes balance, flexibility, muscular strength and cardiovascular fitness as well as increased levels of psychological well-being and reduction of anxiety and stress. The Monday/Wednesday/Friday class is an Arthritis Foundation Tai Chi Program. Tai Chi for Arthritis, developed by Dr. Paul Lam, has been shown to be particularly effective for people who have arthritis and/or joint problems.

Arthritis Foundation Tai Chi Program

Mon. & Wed11:15AM-12Noon (GP Room)

Friday9:30AM -10:15AM (Gym)

MemberFree

Non-Member (1day/week)\$50.00

Non-Member (2day/week)\$95.00

Non-Member (3day/week)\$140.00

Tai Chi for Health

Tues. & Thurs:4:30PM-5:15PM

Session III Outside City Hall back lot (weather permitting)

MemberFree

Non-Member\$95.00 for Session

Tues. & Thurs. is a progressive class, requiring twice a week participation.

Turbo Kick

A mix of kickboxing and simple dance moves set to heart pounding dance music that will have you looking forward to your next workout! It's based on Chalene Johnson's, the creator of Turbo Kick workout. It's a combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool-down. It requires no previous kickboxing experience or equipment.

Tuesday and Thursday6:30PM – 7:30PM(GP Room)

MemberFree

Non-Member\$35.00

PiYo

PiYo is the perfect fusion of Pilates and Yoga exercises. This dynamic fusion workout is easy on the joints, yet delivers strength, balance, agility and flexibility in one unique calorie burning workout. It's the perfect blend of many disciplines: sports training, core conditioning, dance, stretch, and athletic drills. The dynamic blend of movement increases strength, core stability, and agility. This workout provides an incredible experience.

Thursday (Dance Center).....7:30PM-8:00PM

Friday.....10:30AM-11:15PM

Member.....Free

Non-Member.....\$35.00

Cardio Shape-Up

Get the most from your workout with this class. Fused cardio moves with strength training exercises. Floor routines, step, body bars, bands, weights a total body workout from head to toe with the benefit of a cardiovascular exercise.

Tues. & Thur9:30AM-10:30AM

MemberFree

Non-Member\$75.00

Couch to 5K

This annual class begins Saturday, January 21st and ends March 24th. Learn and train for a 5k and end the session by running a local 5k. This class is geared to the novice runner. This class is suitable for an individual who can walk comfortably for at least 30 minutes and other individuals who never participated in a 5k before.

Saturday (Gym)7:00AM – 8:00AM

Facility MembersFree

Non-Member\$40.00

Basic Mat Pilates

A beginner core strengthening class. This class will focus on body awareness and alignment to help strengthen the core. The mat workout will also include gentle stretching to increase flexibility and standing balance moves.

Monday & Wednesday7:30AM-8:15AM

Facility MemberFree

Non-Member\$55.00

HEALTH & WELLNESS

FOR YOUTH DEVELOPMENT - FOR HEALTHY LIVING - FOR SOCIAL RESPONSIBILITY

Mission of the YMCA

To provide the community with quality programs and services that build healthy spirit, mind, and body for all.



The Green Table Connection

Feel like you're at the Culinary Institute of America right in your own backyard!

Do you love food? Do you value locally grown, organic food and produce and want to support local farmers? Do you desire to eat nutritious, well-balanced meals in the company of others with shared values of the importance of local, sustainable food?

If you're nodding your head, then consider this: A monthly evening gathering at our beautiful Camp Shepard Chalet to enjoy preparing and then savoring delicious healthy dinners. Each month we will also have a featured speaker who will give a short talk on the subject matter of food during the dessert portion of the evening.

Dinners will consist of appetizers, salad, main course and dessert.

Dates will be forthcoming. Please check for the flyer at the Reception Desk. Cost is \$25.00 for members and \$35.00 for non-members.

Facilitated by Becky Clark.

Space is limited to 12 people.

For more information, please contact Rosann Scalise, Program Operations Director at rscalise@westfieldymca.org or ext 302. Register at the Reception Desk.

Meditation Program

This program meets three Thursday evenings per month and features a combination of Zen meditation (zazen) and mindfulness practice. Meetings consist of periods of sitting meditation and walking meditation, along with a talk given by the teachers.

Meditation practice, beyond its scientifically proven benefits of reducing stress, improving immune function, increasing positive emotions and attentive abilities, and deepening the qualities of empathy, inner calm and patience, is designed to help practitioners see into their deepest nature, and in so doing, become freer from suffering and able to feel gratitude for what each day brings.

Dates: Ongoing – meets three Thursday nights per month

Time: 7:00PM-8:30PM

Location: Spring/Summer/Fall months at the Camp Shepard Chalet, 370 Northwest Rd, Westfield. Winter months at the YMCA main facility mansion, 67 Court Street, Westfield

Membership is not required and there is no charge for this program. All are welcome. To join contact Rosann Scalise, rscalise@westfieldymca.org or ext. 302. Meeting dates are emailed to participants monthly.

Amputees Moving On (AMO)

An amputee support group sponsored by the YMCA of Greater Westfield. It is our mission to create a positive environment that fosters support and helps educate amputees and their families as they adjust and move on, and to assist them in continuing to grow in spirit, mind, and body. Meetings are held the last Monday of every month at 6:00PM at Noble Hospital 115 West Silver Street Westfield, MA 01085 in Conference Room A on the ground floor. For more information contact Charlene Call at 413-568-8631 Ext.305

Massage/Foot Reflexology: with Sabrina Gibree LMT, CFR

Massage is one of the oldest forms of healing. The physical and mental benefits are well documented. Right from the start Sabrina makes you feel comfortable and has a complete understanding of the human body and the benefits of massage. Some of these benefits are relaxation, loosens tight muscles, strengthens the immune system, assists in recovery from injuries and illness, promotes restful sleep and aids in mental relaxation.

Monday: 5:30-8:30PM and Tuesday 8:00AM-12 Noon

\$60.00 per hour

\$30.00 for ½ hour

Please call Sabrina at 413-454-4735 for an appointment. If you can't have a massage during the hours listed, please call Sabrina to see if she might have an alternative time.

Healthy Back Class – Winter Activities

With Paul Warner, MPT

This two-hour class is designed to provide information and tools to improve a person's ability to participate in winter activities and reduce his/her risk of injury. Participants will be given exercises inspired by Yoga and Applies Functional Science to help improve strength, flexibility, balance, and coordination. Postural considerations and lifting principles will be covered. Additionally, the biomechanics of the back, pelvis, and legs will be reviewed. Paul is a licensed Physical Therapist and owner of BodyWise Physical Therapy.

Date: Thursday January 19th, 2012, 6:00-8:00PM

Cost: Members \$15.00 Non-Members \$25.00

Healthy Back Class – Spring Activities

With Paul Warner, MPT

This two-hour class is designed to provide information and tools to improve a person's ability to participate in winter activities and reduce his/her risk of injury. Participants will be given exercises inspired by Yoga and Applies Functional Science to help improve strength, flexibility, balance, and coordination. Postural considerations and lifting principles will be covered. Additionally, the biomechanics of the back, pelvis, and legs will be reviewed. Paul is a licensed Physical Therapist and owner of BodyWise Physical Therapy.

Date: Thursday March 15th, 2012, 6:00-8:00PM

Cost: Members \$15.00 Non-Members \$25.00

Date: Thursday April 19th, 2012, 6:00-8:00PM

Cost: Members \$15.00 Non-Members \$25.00

For more information contact Charlene Call, Member Retention/Wellness Director at 413.568.8631 extension 305.

REGISTER TODAY: 413.568.8631



INFANT & TODDLER PROGRAMS PARENT/CHILD CLASSES Ages 6 to 36 months

Location: Small Pool, , **Length:** 30 minutes

This class is a water enrichment class for the child and adult. The program provides opportunities for the parent and child to develop social skills, be introduced to basic water skills, safety around and in the pool. The instructor provides guidance for adults to learn proper water entry and exit, holding positions, and water safety skills. Circle time is also included during the 30 minutes, where the instructor leads the class in songs and games at the end of the class.

	Member	Non-Member
(8 wks)	\$46	\$76
Monday		10:30AM
Tuesday		5:00PM
Wednesday		9:00AM
Thursday		10:30AM
Friday		9:30AM
Saturday		8:30AM

ME & MY TOT TUMBLE & SPLASH Ages 18 to 36 months

Location: Gym & Small Pool, **Length:** 1 hour 15 minutes

You and your child enjoy two terrific classes back to back. First go to gym for creative movement and obstacle courses to climb, crawl, jump, swing, and roll on. Then head to the pool for fun swim activities. Tot and parent share the excitement as they go through each class as partners. Other benefits include the opportunity to socialize with children of the same age, learn to share and follow simple directions.

	Member	Non-Member
(8 wks)	\$62	\$102
Saturday		9:45AM-11:00AM

ADULTS WITH CHILDREN OF DIAPER WEARING AGE PLEASE NOTE:

To ensure a clean, safe, and healthy environment for everyone, all children who are of diaper wearing age MUST wear swim diapers. Thank you for your cooperation for the health and well being of everyone at our pool.

PRESCHOOL SWIM LESSONS

Preschool ages enjoy a safe and fun first experience in the water. Children develop fundamental swimming skills, water skills, and boating safety awareness. The preschool lessons are in groups based on ability and not by age. Parents do not accompany their child in the water, but are welcome to observe the lesson.

Prices for the following 3 classes:

	Member	Non-Member
(8 wks)	\$46	\$76

PIKE Beginner Ages 3 to 5 years

Location: Small Pool, **Length:** 30 minutes

This lesson is for the non-swimmer and beginner. The focus is on helping children adjust and develop independent movement in the water. Water orientation and adjustment to the water are introduced; proper water entry, front kick, under water exploration, back float, jumping and emphasis on the paddle stroke. One of the lessons will be geared toward water and boating safety to educate children on certain situations.

Monday	9:00AM, 5:00PM
Tuesday	9:00AM, 4:30PM, 6:30PM
Wednesday	6:00PM
Thursday	9:30AM, 5:00PM
Friday	5:30PM
Saturday	9:00AM, 10:00AM

EEL Intermediate Ages 3 to 5 years

Location: Small Pool, **Length:** 30 minutes

This intermediate lesson is for children who are comfortable in the water and can swim 15 feet unassisted. Stroke development is started in the lesson, reaching and pulling movements with an emphasis on front crawl, flutter kick, front and back floats, sitting dives, and elementary backstroke introduction. One of the lessons will be geared toward water and boating safety to educate children on certain situations.

Monday	5:30PM
Tuesday	5:30PM
Wednesday	5:00PM
Thursday	10:00AM, 4:30PM
Friday	5:00PM
Saturday	9:30AM

RAY advanced Ages 3 to 5 years

Location: Small Pool, **Length:** 30 minutes

This advanced lesson is for children who can swim 25 feet unassisted with their face in the water. Stroke development is refined for the front crawl, backstroke, elementary backstroke, and sidestroke, rotary breathing is introduced, and diving skills. One of the lessons will be geared toward water and boating safety to educate children on certain situations.

Monday	5:30PM
Tuesday	5:30PM
Wednesday	5:00PM
Thursday	10:00AM, 4:30PM
Friday	5:00PM
Saturday	9:30AM



Private and Semi Private Lessons

Private and Semi Private swim lessons are designed for your individual needs, from preparing for a triathlon, improving competitive strokes, diving, to just becoming more comfortable and confident in the water. Semi Private swim lessons are designed for two to four people in a one-on-one lesson with a Y-Instructor. The scheduling of privates work with what times you are available.

	Member	Non-Member
Private Swim Lessons	\$120 for 6, 30 minute lessons	\$200 for 6, 30 minute lessons
Semi Private Swim Lessons	\$90/Student for 6, 30 minute lessons	\$180/student for 6, 30 minute lessons
Paying for ONE Lesson	\$28.00 per lesson	\$41.00 per lesson

YOUTH SWIM LESSONS

These lessons teach youth five components: personal safety, personal growth, stroke development, water games and sports, and rescue. Children will learn skills in and around the water to gain confidence and endurance.

POLLIWOG, Beginner Ages 6 & up

Location: Small Pool, Length: 30 minutes

A learn to swim lesson which introduces basic water skills for the non-swimmer and beginner to build self-confidence. Skills taught are front and back paddle stroke, side paddle stroke, and learn to swim independently for 20 feet utilizing all three strokes. One of the lessons will be geared toward water and boating safety to educate children on certain situations.

	Member	Non-Member
(8 wks)	\$46	\$76
Monday.....		6:00PM
Tuesday.....		6:00PM
Wednesday		5:30PM
Thursday.....		5:30PM
Friday.....		4:30PM
Saturday.....		9:00AM (Cole Pool)

GUPPY, Intermediate Ages 6 & up

Location: Cole Pool, Length: 45 minutes

Child must be able to swim 25 yards crawl stroke front and back with little or no assistance from the instructor. Skills learned include stroke development for front crawl, sidestroke, backstroke, elementary backstroke, and introduction of rotary breathing. Learn front and back somersaults, jumping from a swim block, and different diving positions. One of the lessons will be geared toward water and boating safety to educate children on certain situations.

	Member	Non-Member
(8 wks)	\$54	\$87
Monday		6:00PM
Wednesday		6:00PM
Thursday.....		6:00PM
Friday.....		6:00PM
Saturday		9:30AM

Minnow Intermediate Advanced Ages 6 & up

Location: Cole Pool, Length: 45 minutes

Child must be able to swim 25 yards crawl stroke with rotary breathing. Skills advance to scissor kick sidestroke, backstroke alternating arms, breaststroke, elementary backstroke, and alternating crawl stroke. Learn the basic skills of synchronized swimming skills, diving, boating safety, and basic water games. One of the lessons will be geared toward water and boating safety to educate children on certain situations.

	Member	Non-Member
(8 wks)	\$54	\$87
Tuesday.....		5:15PM
Wednesday		6:00PM
Thursday.....		5:15PM
Friday.....		6:00PM
Saturday		9:30AM

Fish/Competitive Swim: Advanced Ages 6 & Up

Location: Cole Pool, Length: 45 minutes

Child must be able to swim 100 yards sidestroke, 50 yards crawl stroke with rotary breathing, and 50 backstroke. Lesson refines breaststroke and butterfly techniques. Learn proper open flip turns and diving skills off swim blocks. Progresses child's advanced level to a competitive level of swimming with strength training and refining all four strokes.

	Member	Non-Member
(8 wks)	\$54	\$87
Wednesday 6:45PM, Saturday 10:15AM		

SNAP Special Needs Aquatic Programs Ages 3 & up

Fee: Member \$52 Non-Member \$85
 Class Length: four 30 minute lessons
 Location: Varies

An exciting swim lesson program for special needs children. Basic swimming skills are taught following our youth swim lesson formats. We give individual attention, one on one, to learn the routines and expectations of our regular swim lessons. Our goal is to have the children be able to attend our regular preschool and youth swim lessons.



The YMCA Wave Swim Team

The YMCA WAVE Swim Team is one of the fastest growing, up and coming age group programs in Western Massachusetts. The concept "everybody swims - everybody wins" is the foundation for competition in this program. Swimmers compete on local, New England, and national levels based on their ability. Learn about team spirit and setting personal goals. This program is open to all swimmers between the ages of 5 and 18 who can swim 25 yards of at least one competitive stroke. A one-week "free trial" period is available for any new team members. Practice starts on Monday, April 30. For more information contact Head Coach Jamie Bloom at ext. 312.

American Red Cross Courses

We are please to announce that this Spring we will be offering a number of American Red Cross courses. Listed below are some of the course offerings. Flyers with details will be available in late January at the Reception Desk.

CPR First Aid, Babysitting, Wilderness & Remote First Aid, Lifeguarding, Water Safety Instructor

Lifeguard Training

Course pre-requisites is 300 yd. swim for pool lifeguarding 500 yards for waterfront (recommended)

Citizen CPR (aka "Hands only" CPR)

In 30 minutes, you can learn the basic skills to help save a life. No mouth to mouth contact, no written exam but good solid skills to make a difference. We will offer early morning or lunchtime sessions. Come help us meet the American Red Cross' national goal of training 5 million people. Let us show you how people of any age and ability can make a difference!

Babysitter's Training

Do you enjoy working and playing with young children? Want to learn the basics of babysitting & starting a babysitting business? Are you 11-15 years old and looking to make some money? Then this is the program for you! Program also includes discipline, value of play, and safety while on the job. Second session includes infant/child CPR & first aid certification. See flyer for more details, or contact kliebchen@westfieldymca.org or ext. 320.

SPECIALTY PROGRAMS

LIFEGUARD CERTIFICATION COURSE

Ages 15 & up

American Red Cross Lifeguard Certification Course includes lifeguarding, first aid, and professional rescuer CPR/AED certification. Price includes all material necessary for the course. A \$100 non-refundable deposit is required to reserve your slot and the remainder is due on the first day of class. Course prerequisites include being able to swim 300 yards continuously using the front crawl stroke and breaststroke. Participants must attend all training classes to take the final written exam and water test. Fee: \$265 See flyer for more information.

GUARDSTART LIFEGUARDING TOMORROW

Ages 11 to 14

American Red Cross GuardStart: Lifeguarding Tomorrow is a program designed to guide youth to the American Red Cross Lifeguarding program by building a foundation of knowledge, attitudes, and skills for future lifeguards. This foundation consists of five categories, Prevention, Fitness, Response, Leadership and Professionalism. Prerequisites include swimming the front crawl for 25 yards continuously while breathing to the front or side, treading water for 1 minute using arms and legs, and being able to submerge and swim a distance of 10 feet under water. See flyer for more information.

YOUTH & TEEN

KIDS NIGHT OUT! Open to the community

Ages 4.5 to 12

Fee: \$15 First Child, \$10.00 Additional sibling

Second FRIDAY of every month, Jan 13, Feb 10, March 9, April 13, May 11, June 8

Parents go out on the town while the kids are here at the Y! During drop off time kids enjoy working on a craft, followed by fun activities in a racquetball court including volleyball, badminton, games, etc. Then it's time to head down to the pool with the lifeguards for a swim.

The night ends with a movie and a snack.

An emergency contact and medical form must be completed by the parent/guardian for each child

Check at the front desk for more information.

5:30PM - 6:30PMdrop off with crafts

6:30PM - 7:15PMfun activities

7:30PM-8:00PM.....swimming

8:15PM - 9:30PMmovie & snack

9:30PMpick-up

FRIDAY FAMILY FUN SWIM NIGHT

Open to the community

All ages of children

All Members Free Non-Member \$5/Adult \$3/Child

Fourth FRIDAY of every month, Jan 27, Feb 24, March 23, April 27, May 25, June 22

Join us for a fun family evening at our pools. The small pool has a Dalmatian dog inflatable and the Cole pool has a Submarine inflatable with a slide at the end. All ages of children are welcome in the small pool and the Cole pool is for ages 6 and up who can independently swim on their own with no floatation devices. An adult must accompany any non-swimmer in the water and an adult must be present at the pool for all ages during Family Fun Swim Night.

STATE LICENSED PRESCHOOL

PRESCHOOL PROGRAM HOURS

- 3-year old Program: Tuesday & Thursday 9:00AM to 11:30AM
- 3+4 year old Program: Monday, Wednesday & Friday 12:30PM to 3:00PM
- 3+4 year old Program: Monday, Wednesday & Friday 9:00AM to 11:30AM
- 4+5 year old Program: Monday - Friday 9:00AM to 11:30PM
- 4+5 year old Program: Monday - Friday 12:30PM to 3:00PM
- 5 year old Pre-K Prog: Monday - Friday 9:00AM to 3:00PM

Preschool Mini Programs

Throughout the year, the Preschool will offer a series of mini programs for 3 to 5 year old children. Each program will run on Thursdays from 12:30PM to 2:30PM. The sessions will include science, math, cooking, and holiday crafts. See flyers located at the reception desk or call Michelle Anamisis, Preschool Director for more information at ext. 306.

Lunch Bunch (See flyer for additional information)

Moms and Dads, do you need extra time for your errands? Would your child enjoy having lunch with friends while you complete those errands? Try our Lunch Bunch program. It is available Monday through Friday 11:30AM to 12:30PM for \$5/day. Both AM and PM programs accepted. Space is limited. Please contact Michelle Anamisis, Preschool Director, for more information at ext. 306.

STATE LICENSED SCHOOL-AGED CHILD CARE

Before School Care

Our "Y's Kids" before school programs serve children ages 5-13 at different sites. Children at Franklin Avenue, Munger Hill, Paper Mill, Southampton Road, Highland, and Abner Gibbs schools are served at those respective schools. The program runs from 7:00AM until the start of school. Activities include: homework tutoring, crafts, sports and more. Contact Michelle Anamisis for more information at ext. 306.

2 days a week	\$23.00
3 days a week	\$29.00
5 days a week	\$45.00

After School Care

Our "Y's Kids" after school programs serve children ages 5-13 in Westfield Public and Parochial schools along with Southwick Town Hall. Our after school program runs from the end of school until 6:00PM, with special programs on half days and full vacation days. The sites include the YMCA, Southampton Road School, Franklin Avenue, Paper Mill School, Highland Ave and Southwick Town Hall. All sites are licensed by the Massachusetts Department of Early Education and Care and work to maintain a low student to staff ratio. We strive to build self-esteem and improve socialization skills, while offering children a choice of activities within a structured setting. Activities include: free swims, sports, crafts, homework tutoring, computers, field trips, parent support workshops, and much more. Transportation to the program and daily snack are provided.

2 days a week	\$38.00
3 days a week	\$55.00
5 days a week	\$75.00



Preschool

The YMCA Preschool has been in operation for over 54 years serving children ages 2.9-5. We strive to develop self-esteem, socialization, and kindergarten readiness skills, as well as a life long love of learning. Developmentally appropriate and fun activities include YMCA preschool swimming lessons, dramatic play, art, cooking, music lessons, story time, field trips and more. Teaching staff are certified and qualified by the Massachusetts Department of Early Education and Care. The Preschool is licensed by the Massachusetts Department of Early Education and Care. Registration for the 2012-2013 begins on January 9, 2012 and will continue until classes are filled. Ask at our Reception Desk for a flyer or contact Michelle Anamisis, Youth Development Director, for more information at ext. 306.

Vacation Fun Weeks

A full day program (7:00AM-6:00PM) offered to children ages 5-13 during school vacation weeks. Activities include field trips such as roller skating, children's museums, movies, and other area attractions. These programs are open to the public. Contact Michelle Anamisis for more information. Enrollment is limited and slots fill up fast!

Full Day Programs

Full day programs offered for children ages 5-13, on no-school days, including **snow days** and some **holidays**. If school is cancelled there is a snow day program held at the YMCA or Southwick Town Hall. Pre-registration is required. There is an additional \$15 fee per day if you choose to take advantage of this option. Fees are paid on a weekly basis. \$25.00 per day for a child not enrolled in program.

Registration

A \$17.50 non-refundable registration fee is required at the time of registration.



of Greater Westfield

WINTER/SPRING 2012

Parties!

LEARN MORE: 413.568.8631



Pool

Gymnastics Birthday Parties

Your child & his/her friends can enjoy 60 minutes in the gym for games and activities on at least 3 events and our Tumble Trak with 2 trained instructors. Then it's off to the party room. Your child will have a birthday to remember. Save Your Date, Book Your Party Early!

Available Party Times: Saturdays, 11:00AM

GOLD STAR PARTY:

Member:\$150
Non-Member:\$170

60 mins in the gym, 45 mins in the party room
One(1) Two Topping Party Pizza + Juice Boxes & Water
You Provide Cake, Ice Cream or Other Food Options
Up to 12 children (each additional child is \$12 each) (children 3 1/2 and younger require parent participation)

SILVER STAR PARTY:

Member:\$130
Non-Member:\$150

60 mins in the gym, 30 mins in the party room
You Provide Cake, Ice Cream or Other Food Options
Up to 12 children (each additional child is \$10 each) (children 3 1/2 and younger require parent participation)

Both party options, we provide:

- Two instructors during gym time(up to 12 children) & (1 during party time)
- Decorations
- Plates, Napkins, Eating utensils
- Free T-Shirt for the birthday child
- Use of the gym and party room
- Refrigerator/Freezer available for ice cream or drinks

A \$50 deposit is required upon booking the party. All party goers are required to have a Safety / Liability waiver signed by his/her parent /legal guardian before participating in any activities.

www.WestfieldYMCA.org



Schedules, Membership,
News, Videos & more..

#1 SMALL SPLASH

Member: \$110 Non-Member: \$130

We provide:

- Party coordinator
- Table cloths and a bundle of five balloons in specific colors
- T-shirt for the birthday child

#2 HIGH DIVE

Member: \$125 Non-Member: \$145

We provide:

- Party coordinator
- Table cloths and a bundle of five balloons in specific colors
- T-shirt for the birthday child
- Cups, plates, utensils in specific colors round.

#3 CANNON BALL

Member: \$150 Non-Member: \$170

We provide:

- Party coordinator
- Table cloths and a bundle of five balloons in specific colors and themes
- T-shirt for the birthday child
- Cups, plates, utensils in specific colors and themes
- One party size pizza with your choice of two toppings
- Two bottles of beverage of your choice

#4 A FLOAT ABOVE THE REST

Member: \$190 Non-Member: \$210

We provide:

- Party coordinator
- Table cloths and a bundle of five balloons in specific colors and theme
- T-shirt for the birthday child
- Cups, plates, utensils in specific colors and theme
- One party size pizza with your choice of two toppings
- Two bottles of beverage of your choice
- Includes pool float of your choice

*All parties include your first lifeguard. If there is going to be more than 15 swimmers in the water, we require you to purchase an extra lifeguard for the \$25.00. Also for any non-swimmers, parents are required to be in the water with them.

CHOICE OF FLOATS:

Dalmatian(small pool)
Submarine(cole pool)

To include a float with anyone of these parties it is an additional \$75.00.

TIMES AVAILABLE:

Saturdays from 1:00-2:45 PM and 3:30 – 5:15 PM
Sundays 1:30- 3:15 PM

THEMES:

Sports, Princess, Under the Sea, Pirates
Please contact Jennifer Butler or Elli Meyer at 413-568-8631 ext. 320 Email both jbutler@westfieldymca.org emeyer@westfieldymca.org or Visit us on the Web www.westfieldymca.org



Write Loudly

Turn up the volume on your creativity. The only way to stay creative is to be proactive. What better way to accomplish your writing dreams than amidst a group of fellow writers? Improve your writing with prompts, tips and exercises. Discover how to express and market your writing talents in a relaxed atmosphere with fellow writers. Each class will begin with a short lesson in style, followed by in-class writing time and read-aloud period where writers will provide positive feedback for their peers. Writers will also work on long-term projects that will be reviewed and edited by the group.

Wednesday7:00-8:30PM
Member:\$59
Non-Member:\$85
Instructor:Sera Rivers

YMCA Book Club:

The Westfield YMCA Book Club meets the first Wednesday of every month at 6:30PM in the Board Room of the Mansion. Please join us for a lively discussion with a diverse group of people. Our book club is free and delicious treats are provided. (Great books, Great discussion, Great people). For more information contact Charlene Call Member Retention/Wellness Director at 413-568-8631 Ext. 305s

Watercolor Demystified

AN INTRODUCTION TO WATERCOLOR PAINTING

Experiment with palette and brush; learn basic watercolor technique including drawing, perspective, composition, lighting and brush techniques and mixing colors.

Ages:18 and up
Tuesday6:30-8:00PM
Member\$76
Non-Member\$94
Instructor:Cathy Guidetti

Includes all art materials

Offered Spring 1 and Spring 2 only

Spring 1 session will be held in the YMCA Board Room

Spring 2 session will be held at the Camp Shepard Chalet, 370 Northwest Road, Westfield

Beginning Acrylic Painting

Experiment with palette and brush; learn basic acrylic technique including drawing, perspective, composition, lighting and brush techniques and mixing colors.

Ages:8-12 years old
Tuesday4:30-6:00PM
Member:\$76
Non-Member:\$94
Instructor:Kate Gallavan

Includes all art materials

Preschool Picasso

PRESCHOOL DRAWING AND PAINTING

In this class, young children will learn about drawing, sketching with pencils, shading and painting. We will learn how to draw simple animals along with shapes to show how to build a scene.

Wednesday3:00PM-4:30PM
Ages:4-6
Member:\$51
Non-Member:\$63.00
Instructor:Ellie Meyer

Comic Book Art

Have fun learning the basics of comic book art from sketch to print-ready first page.

Wednesday4:45PM-6:00PM
Ages:8-12
Member:\$60
Non-Member:\$72

Nature Art

The woods provide a powerful setting for promoting creativity. Each class we will take short hikes out into the woods of Camp Shepard and then head back to the Chalet where we will create art out of the natural treasures we find.

Friday.....4:30-6:00PM
Ages:5-8
Member\$51
Non-Member\$63
Location:Camp Shepard Chalet
Session:Spring 1 and 2 only

ARRRT!

(REDUCE, REUSE AND RECYCLE ART)

Save the earth one project at a time. We will create beautiful art pieces out of a variety of recyclable items.

Friday.....4:30-6:00PM
Ages:5-8
Member\$51
Non-Member\$63
Location:YMCA Mansion
Session:Winter session only

American Classics

(AN ADULT CHORUS)

Join us in our tribute to American song under the direction of a professional vocal teacher. We will sing and occasionally perform a variety of music from the 1940's through today. Bring your humor and your voice for light-hearted fun Wednesday mornings.

Wednesday9:30-10:30AM
Location:YMCA Dance Studio
Member \$2.50 drop in fee each time Non-Member \$3.00 drop in fee or Member \$46 for 20 weeks Non-Member \$56 for 20 weeks



of Greater Westfield

WINTER/SPRING 2012

Music and Voice Lessons

For children, teens, adults

Individuals may sign up for either private or group; vocal, piano/keyboard or guitar lessons

Private lessons are available by appointment.. Please contact Amy Tosi, Music Director at ext.308 or atosi@westfieldymca.org to arrange lessons.

Private Vocal lessons (ages 15 +) (for a child younger than 10 contact Amy Tosi)

Member: \$168 for 8 weeks of 45 minute lessons or individuals may enroll in one or more lessons by appointment at \$30 per 45 minute lesson
Non-Member: \$175 for 8 weeks of 45 minute lessons or individuals may enroll in one or more lessons by appointment at \$32 per lesson for 45 minutes

Private Vocal lessons (ages 10-14)

Member: \$120 for 8 weeks of 30 minute lessons
Non-Member: \$128 for 8 weeks of 30 minute lessons

Private Keyboard/Piano lessons (ages 5 +)

Member: \$120 for 8 weeks of 30 minute lessons
Non-Member: \$128 for 8 weeks of 30 minute lessons

Private Guitar lessons (ages 6 +)

Member: \$120 for 8 weeks of 30 minute lessons
Non-Member: \$128 for 8 weeks of 30 minute lessons

Group Vocal Lessons (ages 10+)

Day: Tuesdays 6:30-7:30PM
Member: \$110 for 8 weeks for 1 hour lessons
Non-Member \$120 for 8 weeks for 1 hour lessons

Group Keyboard lessons (ages 5 +)

Day: Mondays 4:00-4:45PM
Member: \$100 for 8 weeks for 45 minutes each class
Non-Member: \$108 for 8 weeks for 45 minutes each class

Group Guitar Lessons (ages 6+)

Day: Wednesdays 4:00-4:45PM
Member: \$100 for 8 weeks for 45 minutes each class
Non-Member: \$108 for 8 weeks for 45 minutes each class

Music Director: Amy Tosi



YOUTH & TEEN

CAMPING Rocks and Ropes

See the world from a whole new level. For beginning children and families and practicing climbers aged seven and up. This class is designed develop skills in climbing, and acquire knowledge of necessary equipment, belay technique, and safety. Each class session will offer time to practice new skills learned. Our climbing tower and high adventure course give participants opportunities to truly reach beyond their limits. All equipment will be provided. Classes will meet at Camp Shepard Outdoor Center. Dates: Saturdays April 14th- May 19th

Ages:	7 & UP
Time:	12:45PM to 2:15PM
Full Member	\$55.00
Non-Member	\$80.00

Rock Out Adult Rock Climbing & High Adventure

Ready for a new adventure? This course is for beginning adult and practicing climbers age eighteen and up. This class is designed develop skills in climbing, and acquire knowledge of necessary equipment, belay technique, and safety. Each class session will offer time to practice new skills learned. Our climbing tower and high adventure course give participants opportunities to truly reach beyond their limits. All equipment will be provided. Classes will meet at Camp Shepard Outdoor Center. Dates: Saturdays April 14th- May 19th

Ages:	18 & Up
Time:	11:15PM to 12:30PM
Full Member	\$55.00
Non-Member	\$80.00

Teen Night

The YMCA of Greater Westfield runs a Teen Night program every Saturday nights for the school year. This program offers middle and high school age students from Westfield, Southwick and the Gateway school district the opportunity to join friends at the YMCA every Saturday night from 7:00PM-11:00PM for a variety of recreational activities. Teens participate in swimming, basketball, racquetball, strength and cardiovascular training, special events like 3 on 3 basketball tournaments and dances.

A YMCA membership is not required, just a valid school ID. Students who have middle and high school age friends visiting from out of town may bring them along with a note from their parents stating their hometown and school. Supervision from qualified and trained staff members makes each Saturday night a safe and enjoyable evening. Cost for the Saturday evening program is \$5.00 per person. For more information, contact Bridget Daley, Camping and Outdoor Education Director 413-568-8631 ex 322 or bdaley@westfieldymca.org

Leaders Club

Teens in high school may apply to become a member of the Leaders Club. This program teaches leadership development through community service, team work, and values clarification. Leaders Club is governed by an Executive Board consisting of Leaders Club members. The club is responsible for the organization and facilitation of their events and activities. They also volunteer weekly at the YMCA and design community projects throughout the year. Members participate in group overnights, weekend rallies, and events with other clubs. The club meets Wednesday evenings at 7:00PM at the YMCA.

Earth Service Corps

YMCA Earth Service Corps (YESC) is a high school leadership and environmental service-learning program, which combines four key elements: leadership development, environmental education, service learning and international/cross-cultural awareness. Y. YMCA Professionals and community volunteers serve as adult advisors. Students provide energy and leadership, and the YMCA staff provides resources and support. YESC also offers wilderness adventure and environmental education opportunities such as kayaking, hiking and rock climbing trips for students to explore their natural world throughout the school year.

Meets every other Tuesday.....5:30-6:30PM

If interested please contact, Bridget Daley Camping & Outdoor Education Director by phone at 568-8631 ext 322 or e-mail at bdaley@westfieldymca.org

Mountain Biking Classes

This class is for the beginning mountain biker aged 12 and up. Participants will learn bike handling skills, basic maintenance, trail etiquette, and safety while biking the trails of Camp Shepard. Classes meet at Camp Shepard Outdoor Center at 9:30AM and continue until 12:00PM. Bikes and helmets are provided. Dates: May 12th 19th & June 2nd for more information please contact Bridget Daley, Camping & Outdoor Education Director at 568-8631 ex 322 or bdaley@westfieldymca.org

Member: \$20

Non-Member \$30

Snow Shoeing

When the winter rolls in, don't let the snow keep you inside. Join us on one of our many snowshoe outings this winter. Bring your own or learn on our brand new snowshoes! Takes place at Camp Shepard Outdoor Center and other area parks and trails. Make sure to watch for special moonlight excursions! Look for registration flyers at the reception desk of the YMCA. Weekends and evenings throughout the winter. Always within 24 hours of a 2" snowfall

Members: \$10 (\$5 w/own snowshoes)

Non-Members:\$20 (\$10 w/own snowshoes)

AGES:8 and up, unless using own snowshoes

NEW Hiking Club

Be a part of something new at the Y. This club is for members to enjoy our natural world together. We will be participating in weekend outings hiking trails in our local area. Weather depending we will meet at one of the many local spots to enjoy nature at its best. Flyers with details on dates and times will be available at the desk by March 1st. For more information please contact Bridget Daley, Camping & Outdoor Education Director at 568-8631 ex 322 or bdaley@westfieldymca.org

NEW Out of Bounds After School

A new after school program at Camp Shepard! This six week program will provide children with a new and different experience after school. We will be doing everything from hiking, climbing and kayaking to learning about our natural environment. The program will run on Tuesday and Thursdays from 3pm till 6pm. Transportation will not be provided. For more information please contact Bridget Daley bdaley@westfieldymca.org

Dates: April 10th through May 17th

Member: \$220.00

Non-Member: \$250.00

YMCA Camp Shepard Peace Labyrinth

Set amidst the trees with the forest as its base, the Camp Shepard Peace Labyrinth is for individuals and groups to enjoy a natural, meditative path. The labyrinth is a circular path embedded on the ground and used as a meditative pathway.

The labyrinth is open to all; individuals and groups alike. Individuals may park at the bottom of the Chalet driveway and walk up to the labyrinth at any time to enjoy it. Groups wishing to walk the labyrinth may contact Rosann Scalise, Director of Program Operations at ext 302 or rscalise@westfieldymca.org.



of Greater Westfield

WINTER/SPRING 2012

CAMP SHEPARD

YMCA OF GREATER WESTFIELD :: REGISTER TODAY: 413.568.8631

Outdoor Education and Teambuilding Outings

Located on 105 acres of scenic forestland at the foot of the Berkshires, Camp Shepard Outdoor Center provides an idyllic location for outdoor and experiential programming. Our programs are designed for schools, youth groups, church groups, community organizations, and corporate retreats. Three different tracks are offered (see below) with a wide variety of options available. Our skilled staff can design and customize an outing for your group to meet your needs.

Additionally, our year-round Goyette Outdoor Education Center has a large conference room that can accommodate up to 50 people and is handicapped accessible. Its scenic location overlooking the natural pond provides a quiet, natural setting for retreats, gatherings, and meetings. Please contact Bridget Daley, the Camping and Outdoor Education Director at ext.322.

Teambuilding

- High Adventure Course
- Climbing Tower
- Low Ropes Course
- Group Initiatives/Predator/Prey Relations
- New Games
- Orienteering
- The Water Cycle

Environmental Education

- Discovery Treks
- Stream Study
- Pond Exploration
- Snowshoeing
- Wildlife Tracks
- Animal Adaptations
- Outdoor Cooking

Adventure Education

- Canoeing/Kayaking
- Mountain Biking
- Hiking
- Archery
- Wilderness Survival
- Rappelling

Rent Camp Shepard!

This Spring consider our beautiful Camp Shepard for your family/group or corporate outing. Saturdays and Sundays are available for birthday parties, family reunions, church outings, corporate picnics and other gatherings. Rentals include the use of the pavilion, picnic areas and playing field. You may also wish to utilize our climbing tower, ropes courses, arts and crafts area or do some kayaking/canoeing on our pond. Additional fees apply for these other program areas. Staff will be available to assist you in having the best outdoor experience possible. On the more rural side of camp, the Goyette Chalet is also available for rental. The heated Chalet contains a large conference room, small kitchenette and indoor bathrooms. It overlooks our scenic pond; offering a rejuvenating and restive space for groups.

For pricing information or to book your rental, please contact Bridget Daley, Camping and Outdoor Center Director at 413-568-8631 x322 or bdaley@westfielddymca.org.

Disc Golf Course

Our new nine-hole disc golf course at Camp Shepard is officially open. The course is open on weekends from sunrise to sunset and weekdays from 4:00PM through sunset. Y members may use the course free of charge. A \$5.00 donation for day use is the suggested fee for Non-Member. The fee may be deposited in the drop box located at the first tee. For more information about the disc golf course, please contact Bridget Daley at ext. 322 or bdaley@westfielddymca.org

SAVE THE DATE!

Camp Shepard Day Camp

This summer be sure to enroll your children ages 4-15 in the Camp Shepard Day Camp. Our program is designed to achieve a balance between instruction, recreation, team building skills, and individual accomplishment. Activity areas include Nature, Sports, Team Challenge, High & Low Adventure, Rock Climbing, Archery, Canoeing and Kayaking, Arts & Crafts, Wilderness Survival, Hiking and Mountain Biking. All Campers have two chances to swim each day with daily swim lessons and open swim. Look for our summer brochure out in January!

- Session 16/25-7/6 NO CAMP ON JULY 4th
- Session 27/9-7/20
- Session 37/23-8/3
- Session 48/6-8/17
- Super Week8/20-8/24

OUTDOOR CENTER

FOR YOUTH DEVELOPMENT - FOR HEALTHY LIVING - FOR SOCIAL RESPONSIBILITY



REGISTER TODAY: 413.568.8631



GYMNASTICS

We offer a great place for children of all ages to learn about fitness and a healthy lifestyle at very affordable prices. From beginner gymnasts to advanced, kids just in it for fun or more serious competitors, we focus on your child's individual goals and abilities. Our class program is a great way for children to try out gymnastics for the first time or to further their gymnasts training and skills in a fun, pressure-free environment. We offer a class that's right for everyone, from toddlers ready to explore and young kids who love to swing on the monkey bars to older kids who want to try something fun and new! We believe everyone should be able to experience the gymnastics world, regardless of experience or income! Financial assistance is available.

Me and My Tot Tumble and Splash runs in three eight-week sessions.

Winter session classes run for eight weeks and the Spring session classes run for 16 weeks. For those interested in the Spring session, we recommend the entire 16-week session to get the full benefits of the class, but you can join our classes anytime!

PRE-SCHOOL & KINDER GYMMIES

(held in our mini gym)

Me & My Tot Tumble and Splash (18 months – 3 years)

(runs in 8 week sessions)

Saturdays 9:45AM-11:00AM

Member: \$62 Non-Member: \$102

2 to 3 year old class

Monday 5:30-6:00PM

Winter session (8 weeks) Jan 2 – Feb. 20

Member: \$44, Non-Member \$72

Spring session (16 weeks) Feb. 27-June 11

Member \$87, Non-Member \$144

3 to 4 year old class

Wednesday 5:30-6:15PM

Winter session (8 weeks) Jan. 4-Feb. 22

Member \$54, Non-Member \$89

Spring session (16 weeks) Feb. 29-June 13

Member: \$108, Non-Member \$178

3-5 year old class

Tuesday 11:30AM-12:15PM

Winter session (8 weeks) Jan 3- Feb. 21

Member \$54, Non-Member \$89

Spring session (16 weeks) Feb. 28 – June 12

Member: \$108, Non-Member \$178

4 to 5 year old class

Monday 6:00 -6:45PM

Winter session (8 weeks) Jan 2 – Feb. 20

Member \$54, Non-Member \$89

Spring session (16 weeks) Feb. 27 – June 11

Member: \$108, Non-Member \$178

5 to 6 year old class

Wednesday 6:15-7:00PM

Winter session (8 weeks) Jan 4 – Feb. 22

Member: \$54, Non-Member \$89

Spring session (16 weeks) Feb. 29 – June 13

Member: \$108, Non-Member \$178

RECREATIONAL GYMNASTICS

6 to 8 year old class

Thursday 5:45-6:45PM

Winter session (8 weeks) Jan. 5 – Feb. 23)

Member \$66, Non member \$108

Spring session (16 weeks) March 1 – June 14

Member \$132, Non member \$215

7 yrs old and up

Tuesday 6:15-7:15PM

Winter session (8 weeks) Jan. 3 – Feb. 21

Member \$66, Non member \$108

Spring session (16 weeks) Feb. 28 – June 12

Member \$132, Non member \$215

2011-2012 BOMBERS COMPETITIVE TEAM

Our team program offers USA Gymnastics Program training with experienced coaches with years of training and coaching experience. Most gyms don't allow their gymnasts to compete until Level 4 or 5. On our team, gymnasts of every level and age have the opportunity to compete in regular season home and travel meets and USAG sanctioned and YMCA Championship competitions. Plus, most of our regular season competitions are only \$15 each! We believe everyone should be able to experience the gymnastics world, regardless of experience or income! Check out the YMCA's financial aid program. The Team season is approximately 40 weeks, with a competitive season beginning in October and ending in mid-June with our Year End Team Show.

Level 5 and up Tuesday/Thursday 4:30-7:45PM,

Saturday 11:00AM-2:30PM; Wednesday (dance) 5:00-6:00PM

11 hours/week (3 gym days, 1 dance day) - \$79/month

Level 4 Tuesday/Thursday 5:00-7:45PM, Saturday 9:30AM-12:30PM; Monday (dance) 5:30-6:30PM

9.5 hours/week (3 gym days, 1 dance day) - \$66/month

Level 3 Thursday 5:00-7:30PM, Saturday 9:30AM-12:00PM, Monday (dance) 5:30-6:30PM

6.5 hours/week (2 gym days, 1 dance day) - \$57/month

Level 2 Pre-Team Tuesday 5:45-7:15PM, Saturday 10:30AM-12:00PM, Monday Dance 5:00-5:30PM

3.5 hour/week (2 gym days, 1 dance day) \$45/month

Level 1 Pre-Team Thursday 5:30-6:30PM, Saturday 9:30-10:30AM, Monday Dance 5:00-5:30PM

2.5 hours/week (2 gym days, 1 dance day) - \$38/month

TEAM PAYMENT OPTIONS

Payments must be completed in full by June 1st in order for gymnasts to participate in Year End Events, such as the Team Show and Team Banquet.

1) Bank Draft: Never have to worry about late payments! Get 9 monthly payments - bank drafted (credit card or checking account) by the YMCA on the 10th of each month (October-June)

2) Three Payments: October 1st, December 1st & February 1st

3) Pay in Full by October 1st and get 5% off the total cost.

OPEN GYM

This unstructured program is supervised by the coaching staff. Not all events will be open for use during every season.

Saturdays: 10:15-11:15AM or 1:00PM – 2:00PM

Agnes 6 and up

Winter session (8 weeks) Jan. 7 – Feb 25

Member: \$5, Non member \$10

Or \$35 for full 8 week session

Spring Session (16 weeks) March 3 – June 16

Member: \$5, Non member \$10

Or \$70 for full 16 week session

YOUTH SPORTS & FITNESS

FOR YOUTH DEVELOPMENT - FOR HEALTHY LIVING - FOR SOCIAL RESPONSIBILITY



YOUTH SPORTS STATEMENT

A wide variety of sports programs for boys and girls ages 4-18 are designed for youth development, healthy living and social responsibility. The learning, practicing and using of fundamentals and sportsmanship in a non or low competitive atmosphere provides players with a positive experience that will last a lifetime. The Y is proud to offer family oriented programs in which all are encouraged to participate as coaches, assistants, or in other roles to support participants. The Y "Character Counts" philosophy of **Caring, Honesty, Respect and Responsibility** is incorporated into every aspect of our Youth Sports programs.

If you have questions about any of these programs, or to request a detailed flyer/registration form, please contact George Hart, Youth Sports Director by phone or email - as listed in the front of this brochure.

NEW REORGANIZATION OF BASKETBALL CAMPS

This summer we will continue offering basketball camps for all age groups as in the past. The reorganization of the camps will provide players with appropriate facilities, more convenient times, lower costs, and we hope for greater number of players. Improved skills, age appropriate experiences, preparation for competitive play, strengthening team concepts, building sports character, and developing the enjoyment of the sport are the concepts which we have had and will continue to provide.

Camp: High School, Ages: 14-17 July 10-19 (Tue & Thur), 6:00-9:00PM
*Members \$90/ Non-members \$105

Camp: Competitive, Ages: 10-13, Aug. 13-16, 12:30-3:30PM
*Members \$90/ Non-members \$105

Camp: Youth, Ages: 6-9, July 30-Aug. 2, 9:00-11:30AM
*Members \$75/ Non-members \$87

High School - The 3rd year of this successful camp will provide a strong emphasis on advanced techniques for the highly motivated players who are planning to play at any of the surrounding area high schools. It will be conducted in separate groups for female and male players, with the focus on the improvement of advanced individual skills and team concepts. Sessions include concentrated clinics, strategic games and experienced, enthusiastic local high school coaches.

Competitive - This camp will help prepare advanced, motivated players for their next level of play. It will focus on the development of upper level skills through competitive drills, team building strategies, game play and experienced staff.

Youth - Players in this camp will focus on the development of offensive and defensive skills, strengthen team concepts and build a greater enjoyment of the game. Clinics, practices, skill contests, and 5 on 5 games will all be a part of the fun and progress.

NEW OFF SEASON BASKETBALL ACADEMY

We are excited to announce a totally new opportunity for the serious basketball player who want to stay focused on their primary sport of basketball. If you are a dedicated basketball player who wants to stay committed to the game year round, then this will definitely be the way to keep your game in shape for your competitive winter season. The Academy is a series of 12 to 20 sessions over the 8 months of the off season - from March to October. Area high school and college coaches will actively conduct all sessions, which will include skill maintenance, conditioning hints, development of mental and emotional strengths, trips to college campuses, reinforcement of academics, importance of family involvement, guest presenters, and more! These experiences will be conducted at times and locations convenient to all area families and athletes who might also play other sports.

The information below is tentative as this is still in the initial planning stages. Exact details will be finalized by mid winter, so feel free to call or email George Hart at the Y for updates and to express interest.

Ages: using the '11-'12 school year: grades 7-8 and grades 9-12

Dates: 2-3 each month on Tuesdays, Fridays or Sundays to be determined in advance of each season.

Times: 1-2 hours in late afternoons or early evenings will be announced two weeks prior to each session.

Locations: various area courts will be announced 2 weeks prior to each session.

Costs: all 12-20 sessions: Members \$100-\$175 Non Members \$130-\$205 individual sessions: Members \$10 Non Members \$13

Registration for individual sessions must be done at least 2 weeks before the session date.

REGISTER TODAY: 413.568.8631



of Greater Westfield

WINTER/SPRING 2012

YOUTH SPORTS & FITNESS

YMCA OF GREATER WESTFIELD :: REGISTER TODAY: 413.568.8631

NEW ADULT SOCCER LEAGUES

During the late summer and early fall the Y will try this new program for ages 18 and up. Games will be played at Stanley Park on Sundays in the late afternoon/early evening. Registrations will be accepted by entire teams or by individuals who wish to be placed on a team.

Further details will be available in mid summer. Teams or individuals should call or email George Hart at the Y to express interest by July 5.

DISC GOLF CAMP

Campers in this camp spend their mornings in coed groups learning the basic skills of disc golf. Experienced, knowledgeable instructors will teach basic throwing techniques and general game concepts all while providing a safe, enjoyable outdoor learning environment. Disc golf rules and ethics will also be integrated so campers can leave camp with the knowledge and confidence to play on their own. We will explore the self challenge and mental discipline that disc golf inspires and campers will have the opportunity to play on our professional disc golf course at the Camp Shepard Chalet! Costs include a disc golf putter and mid-range disc.

Ages8-10, 11-13
Monday-Thursday8:00AM-11:00AM
Dates8/6/12 – 8/9/12
Members\$90.00
Non-Members\$100.00

NEW TRY 4 SPORTS CAMP

This unique new experience will be a great way for young athletes ages 7-11 to get an exposure to 4 sports – track & field, rugby, golf and tennis. Expert coaches will conduct the program which will focus on experiencing the fundamentals and game concepts of each sport in an enjoyable, supportive atmosphere with a small ratio of campers to staff.

Ages7-13
Monday-Thursday9:00AM-12:00PM
Dates8/13/12 – 8/16/12
Members\$90.00
Non-Members\$105.00

RUGBY CLINICS

After our successful Fall Rugby Clinics, we are excited to offer these again, so come learn to play rugby, America's latest upcoming sport! As this sport gains momentum in the U.S., be one of the first to learn the basics in a safe structured environment under modified rules. We are offering these clinics for basic skills, rules, small sided games and fun, with hopes for the start of league competitions with other area teams!!

Ages8-12
Monday-Thursday5:00PM-7:00PM
Dates8/20/12 – 8/23/12
Members\$60.00
Non-Members\$70.00

YOUTH STRENGTH TRAINING

This is a structured program designed to develop muscular strength, flexibility and cardiovascular endurance for individuals ages 12 & 13 who want to get ready for their next sports season or to simply improve their personal fitness. The first two workouts are scheduled with George Hart to establish an independent routine, then occasional follow up evaluations are conducted to insure proper progress. A youth, teen or full family membership is required for this program.

Ages12-13
Monday-Saturdayby appointment
Datesyear round
Costnone

TEE-BALL

This program emphasizes fundamentals, fair play and FUN for boys and girls. Baseball is taught using a batting tee instead of a pitcher during Saturday practices and non-competitive games.

Ages4-5
Saturday 4 weeks of 9:00-10:00AM & 4 weeks of 9:00-10:15AM
Dates4/21/12 to 6/9/12
Members\$40.00
Non-Members\$49.00

COACHES PITCH LEAGUE

This baseball/softball program is for boys and girls, which features a progressive approach to the game using adult coaches as pitchers. Improved fundamentals, teamwork and the enjoyment of the game are emphasized during the Saturday practices and low-competitive games.

Ages6-7
Saturday 4 weeks of 10:15-11:30AM & 4 weeks of 10:30-12:00PM
Dates4/21/12 to 6/9/12
Members\$42.00
Non-Members\$51.00

SPRING TENNIS CLINICS

In this program players will get some lessons and on the court practice/game action. It will be conducted from 5:00 to 6:30PM on four Tuesdays at Stanley Park's newly renovated courts. Included are instructional clinics for players age 8-12 by our expert staff. They will guide players with little or no experience to learn and use the basics of this active lifetime sport! New option: after the first three sessions, players may choose to sign up for one or two extra sessions (game play only!) to be held on additional Tuesdays!

Ages8-12
Tuesday5:00PM-6:30PM
Dates5/1/12 to 5/22/12
Members\$48.00
Non-Members\$59.00

TENNIS CAMP

If you want to try an individual, lifetime sport – or if you want to improve your current skills – these four half days will be a great experience for you. Players will be in two age groups for instructions from our expert staff on basic skills and experiencing game play.

Ages7-13
Monday-Thursday8:00AM-12:00PM
Dates7/9/12-7/12/12
Members\$103.00
Non-Members\$114.00



SPRING GOLF CLINICS

Get some lessons with on the course practice and play at Tekoa Country Club. Our expert staff will place the players in two separate groups based on the players' experience. A staff to player ratio of 1 to 6 will be maintained and allow golfers to appropriately learn the skills of this lifetime sport. New option: after the first three sessions, golfers may choose to sign up for one or two extra sessions to be held on additional Mondays!

Ages	8-12
Monday.....	5:00PM-6:30PM
Dates	4/30/12-5/21/12
Members	\$44.00
Non-Members	\$54.00

4 FOR 4 BASEBALL CAMP

Special features of this camp include: conducted by the Head Baseball Coach at American International College, Nick Callini; ages 6 – 8 will be in their own group and have half days for basic skills and contests; and ages 8 – 12 will be in two groups for full day sessions of advanced skill development and upper level game play.

Ages	6-8 and 8-12
Monday-Friday	8:00AM-11:00AM and 8:00AM-2:00PM
Dates.....	7/16/12 to 7/20/12
Members.....	1/2 day \$100.00; full day \$159.00
Non-Members	1/2 day \$110.00; full day \$170.00

NEW MIDDLE SCHOOL GOLF LEAGUE

This is a possible program being considered for experienced golfers in grades 6-8. If this is offered, it would provide opportunities to compete with others of similar abilities at area golf courses during the late spring and early summer. It would be a great preparation for future competitive teams as well as a lead up to a lifetime of enjoyment in this great leisure sport! Please call or email to express interest and to receive more details, which will be available as soon as plans are finalized.

Please note regarding Youth Sports Programs:

Flyers with detailed information will be available in late winter/early spring. All programs are conducted by local teachers who are experienced coaches. Players receive a shirt and a certificate for their participation.

The new emphasis is on the three areas of focus listed below, which we strive to provide through active, enjoyable instructions, challenging game play and character values in all of our Youth Sports programs.

FOR YOUTH DEVELOPMENT

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY



Westfield Y Family Events!

Looking for wonderful opportunities to spend time with your family? At the Westfield Y, we aim to enhance the quality of family time by designing fun and exciting activities for all ages. Your experience with your child, parent, spouse, grandparent or any family member will create memories to last a lifetime.

FROSTY FESTIVAL

January 13th, 2012 from 6:30PM-8:00PM

Join us at the Y for a fun filled Friday night with Dina McMahon from WMAS 93.7! Families can partake in snowman races, musical chairs w/YMCA elves, carnival games and more! Refreshments and light snacks will be available, as well as Family Open Swim from 7:30PM-8:00PM.

ONLY \$5.00 a FAMILY!

THE CUPID SHUFFLE

February 10th, 2012 from 6:30PM-8:00PM

Bring the family to the Y for a night of fun and dancing! Face painting, family games, music and more. Family open swim from 7:30PM-8:00PM.

FREE FOR MEMBERS and \$5.00 per family for non-members.

Visit our website:

www.WestfieldYMCA.org

Programs, Schedules, News, Videos, and more.

Check the website and Facebook page each month for more Family Fun Nights!

Web: westfieldymca.org
 Tel: 413.568.8631
 Westfield, MA 01085
 67 Court Street

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

of Greater
 Westfield



Non-Profit Org.
 U.S. Postage
 PAID
 Westfield, MA
 Permit #50