

\*\*\*All schedules below are subject to change\*\*\*

**East Belleville Center Program Guide**

**Parent / Child Swim Lessons**

**SKIPs**

For children 6-36 months with parent. An introduction to water, including safe exploration and basic water skills.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Shrimp, Kipper, Inia, Perch	Tu 5:45pm	02/21/12	04/03/12	Pool	6mon-	\$34.00	\$68.00
	Th 5:45pm	02/23/12	04/05/12		12mon.		
	Sa 9:15 am	02/25/12	04/07/12		12mon-		
	Sa 10:00 am	02/25/12	04/07/12		36 mon.		

**Preschool Swim Lessons (Ages 3-5 yrs.)**

**Pre-Pike**

An easy approach to first lessons without Mom or Dad.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Pre-Pike	Tu 5:15pm	02/21/12	04/03/12	Pool	3 - 5 yrs	\$34.00	\$68.00
	Th 6:15pm	02/23/12	04/05/12				
	F 5:30pm	02/24/12	04/06/12				
	Sa 9:15am	02/25/12	04/07/12				
	Sa 11:15am	02/25/12	04/07/12				

**Pike**

Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, pool safety.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Pike	Tu 5:00pm	02/21/12	04/03/12	Pool	3 - 5 yrs	\$39.00	\$73.00
	Tu 6:30pm	02/21/12	04/03/12				
	Th 5:00pm	02/23/12	04/05/12				
	Th 5:45pm	02/23/12	04/05/12				
	F 4:00pm	02/24/12	04/06/12				
	Sa 9:00am	02/25/12	04/07/12				
	Sa 11:15am	02/25/12	04/07/12				
	Su 1:15pm	02/26/12	04/08/12				

**Eel**

For children comfortable in the water and able to swim five feet with faces in the water and no floatation. Children are taught to float, kick, and perform progressive arm movements across the pool.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Eel	Tu 5:00pm	02/21/12	04/03/12	Pool	3 - 5 yrs	\$39.00	\$73.00
	Tu 5:45pm	02/21/12	04/03/12				
	Th 5:45pm	02/23/12	04/05/12				
	Th 6:30pm	02/23/12	04/05/12				
	F 4:00pm	02/24/12	04/06/12				
	Sa 9:00am	02/25/12	04/07/12				
	Sa 9:45am	02/25/12	04/07/12				

**Ray/Starfish**

For children who can swim 15-20 feet with faces in the water and no floatation. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Ray/Starfish	Tu 5:00pm	02/21/12	04/03/12	Pool	3 - 5 yrs	\$39.00	\$73.00
	Th 5:45pm	02/23/12	04/05/12				
	F 5:30pm	02/24/12	04/06/12				
	Sa 10:30am	02/25/12	04/07/12				

## Youth Swim Lessons (Ages 6-12 yrs.)

### **Polliwog**

Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Polliwog	Tu 6:30pm	02/21/12	04/03/12	Pool	6 - 12 yrs	\$39.00	\$73.00
	Th 5:00pm	02/23/12	04/05/12				
	F 4:45pm	02/24/12	04/06/12				
	Sa 11:15 am	02/25/12	04/07/12				

### **Polliwog Plus**

For children who can swim 10-15 feet without floatation on front, back and side. Children should be comfortable with faces in the water.

Polliwog Plus	Th 6:30pm	02/23/12	04/05/12	Pool	6 - 12 yrs	\$39.00	\$73.00
	Sa 9:45am	02/25/12	04/07/12				

### **Guppy**

For children able to swim 15-20 feet with or without a floatation device. Teaches swimming on front and back and rhythmic breathing.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Guppy	Tu 5:45pm	02/21/12	04/03/12	Pool	6 - 12 yrs	\$39.00	\$73.00
	Th 5:45pm	02/23/12	04/05/12				
	F 4:45pm	02/24/12	04/06/12				
	Sa 10:30am	02/25/12	04/07/12				
	Su 2:00pm	02/26/12	04/08/12				

### **Minnow**

For children able to swim 25 yards on front and back. Teaches front crawl with rotary breathing, backstroke, sidestroke and beginning breaststroke.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Minnow	Tu 5:45pm	02/21/12	04/03/12	Pool	6 - 12 yrs	\$39.00	\$73.00
	Th 5:00pm	02/23/12	04/05/12				
	Sa 9:45am	02/25/12	04/07/12				

### **Fish**

For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke, and rudimentary breast-stroke. Refines breaststroke, teaches butterfly, open turns, and improves other strokes.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Fish	Tu 6:30pm	02/21/12	04/03/12	Pool	6-12 yrs	\$39.00	\$73.00
	Sa 9:00am	02/25/12	04/07/12				

### **Flying Fish/Shark**

For children able to swim 50 yards front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yards butterfly. Improves breaststroke and butterfly; teaches water rescues, snorkeling and endurance.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Flying Fish & Shark	Th 6:30pm	02/23/12	04/05/12	Pool	6 - 12 yrs	\$39.00	\$73.00
	Sa 9:45am	02/25/12	04/07/12				

## Adult/Teen Swim Lessons

### **Adult/Teen Swim Instruction (ages 18+)**

Expert, patient instruction is provided for non-swimming teens (13 and up) and adults (18+) with an emphasis on basic swim skills and personal safety skills.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Teen/Adult Beginner	See Aq. Director	TBD	TBD	Pool	18+	\$39.00	\$73.00

### **Private Swim (all ages)**

Private one-on-one swim instruction with a certified instructor. Contact the Aquatics Director for more details.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Private Lessons	Contact Aquatic Dir	TBD	TBD	Pool	3-99 yrs	\$98.00	\$149.00
Semi-Private Lessons	Contact Aquatic Dir	TBD	TBD	Pool	3-99 yrs	\$147.00	\$205.00

## Boy Scout / Girl Scout Water Badges

### Boy Scout/Girl Scout Water Badges

This class covers everything scouts need to complete their Water Badges. Contact the Aquatic Director for details.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Boy/Girl Scout Water Badges	Contact Aquatic Dir	TBD	TBD	Pool	N/A	\$4/scout	\$4/scout

## Youth Health & Fitness Programs

### Let's Get Fit

Let's get fit is a great class for children 8-12 who are looking to get energized and get active!

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Let's Get Fit	W 6 - 7pm	02/20/12	04/07/12	Gym	8-12 yrs	\$35	\$60

### Youth Fitness Center Orientation

Youth may enroll in this class at age 12 or older. Without this class, members must be 13 years of age to use the Fitness Center. Covers Fitness Center rules, proper and safe machine usage, seat adjustments, and developing a basic exercise program.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Youth Fitness Center Orient.	Appointments at Front Desk	Appointment		Fitness Ctr	12 yrs.	FREE	N/A

### Youth Track Orientation (Ages 10-12)

This orientation focuses on safety, track etiquette, and rules and is a requirement for 10-12 year olds to run the indoor track without adult supervision.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Youth Track Orientation	Appointments at Front Desk	Appointment		Track	10-12 yrs.	FREE	N/A

## Youth & Teen Programs

### Children's Center

We'll watch your little ones while you work out...free with your household membership! Children enjoy active play, explore their creativity, or read a book in a friendly, colorful and well-supervised environment designed just for kids!

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Children's Center	M-SA 8:00a-12:00p	Weekly		Children Center	6wks-12yrs	FREE	N/A
	M,W 3:30p-8:30p						
	T/Th 4:00p-8:30p						
	F 3:30p - 7:30p						
	SUN 12:00 - 3:00p						

### YMCA Teen Leaders Club (Ages 11-18)

Learn what it takes to develop relationships, enhance decision-making skills, foster goodwill, and become a valuable resource in your community through the YMCA Teen Leader's Club! Take part in recreational activities, YMCA and community volunteer

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Teen Leader's Club Meetings	Meetings 2nd and 4th Wednesday of the month from 7:00-8:00. Events TBA			EBC	Ages: 11-18	Free	Free

## Youth Sports Programs

### Youth Karate

Guardians Martial Arts Academy offers a balanced program of martial arts that will help each students of all ages develop confidence and self esteem, and empower their mind and body to reach their full potential, while gaining skills and knowledge that will last a lifetime!

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Youth Karate	T/Th 6-7pm	02/20/12	04/07/12	Gym	18-Jun	\$35	\$60

### Little Dragons Karate

Guardians Martial Arts Academy offers a balanced program of martial arts that will help students 4-6 years old to develop confidence and self esteem, and empower their mind and body to reach their full potential. A great introductory class for children who are interested in Karate.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Little Dragons Karate	Mon. 6:00-6:45	02/20/12	04/07/12	Gym	3-5 yrs	\$25	\$30

### Adult Health & Fitness Programs

#### Personal Training

One-on-one instruction that incorporates goal setting and health education into challenging training sessions specially designed for your individual needs. Your certified personal trainer will instruct you on proper technique and motivate you to achieve your fitness goals. By appointment only.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Personal Training	Appointments w/ Fitness Ctr. Staff	Appointment	Fitness Ctr	13+	1x for \$35	N/A	
					3x for \$105		
					6x for \$170		
					10x for \$260		
					15x for \$365		
30x for \$700							
Group Personal Training	Appointments w/ Fitness Ctr. Staff	Appointment	Fitness Ctr	13+	1x for \$60	N/A	
					3x for \$200		
					6x for \$330		
					10x for \$500		
15x for \$710							

#### Fitness Center Orientation

Learn to safely operate all fitness/cardiovascular equipment using proper technique for optimum benefits. We'll get you started on a safe and effective workout program or revamp your current program.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Fitness Center Orientation	Appointments at Front Desk	Appointment		Fitness Ctr	13+	FREE	N/A

## Fitness Assessment / Body Composition

FREE within the first 30 days of new membership. Assess your current fitness level and identify training needs. We will evaluate your cardiovascular endurance, flexibility, muscular strength, and muscular endurance. Contact the Program Director.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Fitness Assessments / Body Composition	Appointments w/ Fitness Ctr. Staff	Appointment		Fitness Ctr	13+	Free 1st 30 days / \$10 after	N/A

## Group Exercise Classes:

### Core Motion

Get on the ball in this dynamic class using a large stability ball. You'll engage your core muscles throughout the entire class while improving cardiovascular fitness, strength, stability, and balance.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Core Motion	M 9:30am	Weekly		Grp X Rm	13+	FREE	N/A
	F 9:30am						

### Kickfit Kickboxing

This class will get you moving with upper body punches and lower body kick combinations for an exciting cardiovascular workout.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Kickfit Kickboxing	Sa 10:30am	Weekly		Grp X Rm	13+	FREE	N/A

### Power Pump

Strengthen, define, and tone every muscle group using the "body bar" for a complete strength training workout.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Power Pump	T Th 9:15am T 5pm	Weekly		Grp X Rm	13+	FREE	N/A

### Step-n-Scupt

For individuals with step experience who are ready for a powerful workout using our adjustable steps. You will learn challenging combinations designed for the intermediate to advanced stepper. Upper body and abdominal work included.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Step-n-Scupt	M W 5pm	Weekly		Grp X Rm	13+	FREE	N/A

### Cross Training

This class is packed with variety, providing cross training benefits both physically and mentally. It may include boxing, step, classic aerobics, circuit training, or any combination of these during the month. Always provides a cardiovascular segment for fat burning as well as abdominal muscles.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Cross Training	T 6pm	Weekly		Grp X Rm	13+	FREE	N/A

### Pilates

A complete body conditioning method using the abs, lower back, hips, and buttocks. Strengthen and reshape your body without joint stress. Form and principles of Pilates based on the philosophy that mind and body work together to achieve overall fitness.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Pilates	W 9:20am	Weekly		Grp X Rm	13+	FREE	N/A

### Kettlebells

This class uses cast iron weights resembling a cannonball with a handle. This workout can produce impressive strength in your legs, hips, and shoulders. The Kettlebell will also deliver cardiovascular benefits while you move your body as a unit instead of isolating individual muscle groups.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Kettlebells	M & W 6:00-6:50pm	Weekly		Grp X Rm	13+	Free	N/A
	T & Th 8:00-8:50am						

## TRX Suspension Training

The original bodyweight-based training tool that builds strength, balance, flexibility and core stability for people of all fitness levels.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
TRX	M F 9:20-9:50am		Weekly	Gym	13+	FREE	N/A

## Bootcamp

An intense training tool that builds strength, balance, flexibility, and endurance.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Bootcamp	T & Th 6:15-7:15am		Weekly	Gym	13+	\$40 for 2x/Week	\$70 for 2x/Week

## Women on Weights (WOW)

Class for women wishing to become more comfortable using free weights and exercise machines. Review basic exercises and techniques with additional focus on cardio, nutrition, and flexibility. Pre-registered and fee required.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
WOW	T Th 6:30pm		Weekly	Grp X Rm	13+	\$42.00	\$64

## Y-Cycling

Cycle your way to fitness and improve muscle tone and endurance with this fun, challenging class that uses stationary bikes, upbeat music, and motivating instruction for an invigorating cardiovascular workout. Customizable using the bike's variable resistance settings.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Y-Cycling	M,W, F 8:30am		Weekly	Grp X Rm	13+	FREE	N/A
	Sun 1:00pm						
	M W F 5:15am						

## Peddle & Pump

A class which combines both Y-Cycling and Powerpump. Half an hour of Y-Cycling and half an hour of Powerpump. See each classes descriptions for more information on specific class.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Peddle & Pump	Sat 9-10am		Weekly	Grp X Rm	13+	FREE	N/A

## 30 Minute Abs

Put all of your focus on toning abs for thirty minutes.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
30 Minute Abs	M W 7:00-7:30pm		Weekly	Grp X Rm	13+	FREE	N/A

## Fitness Yoga

Restore yourself and find balance through Yoga. Increase strength, improve posture and reduce day to day stress.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Fitness Yoga	M W 7:30-8:00pm		Weekly	Grp X Rm	13+	FREE	N/A
	T Th 6:00-6:50am						

## Zumba

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Zumba	T Th 4pm		Weekly	Grp X Rm	13+	FREE	N/A
	Su 2pm						

## Adult Sports

### Adult Basketball Pick-Up League

Join in for a great game of basketball. Teams determined at each game.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Adult Basketball Pick-Up Games	M W F 6 -8am	Ongoing		Gym	18+	FREE	\$10
	T, Th 8:45 - 9:45pm						

### Adult Karate

Guardians Martial Arts Academy offers a balanced program of martial arts that will help each students of all ages develop

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Adult Karate	T Thu 7-8pm	02/20/12	04/07/12	Gym	18+	\$35	\$60

## Family Programs

### Friday Family Nights

Fun for the whole family! Bring the kids to our popular FAMILY NIGHTS and enjoy activities that promote family

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Family Night	TBA	TBA		EBC	Families	FREE	\$5/family

### Parents' Night Out

Drop off the kids at the Y and enjoy a night out ... they'll swim, make crafts, play games, make new friends, and watch movies. Young ones must be potty trained. Parents must enter the building to drop off/pick up child. Preregistration and fee required.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Parents Night Out	TBA	TBA		EBC	3- 12 yrs	\$5	\$8

### Active Older Adults (AOA) Programs:

AOA ... stands for Active Older Adults! YMCA Active Older Adult programs are designed to enrich the lives of people who

#### AOA Low Impact Aerobics

Increase your range of motion, flexibility and strength. Class may include light walking, upper body toning in chairs, light hand

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Silver Sneakers Fitness Class	T Th 9am	Weekly		Gym	50+	FREE	1x/wk \$27 2x/wk \$35 3x/wk \$50

#### AOA Potlucks

Join us for a fun-filled hour of socializing...and enjoy great eats as well. Bring a dish to share.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
AOA Potluck	3rd Wed. of month			Lobby	50+	FREE	N/A

**T.O.P.S.**

Non-profit, weight loss support & wellness education as club members take off and keep off pounds sensibly.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem	Fee
T.O.P.S.	W 12:45pm - 2pm		Ongoing	Aerobics Room	16+			Varies by Local Chapter

**Parties & Rentals****Splash Parties**

Bring your friends and we'll provide the pool and the fun! Call for details, fees and availability.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Splash Parties	Fri 6:30p- 8:30p	Appointment		Pool	5 +		Contact Aquatic Director
	Sat 1:00p-3:00p						
	3:30p - 5:30p						
	Sun 3:00p - 5:00p						

**Children's Center Parties**

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Children's Center Parties	Saturday and Sunday		Appointment	Children Center	1 - 6 yrs.		Contact Youth & Family Director