LEARN, GROW & THRIVE WITH THE Y

YMCA Winter/Spring 2020 Program Guide
January – May 2020
YMCA OF THE TWIN TIERS (Olean–Bradford–Wellsville)

JOIN US AT ONE OF OUR OPEN HOUSE EVENTS SATURDAY, JANUARY 4. OUR YMCA LOCATIONS WILL OFFER TOURS FROM 10 AM UNTIL 12 PM.

START 2020 STRONG WITH MISSION: MELTDOWN! DETAILS ON BACK COVER

WINTER/SPRING YOUTH & ADULT SPORTS LEAGUES START SOON

Visit our NEW website: TwinTiersYMCA.org
Follow us on Facebook: Olean Family YMCA • Bradford Family YMCA • Wellsville YMCA
Advice for the *expected* and *unexpected*.

At Ameriprise, we take the time to understand what’s truly important to you. I can help you financially prepare for what life may bring — both the expected and unexpected — by providing personalized advice based on your goals and needs. Let me help you feel confident, connected and in control of your financial life.

**Call us today** at 814.368.9160 to schedule your complimentary *Confident Retirement™* conversation.

Chapman-Minich Financial Group
A financial advisory practice of Ameriprise Financial Services, Inc.

**814.368.9160**
46 Davis Street
Bradford, PA 16701

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The *Confident Retirement* approach is not a guarantee of future financial results. The *Confident Retirement* conversation provides an overview of financial planning concepts. You will not receive written analysis and/or recommendations. Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser.

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EVERYONE IS WELCOME HERE
We’re not just a swim and gym. We’re an organization making a difference in our community!

By joining the Y you become part of a community guided by a sense of social responsibility that is committed to healthy living and nurturing the potential of every child. Your membership fees help the Y operate and deliver on our mission, while donations to our Annual Campaign help a child or adult enroll in life-changing Y programs.

YMCA OF THE TWIN TIERS MEMBERS ARE WELCOME TO USE ALL THREE OF OUR LOCATIONS.

MEMBERSHIP FEATURES (LOCATION KEY: O = Olean  B = Bradford  W = Wellsville)
✓ Heated 6-lane, 25-yard Pool (O—zero depth entry/B)
✓ Therapy Pool (94-96°F) (O)
✓ Gymnasium (O/B)
✓ Indoor Walking/Running Track (O)
✓ Climbing Wall (O)
✓ Family Adventure Center (O/B)
✓ Activity Center (O/B) Community Center (W)
✓ Racquetball Court (O/B)
✓ Locker and Shower Facilities (O/B/W)
✓ Steam Room & Sauna (O—co-ed/B—in locker rooms)
✓ Wellness Center (O/B/W)
✓ Group Exercise Studios (O/B/W)
✓ Fitness Consultations (O/B/W)
✓ Trained, Certified Staff (O/B/W)
✓ Value-added programs (for youth/family/seniors) (O/B/W)
✓ NATIONWIDE Membership (O/B/W)

MEMBERSHIP TYPES AND DEFINITIONS

<table>
<thead>
<tr>
<th>STUDENT:</th>
<th>$25/month</th>
<th>Full-time students (Kindergarten through age 22)</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUNG ADULT:</td>
<td>$55/month, first 6 months $46/month ongoing</td>
<td>18-30 years of age</td>
</tr>
<tr>
<td>ADULT:</td>
<td>$67/month, first 6 months $57/month ongoing</td>
<td>31 years of age and older</td>
</tr>
<tr>
<td>ADULT COUPLE:</td>
<td>$84/month, first 6 months $74/month ongoing</td>
<td>Two adults, both 19-61 years of age residing in the same household</td>
</tr>
<tr>
<td>FAMILY:</td>
<td>$96/month, first 6 months $86/month ongoing</td>
<td>Two adults and dependent children (up to age 22) in the same household</td>
</tr>
<tr>
<td>SINGLE-PARENT FAMILY:</td>
<td>$78/month, first 6 months $68/month ongoing</td>
<td>A single adult (filing taxes as “head of household”) and all dependent children (full-time students through age 22) residing in same household</td>
</tr>
<tr>
<td>SENIOR CITIZEN:</td>
<td>$55/month, first 6 months $45/month ongoing</td>
<td>62 years of age and older</td>
</tr>
<tr>
<td>SENIOR COUPLE:</td>
<td>$73/month, first 6 months $63/month ongoing</td>
<td>Two adults, both 62 years of age &amp; older, residing in same household</td>
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</tbody>
</table>

YMCA memberships are non-refundable and non-transferable. Members on the bank/credit card monthly draft must give a 30-day written notice prior to membership cancellation. ALL MEMBERS MUST PROVIDE A PHOTO ID.

6TH GRADE INITIATIVE
The YMCA of the Twin Tiers offer a free YMCA membership to all 6th grade students.

The goal of the 6th Grade Initiative is to inspire youth to discover their passions; develop a healthy lifestyle; gain the assets needed to avoid risky behaviors; succeed in school and life.

Research shows that 6th grade is a critical time in a young person’s life. Exposure to risk factors greatly increases. Risk factors are conditions or influences that have been shown to increase the likelihood for unhealthy behaviors including substance abuse, delinquency, teen pregnancy, school drop-out and violence. During early teen years youth begin to distance themselves from family and positive support systems.

HOW TO JOIN
- Bring a School ID, roster, report card and a parent or guardian to the Y.
- Parents complete required membership paperwork and sign form.
- Student may use membership September through August of his/her 6th grade school year.

Wear comfortable clothing, socks and sneakers. Bring or wear a bathing suit if you plan to use the pool.
Bring a lock to secure belongings in the locker room. Locks must be removed daily.
Bring a water bottle to rehydrate. Water is also available in the vending area.
OUR LOCATIONS

The Y aims to improve the nation’s health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Ys and our communities—better. The result is a country that values health and communities that support healthy choices. The Y.™ For a better us.

OLEAN YMCA
1101 Wayne Street • Olean, NY 14760 • (716) 373-2400

FACILITY HOURS: (END MAY 24)
Monday–Friday 4:30 AM - 10:30 PM
Saturday 7:00 AM - 8:00 PM
Sunday 9:00 AM - 4:00 PM

POOL HOURS: (END MAY 24)
Monday–Friday 5:00 AM - 8:45 PM
Saturday 7:00 AM - 7:30 PM
Sunday 9:00 AM - 3:30 PM

BRADFORD YMCA
59 Boylston Street • Bradford, PA 16701 • (814) 368-6101

FACILITY HOURS: (END MAY 24)
Monday–Friday 4:30 AM - 10:30 PM
Saturday 7:00 AM - 8:00 PM
Sunday 9:00 AM - 4:00 PM

POOL HOURS: (END MAY 24)
Monday–Friday 5:00 AM - 8:45 PM
Saturday 7:00 AM - 7:30 PM
Sunday 9:00 AM - 3:30 PM

WELLSVILLE YMCA
133 Bolivar Road • Wellsville, NY 14895 • (585) 593-3246

FACILITY HOURS: (END MAY 24)
Monday–Friday 5:00 AM - 9:00 PM
Saturday 8:00 AM - 4:00 PM
Sunday 8:00 AM - 1:00 PM

Please follow us on Facebook for current pool information.

The YMCA is closed on New Year’s Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas. The YMCA closes early on New Year’s Eve, Good Friday, JCC Graduation Day (Olean only) and Christmas Eve.
PROGRAMS

PROGRAM SESSIONS AND REGISTRATION DATES
FOR THE LATEST UPDATES VISIT US ONLINE AT TWINTIERSYMCA.ORG

<table>
<thead>
<tr>
<th>SESSION / DATE</th>
<th>MEMBER REGISTRATION STARTS</th>
<th>PUBLIC REGISTRATION STARTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>WINTER 1 (January 6 - February 15)</td>
<td>December 16</td>
<td>December 23</td>
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<tr>
<td>WINTER 2 (February 24 - April 4)</td>
<td>February 3</td>
<td>February 10</td>
</tr>
<tr>
<td>SPRING (April 20 - May 30)</td>
<td>March 30</td>
<td>April 6</td>
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</tbody>
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PLEASE NOTE: SOME PROGRAMS DO NOT FOLLOW SESSION DATES LISTED ABOVE. THEIR SESSION DATES WILL BE LISTED IN THEIR DESCRIPTION.

OUR PROGRAMS

PROGRAM REGISTRATION

- All fee-based programs require advance registration to ensure classes meet the minimum requirements to run.
- Member registration begins two weeks (on a Monday) prior to the start of each program session.
- Public registration begins one week (on a Monday) prior to session start—must do in person at front desk.
- All fees, if any, are due upon registration. Due to the popularity of classes, we do not hold spots.
- A current Y membership is required through the entire program session if you are paying the Y member price.

HOW TO REGISTER:

- Register or Join ONLINE at twintiersymca.org – programs will continue to roll out throughout the year. Browse for your program(s) from the convenience of home or work.
- in person at the FRONT DESK
  - If a public program participant joins the Y within two weeks of the start of a program, the program fee will be applied to participant’s membership.

PROGRAM CANCELLATION POLICY

Decisions to cancel due to enrollment are made 48 hours prior to first class.

Weather-related cancellations will be broadcast on local radio stations and on social media.

MAKE UPS

No make ups are held if a class is missed due to sickness or personal reasons. If the Y is closed, no class is held.

REFUND/CREDIT POLICY

Class and program fees are non-refundable except under the following conditions:
1. Classes canceled by the Y will be fully refunded.
2. If a participant cancels prior to the start of the first class, the Y will retain a 25% service fee for refunds or a full credit on account. No refunds or credits will be given after the class has met, except for medical emergencies.
3. For medical emergencies, a credit will be issued for remaining balance of class fees. A written request must be submitted with doctor’s note to the program director.

SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors.

FINANCIAL ASSISTANCE

FINANCIAL ASSISTANCE (SCHOLARSHIP) PROGRAM: The Y is committed to helping everyone achieve their potential. Our Y provides financial assistance to children, adults and families who cannot afford to pay the full cost of a YMCA program or membership. Please visit the front desk of your YMCA or download an application from our website to apply.

SUPPORT FROM OUR NEIGHBORS: Thanks to the generosity of our donors, we are able to make the Y accessible through our Financial Assistance Program. Funds raised from the YMCA’s Annual Campaign are allocated to children and families in need, ensuring that no one is ever turned away for an inability to pay.

ELIGIBILITY: Financial assistance is available based on family income, number of household members, and availability of Y funds. Funds can be used for membership and/or program fees, including after-school care, child care, summer day camp, and select programs for which additional fees apply. All Y members receive the same benefits, regardless of assistance.

HOW TO APPLY: Please provide the following information:
- Completed Financial Assistance Application
- Two most recent pay stubs or bank statements of all earners in your household
- Proof of all other income (including government assistance)

Please submit your completed application and supporting documentation to your YMCA. The Y will determine financial assistance eligibility, and you will be contacted by your local branch once a decision has been made.

Application review process can take up to 10 business days to complete.
YOUTH DEVELOPMENT
PRESCHOOL YOUTH

CHILD WATCH  - (Ages 6 weeks – 12 years) Olean/Bradford/Wellsville

Child Watch is a FAMILY MEMBERSHIP BENEFIT designed to allow the entire family to utilize the Y at the same time. It is not a babysitting service. It is an opportunity for family members to enjoy all the YMCA has to offer. Within Child Watch, we offer structured activities that involve children in arts and crafts, story time, games, coloring, painting, puzzles and other interactive play.

Visit the Child Watch Room and register your child. Our trained staff will escort your child to any class or activity while you work out. After exercising, pick up your child.

Note: A parent MUST remain in the building while children are checked into Child Watch. This service is limited to one (1) hour each morning and evening for infants 6-weeks to 6-months of age.

OLEAN: 
Monday – Friday: 8:00 AM – 12:00 PM; 4:00 PM – 7:00 PM  
Saturday: 9:00 AM – 12:00 PM

BRADFORD: 
Monday – Friday: 9:00 AM – 12:00 PM; 4:00 PM – 7:00 PM  
Saturday: 9:00 AM – 12:00 PM

WELLSVILLE: 
Monday – Friday: 8:00 AM – 11:00 AM; 4:00 PM – 7:00 PM  
Saturday: 8:00 AM – 11:00 AM

KINDERCLUB - (Ages 3–5 years) Olean/Bradford/Wellsville

KinderClub is a special time just for preschoolers and helps build skills needed for the future. This drop-off program is filled with opportunities for youngsters. Activities include arts, crafts, gym games, swimming (Olean/Bradford), and more. Children will develop body awareness skills by learning different gross motor skills including but not limited to catching, kicking, throwing, running and jumping.

COST PER 6-WEEK SESSION: $24/FAMILY MEMBERS $45/PUBLIC

KinderClub meets Mondays and Wednesdays OR Tuesdays and Thursdays from 9 AM until 11 AM. Registration is required. Register your child for two days each week OR all four days ($48/family members-$90/public).

PARENTS’ TIME OUT - (Ages 6-months—Kindergarten) Olean/Bradford/Wellsville

Parents: let your kids spend time at the Y Saturday morning while you get your morning errands done! Go shopping, work on a project or enjoy some alone time at home.

PARENTS’ TIME OUT IS EXCLUSIVE TO YMCA FAMILY MEMBERSHIPS. Space is limited! Register your child by Friday to ensure a spot.

COST: $5 per child  
Space is limited!

H2O BABY!

(Ages 6 months–2 years AND an adult) Olean/Bradford

Join the fun in this special water exercise class for parent and baby. Parents enjoy the benefits of water fitness while spending quality time with their child in the pool.

NEW!

COST PER 6-WEEK SESSION: FREE/family member $60/public

1—January 6 – February 15  
2—February 24 – April 4  
3—April 20 – May 30

SEE PAGES 10 & 11 FOR SWIM LESSONS AND GYMNASTICS LESSONS.
YOUTH DEVELOPMENT
GRADES K-3

SUPER SATURDAYS - Olean/Bradford/Wellsville
For four (4) hours each Saturday parents can drop off their kids to participate in fun gym, swim and craft activities tailored to their age and development, while making new friends under the supervision of Y staff. Super Saturdays Activity Calendar available at your YMCA. No pre-registration. Non-members must sign their children in at the desk.

COST: FREE/YMCA members $5 per child/public

Please pack a snack/lunch if your child will be staying for more than two (2) hours.

OLEAN: 10 AM - 2 PM
BRADFORD: 10 AM - 2 PM
WELLSVILLE: 9 AM - 1 PM

HAVE YOUR CHILD’S NEXT PARTY AT THE YMCA!
Let the Y help you host a memorable birthday party for your child! All parties are two (2) hours in length with one (1) hour of activity and (1) hour in the party room. We’ll help you set up and clean up!

Contact us for pricing and details.
Olean: Zack Ewings
716-373-2400, ext. 105
ZackE@TwinTiersYMCA.org

Bradford: John Obermeyer
814-368-1601, ext. 216
JohnO@TwinTiersYMCA.org

Wellsville: CJ Pierce
585-593-3246
CurtisP@TwinTiersYMCA.org

SEE PAGES 10 & 11 FOR SWIM LESSONS AND GYMNASTICS LESSONS.
YOUTH DEVELOPMENT
GRADERS 4-7

AFTER SCHOOL ACTIVITIES CLUB
- Olean/Bradford

After School Activities Club gives kids in grades 4-7 a safe place to hang out after school while ensuring parents peace of mind that their kids are engaged, supervised and having fun. During the hours of 3 PM – 6 PM, Monday through Friday, the YMCA has staff supervising the gymnasium and Activity Center. During these three hours youth may swim, use the climbing wall (Olean), get homework help, participate in crafts or play games in the gym.
FREE FOR YMCA MEMBERS $5 FOR PUBLIC
*Wellsville: Please see page 16 for more information.

FREE YMCA membership for kids participating in the 21st Century Bradford and Wellsville afterschool programs!
FREE YMCA membership for all area 6th graders! See page 2 for details.

KIDS IN THE KITCHEN - Olean/Bradford/Wellsville

Youth are invited to sharpen their culinary skills in the kitchen from 5:00 - 6:00 PM on the following dates:
January 9, February 13, March 12, April 9, May 14

This class allows its chefs to explore the kitchen and learn kitchen safety while creating delicious dishes and trying new things! FREE FOR YMCA MEMBERS.

YOUTH DEVELOPMENT
GRADERS 7-12

COMMUNITY CHANGEMAKERS - (Grades 7-12) Olean/Bradford/Wellsville

At the Y, we know young people can accomplish anything. In fact, it was the basis for our founding. George Williams, at 22 years old, created a youth development organization in 1844. The Y has nurtured and witnessed the promise and power of young people every day since. We aim to support our youth through programs that teach our four core values of caring, honesty, respect and responsibility.

Changemakers will have the opportunity to make an impact in our community, while finding their voices and activating their beliefs as they work to solve local issues. FREE FOR ALL PARTICIPANTS. YMCA membership is not required.
Club meets: January 8, February 5, March 4, April 1, May 6.
Times vary by location. Please contact your YMCA for specific times.

SEE PAGES 10 & 11 FOR SWIM LESSONS AND GYMNASTICS LESSONS.
YOUTH SPORTS

The Y provides workshops and leagues that will help your child be successful on and off the field. Kids work on skill development, team play, positive competition, and strategy. We foster the children’s comprehension of sportsmanship, benefits of active play, and YMCA core values of Caring, Honesty, Respect and Responsibility.

**YOUTH SPORTS FEES (unless otherwise noted below) are as follows:**

- Fees: $15/Family member
- $30/Youth member
- $60/Public

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**Winter 1 Session** (January 6 – February 15) Registration opens December 1.

**BASKETBALL LEAGUE – OLEAN/BRADFORD** (Ages: 4-13)

Youth basketball combines team play with development of individual skills.

Practices will be held at participant’s local branch. Games held at Olean YMCA on Saturdays.

**NEW**

**SOCCER LEAGUE – WELLSVILLE** (Ages: 4-13)

This league emphasizes participation, fun and fair play, focusing on skills and team play.

Practices are held Monday and Wednesday nights, and games are held on Saturday mornings at Alfred State College Pioneer Center.

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**Winter 2 Session** (February 24 – April 4) Registration opens January 2.

**NEW**

**SOCCER SKILLS CAMP – OLEAN/BRADFORD** (Ages: 4–16)

Youth learn basic soccer skills and techniques in this NEW skills camp.

Camp meets on Monday evenings at participant’s local branch.

**NEW**

**BASEBALL/SOFTBALL SKILLS CAMP – OLEAN/BRADFORD** (Ages: 4-16)

An instructional and fun camp that builds baseball and softball skills.

Meets on Tuesday evenings at Olean YMCA and Wednesday evenings at Bradford YMCA.

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**Spring Session** (April 20 – May 30) Registration opens March 1.

**NEW**

**SOCCER LEAGUE – OLEAN/BRADFORD** (Ages: 4–13)

This league emphasizes participation, fun and fair play, while focusing on skills and learning team play.

Practices will be held at participant’s local branch. Games held at Olean YMCA on Saturdays.

**NEW**

**SPRING SPORTS SAMPLER CAMP – WELLSVILLE** (Ages: 4–13)

Youngsters sample a different sport each week in this camp. Sports include: volleyball, pickleball, basketball, soccer, flag football and kickball. Camp meets on Wednesday evenings at Alfred State College Pioneer Student Union.

**NEW**

**FLOOR HOCKEY SKILLS CAMP – OLEAN/BRADFORD** (Ages: 6–16)

Youth come together to learn about floor hockey and improve their knowledge and skills.

Camp meets Monday evenings at each YMCA location.

At the Y, our sports staff, coaches and volunteers all share a singular vision of helping all youth reach their full potential in life. We leverage the excitement and passion around recreational and competitive programming to create a healthy outlet for children to gain new skills, develop a sense of team and connect with positive role models.

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**3-ON-3 BASKETBALL TOURNAMENT** - Olean

Battle to be your best! Gather your friends and start practicing for this double elimination tournament. **Saturday and Sunday, March 28 and 29.**

Divisions: ages 8-10; 12 & under; 15 & under; 18 & under; 18 & over.

Fee: $100 per team  
Registration opens: January 2.
Class arrangements are subject to change due to class size and ability of students. All classes need a minimum number of students in order to run. Final consolidations and/or cancellations will be made by the Aquatic Director 48 hours prior to the first day of class. Call the aquatics department to schedule a skill evaluation if your child has not had lessons in the past six months.

INFANT/TODDLER SWIM LESSONS

STAGE A: Water Discovery (One adult must accompany each child in the pool and swim diapers are required.) Introduces infants and toddlers to the aquatic environment. Infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.

STAGE B: Water Exploration (One adult must accompany each child in the pool and swim diapers are required.) Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Accompanied by a parent, toddlers build upon comfort level by basic stroke introduction - front crawl, back and front float, entering and exiting safely, etc.

PRESCHOOL SWIM LESSONS

LEVEL 1 & 2 Water Acclimation and Movement
Increases comfort with underwater exploration and introduced basic self rescue skills, basic stroke concepts, performed with assistance. Encourages forward movement in water such as front crawl, backstroke, front and back float. Basic self-rescue skills are performed independently.

LEVEL 3 & 4 Water Stamina and Stroke Development
Develops intermediate self rescue skills performed at longer distances. Introduces basic stroke technique in front crawl, back crawl, and reinforces water safety through elementary backstroke, breaststroke and treading.

YOUTH SWIM LESSONS

LEVEL 1 & 2 Water Acclimation and Movement
Increases comfort with underwater exploration and introduced basic self rescue skills, basic stroke concepts, performed with assistance. Encourages forward movement in water such as front crawl, backstroke, front and back float. Basic self-rescue skills are performed.

LEVEL 3 & 4 Water Stamina and Stroke Development
Develops intermediate self rescue skills performed at longer distances. Introduces basic stroke technique in front crawl, back crawl, and reinforces water safety through elementary backstroke, breaststroke and treading.

LEVEL 5 & 6 Stroke Development and Mechanics
Introduces breaststroke and butterfly, sidestroke, diving, etc. Refines stroke technique on all major competitive strokes, turns, starts and encourages swimming as part of a healthy lifestyle.

ADULT SWIM LESSONS
Developed for older teens and adults, this program gives swimmers the opportunity to improve their skills in a safe environment.

SWIM LESSON SCHEDULE

PARENT/CHILD CLASSES ARE 30 MINUTES IN LENGTH
PRESchool AND YOUTH CLASSES ARE 45 MINUTES IN LENGTH

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>LOCATION</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>A (Parent/Child)</td>
<td>Olean</td>
<td>Tuesday</td>
<td>5:45 PM</td>
</tr>
<tr>
<td>A (Parent/Child)</td>
<td>Olean / Bradford</td>
<td>Saturday</td>
<td>9:00 AM</td>
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<tr>
<td>B (Parent/Child)</td>
<td>Olean</td>
<td>Tuesday</td>
<td>6:15 PM</td>
</tr>
<tr>
<td>B (Parent/Child)</td>
<td>Olean / Bradford</td>
<td>Saturday</td>
<td>9:30 AM</td>
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<tr>
<td>1/2 (Preschool)</td>
<td>Bradford</td>
<td>Monday</td>
<td>5:00 PM</td>
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<tr>
<td>1/2 (Preschool)</td>
<td>Olean / Bradford</td>
<td>Wednesday</td>
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<td>Saturday</td>
<td>10:00 AM</td>
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<td>1/2 (Youth)</td>
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<td>Monday</td>
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<td>Tuesday</td>
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<td>Thursday</td>
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<td>Olean / Bradford</td>
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<td>Monday</td>
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<tr>
<td>Adult</td>
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<td>Monday</td>
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<td>Adult</td>
<td>Bradford</td>
<td>Saturday</td>
<td>10:00 AM</td>
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SESSIONS DATES: 1—January 6 - February 15 2—February 24 - April 4 3—April 20 - May 30
**PARENT & ME Boys & Girls**
(Ages 2–4 years AND an adult)
A fun 30-minute movement education class for pre-school aged children that focuses on early gymnastics skills. Classes include warm-ups with basic stretches, locomotor skills, forward rolls, handstands, balance beam skills, swinging on the bars, jumping on the bug board and an introduction to dance.

**Family Member:** $20  
**Youth Member Cost:** $32  
**Public Cost:** $60

**BEGINNERS**
(Kindergarten through Grade 12)
This 60-minute nationally accredited program involves skill development specifically designed for each level on all four women’s artistic gymnastics events. Structured gymnastic routines will be taught for bars, beam and floor.

**Family Member:** $25  
**Youth Member Cost:** $40  
**Public Cost:** $75

**LEVEL 1 INTERMEDIATE**
(Kindergarten through Grade 12)
Must be evaluated prior to enrollment. This is a 60 minute intermediate class. Gymnasts start learning more advanced skills and structured routines. It is a prerequisite to joining the Flames team.

**Family Member:** $35  
**Youth Member Cost:** $55  
**Public Cost:** $85

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**GYMNASTICS SCHEDULE**

**PARENT & ME CLASSES ARE 30 MINUTES IN LENGTH.**  
**GYMNASTICS FOR BEGINNERS AND LEVEL 1 INTERMEDIATE CLASSES ARE 60 MINUTES IN LENGTH.**

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>LOCATION</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARENT &amp; ME</td>
<td>Olean</td>
<td>Wednesday</td>
<td>4:30 PM</td>
</tr>
<tr>
<td>PARENT &amp; ME</td>
<td>Limestone</td>
<td>Friday</td>
<td>4:30 PM</td>
</tr>
<tr>
<td>BEGINNERS</td>
<td>Olean</td>
<td>Wednesday</td>
<td>5:00 PM</td>
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<tr>
<td>BEGINNERS</td>
<td>Limestone</td>
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<td>INTERMEDIATE</td>
<td>Olean</td>
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<td>INTERMEDIATE</td>
<td>Limestone</td>
<td>Friday</td>
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<tr>
<td>FLAMES TEAM</td>
<td>Limestone</td>
<td>Varies</td>
<td>Varies</td>
</tr>
</tbody>
</table>

**SESSIONS DATES:**
1—January 6 - February 15  
2—February 24 - April 4  
3—April 20 - May 30

Session registration opens two weeks prior to session start date.
Flames Team—September 1, 2019 - June 30, 2020

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**PRIVATE GYMNASTICS LESSONS AVAILABLE**
Contact Megan Kirsch-Aiello for more information.

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**YMCA FLAMES: “LUCK OF THE GYMNAST” INVITATIONAL**

Join the fun as our YMCA of the Twin Tiers Flames host their annual invitational event at the Olean YMCA on Saturday, March 7, and Sunday, March 8.

YMCA gymnastics teams from New York and Pennsylvania will compete in four events: Beam, Floor, Uneven Bars, and Vault.

Event Admission:
YOUTH DEVELOPMENT

YOUTH & FAMILY ACTIVITIES

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community.

CLIMBING WALL (Olean)
The Olean YMCA features a 26-foot state-of-the-art Climbing Wall for Y members to enjoy. The wall is designed for people in grades Kindergarten through adults and has belays that take climbers through a beginner through advanced route on the wall. Wall is open Monday–Friday, 3:30–5:30 PM; Saturday, 10 AM – noon. Hours subject to change without notice.

FAMILY ADVENTURE CENTER - Olean/Bradford
This room is specifically designed for children through 2nd grade and under 48 inches tall. It is a completely padded room with various mats, tunnels, slides, and balancing shapes. Just take off your shoes and get started! Socks are required. Supervision must be provided. USE OF FAMILY ADVENTURE CENTER IS FREE FOR MEMBERS WITH FAMILY MEMBERSHIPS.

FAMILY FRIDAY NIGHTS (Olean/Bradford/Wellsville)
The YMCA offers fun for the whole family every Friday night from 6:30 PM until 8:30 PM. Family Friday Nights are free for members unless otherwise stated. Activities include gym games, arts & crafts, movie nights, wellness activities and much more! Check out our monthly family night activity schedule for more information.

FAMILY SWIM (Olean/Bradford)
Take advantage of our expanded weekend hours, and join us for family swim. It is a great opportunity for parents and children of all ages to spend time together. Non-swimmers under age 5 must be accompanied by a responsible adult at all times. Children age 5 and above may attend family swim without an adult provided the adult is in the building and they have had a swim assessment. The adult must check the child in at the pool.

STORY HOUR (Olean)
Families with youngsters (ages 2 – 6) are invited to join the fun at 10:00 AM on the first Saturday of the month for 60 minutes of story time followed by arts and crafts. Each Story Hour will feature a new story with an activity you and your child(ren) can make together and take home.

BOOK CLUB (Olean/Bradford)
Youth (grades 4–6) are welcome to share their passion for reading with the YMCA’s book club. Join fellow readers once a month to participate in a fun discussion of the group’s selected book, plus pizza and drinks! Book Club meets at 4:00 on the third Friday of the month.

SPEND TIME WITH YOUR FAMILY AT THE Y! ONE-ON-ONE TIME IN A FUN ENVIRONMENT BUILDS BONDS.
The Kinship Caregiver Program of Catholic Charities provides support to relative caregivers using a family systems approach. The program encourages families to access existing community resources, as well as form new relationships with other organizations and services. No registration or Y membership needed. Meets at the Olean Y from 6:00 PM to 7:30 PM on the second Wednesday of the month. Meets at the Wellsville Y from 5:30 PM to 7:00 PM on the second Tuesday of the month.

- Free YMCA Family Membership is available for enrolled families.

—supported by the Brookdale Foundation, the Burt Fund, the Health Foundation for Western & Central New York, & YMCA Annual Campaign

PARENTS’ NIGHT OUT - (Ages 6-months - 10 years old) Olean/Bradford/Wellsville
Friday, February 14, 6–9 PM
Youth: Bring a blanket, pillow or beanbag and join us for pizza and fun!
Parents: Enjoy a night out while your kids are having fun at the Y.
Registration is open January 2.
COST: $10/CHILD (MEMBERS)  $25/CHILD (PUBLIC)  Space is limited!

SAY YES TO THE PROM DRESS - (High school juniors and seniors) Olean/Wellsville
Saturday, April 4, 9 AM – 2 PM
*Please feel free to donate prom/formal dresses at your YMCA.*
Going to prom? Looking for the perfect dress? The YMCA is distributing FREE gently used prom dresses to high school students searching for a dress for their special night. High school ID or verification required. Parent/guardian must accompany the attendee.
Register at the Olean or Wellsville YMCA front desk. Registration opens March 2.

HEALTHY KIDS DAY - (All youth ages 12 & under) Olean/Wellsville
Saturday, April 18, 10 AM – 12 PM
Healthy Kids Day is the Y’s national initiative to improve the health and well-being of kids. This event is FREE and open to the public.

KIDS FEST - (All youth—especially ages 5 & under) Bradford
Saturday, April 25, 10 AM – 1 PM
Kids Fest is a FREE, fun, family event focusing on child safety, health and development especially for children birth to five.

GIRLS’ VOLLEYBALL SKILLS CLINIC - (Grades 5 - 12) Olean
Saturday, February 22, 9 - 11 AM (Grades 5-8) / 12 – 2 PM (Grades 9-12)
This clinic is open to all skill levels. Our hope is that each participant will improve their volleyball techniques and skills, become more knowledgeable about the sport, and leave with a greater love for the game. Our experienced staff and volunteers will teach passing, serving, setting, attacking and digging. Registration is open January 2.
COST: $10/CHILD (MEMBERS)  $25/CHILD (PUBLIC)  Space is limited!

*Please feel free to donate prom/formal dresses at your YMCA.*
JOIN THE TEAM!

For youth, the Y provides a supportive environment for competitive level teams. Our coaches focus on skill, good sportsmanship and character development, emphasizing teamwork, cooperation and good values.

YMCA SWIM CLINIC (Ages 7-18)

April 20 - May 4
The Olean and Bradford YMCAs are proud to offer Swim Team Clinics for youth with competitive swim team experience.
Participants must be able to swim 25 yards of Butterfly, Backstroke, Breaststroke and Freestyle.
The clinic will focus on all four competitive strokes, starts, turns and stroke technique.
Olean clinic will be held on Monday evenings from 5:00 PM until 5:45 PM.
Bradford clinic will be held on Tuesday evenings from 5:00 PM until 5:45 PM.
CLINIC FEE: $25/MEMBERS $45/PUBLIC

YMCA FLAMES GYMNASTICS TEAM (Ages 5-18)

The Flames Gymnastics Team provides a competitive gymnastics experience for all who have completed the Level 1 Intermediate level of the Y’s Progressive Gymnastics program, been invited to Pre-Team and participate in team try-outs in May of each year. The program maintains a balance between developing skills, motivating participation, maintaining an enjoyable environment, and promoting healthy competition.

The team competes in the YMCA Pennsylvania and New York Gymnastics leagues, invitational, state and national competitions. Team members must be Y members. Practices are held at the YMCA Gymnastics Center in Limestone.

For more information:
Megan Kirsch-Aiello
YMCA Gymnastics Director
YMCA GYMNASTICS CENTER
575 Spittler Lane
Limestone, NY 14753
716-301-8012

100 MILE SWIM CLUB (Youth ages 14 & up and adults)

January 2 - December 31
Take up to 12 months to swim 100 miles. You must either record your mileage in the Front Desk Binder each week. All swim styles and techniques welcome – dog paddle to all 4 swim strokes. The technique is not the priority, just the distance. You can swim in any branch pool. You will receive rewards at 50 and 100 miles.

COST: $25/MEMBERS
A high-quality early child care and education experience contributes to the overall well being of all children. Our early childhood programs offer developmentally appropriate activities in nurturing, respectful environments, while meeting the needs of families. All programs incorporate health and wellness into the curriculum to ensure children are developing healthy habits that will shape a lifetime of wellness.

Our Bradford program is 4 STARs in Pennsylvania’s Keystone quality rating system.

PROGRAM HIGHLIGHTS:
- Infant care enrollment at 6 weeks of age
- Nutritious meals and snacks provided
- Gym and swim programs
- Dedicated, licensed, tenured and caring staff

We provide care to over 300 infants, toddlers and pre-school children in our child care programs each day, preparing them to succeed as students.

Y Family Members receive a significant reduction for their first child and reduced rates for additional children.

BRADFORD CHILD CARE & EARLY LEARNING CENTER

HOURS OF OPERATION:
Monday - Friday 6:20 AM - 6:00 PM
Director: Kira Schine
Phone: 814-368-1610
Location: 55 Boylston Street, Bradford, PA

OLEAN CHILD CARE & EARLY LEARNING CENTER

HOURS OF OPERATION:
Monday - Friday 6:30 AM - 6:00 PM
Director: Ann Marie Sitter-Tompkins
Phone: 716-701-1381
Location: 1050 Wayne Street, Olean, NY

OUR NEWLY EXPANDED SPACE OPENS IN MARCH!
CALL TO RESERVE YOUR CHILD’S SPOT TODAY!
LEARN, GROW AND THRIVE

Fully Licensed Y School-Age Child Care
Programs in New York State are licensed by the Office of Children and Family Services. Programs in Pennsylvania are licensed by the Day Care Division of the Department of Human Services.

Trained and dedicated staff help children develop mentally, physically, socially and spiritually in a safe environment. After-school activities encourage character development through arts and crafts, outdoor play, gym activities, games, homework assistance and much more!

- Care is provided every day after school until 6:00 PM, including early dismissals and holidays in accordance with the various school district calendars. A fully-licensed summer day camp program is available at all locations in the summers.
- Pre-registration is required. Financial assistance is available.

Contact:
- Olean, at 716-701-1317
  Brianna Simms, Wellsville, at 716-378-5253 or briannas@twintiersymca.org
  Angela Bellotti, Bradford, at 814-368-6101 or angelab@twintiersymca.org
  Rachel Morgan, Otto-Eldred, at RachelM@twintiersymca.org
  Sarah Smith, Smethport, at 814-598-8113 or saras@twintiersymca.org

Y SCHOOL-AGE CHILD CARE IS AVAILABLE AT THE FOLLOWING SITES:
- Allegany Elementary
- Bradford Area School District
- Bradford YMCA (mornings/days off school/summer)
- Eastview Elementary, Olean
- Olean YMCA (days off school & summer)
- Otto-Eldred School District
- Portville Elementary
- Smethport Area Elementary School
- Washington West Elementary, Olean, NY
- Wellsville Central School
- Wellsville YMCA (mornings/days off school/summer)

Y家族成员可获得第一儿童10%的折扣，并可为额外儿童提供减少的费率。

21ST CENTURY COMMUNITY LEARNING CENTER PROGRAM
(FREE to students in grades K–8 in Wellsville; K–6 in Bradford School Districts, Otto-Eldred School District and Smethport Area School District)

The 21st Century Community Learning Center Program is a federally funded after school program. Its purpose is to create or expand community learning centers that provide academic enrichment and youth development opportunities for students. Our goal is to make sure that all students graduate with the knowledge and skills they need to succeed in life.

Enrollment forms are available at the schools or on the YMCA website, twintiersymca.org. Pre-registration is required and spaces are limited. Transportation provided.

Contact:
- Brianna Simms, Wellsville, at 716-378-5253 or briannas@twintiersymca.org
- Angela Bellotti, Bradford, at 814-368-6101, ext. 217 or angelab@twintiersymca.org
- Rachel Morgan, Otto-Eldred, at RachelM@twintiersymca.org
- Sarah Smith, Smethport, at 814-598-8113 or saras@twintiersymca.org
GROUP EXERCISE CLASSES
Group exercise is one of many ways the Y supports members in achieving their health and wellness goals. Classes offer ways to move and feel great. Highly trained staff members lead the programs and often tailor them to the needs of the community.
Class formats deliver a fun and effective exercise experience with motivating music in a supportive group setting. Programs evolve with the latest trends in group exercise and to keep you motivated and moving.

GET FIT TOGETHER!
- Group Exercise classes are FREE for Y members!
- Pick up a schedule on your next visit to the Y or view on our website!
- During program/holiday breaks, special schedules may be offered. Check at the front desk or on website.
- Please note: in case of instructor illness/emergency, we do our best to cover the class, but in some rare occasions, class may be cancelled. Check our Facebook group exercise groups for updates.
- NOT ALL CLASSES ARE OFFERED AT ALL LOCATIONS – CHECK AT YOUR LOCAL YMCA.

PERSONAL TRAINING
Work with a certified personal trainer to reach new levels of fitness. We offer one-on-one sessions that focus on your history, lifestyle, and goals, as well as partner or small group sessions for getting motivated together.

COST FOR 30-MINUTE SESSION:
One-on-One: $22/person/session (member) $50/person/session (public)
Semi-Private (2 or 3 clients): $11/person/session (member) $25/person/session (public)

TEN (10) 30-MINUTE SESSION PACKAGE:
One-on-One: $200/person/10 sessions (member) $450/person/10 sessions (public)
Semi-Private (2 or 3 clients): $100/person/10 sessions (member) $225/person/10 sessions (public)

COMPLIMENTARY WELLNESS APPOINTMENTS
New members are entitled to meet with a Personal Trainer for a complimentary fitness consultation to discuss goals and seek help in developing individualized exercise plans. Up to two additional appointments are offered to teach you the proper use of equipment in the Wellness Center. Call or visit the front desk to set up your appointment.

NUTRITIONAL COACHING (Olean/Bradford)
Whether you exercise at the YMCA to lose weight, gain muscle or live a healthier lifestyle, your nutrition should align with your goals. Our Nutrition Coach will guide you through necessary nutrition changes so you meet your goals quickly and efficiently. Sessions are available in 4, 8, or 12-week packages.

PROGRAM COST:
4-Week Package: $88/person (member) $200/person/session (public)
8-Week Package: $176/person (member) $400/person/session (public)
12-Week Package: $264/person (member) $600/person/session (public)

A supportive community is a big part of wellness. At the Y, you’ll find people just like you looking to live healthier.

8-WEEK LIFESTYLE PLAN (Olean/Bradford/Wellsville)
Maximize your results with our customized 8-week program which includes two 30-minute training sessions each week, weigh-ins, customized plans for workouts on your own time, nutrition tools, email support, coaching and accountability.

PROGRAM COST:
One-on-One: $350/person (member) $750/person (public)
Semi-Private (2 or 3 clients): $200/person (member) $450/person (public)
HEALTHY LIVING

HEALTHY LIFESTYLE CHALLENGES

Whether you’re looking to lose a few pounds, improve your mobility, or step up your fitness routine, the YMCA’s Healthy Lifestyle Challenges and events are here to help you have fun and achieve your wellness goals.

YMCA OF THE TWIN TIERS’ MISSION: MELTDOWN

January 6 - February 29

COST: $35/YMCA Members $135/Public*

*Public participants are YMCA members throughout the length of the program. You’ll have access to our group fitness classes, swimming, gyms, and the latest strength and cardio equipment. Mission: Meltdown offers two (2) group workouts each with a Y Wellness Coach, confidential weigh-ins, and contests to win Y swag and other prizes. For more details turn to the back cover of this guide.

SPRING INTO SHAPE - Olean/Bradford/Wellsville

March 16 - May 16

COST: $35/YMCA Members

*YMCA members who participated in Mission: Meltdown pay just $30 for this program.

Don’t lose momentum after Mission: Meltdown!

This 8-week wellness program features boot camp style workouts for anyone at any fitness level.

ALL IN

Sticking to your fitness routine has never been more fun! Attend group exercise classes, bring friends to the Y and complete other activities to earn points toward prize drawings.

The Group Exercise Challenge

May 18 – July 11

FREE FOR Y MEMBERS
HEALTHY LIVING

HEALTHY RUNS, WALKS, RACES & COMPETITIONS

Whether you’ve never run/walked a 5K before or you’re an avid racer, the YMCA of the Twin Tiers is proud to offer the following events to help you stay active this season!

NEW YEAR’S POLAR BEAR 5K RUN/WALK

Warm up with us on New Year’s Day!

**Event Date**
Wednesday, January 1, 2020

**Event Time**
1:00 PM

**Check-in**
12:00 – 12:45 PM (Murphy Auditorium)

**Location**
St. Bonaventure University

**Pre-registration**
$25/Y members $40/Public

**Day of event registration**
$30/Y members $45/Public

Join the fun with us as we celebrate the return of our beloved Polar Bear 5K on New Year’s Day!

Prizes will be awarded for fastest male and fastest female at the event.

*Pre-registration rates are available until 5 p.m. on Monday, December 30, 2019.*

For more information contact the Olean YMCA at 716-373-2400.

All registered participants will receive a YMCA swag item at the event.

DREADMILL

5K TREADMILL RUN
OLEAN/BRADFORD/WELLSVILLE YMCA
SATURDAY, FEBRUARY 8

WAVES START AT 7 A.M.

**Register at your YMCA** (Registration closes 2/7/20)

- Choose your race time when you register. Options vary by location.
- Register by 5 p.m. on January 31, and receive a tech shirt at the event.
- Maximum finish time allotted: 40 minutes
- Prize for top male and top female.
- For more information contact your local YMCA.
- Ages 10+ (Participants 10-13 years old must be accompanied by parent/guardian.)

$25/Y Members $40/Public
ADULT SPORTS LEAGUES

Lifting weights and running aren’t the only ways to exercise. If you’re missing your intramural days or you’re looking for a little friendly competition, YMCA Adult Sports Leagues allow you to enjoy a sport you’ve always loved or try a new one. Sports leagues are a great place to get active and meet new friends.

Winter Session (begins week of January 12)  Registration opens December 1.

CO-ED VOLLEYBALL – OLEAN (Ages: 18+) Each team must have at least two females.
Spike up your game with our Adult Volleyball League! This league is an excellent way to build friendships, stay in shape and have fun. Each team must have at least two females. Games played Tuesday evenings.
Team Fees: $200 (additional $10 for each nonmember on the team)

CO-ED SOCCER – OLEAN (Ages: 18+) Each team must have at least two females.
Emphasis on teamwork and cooperation drives this fun-filled adult league. Games played on Sundays.
Team Fees: $200 (additional $10 for each nonmember on the team)

CO-ED DODGEBALL – WELLSVILLE (Ages: 18+) Each team must have at least two females.
Duck! Dip! Dive! Dodge! Games played on Tuesday evenings at Alfred State College Pioneer Student Union.
Team Fees: $200 (additional $10 for each nonmember on the team)

3-ON-3 BASKETBALL TOURNAMENT - Olean
Battle to be your best! Gather your friends and start practicing for this double elimination tournament. Saturday and Sunday, March 28 and 29.
Divisions: ages 8-10; 12 & under; 15 & under; 18 & under; 18 & over.
Fee: $100 per team  Registration opens: January 2.

ADULT RECREATIONAL SPORTS

Y Members are invited to get together with friends and join the fun in our “drop-in” recreational sports programs. FREE for YMCA members. Public may participate by purchasing a day pass.

RACQUETBALL
Reserve court time at the front desk.

OLEAN
Call 716-373-2400

BRADFORD
Call 814-368-6101

VOLLEYBALL
Teams created as participants arrive.

OLEAN
Thurs. 7:00 PM - 9:00 PM

BRADFORD
(Starts March 3)
6:00 PM - 8:00 PM

BASKETBALL
Teams created as participants arrive.

OLEAN
Tues./Thurs.
6:00 AM - 7:00 AM
Mon./Wed./Fri.
12:00 PM - 1:00 PM

OLEAN
Tues./Thurs.
6:00 AM - 7:00 AM
Mon./Wed./Fri.
12:00 PM - 1:00 PM

PICKLEBALL
Teams created as participants arrive.

OLEAN
Mon./Wed./Fri.
9:00 AM - 11:00 AM

BRADFORD
Tues./Thurs.
10:00 AM - 11:00 AM
Thurs.
6:00 PM - 8:00 PM

WELLSVILLE
Mon./Wed./Fri.
6:30 PM - 8:00 PM
HEALTHY LIVING

WATER EXERCISE CLASSES

Water Exercise classes are FREE for Y members!
*Not all classes are offered at all locations. Check local schedules.

**AQUAFIT / WATER EXERCISE:** This class provides the same benefits received in an aerobic class without the stress that it puts on the body. No swimming skills are necessary. A great way to strengthen your muscles and improve overall fitness.

**AQUA ZUMBA®:** This class blends the Zumba® philosophy with water resistance for one pool party you shouldn’t miss! Once the Latin and World rhythms take over, you’ll see why these classes are called exercise in disguise.

**AQUATIC REHAB:** Y staff lead participants through a series of gentle exercises aimed to provide a well-rounded program for those people with slight injuries or those moving from the acute phase of rehab who wish to continue a rehabilitation maintenance program. A physician’s consent is required.

**ARTHРИTIS AQUATICS:** Based on a program developed by the Arthritis Foundation, this class is designed for people with arthritis and related conditions. Soothing movements help those with arthritis feel better.

**ESP WATER WORKOUT:** ENDURANCE, STRENGTH, and POWER are the components of this class. Using an aqua belt, noodles, and other fun equipment, participants are led through an instructional class in both the deep and shallow end of the pool. You don’t need to know how to swim to enjoy this class.

**SENIOR/SILVER SPLASH:** Exercises are designed for the active older adult to gain and maintain range of motion and flexibility. Classes include minimal cardiovascular exercise. No swimming skills are necessary.

**TWINGES IN THE HINGES:** This water exercise program incorporates flexibility, strength, and endurance with pool walking and water aerobics.

PRIVATE SWIM LESSONS Any age

$75/member for 5 30-minute lessons $110/public for 5 30-minute lessons

Private swim lessons can be arranged at the convenience of the participant and the instructor. Families with more than one participant may have lessons together based on the fee schedule above.

LIFEGUARD TRAINING Ages 15 & older

$250/member $275/public

Whether you are looking for a great summer job or a career as a professional lifeguard, the ARC Lifeguard program is the place to begin! Through classroom activities, group discussion and hands-on practice, you’ll learn the skills you need to work as a lifeguard.

Our comprehensive course includes accident prevention, lifeguarding techniques, emergency systems, and rescue skills. Course includes CPR for the Professional Rescuer with AED, Oxygen Administration and First Aid.

Call 716-373-2400 or 814-368-6101 for info.

SUNDAYS IN MAY CALL FOR MORE INFORMATION
Active Older Adults (AOA) at the YMCA experience a strong sense of belonging and create a network of friends who provide support for sustained health and well-being.

Through ongoing, fun, safe, and engaging programs, AOA members build relationships and increase self-confidence while celebrating the successes of each member of their community.

At the YMCA, we’ve made the health and fitness of our seniors a top priority by providing programs for the spirit, mind and body. Through group exercise classes and aquatic programs that focus on mobility and flexibility classes, social events, and volunteer activities, the YMCA is bringing seniors together for camaraderie, fellowship and fun. Most senior programs are free for Y members.

**AOA GROUP EXERCISE CLASSES**

(Key: O = Olean  B = Bradford  W = Wellsville) Class days and times vary by branch. Please pick up a class schedule at your YMCA or visit our website: twintiersymca.org for a current schedule.

**MOTION PLUS:** This traditionally active older adult class consists of aerobic, strength, flexibility and balance exercises. Participants gather for coffee after class. It’s a terrific way to meet new people and feel great! (O/W)

**CHAIR EXERCISE/CHAIR YOGA:** Combine fun with fitness in this workout utilizing a chair and seated exercises. Stretching and relaxation exercises included. (O/B)

**ENHANCE®FITNESS:** A community-based senior fitness and arthritis management program that consists of a full hour of fun. It focuses on dynamic cardiovascular exercise, strength training, balance and flexibility as well as lots of opportunities to make new friends. (O)

**GENTLE SHAPE-UP/STRETCH:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated or standing support. (O/W)

**SILVERSNEAKERS:** Strengthen muscles and increase range of movement for daily life activities. (B)

**TAI CHI:** This ancient Chinese tradition is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. (O/W)

**YOGA:** This class creates balance in the body through developing both strength and flexibility. It is designed to relieve stress and bring peace of mind, body and spirit by focusing on breathing techniques, stretching, toning and relaxation. This class teaches fundamental poses with an emphasis on alignment. (O/B)

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**YOU MAY BE ELIGIBLE FOR FREE OR REDUCED YMCA MEMBERSHIP.**

We contract with several organizations to bill for monthly membership dues.

- Active&Fit®
- BlueCross BlueShield of Western New York
- Independent Health Encompass 65®
- Renew Active (formerly Optum® Fitness Advantage)
- Silver and Fit
- SilverSneakers®
- UnitedHealthcare® AARP

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**CALL US FOR MORE INFORMATION**
ACTIVE OLDER ADULT (AOA) ACTIVITIES AND EVENTS

DROP IN SOCIAL - Olean/Bradford/Wellsville
Drop into the Activity Center/Community Room for some social time between group exercise classes. Socialize with your fellow Y members and Y staff while enjoying coffee or exercise your brain with a puzzle or card game! Any Y member, any age is invited to join the fun from 8:00 AM until noon Monday through Friday (unless room is reserved for other activities.)

AOA BREAKFAST SOCIAL - Olean/Bradford/Wellsville
Come to the Activity Center for our monthly breakfast social from 9:00 AM until 10:30 AM to enjoy coffee and pastries with fellow Y members and Y staff.

AOA BREAKFAST SOCIAL DATES
January 22; February 26; March 25; April 22; May 27

Y BOOK CLUB - Olean
Share your passion for reading with the YMCAs book club. Join fellow readers once a month to participate in a fun discussion of the group’s selected book. Club will meet in the Activity Center at 1:00 PM on the second Friday of each month. Y Book Club is open to any Y member age 18 and older.

Y BOOK CLUB DATES
January 10; February 14; March 13; April 10; May 8

SENIOR WELLNESS INITIATIVES - Olean
We’ve partnered with our friends at Olean General Hospital, and once a month, area doctors and surgeons will bring their knowledge and expertise to the Y to share information and answer questions. The Activity Center will host this monthly social at 10:15 AM on the dates listed below. Light refreshments are provided.

OLEAN GENERAL HOSPITAL SOCIAL DATES
January 8; February 12; March 11; April 8; May 13

BIBLE STUDY - Bradford
If you’re looking for an engaging and thought-provoking Bible Study to further your faith, please join us. Bible Study meets Tuesday at 1:00 PM.

WOMEN’S BIBLE STUDY - Olean
If you’re looking for an engaging and thought-provoking Bible Study to further your faith, please join us. Women’s Bible Study meets from 9:00 AM until 11:00 AM the first and third Thursday of each month.

SWIZZY’S CAUSE “LOVE YOURSELF - YOU MATTER” EVENT - Olean
You’re invited to join us for the Swizzy’s Cause “Love Yourself - You Matter” Event focusing on physical and mental health. The event is made possible through a grant from the Mental Wellness in Cattaraugus County Fund which was established by the board of the former Mental Health Association in Cattaraugus County. Brunch provided.

This FREE event takes place from 9:00 AM until 11:30 AM on Friday, February 14. Join the fun!

FOR MORE INFORMATION ON OUR ACTIVITIES AND EVENTS, PLEASE CALL YOUR YMCA TODAY!
Mission: Meltdown is an 8-week healthy living and weight loss program.

Workouts and challenges will be provided for you, as well as nutritional information.

Confidential weekly weigh-ins each Wednesday at your YMCA.

Program kicks off Monday, January 6!

Two weekly group workouts/meetings with a YMCA Wellness Coach, “Mission Meltdown” T-shirt (if registered by 12/31/19) and group support.

Orientation 30 minutes prior to first group meeting

Educational seminars in weeks 2, 4, 6, and 8

Two weekly group workouts with a Wellness Coach

Y swag prize drawings throughout the program

Public program participants have full use of YMCA facilities through February 29.

Cost: $35/YMCA Members  $135/Public*

*Public participants are YMCA members throughout the length of the program. This allows you to try unlimited group fitness classes, enjoy swimming, and utilize the latest strength and cardio equipment for eight (8) weeks as a Y member.

For more information, contact your YMCA today!

YMCA of the Twin Tiers Day Pass (For You or a Friend)

($10 value. Valid for 1 day. One pass per person per calendar year.)

NAME: ___________________________________________ ADDRESS: ________________________________

PHONE NUMBER: __________________________________ EMAIL: ________________________________

Call the Y to schedule an appointment to get a tour, set-up a wellness appt. and enjoy all the Y has to offer.

Photo ID required for ages 18 and older.