

## Winter Session Jan. 2-Feb. 16 | 7 Weeks\*

### Registration Dates

Member Registration: **December 2**

Non-Member Registration: **December 9**

### Rate Guide

Family Member: \$93  
Member: \$136  
Non-Member: \$232

### Parent / Child Swim: A Ages 6-18 months

Tue: 10:15am  
Sat: 9:35am | 10:45am

### Parent / Child Swim: B Ages 18-36 months

Mon: 10:50am  
Wed: 10:15am  
Sat: 9:00am | 10:10am | 11:20am  
Sun: 8:15am

### Preschool Swim: Stage 1 | Ages 3-5

Mon: 11:25am | 5:40pm  
Tue: 10:50am | 3:55pm  
Wed: 10:50am | 3:55pm | 5:40pm  
Thu: 3:55pm  
Fri: 3:55pm  
Sat: 9:00am | 10:10am  
Sun: 9:00am | 9:35am | 10:10am | 11:20am

### Preschool Swim: Stage 2 | Ages 3-5

Mon: 4:30pm  
Tue: 11:25am | 5:05pm  
Wed: 4:30pm  
Thu: 4:30pm | 5:05pm  
Sat: 9:00am | 9:35am | 10:45am  
Sun: 9:00am | 9:35am | 10:45am

### Preschool Swim: Stage 3 | Ages 3-5

Mon: 3:55pm | 5:05pm  
Tue: 4:30pm  
Wed: 3:55pm | 5:05pm  
Thu: 5:40pm  
Sat: 9:35am | 10:10am | 11:55am  
Sun: 9:35am | 10:45am

### Preschool Swim: Stage 4 | Ages 3-5

Mon: 3:55pm  
Tue: 4:30pm  
Wed: 3:55pm  
Thu: 4:30pm  
Sat: 9:00am | 10:45am  
Sun: 9:00am | 11:20am

### Private Swim Lesson | 4+ F: \$259 | M: \$301

Tue: 6:15pm  
Wed: 4:30pm  
Thu: 6:15pm  
Fri: 3:55pm | 4:30pm | 5:05pm | 5:40pm  
Sat: 10:10am | 11:20am | 11:55am | 11:55am  
Sun: 10:10am | 10:45am | 11:20am | 11:55am

### Youth Swim: Stage 1 | Ages 6-13

Mon: 4:30pm  
Sat: 10:10am | 11:20am  
Sun: 9:00am | 10:10am

### Youth Swim: Stage 2 | Ages 6-13

Mon: 4:30pm  
Tue: 5:05pm  
Wed: 4:30pm  
Thu: 5:40pm  
Fri: 4:30pm  
Sat: 10:45am | 11:55am  
Sun: 10:10am | 11:55am

### Youth Swim: Stage 3 | Ages 6-13

Mon: 5:05pm  
Tue: 3:55pm | 5:40pm  
Wed: 5:05pm  
Thu: 3:55pm | 5:05pm  
Fri: 4:30pm  
Sat: 9:35am | 10:45am  
Sun: 9:35am | 10:10am | 11:20am

### Youth Swim: Stage 4 | Ages 6-13

Mon: 3:55pm | 5:40pm  
Tue: 4:30pm | 5:40pm  
Wed: 4:30pm | 5:40pm  
Thu: 4:30pm | 6:15pm  
Fri: 5:40pm  
Sat: 9:00am | 10:10am | 11:20am  
Sun: 9:35am | 10:10am | 10:45am | 11:55am

### Youth Swim: Stage 5 | Ages 6-13

Mon: 5:05pm  
Tue: 5:40pm  
Wed: 5:05pm  
Thu: 5:40pm  
Fri: 5:05pm  
Sat: 9:35am  
Sun: 11:20am

### Youth Swim: Stage 6 | Ages 6-13

Mon: 5:40pm  
Tue: 5:05pm  
Wed: 5:40pm  
Thu: 5:05pm  
Sat: 11:20am  
Sun: 10:45am

### Adult & Teen Beginner | Ages 14+

Mon: 10:15am  
Fri: 6:30pm  
Sat: 8:15am

### Adult & Teen Intermediate Ages 14+

Sun: 11:55pm

### Competitive Swim Team Prep 45 MIN | Ages 6-13

F: \$104 | M: \$151 | NM: \$244

Mon: 6:15pm  
Tue: 6:15pm  
Wed: 6:15pm  
Thu: 6:15pm  
Fri: 5:40pm  
Sat: 11:55am  
Sun: 11:55am

### Beginner Springboard Diving 45 Min | Ages 6-18

F: \$104 | M: \$151 | NM: \$244

Sat: 8:15am | 10:10am  
Sun: 10:00am

### Intermediate Springboard Diving 60 Min | Ages 6-18

F: \$114 | M: \$166 | NM: \$268

Sat: 9:05am  
Sun: 10:50am

### Advanced Springboard Diving 60 Min | Ages 6-18

F: \$114 | M: \$166 | NM: \$268

Sat: 11:00am

### Master's Swim Program 90 Min | Ages 18+

F: \$114 | M: \$166 | NM: \$268

Tue: 6:30am  
Thu: 6:30am  
Sat: 7:00am

### \*PRORATED PROGRAM RATES

Monday, Tuesday, Wednesday programs and leagues will be prorated to 6-weeks due to New Year's Eve and New Year's Day.

### CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.



Scan the QR code to Register for Fall II Programs

**Winter Session****Jan. 2-Feb. 16 | 7 Weeks\*****Registration Dates**Member Registration: **December 2**Non-Member Registration: **December 9****Rate Guide**

Family Member: \$79

Member: \$106

Non-Member: \$175

**Homeschool PE with Swim Lesson****F: \$228**

Join us for a dynamic 3-hour session at the Y, featuring: • Physical Education • Swimming • Fun Activities. Discover hands-on learning that boosts student development and social interaction. Don't miss out on this exciting opportunity for growth and engagement!

Mon: 10:00am-1:00pm | Ages 5-12

**Basketball**

A dynamic warm-up, brief skill training, and lots of game play with **Coach Kaylee Liberty**, Passionate & Accomplished Athlete

Mon: 4:00pm | Ages 6-8

Tue: 4:00pm | Ages 9-12

**Run the Bases NEW!**

There is no better feeling than running across home plate. We will learn the basics of what it means to run the bases while we rotate between Kickball and T-Ball. Kids will enhance their basic skills, learn common leadership skills, and how to work as a team.

Wed: 4:15pm | Ages 6-12

**Nerf Blasters**

Gear up for epic battles! Grab your blaster, unleash your skills, and let the fun begin! **Coach Jimmy Jennings**, Varsity Athlete

Thu: 5:00pm | Ages 6-12

**Volleyball NEW!**

Bump, set and spike! We will provide a brief warm up, enhance your volleyball skills, and game play! **Coach Kaylee Liberty**, Passionate & Accomplished Athlete

Thu: 4:15pm | Ages 6-12

**Running Club**

Join our Running club! Improve your running technique while having a blast. We will participate in sprinting, distance drills, and play fun running games on our track. Your kids will be learning basics of calisthenics, endurance, pace, and proper running/stretching technique. **Coach Chris Munnell**, Passionate & Accomplished Athlete

Thu: 4:00pm | Ages 6-12

**ENRICHMENT****L'il Artists NEW!**

Join us for a fun art class where children explore different forms of art!

Tue: 11:00am | Ages 3-5

**Youth Fitness & Self-Defense**

Boost fitness and master self-defense while having a blast! Join us for active fun and build confidence with every move!

**Coach Larry Leavitt**, 6th Degree Black Belt, with 50+ years of martial arts experience.

Sun: 11:00am | Ages 6-11

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Register  
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**Winter Session**  
**Jan. 2-Feb. 16 | 7 Weeks\*****Registration Dates**  
Member Registration: **December 2**  
Non-Member Registration: **December 9****Get in the Game at  
the YMCA**

## Adult Sports at the Y

**Pickleball League:**  
**Competitive/Advanced | 18+**  
**F: \$90 | NM: \$266 | Wed: 6:15pm-8:15pm****Pickleball League: Casual-Fun**  
**(Beginner)-Experience Required | 18+**  
**F: \$90 | NM: \$266 Mon: 6:15pm-8:15pm****Pickleball League:**  
**All Levels League | 18+**  
**F: \$90 | NM: \$266 | Sat: 9:15am-11:15am****Super Stretch with Larry Leavitt**  
**NEW! M:\$78 NM:\$165 | 30 Min.**

Ready to stretch, relax, and feel amazing? Join Larry Leavitt for a fun, energizing 30-minute stretching class that's perfect for all levels! Whether you're looking to release tension, improve flexibility, or just unwind, Larry's got you covered.

Thurs: 10:30am | 18+ in Fitness Studio

**Pickleball League: Women's League | 18+**  
**F: \$90 | NM: \$266 | Wed: 2:15pm-4:15pm**

## Pickleball Lessons

**Pickleball Lessons**  
**Beginner 1 | 60 Minutes**  
**with Vin Grifoni, PPR Certified Pickleball Instructor**  
In this class players will learn basic stroke mechanics, fundamental shots, rules, scoring, and etiquette and court positioning for doubles pickleball. **F: \$102 | NM: \$175**  
Wed: 9:00am  
Thu: 11:00am**Pickleball Lessons**  
**Beginner 2 | 60 Minutes |**  
**with Vin Grifoni, PPR Certified Pickleball Instructor**  
Players in this class should have already learned the rules and scoring for pickleball and want to learn strategy. Players will work towards better mechanics and consistency with serves/returns, dinks, and volleys, footwork, and court positioning. **F: \$102 | NM: \$175**  
Wed: 11:00am  
Thu: 10:00am**Pickleball Lessons**  
**Skills and Drill for Advanced Beginners | 60 Minutes**  
**with Vin Grifoni, PPR Certified Pickleball Instructor**  
This class is for players who are interested in improving their consistency with the basic shots in pickleball to sustain longer rallies. The focus of this class will be to use specific drills for practicing serves, returns, dinks, volleys, and lobs. Footwork and partner positioning will also be addressed. **F: \$102 | NM: \$175**  
Wed: 10:00am

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**Winter Session**  
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Member Registration: **December 2**

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## Rate Guide

Member: \$112  
Non-Member: \$235

## WOMEN ON WEIGHTS

This program will bring participants through moderate to heavy lifts with both dumbbells and barbells, bodyweight exercises will also be incorporated into the workout. Studies have shown that lifting moderate to heavy weights is a better way to burn fat and build lean muscle without adding bulk.

**Mon: 8:00am with Ghia**

**Mon: 9:00am with Ghia**

**Tue: 6:30pm with Ghia**

**Fri: 8:00am with Ghia**

**Fri: 9:00am with Ghia**

## Y CIRCUIT

During this 60-minute class, a certified personal trainer will bring you through a total body workout, strengthening all the major muscle groups. This class is open to all levels and will challenge you through exercises using bodyweight, TRX, dumbbells, kettlebells, and more.

**Mon: 5:00pm with Steve**

**Wed: 5:00pm with Steve**

## Y WEIGHT

During this class, a certified personal trainer will bring you through a total body workout focusing on heavy lifts such as Presses, Squats, and Deadlifts along with auxiliary exercises to complement your heavy work.

**Mon: 7:00pm with Emily**

**Wed: 7:00pm with Emily**

## CORE STRENGTH AND STABILITY

This class will help you build a stronger core utilizing kettlebells, cables, body weight exercises and free weights.

**Fri: 10:00am with Ghia**

## METABOLIC CONDITIONING

**2x Weekly | M: \$223 | NM: \$469**

Everything you need to kickstart your fitness goals! This program includes two 60-minute small group training sessions per week, body composition monitoring, nutrition plans, and strength and cardio plans. With the guidance of seasoned certified personal trainer and all this support, your goals are within reach!

**Tue: 9:00am & Fri: 9:30am with Chuck**

## INTRO TO METABOLIC CONDITIONING

For those interested in our original Metabolic Conditioning class, but newer to exercise. This program meets in small group training sessions one per week and includes body composition monitoring, nutrition plans, and strength and cardio plans. With the guidance of seasoned certified personal trainer and all this support, your goals are within reach!

**Fri: 10:30am with Chuck**

## LIFTING WITH LEANN

Start truly building strength with this lift-focused, all-levels class centered around barbells and dumbbells.

**Thu: 7:00am**

## GETTING INTO RUNNING

Get the coaching you need to get into running – whether you are brand new to it, getting back into it, or looking to run your first 5K. Coach Bob will lead you through ideal running posture, ways to increase your endurance, stretches and recovery techniques, and more to get you up and running.

**Thu: 7:00am with Bob**

## BOXING FOR WOMEN

Ladies, learn to box from the first woman to qualify for Golden Gloves in New York State! Join Stacy in this supportive, empowering environment to learn proper form and technique, punches, and combos. Class will include work with both the bag and partners.

**Tue: 5:30pm with Stacy**

## TEEN FITNESS

**60 MIN | Ages 12 – 16 | F: \$95 | M: \$130 | NM: \$208**

## TEEN SPORT CONDITIONING

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more! No experience necessary, just a positive attitude and willingness to work hard.

**Tue: 4:00pm with Steve**

## L.I.F.T.

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This introductory class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines. No experience necessary, just a positive attitude and willingness to work hard.

**Advanced: Thu 4:00pm with Steve**

**Beginner: Fri 4:00pm with Steve**

## KIDS' FITNESS | AGES 8-11

Our trained staff will bring your child through a warmup before taking them through exercises to help build confidence, strength, and conditioning. No experience is necessary, just a positive attitude and willingness to work hard.

**Tue: 3:30pm**



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## SPORTSPLAY WINTER BREAK CLINIC AT THE TORIGIAN FAMILY YMCA

**3 Hours | December 26th, 27th, & 30th**

Join us for a three-day sports clinic at the Y during school vacation, led by some of our Camp Eastman counselors. Each session will run for three hours and include skills and drills for various sports as basketball, dodgeball, kickball, soccer, volleyball, team building activities, and plenty of fun. Please pack a snack and water for each session and have children wear sneakers and comfortable attire.

Thursday: 9:00 am- 12:00pm | Ages 6-8

Friday: 9:00 am- 12:00pm | Ages 6-8

Monday: 9:00 am- 12:00pm | Ages 6-8

Thursday: 1:00pm- 4:00pm | Ages 9-13

Friday: 1:00pm- 4:00pm | Ages 9-13

Monday: 1:00pm- 4:00pm | Ages 9-13

**WINTER BREAK CLINIC F:\$72 M:\$99 NM:\$180**



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