

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

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**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 League: All Levels League | 18+
F: \$90 | NM: \$266 | Thu: 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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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

