



YMCA

We build strong kids, strong families, strong communities.

SUMMER 2010
PROGRAM SCHEDULE

Summer schedule begins June 21, 2010

55 Wallace Ave.
Fitchburg, MA 01420
(978) 343-4847
www.montymca.org

Hours of Operation

Mon-Fri	5:00am-9:30pm
Sat	7:00am- 7:00pm
Sun	7:00am- 7:00pm

Teen Center Hours

Mon-Fri	1:30pm-4:00pm
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Child Watch Hours

Mon-Wed	8:00am-11:00am
Mon-Fri	3:30pm-8:00pm

Building and Maintenance Closings

Independence Day -July 4th: Open Holiday Schedule

Labor Day -September 6th: Open Holiday Schedule

Holiday Schedule hours are 8:00am-5:00pm and No Classes are offered.

Maintenance Closings

June 20-27 POOL CLOSED

YMCA MISSION

The Mission of the YMCA of the USA is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

***Joseph A. Lowe Outdoor Center
Fort Pond, Lancaster, MA***

*Acres of woodland and fields
Sandy beach with lifeguard on duty
Canoes
Picnic area with grills and tables
Spacious recreation hall
Changing rooms and bathroom facilities*

Hours

Saturday & Sunday: 11:00am- 7:00pm

June 26th – Labor Day

The use of Family Camp is included with a Basic Membership.

Non-members can purchase a season family pass for \$100.

Facilities Available for Rental Please Contact: Lenny A. Rivera (978) 537-8477

Youth Swim Instruction

Registration begins June 21st .

Swim Lessons will run for 2 week sessions beginning on

The following dates: **7/5, 7/19, 8/2**

There is a \$12 Youth Membership fee required for all Youth classes. All classes are \$32 per 2 week session.

Infant/Toddler M & W 10:00am - 10:30am

Small Fry M & W 9:00am - 9:30am

Small Fry T & Th 9:00am - 9:30am

Grades 1-6 (Intermediate and above) M & W 9:30am-10:00am

Grades 1-6 (Beginner) T & Th 9:30am-10:00am

There will be a recreational swim for all class participants

Friday 9:00am-10:00am

Adult Swim Instruction

Registration begins June 21st .

Adult instruction will be held once a week for 4 weeks.

Classes begin on 7/7 & 8/4

Wednesdays 8:00pm- 8:30pm. Members \$28.

Non-members \$40.

Karate

Dates and Times Subject to Change

Registration begins June 21st. Lessons are held once a Week for 4 weeks beginning 7/10 and 8/7.

Youth Saturday 8:00am-9:00am. \$24 per month.

There is a \$12 youth membership fee required for all Youth Classes.

Adult Saturday 9:00am-10:00am.

Members \$28. Non-members \$40.

Online Registration

Online registration is available for all classes.

Go to www.montymca.org for details.

YMCA Aquatic Programs

Infant/Toddler Swim: Ages 6 months through 36 months, with parent. This class is designed for the parent to learn the necessary skills to teach their young child to be comfortable and have fun in the water.

Small Fry Swim: Ages 3-5 years, without parent. This is a more structured class where the instructor teaches specific swimming skills and appreciation for water safety and begins to develop the participants swimming strength and security. The emphasis will be on skills taught at the Pikes and Eels levels.

Grades 1-6 Instruction: Children in grades 1-6 in the Fall of 2010. This class is based on the National YMCA Swim Lesson Program which offers a progression of skills from beginner to advance. There is an emphasis on water safety and awareness.

Beginner: For those who have little or no swimming skills or are just beginning to learn specific strokes.

Intermediate and Above: For those swimmers who have already learned the basic crawl and back strokes and want to improve those and learn new skills.

Adult Swim Instruction: All teenagers or adults who wish to learn to swim or improve their current swimming skills. Small classes make individual instruction possible.

Scuba: Contact Andy's Sport Shop for information: (978)343-6330

Swimnastics: This is a water exercise class consisting of warm-ups, upper and lower body conditioning and an aerobic fitness component, followed by a cool-down period.

Swim Team: A year round competitive team for boys and girls ages 6-18. Contact Debbie Finch at (978)343-4847 x 210.

Fitness Classes

All Fitness Classes are free with membership.

Absolutely Abs: Intense abdominal exercises for core muscle strength and toned abs.

Fit Camp: Burn off fat and build muscle with a series of military type boot camp drills. Take each drill to your own personal level of fitness.

Belly Dancing: Get fit without even knowing you're exercising! This Middle Eastern art form is great for loosening and lengthening the spine, getting in shape before and after pregnancy and developing poise. Instructor Judith Sayegh, known professionally as Shazar, has been belly dancing for 40 years.

Group Cycling: An exciting fitness and athletic training program conducted on stationary cycles using a variety of music. A non-impact aerobic & anaerobic workout to achieve cardio conditioning and to burn maximum amount of calories.

Cardio Kickboxing: High intensity workout using all major muscle groups combining kicks, punches and Martial Arts moves.

Power Pump/Sculpt: Tone and sculpt in this conditioning class, using a variety of equipment (dumbbells, barbells, body bar, exercise tubing, and stability balls). A great strength workout with extreme results.

Adults on the Move: A fun total-conditioning workout. Aerobics, balance, toning and stretching all done to big band music. A fitness class for those who know it is never too late to be fit!

Silver Sneakers, Muscle Strength: Move through a variety of exercise designed to increase muscular strength, range of movement, and skills required during activities for daily living (ADL's). A chair is used for seated or standing support.

Step Kickboxing: Step aerobics with kickboxing moves for a maximum cardiovascular workout.

Step & Tone: A combination of step aerobics, strength training exercises, and cool down stretches.

Swimnastics: Water exercises and conditioning program. Especially great for seniors.

Family Water Aerobics: Bring the family together and enjoy a structured aerobics program in the water. This class is geared towards children over 8 years of age and parents must be present in the pool.

Zumba: Eliminate the “work” from “working out” by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves, using a unique intermittent training format.

YOGA

*Note: Our Yoga classes are designed to condition you progressively and should be taken the order given, beginning with “Introduction to Yoga”.

- 1. Introduction to Yoga:** For new students or those who would like a refresher class. Students will learn basic poses with an emphasis on alignment and proper breathing.
- 2. Gentle Yoga:** Gentle Yoga combines postures with movement to increase range of motion, flexibility, and balance. Breathing and relaxation techniques are demonstrated. Great for seniors, beginners, and those with limited disabilities.
- 3. Inner Strength Yoga:** A moderately-paced class for students with previous Yoga experience. Students will be led into various postures that will increase strength, balance, and flexibility.
- 4. Pilates:** A more advanced style of YOGA. Participants will learn a series of pilates mat exercises that are designed to improve muscle strength and flexibility. A great ab workout!

ALL ANNUAL MEMBERSHIPS EXPIRE 1 YEAR FROM THE DATE OF
PURCHASE

<u>TYPE OF MEMBERSHIP</u>	<u>*DRAFT</u>
ADULT	\$35.00
ADULT/WHC	51.00
ADULT/MHC	62.00
YOUNG ADULT (17-22 YEARS) / SR. CITIZEN (62+ YEARS)	22.00
YOUNG ADULT / SR. CITIZEN W/WHC	38.00
YOUNG ADULT / SR. CITIZEN W/MHC	50.00
SINGLE PARENT FAMILY (INCLUDES CHILDREN 18 & UNDER)	37.00
SINGLE PARENT FAMILY W/WHC	53.00
SINGLE PARENT FAMILY W/MHC	65.00
FAMILY (INCLUDES CHILDREN 18 & UNDER)	57.00
FAMILY W/WHC	73.00
FAMILY W/MHC	84.00
FAMILY W/WHC & MHC	100.00
SENIOR CITIZEN FAMILY (BOTH 62 + YEARS)	36.00
SENIOR CITIZEN FAMILY W/WHC	52.00
SENIOR CITIZEN FAMILY W/MHC	63.00
SENIOR CITIZEN FAMILY W/WHC & MHC	79.00

		<u>GUEST FEES</u>	
ONE MONTH ADULT (AGE 17 & OLDER)	\$51.00	ADULT	\$7.00
JUNIOR (13 – 16 YEARS OLD) PER YEAR	\$41.00	SR. CITIZEN	7.00
JUNIOR PLUS (13 – 16 YEARS OLD) PER YEAR	\$117.00	YG ADULT	7.00
YOUTH (0-12 YEARS OLD) PER YEAR	\$12.00	FAMILY	10.00
YEARLY BASKET RENTAL (MHC & WHC ONLY)	\$30.00	AWAY	4.00
LOST MEMBERSHIP CARD FEE	\$5.00	ADD \$4.00 PER PERSON	
LOST HEALTH CLUB KEY FEE	\$5.00	FOR HEALTH CLUB GUEST	
		FEE-FOR YMCA MEMBERS	
		ONLY	
		JUNIOR/YOUTH	\$1.00

***\$25 PROCESSING FEE REQUIRED – DRAFT MEMBERSHIP**
\$140 – 3 MONTH MEMBERSHIP

SUMMER 2010 GYM SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
5:30 – 7:00 AM														
7:00 – 7:30	Adult Basketball	Y Program	Y Program	Y Program	Y Program	Y Program	Teen Time							
7:30 – 8:00														
8:00 – 8:30														
8:30 – 9:00														
9:00 – 9:30														
9:30 – 10:00														
10:00 – 10:30														
10:30 – 11:00														
11:00 – 11:30														
11:30 – 12:00														
12:00 – 12:30	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Family Gym							
12:30 – 1:00														
1:00 – 1:30														
1:30 – 2:00														
2:00 – 2:30														
2:30 – 3:00														
3:00 – 3:30														
3:30 – 4:00														
4:00 – 4:30														
4:30 – 5:00														
5:00 – 5:30	Adult Basketball	Teen Basketball League	Teen Basketball League	Teen Basketball League	Teen Basketball League	Teen Time								
5:30 – 6:00														
6:00 – 6:30														
6:30 – 7:00														
7:00 – 7:30														
8:00 – 8:30								Adult Basketball						
8:30 – 9:00														
9:00 – 9:30														

SUMMER 2010 POOL SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
5:30 – 7:00 AM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim							
7:00 – 7:30														
7:30 – 8:00														
8:00 – 8:30														
8:30 – 9:00														
9:00 – 9:30								Small Fry	Small Fry	Small Fry	Small Fry	Rec. Swim for Instr. classes		
9:30 – 10:00								Gr 1-6 Instruction	Gr 1-6 Instruction	Gr 1-6 Instruction	Gr 1-6 Instruction			
10:00 – 10:30								Inf/Toddler	Y – Program	Inf/Toddler	Y-Program			
10:30 – 11:00								Swimnastics	Swimnastics	Swimnastics	Swimnastics	Swimnastics	Swimnastics	Youth and Teen Swim
11:00 – 11:30														
11:30 – 12:00	Family Swim	Youth & Teen Swim	Youth & Teen Swim	Youth & Teen Swim	Youth & Teen Swim	Youth & Teen Swim	Family Swim							
12:00 – 12:30														
12:30 – 1:00														
1:00 – 1:30														
1:30 – 2:00														
2:00 – 2:30														
2:30 – 3:00														
3:00 – 3:30														
3:30 – 4:00														
4:00 – 4:30								Adult Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Swim
4:30 – 5:00														
5:00 – 5:30														
5:30 – 6:00	Family Swim	Family Water Aerobics	Family Swim	Family Water Aerobics	Family Swim									
6:00 – 6:30														
6:30 – 7:00	Family Lap Swim	Family Lap Swim	Family Lap Swim	Family Lap Swim	Family Lap Swim									
7:00 – 7:30														
7:30 – 8:00	Adult Masters Swim	Scuba	Adult Instruction	Adult Masters Swim	Adult Masters Swim									
8:00 – 8:30														
8:30 – 9:00						Adult Masters Swim								
9:00 – 9:30 PM														

Fitness Class Schedule Summer 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM	Group Cycling Gail	Power Sculpt Marisa		Power Pump Gail	Group Cycling Marisa	
7:05AM						Group Cycling Jenn
8:00AM	8:15 Power Pump Jenn		8:15 Power Pump Hidee		Gentle Yoga Sue	
9:00AM		Adults On the Move Anya		Adults On the Move Anya		
9:15AM	Silver Sneakers® Amy		Silver Sneakers® Hidee		Silver Sneakers® Sue	
10:30AM	Swimnastics Amy	Swimnastics Anya	Swimnastics Amy	Swimnastics Anya	Swimnastics Amy	
12:05AM	Power Sculpt Anya		Power Sculpt Jenn	Belly Dancing Shazar (TBA)	Power Pump Jenn	
1:00PM		Pilates Jenn		Pilates Amy		
5:30PM	ABSolutely Abs (15 min) Cheryl	ABSolutely Abs (25 min) Gail	ABSolutely Abs (15 min) Cheryl	ABSolutely Abs (25 min) Gail	ABSolutely Abs (15 min) Cheryl	
		Family Water Aerobics Anya		Family Water Aerobics Amy		
6:00PM	Step & Tone Cheryl	Intro To Yoga Gail	Step Kickboxing Cheryl	Inner Strength Yoga Gail	Zumba Cheryl	
	Group Cycling Gail		Group Cycling Jenn		Group Cycling Karen	
7:05PM	Y Be Fit Gail Registration required	Cardio Kickboxing Anya	Zumba Cheryl	Y Be Fit (In the Gym) Jenn Registration required		

All Fitness classes are subject to change. Classes are suitable for all levels, check with our instructor. Classes with fewer than 2 participants are held at the discretion of the instructor.