



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**MOUNT VERNON FAMILY YMCA**

20 South Second Avenue  
Mount Vernon, NY 10550  
(914) 668-4041  
www.ymca-cnw.org

Non-Profit  
U.S. Postage  
**PAID**  
White Plains, NY  
Permit No. 76



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MOUNT VERNON FAMILY YMCA

2011 WINTER/SPRING PROGRAM GUIDE



20 South Second Ave., Mount Vernon, New York 10605 | (914) 668-4041

## OUR MISSION

The YMCA of Central and Northern Westchester is committed to youth development, healthy living and social responsibility. It is a charitable, not-for-profit organization that welcomes all people regardless of age, race, religion or economic status and strives to enrich each and every life through a unique, dynamic combination of programs that strengthens spirit, mind and body.

### HOURS OF OPERATION

Monday—Friday 7:00am—9:00pm  
 Saturday—8:00am—6:00pm  
 Sundays—Closed

### FACILITY CLOSINGS

Easter Sunday 4/21/11  
 Labor Day 9/5/11  
 Christmas 12/25/11  
**Holiday limited hours: (4:00 closing)**  
 Christmas Eve 12/24/11  
 New Eve's 12/31/11

### Inclément Weather

For program cancellations contact the Membership Service Desk at (914) 668-4041. Cancellations and YMCA closings due to weather conditions will be announced over radio stations 100.7 FM, 104.7 FM and 1260 AM.

### REGISTRATION PROCESS

Registration begins 2 weeks prior to the new session. Each class has its own registration fee due at time of sign-up unless indicated, program fees are for eight weeks of classes. The eighth week is reserved for make-ups or "bring a friend" to class. The Health Proxy must be completed and returned for all sports related activities.

### FACILITY FEATURES

- GROUP EXERCISE CLASSES
- GYMNASIUM
- POOL/LAP SWIM
- LOCKER ROOMS
- SAUNA
- SPORTS PROGRAMS
- LEARN TO SWIM PROGRAMS
- CHILD CARE CENTER
- UNIVERSAL PRE-K
- AFTER SCHOOL PROGRAMS
- SUMMER CAMP
- VACATION CAMPS

### PROFESSIONAL DEPARTMENTS

**Kim Waldon** Extension 134  
 Senior Director of Operations

**Kyna Caines** Extension 121  
 Membership & Billing Coordinator

**Judith Harley** Extension 131  
 Child Care Director

**Janelle Parker** Extension 133  
 Aquatics Director

**Tim Burns** Extension 127  
 Residence Director

**William Caines**  
 Facility Director

### BOARD OF DIRECTORS

Lynn Claye, PhD, Chair  
 Diane Atkins  
 Derrick Claye  
 Oscar Davis  
 James Duncan  
 Edna Edwards  
 Nichelle Johnson  
 Diane Munro  
 Frank Pace  
 Maiysha Warren  
 Curtis Woods, P.E.

### ANNUAL MEMBERSHIP FEES

Youth Membership (17 yrs old & under): \$50.00  
 Adult Membership (18 yrs old and older): \$65.00  
 The Membership Fee is required to attend all programs and is non - refundable.

### REFUND POLICY

Refunds are approved when a child/adult cannot continue attending the class for a medical reason. A doctor's note must be presented.  
 For any other reasons a credit will be issued that must be used within 2 Sessions.

### YMCA STRONG KIDS CAMPAIGN DID YOU KNOW...

For over 100 years, the Mount Vernon YMCA has been meeting the myriad needs of our communities' children and families. At the YMCA kids can be kids, and everyone is welcome to take part.

Through our programs, families have opportunities to connect and grow together.

We provide a safe environment with trained and caring staff where families can grow in spirit, mind and body. But, we need your donations so we can offer these services to children and families regardless of the ability to pay.



### UPCOMING COMMUNITY EVENTS HEALTHY KIDS DAY

**Saturday, April 16, 2011**

Join us at the Y for this fun-filled day which focuses on healthy living. There will be all sorts of great activities and crafts for children. This event is open to the community

### FALL FUNDRAISER

Look for more information about our Fall event—a "not to be missed" gala!

## HELP US REACH OUR GOAL! \$15,000



It is our goal to never turn away anyone seeking financial assistance. Please partner with us by contributing to our Strong Kid's Campaign:

GIFT	IMPACT
\$110	Pays for one session of basketball
\$275	Sends a child to camp for a week
\$584	Sends a child to afterschool care for a month
\$1,039	Sends a child to preschool for a month

You can donate online, by mail, by phone, or in person at the Member Service Desk. All donations are tax deductible. Donors will receive a special thank you letter and receipt.



**FOR MORE  
 INFORMATION  
 SEE OUR WEBSITE AT  
 WWW.YMCA-CNW.ORG  
 OR CALL  
 (914) 668-4041.**

## CHILD CARE

This is an all year program.  
Program Cost: \$1,039.00 a month  
Financial Assistance is available

Young children will thrive in our nurturing and active program. Activities include swimming, gym, centers, crafts and learning through play.

Children will receive breakfast, lunch, and snack.  
**Ages 2.9 – 3.9 years old (fully potty trained).**

Monday-Friday 7am-7pm

## UPK

September 2010-June 2011

Program Cost: Free  
Children will be taught by a NYS Certified Teacher in our new learning annex just down the block from our main facility. **Age 4 years old (must be 4 before December 2010). Free Transportation.**

Monday-Friday  
Morning Session: 9am - 11:30am  
Afternoon Session: 12pm - 2:30pm

## UPK EXT. 1

September 2010-June 2011

Program Cost: \$779.00 a month  
Age 4 years old (must be 4 before December 2010)  
Children will receive lunch and a snack.

Monday-Friday: 11:30am-7pm

*We follow the Mount Vernon school district calendar, so when schools are closed UPK and UPK Ext. 1 are closed as well*

## AFTERSCHOOL

September 2010-June 2011

Program Cost: \$584.00 for 5-12 year olds

Working parents can enjoy peace of mind while their children engage in positive after school activities at the YMCA. Children will receive a snack and will be given ample time to do homework. Active play in our gym or outdoor playground is scheduled everyday. Swimming arts and crafts and literacy are also included in the program.

Monday-Friday: 3pm-7pm  
Ages 5-12 years old

**Financial Assistance is available**

## KEEP IN MIND

### VACATION DAYS

These days are offered on most days the Mount Vernon school district is closed during the year.

Information and applications regarding these days will be available prior to the date.

### LATE FEES

A late fee of \$1.00 per minute per child will be charged. Payment is due at time of pickup.



## SUMMER CAMPS

At our YMCA Day Camps kids experience the power of a positive mentor, the confidence that comes from trying...and succeeding, and the importance of healthy, long-lasting friendships.

### KINDERCAM

Program provides a child oriented, developmentally appropriate schedule that helps children learn through play and exploration of their environment. Campers are lead by highly trained and caring professionals. Some activities campers will enjoy are swim lessons, arts and crafts, music, local field trips and outdoor play. **Ages 3 – 5.**

### DAY CAMP

Make memories to last a life time with our traditional Day Camp. There will be themed weeks. Campers will enjoy field trips as well as in-house activities, swimming, outdoor play and much more. **Ages 6 – 12.**



## FINANCIAL ASSISTANCE

**NOTE:** All of the programs below have different eligibility requirements and deadlines. It is important to apply early and provide all of the required documents in a timely manner to the respective agency.

**1199:** Please check with your company to see if they offer child care subsidies through this program.

**CHILD CARE COUNCIL:** Call (914) 761-3456 for more information about this subsidy.

**DEPARTMENT OF SOCIAL SERVICES (DSS):** Child Care subsidies based on income are offered by this Department. Please call (914) 995-6522 for more information.

**YMCA SCHOLARSHIPS:** The YMCA has funds for scholarship available. These scholarships are awarded on a sliding scale according to income. For more information please contact Kim Waldon at ext. 134.

## PHYSICAL

### KARATE

Program Cost: \$100.00 per session

Karate is based on harmony and discipline. This program involves an intense physical workout, so come prepared to work hard! We guarantee you will love the results. **For boys and girls ages 4-15.**

Saturdays 9am-10:30am Advanced Class

10:30am-12pm Beginner Class

Instructed by: Albert White



### SOCCER

Program Cost: \$100.00 per session

This class is designed to teach participants who will have fun learning the fundamentals of soccer. Soccer rules and regulations, dribbling, shooting, passing, and defense will be taught in stations and scrimmage games. **For boys and girls ages 6-12.**

Saturdays at 12pm-1:30pm

Instructed by: Michael Marshall & Richard Baxter

### DANCE CREATIVE MOVEMENT CLASS

Program Cost: \$80.00

Youth will explore simple movement exercises through games, songs, and role-play with the emphasis on strengthening body coordination, learning the dance vocabulary, and building movement skills. **4-5 yrs old.**

Saturdays at 1:30pm-2:15pm

### MODERN TECHNIQUE CLASS

Program Cost: \$80.00 per session

Based on the technique devised by modern dance pioneer Lester Horton, young people will be introduced to this technique through warm-ups, traveling exercises and simple dance combinations. **6-8 yrs old.**

Saturdays at 2:15pm-3pm.

Instructed by: Kimberly Jones

## BASKETBALL

### YOUTH BASKETBALL LEAGUE

Inquire with the membership office for fee and schedule.

### KIDDIE BASKETBALL

Program Cost: \$100.00 per 8 week session

This class is designed to teach the fundamentals of basketball in a fun but disciplined way. Participants will learn rules and regulations, dribbling, shooting, passing and defense, and finish with a scrimmage game. **For boys and girls ages 6-8.**

Saturdays at 1:30pm-2:30pm



### BIDDY BASKETBALL

Program Cost: \$110.00 per 8 week session

Learn the fundamentals of basketball: dribbling, shooting, passing, offense and defense. Guest Speakers, scrimmage games, spring and fall YMCA Tournaments will all be a part of the fun and excitement. **For boys and girls ages 9-11.**

Saturdays at 2:30pm-4:00pm

### YOUTH BASKETBALL

Program Cost: \$110.00 per session

Learn the various concepts of basketball: rules & regulations, emphasis on skills development & technique, physical conditioning, offensive & defensive plays. A scrimmage game will follow each clinic. Spring & Fall YMCA Tournaments. A traveling team will be selected.

**For boys and girls ages 12-14.**

Saturdays at 4pm-6pm.

### WINTER TOURNAMENTS

Participants are assigned to a coach and team according to their age and skill. It is recommended that children participate in the basketball clinic before the tournament season.

Coaches & Instructors (staff & volunteers): Bryan Brown, Charles Cowan, Cleatis Moore, Lorenzo Thomas, & Rodney Swain



## GENERAL SWIM LESSONS

### LAP SWIM

Lanes are set aside for members to lap swim for exercise. Non-swimmer friendly. **Ages 18 and older.**

### FAMILY SWIM

Families can have fun & exercise. Children under 6 years of age must be accompanied by an adult in the water.

### ADULT BEGINNER LESSON

Overcome fears as you learn independent swimming skills. **Ages 16 and older.**

### ADULT INTERMEDIATE LESSON

Class is designed to develop strokes and build endurance. **Ages 16 and older.**

## YOUTH

### S.K.I.P.P.E.R.S.

Program Cost: \$105 per session

Swim lessons are 30 minutes long  
Swim caps are required. **Ages 3-5 years old.**

### SHRIMP & KIPPERS, INIA & PERCH

A water education program that involves parent participation to promote pool safety and water acclimation. Parents assist in guiding the child through activities and games that teach kicking, paddling, and water entry/exit. **Ages 6 - 36 Months.**

Saturday, 12:30 - 1:00 PM

### PIKE

Intro to basic swimming skills. For children with little or no water experience. Students are taught how to flutter kick, blow bubbles, and coordinate arm and leg motions. **Ages 3 - 5 Years.**

Tuesday - Thursday, 6:30 - 7:00 PM

Friday, 6:15 - 6:45 PM

Saturday, 11:30 - 12:00 PM, 12:00 - 12:30 PM  
12:30 - 1:00 PM



### EEL

This course is a continuation of basic swim development & skills. For children with a sense of comfort in the water, students are taught to paddle pool length on front, back, and side with float belt. Students work toward swimming short distances without a float belt. **Ages 3 - 5 Years.**

Tuesday - Thursday, 6:30 - 7:00 PM

Friday, 6:15 - 6:45 PM

Saturday, 11:30 - 12:00 PM, 12:00 - 12:30 PM

### RAY

For children with the ability to swim strongly without the use of a float belt. Students are taught the front crawl with rotary breathing, backstroke with alternating and symmetrical paddle, and treading water. **Ages 3 - 5 Years.**

Wednesday - Thursday, 6:30 - 7:00 PM

Friday, 6:15 - 6:45 PM

Saturday, 11:30 - 12:00 PM, 12:00 - 12:30 PM

### STARFISH

An advanced course for students with ability to swim pool length independently on their front and back. Children are encouraged to swim 25 yards using backstroke and front crawl with rotary breathing. **Ages 3 - 5 Years.**

Wednesday - Thursday, 6:30 - 7:00 PM

Saturday, 11:30 - 12:00 PM

### PROGRESSIVE

Program Cost: \$105 per session

Swim lessons are 45 minutes long  
Swim caps are required. **Ages 6-12 years.**

### POLLIWOG I & II

A course for new and beginner swimmers, students are introduced to basic swimming skills with a focus of increasing comfort in the water. They are taught proper kick, arm motions, bobbing, and front paddle. Children must be able to swim 20 yards using basic movements without assistance to progress to the next level. **Ages 6 - 12 years.**

See Posted Schedule

### GUPPY

This course continues to develop front crawl techniques. Students progress to using rotary breathing and develop backstroke skills. Breaststroke is also introduced in this course. **Ages 6 - 12 years.**

Monday, 6:15 - 7:00 PM

Wednesday, 5:45 - 6:30 PM

Saturday, 9:15 - 10:00 AM, 10:00 - 10:45 AM,  
10:45 - 11:30 AM



### MINNOW

This course is designed for students able to swim 40 yards front crawl with rotary breathing and tread water for 2 minutes. Students refine backstroke, front crawl, and breaststroke techniques. Dolphin kick is introduced. **Ages 6 - 12 years.**

Wednesday, 5:00 - 5:45 PM, 5:45 - 6:30 PM

Friday, 5:30 - 6:15 PM

Saturday, 10:00 - 10:45 AM

### FISH

Students must be able to perform freestyle, backstroke, and breaststroke without assistance. Students are encouraged to swim 80 yards of each stroke without stopping. Course also focuses on developing the butterfly. **Ages 6 - 12 years.**

Wednesday, 5:00 - 5:45 PM

Friday, 5:30 - 6:15 PM

Saturday, 10:00 - 10:45 AM

### FLYING FISH

This course is for advance swimmers. Students continue to perfect all four strokes. Course focuses on increasing endurance without compromising proper technique. Students are introduced to open and flip turns. **Ages 6 - 12 years.**

Wednesday, 5:00 - 5:45 PM

Friday, 5:30 - 6:15 PM

Saturday, 10:00 - 10:45 AM

### SHARK

Swimmers must exhibit excellent skills in all strokes. Students continue to refine turns and are encouraged to swim 100+ yards and individual medley.

**Ages 6 - 12 years.**

Friday, 5:30 - 6:15 PM

### PORPOISE

The most advanced swimming level course. Students experience more intense and extended swimming workouts. All stroke techniques will be observed.

**Ages 6 - 12 years.**

Friday, 5:30 - 6:15 PM

### GIRL SCOUT SWIMMING BADGE WORKSHOP

This workshop meets all the requirements for Girls Scouts to earn the Swimming Badge. By appointment. **Junior Girls Scouts.**

### COMPETITIVE WATER DRAGON SWIM TEAM

Program Cost: \$750 (September-May)  
\$350 (May-June)

Participants learn the rules, regulations, and techniques of competitive swimming. Develops self-confidence, discipline, speed, and endurance.

**Ages 5-17 years old.**

Coached by: James Mullen

### WHOLE FAMILY PRIVATE SWIM LESSONS

\$30 per lesson

The lessons are ½ hour long. Buy 5 lessons get 1 FREE!

### FAMILY SWIM

\$7.00 per visit per person.

Fridays at 6:45 - 7:45 PM | Saturdays at 3 - 4 PM

### ADULT BEGINNER CLASSES

Program Cost: \$105 per session

Overcome fears as you learn independent swimming skills. Swim caps are required. **Ages 16 & older.**

### INTERMEDIATE CLASSES

Program Cost: \$105.00 per session

Develop your skills and build endurance. Swim caps are required. **Ages 16 & older.**

## WATER EXERCISE

### AQUA JOG

Program Cost: \$105 per session

Enjoy Jogging and body workout without impact. Non-swimmer friendly. **Ages 16 & older.**

### ADULT LAP SWIM

Recreational Swim. **Ages 18 & older.**

Monday - Friday - 12pm - 2pm

Monday, Wednesday, Friday 7am-8:30am

Tuesday & Thursday - 7:30am - 8:30am

Saturday 8am-9:15am

### HINGES & TWINGES

Program Cost: \$50-1 day a week

\$150-3 days a week

Silver Sneaker Participant Cost: \$50-1 day a week

\$100-3 days a week

Water exercise which focuses on joint flexibility. Non-swimmer friendly. **Ages 18 and over.**

Monday, Wednesday, & Friday 8:30am-9:30am

## LIFE SAVING COURSES

### LIFEGUARD PREP

Program Cost: \$100 per session

Teen swim lessons that teach and develop stroke techniques necessary to pass pre-requisites for lifeguarding certification. Students will focus on increasing endurance and strength. Non-swimmer friendly. **Ages 13 years & up.**

### LIFEGUARD/WATERFRONT\*

Program Cost: \$375

All materials are included. Participants must meet the prerequisites: 300 yards breast stroke and freestyle (additional 200 yards for Waterfront courses), 20 yards swim with 10 lb. brick. Participants will receive CPR (valid for 1 year), First Aid, and Lifeguard/Waterfront Certification (valid for 3 years).

### LIFEGUARD RECERTIFICATION

Program Cost: \$110

Participants are responsible for obtaining all materials. This course must take within 1 month of expiration.

Contact Janelle Parker for more information 914-668-4041 ext 133.

## SILVER SNEAKERS FITNESS

### SILVER SNEAKERS® I

#### Muscular Strength & Range of Movement

Program Cost: \$10  
Silver Sneaker Participant Cost: FREE

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 and/or standing support. **(Please see Membership Service Desk for insurances accepted.)**

Instructed by: Pat Mallory  
Monday, Tuesdays, & Thursday at 10am-11am

### SILVER SNEAKERS® II

#### Cardio Circuit

Program Cost: \$10  
Silver Sneaker Participant Cost: FREE

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Instructed by: Pat Mallory  
Wednesday at 10 -11 AM

Contact Ms. Kyna Caines for more information.

## ZUMBA

### "Exercise in Disguise!!"

Non-Members Free:  
\$80.00 per 8 week session OR \$10 per class  
Members Fee: \$64 per 8 weeks OR \$8 per class  
Latin rhythms and easy to follow moves that will blow you away!  
Mondays at 7pm-8pm



## SAFETY COURSES

The following classes are American Red Cross certification courses that are taught by certified instructors. At the end of the class each participant will receive an American Red Cross certification card. This will allow certified members to work in a profession that requires certification such as hospitals, public/private pools, as well as daycare centers. Classes are offered throughout our Fall session. **Participants must stay for the entire course. Upon registering, please specify which course name and date you wish to register for. There is a 25% processing fee if a request for refund is submitted.**

### CPR FOR THE PROFESSIONAL RESCUER

Program Cost: \$90

All materials are included. Participants will receive an American Red Cross certification that is valid for 1 year.

### CPR RENEWAL

Program Cost: \$75

Participants are responsible for obtaining all materials. This course must be taken within 1 month of expiration.

## RENTALS

### ROOM COMBOS

Combo:  
1 hour each-Gym, Pool, Meeting Room \$525  
Gym Combo:  
1 hour each- Gym, Meeting Room \$390  
Pool Combo:  
1 hour each-Pool, Meeting Room \$410  
3 hour minimum required for the following:

### ROOM RENTAL FEES

Upstairs Meeting Room \$125  
Downstairs Meeting Room \$150  
2 hour minimum required for the following:

### GYM ONLY

\$200

### POOL ONLY

\$225 per hour

Price includes 1 lifeguard. There is a \$25 fee for each additional lifeguard needed. The ratio is 1 lifeguard per 25 swimmers.

**Events with an admission fee will be billed an additional hourly rate.**

**Cash or Credit Card is accepted.**

**50% deposit required to reserve date and time.**

**Balance is due 1 week prior to the event.**

**Completed Room Rental Agreement forms are mandatory.**

**ABSOLUTELY NO ALCOHOLIC BEVERAGES PERMITTED.**

## MEMBERSHIP POLICIES

### FULL MEMBERSHIP

Full members, at least 16 years old and in good standing, have access to all facilities according to posted schedules.

### YOUTH GUESTS

17 years and under

- Ages 17 and under must be accompanied by a member or paid adult guest.

### MEMBERSHIP CARDS & ACCESS

- All full members must have their photo taken when the membership card is issued.
- All full members must present their membership ID card to be scanned upon entering the facility.
- Program participants must present their program card for the programs in which they are registered.

### GUEST A.W.A.Y. PROGRAM

Visiting YMCA members wishing to use our facility are welcome. You are eligible for up to 5 free visits, the A.W.A.Y. member shall pay ½ of our guest rate. A valid membership ID from your respective YMCA must be presented upon each visit.

### PRIVACY STATEMENT

The YMCA of Central and Northern Westchester is committed to protecting the privacy of its members, program participants and guests. All information provided is for internal use only.

## MEMBERS CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guest. In order to ensure the safety and comfort for all, we ask individuals to act appropriately and respect the rights and dignity of others at all times while in the facility or participating in YMCA program(s).

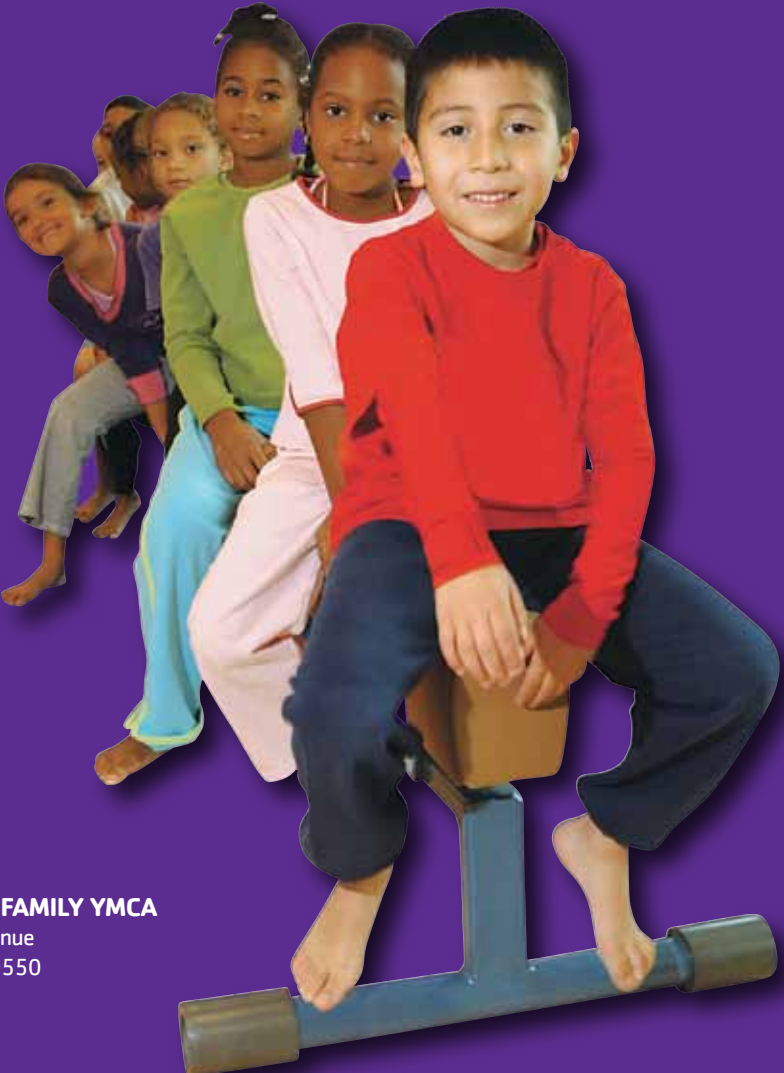
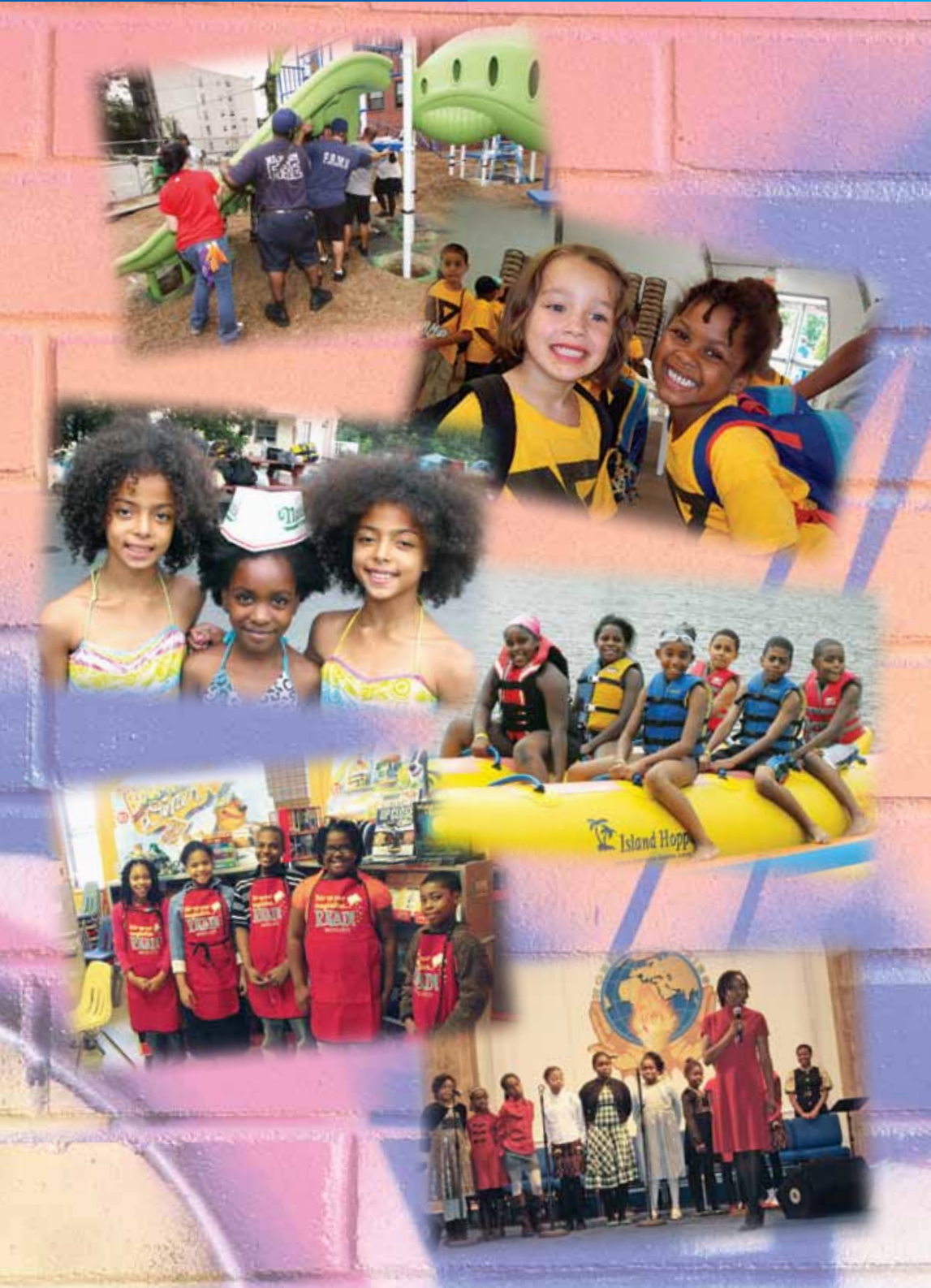
We expect any person who uses the YMCA to behave in a mature and responsible manner and to respect the rights and dignity of others. Our Code of conduct does not permit language or actions that can hurt or frighten others or falls below a generally accepted standard of conduct.

### Specifically, this includes, but is not limited to:

- Angry or vulgar language including swearing, name calling and shouting.
- Use of, or under the influence of, alcohol or any controlled substance.
- Physical contact with another person in an angry or threatening way.
- Any demonstration of sexual activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language, stalking, or any other menacing behavior.
- Behavior which intends to, or results in, theft or destruction of property.
- Carrying or concealing any weapons or devices that may be used as weapons.
- Promoting any business, event or activity without written permission of the YMCA.



# ALWAYS HERE FOR OUR COMMUNITY



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