

## SETTING GOALS AND GETTING STARTED FITNESS FACILITIES AND WELLNESS GUIDANCE

### FITNESS CENTER

**Ages 16 & up**

Our Fitness Center is equipped with cardiovascular machines, free weights, circuit machines and stability balls. Our staff will instruct you on proper use of the equipment and facility. An orientation for both the cardiovascular and resistance equipment is included with your membership and is strongly encouraged. Please stop by the Fitness Center to make an appointment. **FITNESS CENTER HOURS are the SAME as Facility Hours.**

### FREESTYLE FITNESS ZONE

**Ages 12 & up (8 & up with adult)**

Our Freestyle Fitness Zone is located on the first floor and features TRX equipment, medicine balls, ropes and kettlebells for those who want to try "functional" exercises designed to mimic real life movements. Members use their own weight bearing ability to get into the "zone" of a vigorous workout that includes cardio, endurance, flexibility and strength. View times of daily free 15 minute micro lessons at [www.ryeymca.org](http://www.ryeymca.org) **FREESTYLE FITNESS ZONE HOURS are the SAME as Facility Hours.**

### GYMNASIUM

The full size gymnasium is available for adult basketball, volleyball & soccer as well as youth gymnastics, and sports. A gym schedule with open gym times is available at [www.ryeymca.org](http://www.ryeymca.org) or at the Member Services Desk.

### POOLS

The 6 lane Brookside Pool and the warmer 4 lane Pa Cope Pool are available for member lap swim, swim instruction and aqua exercise classes.\*

### GROUP EXERCISE – Ages 16 & up

The Group Exercise Studio is the site of dozens of classes (included in membership) ranging from Yoga to Group Active to Zumba.\*

### WAINWRIGHT HOUSE – Ages 16 & up

Rye Y Members can enjoy additional free group classes at the Wainwright House Yoga Center at 260 Stuyvesant Avenue, Rye.\*  
\*Classes are held in a renovated carriage house with ample parking.

### SPINNING – Ages 16 & up

Daily classes (included in membership) are held in the spinning studio.\*

### RACQUETBALL

Court reservations are accepted two days in advance via phone or in person for members only. (1/2 hour per person) 1 hour max. Please call ahead to cancel. We strongly recommend eye protection.

**\*Schedules of class times available at [www.ryeymca.org](http://www.ryeymca.org) or the Member Services Desk.**

### THE ROADMAP (ON LAND OR IN THE WATER)

**Personal Guidance without the personal trainer or private swim coach**

**Ages 16+**

So you have goals, but you do not know how to reach them...The Roadmap will help. During one 90-minute session, a certified trainer or certified swim coach will discuss and help you create SMART (Specific, Measurable, Attainable, Relevant, Time-Specific) goals. You will be provided with a month-long workout program exclusively devoted to your goals and fitness levels.

**\$50 per 90-minute session (Members only)**

**NO ONLINE  
REGISTRATION**

### WEIGHT LOSS 101

Ever wonder why you are working out and not achieving your fitness goals? Come and learn how to eat healthy with a certified sports nutrition specialist. Meal plan provided.

**Tuesdays: 6:00pm-6:30pm in Member Lounge**



**4 week session: Member: \$150; Non-Member: \$250**

**9 week session: Member: \$300; Non-Member: \$400**

**4 weeks + 2 hrs Personal Training with trainer of choice  
Member: \$300; Non-Member: \$400**

**9 weeks + 9 hrs Personal Training with trainer of choice**

### READY, SET, GO FIT – GOAL ORIENTED FITNESS

**A 12 week program designed for anyone looking for help in reaching their health and fitness goals.**

Features:

- 1:1 counseling session to help participants establish their goal prior to the start of the program
- Participants will receive a copy of the book, "Food Rules" by Michael Pollan and a Ready, Set GO FIT! T-shirt
- 12 meetings focused on group support, education (topics on leading a healthy lifestyle) and participating in a short yet effective group workout
- Weekly email blasts with workout ideas and nutrition tips
- Anyone who attends the first four meetings will receive a free personal training session to be used anytime during the 12-week program.

**Dates will be announced.**

**A morning session and evening session will be available  
10:30 am OR 7:00 pm**

**Members Only: \$100**

### HEALTH/MEDICAL RECOMMENDATIONS

For your own safety, we recommend that you consult with a physician prior to enrolling in an exercise class if one of the following applies to you: female over 45 years old, male over 34 years old, smoker over the age of 30, personal or family history of heart disease, high blood pressure, diabetes or other chronic illness, have had recent surgery, or limited by any musculoskeletal problem. The YMCA reserves the right to require a physician's approval for participation in any activity.

## INDIVIDUAL SUPPORT TO ACHIEVE GREATER WELLBEING PERSONAL & SMALL GROUP TRAINING - FITNESS

We offer customized workout programs for ALL fitness levels. **Beginners:** Trainers can show you how to exercise correctly and help you develop a consistent exercise routine. **Regular exercisers:** Trainers can show you new training techniques or a different exercise program to help challenge you. We offer flexible staff, flexible hours, flexible payment plans.

**NO ONLINE  
REGISTRATION**

### PERSONAL TRAINING

#### Members only - 12 & up

Certified Personal Trainers are available to design and instruct an exercise program to suit your individual goals and needs. Additional fee required. Each session is one hour. **Sessions are good for 6 months after purchase and are not refundable. Membership required. You must cancel 24 hours in advance or you will be charged for the session.**

#### One Hour Personal Training (can not be split into 1/2 hour sessions)

1 session	\$ 75	5 sessions	\$360
3 session	\$220	10 sessions	\$720
Introductory 3-pack purchased within 14 days of joining: \$190			

#### Half Hour Personal Training

1 session	\$ 40	5 session	\$185
3 session	\$ 115	10 session	\$360

### BOXING 101 WITH LARRY

#### Members only - 12 & up

The sport of boxing is second to none with the gains in strength and coordination it provides. Training with Larry will help improve your endurance and flexibility. By the end of 10 sessions you will be able to go a 3 minute round on the pads. Gloves and wraps will be necessary. **You must cancel 24 hours in advance or you will be charged for the session.**

**1 session: \$75    3 sessions: \$220    10 Sessions: \$720**  
Sessions are good for 6 months after purchase and are not refundable.

### ONE-ON-ONE PILATES OR YOGA INSTRUCTION

#### Members only - 12 & up

Certified Yoga and Pilates Mat Science instructors are available on an individual basis for members interested in experiencing these disciplines in more depth or progressing to a higher level. Individualized programs are also suitable for beginners or as an introduction to these exercise modes. Sessions are 45 minutes. **Membership required. You must cancel 24 hours in advance or you will be charged for the session.**

**1 session: \$75    3 sessions: \$220    10 Sessions: \$720**  
Sessions are good for 6 months after purchase and are not refundable.

### HEALTHY BACK TRAINING WITH JOY

#### Members only - 12 & up

Joy Jacobson will help you to improve posture and reduce back pain using core strengthening exercises and the Alexander technique. A personal training program designed for current back sufferers and those who want to avoid becoming one! You will learn to do everything from sitting in a chair to running in a more functional and pain-free way. **You must cancel 24 hours in advance or you will be charged for the session.**

**1 session: \$75    3 sessions: \$220    10 Sessions: \$720**  
Sessions are good for 6 months after purchase and are not refundable.

### SEMI-PRIVATE PERSONAL TRAINING

#### Members only - 12 & up

#### Please note that you must provide the second participant

Personal training for 2 participants simultaneously. Perfect for 2 friends with similar goals, 2 busy teen friends who want to earn their Teen Fitness Passport but have no after school time, or 2 Senior exercise pals who want to learn more. Each session is one hour. **Membership required. Sessions are good for 6 months after purchase and 24 hour cancellation policy is in effect. Fees are per participant.**

#### Co-ed. Ages 12-adult

**1 session: \$45 each (full \$90 due at registration)**  
**3 sessions: \$130 each (full \$260 due at registration)**  
**5 sessions: \$210 each (full \$420 due at registration)**  
**10 sessions: \$420 each (full \$840 due at registration)**



### SMALL GROUP TRAINING - INFORMAL GROUPS:

Groups of 3-5 people can sign up for group personal training, and schedule the training sessions to fit the groups' schedule. Members will be matched up with a trainer, and will schedule their group workouts at times when all are available. Get a group together and train anywhere from 6 times a week for one week, one time a week for 6 weeks, or any other combination that helps your group achieve their goals! All sessions are scheduled prior to the first group workout.

**6 (45 minute) Group Workouts: \$108 per person; 12 (45 minute) Group Workouts: \$206 per person**  
**Payment for all participants due in full at time of registration**

**Please note:** All group workouts are 45-minutes long. There are no make up group workouts. If a participant of the group does not show up, they lose that workout. All group workouts must be completed within 6 months.

## GOOD HEALTH & BUOYANCY

### PRIVATE SWIM LESSONS, AQUATIC PERSONAL & SMALL GROUP TRAINING

#### PRIVATE SWIM LESSONS

One on one instruction from 3 years old through adult (all swimming abilities). Each lesson is 1/2 hour in length. Lessons can be arranged back to back for a one-hour session if desired.

**Member: \$42 per half hour, 4-sessions: \$158;  
6-sessions: \$237; 8-sessions: \$305  
Non-Member (adults only): \$50 per half hour,  
4-sessions: \$198; 6-sessions: \$297; 8-sessions: \$386**

#### SEMI-PRIVATE SWIM LESSONS

For two participants of similar age and ability. You must provide second participant.

**Member: \$31 per half hour per person; 4 sessions: \$115  
6 sessions: \$176; 8 sessions: \$228.  
Non-Member: (adults only) \$41 per half hour per person  
4-sessions: \$159; 6 sessions: \$236, 8 sessions: \$308.**

#### ONE-ON-ONE HYDRO PILATES:

Certified Hydro-Pilates instructors are available on an individual basis for members interested in non-impact strengthening and stretching movements in the pool. Pilates in the water helps develop trunk stabilization, enhances muscle strength, helps correct posture and relieves stress.

**Membership required. Ages 16 & up  
1 session: \$75; 3 sessions: \$220; 5 sessions: \$360;  
10 sessions: \$720**

**All Aquatic Personal Training, private and semi-private lessons: You must cancel 24 hours in advance or you will be charged for the session. If one member of a semi-private lesson does not attend the lesson, the other participant MUST purchase a private swim lesson ticket. Sessions are good for 6 months from date of purchase.**

#### SWIM STROKE CHECK UP

##### Video Stroke Analysis Ages 12 & up

Have you ever had your stroke videotaped and analyzed by a swim coach? Improve your swimming technique with our underwater digital video camera analysis. You will get a breakdown of your stroke mechanics and recommendations for improvement. Above water video will also be shot for a complete picture of your stroke.

##### Private 60-minute session

**Member: \$95; Non-Member: \$120**

#### AQUA EXERCISE PERSONAL TRAINING:

Aquatic training offers advantages one cannot achieve on dry land, regardless of the participant's condition. By combining low-impact aerobics and strength training with the buoyancy of the water, exercisers obtain cardiovascular and muscle toning benefits without straining joints and muscles.

##### Membership required. Ages 16 & up

**1 session: \$75; 3 sessions: \$220; 5 sessions: \$360;  
10 sessions: \$720**



**AQUATIC SMALL GROUP TRAINING: Big results happen in small groups** - Groups of 3-5 people are formed with a trainer who will customize a workout program designed to fit the group's needs. **Groups meet for 45 minutes twice a week.**

**\$108.00 per person for 3-week sessions**      **Call x107 for more information**

**Water Exercise 101:** New to water exercise? This group is designed for the beginner. Learn how to make the water work for your exercise needs. Improve balance, coordination and range of motion, and then graduate into other classes!

**Cardio H2O Circuit:** Work with an Aquatic Personal Trainer to move the water. Get your heart rate moving and work with equipment on various resistance exercises to strengthen your muscles while burning fat and building endurance. All levels of fitness are welcome.

**Deep Water Running:** A class that combines jogging, running, and race walking intervals combined with overall water exercises to target aerobic conditioning with strength training. An excellent alternative to outdoor running.

**Walk, Balance, Stretch and Breathe:** This program will focus on keeping your impact to a minimum with grounded water exercise moves. Focus will be on abdominal core building, balance, coordination, and releasing of muscular and mental tensions.

**Post Rehab H2O:** After physical therapy what's next? Get your body moving in an environment that will build your endurance and strengthen weakened muscles without impact. Gradually move from no impact to minimum impact to a place where you are ready to move back into your old land routine or possibly create an all new routine in the aquatic environment.

## ACHIEVING GOALS TOGETHER

### GROUP WELLNESS, PRE-NATAL & BABY & ME

#### GROUP WELLNESS CLASSES

##### POWER UP

Ages 16+ Women only  
Learn how to working with weights to maximize your metabolism, keep fat off and slow bone density loss. This is not a class to build visible muscle but to tone and to gain strength in both your upper and lower body. 3- 8 participants.

**Monday & Wednesday: 10:30-11:15 am**

**Member: \$165; Non-Member: \$215**

##### POWER UP PLUS

Ages 16+ Women only  
A more intense version of Power Up. A trainer will lead you through different resistance exercises while sneaking in some moderate to high intensity cardio." 3-8 participants.

**Monday & Wednesday: 11:15am-12:00pm**

**Member \$185; Non-member: \$235**

##### FAT BLASTERS

Ages 16+ Designed for people who are looking for weight loss as their primary goal. As a group, you will be constantly moving in order to burn more fat and gain endurance. This group is perfect for people who are just starting out at the gym, or "regulars" who need to switch up their routine! 3-12 participants

**Tuesdays & Thursdays 9:30am-10:15am**

**Member: \$205; Non-member: \$255**

#### BODY, MIND, SPIRIT CLASSES AT THE WAINWRIGHT YOGA CENTER

260 Stuyvesant Avenue, Rye (Included in Membership)  
Ages 16+ Schedule available at [www.ryeymca.org](http://www.ryeymca.org)

**PILATES:** Performed on mats, stretching and isometric contraction to produce a smoother, longer body silhouette.

**YOGA:** Hatha: traditional postures, visualization and meditation. Vinyasa ("power yoga"): active, flowing postures for all levels. Ashtanga: synchronizes breathing with a progressive posture series which detoxifies muscles and organs; Gentle: Basic yoga postures, stretching for all levels. Restorative: Using postures to help still and soothe the mind. Kundalini: An ancient form; breath-generated.

**LIMBERCIZE** (age 62 plus) - see page 40

**Classes are FREE to Rye Y Members**

**Wainwright Member:** 10 class card (60 days)=\$135;

20 class card (90 days)=\$260; Monthly unlimited=\$150

**Non-Member:** 10 class card (60 days)=\$175;

20 class card: \$325;

**Monthly unlimited:** \$195

Class cards must be purchased at the Rye Y.

#### PRE-NATAL/BABY & ME

##### PRENATAL YOGA

Prenatal yoga teaches postures, breath work and meditation techniques appropriate for women in varying stages of pregnancy. It enhances balance, and creates strength and flexibility in the pregnant body, which can help alleviate some of the discomforts of pregnancy and can lead to more ease in labor. Prenatal yoga also provides a sense of community among pregnant women, allowing them to share information, ask questions, and share their journey with others.

**Sunday: 9:30-10:30am**

**Member: \$100; Non-Members: \$150**

##### PRENATAL WATER EXERCISE

During pregnancy, water exercise serves as the most wonderful option to keep your body in shape. A water workout minimizes the risk of injury, enhances your blood flow and helps to tone your lower back and abdominal muscles.

**Monday: 10am-10:45am**

**Member: \$100; Non-Members: \$150**

##### BABY & ME YOGA/PILATES

The class utilizes yoga/pilates postures. Regain core strength and balance while spending quality time with your baby (2 years and under).

**Thursdays: 10:35-11:35am**

**Member: \$100; Non-Members: \$150**

##### PARENT CHILD/YOGA & CREATIVE MOVEMENT

Adult with child ages 5-10 years. See page 24



## FOSTERING CONNECTIONS

### GROUP EXERCISE CLASSES - FITNESS & AQUATICS

#### GROUP EXERCISE CLASSES (INCLUDED IN MEMBERSHIP)

**Ages 16 and up Co-Ed - No registration necessary**

See schedules for times and locations. (available at the Member Services Desk or at [www.ryeymca.org](http://www.ryeymca.org)). Some classes are held at Wainwright House, 260 Stuyvesant Avenue, Rye

**SPINNING** - An indoor cycling experience set to music for all fitness levels - held in Spinning Studio on 1st floor.

**MIX IT** - A class designed to burn calories and sculpt muscles for all levels.

**ZUMBA** - A fusion of Latin and International music-dance themes that tone and sculpt the body.

**MEGA ZUMBA MIX** - A fusion of Latin and International music with weights and cardio intervals.

**BODY BLAST** - A full body workout that will burn calories and define muscle with cardio and weight techniques.

**YOGA** - Stretching postures, breathing techniques and meditation designed to develop strength, flexibility and a feeling of inner peace.

**SUNRISE YOGA** - Great way to start off your morning! An open level Yoga class moving with flowing yoga.

**VINYASA YOGA** - Flowing postures for all levels. Otherwise known as "power yoga."

**POWER FLOW YOGA** - A fast-paced class that encourages alignment, flexibility, balance, strength, and cardiovascular endurance.

**PILATES** - On mats, combines stretching and isometric contraction to produce a smoother, longer body silhouette.

**TOTAL BODY PILATES** - On mats with a focus on mind body exercises for the whole body.

**YOGA/PILATES** - A unique fusion of Yoga and Pilates, experience the best of both techniques!

**POWER HOUR** - Strengthen all your muscles using the body bar and weights along with a fresh mix of abdominal and cardio moves.

**CARDIO STRENGTH TRAINING** - A variety of equipment for sculpting and toning for all different levels.

**CORE AND MORE** - Combining cardio and various core exercises, this class gives you a full body workout.

**CIRCUIT CLASS** - This class offers a combination of cardio and weights using a variety of equipment.

**CARDIO PUMP** - Use weight and aerobic combinations to increase your cardio fitness.

**CORE BLITZ** - Core exercises using weights and body bars with cardio intervals.

**TOTAL BODY WORKS** - Step aerobics, weights and core exercises.

**GROUP ACTIVE** - Increase your cardio fitness, build strength and improve your balance and flexibility.

**GROUP POWER** - A 60 minute barbell program strengthens all your major muscles.

**GROUP STEP** - Utilizing the step in many positions and heights, a 60 minute cardio program strengthens and shapes the lower body.

**CARDIO KICKBOXING - NEW!** Cardiovascular workout with martial arts, boxing, kicks and knee strikes. Uses weights and core strength.

**Member: FREE; Non-Member: N/A**

#### AQUATIC GROUP EXERCISE CLASSES (INCLUDED IN MEMBERSHIP)

**Ages 16 & up Co-Ed - No registration necessary**

Water exercise is safe, effective and fun for all ages and abilities, from the basic beginner to the professional athlete. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Water lends itself to a well-balanced workout that improves all major components of physical fitness: aerobic training, muscular strength and endurance, flexibility and body composition. **Please visit [www.ryeymca.org](http://www.ryeymca.org) or stop by the Member Services Desk for a schedule of classes.**

**AQUACIZE:** A total body workout using shallow water segments with deep end activities to build cardiovascular endurance and enhance muscle tone and flexibility.

**AQUA-JOG:** A deep water class using flotation belts. Easy on the joints. This class incorporates a warm-up, an aerobic workout, toning and cool down. Participants use water resistance equipment to tone and build body strength

**WATER AEROBICS:** A complete body workout that will test your endurance. Water resistance is used to develop your muscle tone, flexibility, cardiovascular fitness and general well-being. Concentrating on both upper and lower body, exercises are taught at a quicker pace to burn calories and increase endurance

**PHYSICALLY CHALLENGED:** The Rye Association for the Handicapped and the Rye YMCA work together to provide an adult exercise and swimming program for the physically challenged and for those with permanent physical disabilities. For more information, please contact: Rye Handicapped Association at 914-462-1121

**Member: FREE; Non-Member: N/A**

## GAINING SKILLS & ENDURANCE

### ADULT SWIM INSTRUCTION & TRAINING

#### ADULT SWIM INSTRUCTION

Have you always wanted to learn to swim or improve your strokes? JUST DO IT!!! These 9-week classes are geared to various swimming abilities. Bring swim suit, goggles and bathing cap. **Classes in Pa Cope Pool.**

**Beginner:** This class is for the non-swimmer who wishes to conquer their fear of water, and achieve comfort and movement in the water. You will learn how to be at ease and calm in the water. You will learn how to put your face in the water HAPPILY, and float on your front and back with balance. You will learn how to get air, and move from here to there in the water. You will learn how to let the deep water hold you up, and will jump into the deep end if you are ready! Once you are comfortable and in control in water, you will begin to learn basic front crawl (freestyle).

**Sunday: 9:00-9:45 am**

**Member: \$132; Non-Member: \$174**

**Advanced Beginner:** This class is for adults who are comfortable in deep water. The class teaches the front crawl, treading water and survival float.

**Sunday- 8:15-9:00 am**

**Member: \$132; Non-Member: \$174**

**Intermediate:** This class further develops the front crawl, treading water and survival float. Back crawl is introduced. Monday and/or Wednesday: 7:00-8:00 am

#### ONE DAY OPTION:

**Monday: 7:00-8:00 am**

**Member: \$179; Non-Member: \$231**

#### TWO DAY OPTION:

**Mon. & Wed.: 7:00-8:00 am**

**Member: \$315; Non-Member: \$395**

**Advanced Instructional:** This class further develops endurance, improves freestyle and backstroke technique, and introduces new strokes and turns. Emphasis is on building endurance for longer distance swims. Participants in the advanced class can opt for swimming one day per week or register for both days.

#### ONE DAY OPTION:

**Friday: 7:00-8:00 am**

**Member: \$179; Non-Member: \$231**

#### TWO DAY OPTION:

**Wed & Fri: 7:00-8:00 am**

**Member: \$315; Non-Member: \$395**

#### FIT & FAST FREESTYLE

##### Ages 18 and up

Join us for a midday training class designed to help triathletes and open water swimmers improve technique, endurance and speed. This class will include drills, interval training, tips on pacing and open water swimming strategies.

Prerequisites: participants should have basic knowledge of freestyle, and the ability to swim ten continuous laps with ease.

**Monday - 12:00 - 1:00 pm**

**Members: \$132; Non-members: \$174**

#### FREESTYLE WITH FLOW

##### Ages 18 and up

Are you tired of struggling through each lap you swim? This clinic is designed for adult swimmers who wish to improve their freestyle technique for increased fitness and greater confidence and satisfaction in the water. Freestyle with Flow is also ideal for Triathletes and Masters swimmers. A uniquely effective swim sequence will help you become more efficient and relaxed in the water as you learn balanced body position and proper freestyle mechanics. Class sections limited to 6 swimmers.

**Prerequisites:** Participants should be comfortable in the water and be able to swim 2 continuous lengths of the pool. Bring swimsuit, goggles and bathing cap. If you currently use fins, please bring them to class.

**Sunday - 12:00-1:00 pm**

**Member: \$330; Non-Member: \$395**

#### ADVANCED FREESTYLE WITH FLOW

##### Ages 18 and up

This class is for graduates of Freestyle with Flow, or those who have completed a Total Immersion™ Freestyle Workshop. This clinic will teach you the most efficient way to swim faster. We begin by assessing and refining your advanced drill execution. We then move on to refining your whole-stroke swimming with attention to: seamless breathing while maintaining a solid "catch"; connecting your stroke to the power of core-body rotation; and putting it all together at higher speeds.

**Prerequisites:** Participants must have completed Freestyle with Flow or a Total Immersion™ Freestyle Workshop. Please wear competitive swimsuit, goggles and bathing cap.

**Sunday - 1:00-2:00 pm**

**Member: \$330; Non-Member: \$395**

#### MASTERS SWIMMING PROGRAM

##### Ages 18 and up

Training will include: interval training, building speed and endurance. You do not have to be fast or want to compete. Swimmers will be grouped according to their level and goals (fitness, swimming ability, triathlete, etc.) This program is for the advanced swimmer who wishes to focus on efficiency and enhancing endurance in a guided practice.

#### Requirements:

- All participants must be 18 years of age or older
- Ability to swim 100 yards in 2 minutes or less and 20 lengths (500 yards) continuous freestyle in less than 10 minutes with rapid recovery time.

**Mon, Wed & Fri: 5:30-7:00 am; Tues. & Thurs.: 8:00-9:30 pm**

**This is a two session program.**

**Member: \$250; Non-Member: \$350**

Swimmers must register with the US Masters Swimming Association for the remainder of 2012. Coaches will provide information upon registration.

**STRENGTH THROUGH SHARED INTERESTS  
TRIATHLON TRAINING AND ADULT SPORTS**

**ENDURANCE/TRIATHLON SWIM PRACTICE**

**NO ONLINE REGISTRATION**

**Ages 18 & up**

A coached, endurance-oriented freestyle practice designed to give you the skills needed for longer distance and open water swimming. Practice will focus on increasing efficiency, pacing and stroke mechanics, while building fitness and endurance. Prerequisites: Participants should be comfortable in the water and be able to swim 200 yards (8 lengths) with ease (not speed) using rotary breathing. Bathing cap and goggles required.  
**Member: \$132; Non-Member: \$158**

**Level 1 Prep Class:** for swimmers who have not participated in the Endurance/Triathlon Swim Practice.

**Sunday: 2:00-3:30 pm**

**Level 2 Class:** for swimmers who have completed the Level 1 Prep Class.

**Sunday: 3:30-5:00 pm**

**RYE Y TRI TEAM**

Ages 18 and up

Perfect opportunity for the beginner or casual triathlete to connect with others and receive the guidance needed to reach his/her goal of completing a race or more. Receive training tips, participate in group workouts and enjoy social events with fellow team members.

**2012 Membership Fee: \$50**

Contact Laura Tiedge at x107 for details.

**TRIATHLON PREPARATION CLASS**

**SESSION III & IV**

Ages 18+ (Spring III and Spring IV)

Have you always dreamed about entering a triathlon? Train with us this winter and be race-ready for the Spring/Summer outdoor triathlon season. You will be working with swim coaches, cycling instructors and a strength/endurance trainer in a structured setting. You will also explore the sports psychology of these swim-bike-run races that are becoming increasingly popular. \*We strongly recommend that you train for two 9-week sessions.

**Meets twice a week for 9 weeks**

**Tuesday & Thursday: 7:35-9:00 pm**

**Members \$310\*: Non-Members: \$385**

The Rye YMCA is a proud participant/sponsor of the Jardin Westchester Triathlon.

**LAP SWIM**

**Ages 16 & up - Co-Ed**

Morning, afternoon and evening hours available. Schedule available at Member Service Desk or at [www.ryeymca.org](http://www.ryeymca.org) **Swim caps required.**

**OPEN SOCCER**

**Men's Soccer - Session III & IV - Ages 18 & up**

The men's adult soccer games take place every Thursday. Games are 5 on 5, teams are formed each week and games take place in the gymnasium.

**Thursday: 8:30-10:00 pm**

**Member: FREE; Non-Member: \$80 session**

**KARATE**

Ages 16 & up - Co-Ed

USA GOJU style karate, taught by a black belt instructor. Courses designed to enhance self-esteem, self-confidence, and self-discipline.

**Tuesday: 6:00-8:00 pm**

**Member: FREE; Non-Member: \$115/per session**

**OPEN CO-ED VOLLEYBALL**

**Session III & IV - Ages 18 & up - Co-Ed**

Teams are formed each week with up to 8 players a team.

**Wednesday: 8:00-10:00 pm**

**Member: FREE; Non-Member: \$80 session**



**OPEN BASKETBALL**

Times available for young adult and adult members to participate. See gym schedule for days and times.

**3 ON 3 ADULT OPEN BASKETBALL**

**Ages 35 & up - Co-ed**

Teams formed weekly.

**Tuesday: 8:00-10:00 pm**

**Free to Members**

**ADULT GYMNASTICS OPEN WORKOUT**



**Ages 16 & up - Co-Ed**

Come and take part in our open workout program on the first Monday of each month. Work on all four Olympic events plus Tumbl trak and mini trampoline work.

**6:30-7:30 pm, Mondays: 2/6, 3/5, 4/2, 5/7, 6/4**

**Fee: \$20 per class**

## A HEALTHY LIFESTYLE FOR ALL DIABETES PREVENTION & LIVESTRONG AT THE YMCA

### HEALTHY COMMUNITY INITIATIVES

NO ONLINE  
REGISTRATION

#### YMCA DIABETES PREVENTION PROGRAM YOU CAN TAKE CONTROL

Are you at risk? **The YMCA's Diabetes Prevention Program** helps those at high risk for developing type 2 diabetes reduce their risk through healthy eating, increased physical activity and weight loss – an approach that has been proven to prevent or delay the onset of the disease by more than half.

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you will meet monthly for up to a year for added support to help maintain your progress.

Program Goals: • Reduce body weight by 7% • Increase physical activity to 150 minutes per week

You must be overweight and have a diagnosis of pre-diabetes or overweight and at high risk for developing diabetes to qualify for the program. To find out if you qualify or to register contact: Tanya Potrzebowski, 967-6363, ext. 206 or visit [www.ryeymca.org/ydpp.htm](http://www.ryeymca.org/ydpp.htm) UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

**Member: \$215; Non-Members: \$265**

**Financial Assistance available through our Y Cares program**

#### LIVESTRONG AT THE RYE YMCA

**LIVESTRONG** at the YMCA is a FREE twelve-week, small group program designed for adult cancer survivors.

This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal". The program is conducted outside of medical facilities to emphasize that **LIVESTRONG** at the YMCA is about health, not disease.

Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem.

A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life. In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, Y staff and members.

Y fitness instructors work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care. Classes are held weekdays with daytime and evening classes.

Contact Laura Tiedge, Sr. Director of Healthy Living at 967-6363, ext. 107 for more information.



BALANCE, FLEXIBILITY & CONDITIONING  
ACTIVE OLDER ADULTS

**OPEN SWIM AT THE RYE Y**

**62+ only – Co-Ed**

Enjoy a dip in the pool!

**Monday & Wednesday: 2:40-3:10 pm\***

**Free for all 62+**

No membership required; must sign in at the front desk.

**Tuesday & Thursday: 2:35-3:10 pm\***

**Members Only.**

\*Time will vary during special vacation weeks.

**AQUA FLEX AT THE RYE Y**

**62+ only – Co-Ed**

A low impact water exercise routine focusing on development of core strength, balance, flexibility and coordination. Build postural muscles and healthy core, maintain muscle tone and range of motion without the harsh pounding on your joints.

**Monday & Friday: 11:00-11:45 am**

**Tuesday & Thursday: 10:00-10:45am**

**Member: FREE but must register; Non-Member: \$65**



**CLASSES AT THE WAINWRIGHT HOUSE - AGES 62+**

**FREE for all 62+; No membership/registration required.**

**LIMBERCIZE**

Limbercize is uniquely designed to meet the needs of those who are 62 and up who want to look good, feel great and stay active. The class includes stretching, strengthening and aerobic conditioning, with a focus on posture, core strength and balance that will leave you feeling refreshed, revitalized and renewed. (No registration required)

**Tuesday and Thursday: 1:00-1:45 pm**

**SENIOR SPIRIT**

Stretch and flex class utilizing basic yoga, Tai-Chi, Pilates (either seated or standing).

**Wednesday: 11:00-11:45 am**

**ZUMBA TONING**

Dance to Latin and International music while toning and training muscles.

**Friday: 1:00-1:45 pm**

**FITNESS AT THE OSBORN – Ages 65+**

**101 THEALL ROAD, RYE**

**Included in Rye Y Membership:** Members intending to participate at the Osborn must first call Laura Tiedge at ext 107 at the beginning of each calendar year. Limit 45.

**STRETCH CLASS**

A class designed to improve overall flexibility and balance. The instructor provides the class with stretches that exercise every major muscle group of the body. Participants will leave relaxed and refreshed.

**Tuesday: 9:30-10:15 am; 10:15-10:45 am**

**Thursday: 9:30-10:15 am; 10:15-10:45 am**

**Saturday: 9:30-10:00 am; 10:00-10:30 am**

**WATER EXERCISE CLASS**

Water exercise set to music. Gentle stretching and moderate aerobic activity.

**Monday: 10:15-11:00 am**

**Wednesday: 10:15-11:00 am**

**Friday: 10:15-11:00 am**

**GENTLE CHAIR YOGA**

A series of stretching postures, breathing techniques and meditation to help develop strength, flexibility and a feeling of inner peace.

Fridays: 1:00-2:00 pm

**TAI CHI**

Practiced through a series of slow, smooth movements, this mind-body form of exercise improves concentration, balance and strength. Ideal for all adults, but especially older adults.

**Wednesday: 1:00-2:00**

**8 WEEK FALLPROOF® COURSE**

**Ages 60+**

This course consists of 8 weekly classes which will help older persons develop the skills they need to help prevent falling. Gait, Center-of Gravity, Postural, and Multi-sensory skills will all be addressed. Each class section is limited to 4 students. These early afternoon classes are held in the Osborn Home Fitness Center on an on-going basis. You will be grouped according to a self-assessment after registering and given a start date and time. Call ext. 206 to start your registration process.

**Member and Non-Member: \$195 for 8 week session**

**NO ONLINE  
REGISTRATION**

**FREE BLOOD PRESSURE SCREENINGS**

Every Monday morning\* a nurse from Greenwich Hospital is in residence to take your blood pressure.

**Monday\* 9:00-11:00 am**

(\*except national holidays)

Register online unless otherwise indicated – Sign up at [www.ryeyca.org](http://www.ryeyca.org) – Click on "Register Online for Classes"