



Sonoma County Family YMCA
PROGRAM GUIDE
SPRING-SUMMER 2018

WE ARE THE Y

Here for YOU. Here for ALL.



The Y is a leading non-profit committed to improving our community's health. Financial assistance is available.

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Mission Statement

The Sonoma County Family YMCA enhances the lives of all people through programs designed to develop spirit, mind, and body. We are dedicated to the values of caring, honesty, respect and responsibility.

Our Commitment to Inclusion

The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect and responsibility -they guide everything we do.

How to Reach Y Staff

Many staff members of the Sonoma County Family YMCA can be reached via e-mail. Just type the staff member's first initial and entire last name followed by @scfymca.org. Staff can also be reached by phone, (707) 545-9622.

Sonoma County Family YMCA

1111 College Avenue
Santa Rosa, CA 95404

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For additional information please see our website, www.scfymca.org

Safety and Security

We strive to maintain a safe and secure environment. We will not tolerate those who do not respect other members or staff, use foul language, purposely try to hurt or steal from others, or otherwise engage in lewd or inappropriate behavior. Injuries and other accidents should be reported immediately to the staff supervisor on duty. We recommend you leave your valuables at home. The YMCA is not responsible for lost or stolen items. For the safety of all, animals are not allowed in the YMCA facility, except identified service dogs. Please do not leave your animals unattended on the YMCA grounds. The Y is a smoke-free campus.

Stay Connected!

Find us by searching-Sonoma County Family YMCA



**NEW & IMPROVED
JUST LIKE YOU**
DOWNLOAD THE UPDATED APP TODAY!
Available on the App Store and Google Play

Facility Hours

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

The facility will be closed the following holidays:
Thanksgiving Day - Nov. 22, 2018
Christmas Eve - Dec. 24, 2018
(Close at noon)
Christmas Day - Dec. 25, 2018
New Year's Eve - Dec. 31, 2018
(Close at 4:00 pm)
New Year's Day - Jan. 1, 2019
(open 9:00am to 1:00pm)
Easter Day - April 21, 2019
Memorial Day - May 28, 2018
Independence Day - July 4, 2018
Labor Day - Sept. 3, 2018

Membership Office Hours

Mon-Th 8:30am to 7:00 pm
Friday 8:00am to 7:00pm
Saturday 9:00am to 5:00pm
Sunday 11:00am to 5:00pm

Program Office Hours

Mon-Th 9:00am to 6:00pm
Friday 9:00am to 2:00pm

1207 College Avenue
Registration for Youth
Sports, Child Care & Camps.

Child Watch Hours

Mon-Thur 8:15am to 7:45pm
Friday 8:15am to 7:15pm
Saturday 8:30am to 12:00pm
Sunday 1:00pm to 5:00pm

Fees-

First 90 min. free to Facility
Members, then:
\$1/half hour, 50% discount each
additional child.
Day Pass and Program
Members fees are:
\$2/hour, 50% discount for
each additional child.

IT STARTS TODAY

MEMBERSHIP

Facility Membership

When you join the Y, you belong to a community of men, women, and children who strive everyday to be healthy, confident, and committed. A Facility Membership at the Sonoma County Family YMCA entitles you to use the entire facility, which includes the swimming pools, Fitness Center, Group Exercise Room, Cycling Room, Activity Center, basketball court, locker rooms & day use locker, sauna, and Child Watch. Some areas have age designations. As a Facility Member you will also receive the lowest rates on fee-based programs and priority sign-up for swim lessons.

Nationwide Membership

Beginning January 1, 2018 your Y membership will allow access to all Y's throughout the country. Please visit the website of the Y you'd like to visit to read through their member benefits, policies, check in procedures, facility hours and class schedules.

Program Membership

A Program Membership provides an alternative to Facility Membership for those who only wish to enroll in selected YMCA classes and/or programs. *This membership does not include use of the facility except when using passes.* Benefits include lower program fees than the non-member rate, two facility day passes (good for one visit each), 50% off Youth and Senior Youth facility day pass, and \$4 off adult facility day pass. Fees are \$40/year (Individual) or \$60/year (Family).

Payment Options

1. Annual full payment*
2. Monthly draft
3. Quarterly payments*

*You can choose to pay your quarterly and annual payments by automatic draft. The draft automatically pays your dues from a checking account or credit card on an ongoing basis. All returned drafts will be subject to a \$25 service charge.

Join Fees

There is a one-time Join Fee for all new memberships (except Youth). The join fee may be paid in full or split in (3) payments. Those who cancel their membership may rejoin within (6) months and not repay the join fee. *The Join Fee is non-refundable.*

Guest Passes

Each membership receives six guest passes per six-month period (Jan-June, July-Dec). Members may request their guest passes at the Member Center or the Welcome Center.

Dues Refund Policy

With written notice, the Sonoma County Family YMCA will refund the unused portion of annual and quarterly dues paid by a member. *Monthly auto draft members may cancel their membership with a 30-day written notice.* All refunds are subject to approval and a processing fee. *The Join Fee is non-refundable.*

WELCOME TO ALL

The Sonoma County Family YMCA provides access to individuals and families who are unable to pay the full published fee. Financial assistance is offered on a sliding scale based on family size and income. To apply, complete a confidential application form. All requests for financial assistance are reviewed on an individual basis. Funds provided are from contributions to the Annual Giving Campaign and other YMCA fundraising events.

Checking In

All members must check in by presenting their membership card at the Welcome Center. Membership cards are required for each member age 13 and above entering the YMCA. Persons not having their membership card for admittance will need to show valid photo identification. Lost cards may be replaced in the Member Center for a \$5 fee.

All non-member guests ages 13 and older are required to present valid photo ID & sign a liability waiver.

Hold Policy

Memberships may be placed on hold for a minimum of 1 month and a maximum of 3 months in a calendar year. There is a \$10/month charge for this service (\$5/month for memberships receiving financial assistance and for Youth and Senior Youth membership categories).

IT STARTS TODAY MEMBERSHIP

Weekend Membership

Do you find it hard to fit health & wellness into your work week? This offers the same Facility Member benefits on a Saturday & Sunday only basis. This Membership is currently offered to our Young Adult, Adult, & 2 Adult Household Memberships. Please see our Member Center or website for pricing.

Fitness Pass

A Fitness Pass entitles you to use the facility for one month. It is not a membership. The non-member rate applies on all fee-based classes. Cost is \$75 and is applicable for ages 18 and up. You may apply a maximum of \$5 per Fitness Pass purchased (up to 3 passes within a 12-month period) towards your Facility Membership Join Fee after the pass expires.

Day Pass Policy

Day Passes can be purchased from the Member Center. An Adult Day Pass includes the use of a shower towel. Day Pass receipts may be applied toward the Join Fee for a full fee Facility Membership, up to \$25.

Family Swim Pass is \$10 per family (parents and their minor children) during scheduled Family Swim times only.

Non-Member Day Pass Rate:

Adult (18 and up) \$15 per day
Senior Youth (15-17) \$7 per day
Youth (6-14) \$4 per day

Program Membership Day Pass Rate:

Adult (18 and up) \$11 per day
Senior Youth (15-17) \$3.50 per day
Youth (6-14) \$2 per day

Day Pass Rate when accompanied by a Y Facility Member:

Adult (18 and up) \$5 per day
Senior Youth (15-17) \$2.50 per day
Youth (6-14) \$1 per day

Visit our website or Member Center for more information on locker rentals and towel service.

Facility Membership Fees

Category	Monthly Fee	Join Fee*
Adult (25+)	\$57	\$49
2 Adult Household	\$75	\$129
1 Adult Family	\$65	\$99
2 Adult Family	\$83	\$129
Family Plus	\$95	\$129
Young Adult (18-24)	\$35	\$49
Senior Youth (15-17)	\$22	\$29
Youth (6-14)	\$17	N/A
Senior Citizen (65+)	\$52	\$49
Senior Household	\$63	\$99

"Household" is defined as (2) adults living at the same residence. "Family" is defined as adult(s) plus children (age 24 and under) at the same residence. Family Plus is 3 adults plus children at the same residence. Youth membership (ages 6-14) must be maintained for a minimum of one year.
*Fees subject to change. Join fee may be split into three payments.

CORPORATE WELLNESS PROGRAM

A company's most valuable asset is its employees. A healthy workforce leads to better productivity, less absenteeism, higher company morale, and lower healthcare costs, all of which have a direct impact on the success of the company.

By partnering with the Y, companies can provide their employees with a comprehensive wellness program, health education, and savings on a Y membership.

For more information contact-
Suzanne Tesconi, 707.545.9622 x3135 or
stesconi@scfymca.org

THE Y for SOCIAL RESPONSIBILITY

MAKE A DIFFERENCE, VOLUNTEER

Here at the Sonoma County Family YMCA, we recognize that volunteerism can help our community grow stronger! When you give back to the Y, you empower people and communities to learn, grow & thrive. There are a variety of ways to give your time, talent and treasure. We have the following opportunities-

- Youth Activities Assistant
- ASES Program Tutor
- Assistant Teacher
- ChildWatch Aide
- Adaptive Aquatics Aide
- Youth Sports Coach/Referee
- Administrative Assistant
- Facilities Assistant
- Community Garden Ambassador
- Special Events Aide
- Group Exercise/Wellness Instructor



If you have any special skills or hobbies that you are interested in sharing with the YMCA, let us know!

We are more than happy to welcome guest teachers or instructors to our After School and Summer Camp programs.

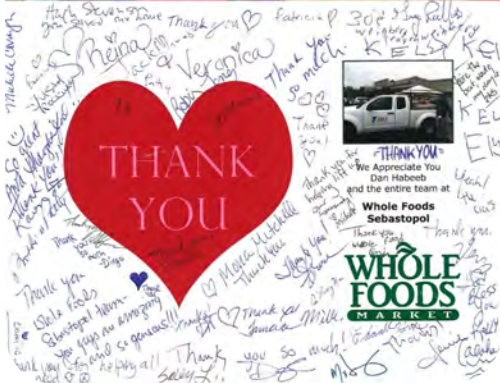
Please contact our Volunteer Coordinator at makeanimpact@scfymca.org or stop by the Program Office for more information.

COMMUNITY RELIEF

October 2017 Firestorm Assistance

Centrally located and not in a mandatory evacuation area, the Sonoma County Family YMCA was poised to be of tremendous assistance to children, seniors and families. It was a time when everyone pitched in and we were grateful to be able to help our community.

- Opened main facility and showers to evacuees, firefighters, Red Cross volunteers and anyone who needed to rejuvenate.
- Thanks to generous donations from Y members and friends like Whole Foods Market Sebastopol, thousands of comfort items were distributed to those in need.
- Refunded afterschool childcare costs to hundreds of families while schools were closed for 2+ weeks.



- Hosted free kids camp for families who had to find housing, complete disaster relief documents or work while schools were closed.
- Held 26th Annual Halloween Carnival as a complimentary event to bring a little fun and normalcy to people's lives. Event raised \$1,250 in support of the Y's fire relief efforts.
- Offered current members who lost homes 6 months membership free of charge.
- Held a special for new members – if they donated to one of the three main community fire relief funds, their Y join fees were waived.

- Operation Backpack was hugely successful thanks to Y members and community friends like Staples, Alpha Kappa Alpha Sorority Inc, and others.
- Supported employees financially for missed work and wages.
- Collected and distributed gift cards to help families and teachers rebuild: Nearly \$20K in gift cards have been shared with the Y's key partners in the community who lost homes and classrooms.



The Y for HEALTHY LIVING

Aquatics

Aqua Aerobics

Instructor-led water fitness class. Includes active warm up, cardio conditioning, muscle toning and cool down. Enjoy this high cardio class while reducing the impact on joints.

Aqua Zumba

Aqua Zumba combines traditional Latin-inspired rhythms, pop & global music to keep you moving. The class is suitable for beginners and offers a low-impact, high intensity cardio, strengthening, and sculpting workout.

Arthritis Aquatic Program

This program consists of range-of-motion and muscle-strengthening exercises in warm water. All of the exercises are designed to be within the capabilities of the majority of people with arthritis. Supportive swim wear and pool shoes are recommended.

Senior Exercise

This instructor-led class provides a low-impact cardiovascular workout with emphasis on improving flexibility and range of motion. Supportive swim wear and pool shoes are recommended.

Spring Lake Village

We offer a low impact senior exercise water fitness class at Spring Lake Retirement Community. Free for YMCA members. Program & Non-Members will need to purchase a punch card to attend classes.

Therapeutic Exercise

A low to moderate intensity exercise program that is designed to help people with mobility, flexibility, balance & strength. Great for post-surgery, arthritis, stiff muscles & people who want a gentle, full body workout.

Lap Swim

For patrons (13+ yrs.). Exceptions will go through an approval process including a swim test. Lanes are divided by speed (Slow, Medium, Medium Fast, Fast). Walkers may use the slow lane if they maintain forward, continuous progression. The lifeguard reserves the right to make lane assignments and adjustments to policy when warranted.

Family Lap Swim

Family Lap Swim is a time when families can swim laps together. Anyone can participate with the Lifeguard's discretion. Pool lanes are marked by speed (Slow, Medium, Fast). Lap swimmers must maintain forward, continuous progression in the lane. For your safety, please swim in the appropriate lane.

Family Swim

Recreational swim time open to the public. A "family" is up to 2 adults and their minor children living in the same household. Any flotation device must be Coast Guard approved. Any child wearing a Coast Guard-approved lifejacket must be accompanied by an adult regardless of swimming ability or age. Approved swim diapers are required for all children under 3 years and all who are incontinent.

Pre-Post Natal Exercise \$

This class is medically approved and consists of safe exercises in the water to help relieve lower back pain and edema, as well as help develop and maintain muscle tone.

Adult Open Exercise

Time reserved for patrons (15+ yrs.) to use the pool for an independent workout. Please limit exercises in the therapy pool to those that can be done stationary or walking.

Enabling Aquatics \$

Dr. Katy Ha serves all ages with all disabilities and challenges through a warm water movement program. Participants need to be accompanied by a parent or caretaker. A support group/potluck follows every class. The chair lift is available for assistance into the pool. (This program is free for Facility Members). [For information about participating or volunteering for this program, please contact the Aquatics Director at 545-9622 x3126.](#)

Adaptive Aquatics Swim Lessons \$

The goal of the Adaptive Aquatics Swim Lesson Program is to teach children who require less assistance and who can work in a group setting the skills necessary to integrate into the Y's swim lesson program. Lessons are taught by caring and patient instructors who teach to the individual within the group setting.

[\\$-requires additional fees.](#)

The Y for HEALTHY LIVING

Swim Lessons

Registration Information

- Classes must be paid in full at the time of registration.
- Online registration is available by visiting our website; www.scfymca.org
- Priority registration is given to YMCA Facility Members.
- Requests for refunds or credits must be submitted at least 72 hours before the swim class is to begin. All refunds will incur a processing fee (Minimum \$10). All class transfers/credits will incur a \$5 processing fee. Credits must be used within (1) year of the date of approval.

Swim Lesson Guidelines

- All swim participants must shower in the locker room prior to entering the pool.
- Participants may not enter the water until the instructor announces that the lesson has begun, and must exit once the lesson is complete.
- Wear a standard bathing suit; cut-offs and t-shirts are not allowed in the pool.
- Bring a towel and a lock.
- For the safety of all, obey all posted pool rules.
- Due to the limited pool deck space, please view lessons taught in the large pool through the observation window in the lobby.
- If child is under 3 years of age or is not toilet-trained, he/she must wear an approved swim diaper.
- Adults experiencing incontinence will need to wear an approved swim diaper.

For swim lesson schedules and registration dates please visit our website.

Private Swim Lessons \$

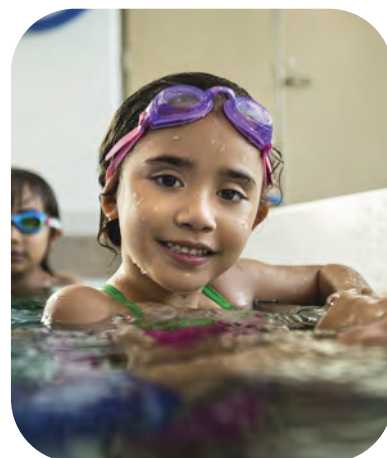
Private swim lessons provide one-on-one or two-on-one (semi-private) instruction for youth and adults. Days and times available are limited. For more information, please return a request form to the Member Center; forms are available in the Member Center and online.

Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.



The Y for YOUTH DEVELOPMENT

SWIM LESSON DESCRIPTIONS

Swim Starters Aquatic Program

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision

A/Water Discovery

Introduces infants and toddlers to the aquatic environment.

B/Water Exploration

Focuses on exploring body positions, blowing bubbles, and fundamental safety & aquatic skills.

*We define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, or any type of parenting relationship.



Swim Basics for Preschool, School Age, Teen & Adult

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills; swim, float, swim and jump, turn, grab.

In Water Acclimation, Water Movement and Water Stamina,

students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

1/Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2/Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

3/Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Swim Strokes for Preschool, School Age, Teen & Adult

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.

In Stroke Introduction, Stroke Development and Stroke Mechanics,

swimmers are introduced to the four competitive swimming strokes as well as rescue skills, and healthy lifestyle habits.

4/Stroke Introduction

Introduces basic stroke technique in front & back crawl, and reinforces water safety through treading water & elementary backstroke.

5/Stroke Development

Introduces breaststroke & butterfly and reinforces water safety through treading water and sidestroke.

6/Stroke Mechanics

Refines stroke technique on all major competitive strokes, and encourages swimming as part of a healthy lifestyle.

To schedule a **FREE swim skill assessment**, contact swimlessons@scfymca.org

The Y for HEALTHY LIVING

GROUP EXERCISE CLASS DESCRIPTIONS

Adult Aikido \$ Register Online

A Japanese martial art that promotes harmony and non-aggression by developing an awareness of oneself and an awareness of others. Class designed for ages 14 and up.

Awareness Through Movement (Feldenkrais) H, SF

Slow, focused movements, designed to increase body awareness, ease of movement and restore natural flexibility and harmony of action. Please wear layers or bring a blanket.

Body Balance H

Elemental strength and mobility training using a variety of tools to enhance all aspects of balance. Designed for those with challenges to movement and stability or new to exercise. Focus on sustaining upright movement and successful stability.

Boot Camp

Starts with dynamic stretching & running followed by a wide variety of interval training including lifting weights/objects, pulling objects, pushups, sit-ups & various types of intense routines.

Baby Buggy Bootcamp

Bring the stroller and the little one(s) for a fun class with a community of other caregivers.

Seasonal class.

Cardio Boxing

A cardiovascular workout consisting of jabs, hooks, uppercuts, & kicks designed to get you on your way to a leaner body and a healthier state of mind. No equipment is used & gloves are not required.

Cardio Hip Hop

This class is a great opportunity to get a cardio work out with a fun, funky dance style! It's easy to learn and is appropriate for all levels. Intro to Hip Hop, which breaks down the choreography, is offered 15 minutes prior to class. No dance training necessary.

Funky Freestyle Fitness H

This class is 55 minutes of dance-based interval choreography. It is a fun and spirited opportunity to move your body and is geared to all ages. Music will stay in the same genre throughout the entire class.

Gentle Strength & Stretch H, SF

Basic weight training to promote strength, endurance, and range of motion. Class designed for individuals new or limited in their activity level.

Group Cycling

A self-regulated, group-charged workout designed to improve cardiovascular endurance and cycling stamina. Bring water and a towel, we sweat!

Insanity

Plyometric Cardio Circuit. Burn fat with intervals of intense lower-body plyometrics & sweat-inducing cardio. Cardio power & resistance. Build lean muscle and upper body definition without weights.

Jump Rope HIIT NEW!

High intensity interval training using a jump rope. A short but challenging class with bursts of calorie burning cardio, upper body and abdominal toning exercises.

H = Appropriate for the Health Seeker, individuals who are not currently active.

SF= Senior Friendly

\$ = Class has additional fee.

Classes for ages 13+ unless otherwise noted.

NIA H, SF

Combines martial arts, modern dance & yoga in a workout set to music.

Pilates (Mat) H

May include use of equipment such as stability balls, resistance bands and weights. Emphasis is on core muscle groups.

PiYo

This unique class is designed to build strength and flexibility. The moves fit perfectly to form a class filled with intense choreography that is fun, challenging, and will make you sweat.

Power Sculpt

This class will help sculpt your body with resistance training designed to reshape each muscle group, combined with interval cardio bursts, drills, circuits and other resistance exercises. Class ends with core work and a quick stretch.

[For current class schedule, pick up a flyer or visit our website.](#)

The Y for HEALTHY LIVING

Stay Fit

H, SF

Cardiovascular exercise that incorporates choreographed, low-impact aerobics plus muscle toning and stretching.

Step

H

Step uses an adjustable platform, stepping up and down between the platform and the floor, for cardiovascular exercise and strengthening of leg muscles. May include muscle work, abdominals, and stretch.

TRX \$ Register Online

TRX is a suspension trainer that uses gravity, and your own body weight, to increase core & muscle strength, joint stability & cardiovascular fitness. Exercises are designed for ALL levels, from the advanced athlete to the fitness novice. Your TRX Coach will give you individualized instruction to help you meet your goals.

Urbankick

Urbankick blends sports conditioning with kickboxing and incorporates steady state cardio training, metabolic boosting H.I.I.T. training and body-weight strength training.

Y's Way to Fitness

H

National Y adult fitness program with traditional and callisthenic fitness concentrating on joint mobility, strengthening, toning and flexibility. Sometimes includes jogging/walking outside after exercise.

Yoga

H, SF

These mind-body classes utilize breathing as a dynamic relaxation technique. Reduce muscle tension, increase range of motion, promote circulation, gain strength, and help prevent injuries. Multi-level classes available. **Layered clothing is encouraged.**

Zumba

Combines irresistible, international dance music with easy-to-learn moves borrowing steps from Salsa, Samba, Reggae and more. For ages 13 and up and any fitness level. Feel the beat!

Personal Training \$

Personal training is a great way to receive in-depth and individualized support in meeting particular fitness needs, conditioning goals, or coming back to exercise after injury. Our trainers are experts in helping you set goals that are appropriate and achievable. They also provide support, accountability, and guidance along the way. Our trainers are certified through nationally accredited fitness organizations such as American Council on Exercise, American College of Sports Medicine and National Association of Sports Medicine.

Our trainers have expertise in-

- Healthy Back Care
- Core Strength
- Balance & Stability
- Sports-Specific Training
- Weight Management
- Flexibility Training
- Advanced Conditioning Programs
- Re-Entry or Beginning Fitness Habits

Please Note: Only certified Personal Trainers employed by the YMCA are allowed to train others in the YMCA facility.

ActivTrax

ActivTrax is a FREE benefit that helps members track, design, and customize their workouts. Members can log in at our kiosk on the fitness floor or through an app on their phone to record their workout sessions. During one of your fitness center orientations a wellness coach will take you through a strength test in order to get your settings registered in the ActivTrax system. The system will then design a strength training program, and will help you progress with your goals over time.

Adapted Exercise \$

We provide both land based and water exercise programs for people with physical and mental challenges. The goal with Adapted Exercise is to develop a foundation of a more physically active lifestyle, gain more energy through participation, improve motor development and gain mobility. This exercise program assists participants in increasing their capacity for daily activities. For more information, please pick up a brochure or visit our website.

Small Group Training \$

Discover the benefits of our new Queenax apparatus in a small group training environment. The Queenax uses the principles of suspension training and enables participants to have a dynamic and varied workout. It's like a playground for adults! In a small group training, our experienced coaches design a routine uniquely tailored to participants' levels and needs. Please see the Activity Center schedule for times.

Wellness Coach Orientations

All members are entitled to two free orientations to the fitness center as a membership benefit. Our wellness coaches meet individually with new members to help them become acquainted with the equipment, explore the Y's unique offerings and learn a cardio and strength training routine that will be most effective for their goals. Our member orientations are a wonderful way to get started with your gym membership.



The Y for HEALTHY LIVING

Nutrition Counseling \$

The best way to make long-term dietary change is to work with a professional. We offer 30-minute nutrition counseling sessions on site with a registered dietician. In these sessions, the dietician guides the participant through an in-depth nutrition survey, discussion of performance goals, calculation of energy needs, developing a meal plan and goal setting to improve performance and health. Sports nutrition counseling also available. For more information or to schedule an appointment for body composition analysis or nutrition counseling pickup a form at the Member Center or call 545.9622 x3122

Active Older Adults (AOA)

We provide numerous activities for our Active Older Adult community to develop mind, body and spirit. Our offerings include exercise classes, health and wellness presentations, health screenings and social gatherings. Our AOA group exercise classes are a membership benefit and included in membership fees. We believe that a healthy, balanced lifestyle is composed of more than just exercise, so we promote healthy habits for older adults while also providing a space filled with

Health & Wellness Presentations

Every month we host a diverse series of FREE Health & Wellness presentations that are open to the community. Our presentations have brought in local professional experts to discuss a variety of topics such as Medicare, estate planning, essential oils, osteoporosis, to name a few.

If you would like to share a health & wellness topic please contact Nicole Martinovich, 707.545.9622 x3412 or nmartinovich@scfymca.org

Diabetes Prevention Program \$

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes by taking steps that will improve their overall health & well-being. Research by the National Institute of Health has shown that programs like the Y's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over the age of 60.

DESCRIPTION:

- One year program
- Small group, supportive environment
- Classroom based
- Learn about healthier eating & increasing physical activity to reduce risk.

GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week.

Diabetes Empowerment Education Program™ (DEEP) \$

DEEP is a Medicare-approved evidence based diabetes self-management program developed by the University of Illinois, Chicago that has been shown to be successful in helping participants take control of their disease & reduce the risk of complication DEEP workshops meet once a week. DEEP provides opportunities for participants to acquire the knowledge and skills necessary to reduce complications resulting from diabetes, such as kidney failure, amputation, vision loss, heart failure and stroke.

DESCRIPTION:

- Six week program
- Each meeting is 2 hours.
- Small group, supportive environment
- Classroom based
- Learn about diabetes risks, complications and self-management tools.

GOALS:

- Improve & maintain quality of life for people with diabetes.
- Prevent complications & incapacities.
- Improve eating habits, maintain adequate nutrition & increase physical activity.
- Improve the relationship between patients & health care providers.
- Utilize the available resources.

For more information about our diabetes prevention programs please contact Nicole Martinovich, 707.545.9622 x3412, nmartinovich@scfymca.org

The Y for YOUTH DEVELOPMENT Facility Age Guidelines

Facility Age Requirements

- **Ages 9 & Under**-Children must be supervised by a parent/guardian (18+) at all times. The parent/guardian must be in the same area of the facility as the child.
- **Ages 10-12**-Children must have a parent/guardian (18+) in the YMCA facility.
- **Ages 13 and over**-Children may use the YMCA without a parent/guardian in the facility. There must be a signed waiver of liability on file in the Member Center.

Activity Center (Basketball Courts)

- The basketball court is open to ages 10 and over during Open Gym times.

Group Exercise Classes

- Classes available to ages 13 & up unless indicated or with approval by the Associate Health & Wellness Director.

Swimming Pools

- **Ages 6 and under**-Children must have an adult in the water with them at all times.
- **Ages 7-9**-Children who can swim unassisted must have an adult in the pool area while they swim.
- **Ages 10-12**-Children must have an adult in the YMCA facility while they are in the pool.
- **Ages 13 and over**-Children can use the pool without adult supervision and can lap swim.

PLEASE NOTE: Children who can not swim, regardless of age, MUST have an adult in the pool with them at all times.

Unisex Changing Room

The Unisex Changing Room is located at the north end of the pool deck. This room is available for use by opposite-sex family members 6 years and older and for individuals with disabilities and their caregivers. The room has a changing area, shower, and sink, and is first come, first served.

Fitness Center Age Guidelines

- **Ages 7 & Under**-Children are not allowed on the Fitness Floor. Please use our ChildWatch services.
- **Ages 8-12**-Parents & children may participate in our Family Fitness program by completing (2) Fitness Orientations. Orientations must be completed with a parent/guardian (18+). After successfully completing the orientations, parent & child may strength train together during specified times. Parental supervision required at all times. Children are restricted from using the Fitness Center from 5p-7p, Monday-Thursday.
- **Ages 13-14**-Prior to using the Fitness Center, teens must complete (2) Fitness Orientations. Parent/guardian is required to attend the first orientation. Please inquire with a Wellness Coach and we'll be happy to show you the safe & fun way to workout. After successfully completing the orientations, teen may utilize cardio & strength training equipment without immediate adult supervision.
- **Ages 15 and over**-Full use of the Fitness Center without adult supervision.

Youth/Family Locker Rooms

Our locker rooms have a Youth & Family area within both the women's and men's locker rooms.

- **When space allows** we encourage families to utilize the youth/family areas within each locker room.
- We encourage parents with **opposite-gender youth** (not infants) **under the age of 6** to use the youth/family designated area in the locker rooms.
- **During high usage** times it may be too crowded to access the youth/family locker area, so during these times please use any space available in either the main locker area or the youth/family area.
- During swim lessons & family swim, individuals not accompanied by children **should not** be using the youth/family locker room area.
- **Children 6 years and over MUST use the same gender locker room.**
- We know our locker rooms can be crowded at times; if there is a concern about usage please ask a staff person for assistance. We want to promote a **safe, caring, and respectful environment** for all.

The Y for YOUTH DEVELOPMENT

Child Care/After School Recreation

Program Philosophy

At the YMCA Preschool and school-age Child Care programs we seek to expand children's potential by providing a supportive, safe, creative, fun environment in which they can develop socially, intellectually, physically and emotionally.

Our program objectives are:

1. To provide a program of creative, appealing learning experiences for children through supervised recreational activities.
2. To provide an opportunity for the child's development of self-confidence and a foundation for socialization skills.
3. To create an environment that fosters opportunities for the development of the child in the areas of: *Health & Nutrition, Physical Education, Skills Development, Interpersonal Relationships, Self-Awareness & Confidence, Self-Sufficiency, and Academic Skills.*
4. To provide opportunities for children to develop an understanding of self and others and to develop social skills in a warm, positive, respectful and supportive environment.
5. To support and strengthen the family by providing opportunities for families to share experiences and values, and to broaden their sense of community with other families.
6. Our goal is to meet the needs of families by offering safe, accessible and affordable programs.



Locations

The YMCA school-age Child Care program is available to children K-6th grade who are enrolled in one of the following schools:

- Cotati-Rohnert Park Unified School District - LaFiesta, Evergreen, Richard Crane, Monte Vista and Marguerite Hahn Elementary Schools
- Bennett Valley Union School District-Yulupa and Strawberry.
- Piner-Olivet Union School District-Schaefer, Olivet, St. Rose and Jack London
- Sonoma Valley Unified School District -Sonoma Charter and Prestwood Elementary
- Petaluma City School District -McNear Elementary, Grant, and Penngrove

After School Education & Safety (ASES)

The Sonoma County Family YMCA is partnering with the Cotati-Rohnert Park and Santa Rosa City school districts to offer the ASES program at selected schools. This is a state funded after-school program that is free to participants and offers a safe environment for children to enhance their education. Students participate in academic enrichment classes, arts/crafts, and literacy programs provided by our after-school staff. Students also enjoy after-school recreation and special events. Programs are offered at Thomas Page, John Reed, and Waldo Rohnert School in Rohnert Park. Please contact your child's school office directly for ASES registration

The YMCA Preschool Program is available for 2-5 year olds. The program is located on the Northwest Prep Charter School campus located at 2590 Piner Rd. in Santa Rosa. Call or visit our website for more information.

To Register: Stop by the YMCA Program Office
1207 College Avenue, Santa Rosa.

FEEES: \$65 Annual Registration Fee. Multiple enrollment plans to choose from.

Call 707.544.1829 or visit our website for more information. Financial Assistance available.

The Y for YOUTH DEVELOPMENT

Model Legislature & Court

The ML/C creates a (6) month learn-by-doing experience that teaches the values of democracy by bringing together a cross-section of the state's high school students. This program provides them with the opportunity to experience government first-hand and to learn how to solve community problems through the democratic process as well as debate and discuss issues with their peers. The (6) month program culminates when students from around the state meet at the YMCA's Annual Model Legislature & Court in Sacramento. For grades 9-12. For more information contact Kyle Nuss, Youth Development Director, 707.544.1829 x3313 or knuss@scfymca.org

Model United Nations

Middle school students, called ambassadors, participate in the program with their peers. While engaged in the YMCA, they are given the opportunity to discuss international issues, discover other cultures, develop life enhancing skills, and make new friends. The (5) month program culminates when ambassadors from around the state meet at the YMCA's Annual Model UN Summit in Los Angeles. For grades 6-8. For more information contact Kyle Nuss, Youth Development Director, 707.544.1829 x3313 or knuss@scfymca.org

Y on Wheels

The YMCA reaches out to the youth of southwest Santa Rosa and Windsor by providing a mobile, after-school sports program for boys and girls in grades K-6. Y on Wheels currently serves youth at the following schools:

Roseland Elementary School
950 Sebastopol Road, Santa Rosa

Cali Calmecac Charter School
9491 Starr Road, Windsor

Each sport session runs for 4 weeks. Very affordable fees. Parents, family members, and/or teens are encouraged to volunteer their time. For questions and enrollment call the Program Office at 544-1829.

Birthdays

The YMCA birthday program runs year-round for children ages (3) and older. Invite up to (11) people to celebrate your special day! Choose from a Splash Party, All Star Sports Party or Crafts Party. Have your cake and open your presents in our special party room. Parties are held on Saturdays & Sundays (please pick up a brochure or check our website for specific dates & times). For more information or to book a date, call the Member Center, 707.545.9622 x3144.

BURBANK AFTER-SCHOOL PROGRAMS

The YMCA is now offering a community-based afterschool program located at the Windsor Burbank Housing Site. The site is free for their communities to use for K-5th grade aged children.

- Our Windsor Redwoods Program is geared towards our "Youth Development" advocacy by providing homework help, academic activities, lessons as well as active games.

For more information please contact our Program Office, 707.544.1824.

The Y for YOUTH DEVELOPMENT

Youth Activities

Youth Aikido \$ Register Online

This martial art promotes harmony and non-aggression. Class uses a wide range of techniques that emphasize energy and motion. Develops body, mind & spirit, and includes lots of fun! Ages 7-12 years.

Gymnastics \$

The YMCA has teamed up with Santa Rosa Gymnastics Center to offer children an opportunity to flip, roll, climb and jump. Toddler (ages 3-4) and beginner (ages 5-11) classes available. All classes held at SRGC, 707.525.1720. YMCA members receive a discount on their first session.

Little Sportsters \$ Register Online

A non-competitive, fun sports program for children ages 3-5. Each session is 4 weeks, 1 day/week, with a different sport offered each session, including indoor soccer, flag football, basketball, floor hockey, t-ball, and field games. Parents are asked to participate as co-coaches. Sessions run throughout the year. Register at the Program Office, 707.544.1829.

Sports \$ Register Online

A positive, supportive youth league for children and teens 6-15 years old. Emphasizes the fun of the sport while keeping competition in perspective. The YMCA offers winter and spring sessions. For more information please call the YMCA Program Office at 707.544.1829.

Overnights \$ Register Online

Kids are invited to swim, play games, watch movies and sleep over at the Y. So take the night off knowing your children are safe and having fun! Overnights are for kids ages 6-11. They begin at 7pm Friday and end at 9am Saturday, 3rd Friday of the month Sept. - May

We are always looking for caring coaches to volunteer with our sports programs.

Email-
makeanipact@scfymca.org

Y Afterschool Recreation \$

The Y School Recreation program provides a safe and supervised environment that supports and offers extended educational, enrichment, and recreational activities. Each day the program provides a variety of activities for participants to choose from - homework help, sports, cooking, games, and arts & crafts.

Locations:

- Evergreen
- University at LaFiesta
- Strawberry Elementary
- Occidental
- Olivet
- Penngrove
- Grant Elementary
- Sonoma Charter
- St. Rose



The Y for SOCIAL RESPONSIBILITY

Giving for a Better Us – THANK YOU

Why Invest in the Y?

- Toddlers attend Y preschool giving them a foundation for success in school.
- SCFYMCA is the largest afterschool care provider keeping kids safe and active.
- Our youth programs teach good citizenship, sportsmanship and social responsibility.
- More people learn to swim at the YMCA than any other local organization.
- Retirees stay active, informed and social.
- We offer financial assistance and never turn anyone away from our programs due to the inability to pay.

Ways to Invest in the People the Y Serves.

More Than a Member

Include a donation with your automatic membership deduction to disperse your giving through the year. Support can be directed as you wish.

Annual Campaign for Community

Giving in February–March during our campaign demonstrates the passion you have for uplifting the 1,500 children, families and seniors the Sonoma County Family YMCA supports through the financial assistance program.

The Y Every Day

Make a gift any time of the year: cash, checks, credit cards and stocks are gratefully accepted in any amount and every dollar counts. Land or other treasures can be accepted with Board approval. Gifts can be unrestricted to elevate everyone served by the Y or can be directed to a particular program.

Heritage Society

Including the Sonoma County Family YMCA in your Living Will or Trust defers your gift and allows you to leave a legacy. Another simple option is to name the Y as a beneficiary on a life insurance policy or IRA asset. Gifts of this nature can dramatically reduce your tax burden while increasing the long term effectiveness of the Y's fitness, educational and outreach programs.

Feel Confident Giving to the Y.

- 63 years serving Sonoma County gives you the piece of mind that you are investing in an organization with stability in the community.
- 100% of your gift invests directly in the people we serve.
- GuideStar transparency rating: Gold
- We never share your personal information.



To learn more
about investing in the
Sonoma County Family YMCA
please contact
Michelle Covington at
707-545-9622 x3413 or
mcovington@scfymca.org

THE Y for SOCIAL RESPONSIBILITY

We Can't Do It Without You - THANK YOU

2018 Premier Sponsors - Our Corporate and Foundation Investors

These companies demonstrate significant commitment to the social causes of Sonoma County by investing in the Sonoma County Family YMCA with a major gift that benefits the people we serve. Thank you Premier Sponsors for uplifting our entire community! We encourage our members and friends to support these businesses and thank them directly for investing in the Y.



ROBERT & SHIRLEY HARRIS
FAMILY FOUNDATION



ABBAY, WEITZENBERG,
WARREN & EMERY



Active 20-30
Santa Rosa #50
EST. 1929



Premier Sponsorship

The Y sponsorship program provides guest passes, wellness programs, exposure to 10,000 Sonoma County residents, and more depending on the level of support which starts at \$1,000.

Event Sponsorship

Throughout the year we hold many community events. To ensure amazing experiences and reasonably priced or free access, event sponsors of \$500 and greater are appreciated. See the back page of this program guide for upcoming events.



BRINGING THE COMMUNITY TOGETHER

Walk or Run for Y Kids at the Human Race	April 28, 2018
Saulito Forever Basketball Tournament	June 23, 2018
Heroes for Y Kids Golf Tournament & Auction	Sept. 28, 2018
Halloween Carnival	Oct. 2018
Gobblestoppers	November 2018
The Giving Tree	December 2018
Comedy for a Cause Event	March 2019
Annual Giving Campaign	February 2019
YMCA Healthy Kids Day	April 2019

Check out our website for event details, www.scfymca.org

To volunteer, email makeanimpact@scfymca.org

FREE GUEST PASS

Try the Y on us!



Name _____

Phone _____

Email _____

For individual use only. One pass per person. Valid ID required. Expires 8/1/18. Redeem at our Welcome Center.

FREE FAMILY SWIM PASS

Try the Y on us!



Name _____

Phone _____

Email _____

One pass per family (2 adults and children under 25). Valid ID required for each adult. Expires 8/1/18. Redeem at our Welcome Center.