



Sonoma County Family YMCA
Fall - Winter 2019-2020
Program Guide

WE ARE THE Y

DEVELOPING FUTURE LEADERS



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

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Board of Directors

Executive Committee

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Immediate Past Chair: Martin Hirsch
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Mission Statement

The Sonoma County Family YMCA is an inclusive, charitable organization that enriches community through the areas of youth development, healthy living and social 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. We will not tolerate hate speech, derogatory or discriminatory language or actions.

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

Table of Contents

Membership	3-4
Facilities	5
Age Guidelines	6
Aquatics	7-9
Group Exercise/Healthy Living	10-12
Child Care	13
Early Education	14
Youth Development	15
Volunteer	16
Giving	17-18

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



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. 28, 2019
Christmas Eve – Dec. 24, 2019
(Close at noon)
Christmas Day – Dec. 25, 2019
New Year's Eve – Dec. 31, 2019
(Close at 4:00 pm)
New Year's Day – Jan. 1, 2020
(Open 9:00am to 1:00pm)
Easter Day – April 12, 2020
Memorial Day – May 25, 2020
Independence Day – July 4, 2020
Labor Day – Sept. 7, 2020

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–Thurs. 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.
\$1 per half hour, thereafter.
50% discount each additional child.
2 Hour Maximum stay per visit.
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

Your Y membership now allows 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 two-day a week only basis (at least one of the two-days must be a weekend day). This Membership is currently offered to our Young Adult, Adult, & 2 Adult Household Memberships. Please see our Member Center or

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.

DAY PASS RATES

	Non-Member	Program member	Guest of a facility Member
18 & older	15.00	11.00	5.00
15-17	7.00	3.50	2.50
6-14	5.00	2.50	1.00
5 & under	No fee	No fee	No fee

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+)	\$61	\$49
2 Adult Household	\$79	\$129
1 Adult Family	\$69	\$99
2 Adult Family	\$87	\$129
Family Plus	\$99	\$129
Young Adult (18-24)	\$39	\$49
Senior Youth (15-17)	\$26	\$29
Youth (6-14)	\$21	N/A
Senior Citizen (65+)	\$55	\$49
Senior Household	\$66	\$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-
Rory O'Day, (707)545-9622 x3135 or
roday@scfymca.org

FACILITIES

- ◆ **LAP POOL** (*average Temp. 84°*)
- ◆ **FAMILY AND THERAPY POOL** (*average 93°*)
- ◆ **DRY SAUNA**
- ◆ **GROUP EXERCISE STUDIO**
- ◆ **MEETING AND CONFERENCE ROOMS**
- ◆ **FITNESS CENTER** (*equipment details pg. 12*)
- ◆ **ACTIVITY CENTER** (*primarily used for Basketball and other indoor exercise*)

SERVICES & AMENITIES

Towels: Shower towels are not provided unless you pay the monthly towel service fee of \$7 per month per person

Locks: the check-in desk has a limited number of locks to loan. We do encourage you to bring your own lock, especially during peak facility use hours

Day Use Lockers: Must be emptied by facility close each day.

Locker rental: long term lockers may be rented by the month (subject to availability) \$8 for a kit locker \$10 for half or full length. This fee includes towel service

Smart phone app and digital membership card: Download our mobile App for your digital Y card and access to schedules and facility updates.

Wi-Fi password: forabetterus
scfymca.org-guest

POLICIES

All Gender Changing Room

The all gender 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. For individuals with disabilities with their caregivers, and for any individuals who require a private changing area The room has a changing area, shower, and sink, and is first come, first served.

Locker rooms, restrooms and changing areas:

Our facility has men's and women's locker rooms, as well as youth and family areas in both. Please see page 6 for more information

We respect everyone's right to choose the locker room that best fits their gender identity. There is also an all gender changing area with shower and sink on the pool deck and all gender restrooms in the fitness center and on the first floor.

Child Watch:

Custodial adults may use the Childwatch service only when they are on the facility premises' and the child/children must have an emergency contact card on file in Childwatch.

Checking in:

Members must check-in with their membership card or mobile App at the welcome desk each time they visit.

Bringing a guest:

Members are entitled to 6 Guest Passes every 6 months per membership. Thereafter they may bring guests at a discounted rate (see page 4 for details)

Lost and found :

Personal items left at the Y will be held for 14 days . See the check-in desk to fill out a slip for your lost item.

FACILITIES AND AGE GUIDELINES

	FACILITY ACCESS	POOL AREA		CHILD WATCH **	ACTIVITY CENTER	LOCKER ROOMS			FITNESS CENTER ***		GROUP EXERCISE CLASSES
		SAUNA	POOLS			MAIN LOCKER ROOMS	YOUTH & FAMILY LOCKER ROOMS	ALL GENDER CHANGING ROOM ****	CARDIO EQUIPMENT	STRENGTH EQUIPMENT & FREE WEIGHTS	
0-5 YEARS	**		✓ * ADULT IN POOL	✓	✓ * WITH ADULT		✓	✓			
6 YEARS	**		✓ ADULT IN POOL	✓	✓ WITH ADULT		✓	✓			
7 YEARS	**		✓ ADULT IN POOL AREA	✓	✓ WITH ADULT		✓	✓			
8-9 YEARS	✓ **		✓ ADULT IN POOL AREA	✓	✓ WITH ADULT	✓	✓	✓	✓ * WITH ADULT	✓	✓ * WITH ADULT PARTICIPATING
10-12 YEARS	✓ **		✓ ADULT IN YMCA BUILDING	✓	✓	✓	✓	✓	✓ WITH ADULT	✓	✓ PARTICIPATING WITH ADULT
13-14 YEARS	✓ ***		✓ MAY LAP SWIM		✓	✓	✓	✓	✓ ***	✓ ***	✓
15+ YEARS	✓ ANY TIME NO LIMIT.	✓	✓		✓	✓	✓	✓	✓	✓	✓

PLEASE NOTE: CHILDREN WHO CAN'T SWIM, REGARDLESS OF AGE, **MUST** HAVE AN ADULT IN THE POOL WITH THEM AT ALL TIMES.

* ADULT- A minor child's parent or guardian 18 years or older.

** An adult must remain on the premises with children under 13.

*** 13-14 year olds may access the facility and also workout independently on the fitness floor only after completing the teen strength training certification with Y staff.

**** All gender changing room is located on the pool deck and is first come first served. (See details pg.5)

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 space, so during these times please use any space available.
- 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.**
- Please help us promote a **safe, caring, and respectful environment** for all.

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 Aqua Aerobics 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.

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).

If you would like to participate in or volunteer 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.



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, contact the Aquatics Coordinator, Kalin McCoy at kmccoy@scfymca.org

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.

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

The Y for YOUTH DEVELOPMENT SWIM LESSON DESCRIPTIONS

Swim Starters 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 the swim lessons coordinator, Kalin McCoy at kmccoy@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.

Spartan Bootcamp

Functional fitness exercises designed to prepare for obstacle course races such as Spartan race, tough mudder, mud runs, etc. If you're not interested in running an obstacle course this class is a great way to challenge your body and increase your strength and agility.

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. 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 & Balance H, SF

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

Group Cycling

A self-regulated, group-charged work out 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 with out 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.

NIA H, SF

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

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.

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 weight 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.

Stay Fit H, SF

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



For current class schedule, pick up a flyer or visit our website.

The Y for HEALTHY LIVING

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.

STRONG by Zumba®

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TRX

TRX is a suspension trainer that uses gravity, and your own body weight, to increase core and 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 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.**

Shakti Naam Yoga

incorporates standing postures with deep rejuvenating breathing techniques to open the meridians (energy channels) and remove all blocks in the body. This fusion of movement, breath, acupressure, stretching and vocal vibration is meant to activate and strengthen the body's self-healing capacities, decrease stress and other mood disorders, and enhance feelings of happiness and well-being.

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!

Mini classes

Join coaches for a 15-minute class & add variety to your workout! See flyer for details. Classes meet on the fitness floor unless otherwise indicated and are open to all levels of experience.

Wellness Coach Orientations

All members are entitled to two free orientations in 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.



All Levels Running group \$

Train for a 5K, 10K, or half-marathon in a supportive coached environment. This group meets 2X per week for 12 weeks, ending with the race of your choice. The group is designed to meet the needs of all levels of runners from first time to experienced racers. The coaches also incorporate discussions on proper form, hydration, nutrition and footwear. Sessions meet August- October and February-May.

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
- Long term habit formation

See our Personal training brochure for more information and rates. Small group rates are available upon request.

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

The Y for HEALTHY LIVING

FITNESS EQUIPMENT

- TRX suspension trainer
- Precor Strength Training pieces
- 10 Precor Treadmills
- 6 Precor Ellipticals
- 2 Adaptive Motion Trainers
- 2 Arc Trainers
- 2 Upright Bikes
- 5 Recumbent Bikes
- 2 Stairmasters
- 2 Stepmills
- 2 Concept Rowers
- 1 Sci Fit Upper Body Cycle Ergometer
- 1 Sci Fit recumbent stair stepper
- 3 Weight Rack machines, with a full range of weight plates, rubber plates, 3 45lb bars, one 15lb bar
- Functional fitness equipment: Bosus, foam rollers, bands & stability balls.

Included in the Fitness Center is a Group Cycling Room fully equipped with 16 Stages Flight bikes with both toe cages and SPD clips available

Nutrition Counseling \$

The best way to make long term dietary change is to work with a professional. We offer one on one nutrition counseling sessions & body composition analysis on site with a registered dietician. Sports & family nutrition counseling also available. For more information or to schedule an appointment for either body composition analysis or nutrition counseling pick up a form at the Member Center or email jgiammattei@scfymca.org.

Active Older Adults (AOA)

We provide numerous activities for our Active Older Adult community to develop mind, body and spirit. Senior specialty classes, health screenings, meditation and wellness presentations are just a few of the many offerings. Our AOA group exercise classes are a membership benefit.

Check out our AOA handout for more information.

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 and osteoporosis, to name a few.

90 Days to Wellness \$

With a small group of 8 -10 people, you will learn more about the components of a healthy lifestyle including: goal setting, exercise, nutrition, stress management, and more! Group meets 2X per week. Once for group discussion & once for group exercise class. Email [Nicole nmartinoivich@scfymca.org](mailto:nmartinoivich@scfymca.org) for upcoming dates.

Read it and Reap: YMCA book group

Join us for facilitated conversation about books related to health and wellness. As a group we discuss take a deep dive into the impact and meaning these books may provide for ourselves, the community and society. Session length will vary based on the book. We offer between 2-4 book groups each year. Check our website for the latest read.

Health and Life Coaching Services \$

Meet with a certified health coach for customized guidance and support to achieve your goals. Work one-on-one or in small groups with a health/life coach to clarify your goals, increase awareness of your current situation, look at what is getting in your way and discover options to move with curiosity & confidence into the next phase of you!

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:

- Prevent or delay the onset of type 2 diabetes,
- Reduce body weight by 5-7%
- Participate in physical activity increasing up to 150 minutes per week.

For more information about our diabetes prevention programs please contact Nicole Martinovich, (707)545-9622 x3412 nmartinovich@scfymca.org

The Y for YOUTH DEVELOPMENT Child Care

Program Philosophy

At the YMCA 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.



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
Monte Vista and Marguerite Hahn Elementary Schools
- Bennett Valley Union School District
Yulupa
- Piner-Olivet Union School District
Schaefer, Jack London
- Sonoma Valley Unified School District
Prestwood Elementary
- Petaluma City School District
McNear Elementary,

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.

Please contact your child's school office directly for ASES registration information.

To Register:

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

FEES: \$65 Annual Registration Fee. Multiple enrollment plans to choose from. Call (707) 544-1829 or visit our website for more information. Financial Assistance available.

EARLY CHILDHOOD EDUCATION

The YMCA Early Childhood Education

Our goal is to serve the community through offering high quality Early Childhood Education options for families. Through our four core values, honesty, caring, respect, and responsibility, we provide a safe learning environment that fosters creativity, self-help skills, language development and exploration. We are a team of early education professionals who use our knowledge of best practice as well as our experience with children to create classrooms that invite children to become the best they can be. We operate with the understanding, and desire, to be partners with the parents in our program. We provide the community resources and the necessary support that it takes to raise a child in the hustle and bustle of everyday life.

LOCATION:

2590 Piner Rd, Santa Rosa
(On the Northwest Prep Charter School Campus)
To schedule a tour please call 707-542-9202

AGES SERVED:

- Infant Program - 6 weeks to 12 months
- Toddler Program - 2 to 24 months
- Preschool Program - children 2 to 5 years.

Preschool Program has a QIRS 5 rating.

HOURS:

Monday-Friday from 7am to 6pm
Closed most major holidays.

Program Philosophy

It is our philosophy that children learn best by interacting with their environment under the guidance and nurturing of the teachers. Learning takes place through a combination of child initiated and teacher facilitated activities. Using developmentally appropriate practices in a safe and supportive environment, our goal is to allow children to develop cognitive, social and physical skills at their own individual pace.

**LEARN
GROW
THRIVE**



Curriculum and Developmental Assessment

Our curriculum is built on the combination of the following components:

- Teacher observation
- Children's interest
- Early reading, math and writing skills
- Social emotional awareness

DRDP (Desired Results Developmental Profile) assessments are done every 6 months. These assessments look at the child's self-regulation skills, social and emotional development, language and literacy development, English language development, cognition (including math and science), physical development, and their awareness of social science and visual arts. Once completed we have parent teacher conferences, to share our findings. We also send home Ages and Stages Questionnaires (ASQs) within the child's first week at the center. This is an assessment that is completed by parents. The ASQ is a great tool that allows parents to share with teachers the development that the child is showing at home.



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 Crystal Sowards, Youth Development Director, 707.544.1829 x3313/csowards@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 Crystal Sowards, Youth Development Director, 707.544.1829 x3313/csowards@scfymca.org.

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.

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

Parents, family members, and/or teens are encouraged to volunteer their time. For questions and enrollment call the Program Office at 544-1829.

Youth Activities

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.

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.

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.

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:

- University at LaFiesta
- Strawberry Elementary
- Olivet
- Penngrove
- Grant Elementary
- St. Rose
- Richard Crane
- Evergreen

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.

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



Email-
makeanimpact@scfymca.org

MAKE A DIFFERENCE IN YOUR COMMUNITY WORK OR VOLUNTEER FOR THE Y.



The Y is looking for cause-driven leaders who want to bring about meaningful change in individuals and communities. We are committed to providing our staff with the resources and support they need to make a real difference in society and to learn, grow and thrive, Personally and professionally.

IMAGINE

going to work knowing that what you do every day makes a positive, lasting impact on the lives of children, adults and families.

Put your talents and passions to work for the Y, one of the nation's leading nonprofits committed to nurturing the potential of children, improving health and helping our neighbors.

THE Y INVESTS IN YOU

The Y is dedicated to helping you reach your professional goals and realize your leadership potential in a wide array of positions that support youth development, healthy living, social responsibility and operational excellence. Leadership development programs, coaching and mentoring will help you discover a satisfying, lifelong career helping others.

If you are ready to embark on a challenging and rewarding career at the YMCA, we would love to hear from you. Visit www.scfymca.org/main/job-opportunities/ for more information. Equal Opportunity Employer.

V O L U N T E E R

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

THE Y for SOCIAL RESPONSIBILITY

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.



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

The Y for SOCIAL RESPONSIBILITY

Stronger Kids, Adults & Families, Thank You!

When You Give to the YMCA You ...

- ... help people of all ages and backgrounds build healthy habits and active lifestyles
- ... ensure access to afterschool care, preschool, camp, sports, swim safety and more for EVERYONE
- ... inspire others to give, too
- ... grow stronger kids, families and communities!

To learn more please contact
Michelle Covington at
707-545-9622 x3413 or
mcovington@scfymca.org



New in 2020! Camp Ravencliff

We've been blessed with a resident camp! Formerly run by YMCA East Bay it boasts a tremendous history and time-honored traditions.

Easy Ways to Send A Kid to Wilderness Camp

Yes, really! They have to cross the Eel River to even get to camp!!

Campaign for Community

A gift to the annual spring fundraising campaign directly supports outreach programs and financial assistance for Sonoma County families in need.

Opportunities to volunteer, fundraise and attend fun events! Check YMCA news for info.

More Than a Member

By adding \$5, \$10 or \$25 to your existing auto-deductions you seamlessly disperse your giving throughout the year.

Speak to a Member Center representative to get this started today.

Heritage Society

Prefer to make a gift from your estate? Heritage Society members are a special part of the Y family and are included in a variety of memorable events and activities.

Let us know about your intentions so we can best honor your commitment to future generations!



The Y for SOCIAL RESPONSIBILITY

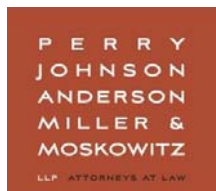
Partnerships for a Great Cause, Thank You!

2019 Sponsors - Corporate and Foundation Investors

These companies demonstrate significant commitment to Sonoma County by investing in the YMCA. We encourage support of these businesses—please thank them directly for investing in your Y.



**ROBERT & SHIRLEY
HARRIS FAMILY
FOUNDATION**



**Active 20-30
Santa Rosa #50**
EST. 1929

**CLUBS4YOUTH
FOUNDATION**



Corporate Sponsorship

Benefits to corporations include wellness programs delivered at your place of business, join fee waivers, invitations to special events and exposure to more than 15,000 Sonoma County residents -and more!- depending on the type and level of support which starts at \$250.

BRINGING THE COMMUNITY TOGETHER

The Giving Tree

December 2019

Champions for Change Annual Campaign

February 6 2020

Bike for Kids

February 22 2020

Swim-A-Thon

March 2020

Comedy for a Cause Event

March 2020

YMCA Healthy Kids Day

April 18 2020

Walk or Run for Y Kids at the Human Race

May 2020

Pumpkin Float

October 2020

Halloween Carnival

October 2020

Community Health Fair

November 2020

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 3/31/20. 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 3/31/20. Redeem at our Welcome Center.

Sonoma County Family YMCA 1111 College Ave Santa Rosa, CA 95404 707.545.9622 Fax 707.544.7805 www.scfymca.org

The Y is a leading charitable organization committed to improving our community's health. Financial assistance is available.