

membership policies & form

Membership in the YWCA is not only essential to utilizing our classes, programs and child care, it is a statement of support for the goals and the mission of the YWCA.

Children under the age of 11 are included in parent or guardian's membership. Men are also invited to become associate members; however, they will not receive the voting privileges of membership.

Information from the membership form will help the YWCA make plans to serve our community more effectively. Information is voluntary and failure to complete this form will neither affect your membership nor be used for purposes of employment.

Membership Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____ Birth Date: _____

Notify/Emergency: _____ Phone: _____

Annual Non-refundable Membership type & fee:

- Adults (women 18+) \$30.00 Associates (men 18+) \$30.00
 Seniors (60 and over) \$25.00 Teens (age 12 -17) \$15.00

School Level: Grade School HS/GED College Graduate

Ethnic Identity:

Black/African Amer. Hispanic/Latina(o) American Indian/Alaskan Native
 Caucasian/White Asian/Pacific Island Other: Multi Ethnic

Family Income: Under \$15,000 \$5,000 - \$29,999
 \$30,000 - \$44,999 \$45,000 - \$59,999 \$60,000 - \$74,999
 \$75,000 - \$99,999 \$100,000 and above

Payment Amount \$ _____ Check Enclosed

Credit Card # _____ Expire _____

Circle one: VISA MC DISCOVER AMX

Name on card: _____

Signature: _____

Release: The YWCA NorthEastern NY has my permission to use recorded photos, videos, or audio taken of me or my minor children solely for the purpose of publicizing YWCA activities.

Signature: _____ Date: _____

registration and refund policy

To register for a program or class, payment must be made either by purchasing a plan or paying a drop in fee. Refer to previous page for fitness plans and drop in rates. We are unable to reserve a space in class until we have received payment, which is due prior to the beginning of the class or program. **When you register for a class, please make sure to bring your current membership card.**

A \$30 processing fee will be charged for all returned checks. We strive to offer a variety of pricing options that meet your individual and family needs. **Please note that children under the age of 15 may not participate in adult aerobic or weight training exercise programs without the Coordinator's permission.**

The YWCA reserves the right to cancel any class. Classes and activities may be cancelled or postponed due to insufficient registration, inclement weather, or unforeseen circumstances. Every effort will be made to notify those registered. If a class is canceled by the YWCA, members may receive a credit voucher or a refund. Voluntary absence from a class does not reduce the cost of operating a class — for this reason, we can not provide individuals a refund or credit even if the absence is unavoidable.

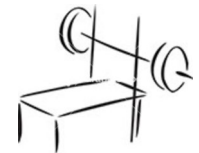
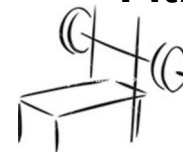
Fitness Classes & Center

Session Dates

January 2, 2016

Through

June 25, 2016



There will be no fitness classes & the center will be closed on these dates:

January 18, February 15 & May 30

fitness plans & ywca membership

YWCA Membership

Basic membership (one year) allows you to vote, receive YWCA mailings and utilize the locker rooms to take a shower.

Adults \$30, Associates \$30, Seniors (60+) \$25 and teens (12 - 17) \$15.

Get Healthy Plan

Our all-inclusive package includes: unlimited Land Fitness classes, unlimited Silver Sneakers® classes, and unlimited use of the Fitness Center at the YWCA NorthEastern NY location.

*A YWCA Membership Plan must also be purchased.

Yearly \$400 Monthly \$36

(Four payments of \$100 can be made at the front desk)

Senior (yearly) \$340 Senior (monthly) \$30

Drop In Rates—Pay Per Class

Member \$7 Seniors \$6

Non-Member (senior included) \$11

◆ Seniors (60+) receive a 15% discount on all fitness plans.

Fitness Center Plan

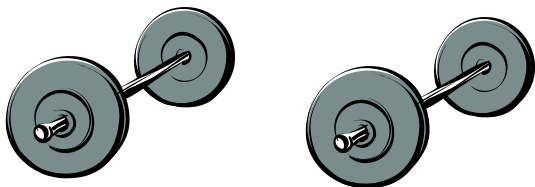
This package includes unlimited use of our fitness center for one person.

*A YWCA Membership Plan must be purchased.

Yearly \$100 Monthly \$12

Senior (yearly) \$85 Senior (monthly) \$10

Drop In Rate for Fitness Center Only \$4.00 per day



If fitness classes are canceled **due** to inclement weather we post the information on the school closings. It will say fitness classes canceled. Or call the reception desk, 518-374-3394 ext 100.

fitness center

fitness center

The Fitness Center is for independent cardio and strength training workouts that include:

Hydraulic strength training equipment

Treadmill

Cardio glider

Universal weight unit

Step machine

schedule

Monday-Saturday

7:00 am -7:00 pm

fitness center orientations

Prior to the first use, members are required to have a free orientation. Staff will teach you how to safely and effectively use the equipment. Please contact the front desk, 518-374-3394 ext 100, to schedule an appointment.

Silversneakers® Fitness Program

Members of select Medicare health plans receive the SilverSneakers®

Fitness Program as one of their benefits. SilverSneakers® includes a free basic membership to the YWCA NorthEastern NY. SilverSneakers® classes are customized for older adults, Senior Advisors assistance, fun social events, and more. Visit www.silversneakers.com to see if your health plan offers SilverSneakers®. Registration for a SilverSneakers® membership is at the YWCA NorthEastern NY, 44 Washington Ave, Schenectady, 518-374-3394 ext. 100.



How to enroll:

1. Take your health plan membership ID card to the YWCA.
2. At the reception desk, register for Silver Sneakers®. The receptionist will assist you with the registration.
3. A tour of the facility will be arranged to explain the proper use of the fitness equipment, show you where the classes are held, the locker room, and how to sign in for class.
4. You are now enrolled and ready to take control of your health!

SilverSneakers® Classic



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

**Classes: 10:30 -11:15 am Monday Instructor: Theresa
Wednesday & Friday Instructor: Irene**

SilverSneakers® Yoga

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Classes: 10:15 -11:00 am
Tuesday & Thursday Instructor: Maria**



BOOM

BOOM is a revolutionary new fitness series designed for Baby Boomers and active older adults. Whether you are just beginning your fitness journey or looking to take your fitness to the next level.

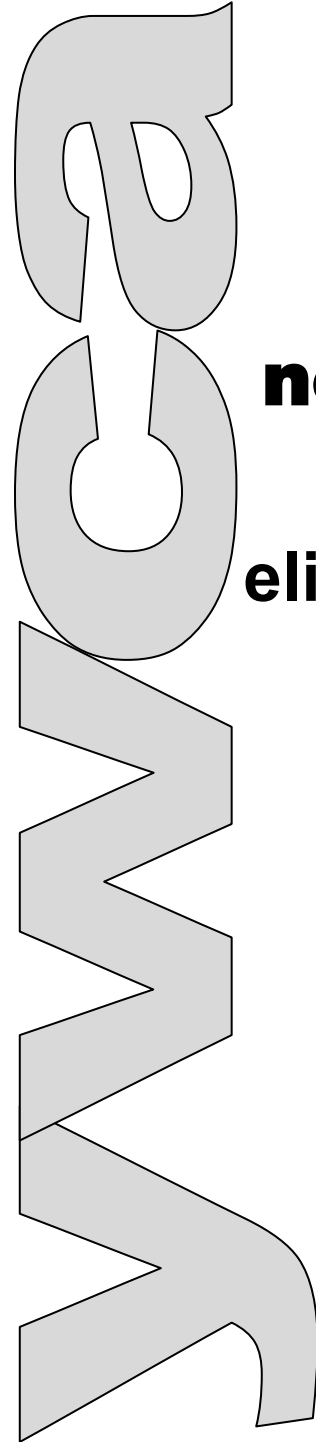
Three innovative classes that include:

MOVE IT... a dance workout class to improve cardio endurance.

MIND...an empowering class that combines yoga, Pilates and stretching.

MUSCLE... fitness just got functional with a unique blend of cardio and strength-based athletic moves.

Move It/Muscle	11:15am – 12:15pm	Tuesdays
Muscle/Mind	11:15am – 12:15pm	Thursdays
Move It	5:30pm - 6:00pm	Wednesday
Muscle	6:00pm - 6:30pm	Wednesday
Mind	6:30pm - 7:00pm	Wednesday



ywca
northeastern ny
is dedicated to
eliminating racism,
empowering
women
and promoting
peace, justice,
freedom, and
dignity
for all.

fitness class schedule at a glance

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Step 9:00 – 10:00 am		Instructors Choice 9:00 – 10:00 am		Cardio Circuit 9:00 – 10:00 am
Silver Sneakers Classic 10:30 – 11:15 am	Silver Sneakers Yoga 10:15 – 11:00 am	Silver Sneakers Classic 10:30 – 11:15 am	Silver Sneakers Yoga 10:15 – 11:00 am	Silver Sneakers Classic 10:30 – 11:15 am
	Silver Sneakers Boom Move It/ Muscle 11:15 – 12:15 pm		Silver Sneakers Boom Muscle/ Mind 11:15 – 12:15 pm	
		Silver Sneakers Boom 5:30 - 6:00 pm Move It 6:00 - 6:30 pm Muscle 6:30– 7:00 pm Mind		

land fitness at YWCA

cardio step

This class is a low impact, high intensity step class for those looking for a cardiovascular workout.

Classes: 9:00am — 10:00am

Monday

Instructor: Theresa



instructor choice

The instructor chooses the format for this hour-long class designed to improve cardio endurance and muscular strength for a great overall workout.

Classes: 9:00am — 10:00am

Wednesday

Instructor: Maria

cardio circuit

Participants will rotate around different cardio workout stations to get the ultimate workout. Stations include: Step, free weights, stability balls, and more.

Classes: 9:00am - 10:00 am

Friday

Instructor: Irene



locker rentals

Members are welcome to rent a locker for their exclusive use. Members choose a locker and inform the Reception Desk of the locker number at time of payment. Any locked lock on a locker that has not been rented will be removed.

Rates:

1 month \$7.00

6 months \$30.00

3 months \$18.00

1 year \$48.00

other YWCA offerings

Aikido & Iaido

Traditional Japanese martial arts training. All instructors are members of the USAF, AUSKF, and AEUSKF. A Japanese martial art with Jujitsu roots makes Aikido a viable martial art. Aikido works to increase body strength, mind, and spirit.

Contact Suzanne Rancourt for fees and to register 518-470-3078 or email info@yamakawadojo.net. For more information visit www.yamakawadojo.net.

Monday & Thursday

Iaido 5:30 - 6:30pm

Aikido 6:30 - 8:00pm



Tri-City Dancers



Exercise for the young and the old in a fun & spirited environment. Enjoy this dancing experience alone or with a partner. Contact Bob Schulz to register 518-452-1154

Friday 7:30 -10:00pm

Dates: January 8 — June 24, 2016

Bokwa®

Bokwa® is a new and complete different approach to group exercise that is rapidly spreading across the globe. Participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout to top 40's music. This class is for EVERYONE!!

The Bokwa® steps can be performed at different levels of intensity and difficulty so adults of all ages and fitness levels can participate in the same class.

Saturday 11:00am — Noon Session1: January 9, 16, 23

Instructor: Omoye \$18 entire session/\$7 drop in

youth & family services

Nancy Johnson, Director

Early Learning Centers

- Educational programs & extended child care for ages 6 weeks to 6 years
- Now enrolling for **Early Head Start**
- Available for ages 6 weeks to 36 months. Free program to families that qualify
- Two Sites:



44 Washington Ave Site

Contact Rebecca Fitch, 518-374-3394

Schenectady County Community College

Contact Rebecca Gruenwald, 518-381-1375

Innovative Programs

- CASH - Creating Assets, Savings and Hope
Free tax preparation; Promotes financial stability & asset building
- Encore - Take Charge of Your Health Educational and screening referral services for breast cancer
- Wellness Center assists individuals to achieve healthy life styles through physical activity with wellness & Silver Sneaker® classes
- SCED — Schenectady County Embraces Diversity Middle School & High School Study Circles
SCED continues conversations around Diversity issues that encourage action and change.



women & family services

Kim Siciliano, Director

Domestic Violence Shelter

- Provides 24-hour emergency shelter for victims and their children

Advocacy, Counseling & Support Groups

- Offers victims support through the court process, including restraining orders
- Group and individual counseling
- Call the YWCA, 518-374-3394, for information

Women's Housing

- Single rooms & off-site apartments
- Contact Lauren Trunko, 518-374-3394 ext 118

Women's Empowerment Program

- *YES (YWCA Economic Solutions)* assists with resume & cover letters; Soroptimist Closet provides career clothing; internet access available
- Contact Andrea Scott, 518-374-3394 ext 131

save the dates



Van Dyck Lounge

• February 17th

Unsung Heroine Celebration

• February 21st



Women of Achievement

• March 31st

Shoe Drive • April 1st

Annual Meeting

• May 25th



2016 corporate sponsors



GE imagination at work

