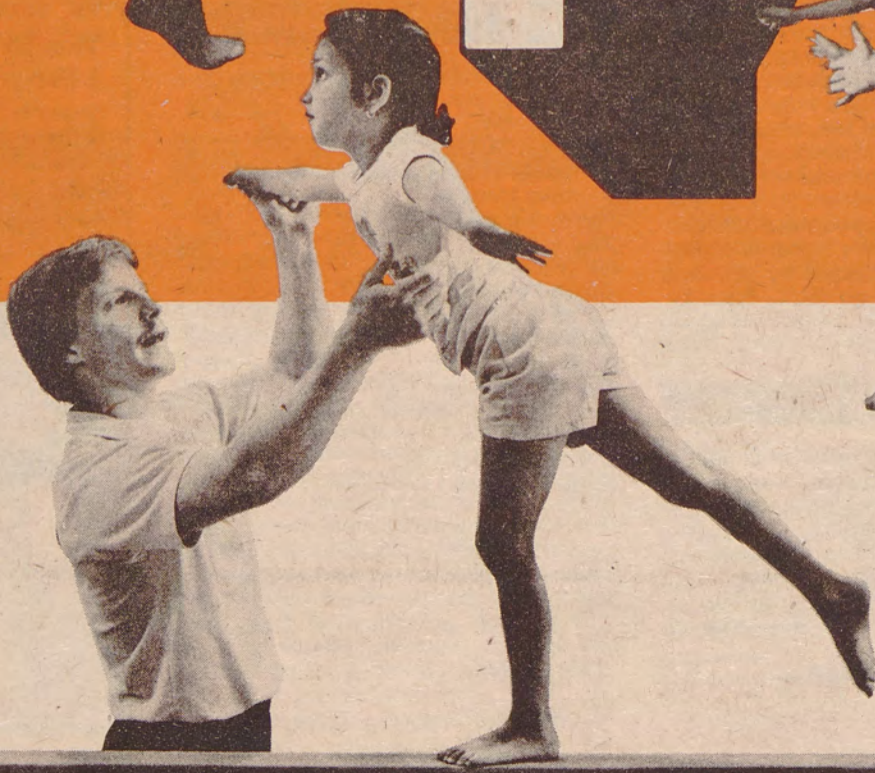




Look what your friends are doing at the



Welcome to the Maplewood YMCA

We've got it all!

We're the leader in fitness and fun for the entire family with programs for men, women, boys and girls.

- Choose from a wide variety of recreational, social, skill and fitness activities.
- Build a healthier body, new friends, stronger relationships and increased confidence.
- Learn from experienced leaders and trained instructors.
- Full privilege members enjoy full use of our facilities plus reduced rates and no charge whatsoever for a number of programs.
- We've got programs to fit every budget and time schedule: morning, noon and night, 6 days a week, all year long!

We're close to where you live, work and play—one of 10 convenient branches in Monroe County. Smart active men and women enjoy being fit and trim and feeling great every day. They make the Maplewood Y their center for health fitness.



FACILITIES

The Maplewood Branch YMCA is located at 25 Driving Park Avenue off of Lake Avenue in Rochester, New York. It is conveniently located on the RTS Bus lines and within minutes of Kodak Park, Kodak Office and many other industrial installations. Many enjoy jogging through the beautiful Maplewood Rose Garden across from the Y and along the scenic Genesee River gorge on which the Y borders.

Included in its physical facilities:

- *Gym with indoor running track
- *Class and meeting rooms
- *Mens weight room
- *Universal weight lifting machine
- *General exercising room
- *Separate locker rooms for men, boys, and girls and women.
- *Outdoor running track
- *Six lane - sliding roof swimming pool

Rental of Facilities

The Y's facilities are available for rental use by non-YMCA groups and families. Available times may be obtained by calling Ed. Neill, Program Director.

HOURS

The YMCA is open Monday - Sunday
Monday - Friday 7:00 A.M. - 9:00 P.M.
Saturday 9:00 A.M. - 4:00 P.M.
Sunday 2:00 P.M. - 5:00 P.M.

Holiday Closings

September 7, Labor Day
November 26, Thanksgiving Day
December 25, Christmas Day
January 1, New Years Day

PROGRAM FEES

Some course descriptions are followed by two fees separated by a slash (/). The first fee represents the reduced amount paid by our Full Facility members; the second is the course fee for Basic Members.

Example:

Adult Swim Instruction \$12/\$20

Where only one fee is shown, participants must be a Full Facility Member.

GUEST POLICY

Individuals who wish to use facilities on a trial basis may request a complimentary pass. Complimentary passes are issued by our professional staff. One day memberships may be purchased at a nominal fee. Members of other YMCA's may use the Y Center facilities by paying one half of the one day membership fee. A current membership card is required. Guests and one day members have all of the privileges and must abide by all rules and regulations of Full Facility members.

MEET OUR STAFF

C. Andrew Sturdy, Executive Director
Edward F. Neill, Program Director
Robert LaRocca, Program Director
Amar Allah, Youth Worker
Patricia Stebbins, Office Manager
Dana Sullivan, Building Director
Carolyn Pearson, Office Secretary
Mary Schneggenberger, Receptionist
Secretary
Rachel Perrotta, Aquatics
Coordinator



BOARD OF MANAGEMENT

Charles B. Schottland, Chairman
Gordon Brown
David Catlin
Danica Glamack
John Harrington
Richard Hooker
Raymond Kicklighter
Roger Millard
Norman Morreale
David Petherbridge
Dr. Brock Powell
Michael Rickert
Jean Saul
Gordon Skinner
Rev. Charles Taylor
Angelo Veltre
Dorothy Welch
Ethel Williams

This Brochure Covers 3 Program Sessions

Session I Sept. 10-Oct. 28
Session II Oct. 29-Dec. 19
Session III Jan. 4-Feb. 27

Keep this for handy reference of available programs.



Look what Families are doing at the YMCA



PRE-SCHOOL

Kinder Class (formerly "Kinderkare") 3-6 years of age

This learning experience is designed to meet the needs of pre-school children in order to develop self confidence, social awareness and basic motor skills. Instruction and supervision is centered around individuals as well as total group interaction. Activities include arts and crafts, music, games, swimming, movies, stories, puppets, snacks and even more.

3-4 year olds -

Tuesdays & Thursdays

300 9:00 - 11:30 A.M.

301 12:30 - 3:00 P.M.

Cost: \$35.00 per session (A.M. or P.M.)

4, 5, 6 year olds -

Mondays, Wednesdays & Fridays

302 9:00 - 11:30 A.M.

303 12:30 - 3:00 P.M.

Cost: \$50.00 per session
(A.M. or P.M.)

You may qualify for tax credit

Movement Education

(3 - 6 years of age)

A great opportunity for your child to develop coordination, self awareness and physical exercise. Under qualified instruction, this program provides unlimited movement experiences through the use of balls, rhythmic and various equipment.

Times available:

310 Monday 10:00 - 10:30 A.M.

311 Wednesday 10:00 - 10:30 A.M.

312 Tuesday 1:00 - 1:30 P.M.

313 Thursday 1:00 - 1:30 P.M.

Cost: 1 time/wk. \$10.00

2 times/wk. \$15.00

Ballet

This program is designed to introduce the basics of Ballet to the pre-school child offering them the opportunity for exercise, learning and movement.

(3-6 years of age)

Time available:

320 Mondays 2:00-2:45 P.M.

321 Wednesdays 2:00-2:45 P.M.

322 Saturdays 9:00-9:45 A.M.

Cost: \$10.00

Mommy and Me (For ages 1-5)

This program not only builds healthy bodies, but also helps to reinforce the parent/child relationship through physical contact and interaction. Parents, under the guidance of a qualified instructor will be working with their own child on different games, skills, exercises and various pieces of equipment. A unique fun and fitness program for both parent and child, emphasis will be placed on developing coordination, balance, strength, flexibility and agility. (Daddy is welcome).

330 Mondays 10:30 - 11:00 A.M.

(Ages 1-3)

331 Wednesdays 10:30 - 11:00 A.M.

(Ages 1-3)

332 Tuesday 1:30 - 2:00 P.M.

(Ages 3-5)

333 Thursday 1:30 - 2:00 P.M.

(Ages 3-5)

Cost: 1 time/wk. \$10.00

2 times/wk. \$15.00

CHILD CARE

(formerly "Baby-sitting")

The YMCA provides qualified child care for your child while you exercise in the gym, swim in the pool, jog around the track, work part-time, run a few errands or go out for the night. Child care is available Monday -Friday from 9:00 a.m. - 12:30 p.m. and 5:15-8:45 p.m. for both members and non-members.

Cost: Per hour \$1.00/\$1.50—½ price additional child

You may qualify for tax credit

FAMILY PROGRAMS

Winter Camping for the Family

Winter camping is available for the entire family, for groups or for a parent's weekend away from home through the YMCA. Beautiful **Camp Gorham** is located in the Adirondacks north of Old Forge on Dart's Lake. Miles of marked trails for the beginner or advanced cross country skiers and snowmobiles are available as well as lodging accommodations. Contact the YMCA Resident Camps Office at 325-2889 for reservations and information, or Camp Gorham, Eagle Bay, N.Y. 13331 (315) 357-6401.

COMMUNITY PROGRAMS

Program For Persons With Special Needs

Recognizing the need for recreational and social outlets for disabled and handi-capped person, this program can be joined by anyone. Under the supervision of trained and competent staff and volunteers specialized in Human Services participants enjoy swimming, arts and crafts, hiking and general recreation.

Eight-Week Series

Saturdays from 1:00 - 4:00 P.M.
Contact the YMCA for registration information.

PARENT & CHILD

The YMCA is probably the only national organization offering a parent-child club program. The club is built around Indian folklore and is highlighted by special activities including games, crafts, songs and just being together. Special trips and outings are scheduled throughout the year including family swims, carnivals, camping weekends and holiday parties. Each tribe consists of 5-7 parent-child pairs with meetings being held in the homes on a rotating basis. Many tribes are currently in existence at this time including Indian Guides, Indian Princess, Indian Maiden, and Indian Trail Blazer groups. If you are interested in becoming part of this exciting family program, contact Ed Neill, Program Director to be included in the fall promotions.

Cost: \$25.00 per pair per year.

Youth Counseling

The Maplewood branch has a long history in its efforts to prevent juvenile delinquency and crime among the youth of the community. By providing development opportunities and counseling to youth, Y staff have made a difference in the lives of young people—many times being the only determining factor in whether a youngster finds himself incarcerated or maturing to become a productive person. Among the Y's services are:

Counseling to individuals, groups and families.

Crises Intervention to families and youth involved in runaway, suicide attempts, etc.

Youth Advocacy provides support and alternatives to youth involved with family court and truancy.

Referral Service provided to families and youth in need of services not provided by the YMCA.

Youth Development provided to youth in need of leadership and skills development and self awareness.

The YMCA offers its services to any youth in our community who needs someone to turn to and does not know where to go.

Youth and Government for High School Students

A fun leadership development experience in state legislature. Participants develop actual bills to be presented at 3 day model session in Albany in December. Program to be organized in September. Interested? Contact Bob LaRocca at the YMCA.



Stay Fit! Join you at the

Aquatics



GENERAL

The Maplewood Y's pool is one of the finest in Greater Rochester. A special emphasis has been placed on adult conditioning swimming due to the high concentration of industry and sr. citizens in its service area.

Adult Conditioning

Swim Conditioning is one of the best methods of improving appearance and physical fitness. It is especially good pre-natal exercise.

Lap swimming for adults, 18 years and older.

Youth Recreation

Youth 6-17 open swim. Diving Board in use.

Family Swim

Time reserved for families to enjoy the pool together. Youth 15 years and younger must be accompanied by a family member 16 years or older.

ADULT

Adult Instruction

A co-ed class designed to teach the non-swimmer the basics of swimming.

- 280 Mondays (Beg) 9:00-10:00 a.m.
 - 281 Mondays (Beg) 7:30-8:30 p.m.
 - 282 Wednesdays 9:00-10:00 a.m.
 - 283 Wednesdays 7:30-8:30 p.m.
 - 284 Tuesday (Int) 9:00-10:00 a.m.
 - 285 Thursday (Int) 9:00-10:00 a.m.
- Cost: 1 day/week \$12/\$20
2 days/week \$18/\$30

Aquatic Fitness

Exercise in the water to music. A co-ed class concentrating on a high level of physical fitness, flexibility, strength and cardio-vascular conditioning. You do not have to be a swimmer to participate.

Full Facility and Newcomers only.

- 290 Tuesdays 10:00-11:00 A.M.
 - 291 Thursdays 10:00-11:00 A.M.
 - 292 Fridays 9:00-10:00 A.M.
- Cost: 2 days/week \$12.00
3 days/week \$17.00

Sr. Citizen Water Exercise

Designed to tone muscles, increase flexibility, and is a good cardiovascular conditioner. Available to Full Facility and Newcomers only.

- 295 Mondays 1:00-2:00 P.M.
 - 296 Wednesdays 1:00-2:00 P.M.
 - 297 Fridays 1:00-2:00 P.M.
- Cost: 2 days/week \$9.00
3 days/week \$12.00

PRE-SCHOOL

Water Babies

6 months to 2 years. A water acquaintance program for the very young. Parent(s) participate under the supervision of an instructor.

- 200 Mondays 11:00 - 11:30 A.M.
 - 201 Wednesdays 11:00 - 11:30 A.M.
 - 202 Fridays 11:00 - 11:30 A.M.
 - 203 Saturdays 12:30 - 1:00 P.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

Tiny Tots (2 and 3 years)

Instructor works with children developing skills in water. Parent(s) participate.

- 210 Mondays 10:30 - 11:00 A.M.
 - 211 Wednesdays 10:30 - 11:00 A.M.
 - 212 Fridays 10:30 - 11:00 A.M.
 - 213 Saturdays 12:00 - 12:30 P.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

Pee Wee (4-5 years)

Basic swimming and safety skills taught. A gradual progression from the shallow end to the diving board. Tuesday and Thursday afternoon classes divided into beginning (B) and advanced (A).

- 230 Mondays 10:00 - 10:30 A.M.
 - 231 Tuesdays 11:00 - 11:30 A.M.
 - 232(B) Tuesdays 1:00 - 1:30 P.M.
 - 233(A) Tuesdays 1:30 - 2:00 P.M.
 - 234 Wednesdays 10:00 - 10:30 A.M.
 - 235 Thursdays 11:00 - 11:30 A.M.
 - 236(B) Thursdays 1:00 - 1:30 P.M.
 - 237(A) Thursdays 1:30 - 2:00 P.M.
 - 238 Fridays 10:00 - 10:30 A.M.
 - 239 Saturdays 10:30 - 11:00 A.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

SWIM TEAM

Open to all boys and girls with a knowledge of 2 competitive strokes. Season runs September through March. Practice held each Tuesday and Thursday evening from 6:30 - 8:00 P.M. One hour Friday evening practice sessions will be held during competitive season. The team meets with other YMCA branches on Saturday or Sunday afternoons. There is a two week trial period of practices after which the youths must register for the program. YMCA Youth Membership is required.

- 280 Complete Season
- Cost: 1st Child \$35.00
Each additional Child \$25.00

YOUTH

Tadpole (6 year olds)

Learning the front crawl to the dive. Participants get ready for entry into the National YMCA Progressive Swim Program.

- 240 Tuesdays 3:30 - 4:00 P.M.
 - 241 Thursdays 3:30 - 4:00 P.M.
 - 242 Saturdays 10:00 - 10:30 A.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

Pollywog (Beginners)

For non-swimmers. Water safety, adjustment and basic skills are taught.

- 250 Tuesdays 4:00 - 4:30 P.M.
 - 251 Thursdays 4:00 - 4:30 P.M.
 - 252 Saturdays 9:30 - 10:00 A.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

Minnow (Advanced Beginner)

Teaching of front crawl, back crawl and diving. Pollywog skills must be mastered before entering this class. Children in this level may try out for the Y's Swim Team.

- 255 Tuesdays 4:00 - 4:30 P.M.
 - 256 Thursdays 4:00 - 4:30 P.M.
 - 257 Saturdays 9:30 - 10:00 A.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

Fish (Intermediate)

Teaching of breast stroke, underwater swim, surface diving, standing front dives, elementary backstroke, and side stroke.

- 260 Tuesdays 4:30 - 5:00 P.M.
 - 261 Thursdays 4:30 - 5:00 P.M.
 - 262 Saturdays 9:00 - 9:30 A.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

Flying Fish (Advanced Intermediate)

Advanced steps in diving, butterfly, and basic skills in lifesaving are taught.

- 265 Tuesdays 4:30 - 5:00 P.M.
 - 266 Thursdays 4:30 - 5:00 P.M.
 - 267 Saturdays 9:00 - 9:30 A.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

Shark (Swimmer)

Perfection of all strokes and diving skills, starts and turns in competitive swimming.

- 270 Tuesdays 4:30 - 5:00 P.M.
 - 271 Thursdays 4:30 - 5:00 P.M.
 - 272 Saturdays 9:00 - 9:30 A.M.
- Cost: 1 day/week \$8.00
2 days/week \$14.00

Porpoise (Advanced Swimmer)

Emphasis on expertise watermanship. The highest level of the Y's Progressive Swim Program.

- 275 Saturdays 9:00 - 9:30 A.M.
- Cost: 1 day/week \$8.00

SEE PAGE 7 FOR GYM AND POOL SCHEDULES.

Have Fun! with Friends at the YMCA

Fitness

ADULT

The Maplewood "Total Fitness" Plan
A total approach to fitness. All participants are given the opportunity to discuss their fitness needs with our Fitness Consultants who will help them design a program especially for the individual. All participants in exercise classes are asked to meet with our consultants prior to class. Full Facility and Newcomers only.

F.I.T. Fitness-in-Tempo

Specially designed for firming and flexibility. Set to music for rhythm and fun.

Level I - An entry level introduction to exercise for the newcomer.

Level II - Exercises to increase endurance and put more emphasis on aerobics.

Level III - For the experienced exerciser. Challenge yourself. A fast pace exercise class for maximum endurance and aerobic effect.

Level I

100	Mondays	9:00-9:45 A.M.
101	Mondays	5:30-6:15 P.M.
102	Tuesdays	11:00-11:45 A.M.
103	Wednesdays	9:00-9:45 A.M.
104	Wednesdays	5:30-6:15 P.M.
105	Thursdays	11:00-11:45 A.M.
106	Fridays	9:00-9:45 A.M.

Level II

110	Mondays	10:00-10:45 A.M.
111	Mondays	6:30-7:15 P.M.
112	Tuesdays	9:00-9:45 A.M.
113	Tuesdays	7:30-8:15 P.M.
114	Wednesdays	10:00-10:45 A.M.
115	Wednesdays	6:30-7:15 P.M.
116	Thursdays	9:00-9:45 A.M.
117	Thursdays	7:30-8:15 P.M.
118	Fridays	10:00-10:45 A.M.
119	Fridays	5:30-6:15 P.M.
120	Saturdays	9:00-9:45 A.M.

Level III

130	Mondays	11:00-11:45 A.M.
131	Mondays	7:30-8:15 P.M.
132	Wednesdays	11:00-11:45 A.M.
133	Wednesdays	7:30-8:15 P.M.
134	Thursday	9:00-9:45 P.M.
135	Fridays	11:00-11:45 A.M.
136	Fridays	6:30-7:15 P.M.

Cost: 1 day/week \$12.00
each additional day \$5.00

Newcomers' Club

An introductory offer. Seven week full facility membership and unlimited classes. Newcomer will be asked to convert to a full facility membership if they wish to continue. Newcomer fee will be credited toward a full year membership.
Cost: \$45.00

Aerobics-In-Motion (AIM)

Choreographed movements to music. Come dance with us for fitness and fun.

An exciting way to promote cardiovascular endurance, improve flexibility, strength and muscle tone.

140	Tuesdays	10:00-10:45 A.M.
141	Tuesdays	5:30-6:15 P.M.
142	Tuesdays	6:30-7:15 P.M.
143	Thursdays	10:00-10:45 A.M.
144	Thursdays	5:30-6:15 P.M.
145	Thursdays	6:30-7:15 P.M.
146	Saturdays	11:00-11:45 A.M.

Y's Way-To-Physical-Fitness

An invigorating work out including running, stretches, and calisthenics. Ends with a jog or a swim. Each participant will be screened to tailor a specific program to the individual under the watchful eye of a trained Fitness Consultant.

150	Mondays	7:00 A.M.
151	Tuesdays	5:30 P.M.
152	Wednesdays	7:00 A.M.
153	Thursdays	5:30 P.M.
154	Fridays	7:00 A.M.

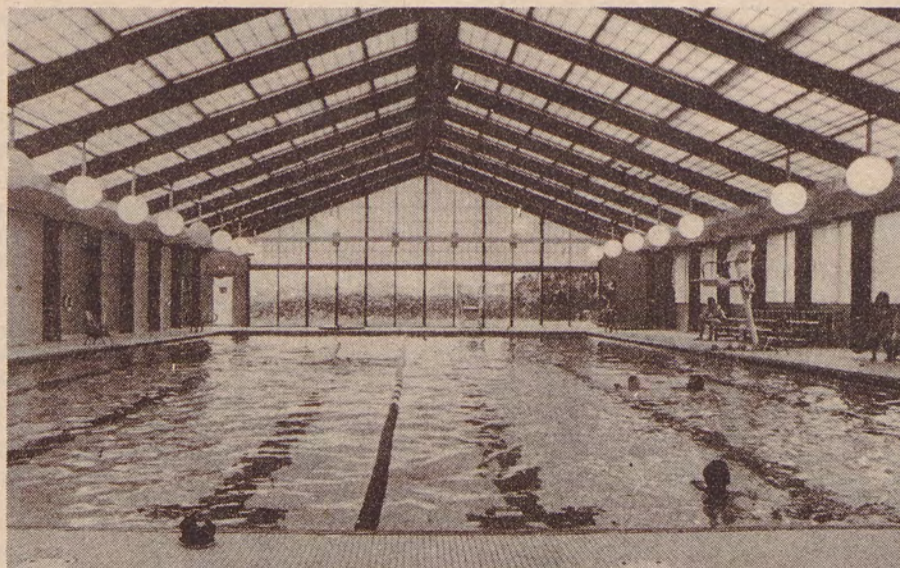
Cost: Any 2 classes per week \$12.00
Each additional class \$5.00

Yoga

For those adults beginning or with experience in Yoga. This activity will help develop flexibility and relaxation.

170	Tuesdays	10:00-11:00 A.M.
171	Tuesdays	7:00 - 8:00 P.M.
172	Thursdays	10:00 - 11:00 A.M.
173	Thursdays	7:00 - 8:00 P.M.

Cost: 1 day/wk. \$10/\$18
2 days/wk. \$15/\$27



Karate

This basic self-defense course is open to individuals who wish to develop self control through physical fitness and exercise.

180	Mondays/Wed.	7:00 - 8:30 P.M.
181	Tuesdays/Thurs.	7:00 - 8:30 P.M.
182	Saturday	10:30-12:00 Noon

Cost: 1 day/week \$10/\$20
2 days/week \$15/\$27
4 days/week \$25/\$45

Self Defense for Women

Designed to incorporate the basic moves of Karate and additional strategies.

190	Mondays/Wed.	11:00-12:00 Noon
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Cost: \$15/\$27

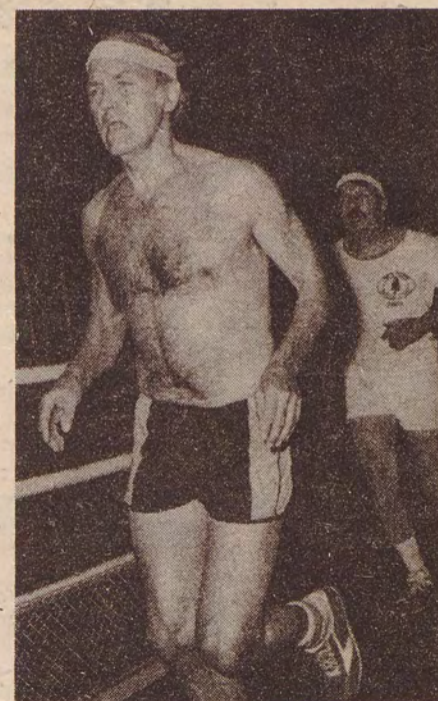
Senior Citizen Outreach Fitness Project "Let's Exercise"

The Maplewood YMCA is offering an exercise class for those Sr. Citizens interested in "getting in shape". Class is held at Lake Tower on Tuesday mornings and continues for seven weeks. Anyone interested should contact Ed Neill, Program Director at 647-3600.

Cost: \$5.00

Men's 4 on 4 League

A men's 4 on 4 Basketball League is being organized at the Y. To begin in November. Games will be played on Sunday mornings. Interested? Contact the Y for more information.



Look what Youth are doing at the YMCA

Y WINNERS!

The YMCA Youth Sports Program

An unbeatable combination for Girls & Boys ages 6 thru 12 Basketball, Soccer, Softball and More

- YMCA Certified Staff
- Parents, Coaches and Referees
- And, most important, a philosophy that...

"Everyone's a Winner"

In Y Winner Sports Programs everyone participates—equally—regardless of athletic skill. And parents become involved, too as coaches and referees.

Y Winners is a fun-filled growth experience for children and their parents building self-esteem, social skills, fitness, health and family strength.

"Y Winners" is designed as a comprehensive program for children ages 6-12 and their families. It is much more than a sports league. This program centers around each individual child and their contribution to the team. Stressing values such as fair play, sportsmanship and teamwork, everyone participates, no one sits out and everyone is a "Y Winner". Three exciting program sessions.
Session I Starts Sept. 10 (7 wks.)

Super Stars -

This program is designed to develop fitness conditioning and various sports skills preparing the young athlete for the upcoming YBA (Basketball) and YSA (Soccer) programs during the year.

LEADERSHIP

Leaders Club (12-18 years of age)

This club offers the youth member the opportunity for training and leadership responsibilities in the areas of physical education, aquatics, special programs and many other areas of YMCA operations. Working with adult supervision and guidance, these people provide leadership in programs for younger children and come to realize that service to others can be very rewarding. The group will



Program will be conducted in various schools throughout the community as well as at the Y.

Session II YBA (Youth Basketball Association) (12 weeks)
This program is more than just a sports league. Everyone plays fair with an equal opportunity for participation. Starts Oct. 29 (12 weeks)

Session III YSA (Youth Soccer Association)

This indoor soccer program has all the makings of a fast and exciting game. Everyone is a winner. (12 wks.)

conduct social events and outings for its members, hold fund raising events and special training sessions. In addition to this active schedule, the club will conduct monthly business meetings, attend leaders rallies in New York State and the Northeast Region and provide special service to the YMCA and to the community at large. If interested in learning more about this worthwhile opportunity, contact Ed Neill, Leader's Club Advisor.

SPORTS

Weight Training

Learning to use weights to build strength and lose weight properly. Instruction under supervision of competent staff. Use of free weights and universal machine. Class assigned by age group.

- 407 Mondays 3:30 - 4:30 P.M. (9-11 years)
 - 408 Tuesdays 3:30 - 4:30 P.M. (12-14 years)
 - 409 Thursdays 3:30 - 4:30 P.M. (15-17 years)
- Cost: \$10.00

Gymnastics (6-12 years)

A beginner gymnastics program with exclusive use of gym and equipment. Emphasis on conditioning, basic moves and strengthening. A fun program for the starter in gymnastics.

- 410 Tuesdays 4:00 - 5:00 P.M.
 - 412 Thursdays 4:00 - 5:00 P.M.
- Cost: 1 day/week \$10.00
2 days/week \$15.00

Karate Co-ed.

Beginner instruction in self-defense, sparring, forms and breaking techniques.

- 400 Mondays/Wed. 3:00-4:00 P.M.
 - 401 Tues./Thurs. 3:00-4:00 P.M.
 - 402 Saturdays (Grades K-6) 9:00-10:30 A.M.
 - 403 Saturdays (Grades 7-12) 12:00-1:30 P.M.
- Cost: Saturday or
Two weekdays \$10.00
Four weekdays \$15.00

Wrestling (Boys 8-14)

Instruction in the basic moves in wrestling.

- 402 Wednesdays 3:30-4:30 P.M.
- Cost: \$10.00

Ballet I (7 - 14 year olds)

A co-ed beginner class in which participants will learn the basic steps to develop good ballet form, conditioning, and moves.

- 405 Saturdays 11:00 - 11:45 A.M.
- Cost: \$10.00

Ballet II (7-14 year olds)

A co-ed class for those completing Ballet I. Exploration of advance dance steps and choreography.

- 406 Saturdays 10:00 - 10:45 A.M.
- Cost: \$10.00

Outing Clubs

These clubs are comprised of individuals with an interest in the out of doors, including such activities as hiking, bicycling, camping, canoeing, skiing, mountain climbing, and just getting away. Weekend trips will be planned with training workshops held during the week. Anyone 12 years of age or older is eligible for the outing club programs.

Contact Ed Neill

- Cost: Ages 12-17 \$24.00/yr. or \$5.00/session
- Ages 18 & up \$30.00/yr. or \$7.00/session

NOTE: Additional costs will include transportation, food, rentals, lodging at group rates.

AFTER SCHOOL

Latchkey After School Program...

No youngster will be bored after school when they join in this exciting new program at the Y. Typical days include an after-school snack, gym activities, swimming, crafts and much more. This program is especially helpful if both parents work. It's a great alternative to babysitting and all activities are supervised by competent staff and members of the Y's Leaders Club. Participants enjoy gym activities, crafts, swimming, hiking and much more. Begins at 3:00 P.M. and ends at 5:00 P.M.

Why worry about your children after school. Send them to the YMCA's Latchkey program. If both parents work it's a great alternative to babysitting.

Cost: \$5/wk. \$15/7 weeks

FUN CLUBS

Live Y'ers

A Saturday morning fun club program for boys and girls 6-11 years of age. Activities include crafts, games, swim and gym. Special events will also be conducted during each session. Children should bring gym shorts, sneakers, towel and bathing suit. (Please arrive by 9:00 A.M.) Under the direction of professional staff with assistance of members of the Leaders Club.

- 420 Saturdays 9:00 A.M. - 12:00 noon
- Cost: \$5.00

Vacation Fun Club

Several holiday programs are being offered to allow your child to participate at the "Y" during school vacations. Activities include crafts, games, sports, swimming and outdoor adventure. Bring lunch, swim suit and towel. (Daily rates available)

9:00 A.M. - 3:00 P.M. -

Boy and Girls 6-11 years

430 Thanksgiving Club

November 27 \$5.00

431 Holiday Jubilee

A. Dec. 21 - Dec. 24 \$17.50/wk.

B. Dec. 28 - Dec. 31 \$30.00/2 wks.

432 February Festival

Feb. 15 - Feb. 19 \$20.00

Contact Ed Neill

OVERNIGHT

New Years Eve Overnight Ages 6-11

December 31, 1981 - January 1, 1982 Help bring in this gala event by celebrating your New Years Eve at the "Y". The overnight will consist of games, crafts, swimming, sports, breakfast and many other fun activities. Why not plan to attend this years "Big Event". Details will follow.

Arrive: Dec. 31, 1981 7:00 P.M.

Departure: Jan. 1, 1982 9:00 A.M.

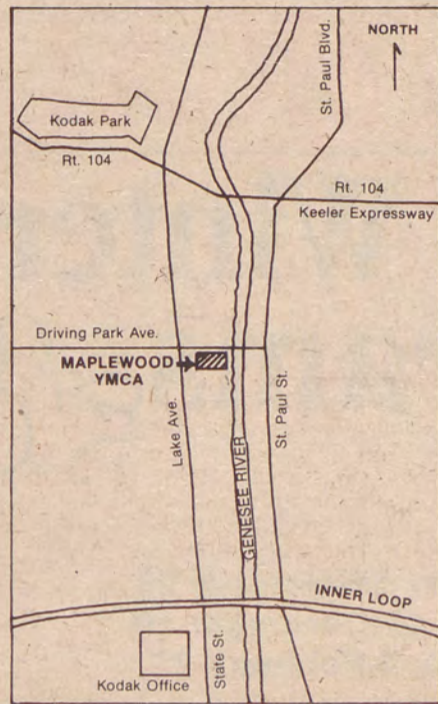
Cost: \$10.00/\$15.00

(1/2 price for additional child in the family)

Contact Ed Neill

Registration and Information

Join your friends at the YMCA



**This Brochure Covers
3 Program Sessions**
Session I Sept. 10-Oct. 28
Session II Oct. 29-Dec. 19
Session III Jan. 4-Feb. 27
**Keep this for handy reference of
available programs.**

We're Close To You!

MEMBERSHIP RATES

All members are maintained on YMCA mailing lists for notices and new program descriptions.

	3 months*	Annual
Adult Basic Membership		\$ 10.00
FULL FACILITY		
Youth (0-17 years)		\$ 15.00
Young Adult (18-24 years)	\$ 55.00	\$105.00
Adult (25-59 years)	\$ 65.00	\$125.00
Senior Citizen	\$ 44.00	\$ 83.00
Family	\$125.00	\$240.00

*Two consecutive 3 month memberships convert to an annual membership automatically if purchased prior to expiration date.
Membership rates are subject to change without notice.

REGISTRATION

All registrations for YMCA building programs must be made in person at the Maplewood Branch. Phoned in reservations will not be accepted. When registering for a course, please refer to course number and session letter (301A, 602B, etc.) Current memberships are required for registration. Non-members will be required to purchase a membership at time of registration.

Late Registration
Late course registrations may need the approval of the staff director responsible for that program. Fees will be pro-rated as follows: After first week 90%, second week 80%, third week 70%. Beyond fourth week 60%.

GUEST POLICY

Individuals who wish to use facilities on a trial basis may request a complimentary pass. Complimentary passes are issued by our professional staff. One day memberships may be purchased at a nominal fee. Members of other YMCA's may use the Y Center facilities by paying one half of the one day membership fee. A current membership card is required. Guests and one day members have all of the privileges and must abide by all rules and regulations of Full Facility members.

One Day Membership Rates

Youth	\$1.00
Adult	\$3.00
Senior Citizen	\$1.00
Family	\$5.00

MEMBERSHIP INFORMATION

The YMCA is a membership organization. Adult participants who do not wish to purchase a Full Facility Membership must purchase a Basic Membership. Use of Y Center facilities by basic members is limited to course participation and fees are higher. Youth Full Facility memberships are kept at a reasonable rate to allow full use of all facilities by youth. All members are maintained on YMCA mailing lists for notices and new program descriptions.

Group Membership
Do you work with 10 other people who would like to be annual members of the Maplewood YMCA? Would you like to receive at least 50% off of your membership for organizing your co-workers?

Group Membership Plans are available at the Maplewood YMCA and have benefits to the group leader as well as the group members. Interested? Call the Executive Director or the Director of Physical Education for information relating to this special discount plan.

Credit Policy
Participants cancelling out of a course are not eligible for a credit except in cases of illness. Credit is given as follows: Prior to first week, 90%, prior to second week, 70%, prior to third week 50%, prior to fourth week 30%. After the fourth week, no credit will be given. If the course is cancelled due to low enrollment, a refund may be made or a credit offered.

MAPLEWOOD YMCA POOL SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Cond. 7 am-1 pm	Adult Cond. 7-9 am 10 am-1 pm	Adult Cond. 7 am-1 pm	Adult Cond. 7-9 am 10 am-1 pm	Adult Cond. 7 am-1 pm		
Adult Inst. 9:00-10:00 am	Fitness & Fun Fellowship 9 am-10 am	Adult Inst. 9 am-10 pm	Fitness Fun Fellowship 9:00-10:00 am	Aquatic Fitness 9:00-10:00 am	Adult Cond. 9:00-10:30 am	
Pee Wee 10:00-10:30 am	Aquatic Fitness 10:00-11:00 am	Pee Wee 10:00-10:30 am	Aquatic Fitness 10:00-11:00 am	Pee Wee 10:00-10:30 pm	Fish/F. F/Shark Porpoise	
Tiny Tot 10:30-11:00 am	Pee Wee 11:00-11:30 am	Tiny Tot 10:30-11:00 am	Pee Wee 11:00-11:30 am	Tiny Tot 10:30-11:00 am	Polly/Minnow 9:30-10:00 am	
Water Babies 11:00-11:30 am	Pee Wee I 1:00-1:30 pm	Water Babies 11:00-11:30 am	Pee Wee I 1:00-1:30 pm	Water Babies 11:00-11:30 am	Tadpole 10:00-10:30 am	
Senior Citizen 1:00-2:00 pm	Pee Wee II 1:30-2:00 pm	Senior Cit. 1:00-2:00 pm	Pee Wee II 1:30-2:00 pm	Senior Cit. 1:00-2:00 pm	Pee Wee 10:30-11:00 am	
Visually Handicap. 1:00-2:00 pm	School Rental 1:00-3:00 pm	School Rental 1:00-3:00 pm	School Rental 1:00-3:00 pm	School Rental 1:00-3:00 pm	SuperSport 11:00-12:00 am Tiny Tot 12:00-12:30 pm	
Adult Cond. 2:00-3:00 pm	Adult Cond. 2:00-3:00 pm	Adult Cond. 2:00-3:00 pm	Adult Cond. 2:00-3:00 pm	Adult Cond. 1:00-3:00 pm	Water Babies 12:30-1:00 pm	Adult Conditioning 2:00-3:00
Youth Rec. Swim 3:30-4:30 pm	Tadpole 3:30-4:00 pm Polly/Minn. 4:00-4:30 pm	Youth Rec. 3:30-4:30 pm	Tadpole 3:30-4:00 pm	Youth Rec. 3:30-4:30 pm	Adult Cond. 11 am-1 pm	Family Swim 3:00-5:00
Adult Cond. 4:30-6:30 pm	F/FF/Shark 4:30-5:00 pm	Family Swim 6:30-7:30 pm	F/FF/Shark 4:30-5:00 pm	Swim Team 6:30-7:30 pm	Rec. for Special People 1:00-3:30 pm*	
Family Swim 6:30-7:30 pm	Adult Cond. 4:30-6:30 pm	Adult Inst. 7:30-8:30 pm	Adult Cond. 4:30-6:30 pm	Family Swim Parent Child 7:30-8:30 pm		
Adult Inst. 7:30-8:30 am	Swim Team 6:30-8:00 pm		Swim Team 6:30-8:00 pm			
	Adult Open 8:00-8:30 pm		Adult Open 8:00-8:30 pm			
Pool Closed 8:30 pm	Pool Closed 8:30 pm	Pool Closed 8:30 pm	Pool Closed 8:30 pm	Pool Closed 8:30 pm	Pool Closed 3:30 pm	Pool Closed 5:00 pm

MAPLEWOOD YMCA GYM SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y's Way To 7:00-8:00		Y's Way To 7:00-8:00		Y's Way To 7:00-8:00		
Open 8:00-9:00		Open 8:00-9:00		Open 8:00-9:00		
FIT Level I 9:00-10:00	FIT Level II 9:00-10:00	FIT Level I 9:00-10:00	FIT Level II 9:00-10:00	FIT Level I 9:00-10:00	FIT Level II 9:00-10:00	
FIT Level II 10:00-11:00	AIM 10:00-11:00	FIT Level II 10:00-11:00	AIM 10:00-11:00	FIT Level II 10:00-11:00	Live Yers 10:00-11:00	
FIT Level III 11-12 noon	FIT Level I 11-12 noon	FIT Level III 11-12 noon	FIT Level I 11-12 noon	FIT Level III 11-12 noon	AIM 11-12 noon	
Men's Basketball 12:00-1:30	Men's Basketball 12:00-1:00	Men's Basketball 12:00-1:30	Men's Basketball 12:00-1:30	Men's Basketball 12:00-1:30	Program For Special Pers. 12:00-1:00	
School Rental 1:30-3:00	School Rental 1:00-3:00	School Rental 1:30-3:00	School Rental 1:00-3:00	School Rental 1:30-3:00	Y Winners 1:00-4:00	Special Family Prog. 2:00-5:00
Afterschool 3:00-5:00	Afterschool 3:00-4:00 Gymnastics 4:00-5:00	Afterschool 3:00-5:00	Afterschool 3:00-4:00 Gymnastics 4:00-5:00	Afterschool 3:00-5:00		
FIT Level I 5:30-6:30	Y's Way To 5:30-6:30	FIT Level I 5:30-6:30	Y's Way To 5:30-6:30	FIT Level II 5:30-6:30		
FIT Level II 6:30-7:30	AIM 6:30-7:30	FIT Level II 6:30-7:30	AIM 6:30-7:30	FIT Level III 6:30-7:30		
FIT Level III 7:30-8:30	FIT Level II 7:30-8:30	FIT Level III 7:30-8:30	FIT Level II 7:30-8:30	FAMILY FUN 7:30-8:30		



*Pool will be used on some Saturday afternoons for swim meets. Please check swim meet schedule to be determined in September.

Maplewood Branch YMCA

25 Driving Park Ave.
Rochester, N.Y. 14613
Phone 647-3600

SUPPLEMENT TO
TENTH WARD COURIER
VICINITY POST.

Build on your Strengths at the YMCA!

Fall and Winter Programs



Session I September 10-October 28
Session II October 29-December 19
Session III January 4-February 27

GET FIT FOR FALL!

Visit the YMCA booths at the Xerox Health Fair
Dome Arena, August 29

Games • Prizes • Fitness Demonstrations & Testing
We'll be there to answer your questions
about health fitness and the YMCA.



UPCOMING EVENTS AT THE MAPLEWOOD YMCA

August 24-30 YMCA closed for
cleaning and repairs.
Special Discount Registration week.
September 7 - Labor Day Holiday
YMCA closed
September 10 - Session I begins
September 30 - October 1 Rochester
Company Days
October 28 - Session I ends
October 29 - Session II begins
November 26 - Thanksgiving YMCA
closed
November 27 - Holiday Fun Club
December 19 - Session II ends
December 21 - 24 - Holiday Fun Club
December 24 - YMCA closes at 2:00
P.M.
December 25 - Christmas Holiday
YMCA closed
December 28 - 31 - Holiday Fun Club
December 31 - YMCA closes at 2:00
P.M.
New Year's Eve Overnight
January 1 - New Year Holiday YMCA
closed
January 4 - Session III begins
February 7 - 13 - YMCA Week
Celebration

