



YMCA of Saratoga

We build strong kids, strong families, strong communities.

Winter 2008 Session

January 7 - March 1

Full Member Registration begins December 11

Program Member Registration begins December 18

No registered classes week of February 18 - 23

Full members may register on-line: www.ymcasaratoga.org

YPRESCHOOL™

We build strong kids, strong families, strong communities.

2008-2009 Registration

Current Preschool Participants, siblings,
or siblings of alumnae:

Wednesday, January 16

8:30 am-1:00 pm

In-person registration only.

Open House:

Wednesday, February 6

7:00 pm-8:00 pm

New Registrants:

Wednesday, February 13

8:30 am-3:00 pm

The YMCA of Saratoga

Mission Statement



The mission of the
YMCA of Saratoga is to put
Judeo-Christian principles into practice
through programs that build
healthy spirit, mind and body for all.

The YMCA welcomes
men, women and children of all ages,
incomes, abilities, races and religions.

The YMCA of Saratoga is a
501(c)(3) tax exempt,
charitable organization.

Membership Rates

	<u>Full Pay</u>	<u>E-Z Pay Monthly</u>	<u>Improvement Fee</u>
<u>West Avenue & Wilton Facilities:</u>			
Program	\$100.00	N/A	N/A
Youth	\$156.00	\$13.00	N/A
Teen	\$180.00	\$15.00	N/A
College	\$264.00	\$22.00	N/A
Senior	\$384.00	\$32.00	\$50.00
Adult	\$492.00	\$41.00	\$50.00
Family	\$792.00	\$66.00	\$50.00
<u>Corinth & Malta Facilities Only:</u>			
Youth	\$120.00	\$10.00	N/A
Adult	\$324.00	\$27.00	N/A
Family	\$504.00	\$42.00	N/A

Youth: Ages 13 and under; Teen: Ages 14-17;
College: Student ages 18-23, college ID and proof of full-time student status required;
Senior: Ages 60 and up; Adult: Ages 18-59;

Family: 2 adults and all children under 18, (college students under 23), living in the same household.

Program Membership:

Any person without a full membership must pay an annual program membership fee of \$100.
If you upgrade to a full membership within three months of paying the program fee,
the \$100 will be applied towards the full facility improvement fee.

Included with your YMCA Membership: Use of selectorized, strength training and cardiovascular fitness equipment, steam and sauna rooms, whirlpool, free weights, gymnasium, year-round indoor running track and swimming pool, seasonal outdoor swimming pool, many group fitness programs, fitness assessment and follow-up.

Program Change Fee: Any member who wishes to change classes, for any reason after they have already registered, will be required to pay a \$10.00 service fee. This charge is per person, per program.

Program Cancellation Policy: The YMCA of Saratoga reserves the right to cancel, without notice, any program due to low enrollment. Fees will be credited/refunded.

Refund Policy: The YMCA of Saratoga will refund your membership/program fee within three (3) days of purchase. After three (3) days, credit will be issued.

Membership Scan Card: Scan cards are issued to all full members and must be scanned upon entry to any YMCA facilities. Replacement cost is \$2.00. Members who do not bring their scan card may not be permitted to use the facility.

Guest/Daily Passes: Every full year membership is allowed two (2) complimentary guest passes per year, to use at their discretion. Passes for guests or program members are available at the rate of \$10.00 per day for adults, \$5.00 per day for youths/teens under 18 years of age and \$16.00 per day for a family. Passes may be restricted during busy periods.

Lockers/Valuables: Lockers may be secured by members, using their own lock, while they are in the building. Locks must be removed when leaving the building each day. The YMCA is not responsible for valuables left unattended. Mini lockers are available. Please ask for a free token at the front desk.

Supervision: For everyone's safety, children under the age of 10 cannot be left unattended in any area of the YMCA. Children under the age of 11 are not permitted in the Fitness Center unless part of a supervised YMCA program. After completing a Fitness Certification class, youth ages 11 through 13 are allowed to use the Fitness Center between the hours of 2:30 pm and 4:30 pm weekdays and 11:00 am to 4:00 pm on weekends.

YMCA Babysitting: Enjoy a workout or take a class while we watch your child. Service is provided for YMCA members while they enjoy visiting any of our branches. Children ages 8 weeks and up are permitted to use the babysitting service. Fees are \$2/hour/child and reservations are required.

Health Screening: If you have been away from the YMCA due to illness or injury, you will be required to bring a Physicians note stating your ability to participate in an exercise program.

YMCA of Saratoga Liability Policy: Each person, as a member or visitor, is solely responsible for any personal injuries or losses sustained while on any YMCA property, or during any YMCA sponsored activities.

Fitness Assessments/Follow-up: Our trained fitness professionals will help you complete a comprehensive health screening questionnaire and fitness assessment. The purpose of the Fitness Testing Program is to evaluate and develop your individual cardio-respiratory fitness, body composition, flexibility, muscular strength and endurance. The initial appointment fee is \$10. Call 583-9622, ext 216, to schedule an appointment. Please do not eat, drink or exercise four hours prior to testing.

Contributions: The YMCA is a 501 (c)(3) charitable, non-profit organization which relies on community support and donations to provide financial assistance for those in need and to establish or improve YMCA facilities. Gifts to the YMCA are always welcomed.

Financial Assistance: It is the policy of the YMCA of Saratoga not to deny anyone the use of our facilities or programs due to the inability to pay. Through the generosity of community support and sustaining members, assistance is available for YMCA membership fees for any qualifying individual or family who cannot afford to participate. Applications are available at the front desk of any YMCA of Saratoga location.



CHILD CARE

Malta Child Care

Located just off Northway Exit 12 in the Malta Commons Business Park, this year round program is open Monday through Friday, 6:30am to 6:00pm daily. This developmental program fits the needs of the children according to their ages and individual progress. It uses a thematic approach to reading readiness, language, math, science, art, music, social studies, multi-cultural activities, health & nutrition, fitness, and social-emotional growth for children ages 6 weeks through 5 years old. Tuition includes: meals (breakfast, lunch and snack), swim time for 4 & 5 year olds, and a Pre-School curriculum to prepare children for Kindergarten. Formula and jar food is provided for infants. For more information or to schedule a tour, call Wendy at 899-5829.

Pre-School Program

This is a school year/school schedule program. Our caring, qualified teachers provide your 2 to 5 year-old a developmental curriculum that fits their needs according to their age and individual progress. Classroom learning is complemented by field trips, class visitors and other special events. Our goal: a happy well-adjusted child who learns through play. Our Pre-School classes are held at the West Avenue and Wilton Branches and at the Wesley Health Care Center. Our Wesley Intergenerational Pre-School program includes interaction between the pre-school students and the Wesley residents during regular Pre-School Activities. For more information on any of our Pre-School programs, call Colleen at 583-9622 x114.

For information about the Universal Pre-K Program, please call the Saratoga Springs School District.

Cyber Kidz

An After School Enrichment Program designed for children entering grades 5 through 7. Children are bused from school to the YMCA at West Avenue for a safe and fun afternoon of games, swimming, computers and homework help. For information call Patti at 583-9622 x110.

Before and After-School Enrichment Program (B.A.S.E.)

This is a safe, fun and reliable before and after school program for children in kindergarten through 5th grade. NY State licensed, this program provides your child with indoor and outdoor play, arts and crafts, group games and homework assistance at various locations. It also provides you, the working parent, with a sense of comfort and security. Your child may also participate in our recreational swimming program at least once a week. The Before-School Program begins at 7am, the After-School Program ends at 6pm. For more information, call Paige at 583-9622 x116 or Patti at x110.

Sites:

YMCA West Avenue Branch /am&pm
 Lake Ave Elementary School/am&pm
 Dorothy Nolan Elementary School/ am&pm
 Greenfield Elementary School/am
 Corinth Elementary School/pm

Fun Club

B.A.S.E. participants are eligible for this full-day program on scheduled school holidays and school closings. We provide a stimulating and fun environment consisting of, pool activities and gym games to keep your child happy. The program runs from 7 am to 6 pm at our West Avenue facility only. Your child should bring a towel, swimsuit and lunch each day.

Reservations are needed a minimum of 5 days in advance. For more info, call Paige at 583-9622 x116.

YOUTH PROGRAMS

Celebrations & Parties

Let us organize your celebration! Parties at the West Avenue Branch include games, music and party time, then it's off to the pool for swimming. For more information call Patti at 583-9622 x110.

Parties at the Wilton Branch include an hour of gymnastics with structured fun, open gym time and games and then one hour of party time. For more information call Kim at 587-3000 x230.

Family Karate

Certified first degree black belt Goju Karate instructor designs a family karate class for children and adults of all ability levels, interests and ages.

Corinth Branch

FUN-tastic Family Night

Come join us at the West Avenue Branch each Saturday from 4pm - 6pm for some great fun activities for the whole family. Each week will have a different theme: family basketball, family soccer, family aerobics, family olympics, karaoke night or movie night.

Little Einstein Tutoring

Free tutoring for children K-5th grade. Need a little help with homework, a school project or a subject your child is having a problem with? Then drop in and get that help from our tutors. Thursdays 3:30 pm - 5:30 pm at the West Avenue Branch. No fee.

Micro Soccer

For boys & girls ages 4-6. No tryouts, each player plays at least half the game. Emphasis is on participation NOT on winning, FUNdamentals are stressed. Micro Soccer is played indoors with 5 players per team on the field. Players rotate so they get a chance to learn how to play all positions. Space is limited.

West Avenue Branch

Play and Splash

The "play" starts in the gym for children, walking to 3 years. Songs, finger play and body movements are a part of "Circle Time". Free play time follows, then it's off to the pool where parents and children "splash" together. (If children aren't trained, they must wear a swim diaper & rubber pants.)

West Avenue Branch

Pretty Little Princess

Do you have a Pretty Little Princess at home? Come join us every Saturday morning as we make tiaras, wands, crowns, jewelry and jewelry boxes. At the end of the session, all our Pretty Little Princesses will dress to impress as they gather with their families and friends for an English Tea Party.

West Avenue Branch

Roc-N-Tots

Shake, rattle and roll with favorite songs and new tunes! Roc-N-Tots offers an introduction to movement and music for growing minds and bodies for ages 18 months through 3 years. A fun mix of circle songs, free dance, marching and imagination which your child will talk about all week!

West Avenue Branch

Small Shots Basketball

Boys and girls ages 5-9 years old learn the fundamentals of basketball; dribbling, passing and shooting, while having a great time. The

program is held on Monday from 4:00 pm - 4:45 pm for beginners and 4:45 pm - 5:30 pm for intermediates. Space is limited.

Wilton Branch

Twinkle Toes Ballet

Creative Movement/Pre-Ballet

For ages 4 to 6 years old. Our children's program is designed to develop motor coordination, to increase spatial and rhythmic awareness, and to provide a positive learning experience. Work is presented in an imaginative and age-appropriate manner. By the completion of Ballet I, children will have been introduced to ballet steps, terminology and the basics of dance. The program is taught by instructors from the Saratoga City Ballet School.

West Avenue Branch

Youth Fitness Certification Course

This two day certification course will allow youth ages 10 through 13 to use the Fitness Center between the hours of 2:30 pm - 4:30 pm & 7:30 pm to close weekdays. The course will cover gym etiquette, nutritional guidelines, basic anatomy, physiology and strength & endurance training. Upon completion, members will receive a certificate and wristband to be worn when using the Fitness Center. This course is offered at the West Avenue Branch. The ages and times for utilizing the Fitness area will vary at the individual branches.

Youth For Fitness

A group fitness class for ages 8-10 with activities to shape up, balance and keep your child interested in getting in shape and having fun all at the same time. The class is instructed by a YMCA Strength Trainer experienced in all levels and ages.

West Avenue Branch

Wilton Branch

TEEN PROGRAMS

Leader's Club

YMCA of Saratoga Leaders Club is a wonderful way to develop leadership skills and have a great time with other teens in the community. Y Leaders help with YMCA of Saratoga programs like tutoring, children's programs, youth sports, as well as various community projects. Teens also have a lot of input on the direction the YMCA of Saratoga teen programs operate. Leaders Club meets at the West Avenue Branch every Thursday, 6-7 pm, during the school year. For ages 12-18.

Saturday Night Klub

Three hours of fun and games every Saturday night, 7:00 pm - 10:00 pm, at the YMCA West Avenue Branch. Play basketball, dodgeball, flag football, swim, run or walk on our indoor track, workout in our fitness area, use the computers in the cyber café, or just hang out in the game room. This program is for 5th grade and up. For more information call Mike at 583-9622 x109.

Teen Center

The Teen Center is located on the second floor of the West Avenue Branch and is open for teens weekdays after school, from 3 pm - 8:30 pm, Saturdays and Sundays 11 am - 6 pm. The center provides pool, ping-pong, and foosball, as well as a stereo and our new Cats Eye Game Bikes. Teens are given an opportunity to get involved with committee work, volunteer programs, fundraisers, club organizations and various workshops.

Tutoring

The YMCA, in conjunction with Skidmore College students, will be offering free tutoring for 5th through 12th graders at the West Avenue Branch every Monday, Tuesday and Wednesday. So, if your child needs some help with school, just drop in and check it out.

Youth and Government

You are invited to join a fun and interesting program to learn about local and state government, develop your leadership talents. Youth and Government is a hands on experience where you may voice your opinions through writing bills, debating topics you choose and being part of the democratic process. The format of the program includes bi-monthly club meetings at the YMCA of Saratoga's West Avenue Branch, guest speakers and a trip to the State Capital in Albany. For more information call Mike at 583-9622/x109.

GYMNASTIC PROGRAMS

Gymnastics Attire: For safety, girls wear a leotard. Shorts over the leotard are optional, but must be removed for some events. Boys wear shorts and t-shirt. One set of stud earrings may be worn, no other jewelry permitted. Long hair must be pulled back.

Tiny Tumblers I

For children 2-3 years old, this program emphasizes flexibility, agility and coordination as a progression towards instructional gymnastics. Parent participation is required.

Tiny Tumblers II

For children 3-4 years old, this program further develops physical coordination. Parent participation encouraged.

Advanced Tumbling

Improve your tumbling skills with the use of the trampoline and spring floor. A great class for competitive gymnasts, former gymnasts and cheerleaders with advanced tumbling skills. Must be able to do a round off with 2 back handsprings and a front handspring.

Pre-School Gymnastics

For children 4-5 years old, this longer program develops your child's loco-motor skills while introducing some basic Level I gymnastic skills.

Advanced Pre-School Gymnastics

For children who have already completed a year of pre-school gymnastics class and are ready for more advanced instruction. Instructor approval required before signing up.

Open Pre-School Gymnastics

Parents, bring your tykes to the Wilton Branch for interactive free time on the gymnastics area equipment. Parents must directly supervise their children. Parents and tots must remove shoes before going on equipment.

School Age Gymnastics

For children 5 and older, this program teaches all levels of gymnastic skills in proper progression while developing strength, flexibility, endurance and balance. Register your child according to the following skill levels:

Level I- No prerequisites necessary. Great for beginners.

Level II- Prerequisite - proficiency in cartwheels, bridges and handstands.

Level III & Up- Prerequisite - proficiency in walkovers and handsprings.

Boys Gymnastics- Learn the basics using men's equipment.



Private Gymnastics Lessons

Take your gymnastics to a new level with a personal one-on-one gymnastics lesson with one of our trained professionals. For further information contact Kim Hewitt at 587-3000 x230.

YMCA SWIM LESSONS INFANT SWIM LESSONS

Parent-Child I

For children 6-23 months. Parents accompany child in the pool.

Parent-Child II

For children 24-36 months. Parents accompany child in the pool.

YMCA PRE-SCHOOL SWIM LESSONS (For children 3-5 years old.)

Pike - For beginners who will go in the pool without a parent.

Eels - For children who can float on front and back and go under water willingly.

Rays - For children who can float on front and back without flotation and perform front paddle stroke with rhythmic breathing.

Starfish - Children will refine front crawl, backstroke and elementary backstroke.

YMCA YOUTH SWIM LESSONS (For children 6 and older.)

Polliwog -

For children with little or no previous swimming experience.

Guppy - For children who can float on front and back without flotation and can front paddle stroke with rhythmic breathing.

Minnow - For children who can swim front crawl with rotary breathing and back crawl.

Fish -

For children who can swim front and back crawl 50 yards each.

Flying Fish - For children who can swim front crawl, back crawl, breast stroke and elementary back stroke 50 yards each.

Sharks - For children who can swim fly, back, breast & crawl 50 yards each.

ADULT AQUATICS Adult Swim Instruction

For adults who wish to improve their stroke. Swimmers of all skill levels welcome, including triathletes. Bring goggles and swim cap. For more information call Ilene at 583-9622 x103.

Adult "Conquer Your Fear"

Conquer your fear of water and learn to swim! Bring goggles & swim cap.

Scuba

For experienced swimmers who wish to earn National YMCA certification, this course consists of 90 minutes classroom and 90 minutes of pool time. Runs 12 weeks. Call Ilene at 583-9622 x103 for information and additional required fees.

Aqua Jogging

A fun deep water jogging class using flotation belts or noodles for support. It promotes great strengthening and cardiovascular benefits in a non-impact environment. No swimming skills required.

Aqua Aerobics

A great low impact, cardiovascular workout that includes body toning exercise. A great way to get in shape while having fun in the water. Exercises may be incorporated into the routines from both the shal-

low and deep ends of the pool. No swimming skills required.

Lap and Recreational Swims: See schedule for days and times.

Red Cross Water Safety Instructor

Earn American Red Cross Certification. Books and supplies are included in price. Call Ilene at 583-9622 x 103 for more information.

Red Cross Lifeguarding

Includes First Aid and CPR/FPR certifications. Books and supplies are included in price. Call Ilene at 583-9622 x103 for information.

Aquatic After Therapy Program

An aquatic exercise class for individuals who have completed physical therapy and now want to move on to a low impact total body conditioning program. It combines aerobic, stretching and strengthening exercise that offers both comfort and challenge to participants of all fitness levels. Physician's consent is required.

Taught by Sharon Cudahy, AEA.

YOUTH TENNIS PROGRAMS

Teenie Tennis Tots

For children 4-5 years old, this modified program is an ideal developmental tool for your aspiring tennis player.

Aces

For children 6-7 years old, this program builds fun into learning tennis. Skills learned are tied to abilities and interest. A great springboard for the maturing tennis player.

Smashers

For children 8-12 years old, this program introduces a more serious tennis environment and a deeper understanding of the game. With a focus on drills, instruction is based on your player's level of ability and knowledge.

Rallys

For children 12-17 years old, appropriate skills are taught with emphasis on each child reaching his/her potential. Players are assessed by ability, size & age and grouped accordingly. We offer a positive atmosphere & opportunity for improvement.

ADULT TENNIS PROGRAMS (18 yrs old and up)

Adult Beginner Tennis

An introduction to the fundamentals, including stroke mechanics, scoring, court strategy and etiquette. This 90 minute program provides a sound framework for developing your game.

Adult Advanced Beginner

For the improving tennis player who isn't quite comfortable with all their shots yet. This program targets players already introduced to the fundamentals but not ready for a more intense tennis environment.

Adult Intermediate Tennis

This program is geared towards the tennis player who is comfortable with all their shots. The focus is on stroke placement and power. We also cover ancillary shots (approach shots, service returns, lobs, drop shots, serve variations, half-volleys, etc.). This 90 minute program takes the beginner to the next level.

Adult Intermediate Tennis – Doubles Strategy

Program focuses on doubles tactics, positioning and strategy.

Adult Round Robin Tennis

Fridays - Organized tennis with a round robin format. Matches arranged by staff for intermediate level players. Saturdays - Unstaffed, open intermediate tennis. Call day of participation for reservations.

Adult Tennis Leagues

22 intermediate tennis leagues. Includes women, men, mixed, doubles and singles. Call Rolland at 587-3000, x206 for more details.

Tennis Lessons

Private, semi-private and group lessons available for all ages and abilities by Tennis Director Rolland LeBlanc and pros Fred VanAlstyne, Linda Hosmer, John Robinson, Dave Robards, Al Kuhn, Tico Vogt, Bill Brahler, Paul Arciero, Dan Blanchfield and Trish Roberts, Jean Francois LaRose and Curt Speerschneider.

Adult Drop-in Tennis

Enjoy the opportunity to test your skills against other tennis players. This program is geared towards participants interested in playing in a non-organized setting. Mon & Wed Intermediate Level. Tues & Thurs Beginner Level.

ADULT GROUP EXERCISE PROGRAMS

Drop-in adult health and wellness classes are open to members age 14 and over. Unless otherwise specified, classes are free for members and \$10.00 per day for program members. Health & Wellness schedules are available at the front desk.

Cardio/Strength**Abs Only**

End your day with this challenging, yet doable exercise class for all skill levels. This class is designed to completely train the core muscles using a variety of body positions and equipment.

West Avenue Branch
Malta Branch
Corinth Branch

Active Older Adults (AOA)

This class is perfect for any Active Older Adult or participants at any fitness level who are interested in getting or staying healthy. This class includes 30 minutes of low-impact aerobics and stretching.

West Avenue Branch
Malta Branch
Corinth Branch

AOA Sculpt

Low intensity, low impact full body toning and strengthening class.

Malta Branch

AOA Walkfit

Come and join us for 30 minutes of walking around the Y (weather permitting) and on the track; followed by 15 minutes of gentle stretching.

West Avenue Branch

Adult Gymnastics

Improve your balance, flexibility, strength and skill level in a fun gymnastics class for adults of all experience. Learn tumbling, trampolines, bars, balance beam, vaulting and more!

Wilton Branch

Balls, Bands, and more

A fun exercise program utilizing a variety of training tools.

Wilton Branch
Malta Branch
Corinth Branch

Butts & Guts

This class tones and shapes our valuable assets!

Malta Branch

Cardio

A fusion of Hi/Lo impact aerobic dance moves.

Malta Branch

Cardio Choice

A surprise cardio format each class. You will enjoy step, hi/lo, kick-box, etc each week.

Malta Branch
Corinth Branch

Cardio Fusion

Burn calories and improve endurance with this hi/low aerobic exercise. This class is for beginner to intermediate participants. 55 minutes consists of warm-up, low to high intensity workout ending with a cool down and some sculpting and/or abs.

West Avenue Branch
Corinth Branch

Cardio-Lite

This class is specially designed for mature adults and beginners. The last 30 minutes is easy and limbering stretching.

West Avenue Branch

Chisel

An intense body sculpting class using weights, balls or bands. Focus is on upper or lower body.

Malta Branch

Cycle

A great workout that is fun, effective and easy to learn. A customized stationary racing bike gives you a smooth workout for beginner or advanced. Learn how to incorporate the use of heart rate monitors to get a safe and effective cardio vascular workout. Don't forget your water & a towel! Sign up 30 minutes prior to class.

West Avenue Branch
Malta Branch
Corinth Branch

Express Cardio

Anything goes in this class! It varies from week to week. Participants in this class will enjoy Hi/Lo, Step, Kickbox, Rebounding or Interval Training.

West Avenue Branch
Malta Branch

Express Cycle

An intense half-hour cycling class.

West Avenue Branch
Malta Branch

Gravity Group

Using the Gravity Training System, you will move through a high intensity muscular strength & endurance routine for a full body work



out. Gravity Strength delivers a complete combination of strength and flexibility, in a time efficient, motivating atmosphere! Sign up 30 minutes prior to class.

West Avenue Branch

Hi/Lo Aerobics

This class combines dance and muscular choreography to give a cardiovascular workout.

West Avenue Branch

Kickboxing

A freestyle kicking and punching workout sure to relieve stress and get your heart pumping.

**Malta Branch
Corinth Branch**

Power Hour

This class will focus on working 4 major muscle groups at a time.

West Avenue Branch

Power Pump

Shaping and sculpting your body through light weight training.

**Malta Branch
Wilton Branch**

Reduce Your Assets

A toning and sculpting class with emphasis on major muscle groups of the lower body including abdominals, thighs, glutes and legs. For all levels.

**West Avenue Branch
Corinth Branch**

Silver Sneakers® I-Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity

for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

West Avenue Branch

Silver Sneakers® II

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact choreography. A chair is offered for support, stretching and relaxation exercises.

West Avenue Branch

Step

A high energy cardio class using the step bench. Customize your intensity with additional risers, for new & experienced Steppers.

**West Avenue Branch
Wilton Branch
Malta Branch
Corinth Branch**

Turbo Kick

A high-energy, fun cardio workout that combines basic kicks, punches and other boxing moves with core strength work and stretching all set to great music. Beginners to experts can enjoy this challenging workout that gives maximum calorie burn in 60 minutes.

West Avenue Branch

Walk Fit

A walking class for all levels of fitness. Strollers welcome. Weather Permitting.

Malta Branch

W.O.W. (Women on Weights)

One hour class devoted to increasing strength, flexibility and bal

ance. Hand weights are used and many exercises are performed on the resist-a-ball. Atmosphere is relaxed yet challenging.

Wilton Branch
Corinth Branch

Zen Sculpt

A strength training class that focuses on toning the body utilizing dumbbells & principles from yoga.

West Avenue Branch

Combo Classes

Body Fusion

A fun challenging class combining body sculpt with Yoga & Pilates.

Wilton Branch

Boot Camp

This high intensity interval class uses your body, calisthenics, along with jump ropes, weights, and other equipment to bring your workout to the next level!

West Avenue Branch
Wilton Branch
Malta Branch
Corinth Branch

Cardio Intervals

A cardio/sculpt class that combines all elements of training.

West Avenue Branch
Corinth Branch

Ride and Glide

Thirty minutes of cycle followed by thirty minutes of Gravity total body strengthening.

West Avenue Branch

Sculpt-n-Stretch

Come and join us for an hour of shaping our bodies and increasing flexibility while promoting healthy bones.

West Avenue Branch

Body Sculpt

Come join us for a half-hour session of shaping and defining our bodies while promoting healthy bones. After warming up, participants do 20 minutes of body sculpting followed by 10 minutes of stretching.

West Avenue Branch
Wilton Branch
Corinth Branch

Sculpt

Full body toning class designed to strengthen and sculpt your body.

Malta Branch

20/20/20 AM

This class is composed of 20 minutes each of various cardio formats (hi/lo aerobics, kickbox, etc...) body sculpt and stretching. All fitness levels welcomed.

West Avenue Branch

20/20/20 PM

This class is composed of 20 minutes each of step, hi/lo aerobics, body sculpt and stretching. All fitness levels welcome.

West Avenue Branch

20/20/20

A high intensity cardio and strength training class featuring work with weights, exercise bands, step benches and more.

Wilton Branch

Mind/Body Classes

YOGA

All fitness levels are encouraged to explore yoga poses in order to decrease stress and increase flexibility. You will feel refreshed, re-stored and re-energized.

West Avenue Branch
Wilton Branch
Malta Branch
Corinth Branch

Beginning Yoga

This class introduces students to a practice that integrates balance, stretching, strengthening and breath awareness.

West Avenue Branch
Wilton Branch

Express Yoga

This half hour class is for those who are short on time, but in need of an effective workout. Come join us for meditation, breath work/pranayama, postures (asanas) and relaxation. All levels welcome!

West Avenue Branch
Malta Branch

Intermediate Yoga

This class covers more advanced yoga exercises for those who want a little bit more of a challenge than the beginning yoga class.

West Avenue Branch

Yoga for Relaxation

Come unwind the day, relax and distress in this yoga class as we practice gentle, restorative asanas (poses), breath work and guided relaxation.

West Avenue Branch

Silver Sneakers® YogaStretch

YogaStretch 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 postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

West Avenue Branch

Intermediate Mat Pilates

This class covers more advanced Pilates exercises for those who have built a foundation with our regular Pilates class.

West Avenue Branch

Mat Pilates

Pilates strengthen the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Pilates was developed to help realign the spine to decrease tension, in

crease flexibility and strengthen the body from the inside out.

Malta Branch
West Avenue Branch

Pilates Props

Pilates exercises utilizing weights, balls and more to increase the intensity of your Pilates routine.

Malta Branch

Pilates Abs Only

Traditional Pilates exercises combined with modern abdominal floor exercises. Giving you an excellent core workout.

Malta Branch

Vibrational Walk

15 minutes of Yoga, 20 minutes of silent walking meditation and 20 minutes of meditation and relaxation.

West Avenue Branch

Aikido

A self-defense martial art developed to neutralize aggression and render an attack harmless without initiating an offensive attack "The way of harmonizing energy".

Wilton Branch

Dance Classes

Ballroom Dance

This is a beginning level class. You will learn to do such dances as the Fox Trot, Waltz, Tango, etc. Casual dress and no sneakers. Pre-registration Required. 7 week session.

West Avenue Branch

Belly Dance

This class focuses on contemporary belly dance in a fast aerobic pace, while getting in touch with your sensual side. Feel confident in your body and get ready to shake, shimmy and swirl.

West Avenue Branch

Hip Hop Aerobics

Forget about the clubs tonight! Come dance the calories away with us to high energy music of today and yesterday. Fun and easy to follow choreography will keep your heart pumping.

Malta Branch

Latin Dance

This is a beginning level class. You will learn such dances as the Rumba, Samba, Mambo and ChaCha. Casual dress and no sneakers. Pre-registration Required. 7 week session.

West Avenue Branch

Swing Dance

This is a beginning level class. You will be taught the basic dance steps of swing and the hustle. There will be a review each week of the dance steps learned. Casual dress and no sneakers. Pre-registration Required. 7 week session.

West Avenue Branch

Pre/Post Natal Classes

Mommies-To-Be

A low impact class that includes walking, stretching and toning to prepare the expectant mother for childbirth and postpartum recovery. Participants must bring a Physician's authorization to the first class.

West Avenue Branch

Stroller Aerobics

Bring your babies and preschoolers for this fun, high-energy cardio

and calisthenics workout using free-weights, bands, and balls. Bring a stroller with brakes. New moms need medical clearance from doctor.

West Avenue Branch

Personal Services

Massage Therapy

A Licensed Massage Therapist will discuss your needs prior to the session, so they can tailor the perfect massage for you. Members only. All appointments must be scheduled at the fitness center desk; \$45 for 60 minute session, \$22.50 for 30 minute session. Hot Stone, \$65 for 75 minute session.

West Avenue Branch

Nutrition Assessment

Nutrition counseling with a registered dietician to assist you in reaching your goals through assessment of dietary intake and body measurements. A plan tailored to your individual needs and interests will be provided. All requests and appointments must be scheduled at the fitness center desk.

West Avenue Branch

Personal Training

One-on-one training with a certified instructor who can assess your current strength and flexibility levels and customize a program just for you. For further information contact any branch. GR

Adult Sports

Recreational Volleyball

Drop-in recreational volleyball. Half the gym for beginners and intermediate and the other half for advanced players. Members free.

West Avenue Branch

Adult Recreational Basketball

Members only. No fee for this program. Registration required.

West Avenue Branch

Over 50 Basketball

Call Mike at 583-9622, ext 109 for time and dates.

West Avenue Branch

Over 60 Basketball

A low intensity session of fun for both men and women. Never played before? Join us. We'll teach you the rules. Call Mike at 583-9622, ext 109 for time and dates.

West Avenue Branch



The YMCA of Saratoga Celebrates First Night Saratoga!
 Monday, December 31st
 5:30 pm - Midnight

Ceremonies start with a 5K run and end with a spectacular fireworks show at midnight.
 Admission buttons are \$13 each and will be available starting December 1st.
 Children under the age of 5 are free.

For information regarding registration for the 5K run, or button sales, contact Maureen Duda at 583-9622, x132,
 or log onto our website: www.ymcasaratoga.org.

Session Dates

Winter

January 7, 2008 - March 1, 2008

No program classes week of February 18-23, 2008

Spring I

March 3, 2008 - April 26, 2008

No program classes week of April 13-19, 2008

Spring II

April 28, 2008 - June 14, 2008

No classes Memorial Day, Monday, May 26, 2008

No classes weeks of June 16 & June 23, 2008

Summer

June 30, 2008 - August 16, 2008

No classes Friday, July 4, 2008

Camp Dates

June 30, 2008 - August 29, 2008

YMCA Activate America

The YMCA of Saratoga is an Activate America YMCA, which is an innovative public health initiative of the YMCA movement that is making healthy living a reality for millions of Americans. This initiative is the YMCA's response to America's growing obesity, chronic disease and health care crisis. This long-term initiative is especially geared toward health seekers, those who want to be active and healthy, but continuously stop and start the process.

With a mission dedicated to health and wellness, the YMCA of Saratoga is uniquely qualified and positioned to impact this crisis by promoting and supporting healthier living for the members of our community through health and wellness programs geared towards individuals, children and families.

What if the YMCA of Saratoga had a penny for every time you searched the Internet or shopped online? Well, now we can! GoodSearch.com is a new search engine that donates half its revenue, about a penny per search, to the charities its users designate. You use it just as you would any search engine, and it's powered by Yahoo!, so you get great results. GoodShop.com is a new online shopping mall which will also donate a percentage of each purchase to the charities its users designate. More than 100 great stores including The Gap, Best Buy and Barnes and Noble have teamed up with GoodSearch and every time you place an order, you'll be supporting the YMCA of Saratoga. Just go to www.goodsearch.com and be sure to enter the YMCA of Saratoga as the charity you want to support. And, be sure to spread the word!

YOUTH & FAMILY PROGRAMS (classes and times are subject to change)

Course	Location	Day	Time	Cost Full Member/Program
Member Celebrations & Parties	West Avenue Wilton		for more information call Patti 583-9622, ext 110 for more information call Kim 587-3000, ext 230	
Family Karate	Corinth	T/Th	4:30 pm-6:00 pm	\$25/\$50
FUN-tastic Family Night	West Avenue	Sat	4:00 pm - 6:00 pm	free/\$7 per family
Gymnastics				
Tiny Tumblers I (2-3 yrs)	Wilton	M/W/Th/Sat (max 12)	11:00 am - 11:30 am	\$20/\$40
	Wilton	W (max 12)	2:00 pm - 2:30 pm	\$20/\$40
Tiny Tumblers II (3-4 yrs)	Wilton	M/W/Th/Sat (max 12)	11:30 am-Noon	\$20/\$40
	Wilton	W (max 12)	2:30 pm - 3:00 pm	\$20/\$40
Open Pre-School Gymnastics	Wilton	M/W/F (max 14)	Noon- 1:00 pm	"full facility members only, please call ahead"
Advanced Tumbling	Wilton	T	7:00 pm - 8:00 pm	\$29/\$58
Pre-School Gymnastics (4-5 yrs)	Wilton	M/W	1:00 pm - 1:45 pm	\$25/\$50
	Wilton	Th	Noon-12:45 pm	\$25/\$50
	Wilton	F	11:00 am - 11:45 am	\$25/\$50
	Wilton	Sat	10:15 am -11:00 am	\$25/\$50
Advanced Pre-School Gymnastics	Wilton	M	2:00 pm - 2:45 pm	\$25/\$50
	Wilton	F	1:00 pm - 1:45 pm	\$25/\$50
School-age Gymnastics				
Level I	Wilton	T (max 21)	6:00 pm-7:00 pm	\$35/\$70
	Wilton	F (max 21)	6:30 pm-7:30 pm	\$35/\$70
	Wilton	Sat (max 14)	9:00 am - 10:00 am	\$35/\$70
Level II	Wilton	W (max 24)	6:30 pm-7:30 pm	\$35/\$70
	Wilton	Th (max 24)	7:00 pm-8:00 pm	\$35/\$70
Level III & Up	Wilton	W (max 24)	7:30 pm-8:30 pm	\$35/\$70
Boys	Wilton	T	5:00 pm-6:00 pm	\$35/\$70
Private Lessons	Wilton		for more information call Kim Hewitt 587-3000 x230	\$30/\$60
Leaders Club	West Avenue	Th/Sept-June	6:00 pm-7:00 pm	
Little Einstein Tutoring (grades K-5)	West Avenue	West Avenue	M/W	3:30 pm-5:30 pm
Micro Soccer	West Avenue	Sat	9:30 am-10:30 am	\$30/\$45
Play & Splash				
(walking-2 yrs)	West Avenue	Th	10:00 am-11:30am	\$31/\$62
(2-3 yrs)	West Avenue	T	10:00 am-11:30am	\$31/\$62
Pretty Little Princess (4-8 yrs)	West Avenue	West Avenue	Sat	11:00 am-Noon
\$25/\$42				
Roc-N-Tots				
(18-30 months)	West Avenue	W	10:00 am-10:30 am	\$20/\$40
(2-3 yrs)	West Avenue	W	10:30 am-11:00 am	\$20/\$40
Saturday Night Klub (Grade 5 and up)	West Avenue	Sat	7:00 pm-10:00 pm	\$4/\$7
Small Shots Basketball (5-9 yrs)				
Beginner	Wilton	M (max 12)	4:00 pm-4:45 pm	\$20/\$40
Intermediate	Wilton	M (max 12)	4:45 pm-5:30 pm	\$20/\$40
Teen Center	West Avenue	M-F	3:00 pm-9:00 pm	free/\$5
	West Avenue	Sat	Noon - 5:30 pm	free/\$5
	West Avenue	Sun	Noon - 8:00 pm	
Tennis				
Teenie Tennis Tots (4-5 yrs)	Wilton	T (min 4/max 6)	4:30 pm-4:55 pm	\$25/\$50
	Wilton	T (min 4/max 6)	5:00 pm-5:25 pm	\$25/\$50
Aces (6-7 yrs)	Wilton	F (min 4/max 6)	5:00 pm-5:45 pm	\$45/\$90
	Wilton	F (min 4/max 6)	6:00 pm-6:45 pm	\$45/\$90
Rallys (12-17 yrs)	Wilton	Sat (min 4/max 12)	10:30 am-11:30 am	\$55/\$110
Smashers (8-9 yrs)	Wilton	W (min 4/max 6)	4:15 pm-5:00 pm	\$45/\$90
(10-11 yrs)	Wilton	Th (min 4/max 6)	4:15 pm-5:00 pm	\$45/\$90
(8-12 yrs)	Wilton	Sat (min 4/max 12)	11:30 am-12:15 pm	\$45/\$90
Tutoring	West Avenue	M/T/W/Th		
Twinkle Toes Ballet	West Avenue		for more information call Mike 583-9622	\$50/\$85
Youth Fitness Certification	West Avenue/Wilton		for more information call Yonka 583-9622 or John Hart 587-3000	
Youth Fun Fitness	Wilton	W/F	3:45 pm-4:30 pm	free
Youth & Government	West Avenue		for more information call Mike 583-9622 ext109	

TENNIS PROGRAMS (classes and times are subject to change)

Course	Location	Day	Time	Cost
				Full Member/Program
Member				
Adult Beginner Tennis	Wilton	T (min 4/max 6)	5:30 pm-7:00 pm	\$85/\$170
	Wilton	Th (min 4/max 6)	12:30 pm-2:00 pm	\$85/\$170
Adult Advanced Beginner	Wilton	Th (min 4/max 6)	12:30 pm-2:00 pm	\$85/\$170
Adult Intermediate Tennis	Wilton	W (min 4/max 6)	10:30-Noon	\$85/\$170
	Wilton	Th (min 4/max 12)	7:00 pm-8:30 pm	\$85/\$170
Adult Intermediate Doubles Strategy	Wilton	T (min 4/max 4)	11:00 am - 12:30 pm	\$85/\$170
	Wilton	T (min 4/max 4)	12:30 pm - 2:00 pm	\$85/\$170
	Wilton	W (min 4/max 4)	10:30 am-noon	\$85/\$170
	Wilton	Th (min 4/max 4)	12:30pm-2:00 pm	\$85/\$170
Tennis Lessons (55 min)	Wilton	Daily	call ahead	\$45/\$45+\$10 guest fee
Adult Tennis Leagues	Wilton	Daily	call Rolland 587-3000 x 206 for info	
Adult Round Robin Tennis	Wilton	Fri (max 16)	8:00 pm-10:00 pm	\$9/\$18
	Wilton	Sat (max 16)	6:30 pm-8:30 pm	\$9/\$18
Adult Drop-In Tennis				
Intermediate	Wilton	M	12:05 pm -1:25pm	\$7/\$14
			same day reservations required	
Beginner	Wilton	T	12:30 pm-1:55 pm	\$7/\$14
Intermediate	Wilton	W	12:05 pm -1:25 pm	\$7/\$14
			same day reservations required	
Beginner	Wilton Branch	Th	12:30 pm-1:55 pm	\$7/\$14
Court Fees (per hour)				
Tennis	Wilton	Daily	5:00 am-9:30 am	\$14/\$14+\$10 guest fee
	Wilton	M-F	9:30 am-3:00 pm	\$26/\$26+\$10 guest fee
	Wilton	M-F	3:00 pm-5:00 pm	\$14/\$14+\$10 guest fee
	Wilton	M-F	5:00 pm-11:00 pm	\$30/\$30+\$10 guest fee
	Wilton	Weekends/Holidays		\$26/\$26+\$10 guest fee

Adult Tennis Programs are for ages 18 and up.

The YMCA of Saratoga is a smoke-free facility and smoking is prohibited on the premises.

No cameras or video recorders are allowed in the YMCA without permission from the Branch Director.
Cell phone usage is not allowed in any locker room in accordance with the Video Voyeurism Prevention Act of 2004.

Holiday Hours for all Branches of the YMCA of Saratoga:

New Year's Day	6:00 am - 2:00 pm
Easter	Closed
Memorial Day	6:00 am - 2:00 pm
4th of July	6:00 am - 2:00 pm
Labor Day	6:00 am - 2:00 pm
Thanksgiving Day	Closed
Christmas Eve	6:00 am - 2:00 pm
Christmas Day	Closed
New Year's Eve	6:00 am - 2:00 pm

Cancellations/Delays Due to Snow or Ice:
The YMCA of Saratoga takes pride in maintaining normal operations and class schedules during periods of inclement weather. We will remain open except in rare cases of a power outage, state of emergency, exceptional snowfall or severe ice.

If in question, please check with local TV Channels or Radio Stations for updated information, or call our Member Services Desk, 583-9622, ext 200.

YOUTH & ADULT AQUATIC PROGRAMS (classes and times are subject to change)

Course	Age	Day	Time	Cost
				Full Member/Program
Member				
Infant Swim Lessons				
Parent/Child I	6-23 months	F (max 6)	9:00 am-9:30 am	\$42/\$84
		F (max 6)	9:30 am-10:00 am	\$42/\$84
		F (max 6)	6:00 pm-6:30 pm	\$42/\$84
		Sat (max 10)	9:00 am-9:30 am	\$42/\$84
Parent/Child II	24-36 months	F (max 6)	9:00 am-9:30 am	\$42/\$84
		F (max 6)	9:30 am-10:00 am	\$42/\$84
		F (max 6)	6:00 pm-6:30 pm	\$42/\$84
		Sat (max 10)	9:30 am-10:00 am	\$42/\$84
PreSchool				
Pike	3-5 years	M (max 5)	11:00 am-11:30 am	\$42/\$84
		M (max 5)	11:30 am-Noon	\$42/\$84
		M (max 5)	4:00 pm-4:30 pm	\$42/\$84
		M (max 5)	4:30 pm-5:00 pm	\$42/\$84
		T (max 5)	4:30 pm-5:00 pm	\$42/\$84
		W (max 5)	4:30 pm-5:00 pm	\$42/\$84
		Th (max 10)	10:00 am-10:30 am	\$42/\$84
		F (max 5)	6:00 pm-6:30 pm	\$42/\$84
		F (max 5)	6:30 pm-7:00 pm	\$42/\$84
		F (max 5)	7:00 pm-7:30 pm	\$42/\$84
		Sat (max 10)	9:00 am-9:30 am	\$42/\$84
		Sat (max 10)	10:00 am-10:30 am	\$42/\$84
Eels	3-5 years	M (max 6)	10:00 am-10:30 am	\$42/\$84
		M (max 6)	4:30 pm-5:00 pm	\$42/\$84
		T (max 6)	10:00 am-10:30 am	\$42/\$84
		T (max 6)	4:30 pm-5:00 pm	\$42/\$84
		Th (max 6)	11:00 am-11:30 am	\$42/\$84
		F (max 6)	4:30 pm-5:00 pm	\$42/\$84
		F (max 6)	6:30 pm-7:00 pm	\$42/\$84
		Sat (max 6)	9:30 am-10:00 am	\$42/\$84
Rays	3-5 years	M (max 6)	10:30 am-11:00 am	\$42/\$84
		T (max 6)	10:00 am-10:30 am	\$42/\$84
		W (max 6)	4:30 pm-5:00 pm	\$42/\$84
		F (max 4)	4:30 pm-5:00 pm	\$42/\$84
		F (max 6)	7:00 pm-7:30 pm	\$42/\$84
		Sat (max 4)	10:00 am-10:30 am	\$42/\$84
Starfish	3-5 years	F (max 4)	4:30 pm-5:00 pm	\$42/\$84
		Sat (max 4)	10:00 am-10:30 am	\$42/\$84
Youth				
Polliwog	6 & up	Th (max 6)	4:30 pm-5:15 pm	\$42/\$84
		F (max 6)	5:00 pm-5:45 pm	\$42/\$84
		Sat (max 6)	11:15 am-Noon	\$42/\$84
Guppy	6 & up	M (max 7)	5:00 pm-5:45 pm	\$42/\$84
		T (max 7)	5:00 pm-5:45 pm	\$42/\$84
		W (max 7)	5:00 pm-5:45 pm	\$42/\$84
		F (max 7)	5:00 pm-5:45 pm	\$42/\$84
		Sat (max 9)	10:30 am-11:15 am	\$42/\$84
Minnow	6 & up	T (max 7)	5:00 pm-5:45 pm	\$42/\$84
		W (max 7)	5:00 pm-5:45 pm	\$42/\$84
		Th (max 7)	5:15 pm-6:00 pm	\$42/\$84
		Sat (max 7)	10:30 am-11:15 am	\$42/\$84
Fish	6 & up	M (max 8)	5:00 pm-5:45 pm	\$42/\$84
		Th (max 8)	4:30 pm-5:15 pm	\$42/\$84
		Sat (max 8)	11:15 am-Noon	\$42/\$84
Flying Fish	6 & up	Th (max 4)	5:15 pm-6:00 pm	\$42/\$84
		Sat (max 4)	11:15 am-Noon	\$42/\$84
Sharks	6 & up	Th (max 4)	5:15 pm-6:00 pm	\$42/\$84
		Sat (max 4)	11:15 am-Noon	\$42/\$84

Adult Aquatics

Aqua Jogging		M/W/F	10:00 am-11:00 am	\$70/\$140
Aqua Aerobics		M/W/F	11:00 am-Noon	\$70/\$140
		M/Th	5:00 - 6:00 pm	\$46/\$92
	Scuba (call Ilene for more information)	M	7:30 pm-10:30 pm	\$155
Adult Conquer Your Fear		T	8:00 pm-9:00 pm	\$53/\$106
Adult Swim Instruction		T	8:00 pm-9:00 pm	\$53/\$106
Water Safety Instructor	17 & older	call	583-9622 for information	\$200
Red Cross Lifeguarding	15 & older	call	583-9622 for information	\$200
Aquatic After Therapy (5 week session/members only)		T/Th	1:30 pm - 2:30 pm	\$63

LAP/REC SWIM (schedule is subject to change)

Lap Swim Times - Please pick up a current pool schedule for lap lane times and availability.

Family Recreational Swim Times -

Open to Full Facility Members only. All children must be accompanied in the pool by an adult (age 18 or older).

Friday	7:30 pm-8:45 pm
Saturday & Sunday	12 Noon-2:00 pm

Open Recreational Swim - Members or Day Passes

Children under the age of 10 must be accompanied by an adult (18 years or older) in the pool area. Children requiring flotation devices must be accompanied by an adult (18 years or older) in the pool. Members with questionable swimming ability who wish to be in the deep end, must take a swim test.

M	1:30 pm - 5:00 pm
T	2:30 pm - 6:00 pm
W	1:30 pm - 6:00 pm
Th	2:30 pm - 5:00 pm
F	1:30 pm - 6:00 pm
Sat/Sun	2:00 pm - 5:45 pm

Open swim space is limited. We reserve the right to limit the number of participants.

Swim Lesson Evaluations

Evaluations are required for all new swim class participants in the pre-school and youth programs prior to registering.

Please call Ilene at 583-9622 to schedule.

ADULT GROUP EXERCISE (classes and times are subject to change)

Course	Location	Day	Time	Cost Full Member/Program
Member				
Adult Gymnastics	Wilton	T	8:00 pm-9:00 pm	\$35/\$70
Adult Rec Basketball	West Avenue	Sat (max 20)	1:00 pm-2:30 pm	
Adult Rec Volleyball	West Avenue	Th	7:30 pm-10:00 pm	members free
Nutrition Assessments	Wilton	for information call 587-3000		\$30/\$60
Personal Training	West Avenue	for information call 583-9622		\$30/hr-\$50/hr
	Wilton	for information call 587-3000		\$30/hr-\$50/hr
Over 60 Basketball	West Avenue	W/F	8:30 am-9:30 am	
W.O.W.	Corinth	M/W	6:00 pm-7:00 pm	
		T/Th	9:00 am-10:00 am	
		Sat	10:00 am-11:00 am	
		any one day		\$18/\$36
		any two days		\$35/\$70
		any three days		\$53/\$106
	Wilton	M/W/F	9:30 am-10:30 am	
		any one day		\$18/\$36
		any two days		\$35/\$70
		any three days		\$53/\$106

WILTON BRANCH:

20 Old Gick Road, Wilton
Phone: 587-3000/Fax: 587-3001

Monday-Friday
5:00 am – 11:00 pm
Saturday
6:00 am – 9:00 pm
Sunday
6:00 am – 9:00 pm

Rolland LeBlanc
Branch Director x206
John Hart
Health & Wellness Director x205
John Ventrella
Maintenance Supervisor x204
Kim Hewitt
Gymnastics Coordinator x230

MALTA BRANCH:

100 Saratoga Village Blvd., Malta

Fitness Center #22
Phone: 899-1178/Fax: 899-6847
Monday-Friday
5:00 am – 10:00 pm
Saturday & Sunday
7:00 am – 6:00 pm
Angel Keats
Sr. Health & Wellness Director

Childcare #28
Phone: 899-5829/Fax: 899-6436
Monday-Friday
6:30 am – 6:00 pm
Wendy Delaney
Child Care Director

CORINTH BRANCH:

119 Gabriel Road, Corinth
Phone: 654-2549
Fax: 654-7977

Monday-Thursday
5:30 am – 9:00 pm
Friday
5:30 am - 6:00 pm
Saturday
8:00 am – 2:00 pm
Sunday
8:00 am – 12:00 noon

Alysse Heller
Sr. Health & Wellness Director

Visit our Website: www.ymcasaratoga.org

**ADMINISTRATIVE OFFICES:
583-9622**

Jim Letts - Chief Executive Officer
Kelly Armer - Chief Operations Officer/
Development Director
John Pecora - Chief Financial Officer
John Catalfamo - Property Manager
Dave Keefe - Assistant Property Manager
Judy Meagher - Executive Assistant
Susan Rhoades - Human Resources Director
Hattie Rieger - Special Events Coordinator
Lisa Nichols - Membership Director

WEST AVENUE BRANCH:

290 West Avenue, PO Box 4610, Saratoga Springs
Phone: 583-9622 Fax: 581-7598

Monday-Friday Saturday Sunday
5:00 am – 11:00 pm 6:00 am – 6:00 pm 6:00 am – 9:00 pm

TBA - Branch Director
Catherine Casella - Asst Health & Wellness Director
Kelly Coon - Assistant Youth/Sports Director
Maureen Duda - First Night Coordinator
Colleen Girvin - Preschool Director
John Lambert - Maintenance Supervisor
Mike Laudicina - Youth/Sports Director
Patti Laudicina - School-Age Director/Financial Aid
Ilene Leverence - Aquatics Director
Paige Minear - School-Age Coordinator
Yonka Perkins - Health & Wellness Director