



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY LIVING

WENATCHEE VALLEY YMCA ADULT PROGRAM INFORMATION May through August 2017 (Revised 4/14/2017)

Information on membership, youth swimming lessons, and other programs and policies is available at the membership desk and at www.wenymca.org.

Wenatchee Valley YMCA
217 Orondo Avenue
Wenatchee, WA 98801
509.662.2109

Eastmont YMCA Aquatic Center
980 3rd Street NE
East Wenatchee, WA 98802
509.884.3113



HEALTH AND WELLNESS

The Y Fitness Center

We have a circuit of 16 Nautilus machines, more than 40 pieces of cardiovascular equipment, and a large free weight area with a variety of workout stations. Children age 13-15 may use the Cardiovascular, and Free Weight and circuit areas at the Y if they are under the direct and constant supervision of an adult family member over age of 21. Uplift graduates may participate without adult supervision. Fitness Center Orientations are available from Fitness Center or Membership Services staff.

Smart Start (free for Y Members)

The Y offers a free opportunity for new members to work with a Smart Start trainer to establish a basic fitness program, set realistic goals, and receive instruction on the use of Fitness Center equipment. This consultation may also include an ActivTrax orientation. ActivTrax is an interactive software system that can provide a customized workout for members. Workout results are recorded at a user friendly kiosk in the fitness center, submitted from a PC or from a smart phone. ActivTrax can also provide members with access to a variety of nutrition and exercise support information. Appointments for a Smart Start can be made by our Fitness Center staff and at Membership Services.

Personal Training (Y Members Only)

Whether you are seeking strength & power, help with goal setting and health tips or positive motivation, our personal trainers are here to help you! Our trainers will design a fitness program for your needs and your body type. We offer a variety of personal and group training options and because we take fitness seriously, all Y trainers hold National Certifications. Y Personal Training is an opportunity to experience the satisfaction of setting and reaching realistic goals and health objectives. Additional information is available online or by contacting Lorrie: 509.662.2109/ lorrie@wenymca.org.

1 one hour session: \$40 // 4 one hour sessions: \$130

Group Personal Training (Y Members Only)

Y Group personal training is tailored for 2-6 of your friends and will be led by a Personal Trainer. Together you will set and reach goals with the added benefit of accountability and friendly competition! Contact Lorrie: 509.662.2109/ lorrie@wenymca.org.

8 one hour sessions: \$120.00-per person // 12 one hour sessions: \$145.00-per person

Body Composition

A Body Composition assessment is an accurate way to calculate lean body mass and fat content. Please see a Fitness Center Staff Member if you would like additional information. Advance registration is required at the Membership Services.

Free with a Smart Start appointment! // \$10 for Y members // \$20 for Community members

Uplift (Grades 6-9)

Uplift is an educational course that teaches practical components related to free weight, circuit and cardiovascular training as well as general conditioning. Upon successful completion, graduates may participate in adult programs without adult supervision. Contact Membership Services for the dates and times of the next group session or to schedule semi-private Uplift Instruction.

Group Uplift Instruction: \$55 for Y Members

Semi-Private Uplift Instruction: \$120 for Y Members

Suspension training

Suspension training leverages gravity and your bodyweight to perform hundreds of exercises that develop strength, balance, flexibility and core stability simultaneously. These trainings run for 8 weeks and are designed to progress the strength and functional fitness of the entire group!

\$60.00 Y Members // \$90.00 Community members

Summer club Challenge (Y Members only)

Increase your strength by joining the Y's Summer Club Challenge! Beginning June 1st participants will have 12 weeks to increase their strength in the three Olympic lifts: Bench, Squat & Deadlift. We will post workouts and have motivational sessions lead by our personal trainers throughout the summer. Test your final lifts at the end of August and win a super cool Summer Club tank top with your lifting achievement on the back! This could be the 1st step of your strongest summer ever! Sign up in May and receive a free shaker bottle. *\$25.00*

Group Exercise

The Y offers more than three dozen group exercise classes each week. Class offerings may include Power Toning, Step Aerobics, Group Cycling, Zumba Gold, Core, Circuit Fusion, Zumba, Yoga, Gentle Yoga, Feelin' Fit, Tai Chi, and Silver Sneakers. Group Exercise offerings are updated each month and the schedule is available at Membership Services and at www.wenymca.org. New participants are welcome and classes are open to all ability levels. Children age 13 -15 may participate in group exercise classes if they are under the direct and constant supervision of an adult family member over age of 21. Uplift graduates may participate without adult supervision. *Group Exercise Classes are free to Y members.*

ADULT AQUATICS

Water Fitness

The Wenatchee Valley YMCA offers a variety of Aquatic opportunities for adults throughout the week. Whether training for a triathlon, rehabilitating a knee, or just looking for a fantastic full body workout, swimming provides a great option for developing overall fitness. Water Fitness classes accommodate all abilities and enhance daily life through strength and endurance exercises in a positive group setting. 13 to 15 year olds may participate in adult aquatic programs if they are under the direct and constant supervision of an adult family member over the age of 21. Uplift graduates may participate without adult supervision. Water Exercise Classes are free to Y members. Please see the current Pool Schedules at www.wenymca.org and at Membership Services for Water Fitness Class availability at each pool.

Adult/Teen Group Swimming Lessons (ages 13 and older)

Group Swimming Lessons are available for adults and teens at Eastmont YMCA Aquatic Center during the school year. Each six week session consists of ten 30 minute lessons with two make up classes to allow for other activities or unanticipated pool closures. As classes and sessions are developed, information on dates, times and registration will be available at Membership Services and at www.wenymca.org. Classes with less than four registered may be cancelled.

\$55.00 Y Members // \$65.00 for Community Members

Adult Therapy Swim (18 and older)

Adult Therapy Swim is available at the Wenatchee Pool and is free for the first 12 weeks with a Physician's referral.

Tue, Th 2:00 - 3:00 pm

Other Aquatic Opportunities

Please see the current Pool Schedules at www.wenymca.org and at Membership Services for times for adult open swim, adult lap swim, and water walking.

ADULT SPORTS AND RECREATION

Gym Activities

The current gym activity schedule is posted outside the gym. If the gym is not being used for its scheduled purpose, others may use the gym, but must leave if members arrive to use the gym for its scheduled purpose. If the gym is not scheduled and there is demand for multiple activities, majority usually rules. However, members may choose to modify their activities to occupy less than the full gym and accommodate the desires of others. The values of caring, honesty, respect and responsibility should be reflected in all interactions.

Adult Basketball

M - F 11:30 am - 1:30 pm (18 years and older*)

Adult Open Gym

M - Th 7:30 pm - 9:45 pm **

F 7:30 pm - 8:45 pm **

***During Winter, Spring and Summer School Vacations, Youth members age 13-18 may participate in adult basketball after 1:00 pm if they are under the direct and constant supervision of an adult family member over the age of 21 and if additional players are needed. Uplift graduates may participate if additional players are needed after 1:00 pm.**

**** Children age 13-15 may participate in Adult Open Gym if they are under the direct and constant supervision of an adult family member over age of 21. Uplift graduates may participate without adult supervision.**

Adult Volleyball

Seasonal

T, Th 6:40 pm - 7:30 pm

Climbing Wall/Sport wall

M, W, F 6:40 pm - 7:30 pm

Sat 10:30 am - 11:30 am

Racquetball

The Y has three regulation racquetball courts available that may be reserved for one hour sessions. Reservations are made with Member Services up to 3 days in advance. Only one reservation may be made at a time and must be played or expired before an additional reservation can be made. To participate in racquetball court activities, children under the age of 15 must be under the direct and constant supervision of an adult family member over the age of 21. Uplift graduates may use the courts without adult supervision. Information on Racquetball instruction and a list of players is available outside the racquetball courts.