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# **NEW ROCHELLE Y PROGRAM GUIDE**

**September-October 2023**



NRYMCA Program Guide

**50 Weyman Ave, New Rochelle, NY**



# BUILDING COMMUNITY!

## Dear New Rochelle YMCA Members & Program Participants,

This Summer, a team from the New Rochelle YMCA was privileged to participate in the Y-USA General Assembly in Atlanta, GA. Every three years, the General Assembly provides an opportunity for staff of YMCAs from across the country to gather to exchange ideas and learn about practices and programs that can improve offerings and service to Y members and communities.

U.S. Surgeon General Vivek Murthy, a keynote speaker spoke about what he termed an "Epidemic of Loneliness" that is spreading across the country. Loneliness, or social disconnection, has far reaching effects on our minds and bodies. Studies show that being socially disconnected "is associated with a greater risk of cardiovascular disease, dementia, depression, anxiety, and premature death" and the mortality impacts are "similar to that of smoking up to 15 cigarettes a day."

The messages we heard at General Assembly reinforce the value of our work to build community by offering programs that nurture the mind, body and spirit. As Fall approaches, with cooler weather and shorter days, we hope you will look to this program guide for many exciting opportunities to stay active, join new programs and connect with our staff and coaches, neighbors and friends at 50 Weyman Avenue!

We are very excited to offer new programs for teens and seniors. The Holistic Teen Warrior program is designed to give teens opportunities to connect with coaches and each other for cardio work, swimming, Tai Chi and mindfulness exercise. Ballet is back at the Y with Saturday morning classes for children ages 3-11. Cyber Seniors will help our members get familiar with technology and, those who finish the course, sponsored by The STEM Alliance, will receive a free chromebook! Find more information on these offerings in this program guide.

Another wonderful way to build community is through volunteering. Please consider volunteering your time during our monthly mobile food distributions.

Building community is what YMCAs do across the country. At the New Rochelle YMCA, we are very grateful for those of you who are building community with us!

We look forward to seeing you soon.

Warm regards,

Jennifer Ryan Safsel  
CEO



# NEW ROCHELLE Y FACILITY INFORMATION

## LOCATION

50 Weyman Avenue, New Rochelle, NY 10805

## PHONE

(914) 632-1818

## HOURS

Monday-Friday: 6:00 AM-9:00 PM

Saturday: 7:00 AM-6:00 PM

Sunday: 8:00 AM-6:00 PM

**WEBSITE:** [www.nrymca.org](http://www.nrymca.org)

**MISSION.** New Rochelle Y is a family-oriented community service organization which welcomes all people and promotes positive values through programs that build mind, body and spirit.

**NONDISCRIMINATION POLICY.** The New Rochelle Y is an inclusive organization open to all. We welcome all people regardless of ability, age, background, ethnicity/race, faith, gender, gender identity or sexual orientation. In a diverse world, we are stronger when we are inclusive, when our doors are open to all and when everyone has opportunities to learn, grow and thrive.

**MEMBER CODE OF CONDUCT.** The New Rochelle Y is a membership organization that values caring, honesty, respect, and responsibility. Membership is a privilege, not a right. We expect persons using the Y to behave in a mature and responsible way and to respect the rights and dignity of others. Members and guests are encouraged to notify staff if they are made to feel uncomfortable while using the Y. The Y has the right to suspend or cancel a membership if the member's behavior or language violates a generally accepted standard of conduct.

**MEMBER RESPONSIBILITIES.** All members sign a Code of Conduct. It is the responsibility of every member to read and understand this code. We encourage members to alert our staff to behavior that violates this code. A member in violation may be asked to leave the facility and, in some cases, may have their membership suspended or revoked.

## MEMBERSHIP

**JOIN THE Y ONLINE:** [www.nrymca.org/join-y](http://www.nrymca.org/join-y)

### FAMILY 1

1 Adult and up to 4 children  
under age 25  
Monthly: \$65  
Annual: \$780

### FAMILY 2

2 Adults and up to 4  
children under age 25  
Monthly: \$75  
Annual: \$900

### COUPLE

2 Adults living together  
Monthly: \$60  
Annual: \$720

### YOUNG ADULT

Ages 19 to 29  
Monthly: \$40  
Annual: \$480

### ADULT

Ages 30 to 64  
Monthly: \$50  
Annual: \$600

### SENIOR

Ages 65 and up  
Monthly: \$44  
Annual: \$528

*Plus Youth online!*

*All new memberships require a one-time new member joiner fee of \$80 (discounted to \$30 for new Young Adult Members and waived for Youth members). **Seniors may be eligible for free memberships through their enrollment in insurance programs offered by AARP, United Health Care and Medicare. Check with Member Services about these offerings!***

**Membership Benefits.** Members enjoy member-only pricing and reduced member rates for programs; access to all Y facilities, including our pool, Fitness Center, and full-size gymnasium; free weekly group exercise classes (for members age 14 and up) and nationwide membership which entitles members to use hundreds of participating YMCA's across the country.

**Financial Assistance.** Through fundraising events and support of our donors, the New Rochelle YMCA offers financial assistance to those who cannot afford to become a member or participate in programs. Financial aid applications are available at [www.nrymca.org](http://www.nrymca.org). For more information, please contact Dafne Ginn, Member Services at [dafne.ginn@nrymca.org](mailto:dafne.ginn@nrymca.org) or (914) 632-1818 x 25.

# TRY SOMETHING NEW & HAVE SOME FUN!

## Let's Get Spooky!

Thursday, October 19, 6:30-8:30 PM

Please join us for a *Halloween-themed* evening of activities for the whole family, including themed crafts, games and snacks. For more information, please contact our Healthy Living Manager, Delvyne Santiago at [dsantiago@nrymca.org](mailto:dsantiago@nrymca.org) or our Member Services at (914) 632-1818.

Family: FREE; Youth: \$10; Non-Member: \$30 (per family)  
Registration is required and space is limited.

## Pickleball!

Pickleball is one of the fastest growing sports in the United States! It combines elements of badminton, tennis and ping pong. We have an enthusiastic, dedicated and welcoming group of pickleball players! Come and join the fun! During open pickleball hours, players are usually divided into beginner, intermediate and advanced groups. Instruction is available for players at any level.

Mon 2:00-3:45 PM, Tues-Fri 12:00-2:00 PM, Sun 4:00-5:45 PM

*There are no added fees for members. Non-members pay a guest pass fee of \$20.  
If a member brings the guest, the fee is \$15.*



## Cyber Seniors!

In partnership with The STEM Alliance, we are delighted to offer a program to help seniors learn technology skills! The learning will focus on basic computer literacy skills to enable seniors to connect, collaborate and engage using a laptop.

Participants in this program will understand how to search and share information using the Chrome browser and Gmail application. It will also cover the use of voice dictation for word processing and internet searches as well as online safety and being able to identify scams and fake websites.

	Monday	Wednesday	Friday
September 18-29	10:00 AM-12:30 PM	10:00 AM-12:30 PM	10:00 AM-12:30 PM

**Make up date: October 2nd**

*Please note: there will be a break midway through each session.*

**Participants who complete all six sessions will be given a free Chromebook!**

Register for this program by contacting Delvyne Santiago, Healthy Living Manager, [dsantiago@nrymca.org](mailto:dsantiago@nrymca.org) or by calling Member Services: (914) 632-1818.

# BALLET CLASSES

## We are thrilled to bring Ballet back to the NRYMCA!

Children's ballet classes are back at the NRYMCA! Offered through our partnership with Accent Dance NYC, classes will be on Saturdays starting September 9th through December 16th. The program will teach children the foundational elements of classical ballet, and will end with a performance for loved ones.

For the first four Saturdays (September 9, 16, 23, 30), young dancers can participate on a week-by-week basis. At the end of that period, families will be asked to make a commitment to complete the remaining sessions: October 7, 14, 21, 28, November 4, 11, 18 (note: no class Thanksgiving weekend November 25), December 2, 9 and 16th.

### Cost:

Cost for first 4 classes	Members	Non-Members
Ages 3-5	\$20/class	\$25/class
Ages 6+	\$25/class	\$30/class

### Fees payable in full starting October 7, 2023

Ages 3-5	\$240	\$300
Ages 6+	\$300	\$360

### Creative Ballet. Saturday 10-11 AM

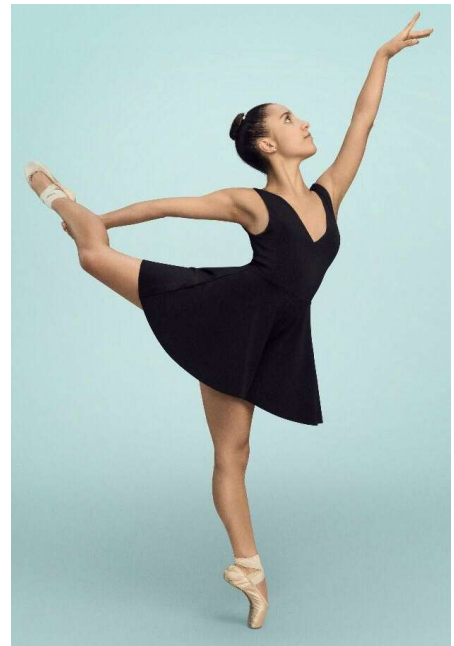
Ages 3-5.

A warm and fun introduction to Ballet, designed especially for the preschool child, which encourages age-appropriate creativity, musicality, and body awareness. Students will expand their attention span, listening skills, and joy of movement while delighting loved ones at the end of the course in a culminating performance.

### Introduction to Ballet

Ages 6-8 ("Ballet 1"). **Saturday 11 AM–12 PM**

Ages 9-12+ ("Ballet 2") **Saturday 12 PM–1 PM**



Students learn the fundamentals of Classical Ballet in a welcoming, supportive, and educational environment. Each class begins with exercises at the ballet barre, followed by learning steps and combinations in an accessible progression, all of which build confidence, grace, and a strong technical foundation. Students also learn about the history of ballet and will have a chance to perform for loved ones at the end of the course.

### Ballet Uniform

	Girls	Boys
<b>Tights</b>	Pink tights Optional: ballet skirt	Black tights
<b>Top</b>	Pink leotard (ages 3-5) Blue leotard (ages 6-8) Black leotard (ages 9-12+)	White t-shirt
<b>Ballet Slippers</b>	Pink ballet slippers	Black ballet slippers

## Ballet Artist & Instructor: Sofía Forero

Sofía Forero was born and raised in Cali, Colombia. She studied at Joffrey Ballet School, The Taylor School as a scholarship student, and graduated with Honors from The Ailey School Certificate Program. Sofía has performed pieces by Merce Cunningham, Paul Taylor, Alvin Ailey, Rena Butler, Earl Mosley, Darrel Moultrie, among others.

Sofía has extensive experience as a ballet and Latin dance instructor and dance educator for both youth and adults, including as a Teaching Artist with Ballet Hispánico. Sofía also is a GYROTONIC® Trainer, and a Zena Rommett Floor-Barre® Certified Teacher. She is the author of the research book "Una Danza Para El Cambio Social", after her development of a healing technique through movement and dance, in a local community of Colombia.



**Register for this program by stopping in at the Y or calling Member Services (914) 632-1818.**

You can learn more about Accent Dance NYC at <http://accent.dance> or by contacting Kim Johnson at [Kim@accent.dance](mailto:Kim@accent.dance)

# AQUATICS DEPARTMENT



From dedicated lap swimmers and competitive swimmers, to aqua fitness classes and for those who are just getting their toes wet – the NRYMCA Aquatics Department has something for everyone!

Our beautiful 25 foot long, 6 lane pool has been a magnet for community members who get into the water for exercise and enjoyment. Dive into the pages of this guide to find the programs and offerings that are just right for you.

The following pages give you information on private and semi-private swim lessons, our Swimming Academy, the Sailfish Swim Team, Lifeguard trainings, to name just a few.

Our Aquatics Director is Noel Gordon Jr. and he can be reached at (914) 632-1818, ext. 22 or [aquaticsdepartmentnrymca@gmail.com](mailto:aquaticsdepartmentnrymca@gmail.com) with any questions you have.

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

For any swimmer looking for one-on-one swim lessons, focused stroke mechanics, personalized drills, and more, private and semi-private lessons are available. The swimmer(s) and instructor will work together to find a mutually convenient time, and will then meet weekly for the duration of the lessons. Just like group swim lessons, swimmers are expected to attend each week, and must provide a doctor's note in order to be permitted to make up a missed class. If participant needs to cancel more than 24 hours in advance, a make-up is not guaranteed, although the instructor will try to make the lesson up if their schedule and pool schedule allows.

There will be a charge each 9-week session and participants will need to enroll each 9-week session. Fill out the inquiry form to be matched with an instructor. Completion of this form does not guarantee a spot in the private lesson program. You will be contacted prior to the session start with information related to the schedule and instructor. **The Aquatics team reviews the inquiry form and matches participants to instructors. A member of the Aquatics team will contact you to enroll.**

### Family Memberships

Single Private Lesson:	\$60/lesson
5-Pack Private Lessons:	\$275 (\$55/lesson)
10-Pack Private Lessons:	\$500 (\$50/lesson)
*5-Pack Semi-Private Lessons:	\$200 (\$40/lesson)
*10-Pack Semi-Private Lessons:	\$375 (\$37.50/lesson)

### Program Memberships

Single Private Lesson:	\$70/lesson
5-Pack Private Lessons:	\$325 (\$65/lesson)
10-Pack Private Lessons:	\$600 (\$60/lesson)
*5-Pack Semi-Private Lessons:	\$275 (\$55/lesson)
*10-Pack Semi-Private Lessons:	\$425 (\$42.50/lesson)

### Non-Members

Single Private Lesson:	\$85/lesson
5-Pack Private Lessons:	\$400 (\$80/lesson)
10-Pack Private Lessons:	\$700 (\$70/lesson)

\*Price reflects cost per student. Each student in a semi-private lesson will need to purchase a package. For any membership pricing, both students will need to be current members.

**For more information, contact Noel Gordon Jr. at (914) 632-1818, ext. 22 or [aquaticsdepartmentnrymca@gmail.com](mailto:aquaticsdepartmentnrymca@gmail.com).**

# SWIMMING ACADEMY - AGE 3M+

## Strong Swimmers, Confident Kids:

At the Y, we believe that swimming is a life skill that all children should learn.

The New Rochelle Y has been a longstanding water safety advocate and a first-class swim school in our community. Our formal progressive swim lesson program builds a strong foundation of water safety and teaches swimmers the strokes, endurance, and techniques required for success on a competitive swim team. During each session, participants will develop confidence and strength in the skills they are learning.

**Class length: 30 minutes**

**Goal Ratio (Student-Teacher): 3:1**

**Session length: 8 weeks**

**The cost per session varies based on the type of membership the swimmer has.**

**Cost per Session: \$192 (family); \$264 (child-only); \$308 (non-member)**

Classes and students are divided by age group as follows. Please note that stamina and behavioral requirements vary by age group. For example, a preschool stage 3 swimmer cannot transfer directly to school-age stage 3.

**Baby: ages 3 months to 3 years**

**Preschool: ages 3-5 years**

**School-Age: 6-12 years**

**Teen: 13-18 years**

**Adult: 18+**

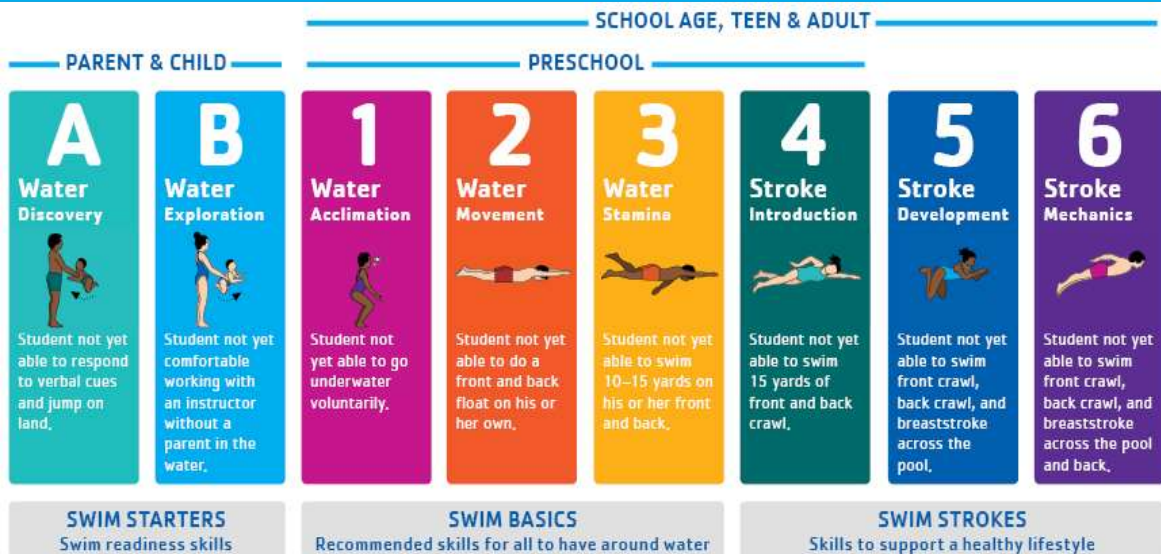
**Senior: 55+**

Within each age group, swimmers are evaluated and placed into the level appropriate for their skills. Only the Baby swim classes are divided by swimmer age. In order to maximize class time and efficiency of each lesson, it is important that **all** enrolled participants meet the skill requirements for their level.

**Participants who do not meet the skills required in the qualifications section will be asked to withdraw from the class, without a guarantee that a spot is available in a different level.**

Registration for lessons more advanced than Level 1 requires either a certificate of achievement or a swim evaluation. Incoming swimmers may schedule an evaluation with our Aquatics Director, Noel Gordon Jr. at (914) 632-1818, ext. 22 or [aquaticsdepartmentnrymca@gmail.com](mailto:aquaticsdepartmentnrymca@gmail.com).

## WHICH STAGE IS THE STUDENT READY FOR?



## SWIMMING ACADEMY - SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00-9:45 AM</b>	<i>Silver Splash*</i>	<i>Water Funk*</i>	<i>Aqua Zumba*</i>	<i>Water Funk*</i>	<i>Silver Splash*</i>
<b>10:00-10:30 AM</b>		Senior Swim 1		Senior Swim 2	
<b>4:00-4:30 PM</b>	S1	S1 TEEN 2	S1 S3	S1	
<b>4:35-5:05 PM</b>	S2	S2	S2	S2 TEEN 1	
<b>5:10-5:40 PM</b>	S3	S2		S3 TEEN 2	
<b>5:35-6:05 PM</b>			S4		
<b>6:10-6:40 PM</b>			S5		
<b>7:00-7:30 PM</b>	ADULT 1		ADULT 1	ADULT 1	
<b>7:30-8:00 PM</b>			ADULT 2		

***\*The starred 9:00 AM classes are not swimming academy classes; these are group fitness classes.***

TIME	SATURDAY				SUNDAY		
<b>9:00-9:30 AM</b>					Exploration-A		
<b>9:30-10:00 AM</b>					Exploration-B		
<b>10:00-10:30 AM</b>	P1	P2	S1		Exploration-A	P1	S1
<b>10:35-11:05 AM</b>	P1	P2	S2		Exploration-B	P1	S2
<b>11:10-11:40 AM</b>	P1	P2	S2			P2	S2
<b>11:45-12:15 PM</b>	P1	P3	S3			P2	S3
<b>12:20-12:50 PM</b>	P1		S4	S4		P3	S4

## SWIMMING ACADEMY - BABIES

ONLINE REGISTRATION IS AVAILABLE. NO MAKE-UP CLASSES WITHOUT A DOCTOR'S NOTE.

### ADULT & CHILD: 3-36 MONTHS

**Class Length: 30 minutes**

Our adult/child series is for children 3-36 months and their caregiver. We introduce infants and toddlers to the aquatic environment. We also introduce safety skills for both parents and children to stay safe in and around water. **Parent/guardian participation is required.**

**Water Exploration A (3-24 months):** Caregivers and their children are led through exploring body positions, blowing bubbles, and learning fundamental aquatic skills such as becoming comfortable splashing in the water and putting their face in the water.

**Student to teacher ratio: 6:1**

**Water Exploration B (20-36 months):** For the swimmer who is ready to transition to a class without their caregiver in the water. Child will work with a YMCA instructor in a small group setting to build confidence in the water. Child must be comfortable with their face, head, and ears getting wet. Child should also be comfortable putting their face in the water and completely submerging into the water with assistance from their parent/caregiver. Child should be comfortable with adults outside of their family.

**Student to teacher ratio: 3:1 [Note: no caregiver participation at this level]**

CLASS	SATURDAY	SUNDAY
Exploration-A	NO CLASS	9:00-9:30 AM 10:00-10:30 AM
Exploration-B	NO CLASS	9:30-10:00 AM 10:35-11:05 AM

**Please note:** Classes with limited enrollment are subject to cancellation. In the event a class is canceled, we will either reschedule the class or provide a refund. **Participants who do not meet the skills required in the qualifications section will be asked to withdraw from the class, with no guarantee that a spot is available in a different level.**



## SWIMMING ACADEMY – PRESCHOOL

**ONLINE REGISTRATION IS ONLY AVAILABLE FOR STAGES P1 AND P2. NO MAKE-UP CLASSES WITHOUT A DOCTOR'S NOTE.**

### PRESCHOOL ("TOT") AGE: 3-5 years

**Class Length: 30 minutes**

In our preschool series, 3 to 5-year old swimmers build confidence in the water by increasing their comfort with underwater exploration, practicing forward movements in the water, and developing self-rescue skills such as swimming to safety and rolling from front to back. As students progress through the preschool program, they begin to learn basic stroke and breathing techniques on their front and back.

**Preschool Stage 1 - P1:** No experience necessary; this is our entry level class. The goal of P1 is to teach swimmers preliminary self-rescue skills, such as exiting the pool and rolling from front to back, how to fully submerge their eyes, ears, and head, and swim with the assistance of an instructor while putting their face in the water.

**Goal Ratio (Student-Teacher): 3:1**

**Preschool Stage 2 - P2:** This class is for children who can comfortably complete the goals of P1. The goal of P2 is to teach swimmers to independently float on their back and front for 10 seconds each, and swim a short distance independently with a forward-facing movement and eyes in the water.

**Goal Ratio (Student-Teacher): 3:1**

**Preschool Stage 3 - P3:** This class is for children who can independently complete the goals of P2. The goal of P3 is to teach swimmers to swim the width of the pool independently using front crawl, to kick on their back for the width of the pool, and to introduce the swimmers to breathing techniques while swimming.

**Goal Ratio (Student-Teacher): 3:1**

CLASS	SATURDAY	SUNDAY
<b>P1</b>	10:00-10:30 AM 10:35-11:05 AM 11:10-11:40 AM 11:45-12:15 PM 12:20-12:50 PM	10:00-10:30 AM 10:35-11:05 AM
<b>P2</b>	10:00-10:30 AM 10:35-11:05 AM 11:10-11:40 AM	11:10-11:40 AM 11:45-12:15 PM
<b>P3</b>	11:45-12:15 PM	12:20-12:50 PM

## SWIMMING ACADEMY – SCHOOL AGE

**ONLINE REGISTRATION IS ONLY AVAILABLE FOR STAGES S1 AND S2. NO MAKE-UP CLASSES WITHOUT A DOCTOR'S NOTE.**

### SCHOOL AGE: 6-12 years

**Class Length: 30 minutes**

Our school-age program focuses on water safety, stroke technique, and building endurance and stamina. These stages do not correspond to the preschool stages: children may progress through all preschool-stage classes and then upon turning 6 years old, may begin at school age stage 1.

**School Age Stage 1 - S1:** This is our entry level class, designed for brand-new swimmers as well as those students who are fearful of water. The goal of S1 is to teach preliminary self-rescue skills, such as exiting the pool and rolling from front to back, how to fully submerge their eyes, ears, and head, and how to swim with the assistance of an instructor while putting their face in the water. Swimmers will also learn to float on their back and front for 10 seconds each, and swim a short distance independently with a forward-facing movement and eyes in the water.

**Student to teacher ratio: 3:1.**

**School Age Stage 2 - S2:** This class is designed for swimmers who can comfortably complete the goals of S1 and also for swimmers who are afraid of the deep end of the pool, even if they are comfortable in shallow water. Participants will learn front crawl (with an introduction to side breathing), swimming on their backs, and will begin treading water and diving. Participants will also work to build endurance to swim the length of the pool efficiently on their front and back.

**Student to teacher ratio: 3:1.**

**School Age Stage 3 - S3:** This class is for children who can comfortably complete the goals of S2. Specifically, swimmers entering S3 must be able to swim 1 length (25 yards) front crawl unassisted, 1 length kicking on back unassisted, and tread water for at least 30 seconds. Participants will learn front crawl with rotary breathing, backstroke, elementary backstroke, kneeling dives, and will build stamina treading water for up to 1 minute.

**Student to teacher ratio: 3:1.**

**School Age Stage 4 - S4:** This class is for children who can comfortably complete the goals of S3. Specifically, swimmers entering S4 must be able to swim 2 lengths (50 yards) front crawl, 2 lengths (50 yards) back crawl, and tread water for at least one minute. Participants will master freestyle and backstroke with proper technique and breathing, and will be introduced to breaststroke kick (whip kick) and butterfly kick (dolphin kick).

**Student to teacher ratio: 4:1.**

**School Age Stage 5 - S5:** This class is for children who can comfortably complete the goals of S4. Specifically, swimmers entering S5 must be able to swim 4 lengths (100 yards) freestyle, 4 lengths (100 yards) backstroke, and must be familiar with breaststroke kick (whip kick) and butterfly kick (dolphin kick). Swimmers will be introduced to breaststroke and butterfly arms, while continuing to work on kicks and coordination. Swim team-based skills such as starts and turns may be taught.

**Student to teacher ratio: 4:1.**

## SWIMMING ACADEMY - SCHOOL AGE 6-12 SCHEDULE

**ONLINE REGISTRATION IS ONLY AVAILABLE FOR STAGE S1. NO MAKE-UP CLASSES WITHOUT A DOCTOR'S NOTE.**

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>S1</b>	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	
<b>S2</b>	4:35-5:05 PM	4:35-5:05 PM 5:10-5:40 PM	4:35-5:05 PM	4:35-5:05 PM	
<b>S3</b>	5:10-5:40 PM		4:00-4:30 PM	5:10-5:40 PM	
<b>S4</b>			5:35-6:05 PM		
<b>S5</b>			6:10-6:40 PM		

CLASS	SATURDAY	SUNDAY
<b>S1</b>	10:00-10:30 AM	10:00-10:30 AM
<b>S2</b>	10:35-11:05 AM 11:10-11:40 AM	10:35-11:05 AM 11:10-11:40 AM
<b>S3</b>	11:45-12:15 PM	11:45-12:15 PM
<b>S4</b>	12:20-12:50 PM	12:20-12:50 PM

**Please note:** All aquatics classes with limited enrollment are subject to cancellation. In the event a class is canceled, we will either reschedule the class or provide a refund.

**Participants who do not meet the skills required in the qualifications section will be asked to withdraw from the class, with no guarantee that a spot is available in a different level.**

## SWIMMING ACADEMY - TEENS & ADULTS

**ONLINE REGISTRATION IS ONLY AVAILABLE FOR LEVEL 1 CLASSES. NO MAKE-UP CLASSES WITHOUT A DOCTOR'S NOTE.**

### TEENAGE: 13-17 years

**Class Length: 30 minutes**

Our teen program swimming academy focuses on water safety, stroke technique, building endurance and stamina. In our teen programs for ages 13-17, we also provide teens information on using aquatics for overall well-being and conditioning, as well as introducing lifeguarding skills and opportunities to teach others how to swim.

**Student to teacher ratio: 4:1.**

CLASS	TUESDAY	THURSDAY
TEEN 1		4:35-5:05 PM
TEEN 2	4:00-4:30 PM	5:10-5:40 PM

**Family: \$192; Youth: \$264; Non-Member: \$308**

### ADULT: 18+

**Class Length: 30 minutes**

Our swimming academy adult program also focuses on water safety, stroke technique, and building endurance and stamina. In our adult programs, we teach how swimming contributes to overall wellbeing and life-long safety.

CLASS	MONDAY	WEDNESDAY	THURSDAY
ADULT 1	7:00-7:30 PM	7:00-7:30 PM	7:00-7:30 PM
ADULT 2		7:30-8:00 PM	

**Family: \$192; Youth: \$264; Non-Member: \$308**

**Please note:** Classes with limited enrollment are subject to cancellation. In the event a class is canceled, we will either reschedule the class or provide a refund. **Participants who do not meet the skills required in the qualifications section will be asked to withdraw from the class, with no guarantee that a spot is available in a different level.**

## NEW ROCHELLE Y SAILFISH SWIM TEAM

The Sailfish Swim team is a competitive team that focuses on stroke technique, building stamina and endurance, and keeping competitive swimmers in shape during the off season. We welcome all swimmers who swam for 2022-2023 competitive squads. Any member of a prior year's pre or practice team who wishes to join the conditioning team will need to try out.

### GROUP DESCRIPTIONS

The New Rochelle YMCA Sailfish is a competitive swim team that competes yearly in the Westchester Fairfield Swim League. Beginning on Monday September 5, 2023, and running until Friday April 26, 2024, our main season will incorporate the "Fun and Family" concepts of the Y for all our members. We will have scheduled Dual meets throughout the season with a travel meet in February and our WFSL Championship Meet and YMCA States, a qualifier meet, in March.

#### Tech Team

**Ages: 6-9 years**

**Hours of practice per week: 3**

For swimmers ages 6-9, this group (formerly, "pre-team") will learn the basic elements of competitive swimming throughout the season. Swimmers joining this team must be able to swim a full lap, 25 yards of freestyle with side breathing, backstroke and breaststroke as well as have some knowledge of butterfly. Practice sessions will center around teaching proper stroke mechanics of all four strokes, good streamlining out of push offs and dives, and introduce the fundamentals of becoming a competitive swimmer. Instruction will be delivered by the coaching staff both in the water as well as from the deck. The goal of the group is to promote a fun, family friendly environment so that our younger swimmers learn to love swimming and always want to come back to practice every session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:30 PM		4:30-5:30 PM		4:30-5:30 PM

#### Age Group Team

**Ages: 9-11 years**

**Hours of practice per week: 5 ½**

On this team, swimmers ages 9-11 must be able to swim 25 yards of freestyle, backstroke, breaststroke, and butterfly; be able to dive from the starting blocks and perform a proper freestyle flip turn. Practices for this group will still center around both in and out of the water instruction while setting goals to master all four competitive strokes. As the season progresses, sessions will begin to introduce goal sets to increase training abilities and speed drills to prepare for better results in swim meets. Dryland exercises will be held two days a week as well to build strength and power which will translate to faster swimming. Continuing with the philosophy of the NRYMCA as well as the team, the practices will incorporate fun and family core beliefs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DRY LAND	5:00-5:30 PM		5:00-5:30 PM		
SWIM	5:30-6:30PM	OFF	5:30-6:30 PM	5:00-6:30 PM	5:00-6:30 PM

# NEW ROCHELLE Y SAILFISH SWIM TEAM

## GROUP DESCRIPTIONS CONTINUED

### Junior Team

**Ages: 11+ years**

**Hours of practice per week: 7**

This group is for swimmers ages 11 and up who can swim all four strokes, do flip turns and racing dives, and who need more instruction on stroke mechanics and training to become a better competitive swimmer. Practices will be based on building better stroke development while introducing more training goals throughout the season. The main goal of this group is to get swimmers in the group to catch up to some of the more accomplished swimmers of the same ages on the team. Dryland exercises will be done with the senior group twice a week to build strength and power that will translate in the pool during practice sessions and race days. As with all groups, we want the swimmers to enjoy their experience on the Sailfish team in a fun and family-oriented environment.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DRY LAND</b>		6:30-7:00 PM		4:30-5:00 PM	
<b>SWIM</b>	6:00-7:30 PM	7:00-8:00 PM	6:00-7:30 PM	5:00-6:00 PM	6:00-7:00 PM

### Senior Team

**Requirements: 1+ year of competitive swimming**

**Hours of practice per week: 8**

For our older swimmers who have at least one year of competitive swimming experience, the Senior Team will focus more on training concepts and race strategies. While we will still constantly be focused on improving stroke mechanics, as the season progresses, we will continue to build both practice and competition goals. Practice sets will become more challenging, and our training will evolve towards higher and higher racing goals. Dryland exercises will occur twice a week which will also be geared towards advancing these goals. We want our swimmers to enjoy the training experience so that our swimmers look forward to having fun and returning to the pool at every opportunity.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DRY LAND</b>		4:30-5:00 PM		6:30-7:00 PM	
<b>SWIM</b>	6:00-7:30 PM	5:00-6:00 PM	6:00-7:30 PM	7:00-8:00 PM	6:00-8:00 PM

Placements in all groups will be done at the coach's discretion and all questions should be discussed with the coach or Noel Gordon Jr. at [aquaticsdepartmentnrymca@gmail.com](mailto:aquaticsdepartmentnrymca@gmail.com).

Monthly Calendars will be provided to outline all daily practice sessions and swim competitions. There will be some added Sunday sessions for all groups to work on further stroke mechanics, add training opportunities and prepare for competitions.

Swimmers are not required to compete in swim meets in order to join the Sailfish.

## LIFEGUARD AND AMERICAN RED CROSS CLASSES

American Red Cross certifications offered are based on demand.

- **Lifeguard Pre-Course**
- **Lifeguarding**
- **Lifeguarding Renewal**
- **Waterfront Lifeguarding**
- **Waterfront Lifeguarding Renewal**
- **CPR/AED for the Professional Rescuer**
- **Standard First Aid & CPR/AED for the Professional Rescuer**

CLASS	DATES
<b>Lifeguard Certification</b>	September: 21st, 23rd, 24th, 28th, and 30th
	October: 5th, 7th, 8th, 12th, and 14th

*NOTE: Lifeguard certification requires attending all sessions offered within the month.*

YMCA membership is not required. For more information, contact Noel Gordon Jr.

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## NRYMCA UPK & Child Care Programs



## UNIVERSAL PRE-K

**We offer financial aid through our Y Cares program, which is made possible by the support of donors.**

**Ages: 4 years**

AM class: 9:00 AM to 11:30 AM

PM class: 12:30 PM to 3:00 PM

Full Day Extension: 9 AM to 3:00 PM

**Half Day Program:**

Free to New Rochelle families selected through a City of New Rochelle lottery; otherwise \$450 per month.

**Full Day Extension:**

\$650 per month for New Rochelle families selected through the City's lottery; otherwise \$1100 per month.

**Registration for Fall 2024 begins February 1st**

Our Universal Pre-kindergarten program provides a nurturing place for children to learn. We offer small class sizes, less than 15 students, to ensure a personalized learning experience. Our teachers are New York State certified and individualize the curriculum to meet students where they are. In addition to teaching foundational skills, our classroom environment provides children with opportunities to expand their vocabulary, learn to be self-reliant and develop healthy and trusting relationships with their teachers and their peers. The children enjoy arts and crafts, games, circle time, STEM activities, and both indoor and outdoor play. Through play and strategic planning our teachers prepare our students with a strong foundation for success in kindergarten. (Program follows the School District of New Rochelle schedule, including school closures due to inclement weather.)

Full Day Extension offers supplemental programs for families seeking to expand the learning experience from 9 AM to 3 PM. Special activities vary day to day and include swimming once a week in our heated in-door pool, movement/dance, arts and crafts, and other STEM activities. The Lunch Buddies program allows students to eat lunch and have additional playtime with their friends as they work on social skills. Our Extended Learning program is led by a certified teacher who will deepen the learning of the day as students expand on the concepts learned in the morning while making interdisciplinary connections.

Sample activities:

Arts & Crafts

Circle Time

Cooking

Games

Healthy snack

Literacy activity

Music/Movement

Nature fun

Outdoor play

Sports/Gymnastics

STEM

Swimming

Learn more at [www.nrymca.org/universal-pre-kindergarten](http://www.nrymca.org/universal-pre-kindergarten)

## CHILD CARE – AFTER SCHOOL

**We offer financial aid through our Y Cares program, which is made possible by the support of donors.**

### **KIDZ CLUB AFTER-SCHOOL**

**Grades K – 6**

**3:00 – 6:00/6:30pm September – June**

**Two Sites: (1) New Rochelle YMCA; (2) Daniel Webster Elementary School**

The YMCA after school program provides children with the opportunity to learn and have fun in supervised and structured environments at the same time. The program is based on the City School District of New Rochelle calendar. Our program operates Monday through Friday from 3:00pm-6:30pm (YMCA Site) & 3:00pm-6:00pm (Daniel Webster) for children in Kindergarten - 5th Grade. We pick-up at Jefferson Elementary school. Transportation from other schools (such as Barnard, Ward, Davis, Webster and Columbus) can be arranged by calling the City School District of New Rochelle Transportation Department at (914) 576-4230.

Students are engaged in a myriad of activities. We start every day with a quick healthy snack and proceed to do homework with a New York State certified teacher. Although activities are different from day to day, we make sure to enjoy arts & crafts, sports in the gym, small and large group activities, weekly recreational swim, and outdoor play.

We offer supplemental programs from outside vendors to enhance opportunities for the after school children. Accent Dance provides weekly dance instruction incorporating a wide range of music and dance styles. Stress Less for Kids teaches the children how to regulate their emotions, and The STEM Alliance provides various Science, Technology, Engineering, & Math activities.

**Tuition: \$325 per month (Youth or Family membership required)**

To learn more, please visit [www.nrymca.org/after-school-programs](http://www.nrymca.org/after-school-programs) or contact Tanisha Miller at [TMiller@nrymca.org](mailto:TMiller@nrymca.org) (YMCA Location) or Marie Alphonse at [aalphonse@nrymca.org](mailto:aalphonse@nrymca.org) (Daniel Webster Location).

## CHILD CARE – FUN CLUB DAYS

**We offer financial aid through our Y Cares program, which is made possible by the support of donors.**

### **FUN CLUB DAYS**

**Grades K – 6**

**9:00 AM – 5:00 PM**

On weekdays when New Rochelle Public Schools are closed, the New Rochelle Y offers Fun Club Days. Our Fun Club Days offer a variety of activities to keep young minds, hands, and hearts busy. We will have fun with various activities such as arts & crafts, playing sports, STEM activities, group games, & swimming. Fun Club is offered on the following upcoming days:

**September 25, 2023**

**October 9, 2023**

**November 7, 2023**

**November 10, 2023**

**December 26-29, 2023**

**Yom Kippur**

**Columbus/Indigenous Peoples' Day**

**Election Day**

**Veterans' Day (Observed)**

**Winter Holiday Recess**

**Tuition: \$75.00 per day per child (membership not required; no discount for members)**

Extended Care is also available for an additional fee. Morning care is offered 8-9AM and afternoon care is offered 5-6PM.

AM: \$15.00

PM: \$15.00

Learn more at [www.nrymca.org/holiday-camp](http://www.nrymca.org/holiday-camp) or contact Tanisha Miller at [TMiller@nrymca.org](mailto:TMiller@nrymca.org).

# NRYMCA YOUTH SPORTS GUIDE

## Basketball Lessons

At the New Rochelle YMCA, our sports staff, coaches and volunteers all share a singular vision of helping youth reach their full potential on and off the court. We leverage the excitement and passion around recreational programming to create healthy outlets so that children can gain new skills, develop an appreciation of teamwork and team building, and connect with positive role models.

Our basketball coaches will work with your child to master the fundamentals of basketball, including footwork, dribbling and movement. Private and group lessons will provide your child with the necessary tools to develop as they get older and continue to grow.

There are many benefits to having one-on-one time with a YMCA basketball instructor. It might be just what you or your child needs! We offer private basketball lessons for students as young as 3 years old, and continuing through teenage years and adulthood. We also offer group classes for students who are at similar skill levels.

GROUP LESSONS ARE 45 MINUTES LONG; PRIVATE LESSONS ARE 30 MINUTES LONG.

### Member Rates:

	1 Lesson	5 Lesson Pack	10 Lesson Pack
<b>1 on 1</b>	\$50	\$240 (\$48/class)	\$450 (\$45/class)
<b>Group</b>	\$45*	\$200* (\$40/class)	\$400* (\$40/class)

### Non-Member Rates:

	1 Lesson	5 Lesson Pack	10 Lesson Pack
<b>1 on 1</b>	\$60	\$275 (\$55/class)	\$500 (\$50/class)
<b>Group</b>	\$55	\$250* (\$50/class)	\$450* (\$45/class)

**\*Price reflects cost per student. Each student in a group lesson will need to purchase a package. For any membership pricing, both students will need to be current members.**

## Karate Academy

The art of Shotokan Karate teaches many physical and mental practices that can enhance your child's social and emotional well-being. Our instructor, Cheryl Murphy, a black belt and six-time US Open champion, will teach your children about the benefits of traditional and sport karate, self-discipline, self-control, self-defense and respect — all while having fun. Uniforms will be available for purchase (separate from class registration costs).

**Class Length: 45 minutes**

**Session length: 8 weeks**

**Cost per Session: \$184** (family membership); **\$216** (youth membership); **\$288** (non-members)

CLASS	THURSDAY	SATURDAY
<b>Mixed Age (4-12)</b>	6:00-6:45 PM	10:00-10:45 AM

# Holistic Teen Warrior Program

## Ages 13-17

This innovative program, created by NRYMCA coaches, is designed to provide teens with opportunities to improve their physical and mental health. It is open to teens ages 13-17. Holistic Teen Warrior programming is available 5 days a week and includes activities such as Tai-Chi, swimming, yoga, dance and utilization of the fitness center and group training – all under the guidance of experienced fitness coaches.



**Registration is open. Sign up and come to any of the sessions that appeal to you! This program is free to members.**



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### Holistic Teen Warrior Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	
Teen Lap Swim 4:00-4:45 PM		Teen Lap Swim 4:00-4:45 PM			Legend:
					(S)- Studio
Teen Cardio Hour 3:30-4:45 PM	Teen Cardio Hour 3:30-4:45 PM	Teen Cardio Hour 3:30-4:45 PM	Teen Cardio Hour 3:30-4:45 PM	Teen Cardio Hour 3:30-4:45 PM	(P)- Pool
					(G)- Gym
	Lifeguard Prep 3:50-4:35 PM (P)(Offutt)		Lifeguard Prep 3:50-4:35 PM (P)(Offutt)		(CR)- Cardio Room
Teen Bootcamp 4:00-4:45 PM (G)(Offutt)	Teen Cardio Set 4:00-4:45 PM (CR) (Taj)	Teen Bootcamp 4:00-4:45 PM (G)(Offutt)	Teen Cardio Set 4:00-4:45 PM (CR) (Taj)	Teen Obstacle Course 4:00-4:45 PM (G)(Offutt)	Facility Hours:
					M-F: 6:00 AM- 9:00 PM
		Teen Tai-Chi 4:00-4:45 PM (S)(Angela)			Saturday: 7:00 AM-6:00 PM
					Sunday: 8:00 AM-6:00 PM
		Holistic Teen Warrior 5:00-5:45 PM (S)(Offutt)			All classes are for teens (ages 13-17). Please make sure to be registered before participating in any classes.



**Meet the Holistic Teen Warrior Coaches:**

**Offutt Porter, Angela Hultberg, and  
Taj Lovings**

## Teens – Passport Program

### Ages 13-15

This program instructs teens on how to safely use the fitness equipment in the cardio and free weight room. It also teaches rules for using the Y's facilities and familiarizes teens with our member code of conduct.

Teens 13-15 who complete this prerequisite will be granted a waiver and receive a teen passport card, which will allow them to use the cardio and free weight room.

Teens 16 and older may use the cardio and free weight room without having to complete the Passport Program, provided they comply with all rules and regulations, including our member code of conduct.

If your teen is new to working out with these types of equipment, please call to schedule a free orientation for them.

For any questions, please call Member Services at (914) 632-1818.

## ADULT GAME DAY

### Game Day

Play board games such chess, checkers, scrabble, uno and much more! Music, prizes and snacks provided. Every other Thursday of every month, from 12:00-2:00pm

## COMMUNITY HEALTH

### Walk With Ease

This is a 6-week walking program that can easily be an excellent starting point for a new wellness program. Walk With Ease is the only walking program identified as arthritis-appropriate and evidence-based by the Centers for Disease Control and Prevention. Walk With Ease has been proven effective in increasing balance, reducing pain, improving mental health, flexibility and overall physical health.

New session will be coming soon! More information will be made available at a later date.

### Blood Pressure Self-Monitoring

The YMCA's Blood Pressure Self-Monitoring Program is designed to help adults with hypertension lower and manage their blood pressure. This free program focuses on regular self-monitoring of one's blood pressure over 16 weeks using proper measuring techniques, one-on-one or group-based consultations with a trained Healthy Heart Ambassador, support and nutrition education for better blood pressure management.

For more information, please contact our Healthy Living Manager, Delvyne Santiago at [dsantiago@nymca.org](mailto:dsantiago@nymca.org) or our Member Services at (914) 632-1818.

## Group Fitness Land Classes

To stay up to date on the latest classes please visit our website or speak to Member Services about the Group Fitness Schedule.

**Power Pump.** Power Pump is a resistance-based strength workout for your whole body. These high-intensity fitness classes include a range of exercises to get different muscle groups working, especially your arms and core, and strengthen your body as you go.

**Spinning.** Spinning is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session! Not only is it great for giving you all the cardiovascular gains, but it's great for toning muscles to make you super strong.

**Zumba Gold®.** Zumba Gold® is tailored for active older adults who are looking to focus in muscle conditioning and light weight activity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. The class focuses on all aspects of fitness: cardiovascular, muscular conditioning, flexibility and balance.

**Tai-Chi.** Tai-Chi is an ancient internal martial art that highlights breathing, mindfulness or moving meditation, promoting relaxation, strength, and overall health and wellbeing.

**Cardio Kickboxing.** This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**Yoga.** This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

**Sunrise Yoga.** This yoga class consists of a warm up flow, sun salutations, balancing and integration, and a cool down meditation. All levels are encouraged to come, as variations and options can be made for each pose.

**Bootcamp.** Bootcamp classes are a type of high-intensity interval training (HIIT) — bursts of intense activity alternated with intervals of lighter activity.

**Silver Sneakers.** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

**Chair Stretch.** This class consists of modified yoga poses done while seated in a chair.

**Abs & Tone.** This class uses your body strength, body bar, light weights and mats to strengthen and tone your body.

**Zumba®.** This class mixes low intensity and high intensity moves for an interval-style, calorie-burning dance fitness party and total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class.

**Zumba Toning®.** This class helps you focus on specific muscle groups, so you (and your muscles) stay engaged! The lightweight maraca-like Toning Sticks enhances a sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

**Strength & Flexibility.** This class will help you increase muscle strength, maintain bone density, improve balance and reduce joint pain.

**Breathe, Stretch, and Strengthen.** The sequences of the daily stretches and postures you will learn in this class will help cleanse, nourish, and strengthen all areas of your body and give you the joy of moving with your breath.

**Better Balance.** This class addresses all the elements of balance including mindful movement with coordinated deep breathing to improve balance, increase positional awareness, strengthen weak muscles in the core and legs and improve the ability of all systems to work together.

**Y-Circuit.** This will give attention to all major postural muscles and activate both fast and slow twitch muscle fibers.

**Y- Cool Down.** This class focuses on bringing the body back to its normal physiological level after fast, vigorous exercise or activity by gradually slowing the pace of activity or by doing gentle exercises or stretches. It achieves this by focusing on strength, stability, posture, proper breath control, and flexibility.

**Self-defense.** This 45-minute class provides psychological awareness and verbal skills, not just physical training.

## Group Fitness Water Exercise Classes

To stay up to date on the latest classes please visit our website or speak to Member Services about the Group Fitness Schedule.

**Silver Splash.** This class is intended to decrease pain and/or stiffness, improve or maintain joint flexibility, increase muscle strength, improve coordination and endurance, and give participants an overall sense of well-being. Class is performed in shallow water.

**Water Funk.** Water Funk is a very fun way to kick start your way to being fit for life! With the use of basic hip hop dance moves blended with high energy cardio routines, that take your water aerobic class to the next level.

**Deep Water Conditioning.** Participants will use flotation belts and styrofoam barbells to perform a variety of motions including water walking and running, abdominal work and toning exercises.

**Aqua Zumba.** The same sizzling hot international Zumba land class rhythms for a low impact, high energy aquatic resistance workout — just add water and shake!

**Aqua Flex.** This class incorporates strength, cardio, and pilates-based movements for a full-body workout for all levels of fitness! Build muscular and cardiovascular endurance and strength as well as increase your balance and flexibility in a warm-water, joint-friendly class.

**Aqua Bootcamp.** This 45-minute class will be focusing on water toning by using circuit training and utilizing both shallow and deep end and shallow end of the pool.

**All classes are free to members.**

## Fitness/Wellness Center

The Fitness Center is equipped with cardiovascular machines, free weights and circuit machines. Our staff can instruct you on the proper use of the equipment.

### Free Fitness Orientations

A **new member** can schedule a free fitness orientation with one of our Fitness Trainers. This option, available only to new members, provides an overview on how to use the equipment appropriately and safely.

### Personal Training

Experience the benefits of working 1-on-1 or small groups (up to 4) with a trainer. Our certified personal trainers can assist you in designing a program catered to your individual or group needs. Contact Delvyne Santiago at (914) 339-9285 or [dsantiago@nrymca.org](mailto:dsantiago@nrymca.org) for any questions or to schedule a trainer.



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### Personal Training Rates

1 on 1 30-min Member Pricing			1 on 1 60-min Member Pricing		
# Sessions	Price Per Session	Total Price	# Sessions	Price Per Session	Total Price
1	\$40.00	\$40.00	1	\$70.00	\$70.00
5	\$37.00	\$185.00	5	\$65.00	\$325.00
10	\$35.00	\$350.00	10	\$62.00	\$620.00
Group Session Pricing 30-min			Group Session Pricing 1-hour		
# Sessions	Price Per Session	Total Price	# Sessions	Price Per Session	Total Price
1	\$50.00	\$50.00	1	\$80.00	\$80.00
5	\$47.00	\$235.00	5	\$77.00	\$385.00
10	\$45.00	\$450.00	10	\$75.00	\$750.00
Non-Member Rates					
# Sessions	Length	Price Per Session	# Sessions	Length	Price Per Session
1	30m	\$90.00	1	1h	\$110.00

#### \*Health/Medical Recommendations\*

For your own safety, we recommend that you consult with a physician prior to enrolling in an exercise class if one of the following applies to you: female over 45 years old, male over 34 years old, smoker over the age of 30, personal or family history of heart disease, high blood pressure, diabetes or other chronic illness, have had recent surgery or limited by any musculoskeletal problem. The New Rochelle YMCA reserves the right to require a physician's approval for participation in any activity.