



STRONGER TOGETHER

2024 SPRING PROGRAMS

QUALITY PROGRAMMING FOR Y MEMBERS & THE COMMUNITY

NEW ROCHELLE YMCA

50 Weyman Ave, New Rochelle, NY 10805

NRYMCA.ORG

914-632-1818



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN THE Y

Join the Y and enhance your life. Help your family learn, grow, and thrive while strengthening a vital community committed to helping everyone reach their potential.

We are planning ahead for THE BEST SUMMER CAMP EVER IN 2024!

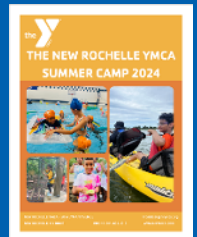
Reminder- Summer Camp Registration Starts:

Members: February 16th @ 8 A.M.

Previous Campers: February 23rd @ 8 A.M.

Non-Members: March 1st @ 8 A.M.

Click here to
view our
camp
brochure.



Discovery

(Ages 3-4) Staff Ratio 1:6



Adventure

(Ages 5-8) Staff Ratio 1:6



Explorer

(Ages 9-11) Staff Ratio 1:10



Teen Extreme

(Ages 12-15) Staff Ratio 1:6



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

New Rochelle YMCA Hours

50 Weyman Avenue,
New Rochelle, NY 10805
Monday–Friday: 5:30 A.M. – 9:00 P.M.
Saturday: 7:00 A.M. – 6:00 P.M.
Sunday: 8:00 A.M. – 6:00 P.M.

www.nrymca.org

914-632-1818

SPRING 2024

(Programs running March – June)

Session I March 9th – May 3rd

Session II May 4th – June 29th

Easter: CLOSED

Memorial Day: CLOSED

FIND IT FAST!

<u>SUMMER CAMP</u>	1
<u>LETTER FROM THE CEO</u>	3
<u>EMPLOYMENT OPPORTUNITY</u>	4
<u>FACILITY INFORMATION</u>	5
<u>MEMBERSHIP</u>	6
<u>YOUTH SPORTS & ENRICHMENT</u>	7–9
<u>BIRTHDAY PARTIES</u>	10
<u>AQUATICS & SAILFISH SWIM TEAM</u>	11
<u>UNIVERSAL PRE-K</u>	12
<u>AFTER SCHOOL</u>	13
<u>HOLIDAY CAMPS</u>	14
<u>TEENS</u>	15
<u>COMMUNITY HEALTH</u>	16
<u>GROUP FITNESS CLASSES</u>	17
<u>WATER EXERCISE CLASSES</u>	18
<u>FITNESS/WELLNESS CENTER</u>	19

**The New Rochelle YMCA reserves the right to
take photos/video of participants for brochures
and marketing purposes.**

LETTER FROM OUR CEO



Jennifer Ryan Safsel
New Rochelle YMCA CEO

Dear Members and Community Partners,

As we all look forward to the Spring, longer days and warmer weather, we also look forward to new programs and events at the New Rochelle Y.

We hope you take time to carefully review our Spring Program Guide that highlights new and continued programs. We will be opening up Summer Camp registration soon. Information on that is included.

If you have come into the New Rochelle YMCA lately, you have seen various major facility renovations underway. From the painting of the gym, new wall mats, scoreboard, and soon the modernization of the basketball lifts, new backboards, nets and pads. It is coming... We are also working on renovating the gym floor!

In addition to the facility changes, we have had many staff changes. We want to introduce our new leadership team:

- **Jocelyn Lemley** Senior Program Director.
- **Delvyne Santiago** – Aquatics Manager is now leading our Aquatics Department.
- **James Young (Jace)** is our Sailfish Swim Team Head Coach
- **Kimra Macri** –Aquatics Coordinator.
- **Dafne Ginn** –Membership, Operations, and Community Outreach Manager is handling day to day operations.
- **Shaleza Yassin** – Facilities and Grants Manager handling large facility projects.
- **Lala Raga** –Child Care Registrant working to register children for our Universal Pre-K classes, after school, holiday camps and summer camp.

We hope you take some time to meet our new team, as well as say hello to those who have been with us a while.

Our Y has gone through a lot of growth, change and transformation. This Spring, we hope that you join more classes, make time to come to our events, and share all that is happening at the Y with friends and family to inform them of our wonderful Y community and how they can share in it.

Sincerely,

Jennifer Ryan Safsel

FIND YOUR PURPOSE

JOIN OUR TEAM

At the New Rochelle YMCA, we are leaders, instructors, motivators, smile makers, teachers, friends, and more — inspired by supporting our community. We are driven by creating a positive difference in the lives of our members, guests, and staff. Our history is steeped in dedication and compassion for those we serve and beyond. Join us as we carry out our commitment to positively impact lives in our community and beyond.

“There’s no better place to grow your career while doing meaningful work.”



NEW ROCHELLE YMCA FACILITY INFORMATION

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 CANCELLATION POLICY: Member must fill out cancellation form with 14 days notice prior to draft day. Form can be emailed per request. A phone call request for cancellation is not sufficient without the form.

FACILITY CLOSINGS AND DELAYS: The New Rochelle YMCA will do its best to communicate delayed openings (and/or cancellations) as information becomes available to us. Decisions are based on local conditions and the New Rochelle School District.

HERE IS HOW YOU CAN STAY UPDATED: Make sure we have your current email address and that you receive our regular emails. Follow us on Facebook at <https://www.facebook.com/NewRochelleYMCA>

You can always call us 914-632-1818



MEMBERSHIP MEANS MORE!

The New Rochelle YMCA is more than just a gym, a pool, or a place for fitness. YMCA members experience a sense of belonging that can't be found anywhere else!

Membership Benefits:

- FREE unlimited group exercise classes, selected pool classes, and indoor cycling
- Free access to our pool, basketball court, racquetball court and our sauna
- Nationwide privileges allowing access to the Y's across the country
- 14-day cancellation notice
- Membership benefits include special member rates for events, camps, party rentals, swim lessons, and youth members.

To sign up or more information, call (914) 632-1818 ext. 18

PROMOTIONS:

- **February: Sign up for a Heart –Filled Membership! Sweet 14!** When you join the Y February 1st–18th, it is a \$14 joiners fee, and \$14 for the first month. *Must maintain membership for at least six months.
- **March: Buy 3 personal trainer sessions and get the 4th one FREE**
- **April: \$30 for 30 days**
- **May: Every Thursday bring your guest in to enjoy the Y for FREE!**

EVENTS:

- **Teen Nights:** Last Friday of every month (prior registration required)
- **Kids Night Out:** Every other Friday, 6:30 – 9:00 PM (prior registration required)
- **Tot Watch:** Tuesdays and Thursday 8:30 am – 11:30 am (prior registration required)
- **Child Watch:** Saturdays & Sundays 9:00 am – 1:00 pm (prior registration required)
- **Senior Game Days:** February 22nd, TBD
- **April 20th: Healthy Kids Day**

CATEGORY	AGE	ANNUAL FEE	MONTHLY FEE	JOINER FEE
YOUTH	Under 12	\$150	N/A	N/A
STUDENT	13–18 W/ID	\$420	\$35	\$30
YOUNG ADULT	19–29	\$540	\$45	\$80
ADULT	29+	\$660	\$55	\$80
Family w/1 Adult & up to 4 children under 24 years old	N/A	\$840	\$70	\$80
Family w/2 Adults & up to 4 children under 24 years old	N/A	\$960	\$80	\$80
COUPLE	N/A	\$780	\$65	\$80
SENIOR	65+	\$540	\$45	\$80

YOUTH SPORTS & ENRICHMENT



ACTIVITY	AGE	DAY	TIME
PICKLEBALL	UNDER 12	MONDAYS	5:00 PM - 6:00 PM
KARATE	4 - 12	THURSDAYS	6:00 PM - 6:45 PM
BEGINNER FLOOR HOCKEY	UNDER 12	TUESDAYS	5:00 PM - 6:00 PM
BASKETBALL SKILLS AND DRILLS 1	6-9, 10-12, 13 - 15	WEDNESDAYS, SATURDAYS & SUNDAYS	6:00 PM - 6:45 PM, 9:00 AM - 12:45 PM, 9:00 AM - 12:45 PM
AMERICAN SIGN LANGUAGE	UNDER 12	THURSDAYS	5:00 PM - 5:45 PM
KIDS YOGA	UNDER 12	THURSDAYS	6:00 PM - 6:45 PM
ART	UNDER 12	SATURDAYS	1:15 PM - 2:00 PM

FOR MORE DETAILS VISIT: www.nrymca.org/youth-sports

CHILDREN'S BALLET CLASSES



Children's ballet classes are back at the NRYMCA!

Offered through our partnership with Accent Dance NYC, classes will be on Saturdays starting January 5th through March 2nd.

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, 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.

Creative Ballet

Ages 3-5

Sat. 10:00 AM - 11:00 AM

A fun introduction to Ballet, designed especially for the preschool child.

Introduction to Ballet

Ages 6-8 ("Ballet 1") Sat. 11:00 AM - 12:00 PM
and

Ages 9-12+ ("Ballet 2") Saturday 12:00 PM - 1:00 PM

Students learn the fundamentals of Classical Ballet in a welcoming environment

FOR MORE DETAILS VISIT: www.nrymca.org/youth-sports

CHILDREN'S KARATE LESSONS

Karate (Ages 4 to 12)

We promote a family community and instruction on coordination, dedication, through the art of Shotokan Karate. Gain the benefits of Traditional and Sport Karate, self-discipline, self control, self defense and respect—all while having fun.

Self-Discipline
Self Control
Self Defense
Have Fun
Respect



FOR MORE DETAILS VISIT: www.nrymca.org/youth-sports

BIRTHDAY PARTIES

Host your child's next birthday party at the Y! We have a number of fun party options to choose from for children 3+ years old. Parties are supervised and led by engaging YMCA staff and can be scheduled year-round indoors at the NEW ROCHELLE YMCA.

Choose from:

Pool Party

Dance

Zumba

Sports

Art





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 QR code to check out all of our program offerings!

Our Aquatics Guide will 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 Manager is Delvyne Santiago and he can be reached at (914) 632-1818, ext. 22 or aquatics@nrymca.org with any questions you have.



[Click here to view our Aquatics Guide.](#)





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: 9AM to 3:00PM

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

\$1,100 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

CHILDCARE – 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 3:00 pm–6:30 pm (YMCA Site) & 3:00 pm–6:00 pm (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 or contact Tanisha Miller at TMiller@nrymca.org (YMCA Location) or Marie Alphonse at MAIphonse@nrymca.org (Daniel Webster Location).



CHILDCARE: HOLIDAY CAMPS

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

HOLIDAY CAMPS

Grades K-6

9:00 AM – 5:00 PM

On weekdays when New Rochelle Public Schools are closed, the New Rochelle Y offers Holiday Camp. Our Holiday Camp offers 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. Holiday Camp is offered on the following upcoming days:

- February 19-23, 2024 – Mid Winter Break
- March 25-29, 2024 – Spring Break
- April 10, 2024– Eid-al-Fitr
- April 22-24, 2024– Passover Seder
- June 19, 2024– Juneteenth
- June 27-28, 2024

Member & Non Member: \$280.00 for the week / \$75.00 per day

Extended Care: 8-9 AM and 5-6 PM
AM: \$15.00

PM: \$15.00

Learn more at www.nrymca.org/holiday-camp or contact Tanisha Miller at TMiller@nrymca.org



Ages 13-17

Holistic Teen Warrior Program



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 and non-members.

Review the most up to date schedule at www.nrymca.org/holistic-teen-warrior

Teens– Passport Program

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



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 sessions 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.

Nutrition Seminars

Healthy Heart Ambassadors facilitate monthly, 60 minute seminars which include Nutrition Education:

February 27th, 2024	The Dash Diet
March 19th, 2024	Sodium and more Sodium
April 23rd, 2024	Shopping, Preparing and Cooking
May 28th, 2024	Heart Healthy Eating For Life

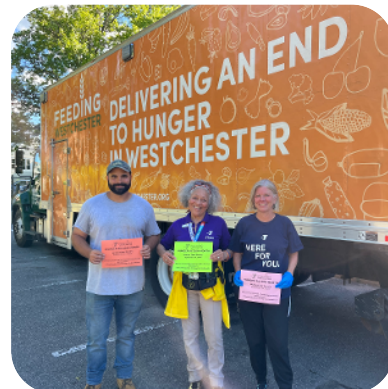
Feeding Westchester, Mobile Food Pantry

Feeding Westchester is the country's largest nonprofit hunger relief organization at the heart of a network of almost 300 community partners and programs. With a mission to nourish their neighbors in the fight against hunger, the organization sources and distributes good, nutritious food and other resources throughout every community in Westchester County. The New Rochelle YMCA has partnered with them to provide a monthly food distribution to our Westchester County community neighbors, here on our YMCA grounds.

These are the following 2024 distribution dates:

January 11th, February 8th, March 14th, April 11th, May 9th and June 13th

We accept volunteers to assist in this service. To get more information contact the Mobile Food Pantry Coordinator, 914-632-1818 ext. 13



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 cardio vascular gains, but it's great for toning muscles to make you super strong.

ZumbaGold® Zumba Gold is tailored for active older adults, those recovering from injury, or those who may be new to working out. The design of the class introduces easy-to-follow Zumba choreography that focuses on all aspects of fitness: cardiovascular, balance, range of motion and coordination, while enjoying a party-like atmosphere!

Tai-Chi Tai-Chi is an ancient internal martial art that highlights breathing, mindfulness or moving meditation. Tai-Chi is gentle but powerful, promotes strength, relaxation, focus and overall health and well being. Highly recommended for improving balance.

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.

Boot camp Boot camp 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. This is fun, functional fitness to music!

Super 7 Stretch 7 exercises you should do absolutely every day. Live without pain and make your way through the day with confidence and greater ease, as you practice these simple moves and variations. Improve posture, flexibility, and strength, setting yourself up for success.

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 matsto strengthen and tone your body.

Zumba® Come join this international dance fitness party! This class mixes low intensity and high intensity moves for an intermittent-style, calorie-scotching total workout. With global rhythms combine all elements of fitness: cardio, muscle conditioning, balance, and flexibility, resulting in boosted energy and a serious dose of feeling awesome each time you leave the class.

ZumbaToning® Following the same party-inspired International rythms, his class helps you focus on specific movement, so you (and your muscles) stay engaged! This class utilizes lightweight maraca-like Toning Sticks enhances a sense of rhythm and coordination, while accomplishing overall tone.

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 is for everyone! It addresses the many elements of balance including breathing, flexibility, strength, posture, coordination, vision, proprioception, and more. Exercises, skills and drills will give you tools and equipment to improve and confidently maintain stability. There is great variety in every session.

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.

AquaZumba® The same sizzling hot international Zumba land class rhythms for a low impact, high energy aquatic resistance workout— no toys or equipment needed! Just add water and shake!

AquaFlex 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.

AquaBootcamp 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 Member Service at (914) 632-1818 for any questions or to schedule a trainer.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.