



WHERE COMMUNITY COMES TOGETHER

2025 FALL PROGRAMS Fall I – FALL II

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



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

New Rochelle YMCA Hours

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

nrymca.org

914-632-1818

FALL 2025

Fall I: September – October

Fall II: November – December

(Programs running September – December)

Labor Day – CLOSED

Thanksgiving Day: CLOSED

FIND IT FAST!

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**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,

We hope you are enjoying your Summer.

As we begin to prepare for the "Back To School" season and the Fall, we all can get that refreshed, new year feeling.

Our Fall Program Guide will assist you in planning your wellness approach and possibly new programs and offerings so you can plan ahead for you and your family.

For example, we are working with the Pelham Library to have a free Walk With East class. This is taught like a course and provides participants with the tools to better handle arthritis. See more details in the guide.

The Y has a new girls' volleyball team and a skills and drills class for volleyball beginners. Our youth sports programs: ballet, karate, soccer, basketball, as well as our swim lessons and Sailfish Swim Team are open for registration and filling up fast. Fall Family Fridays are always a fun family night.

Afterschool times have changed this year to accommodate changes implemented by the City School District of New Rochelle's new schedule. Our Daniel Webster Afterschool program will be open until 6:30 PM this year! Spots at both locations are filling up, as well as holiday camps.

Our Universal Pre-Kindergarten classes are planning great events and trips that give students new experiences, which adds to their in class, play learning approach. To get a tour of our wonderful classes and to meet our fantastic teachers, call our main number at (914) 632-1818.

We are excited to see you and your families at the Y this Fall!

Warm regards,

Jennifer

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



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 our of 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.



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
- No binding contract
- Membership benefits include special member rates for events, camps, party rentals, swim lessons, and youth members.

CATEGORY	AGE	ANNUAL FEE	MONTHLY FEE	JOINER FEE
YOUTH	Under 12	\$200	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 21 years old	N/A	\$840	\$70	\$80
Family w/2 Adults & up to 4 children under 21 years old	N/A	\$960	\$80	\$80
COUPLE	N/A	\$780	\$65	\$80
SENIOR	65+	\$540	\$45	\$80

"Group fitness has changed my life, I'm stronger, happier and I've made real friends here". NRYMCA member

PROMOTIONS & EVENTS

Promotions

SEPTEMBER Theme: "Fall Back into Your Routine"

Members:

Group Fitness Challenge: Join 12 classes in 30 days and win YMCA swag.

Personal Training Bundle: Buy 3 sessions, get 1 free .

• Non-Members:

Free Fitness Fridays: Try the Y every Friday for Free

Join + Refer = Reward: Join and refer a friend – both get \$25 Y credit.

OCTOBER Theme: "No Tricks, Just Treats for Your Health"

Members:

Family Night Bonus: Bring non-member guests to October Family Nights free (combined with Aquatics carnival nights)

Fall Fundraiser Incentive: Donate \$25+ to the Annual Campaign, get a free YMCA T-Shirt.

• Non-Members:

\$10 Trial Week: Try the Y for a week with a \$10 trial (applied to membership if joined).

NOVEMBER Theme: "Gratitude Through Giving & Growing"

Members

Food Drive Raffle: Donate canned goods to enter a raffle for a free month

Friend Pass Month: Share two guest passes to give thanks to a friend.

• Non-Members:

Veterans Join Free Week (Nov 11–17): Free week for all veterans.

Turkey Burn Class Access: \$5 drop-ins for fitness classes

Events

-Coffee with the Mayor – Sept. 13 at 10:00 AM at the Y

-New Rochelle Street Fair – Sept. 13 City Hall NR

-Thanksgiving Day Parade – Nov. 22 Join our Float! City of NR

-Turkey Trot – Nov. 27 – Nov. 22 Join our Float! City of NR

-Fall Festival – October 23

-Holiday Celebration – December 11



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-5

NRYMCA 3:00 PM – 6:30 PM September – June

Webster 3:45 PM – 6:30 PM September – June

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



REGISTER TODAY

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 tutoring. 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: \$400 per month (Youth or Family Membership Required)

Lock in at this rate today with a \$100 non-refundable registration fee. SPOTS ARE LIMITED

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 MAlphonse@nrymca.org (Daniel Webster Location).



CHILDCARE: HOLIDAY CAMPS

HOLIDAY CAMPS

Grades K-5

9:00 AM – 5:00 PM (Extended Care available)

Member Pricing:

9:00AM – 5:00PM: \$75.00

8:00AM – 6:00PM: \$100.00

Non-Member Pricing:

9:00AM – 5:00PM: \$100.00

8:00AM – 6:00 PM: \$125.00

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:

September 22nd	January 19th
September 23rd	February 16th - February 20th
October 2nd	March 20th
October 13th	March 23rd
November 4th	March 30th - April 3rd
November 11th	May 30th TBD
December 25th, December 29th, December 30th, January 2nd	May 27th TBD

Learn more at nrymca.org/holiday-camp or contact :
Brianna Fornasari at Bfornasari@nrymca.org

Please note these dates are subject to change. If fewer than 10 children enroll, the program will be canceled and you will be informed by phone 3 days prior. If your child is not enrolled in one of our afterschool programs, you must include a copy of the immunization records from your child's Physician.



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 is OPEN

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

SUMMER CAMP

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.

2026 Summer Camp Registration Opens February 2026



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 1:12

YOUTH SPORTS & ENRICHMENT



ACTIVITY	AGE	DAY	TIME
Volleyball Skills & Drills	11-15	Tuesdays	5:00 PM – 6:00 PM
Volleyball Skills & Drills	11-15	Tuesdays	6:00 PM – 7:00 PM
Basketball Skills & Drills	6-9	Tuesdays	5:00 PM – 6:00 PM
Basketball Skills & Drills	10-14	Tuesdays	6:00 PM – 7:00 PM
Basketball Skills & Drills	6-9	Saturdays	9:00 AM – 10:00 AM
Basketball Skills & Drills	10-14	Saturdays	10:00 PM – 11:00 PM
Karate	4-12	Tuesday Thursdays Saturdays	6:00 PM – 7:00 PM 7:00 PM – 8:00 PM 10:00 AM – 11:00 AM 11:00 AM – 12:00 PM
Soccer	7-14	Fridays	6:00 PM – 8:00 PM

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

BALLET CLASSES



Ballet classes are back at the NRYMCA!

Classes will be on Saturdays.

The program will teach children the foundational elements of classical ballet, and will end with a performance for loved ones

Creative Ballet

Ages 3-5

Sat. 10:00 AM - 11:00 AM

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

Ballet 1

Ages 6-10

Sat. 11:00 AM - 12:00 PM



 [Register Here!](#)

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

VOLLEYBALL



Volleyball Skills & Drills

Ages: 11-15

Tuesdays 5:00 PM – 6:00 PM

Thursdays 5:00 PM – 6:00 PM

Volleyball is back at the NRYMCA!

Bump. Set. Spike. Shine!

Join our Volleyball Skills & Drills program this fall and discover the fundamentals of one of the world's most exciting team sports! Whether you're new to the game or looking to level up your skills, this high-energy program focuses on individual development and team strategy in a supportive, fun environment.

The New Rochelle YMCA Volleyball Team

The Volleyball Team will be given the opportunity to practice regularly, scrimmage, and participate in friendly matches.

Whether you're aiming to play competitively or just want to stay active and make new friends, YMCA Volleyball is the perfect place to grow on and off the court. Please inquire for more info

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



AQUATICS DEPARTMENT

Whether you're swimming laps, chasing a personal best, or splashing through your very first lesson — the New Rochelle YMCA Aquatics Department has something just for you!

Our bright and bustling 25-yard, 6-lane pool is the heart of our Y community. It's where kids learn to swim, adults build confidence, and families come together for fun and fitness. Ready to make a splash? Dive into the Aquatics Guide and explore everything we have to offer!

Our Aquatics Guide is your all-access pass to private and semi-private swim lessons, our exciting Swimming Academy, the competitive Sailfish Swim Team, lifeguard and CPR trainings, and so much more.

Have questions or need help choosing the right program? Give us a call at (914) 632-1818 ext. 22 or email aquatics@nrymca.org— we can't wait to welcome you into the water!

SAILFISH SWIM TEAM



Ready to Dive Into Something Great? Join the Sailfish Swim Team at the New Rochelle YMCA!

If your child loves the water and is ready to swim with purpose, there's no better place to grow than with the Sailfish Swim Team! Our program combines expert coaching, goal-setting, and team spirit — all in a supportive and fun environment.

With structured practices, exciting swim meets, and personalized feedback, our athletes are challenged to improve, push their limits, and achieve their personal bests.

At Sailfish, it's not just about fast times — it's about building confidence, making friends, and being part of a team that celebrates every splash, stroke, and milestone.

Try out today and take the first step toward becoming a Sailfish!

Contact us at (914) 632-1818 ext. 22 or email aquatics@nrymca.org for more information.



Ages 13-17

Holistic Teen Leaders Program

This innovative program, created by NRYMCA leadership and funded by Westchester County to provide teens with opportunities to improve their physical and mental health. It is open to teens ages 13-17.

Holistic Teen Leader 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.

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.



SENIORS

Senior Game Days

Last Thursday of each month
Studio

Join us for an afternoon of fun, friendship, and friendly competition! Enjoy food, games, music, and great company. It's a wonderful way to connect and unwind—mark your calendar and don't miss out!

Senior Lunch & Learn Series

Third Wednesday of each month
Studio

Feed your body and your mind! Our Lunch & Learn series features guest speakers covering a variety of engaging topics—health, wellness, finances, personal development, and more. Enjoy a complimentary lunch and meaningful conversation in a welcoming setting. Open to all!



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



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.

September 8 to October 17. Taking place at **The Pelham Public Library**, Sign up at:



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:

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 2025 distribution dates:

Thursday, September 11, 2025

Thursday, October 9, 2025

Thursday, November 13, 2025

Thursday, December 11, 2025

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.

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.

Core Cardio 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.

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- 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.

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.

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.



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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.

PICKLEBALL

What is Pickleball?

Pickleball is one of the fastest-growing sports in the United States. It combines elements of badminton, tennis and ping pong and is played with solid paddles and a perforated ball similar to a wiffle ball on a short, solid court with a low net.

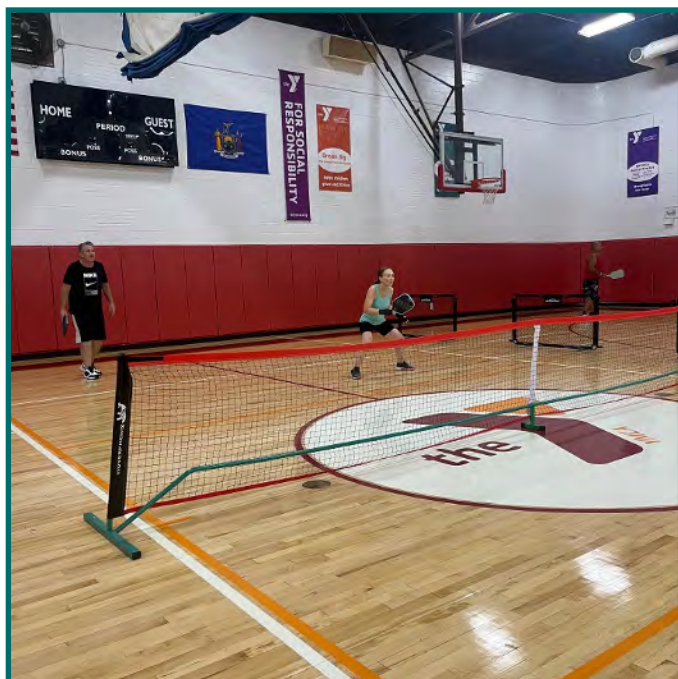
With a shorter court and lightweight paddles, pickleball is a game that can be enjoyed by all ages and can be played in singles or doubles, while the latter is the more common form of play.

How can I get started playing Pickleball?

During open pickleball, players can typically be broken up into beginner, intermediate and advanced courts. Players interested in getting started can join us for open pickleball and join in beginner play.

Paddles are provided for members to use until they are ready to purchase their own.

Players are encouraged to wear athletic attire that allows for easy movement and sneakers or non-marking shoes. Tennis shoes are recommended as they provide the best stability for side-to-side movement.



**PRIVATES
AND
GROUP CLASSES
AVAILABLE**

