

Northwest Family YMCA

Special Programs & Events

Health & Safety



Basic First Aid

You'll learn the essential techniques for first aid and accident prevention. Certification valid for 3 years.

Fees: YMCA Member \$45
Program Member \$55
(Fee does not include book)

Program No.	Dates (Wednesday)	Time
01805-08	January 20th	7:00-10:00 p.m.
01805-13	February 17th	7:00-10:00 p.m.
01805-07	March 24th	7:00-10:00 p.m.

CPR for the Professional Rescuer

* Recert Only

Includes: Adult, infant/child, professional CPR/AED and oxygen administration.

Fees: YMCA Member \$45
Program Member \$55
(Fee does not include book)

Program No.	Dates (Wednesday)	Time
01805-05	February 10th	7:00-10:00 p.m.
01805-17	March 17th	7:00-10:00 p.m.

Infant & Child CPR

Do you have a young child at home? Be prepared for an emergency. This course teaches rescue breathing, choking, and CPR for infants and children and is designed for parents and childcare providers.

Fees: YMCA Member \$45
Program Member \$55
(Fee does not include book)

Program No.	Dates (Thursday)	Time
01805-01	February 18th	7:00-10:00 p.m.
01805-02	March 25th	7:00-10:00 p.m.

Adult CPR/AED

This course covers adult CPR and AED. Certification valid for 1 year.

Fees: YMCA Member \$45
Program Member \$55
(Fee does not include book)

Program No.	Dates (Thursday)	Time
01805-04	February 11th	7:00-10:00 p.m.
01805-11	March 18th	7:00-10:00 p.m.

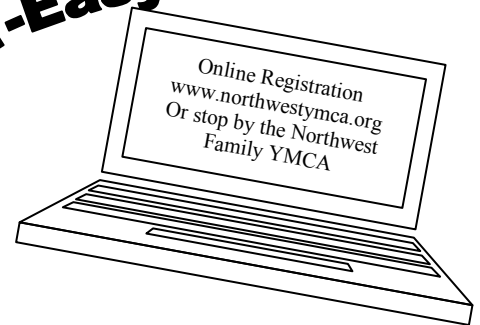
Get Connected!

Sign up for the YMCA e-News. It's the latest and greatest way to receive registration reminders, program & membership information, and news about events and happenings at your YMCA. It's easy, quick, convenient and environmentally friendly!

Register today at
www.rochesterymca.org



Y-Easy to Enroll!



Online Registration
www.northwestymca.org
Or stop by the Northwest Family YMCA

YMCA MISSION STATEMENT

The YMCA of Greater Rochester is a charitable association of members that seeks to place Christian principles into practice through its programs for the community to build a healthy spirit, mind and body for all.

730 Long Pond Road
Rochester, NY 14612
585.227.3900

www.northwestymca.org

ROCHESTER



We build strong kids,
strong families,
strong communities.

Winter Break Swim Lessons February 15-19, 2010

The Northwest Family YMCA is offering one week swimming lessons during the February Break. Classes will meet Monday-Friday at the designated time each day.

Fees: YMCA Member Rate \$30
Program Member Rate \$50

Program No.	Level	Time
01100-14	Shrimp Kipper	10:10-10:40 a.m.
01100-15	Inia Perch	10:10-10:40 a.m.
01120-30	Pre-Pike	10:10-10:40 a.m.
01120-24	Pike	9:35-10:05 a.m.
01120-28	Pike	4:00-4:30 p.m.
01125-56	Eel	9:35-10:05 a.m.
01125-58	Eel	4:00-4:30 p.m.
01125-60	Eel II	9:35-10:05 a.m.
01125-62	Eel II	4:00-4:30 p.m.
01200-14	Polliwogs I	9:00-9:30 a.m.
01200-13	Polliwogs I	4:35-5:10 p.m.
01200-29	Polliwogs II	9:00-9:30 a.m.
01200-28	Polliwogs II	4:35-5:10 p.m.



American Red Cross Life Guard Course

February 25-April 15

This class will meet on Thursdays. Have you ever wanted to know how to save someone? Here is your chance to learn. With successful completion of this course, individuals will be certified in Life guarding, CPR for the Professional Rescuer, AED and first aid. For additional information, please contact Jim Ryan at 723-5467.

Fees: YMCA Members: \$130 / Program Members: \$160
Program No. 01810-21



“NEW”

Speed & Agility Clinic



Tues, Feb 16th & Thurs. Feb 18th
5:00-6:00 p.m.

Girls and boys ages 8-15 years old, looking to increase your speed and quick step. It doesn't matter what sport you play, this clinic is for you!



YMCA Members Rate: \$15
Program Members Rate: \$25
(Program No. 07296-04)



7th Annual

Gabe Dalmath Memorial
“Healthy Strides for Happy Kids”

Sunday, March 21, 2010

Where: The Mall at Greece-Ridge Center
Registration: 8:30 a.m. (Food Court)
Two-Mile Walk Begins: 9:00 a.m.

This community event is a great way for the community to pull together to raise funds for the YMCA Camp Northpoint, which is located at 249 North Greece Road. Over the past six years; YMCA campers, friends, families and local businesses have raised over \$80,000 to help develop our camp facilities for all to enjoy. New this year, we will be adding a *Wegmans Amphitheatre*, where arts & humanities will enhanced the summer camp program along with opportunities for the community to rent.

Thank you to our continued supporters:

Wegmans

GabeDalmath
FOUNDATION

The Greece Jazz Band

Summer Camp!

Camp is held at the Camp Northpoint and Northwest Family YMCA.

Summer camp was awesome and the best is yet to come! I am sure the kids are still telling stories of their experience of summer 2009.

Don't have your child miss out on an experience. Register early. Summer experiences should be all about fun, friendship, and creating fantastic lifelong memories. Each week campers participate in swimming in an outdoor pool, hiking, crafts, archery, climbing tower, splash pad and much more!

Registration is underway for the summer of 2010! Don't miss all the fun! Campers ages 3-16 can come for one week or all ten. Don't miss out on an experience of a lifetime. A deposit is all that is required to reserve your spot, so what are you waiting for? Come in and register. Weeks 9 & 10 are the first to go!