

Northwest Family YMCA

730 Long Pond Road
Rochester, NY 14612
585.227.3900

www.northwestymca.org

ROCHESTER



*We build strong kids,
strong families,
strong communities.*

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
01805-07	March 24th	7:00-10:00 p.m.
01805-20	April 21st	7:00-10:00 p.m.
01805-21	May 19th	7:00-10:00 p.m.
01805-18	June 16th	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
01805-03	March 17th	7:00-10:00 p.m.
01805-47	April 7th	7:00-10:00 p.m.
01805-48	May 12th	7:00-10:00 p.m.
01805-19	June 9th	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
01805-02	March 25th	7:00-10:00 p.m.
01805-28	April 22nd	7:00-10:00 p.m.
01805-29	May 20th	7:00-10:00 p.m.
01805-30	June 17th	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
01805-11	March 18th	7:00-10:00 p.m.
01805-37	April 8th	7:00-10:00 p.m.
01805-38	May 13th	7:00-10:00 p.m.
01805-39	June 10th	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



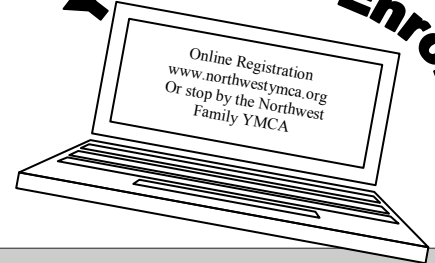
NEW CPR for Professional Rescuer & AED

Learn the skills necessary to perform CPR and use an AED unit. Students will be certified by the American Red Cross with successful completion of the course. Written exam is required to compete the course. This course is 4 hours long.

Fees: YMCA Member \$45
Program Member \$55

Program No.	Dates (Saturday)	Time
01805-54	March 13th	Noon-4:00 p.m.
01805-55	March 20th	Noon-4:00 p.m.
01805-56	April 10th	Noon-4:00 p.m.
01805-57	May 15th	Noon-4:00 p.m.
01805-58	May 22nd	Noon-4:00 p.m.
01805-59	June 12th	Noon-4:00 p.m.

Y-Easy to Enroll



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.

YMCA SPLASH WEEK
April 19-23, 2010

A FREE water safety and basic swim skills program for all ages!
Splash is available at all YMCA branches.

Non-YMCA members are given priority registration for this program and may do so beginning April 5th.
YMCA Members may register starting April 12th.

Visit our website at www.rochesterymca.org or contact the Northwest Family YMCA Welcome Center Desk for additional information. (Information will be available mid-March)



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



PUT PLAY IN YOUR DAY!

Join us for Healthy Kids Day
Saturday, April 17th
Noon- 4:00 p.m.

Enjoy FREE, fun & healthy activities for the entire family!

Open to the Community.



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 enhance the summer camp program along with opportunities for the community.

Thank you to our continued supporters:

Wegmans

GabeDalmath
FOUNDATION

*The Greece Jazz Band
The Legacy at Park Crescent*

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!