



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

PROGRAM GUIDE  
Spring/Summer 2017  
CAMBRIDGE YMCA



# BENEFITS OF MEMBERSHIP

Your Cambridge YMCA membership gives you access to a variety of facilities, classes, and services.

- Aerobics Classes & Studio
- Basketball Courts
- Boxing Classes\*
- Boxing Gym with Professional Ring\*
- Cardio Center with Brand New Equipment
- Fitness Classes & Dance Studio\*
- Free Weights & Olympic Lifting Room
- Indoor Running Track
- Locker Rooms & Child Changing Rooms
- Personal Lockers\*
- Personal Training Services\*
- Pool
- Racquetball Courts
- Sauna & Steam Rooms
- Towel Service\*
- Yoga Classes\* & Studio
- And Much More!

\*Additional Cost

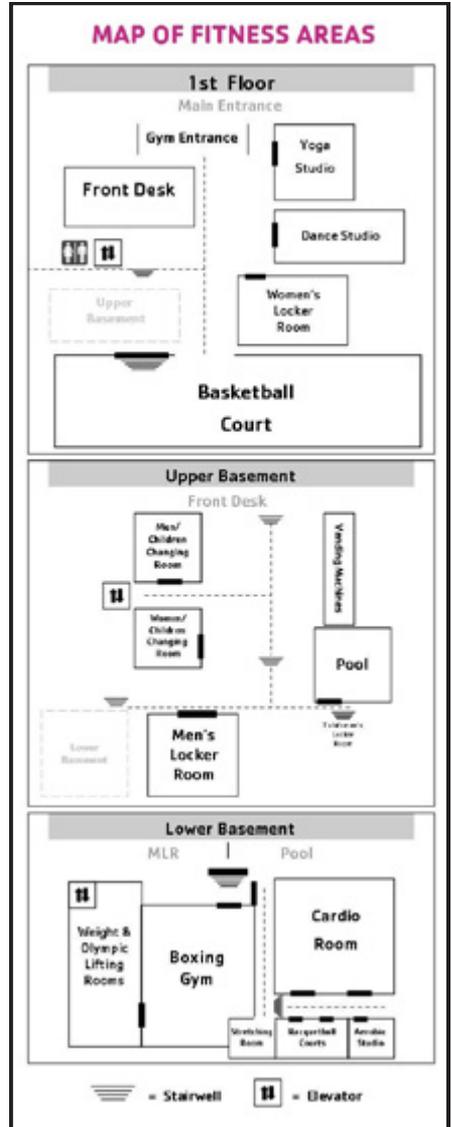
# BUILDING HOURS

Monday—Thursday 5:30 a.m.—10:00 p.m.

Friday 5:30 a.m.—8:00 p.m.

Saturday 6:00 a.m.—6:00 p.m.

Sunday 8:00 a.m.—6:00 p.m.



All workout facilities shut down 15 minutes prior to closing time. All locker rooms and common areas shut down promptly at closing time.

Visit our website [cambridgeymca.org](http://cambridgeymca.org)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## PRESCHOOL

**For children ages 2.9 (2 years, 9 months) to 5 years**

Our program offers a curriculum that is theme based, with open-ended activities which allow children to have the freedom to make choices and direct their own play. Our classroom includes block dramatic play, science/math, sensory play activities, reading and listening areas.

## AFTER SCHOOL

**For children ages 4.9 (4 years, 9 months) to 13 years**

At the Cambridge YMCA After School Program, children have many opportunities to grow and discover new hobbies and interests. Children have access to a wide range of enrichment and educational activities such as arts and crafts, swimming lessons, dance, cooking, gym games, and more.

## SUMMER PROGRAM

**For children ages 5 to 13 years**

The Cambridge YMCA's Summer Program provides structured, fun-filled activities and outings to local parks, as well as weekly field trips to museums, movies, beaches, and other exciting locations in the Boston/Cambridge area.

Our children have access to a wide range of enrichment and educational activities including arts and crafts, dance, science club, and gym activities. Some of these activities are offered every day, giving your child the chance to repeat favorite activities or explore something new.



*For more information please contact Janet Belanger at  
617-661-9622 x722 or [jbelanger@cambymca.org](mailto:jbelanger@cambymca.org)*

**Visit our website [cambridgeymca.org](http://cambridgeymca.org)**

# YOUTH DEVELOPMENT

## AQUATICS

### Upcoming Sessions

**Spring 2:** April 22nd—June 16th

**Summer:** June 26th—August 18th

*\*Registration opens May 22nd for Members & May 30th for Non-Members*

**Fall 1:** September 16th—November 10th

*\*Registration opens July 31st for Members & August 7th for Non-Members*

**Fall 2:** November 18th—December 22nd

*\*Registration opens October 9th for Members & October 16th for Non-Members*

### Youth Swim Classes

#### Child with Parent Classes

For ages 6 to 36 months old. An adult must accompany each child in the water for every class.

#### Preschool Age Classes

For ages 3 to 6 years old

#### School Age Classes

For ages 6 to 12 years old

Please check our website [cambridgeymca.org](http://cambridgeymca.org) for a current list of class times and availability. Our class goals include developing an enjoyment of water, stroke development, water safety, life skills, and a positive learning experience.

*For more information please contact Dana Frost at 617-661-9622 x702 or via email at [aquatics@cambymca.org](mailto:aquatics@cambymca.org)*



Visit our website [cambridgeymca.org](http://cambridgeymca.org)

# HEALTHY LIVING

## Improving the nation's health and well-being

### POOL

**LAP SWIM** consists of moving up and down the lane while horizontal in the water. Training devices used may include hand paddles, kick boards, and pull buoys. Most of the swimming is continuous. Up to 3 people may share a lane. Please check with others swimmers when entering a lane.

**REC SWIM** consists of moving up and down the lane in a vertical or head-up position or remaining stationary. Training devices used may include noodles, float belts, barbells, or weights. This is the time when activities such as water aerobics, water jogging, or any stationary exercise should be practiced. If more than one person is present at a Rec swim, there should not be any swimmers attempting laps.

**PRIVATE SWIM LESSONS** are available for children or adults of all swimming abilities. Lessons can focus on achieving a certain level of overall proficiency, or refining a specific skill. Lessons are great for people who want one on one attention, a different pace of learning than with a group, or have very specific swimming goals. For children, we use both instruction and play to help kids build their skills at their own pace. This ensures that they succeed often, build confidence, and have fun!

### Adult Swim Classes

#### Adult Beginner

For adults who have little to no swim experience or are not comfortable in the water.

#### Adult Intermediate

For adults who are comfortable in deep water and able to swim at least 40 yards

#### Adult Advanced

Adults should be able to swim at least 100 yards continuously and have functional freestylebreathing for enrollment in this class.

Visit our website [cambridgeymca.org](http://cambridgeymca.org)

# HEALTHY LIVING

## AEROBICS

We offer a wide variety of fitness classes suitable for all levels of experience. Our class options range from moderate intensity to the very challenging with many others in between.

### Class Offerings:

**Aqua Aerobics**

**Power Lunch**

**Tabata Tuesday**

**Gentle Sculpt**

**Boot Camp**

**H.I.I.T. & Run**

**Push & Pull**

**Function Junction**

**TRX Cross Training**

**Punk Rope**

**Breakfast of Champions**

**Beginner Boot Camp**

**Armageddon**



## DANCE

Our Dance Department has a newly renovated studio specifically for dance classes complete with mirrors, a lighting feature, and great sound system. Get lost in the music and enjoy the workout!

### Class Offerings:

**Balletone**

**Bolly X**

**LaBlast**

**Zumba**

**Zumba Gold**



Visit our website [cambridgeymca.org](http://cambridgeymca.org)

# HEALTHY LIVING

## PERSONAL TRAINING

Personal Training sessions are a great opportunity to make the most of your workouts through the close guidance of a trained professional. Personal Training sessions offer clients the certainty and comfort of knowing that the time they spend working out is contributing directly to achieving their fitness goals. A personal trainer will use your current experience, health, preferences, and personal goals to outline a specific routine for you.

### Members

- \$50 per 1 hour session
- \$45 per 1 hour session  
(when you buy 8 or more sessions)
- \$30 per 1 half hour session
- \$25 per 1 half hour session  
(when you buy 8 or more sessions)

### Non-Members

- \$70 per 1 hour session
- \$65 per 1 hour session  
(when you buy 8 or more sessions)
- \$40 per 1 half hour session
- \$35 per 1 half hour session  
(when you buy 8 or more sessions)

**Group Personal Training is also available!**  
**Sign up Online!**

*For more information, email Matthew Mahoney at [mmahoney@cambymca.org](mailto:mmahoney@cambymca.org)*

## Y WEIGHT CHALLENGE

Having trouble losing it on your own? The Y Weight Challenge may be able to help! Through an innovative program that provides nutritional counseling with fitness support, you will be placed on a team of people with the same goal as you: to decrease body fat percentage. You will be held accountable not only by a Certified Health Coach, but by your team as well.

### Upcoming Cycles

- **Summer: Begins June 5th, 2017**
- **Winter: Begins January 29th, 2018**

### Overview

- **12 Week Program**
- **Orientation (Held 1st Week)**
- **Awards Ceremony (Final Week)**
- **Certified Health Coach**

### Member Prices

- **Bronze: \$100**
- **Silver: \$150**
- **Gold: \$250**
- **Platinum: \$450**

### Non-Member Prices

- **Bronze: \$150**
- **Silver: \$200**
- **Gold: \$350**
- **Platinum: \$550**

# REDUCE BODY FAT

Y WEIGHT CHALLENGE, CAMBRIDGE YMCA

Visit our website [cambridgeymca.org](http://cambridgeymca.org)



# HEALTHY LIVING

## BOXING

The Cambridge YMCA is equipped with a full boxing gym, complete with full size elevated ring, punching bags, speed bags, mirrors for shadow boxing, and high ceilings for jumping rope. Our boxing department consists of licensed and knowledgeable trainers as well as engaging classes open to all levels of experience. to explore the sport.

### Class Offerings:

#### Beginner Boxing

Monday—Thursday 1:00 to 1:30 p.m.

#### Lion Zone—Extreme Cardio

Mon./Wed./Thur. 6:30 to 7:30 p.m.

#### Lion Zone—Boxing Technique

Mon./Wed./Thur. 7:30 to 8:30 p.m.



## YOGA

We offer a diverse listing of yoga classes serving a varied clientele with aspirations ranging from deeper connection to breath and movement to a simple satisfying stretch. Beginners may enjoy the Gentle and Restorative Yoga or Desk Dweller Yoga but we also offer more advanced Ashtanga and Vinyasa classes.

### Class Offerings:

#### Power Yoga

#### Yin

#### Iyengar

#### Kripalu

#### Gentle Yoga

#### Vinyasa Flow

#### Form & Flow

#### Restorative Yoga

#### Ashtanga Flow

#### Desk Dweller Yoga

#### Yoga For Runners



Visit our website [cambridgeymca.org](http://cambridgeymca.org)

# SOCIAL RESPONSIBILITY

## Giving back and providing support to our neighbors

### ACTIVE MILITARY PROGRAM

The Cambridge Y offers discounts for active duty military. Please inquire at our Front Desk for more information. Proof of military status is required before activating the membership. We thank you for your service!!!

### FIRST RESPONDERS DISCOUNT

We appreciate our First Responders! The Cambridge YMCA now offers a 20% discount to all First Responders. This includes Police, Fire, and EMTs. You must show proof of employment to be eligible for the discount.

### FINANCIAL AID

The Cambridge YMCA does offer Financial Aid to Cambridge residents on the cost of memberships. The amount of assistance for which applicants may qualify is determined by a sliding-fee. The amount of available assistance provided will be determined by need and will not exceed the available resources of the Cambridge YMCA. Visit our Front Desk to apply.

### CORPORATE DISCOUNTS

Local Businesses can offer their employees a discounted rate at the Cambridge YMCA. Visit our website for more information.

### RENTALS

Facility rentals provide the Cambridge YMCA with revenue that enhances our ability to provide quality programming at affordable prices. The Y provides the community with a range of available spaces for reasonable rates. The Y is a great place to have a meeting, workshop, class, community event, or even a full-scale theatre production. Sorry, we do not rent for birthday parties or other social gatherings.

- Aerobics Studio
- Yoga Studio

### Theatre

The Cambridge YMCA Theatre is a 185-seat Victorian theatre with up-to-date lighting, sound, electric and video technology.



*For more rental information please contact Bob Van Stratton at 617-661-9622 x710 or via email at [bvanstratton@cambymca.org](mailto:bvanstratton@cambymca.org)*

Visit our website [cambridgeymca.org](http://cambridgeymca.org)

# Thank You To Our Donors

## Community Leader (\$10,000+)

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Amelia Peabody Charitable Fund  
Cambridge Savings Bank

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**CAMBRIDGE YMCA**  
**HELPING YOU LIVE BETTER**

**CAMBRIDGE YMCA**

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