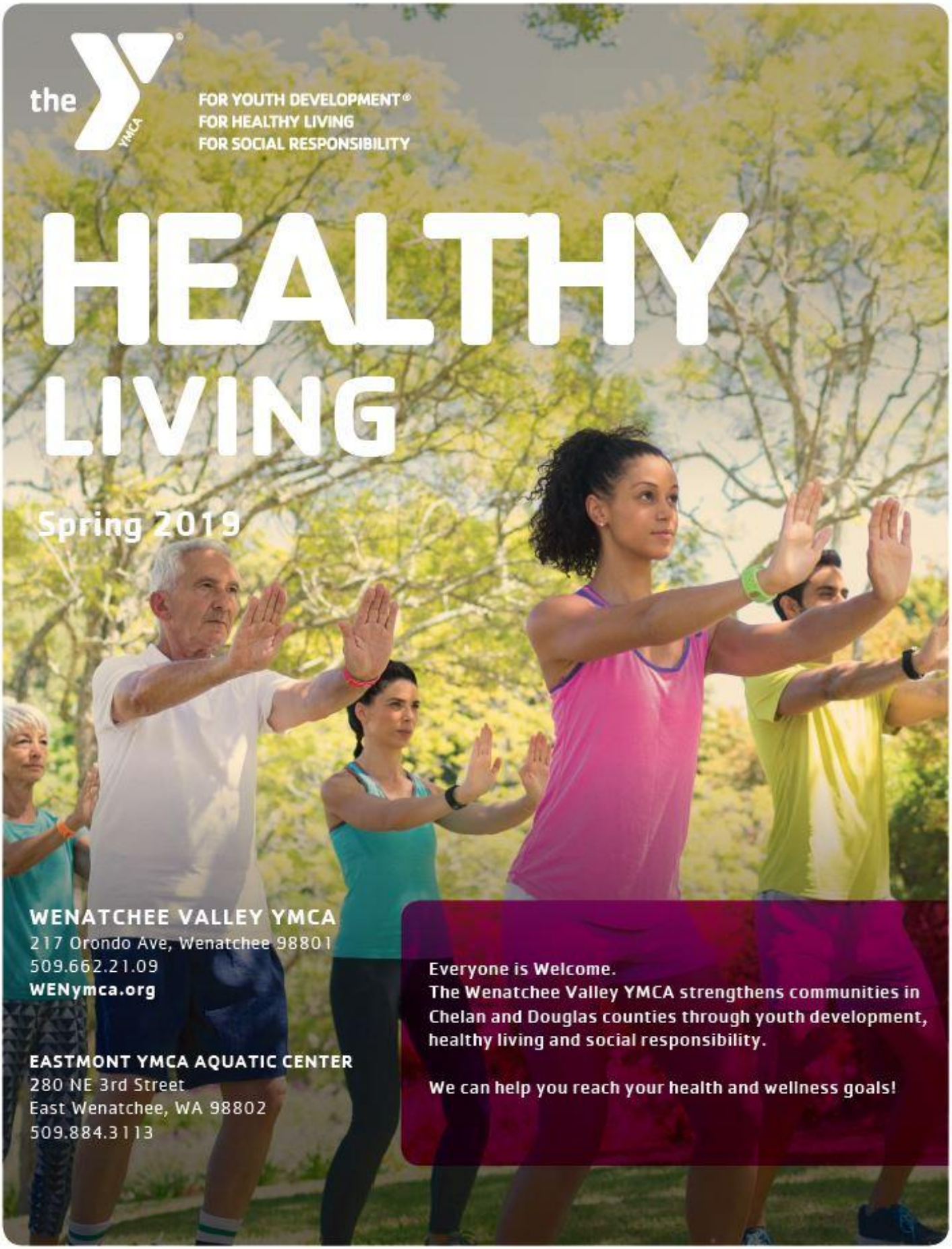
the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
HEALTHY LIVING
Spring 2019
WENATCHEE VALLEY YMCA
217 Orondo Ave, Wenatchee 98801
509.662.21.09
WENymca.org
EASTMONT YMCA AQUATIC CENTER
280 NE 3rd Street
East Wenatchee, WA 98802
509.884.3113
Everyone is Welcome.
The Wenatchee Valley YMCA strengthens communities in Chelan and Douglas counties through youth development, healthy living and social responsibility.
We can help you reach your health and wellness goals!

HEALTH AND WELLNESS

Y FITNESS CENTER

We have more than 40 pieces of cardiovascular equipment, functional training areas, machine circuit and a free weight area with a variety of work stations. Youth age 11-15 may use the Fitness Center if they are under the direct and constant supervision of an adult family member over age of 21. Uplift graduates may participate without adult supervision.

COACH CONNECTION

A Coach Connection appointment is designed to connect members with our Wellness Coaches and our Fitness Center. Wear your tennis shoes and come ready to work out! The coach will guide you through a series of exercises that will better equip you meet your wellness goals, make lasting changes, help you navigate the fitness equipment and set you up in our MobileFiT program. We are here to help you feel comfortable and ready to go. Sign up for a coach connection appointment today! It's FREE!

PERSONAL FITNESS CONSULTATION

As a Y member, you are entitled to a complimentary Personal Fitness Consultation/Training session with one of our nationally certified personal trainers. Whether you're just beginning to exercise or looking to take your fitness to the next level, our Personal Trainers can help you get there!
One Free Consultation with Y membership

PERSONAL TRAINING

Are you seeking strength & power? Need help with goal setting? Want health tips or positive motivation and encouragement? Our nationally certified personal trainers are here to help you! They will design a fitness program for your needs and your body type. A variety of personal and group training options are offered to help you or a group of your friends meet the desired fitness goals. Personal training is an opportunity to experience the satisfaction of setting and reaching realistic goals while achieving health objectives. Additional information available on our website or contact: Lorrie@wenymca.org or 662-2109.
Y members only// 1 one hour session: $45 // 4 one hour sessions: $140

GROUP PERSONAL TRAINING & BUDDY TRAINING

Group personal training is tailored for 3-6 of your friends and will be led by a Personal Trainer. Together we set and reach goals with the added benefit of accountability and friendly competition! Buddy Training is for 2 friends that want custom workouts, delivered by an inspiring trainer and the benefit of accountability and progression! Contact: lorrie@wenymca.org or 662-2109. Y members only
Group Training: 12 one hour sessions: $160 -per person // Buddy Training: 12 sessions $240 -per person

BODY COMPOSITION

A Body Composition assessment is an accurate way to calculate lean body mass and fat content. Advance registration is required. Please see a Wellness Coach or Membership Services for further details.
FREE for members // Community Members $20

ULTIMATE UPLIFT

Designed for youth age 13-15, this 1.5 hour private training session trainer led and will guide students through goal setting and the basics of living an active, healthy lifestyle. They will learn how to use both cardio and functional equipment. In addition, the trainer will review proper form in the weight and circuit rooms as well as expected behavior and etiquette in the fitness center. Upon completion, participants gain adult privileges at the Y. Advanced Appointment Must Be Made.
Appointments available on Tues & Thurs afternoons
Cost / $35/ Members only/ youth age 13-15/ Appointment is required

UPLIFT

Uplift is an educational course that teaches practical components related to free weight, cardio and circuit training as well as general conditioning. Graduates may participate in adult programs without adult supervision. Sessions are offered each month. Please register at the Membership Service Desk to schedule your child's Uplift Instruction. Y Members only- Grade 6-9
Classes run the 3rd week of every month • Check our website or with Member services for date and time.
Group Uplift Instruction: $60 // Semi-Private Uplift Instruction: $125

TRX / STRAPS TRAINING – Make Your Body Your Machiine!

Straps training uses bodyweight to perform hundreds of exercises that develop strength, balance, flexibility and core stability simultaneously. Come join us for 6 weeks of progressive strength and functional fitness!
Contact: Lorrie@wenymca.org for more information
6 WEEKS Mon & Weds /5:30-6:30pm / May 6th–June 10th / 12 sessions
Members $60 // Community $90

W.O.W. Women On Weights

W.O.W. was created for women! Learn proper lifting techniques, principles of training, build knowledge and improve your confidence. A 6 week program for women of any age and training experience, led by a female Certified Personal Trainer. Program runs 3 times per year. Contact Sandy@wenymca.org for information.
Mon & Weds 5:30-6:30pm / 12 sessions / May 21st–June 27th
$70 Members // Community Members $90 • Space is limited!

Hike Prep Training – Prepare for Adventure!

A specialty small group training lead by a certified trainer to prepare you for exploring our area trails. It will cover strength and cardiovascular endurance specific to hiking trails, equipment suggestions, a permit list, and a list of trails with varying levels of difficulty. 12 sessions AND a group hike at the end! For more details contact: Sandy@wenymca.org or Member Services.
Tues & Thurs 5:30-6:30 pm / 12 sessions / May 22nd–June 28th
Member: $60 // Community Member: $90

CANCER SURVIVORSHIP REHABILITATION PROGRAM

A 12-week program of exercise and education designed to improve the quality of life for cancer survivors. This program is a collaboration of the YMCA, Confluence Health, the EASE Cancer Foundation, and CWU.
Weds & Fri 1:30-3pm /12 weeks / Next session: Spring 2020
$50 Members // $150 Community Members • Scholarships are available for those in financial need.
For more information on this program email lorrie@wenymca.org

GROUP EXERCISE

We offer dozens of FREE group exercise classes! Including Power Toning, Power fusion, Cycling, Circuit Fusion, Senior Strength, Zumba, Zumba Strong, Zumba Gold, Yoga, Gentle Yoga, Feelin' Fit, Tai Chi, Be Fit and Gentle On Joints, Boot Camp. Group Exercise offerings are updated monthly. The schedule is available at Membership and on our website & Classes are open to all ability levels. Youth age 11-15 may participate in if they are under the direct supervision of an adult family member over age of 21. Uplift graduates may participate.
Free with Y membership

Y FIT KIDS

Our Y-FIT Kids Program promotes age appropriate fitness, health and nutrition while having fun! Your child will exercise twice a week, experience interval & strength training along with the importance of healthy food choices. Tues & Thurs 5:30-6:15pm / Age: 8-11 / summer sessions – to be announced
$50 Y Member // $60 Community Member/ contact Lorrie@wenymca.org for further details

ADULT AQUATICS

WATER FITNESS

Water Fitness classes accommodate all abilities and enhance daily life through strength and endurance exercises in a positive group setting. Uplift graduates may participate without adult supervision .Youth age 11-15 may participate if they are under the direct supervision of an adult family member over the age of 21. Free with Y membership

ADULT/TEEN GROUP SWIMMING LESSONS

Group Swimming Lessons are available for adults and teens at Eastmont YMCA Aquatic Center during the school year. Each six-week session consists of ten 30 minute lessons with two make up classes to allow for other activities or unanticipated pool closures. As classes and sessions are developed, dates, times and registration are available at Membership Services and on our website. Classes with less than four registered may be cancelled. - Age 13 and older
$65 Members // $75 Community Members

ADULT THERAPY SWIM

Adult Therapy Swim is available at the Wenatchee Pool and is free for members OR for the first 12 weeks with a Physician's Referral. - Age18 and older
Tuesday's and Thursday's 2:00 - 3:00 pm
Current Pool Schedules are on our website and at Membership Services.

ADULT SPORTS AND RECREATION

GYM ACTIVITIES

The current gym activity schedule is posted outside the gym. If the gym is not being used for its scheduled purpose, others may use the gym, but must leave if members arrive to use the gym for its scheduled purpose. If the gym is not scheduled and there is demand for multiple activities, majority usually rules. The values of caring, honesty, respect and responsibility should be reflected in all interactions.

Adult Basketball
M - F 11:30 am - 1:30 pm (18 years and older*)

Adult Open Gym
MON/WED: 8-9:45 pm **
TU/TH: 7:40-9:45 pm **
FRIDAY: 8-8:45 pm **

Climbing Wall/Sport wall
M/W/ F: 6:40 pm - 7:30 pm
SAT: 10:00 am - 10:50 am

RACQUETBALL

The Y has 3 regulation racquetball courts that may be reserved for one hour sessions. Reservations can be made with Member Services up to 3 days in advance. Only one reservation may be made at a time and must be played or expired before an additional reservation can be made. Children under the age of 15 must be with an adult family member over the age of 21. Uplift graduates may use the courts without adult supervision. Information on Racquetball instruction and a list of players is available outside the racquetball courts.