

y's fitness

eliminating racism
empowering women
ywca

St. Paul

Health & Fitness Center Specialty Class Catalog

Spring 2009



**splash into spring—
swim lessons \$5 off!**

spring session begins april 6 — register today!

01

News & Updates

02

Adult Classes

05

Youth Classes

07

Registration Form

spring fitness happenings

save \$5
on Group Swimming Lessons
for Adults & Children



Present coupon and save. Limit one coupon per membership. Other restrictions may apply. Offer expires 3/31/09.

Membership Information

The YWCA St. Paul offers a range of membership options. Contact the Member Services Desk at 651-225-9922 or hfc@ywcaofstpaul.org.

Fitness Discounts

The YWCA St. Paul participates in membership dues reimbursement programs for the following insurance providers: Blue Cross and Blue Shield of Minnesota, Blue Cross and Blue Shield of North Dakota, Definity Health, HealthPartners, Medica, UCARE. For more information contact your insurance provider.

Health & Fitness Center Hours

Monday - Thursday	5:30 am-10:00 pm
Friday	5:30 am-9:00 pm
Saturday	7:00 am-7:00 pm
Sunday	7:00 am-9:00 pm

Kids Care Hours

Monday	9:00 am-12:00 pm 5:00 pm-8:00 pm
Tuesday	9:00 am-12:00 pm 4:30 pm-8:00 pm
Wednesday	9:00 am-12:00 pm 5:00 pm-8:00 pm
Thursday	9:00 am-12:00 pm 4:30 pm-8:00 pm
Friday	9:00 am-12:00 pm
Saturday	8:00 am-12:00 pm

Please Note:
Schedules for specialty classes listed in this catalog may change without notice.

**No classes will be held
on Sunday, April 12
& Monday, May 25.**

New!

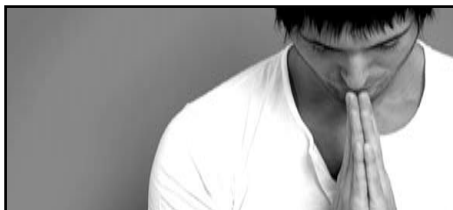
mindfulness meditation

Mindfulness is a type of meditation that focuses your mind on the present. It can help you to increase your ability to cope with stressful situations, improve your self-esteem and feel a renewed enthusiasm for life and work.

This eight-week program is modeled after Jon Kabat-Zinn's Mindfulness-Based Stress Reduction (MBSR) Program, which was first taught at the Massachusetts Medical Center in Worcester, MA.

Originally developed to help patients cope with stress, anxiety, pain and illness, the practice is currently taught throughout the world in medical, educational, business and community settings. It has proven to help people to deal with stress and gain a calmer outlook on life.

All classes are two-hours long with the exception of week 6 which is an all-day silent retreat (9:00-4:30 pm). Course materials



will include a class outline, handouts, the book "Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness" by Jon Kabat-Zinn and a four CD set that will support your formal mediation practice.

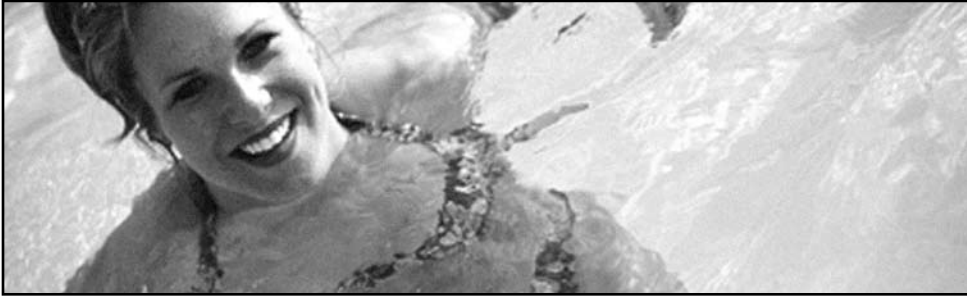
Thursday, 4:00-6:00 pm
& **Saturday Retreat 9:00-4:30 pm**

Instructor: John Rodman # M N
L092-300A 8 \$245 \$380

The cost of course materials and the retreat are included in the class fee.

adult classes

Spring Session Dates: April 6 - May 31
Registration Deadline: March 31



aquatics Lessons

Adult Beginner

This class is for beginning swimmers who want to become more comfortable in the water and learn basic swimming skills. Participants learn how to submerge their head, float on front and back, and perform the basic strokes.

Tuesday, 7:30-8:15 pm # M N
 A092-300A 8 \$56 \$96

Sunday, 3:40-4:25 pm
 A092-301A 7* \$49 \$84

Stroke Development

This class is for intermediate swimmers who have the ability to swim two lengths of front crawl comfortably and want to improve stroke mechanics and endurance.

Tuesday, 10:45-12:00 am # M N
 A092-310A 8 \$80 \$128

Sunday, 2:15-3:30 pm
 A092-311A 7* \$70 \$112

Masters Swimming

The Masters group is great for recreational swimmers that can swim 200 yards. It's great for former competitive swimmers and triathletes in training, but competitive swimming experience is not required.

Tuesday & Thursday, 9:30-10:30 am # M N
 A092-312A 16 \$0 \$112

Tuesday & Thursday, 6:30-7:30 pm
 A092-313A 16 \$0 \$112

Sunday, 6:00-7:00 pm
 A092-314A 7* \$0 \$49

Private Lessons

A Water Safety Instructor will design lessons to help you achieve your goals. Private (one-on-one) and semi-private (two-on-one) lessons are scheduled to fit your needs and schedule and are subject to instructor/pool availability. For more information or to sign up, visit the Member Services Desk.

30-Minute Private Lessons:
 Cost: \$18 Members, \$26 Non-members

30-Minute Semi-Private Lessons:
 Cost: \$32 Members, \$50 Non-members

Water Fitness

Aqua Boot Camp

This is a fast-paced, high energy class that involves circuits designed to improve stamina, strength, power and speed. Workouts will take place in the shallow and deep ends as well as on the pool deck. Tubing, dumbbells, aqua-belts and noodles are used to make this a challenging and creative class. Aqua shoes are strongly recommended.

Monday, 7:30-8:30 am # M N
 Instructor: Andrea Gleason
 A092-500A 7* \$49 \$84

Wednesday, 7:30-8:30 am

Instructor: Andrea Gleason # M N
 A092-501A 8 \$56 \$96

Monday & Wednesday, 7:30-8:30 am

Instructor: Andrea Gleason
 A092-502A 15* \$95 \$150

Prenatal & Postnatal Water Fitness

Get a great workout and feel weightless at the same time! Designed for women that are at least 12 weeks pregnant, this class will help prepare your body for the remainder of your pregnancy, labor and childbirth by increasing your cardiovascular endurance and strengthening and stretching your muscles.

Monday, 7:30-8:30 pm # M N
 A092-601A 7* \$49 \$84

Sunday, 4:30-5:30 pm
 A092-600A 7* \$49 \$84

Water Walking for Strength & Healing

This class uses therapeutic techniques for individuals who have had or are currently experiencing chronic back, knee or shoulder pain, neurological disorders, post-surgery pain, problems with balance or other disorders. Progressions are included to build balance, coordination, endurance and trunk stability.

Wednesday, 9:30-10:00 am # M N
 A092-700A 8 \$32 \$48

Sunday, 5:30-6:00 pm
 A092-701A 7* \$28 \$42

Fun!

pool rental



Want a great way to spend time with family and friends? Planning a special event? Rent out a portion of the pool. To reserve a date or for more information, contact Neil Erickson at (651) 265-0746.

Base fee for 10 people: \$85; each additional person: \$5

*No classes will be held on Sunday, April 12 and Monday, May 25. Class fees have been adjusted to reflect reduced schedule.

Number of Classes M Member Price N Non-member Price

adult classes

Spring Session Dates: April 6 - May 31
Registration Deadline: March 31



mind & body

Mindfulness Meditation

Please see a description of our new class, *Mindfulness Meditation*, on page 1.

Tai Pi Yo

Combine music and the movements of Tai Chi, yoga, and Pilates to strengthen and stretch your body. Class emphasizes improving flexibility of hips and back, improving core strength and focusing on relaxation.

Tuesday, 5:30-6:30 pm

Instructor: Libby Petit

#	M	N
8	\$56	\$88

Thursday, 10:30-11:30 am

Instructor: Libby Petit

#	M	N
8	\$56	\$88

Pilates

Beginning Pilates

Classes are designed for individuals who have no previous Pilates experience. Combining controlled movements and breathing techniques, exercises will improve abdominal and back strength, flexibility, posture, balance, coordination, injury prevention and stress reduction.

Monday, 1:30-2:30 pm

Instructor: Fran Ouellette

#	M	N
7*	\$49	\$77

Monday, 5:30-6:30 pm

Instructor: KaLynn Okerstrom

#	M	N
7*	\$49	\$77

Saturday, 1:30-2:30 pm

Instructor: Fran Ouellette

#	M	N
8	\$56	\$88

Intermediate Pilates

Previous Pilates experience is strongly recommended. More advanced exercises are taught at a faster pace.

Monday, 12:15-1:15 pm

Instructor: Fran Ouellette

#	M	N
7*	\$49	\$77

Wednesday, 5:30-6:30 pm

Instructor: KaLynn Okerstrom

#	M	N
8	\$56	\$88

Saturday, 12:15-1:15 pm

Instructor: Fran Ouellette

#	M	N
8	\$56	\$88

Yoga

Fitness Yoga

Classes are designed for all ages and fitness levels. Exercises focus on traditional yoga poses, breathing techniques and relaxation to increase flexibility, strengthen muscles and improve balance while creating body awareness.

Tuesday, 9:30-10:30 am

Instructor: Kelsey Lumpkin

#	M	N
8	\$56	\$88

Wednesday, 6:00-7:00 am

Instructor: Infin Tuan

#	M	N
8	\$56	\$88

Wednesday, 9:30-10:30 am

Instructor: Kelsey Lumpkin

#	M	N
8	\$56	\$88

Wednesday, 6:30-7:30 pm

Instructor: Michelle Trow

#	M	N
8	\$56	\$88

Friday, 10:30-11:30 am

Instructor: Cathy Elness

#	M	N
8	\$56	\$88

Saturday, 8:00-9:00 am

Instructor: Michelle Trow

#	M	N
8	\$56	\$88

Sunday, 6:00-7:00 pm

Instructor: Cathy Elness

#	M	N
7*	\$49	\$77

Gentle Yoga

Perfect for those with little or no yoga experience. Gentle yoga provides light stretching and flexibility-enhancing movements, especially in weak or injured joints. Ideal for those new to yoga, individuals suffering from chronic back pain or those wanting a less intense yoga practice.

Tuesday, 8:15-9:15 am

Instructor: Kelsey Lumpkin

#	M	N
8	\$56	\$88

Tuesday, 7:40-8:40 pm

Instructor: Michelle Trow

#	M	N
8	\$56	\$88

Wednesday, 8:15-9:15 am

Instructor: Kelsey Lumpkin

#	M	N
8	\$56	\$88

Kundalini Yoga

Classes are designed for all ages and fitness levels. Exercises focus on strengthening, cleansing and detoxifying the body while increasing flexibility and calming the mind.

Monday, 6:30-7:45 pm

Instructor: Wes Cutter

#	M	N
7*	\$56	\$88

Thursday, 6:30-7:45 pm

Instructor: Stacey Becklund

#	M	N
8	\$64	\$100

Prenatal Yoga

Enjoy a gentle yoga practice especially for expectant mothers. Yoga provides strengthening and flexibility to accommodate your changing body. You will be encouraged to work within your body's abilities as your pregnancy progresses. Class will include movement, relaxation and discussion. Please bring a note from your doctor providing medical clearance to the first class session.

Saturday, 9:10-10:10 am

Instructor: Michelle Trow

#	M	N
8	\$56	\$88

New!

ashtanga yoga

Class is designed for all ages and fitness levels. Ideal for those looking to bring a new level of intensity to their practice. Class will focus on exploring the moving meditation of the traditional primary series of poses.

Monday, 10:00-11:15 am
 Instructor: Emily MacLaury

#	M	N
7*	\$56	\$88

*No classes will be held on Sunday, April 12 and Monday, May 25. Class fees have been adjusted to reflect reduced schedule.

adult classes

Spring Session Dates: April 6 - May 31
Registration Deadline: March 31



personal training Groups

Women on Weights

Group training designed especially for women. Emphasis will be placed on the most effective way to tone muscles, how to incorporate free weights into your strength training routine and how to create an efficient, safe weight training program. Instructor to student ratio is 1:6.

Thursday, 8:00-9:00 am

Instructor: Andrea Gleason # M N
 P092-100A 8 \$117 \$236

Thursday, 10:30-11:30 am

Instructor: Andrea Gleason
 P092-101A 8 \$117 \$236

The Yard

This outdoor boot camp will push you to your limits and beyond. Featuring bodyweight exercise, resistance bands, medicine balls and a variety of cardio, the yard provides a one-of-a-kind workout.

Tuesday, 6:00-7:00 pm

Instructor: Troy Shoberg # M N
 P092-400A 8 \$117 \$236

Running 101

Learn the basics to begin a running program. Discussion will focus on how to progress with distance and speed, running technique and injury prevention. Clinic includes a training log sheet and running handbook.

Monday, 5:00-6:00 pm

Instructor: Troy Shoberg # M N
 P092-601A 7* \$48 \$94

Individual

Personal Training Sessions

Meet your goals and discover your personal best with help from a professional trainer! YWCA St. Paul is proud to offer the services of our experienced personal trainers to members and guests. Trainers will help you meet your fitness goals during scheduled one-hour sessions.

Cost per session: \$60 Members;
 \$85 Non-members

Personal Training in the Pool

The water provides a high-resistance and low-impact environment that is great for individuals of all ability levels.

Cost per session: \$60 Members;
 \$85 Non-members

For more information on personal training services, please call 651-225-9922 ext. 771 or stop by the Member Services Desk. Staff will be happy to assist you.

fitness services

Body Composition Assessment

Trying to lose weight or build lean muscle mass? A Body Composition Assessment will help you to set realistic goals and gauge your progress. Your scale is only telling you half the story — fill in the blanks today!

Cost per session: \$50 Members;
 \$100 Non-members

Metabolic Assessment

Using the New Leaf Metabolic Assessment System, our trainers can help you to identify exactly how many calories your body needs, how long and how hard you should exercise, and how to maximize your workouts to meet your fitness and weight loss goals.

Cost per session: \$110 Members;
 \$165 Non-members

For more information on packages and more options, call 651-225-9922 ext. 771 or stop by the Member Services Desk. Staff will be happy to assist you.



**No classes will be held on Sunday, April 12 and Monday, May 25. Class fees have been adjusted to reflect reduced schedule.*

Number of Classes M Member Price N Non-member Price

youth classes

Spring Session Dates: April 6 - May 31
Registration Deadline: March 31

aquatics

Ages 0-3

Water Babies

This class is for children ages six to eighteen months who have no water experience. Parent participation is required.

Thursday, 11:00-11:30 am # M N
 A092-101A 8 \$56 \$96

Saturday, 10:00-10:30 am
 A092-100A 8 \$56 \$96

Aqua Tots

This class is for children eighteen months to 3 years old. Parent participation is required.

Thursday, 10:30-11:00 am # M N
 A092-111A 8 \$56 \$96

Saturday, 10:30-11:00 am
 A092-110A 8 \$56 \$96

Ages 3-4

New!

junior jollytails



Swimmers will learn to become comfortable in the water, and also will touch on beginner skills such as kicking, floating and putting their heads under water. No parent participation is required.

Thursday, 11:30-12:00 pm # M N
 A092-150A 8 \$56 \$96

Saturday, 11:40-12:10 pm
 A092-151A 8 \$56 \$96

Ages 4-5

Jelly Fish

This class is for beginner swimmers with little or no experience in the water. In addition to helping swimmers become comfortable putting their faces under water, the class will also work

on helping swimmers to hold their breath, float, and complete the arm and leg actions for the front and back crawl with assistance.

Tuesday, 5:30-6:00 pm # M N
 A092-122A 8 \$56 \$96

Tuesday, 7:00-7:30 pm
 A092-123A 8 \$56 \$96

Thursday, 5:40-6:10 pm
 A092-124A 8 \$56 \$96

Thursday, 9:30-10:00 am
 A092-125A 8 \$56 \$96

Saturday, 9:30-10:00 am
 A092-120A 8 \$56 \$96

Saturday, 10:40-11:10 am
 A092-121A 8 \$56 \$96

Blow Fish

To participate in Blow Fish, your swimmer must be able to comfortably put their face and head under water. This class will focus on helping swimmers to hold their breath under water, float without assistance, glide, retrieve objects under water, and complete the arm and leg actions for the front and back crawl for 15 feet without assistance.

Tuesday, 6:00-6:30 pm # M N
 A092-133A 8 \$56 \$96

Tuesday, 7:30-8:00 pm
 A092-134A 8 \$56 \$96

Thursday, 6:10-6:40 pm
 A092-135A 8 \$56 \$96

Thursday, 10:00-10:30 am
 A092-136A 8 \$56 \$96

Saturday, 9:30-10:00 am
 A092-130A 8 \$56 \$96

Saturday, 10:00-10:30 am
 A092-131A 8 \$56 \$96

Saturday, 11:10-11:40 am
 A092-132A 8 \$56 \$96

Clown Fish

In Clown Fish, your swimmer will work on holding their breath for longer amounts of time and be introduced to rhythmic breathing. Swimmers will also focus on retrieving objects from the shallow end of the pool and completing the arm and leg actions for the front and back crawl for 15 yards without assistance.

Thursday, 6:40-7:10 pm # M N
 A092-142A 8 \$56 \$96

Tuesday, 6:30-7:00 pm # M N
 A092-141A 8 \$56 \$96

Saturday, 11:10-11:40 am
 A092-140A 8 \$56 \$96

Ages 6 & Up

Level 1: Intro to Water Skills

This class is for beginner swimmers (at least 6 years old) with little or no experience in the water. It will help swimmers become comfortable with putting their faces under water and will also work on helping swimmers to hold their breath, float with assistance, and complete the arm and leg actions for the front and back crawl with assistance.

Tuesday, 5:00-5:30 pm # M N
 A092-201A 8 \$56 \$96

Thursday, 7:10-7:40 pm
 A092-202A 8 \$56 \$96

Saturday, 9:30-10:00 am
 A092-200A 8 \$56 \$96

Level 2: Fundamental Water Skills

To participate in Level 2, swimmers must be able to comfortably put their faces and heads under water. This class will help swimmers to gain success with fundamental water skills like holding their breath under water, floating without assistance, gliding, retrieving objects under water, and completing the arm and leg actions for the front and back crawl for 15 feet without assistance.

Tuesday, 5:40-6:20 pm # M N
 A092-211A 8 \$56 \$96

Thursday, 5:40-6:20 pm
 A092-212A 8 \$56 \$96

Saturday, 10:00-10:40 am
 A092-210A 8 \$56 \$96

Level 3: Stroke Development

To participate in Level 3, swimmers must be able to float without assistance on their front and back, and swim the front and back crawl without assistance for 10 yards. This class will help swimmers to work on holding their breath for longer amounts of time, retrieving objects off the bottom of the shallow end of the pool, and completing the arm and leg actions for the front and back crawl for 15 yards without assistance. Swimmers will also receive an introduction to rhythmic breathing and treading water.

Tuesday, 5:00-5:40 pm # M N
 A092-221A 8 \$56 \$96

**No classes will be held on Sunday, April 12 and Monday, May 25. Class fees have been adjusted to reflect reduced schedule.*

youth classes

Spring Session Dates: April 6 - May 31
Registration Deadline: March 31

Thursday, 5:00-5:40 pm # M N
 A092-222A 8 \$56 \$96

Saturday, 10:30-11:10 am
 A092-220A 8 \$56 \$96

Level 4: Stroke Improvement

To participate in Level 4, swimmers must be able to swim the front crawl with rhythmic breathing, and the back crawl for 15 yards. In this class, swimmers will learn to swim 25 yards in front crawl, back crawl and elementary backstroke as well as 15 yards each in breaststroke and butterfly. The class will also include an introduction to diving.

Tuesday, 6:20-7:00 pm # M N
 A092-231A 8 \$56 \$96

Thursday, 6:20-7:00 pm
 A092-232A 8 \$56 \$96

Saturday, 11:10-11:50 am
 A092-230A 8 \$56 \$96

Level 5: Stroke Refinement

To participate in Level 5, swimmers must be able to swim 25 yards front crawl, 25 yards back crawl, 25 yards elementary backstroke and 15 yards each in breaststroke and butterfly. The class will focus on stroke refinement and helping swimmers to swim 50 yards in the front crawl, back crawl, elementary backstroke, breaststroke, butterfly and sidestroke. The class will also include an introduction to shallow dives and flip turns.

Tuesday, 7:00-7:40 pm # M N
 A092-241A 8 \$56 \$96

Thursday, 7:00-7:40 pm
 A092-242A 8 \$56 \$96

Saturday, 11:50-12:30 pm
 A092-240A 8 \$56 \$96

Swim Team

Is your son or daughter ready to swim on a competitive swim team? Swimmers are required to be familiar with the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly). Practices will include stroke mechanics, components of competitive starts and turns, and sprint/endurance training. Competitions are not required but are strongly encouraged. Swimmers will be placed in appropriate group (Gold or Black) based on stroke refinement, endurance level and age. Please contact Andrea Gleason at (651) 265-0746 to set up a Piranhas Swim Team tryout.

Piranhas: Gold

Monday & Wednesday, 4:15-5:00 pm
& Friday, 4:00-4:45 pm
 Instructor: Andrea Gleason # M N
 A092-400A 23* \$92 \$138

Piranhas: Black

Monday & Wednesday, 5:00-6:30 pm
& Friday, 4:45-6:15 pm
 Instructor: Andrea Gleason # M N
 A092-401A 23* \$115 \$161

dance

Creative Dance

Boys and girls learn how to create movement, design shapes and dance to music in a fun, success-building environment. New material is covered each session emphasizing self-expression, imagination and physical skill development.

Ages 4-6

Saturday, 9:00-9:55 am # M N
 Instructor: Fran Ouellette
 Y092-100A 8 \$48 \$74

Ages 3-5

Saturday, 11:00-11:55 am # M N
 Instructor: Fran Ouellette
 Y092-101A 8 \$48 \$74

Ballet

Children learn ballet vocabulary, movement, positions and steps taught using joyful, non-competitive, success building approach respectful of individuality. Students learn to dance expressively while developing and improving physical skills.

Ages 6-9

Saturday, 10:00-10:55 am # M N
 Instructor: Fran Ouellette
 Y092-200A 8 \$48 \$74

fitness

Teen Fitness

All lessons present exercise and nutrition concepts that are easily explained and are meaningful for participants. Participants will gain more knowledge regarding ways to feel good in mind and body by learning the importance of being physically active and making healthy food choices and will also learn how to safely use Health and Fitness Center equipment.

Ages 12-15

Monday, 4:30-5:30 pm # M N
 Instructor: Alex Lewis
 Y092-800A 4 \$26 \$42

Tween Spin

Whether your tween needs to get in shape, build strength or just have some fun, this class is the one to get that all over body workout. Tweens will ride indoor cycling bikes through an instructor-led workout. Music and instruction will be geared more to the younger generation. The first two classes will include an orientation to spinning techniques. Water bottles and gel seats or bike shorts are highly encouraged.

Ages 9-15

Thursday, 4:15-4:55 pm # M N
 Instructor: Andrea Gleason
 Y092-400A 8 \$48 \$74

Tween Yoga

Yoga for tweens offers a challenging way to exercise both body and mind. Through a series of fun poses, you will increase your energy and endurance while promoting deep and healthful breathing. Yoga poses are based on the movements and postures of animals and objects in nature: warrior, eagle, tree and cobra. By practicing these and other poses, you will develop the strength, flexibility and coordination to help prevent injury in sports and other physical activities.

Ages 9-15

Thursday, 5:00-5:45 pm # M N
 Instructor: Adrienne Vanderborgh
 Y092-401A 8 \$48 \$74

New!

tween triple threat



Triple Threat for Tweens offers challenging and fun ways to exercise. It provides an energetic mix of cross training using the cardio equipment, strength training, and sport circuit that will leave your Tween feeling invigorated and strong. Participants must be 11 years or older.

Ages 11 & up

Tuesday, 4:30-5:30 pm # M N
 Instructor: Andrea Gleason
 Y092-410A 8 \$50 \$76

*No classes will be held on Sunday, April 12 and Monday, May 25. Class fees have been adjusted to reflect reduced schedule.

Number of Classes M Member Price N Non-member Price