



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# L I V E S T R O N G® AT THE YMCA

## Frequently Asked Questions

### **Can youth participate in the program?**

Currently **LIVESTRONG** at the YMCA is an adults-only program (18 and up).

### **How physically strenuous is the program?**

This program is tailored to each participant. Through a thorough intake, we will discover what a safe place for you to start is and how quickly you should progress. Your exercise prescription will be tailored to your needs.

### **What if my doctor won't release me?**

You need to have permission from your doctor to participate in **LIVESTRONG** at the YMCA. We are available to discuss any more detailed questions about the nature of the program with your healthcare provider.

### **What do I wear?**

You do not need any special attire. You can wear whatever attire that you feel comfortable in and that allows you ease of movement. Layers are suggested and you should wear a pair of supportive closed toed shoes.

### **What if I can't finish the program?**

While we understand life throws curveballs and unforeseen circumstances, we do ask that you commit to coming to 85% of the classes throughout the 12 week session. This is to ensure we are giving you the best possible toolset to continue after the program's completion. Multiple absences tend to deter from reaching your fullest potential.

### **Do I have to go in a pool?**

No. We offer a variety of exercise types to see what will work best with your personal interests and physical needs.

### **What if I have a friend who is a cancer survivor that wants to participate?**

We are glad to talk to your friend and tell them about **LIVESTRONG** at the YMCA and see if it's a good fit for them as well. We always do a thorough intake as an introduction into the program to make sure that it is the right fit for each survivor.

### **What is the purpose of the program?**

The mission of **LIVESTRONG** at the YMCA is to empower adult cancer survivors to improve functional capacity and to increase their quality of life through an organized program of fitness and strength.

### **Can I join a session late?**

This is dependent upon the YMCA. Generally it is not recommended that an individual join the group program after week one of the session.

### **Do I have to be a member of the Y?**

No. But should you choose to join after program completion, we waive 100% of the joining fee for alumni.

### **What happens if I get sick?**

**LIVESTRONG** at the YMCA instructors will check in with you at every session to see how you're feeling and to determine what the right exercises are for you each day. Please communicate with your instructor to let them know how you're feeling. It is okay to skip a session if you do not feel like participating a day.

### **Can I participate more than once?**

The program is meant to go through once. If you cannot complete the program for some reason you are welcome to repeat the program when the time is appropriate for you. (Participants are generally allowed to repeat the program when they've had a recurrence.)

**What education do the instructors have?**

Required prerequisites to becoming an instructor are listed below. Many of our instructors have completed additional training, including, but not limited to: master's in social work, personal trainer, bachelor of science in exercise science, RN, ACSM Certified Cancer Specialist, etc.

- **LIVESTRONG** at the YMCA Instructor Certification
- Foundations of Group Exercise
- Foundations of Strength and Conditioning
- Healthy Lifestyles Principles
- Listen First or Equivalent Active Listening Training
- Working With Cancer 101
- Lymphedema Training
- Other..... (i.e. team member in six-month cohort, yoga certified, etc. these are dependent upon each instructor)

**Is there child care available?**

This is dependent upon the timing of the session. Generally, yes.

**Can I bring a caregiver?**

Yes. Your caregiver can be a spouse, significant other, sibling, best friend, etc. Your caregiver can participate in their own workout during the session but they do not participate with the class.

**What happens after the 12 weeks?**

During the program we will introduce you to many different exercise modalities and communities within the Y. We would love for you to become a member of the Y and continue your journey of wellness. Many of our participants serve as mentors for new survivors joining the program.

**What is the cost?**

The program is FREE for members and non-members.

**What happens if I have to go out of town?**

That is OK. We understand that you have other commitments. As long as you're hitting most (85%) of the classes.

**Is it co-ed?**

Yes. The ratio of males to females is dependent upon each session.

**How many participants are in the program?**

Generally, 8-12 survivors but class size may vary.

**What will others think of me? How will others react?**

The YMCA supports all those seeking health, whether they are beginning or continuing their wellness journey. You will not only be welcome by the staff of the YMCA but also members.

**Is it a support group?**

No, it is not set up as a support group; however you will receive support from each other by participating in the program.

**What time does the class meet?**

This is dependent upon the YMCA. A calendar of sessions can be provided upon request.

**Is there transportation available?**

Generally, no. However, we are happy to provide some options that other participants have used to attend.

**What is the average age of participants in the program?**

This is dependent upon each session. Generally, 40-60's but each session varies.

**Is my information confidential?**

Yes. We follow HIPPA guidelines. Your information will be kept private and confidential.

**How do I get to the Y?**

Our YMCA locations and directions can be found at [ymcawnc.org](http://ymcawnc.org) or by calling 828 251 5909.