

# NORTH NEWS

## MEMBERSHIP PROGRAMS

### August 2017



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

North Area Family YMCA . 4775 Wetzel Road . Liverpool NY 13090 . 315.451.2562

### AQUATICS

**Swim Lessons:** Sept. 11-Oct. 21

Registration: Ongoing until filled

See Member Services for more information.

Family Members: FREE Youth Members: \$60

### **NEW Lesson Placement Evaluations**

Due to exciting changes in the national YMCA swim lesson curriculum, starting in Summer 2017 we will have new swim requirements for each level. To ensure each participant is placed in the level that corresponds with their ability, swimmers not currently in lessons will need to have a swim assessment done prior to registration. Sign up at Member Services. Any questions please contact Rachelle Randall @ 315-451-2562x238 or rrandall@syracuseymca.org.

### YOUTH/TEENS SPORTS PROGRAMS

**Youth Flag Football** ages 5-12 Mondays-Thursdays

The North Area Family YMCA's Youth Flag Football Program is open to boys and girls ages 5-12 years old. This program emphasizes the fundamentals of football as well as fair play, sportsmanship and FUN. The season will last 7 weeks.

Each team will have games & practice scheduled weekly Monday - Thursday (5:30-6:30pm).

Parents will be notified by their coach when the first practice is scheduled.

Registration Begins July 24

Family Members \$36 Youth Members

\$72 Non-Members \$86



### **Family Wellness: New Hours**

Youth 8-11 can now use the cardio equipment during our special Family Wellness hours.

Must be accompanied by a parent at all times.

- ◆ Mondays & Wednesdays 11:00am-3:00pm
- ◆ Thursdays & Fridays 6:00pm-8:00pm
- ◆ Saturdays 12:00-6:00pm
- ◆ Sundays 12:00-5:00pm



## Family Fun Events

### **Parents Night Out:**

Aug. 5 - 5:00-9:00pm - Sun, Moon and Stars

Sept. 23 - 5:00-9:00pm - Little Ninjas

Members \$15 for first child, \$12 each additional child

**Parent/Child Gym** will now feature open registration to all members and non members who aren't currently enrolled.

The Fall Session begins 9/11. Registration starts 8/14.

If you have any questions about what Parent Child Gym does, and how you can take advantage of this free class, please contact Courtney at [cbintz@syracuseymca.org](mailto:cbintz@syracuseymca.org)

### **Have your child's birthday at the Y!**

Our event coordinator will work with you to plan a personalized event to celebrate your child's special day. Choose from a bounce house bash or a pool party!

Contact Elaina Stolp at 315-451-2562x235 or [estolp@syracuseymca.org](mailto:estolp@syracuseymca.org).

Family Members \$200

Youth members \$250

### FAMILY/TEENS PROGRAM

**8 is Great! Ages 8+**

August 23/September 14

5:00pm-6:00pm

Learn about the YMCA areas you can enjoy now that you're 8.

**Babysitting Course** ages 11-15

Sept. 30 9am till 2pm

Course will cover parent expectations and emergency procedures. Participants will receive a handbook and certificate of completion.



**North Area Family YMCA  
is now hiring!**

Part-Time and Full Time Positions are available!

Check out our Employment Board or Inquire at Member Services.

## EDUCATION

### **YMCA Preschool 2017-2018**

3-Year Old Program: Tues/Thurs 9-11:30am  
4-Year Old Program: Mon/Wed/Fri 9-11:30am  
4/5-Year Old Program: Mon-Fri 12:15-2:45pm  
**Registration is now open!**

### **Academic Support Program**

Instruction is offered at NO COST to school-aged children with Family Memberships. Classes are offered on a rotating basis at most YMCA of Greater Syracuse branches.  
Visit [www.ycny.org](http://www.ycny.org) for schedules.

### **Individual SAT/ACT/Specialized**

**Tutoring** Member: \$40 Non-Member \$55

### **Individual K-12 Academic Tutoring**

Ongoing Member: \$35 Non-Member \$50

## ADULT PROGRAMS

### **Adult Racquetball League**

This league is for you! Courts are reserved for your convenience, if you cannot make your match you can reschedule within the designated time. If you play on a regular basis, join our league for the competition. We have a division for every skill level!

Session: September 11-December 3, 2017  
Registration Begins July 31  
Members Free Non-Members \$75

### **Adult Beach Volleyball League**

Captains must fill out their information and send with payment to the YMCA. The rest of the roster may be filled out and signed by the first week of play. All 4 person leagues are co-ed. You must have at least one female on the court for 4 person teams. Referee fees are included in league fee. Doubles teams referee themselves.  
Registration Begins July 31  
Members Free Non-Members \$30

### **Adult Competitive Basketball**

Session: September 17-December 10, 2017  
Registration: August 1-August 31, 2017  
\$300 Entry Fee.  
Referee fee of \$35 per team, per game.  
Entry fee must be paid in full to register.

## ACTIVE OLDER ADULTS

### **Orientation to the Y-Wednesdays at 2**

Older Adult Orientation to the Y. Get the most out of your membership and meet with staff to learn about everything we offer.  
Members: FREE

## HEALTHY LIVING

### **YMCA Music Lessons**

Music lessons will take place at the Northwest Family YMCA. Guitar, piano, drums, and voice are available. Strings are available at our Fayetteville branch. Members and Non-Members Welcomed.  
Contact Mike Phillips at [music@syracuseymca.org](mailto:music@syracuseymca.org)

### **Stroller Fit at Onondaga Lake Park:**

Open to the public...bring a friend!  
Thursdays 9:30-10:30 - July 6-Aug 31  
All children must be in strollers. No pets.

### **Running Programs at North**

Runners: Mondays 6:30-7:45pm  
Wednesdays 5:45-7:00am and  
9:30-10:45am

**Walkers-Runners:** Mondays 5:15-6:15 pm  
Registration: ongoing. Members: FREE  
Non-Member: \$125

### **Hydro Running Series**

Fridays 10:00-11:00am  
Members: FREE

### **Triathlon Training:**

Group Rides every Saturday Morning TBA on our Syracuse Y Triathletes page. Rides include Caz Tri Course and other CNY Venues

OWS at Jamesville Beach Tues and Oneida Shores Wed. Caz OWS TBA  
Sign in and MUST Sign out.

### **SUMMER CAMP**

Registration is ongoing until sessions are full. No swimming and limited space for session 9. Some sessions are wait listed.

### **Camp Y-NOAH - North Area Family YMCA**

Grades K-6 June 26-Aug 25  
Family Mem: \$180/wk Youth Mem: \$205/wk

### **Summer Fun Club - Roxboro Elementary**

Agess 5-12 June 26-Aug 18  
Family Mem: \$153/wk Youth Mem: \$176/wk

### **BEFORE AND AFTER SCHOOL CHILD CARE**

is available for North Syracuse Schools and Brewerton Elementary. Space is limited. Register before August 1st and we'll waive the \$20 registration fee!  
Details available at Member Services and at [www.ycny.org](http://www.ycny.org).



### **Other programs also available at the Y:**

- Cancer Survivor Programs
- Livestrong
- Laurie's Hope
- Diabetes Prevention
- Blood Pressure Self-Monitoring
- Stewards of Children

Check our Program Guide Brochure for more information on these programs.



## **ANNUAL SHUTDOWN SCHEDULE:**

### **POOL CLOSED:**

Noon 8/19 - Reopens 9/5

### **ALL OTHER FACILITIES**

**CLOSED:** 8/27-reopens 9/5

### **MEMBER SERVICES hours:**

7am-7pm Aug 28-Sept. 1

All facilities reopen 9/5

### **WE WILL BE CLOSED**

Sat., Sept. 2 - Mon., Sept 4  
in observation of Labor Day.



**Enjoy your holiday!**

### **North Area Hours:**

Mon-Fri 5:30am-10:00pm  
Saturday 6:00am-6:00pm  
Sunday 8:00am-5:00pm

### **Prime Time Hours:**

Mon-Fri 8:45am-12:30pm  
& 3:45pm-8:30pm  
Saturday 8:30am-1:00pm  
Sunday No Primetime

### **Power Zone:**

ages 5-11  
Mon-Fri 5:00pm-8:00pm

### **Summer Break Out:**

Agess 5-11  
Mon-Fri 9:00am-12:00pm

### **Sessions:**

17Sum: 6/26-8/19  
17F11: 9/11-10/21

Now you can register online for most family, sports, parent/child programs and make payments.  
**Visit: [www.ycny.org](http://www.ycny.org)**

Follow us on Facebook:  
North Area Family YMCA