

NORTH NEWS

MEMBERSHIP PROGRAMS

April 2018



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

AQUATICS

New Session: Apr 30 – June 9

Registration: ongoing. Assessment must be completed first.
See Member Services for more information.
Family Members: FREE Youth Members: \$60

Lesson Placement Evaluations

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 Rachele Randall @ 315-451-2562x238 or rrandall@syracuseymca.org.

Jungle Dash in the pool! April 27 – 4:00pm-6:00pm

Register for time slot at Member Services.

Going to miss a lesson?

As a reminder, swim lesson attendance policy is as follows: Once a participant misses 2 lessons without excuse, they are automatically removed from the class. We do not offer make-up classes for classes missed for personal reasons. If it is imperative that your child miss their lesson, please call 315-451-2562, ext 211.

Did you know we offer private swim lessons in addition to our group lesson program? Individualized attention and curriculum geared towards the participant. The instructor will work with you to find a time that meets your needs. See member services for more information and to sign up.

YOUTH/TEENS PROGRAMS

Youth Outdoor TRX-6 Weeks ages 8-12

May 7-June 18 (no class 5/28)

Registration opens 4/23

\$25

COMING SOON

Kinder Sports

Kinder Sports programs emphasize the fundamentals of fair play, sportsmanship and FUN! Ages 3-5 11:30am-12:15pm
Mondays: Multi-Sport Tuesdays: TBALL

Registration: April 9-29 Session April 30 – Jun 9

Family Members \$30/Youth Members \$75/Non-Members \$95

Tween & Teen Co-Ed Basketball League

Ages 8 – 13 / Wednesdays / 6:00 – 8:00pm

Registration begins April 9

Session: May 2-June 6

Members FREE / Non-Members \$75*

*Additional \$25 fee for reversible jersey for first time players

FAMILY/TEENS PROGRAM

Staying Home Alone Course ages 8-12

April 21 – 9:00am-12:00pm

Members: \$15 Non-members: \$25

Youth Dance Ages 3+

Thursdays June 25-August 20 5:30-8:30pm

This 8-week “skill-builder” session is a great chance to master skills or give dance a try without a huge commitment. See registration forms out at the end of April for details.

8 is Great ages 8+

April 19th 5:00pm-5:30pm

Free for members only

Family Wellness Hours: ages 8-11

Youth can use the cardio equipment during these times:

◆ Thursday & Friday: 6:00pm-8:00pm

◆ Saturday & Sunday: 12:00-close

Must be accompanied by a parent at all times and the parent must use the adjacent cardio machine. Sign in with fitness staff.

Family Fun Events

Family Fun Night

April 14: 6:00pm-8:00pm all ages

Free to members

Parents Night Out:

April 7 – Spring has Sprung

April 21 – Avengers

4:00-8:00pm ages 2-11

Members \$15 per child/\$35 max per family.

Spring Break Bowling at Flamingo Bowl

April 26 ages 8-14yrs

10:00a.m. – 2:00p.m.

Members \$20 Non-Members\$35

Enchanted Tea Party for Mothers and Daughters

May 19 2:00pm-3:30pm Ages 4+

Members \$18 per couple +\$7 each additional daughter.

Non-Members \$30 per couple +\$10 each additional daughter.

Parent/Child Gym – Mon.-Thurs. both AM and PM sessions beginning 4/30/18. Sign up after 4/15/18. We are also looking for energetic members to work for our department. Contact Jodie at jblock@SYRACUSEYMCA.ORG for more information.



EDUCATION

YMCA Preschool 2018-2019

3-Year Old Program: Tues/Thurs 9:00-11:30am
4-Year Old Program: Mon/Wed/Fri 9:00-11:30am
4-Year Old Program: Mon-Fri 12:15-2:45pm
Enrollment for next year has started.

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 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

Pick Up Floor Hockey

Saturdays 7:00-8:30am CO-ED
Registration: ongoing Session: Mar 10-April 28
Stop in for a little healthy competition!
No experience is necessary and all that you need to provide is your own stick.
Register with Member Services.
Members FREE Non-Members \$40.
Sessions must maintain 10+ registered players to run. There will be no prorating of program fees.

Adult Competitive Basketball

Session: April 29-July 15, 2018
Registration March 19- Apr 15
\$300 Entry fee per team
Referee fee of \$35 per team, per game.
Entry fee must be paid in full to register.

Single Parent's Coffee Hour

Join us for a coffee hour and gather with other single parents in the community.
Date: Last Friday of every month
Time: 6:00pm-7:00pm
Location: North Area Family YMCA in the Sweetheart Day care



ACTIVE OLDER ADULTS

Orientation to the Y Wednesdays at 2:00

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 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.
Contact Mike Phillips at music@syracuseymca.org

Adult Line Dancing Sundays, 2:30-3:30pm
Ages 18+ March 4, 11, 18, 25, Apr 8 and 15
Line dancing is fun and great for burning calories, improving balance and coordination, and building confidence on the dance floor! Bring your friends!
Member: \$30/person or \$50/couple;
Non-Members: \$45/person or \$80/couple

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:

Off-Season Group Triathlon Training

Maintain your run base. Improve your cycling and swimming techniques. Improve your power to weight ratio. Strength train a.k.a. "injury proof" your body. Mondays \$45 9:30-10:30am

Swim Academy

Triathlon Swim Coaching
Wednesdays: 7:20-8:20pm
Sundays: 3:00-4:00pm
Member: \$25 6-Week Session. 1 class/week

SUMMER CAMP

Registration has started and is ongoing until sessions are full. Register for 1 or all 9 weeks!
No swimming and limited space for session 9.

Camp Y-Noah

North Area Family YMCA
Grades K-6 June 25-Aug 24
Family Mem: \$185/week Youth Mem: \$210/week

Summer Fun Club

Roxboro Elementary
Ages 5-12 June 25-Aug 17
Family Mem: \$156/week Youth Mem: \$180/week

L.I.T. Leaders In Training Program

Ages: completed 7th grade and not yet 16 yrs. of age. Must commit to a Monday thru Friday 9:00 am-4:30 pm schedule for 5 weeks of the camp season. \$97/week.

Before and after school child care

is available for North Syracuse Schools and Brewerton Elementary. Space is limited. Details available at Member Services. Open registration for the 2018-19 school year starts March 19th!

2018 Annual Campaign

GIVING TO THE Y CHANGES LIVES

Every day, the Y is focused on strengthening communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. But we can't do it alone. Donate to the Y - for a better us.

KEEP

IN TOUCH WITH US

by sending us one simple email.
* Have you recently moved.
* Have you changed jobs?
* Do we have the best email address for you?

We'll be surveying our community soon and we also just want to make sure you're getting the information you need from us on a regular basis. Email is one of our primary ways of communicating important program, facility and mission updates to our members and supporters, but correct phone numbers and addresses are important as well.

Send an email to:
infoupdate@syracuseymca.org
You can also update your information in our branch. Our membership staff would be happy to help you!

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

Sessions:

18SP1: 3/5/18-4/14/18
18SP2: 4/30/18-6/9/18

Now you can register online for most family, sports, parent/child programs and make payments.
Visit: www.ycny.org

Follow us on Facebook:
North Area Family YMCA