

NORTH NEWS

MEMBERSHIP PROGRAMS

January 2018



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: Jan. 8-Feb. 17

Registration: Ongoing until filled once assessment completed.

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

Rachelle Randall @ 315-451-2562x238 or

rrandall@syracuseymca.org.

Going to miss a lesson? As a reminder our 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

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: Soccer

Registration: Dec 4-Jan 6 Session Jan 8-Feb 17

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 Dec 11

Session: Jan 10-Feb 14

Members FREE / Non-Members \$75*

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

Youth Dance ...Sign up now!

Registration for our 15-week Win/Spring Youth Dance session ends Jan 21. Children ages 3-16 can enjoy classes like Ballet, Tap, Jazz, Hip Hop, and Tumbling and show off their skills at an end-of-session off-site recital complete with costume!

FAMILY/TEENS PROGRAM

Staying Home Alone Course

Feb. 10 - 9:00am-12:00pm

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

Babysitting Course January 20 9:00am-2:00pm

Teaches babysitting basics including age traits, role playing, parent expectations and emergency procedures.

Members: \$23 Non-members \$35

8 is Great! Ages 8+

Jan. 18; Feb. 15; Mar. 15, Apr. 19 or May 17

5:00pm-6:00pm

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

Members: Free 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

Daddy & Daughter Snow Ball

Feb. 9 6:00-8:00pm

Dads, treat your daughter to a fabulous evening of memories!

The YMCA will turn into a "Winter Wonderland". Dress in your best and enjoy a buffet dinner and dancing. Corsage and photo included.

Members: \$25/couple + \$7 add'l daughter

Non-members \$40/couple + \$15 add'l daughter

Parents Night Out:

Jan. 13 - Yellow Brick Road

Jan. 27 - Teddy Bear Picnic

4:00-8:00pm Members \$15 per child/\$35 max per family.

Parent/Child Gym will now feature open registration to all members and non-members who aren't currently enrolled. The Winter Session begins 1/08/18 so please stop by the desk to sign up. Classes are offered Mon.-Thurs. both AM and PM.

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



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 starts February 5, 2018

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: Dec 11-Jan 6 Session: Jan13-Mar 3
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.

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+ Jan 14-Feb 18
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 starts February 3rd 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: \$180/wk Youth Mem: \$205/wk

Summer Fun Club

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

L.I.T. Leaders In Training Program

Ages: completed 7th grade and not yet be 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/wk.



Before and after school child care

is available for North Syracuse Schools and Brewerton Elementary. Space is limited. Details available at Member Services.

Ride*Recruit*Be A Captain

Bike-a-Thon Event
Saturday, March 3, 2018
What exactly does a Team Captain do?

- Recruit a team of 8 riders.
- Make sure your team has registered by February 12.
- Serve as liaison between your team and the North Y.
- Communicate with your team about any updates.
- Help and support your team as they collect pledges and fundraise toward the team's collective goal of \$700.

• Ask friends and family to sponsor your ride.
• Hop on one of your team's bikes for an hour and get a great workout—all amid a celebratory atmosphere and great community spirit.
Interested in being a captain? Contact Sue Montminy at (315) 451-2562 x214 or smontminy@syracuseymca.org

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:

18WIN: 1/8/18-2/17/18

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