

NORTH NEWS

MEMBERSHIP PROGRAMS

July 2018



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

AQUATICS

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.



FAMILY SWIM! We bring the floats, toys, beach balls and games, you bring the family and the fun! Family swim will run through August: Tues. 4-5;30 and 730-9:00; Thursdays 8-9 and Saturdays 12:30-2:30. (All swimmers age 17 and younger are required to wear one of 3 colored wristbands)

YOUTH/TEENS PROGRAMS

Disc Golf Learn & Play Ages 8+

Thursdays 6:00pm – 7:00 pm

Registration ends July 8 – July 12- August 16

Disc golf is easy to learn, a healthy activity and accessible to people of all ages and fitness levels.

Family Members:\$35 Yth Members: \$65 Non-Member \$85

Includes uniform and award.



Summer Basketball Skill & Drills Training Bootcamp

Wednesdays July 11- August 15 Registration ends July 8

Ages 8-10 6:00pm-7:00pm

Ages 11-13 7:00pm-8:00pm

Family Members:\$50 Yth Members: \$75 Non-Member \$95

Teen Sports Nights ages 11-13

June 26-August 21 Tuesday 6:00pm-8:00pm

7/10 Kickball

7/24 Volleyball

8/7 Wiffleball

8/21 Flag Football

Family/Youth Members: \$5 Non-Members \$10

Quidditch Camp ages 8-14

Registration ends July 20 July 23- July 26

Ages 8-11: 1:00pm-3:30pm

Ages 12-14: 1:00pm-3:30pm

Quidditch is a unique game that includes a mix of elements of rugby, dodgeball and tag. Participants will be divided into house teams, customize their own broom sticks and learn basic Quidditch skills in a fun environment

Family Members:\$75 Youth Members: \$95 Non-Member \$115



FAMILY/TEENS PROGRAM

Babysitting Course ages 11-15

July 14 9:00am-2:00pm

Members: \$23 Non-members: \$35

Staying Home Alone Course ages 8-12

Aug. 11

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

8 is Great ages 8+

July 19

Members only FREE

Family Wellness Hours: ages 8-11

New times added for the summer!

◆ Monday through Friday 12:00-3:00pm

◆ Thursday & Friday: 6:00-8:00pm

◆ Saturday & Sunday: 12:00-close

Youth can use the cardio equipment.

Must be accompanied by a parent at all times

and the parent must use the adjacent cardio machine.

Sign in with fitness staff.



Youth Dance Ages 3+

Thursdays June 28-August 16 5:15-8:30pm

This 8-week "skill-builder" session is a great chance to master skills or give dance a try without a huge commitment.

See registration form for details.

Also, check out our Art Camps at the Northwest Family YMCA! Options for Pre-K to Grade 6, with a variety of themes including Mini-Artists, Art/Dance Combo Camp, Clay Camp, and Week 10 Ultimate Combo Camp! For more info, contact Arts Director Renée Storiato at rstoriat@syracuseymca.org

Family Fun Events 6:00-8:00pm all ages

Family Fun Night

July 6 - Bounce House/Slide

July 14 - Play Ball

July 20—Bounce House/Slide

July 28—Splish Splash



Friday Nights Added

Members only FREE

Parent/Child Gym - Mon.-Thurs. both AM and PM sessions.

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: June 30-Aug.18
Stop in for a little healthy competition!
No experience necessary. Provide 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.

Beach Volleyball

Session: July 2-Aug. 24
Co-Ed 2 person or 4 person teams
Members: Free Non-Members: \$40/per person

Outdoor TRX

6 week Session starts July 13
Friday 6 am-6:45am
Members: \$60

Single Parents' Coffee Hour

Join us for a coffee hour and gather with other single parents in the Community. Last Friday of every month 6:00-7:00pm

ACTIVE OLDER ADULTS

Coffee Connection with Cheryl

First Wednesday of every month in the lobby. Cheryl is happy to listen and offer her opinions about Y topics important to YOU.

AOA Summer Picnic

July 11 6:30-7:30pm
Join us at the pavilion behind the YMCA at our annual senior picnic! Meat & drink provided.
Bring a dish to pass. Sign up at member services.



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 Dance Classes

Line Dancing or Ballroom Dancing available
Session: July 8 – Aug 12.
\$30 Members \$45 Non-members

Swim Academy

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

Marathon Group Training

Session: June 5-Nov. 28
Tuesday or Wednesday Evenings 6:30-8:00pm
Tuesday Eastside (JD High school)
Wednesday Northside (CNS High school)
Wednesday morning 9:30-11:00am childcare available (switch East Y/NWY every other week)
20-25 weeks Members: \$125

Running Programs at North

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

Walk to Run: Mondays 5:15-6:15 pm

Long Runs: Fridays 9:30-11:00am
Members: FREE Non-Member: \$125

Hydro Running Series Fridays 10:00-11:00am

Members: FREE

SUMMER CAMP



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 has started.

GROUP EX PRO

Fitness Class Schedules Made Simple

We've launched a new online Group Fitness Schedule. Members can access classes, instructors and descriptions in REAL TIME! Members can also toggle back and forth with different selection criteria: Fitness Category, Location, Class Name and Instructor to explore a wide variety of YMCA of Greater Syracuse exercise offerings easily and quickly! Group Ex Pro is available on our website or through our Facebook page.



WE WILL BE CLOSED:
Wednesday, July 4th

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 5-12
Mon-Fri 5:00pm-8:00pm

Sessions:

18SUM: 6/25/18-8/18/18

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