

# NORTH NEWS

## MEMBERSHIP PROGRAMS

### May 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.

#### **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)  
\$25

#### **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  
Session April 30 – Jun 9  
Family Members \$35/Youth Members \$80/Non-Members \$99

#### **Tween & Teen Co-Ed Basketball League**

Ages 8 - 13 / Wednesdays / 6:00 - 8:00pm  
Session: May 2-June 6

Members FREE / Non-Members \$75\*

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

#### **Outdoor Soccer** ages 3-10

Registration May 14-June 25 Session: July 9-August 24  
Members \$42 Youth Members \$84 Non-Members \$100  
Includes uniform and award.

### FAMILY/TEENS PROGRAM

#### **Staying Home Alone Course** ages 8-12

June 9 - 9:00am-12:00pm  
Members: \$15 Non-members: \$25

#### **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.

#### **8 is Great** ages 8+

May 17 5:00-5:30pm  
Free for members only



#### **Family Wellness Hours:** ages 8-11

Youth can use the cardio equipment during these times:

◆ Thursday & Friday: 6:00-8:00pm

◆ 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**

May 12 - Remote Controlled 6:00-8:00pm all ages  
Free to members

#### **Parents Night Out:**

May 5: Incredible Me 4:00-8:00pm ages 2-11  
Members \$15 per child/\$35 max per family.

#### **Enchanted Fairy Tea Party** for Mothers and Daughters

May 19 - 2:00-3:30pm 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. We are also looking for energetic members to work for our department. Contact Jodie at jblock@syracuseymca.org for more information.

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

Our event coordinator will work with you to plan your child's special day. Contact Elaina Stolp at 315-451-2562x235 or estolp@syracuseymca.org.  
Family Members \$200 Youth members \$250



## 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.ycnyc.org](http://www.ycnyc.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: May 5-June 23  
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.

### **Adult Outdoor TRX**

Fridays 9:30-10:15am  
Starts May 18-June 22 Space is limited  
Members: \$60

### **Beach Volleyball**

Session: May 7-June 29  
Co-Ed 2 person or 4 person teams  
Members: Free Non-Members: \$40/per person

### **Single Parents' Coffee Hour**

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



## ACTIVE OLDER ADULTS

### **Laughter is the Best Medicine**

May 24 10:15-11:15am  
Enjoy a show with Larry Brennan and his puppets.

### **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.

## 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](mailto:music@syracuseymca.org)

### **Adult Dance Classes**

Line Dancing or Ballroom Dancing available  
Session: May 6-June 10  
\$30 Members \$45 Non-members



### **Triathlon Training: 8 Week Training**

Monday 9:00-10:30am and Saturday Group Ride and Run 8am  
Starts May 21 - \$90  
Can add additional Ride night for \$45  
Thursdays 5:30pm

### **Swim Academy**

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

### **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  
Members: FREE Non-Member: \$125

**Hydro Running Series** Fridays 10:00-11:00am  
Members: FREE

## 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 has started.

## **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.



## **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 section 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.



May 13, 2018

### **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:**

18SP2: 4/30/18-6/9/18

Now you can register online for most family, sports, parent/child programs and make payments.

**Visit: [www.ycnyc.org](http://www.ycnyc.org)**

Follow us on Facebook:  
North Area Family YMCA