

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 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

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.

HAPPY



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

Follow us on Facebook:
North Area Family YMCA