

# NORTH NEWS

## MEMBERSHIP PROGRAMS

### November 2018



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

### AQUATICS

#### Jungle dash inflatable in the pool!

November 17<sup>th</sup>, 1-3 PM  
Held during the Y's open house.  
Bring a guest and make a splash!



#### Developmental Practice: ages 8-11

Tuesday 4:30-5:30pm; Thursday 5:30-6:30pm;  
Friday 6:30-8:00pm

Age Group Practice: ages 11-18 Tuesdays 5:30-7:00pm Thursdays & Fridays 6:30-8:00pm

### YOUTH/TEENS PROGRAMS

#### Teen Handball Program ages 13-18

MONDAY and WEDNESDAY

3:30-4:30pm

Session Nov 5-Dec 15

Registration begins October 22 Ends Nov 1

Youth will learn the game and compete in a safe environment under the supervision and instruction of a handball instructor.

#### Intro to Karate Class

ages 5+ 5:30-6:00pm

Anyone new to this Karate program regardless of age or experience must take the Intro Class. Starts the first Wednesday of each month and runs 8 classes on Wednesday and Friday.

November 7 or December 5 start dates.

Family Member: \$22 Youth/Adult Member: \$32

### FAMILY/TEENS PROGRAM

#### 8 is Great ages 8+

November 15 5:00-6:00pm

Members only FREE

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

◆ Thursday & Friday: 6:00-8:00pm

◆ Saturday & Sunday: 12:00pm-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.

#### Mommy & Me 2 ages 1-2 (with parent or caregiver)

Begins September 14.

Friday Mornings 9:30-10:15am

A great way to exercise with your young child. Improve motor, listening and learning skills by focusing on strength, balance & flexibility.

Members: Free

### Family Fun Events

#### Parents Night Out is Back!

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

November 10: A Place at Our Table (Please bring non-perishable items to be donated to downtown senior residents)

November 24: Arcade Adventures

\$15 per child \$35 family max.

#### Family Fun Night! All ages 6:00-8:00pm

November 17: Double Feature Movie Night- A Charlie Brown Thanksgiving and Chicken Little

#### 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](mailto:jblock@syracuseymca.org) for more information.

#### Power Zone InterACTION

Monday and Friday 6:00-8:00pm

Video game play on Mondays and sensory fun on Fridays.

Family Members FREE

### National Family Week 11/19-23

Something fun scheduled each day!

11/19: Pancake Breakfast 8:00-10:00am

11/20: Craft in Lobby 10:00am

11/21: Blood Drive 8:00am-1:00pm

11/22: Family Breakfast 8:30-11:00am

11/23: Bounce House and Inflatable slide 8:45am-12:45pm

Have your child's birthday party at the Y! Our event coordinator will work with you to plan an event to celebrate your child's special day. Four fun packages to choose from. Parties are available on Saturdays and Sundays. Prices range from \$200-\$225. Contact Elaina Stolp at 315-451-2562x235

### THANKSGIVING DAY HOURS

5:30-11:00AM

Pool closes at 10:30



## EDUCATION

### **YMCA Preschool Openings!**

North Area Family YMCA currently has preschool openings for the Monday, Wednesday and Friday 9-11:30 A.M. program for 4-year olds.

### **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](http://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

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.

### **DISC GOLF- PUTTING CLUB**

Youth and Adults Ages 12+

Wednesdays 8:00-9:30 pm

Registration begins October 22 Ends Nov 1  
Session Nov 7-Dec 12

Disc golf is easy to learn, a healthy activity and accessible to people of all ages and fitness levels. If you can throw a Frisbee and you like to have fun, you can play disc golf.

Price for all 6 weeks:

Family Members: \$35 Youth Members: \$45

Non-Member \$55

Weekly Prices- Try one class at a time:

Family Members: \$10 Youth Members: \$10

Non-Member \$12

### **Fall LesMills Grit Sessions**

November 5-December 1

Members \$60 month

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

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



## ACTIVE OLDER ADULTS

### **Lunch & Learn Lecture Series**

Every month we will dedicate an hour to learning about important health & wellness issues. Gather with friends at these informational sessions provided by experts in their field.

### **Coffee Hour - 1st Wednesday Monthly**

Come mingle with our Executive Director, Cheryl Walker, over a cup of coffee or tea!

### **Christmas in the City Bus Trip**

December 8 5:00am-Late!

Experience the magic of NYC

during the holidays!

Shop, stroll by the window displays, visit the

tree, enjoy a nice meal or catch a show!

No formal itinerary. Includes bus and tip.

No refunds.

Member: \$65 Non-Member: \$80



## 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)

### **Running Programs at North**

Monday: 5:15pm Walk2Run; 6:30pm Run Group

Wednesday: 5:45am and 9:30am Run Group

Friday: Long Run 9:30am

Meet in Lobby Members: FREE

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

Members: FREE

### **Triathlon:** 6 week program \$45

Off Season Tri Training

Monday: 9-10:30am

Classes Start Nov 12th

### **Before and after school child care**

is available for North Syracuse Schools and Brewerton Elementary. Space is limited.

Details available at Member Services.

### **Holiday Hustle Wellness Challenge**

Join our 8-week holiday incentive! Pick up a punch card and get it punched every time you workout at the Y. Work out 20 times and enter for a chance to win a \$200 Hello Fresh gift card, After Shokz Headphones or a 1 month membership. Starts Monday, November 5.

### **Veterans Day**

#### **Celebration Breakfast**

November 12

8:00-10:00am

Join us for a complimentary breakfast. All veterans, members and non-members are welcome! Register by November 7.

## **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.

### **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:**

18FL2: 11/5/18-12/15/18

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

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

Follow us on Facebook: North Area Family YMCA

## **TECH HELP DROP-IN**

**Tuesday, November 13**

**9:45am and 11:30am**

**Multi-Purpose Room**

Jen Tolley, NOPL Outreach Librarian, will be here to show you how to get the most out of your devices as well as how to search the Internet, Library e-books and audio books.

Bring your Smartphone, Tablet and/or Laptop.

**FREE to Members!**

