

NORTH NEWS

MEMBERSHIP PROGRAMS

September 2018



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

AQUATICS

Fall Swim Session: Sept. 10-Oct.20

Registration: August 13-18. Assessment Aug. 20-Aug. 25
See Member Services for more information.
Family Members: FREE Youth Members: \$60

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 beginning in September!

We provide the floats, toys, beach balls and games, you bring the family and the fun! Family swim will run through Nov. 22:
Tuesdays 4:00-5:30pm and Saturdays 12:00-2:00pm.
(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 September 13-October 18
Disc golf is easy to learn, a healthy activity and accessible to people of all ages and fitness levels.
Family Members:\$35 Youth Members: \$65 Non-Member \$85

Teen Sports Nights ages 11-14

Tuesdays 6:00pm-7:30pm
September 18 - Kickball Register by September 17
October 2 - Flag Football Register by October 1
Registration Required *Minimum of 8 participants to run
*Weather Permitting Members: FREE Non-Members \$5

Youth TRX ages 8-12

September 24-October 29 Space is limited!
Mondays 6:00-6:45pm - meet under the pavilion. Members: \$25

FAMILY/TEENS PROGRAM

Babysitting Course ages 11-15

September 22 9:00am-2:00pm
Members: \$23 Non-members: \$35

Staying Home Alone Course ages 8-12

October 13 9:00am-12:00pm
Members: \$15 Non-members: \$25

8 is Great ages 8+

September 13 5:00pm
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

Youth Dance Ages 3+

Thursdays Sept 13-Dec 15, 5:30-8:30pm
Sundays Sept 16-Dec 15, 11:30-3:45
Fall session culminates with an off-site recital complete with costumes.
See registration form for details. Registration begins Aug 1.



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 rstoriato@syracuseymca.org

Family Fun Events

6:00-8:00pm all ages

Family Fun Night

September 22 - Floor Hockey Members only FREE

Parents Night Out is Back! ages 2-11 4:00pm-8:00pm

October 6 - Goosebumps
October 13 - Ghouls of Transylvania
\$15 per child \$35 family max.

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.

Halloween Party at Northwest

October 20 6:00pm-8:00pm
Members Only

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

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: Sept. 11-Oct. 21
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.

Dish Golf – Youth and Adults Ages 8+

Thursdays 6:00pm-7:00pm

Session September 13-October 18

Registration begins August 20 ends September 10

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

Family Members: \$35

Youth Members: \$65

Non-Member \$85

Outdoor TRX Suspension Training

6 week Session September 21-October 26

Registration begins August 20.

Friday 6:00-6:45am

Members: \$60

Fall LesMills Grit Sessions

September 10-October 6 (reg. opens 8/27)

October 8-November 3 (reg. opens 9/24)

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

Sing-a-long with Frank Ricciardiello

Sept. 18 10:15-11:15am

Come sing-a-long and enjoy light snacks and coffee

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

Session: September 16-October 21

Members: \$30 single \$50 couple

Non-members: \$45 single \$80 couple

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

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.

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:

18FL1: 9/10/18-10/20/18

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

STRONGER FRIENDS



GIVE your friends a FREE two-week trial membership.

GET a FREE month of membership for each friend who joins.

STRENGTHEN your friendship and your community at the same time

HOW IT WORKS: 2 week passes will be available at Member Services starting Sept 10 for Members to share with friends. Passes must be redeemed by Oct. 31.

Members are awarded a FREE month of membership for each friend that joins the YMCA of Greater Syracuse by Nov. 15.