

# NORTH NEWS

## MEMBERSHIP PROGRAMS

### March 2018



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

### AQUATICS

#### Swim Lessons: Mar 5 – Apr 14

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

#### 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: Floor Hockey  
Registration: Feb 12-Mar 3 Session Mar 5-Apr 14  
Family Members \$30/Youth Members \$75/Non-Members \$95

#### Tween & Teen

##### Co-Ed Basketball League

Ages 8 - 13 / Wednesdays / 6:00 - 8:00pm  
Registration begins Feb 12  
Session: Mar 7-Apr 11  
Members FREE / Non-Members \$75\*

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

#### Youth Dance ...Sign up now!

Registration extended for our 15-week Winter/Spring Youth Dance session. Children ages 3-16 can enjoy classes like Ballet, Tap, Jazz, Hip Hop, and Tumbling and show off their skills at an end-of-session off-site recital complete with costume!

### FAMILY/TEENS PROGRAM

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

April 21 - 9:00am-12:00pm  
Members: \$15 Non-members: \$25

#### Babysitting Course ages 11-15

March 31 - 9:00am-2:00pm  
Members: \$ 23 Non-members \$35

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

Youth can use the cardio equipment during these times:

◆ Thursday & Friday: 6:00pm-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

March 10: Nerf Night must bring darts, launcher, and protective eyewear. All ages

#### Breakfast with the Easter Bunny all ages

March 24 - choose 9:00, 10:00, or 11:00  
Members: \$5 per person Non-members \$10 per person

#### Parents Night Out:

Mar 3 - Circus Fun

Mar. 17 - Under the Rainbow

4:00-8:00pm Members \$15 per child/\$35 max per family.

**Parent/Child Gym** will now feature open registration to all members and non-members who aren't currently enrolled. The Spring 1 Session begins 3/5/18 so please stop by the desk to sign up. Classes are offered Mon.-Thurs. both AM and PM. Also, we are always looking for energetic members to work for our department. If you have any questions about what Parent Child Gym does, and how you can take advantage of this free class, please contact Courtney at [cbintz@syracuseymca.org](mailto:cbintz@syracuseymca.org)

### 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



## 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](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 Session: Mar 10-April 28  
Stop in for a little healthy competition!  
No experience is necessary and all that you need to provide is 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 Competitive Basketball**

Session: April 29-July 15, 2018  
Registration March 19- Apr 15  
\$300 Entry fee per team  
Referee fee of \$35 per team, per game.  
Entry fee must be paid in full to register.

### **Single Parent's Coffee Hour**

Join us for a coffee hour and gather with other single parents in the community.  
Date: Last Friday of every month  
Time: 6:00pm-7:00pm  
Location: North Area Family YMCA in the Sweetheart Day care

## ACTIVE OLDER ADULTS

### **Orientation to the Y Wednesdays at 2:00**

Older Adult Orientation to the Y. Get the most out of your membership and meet with staff to learn about everything we offer.  
Members: FREE

### **Pot 'o Luck Brunch**

AOA Pot O'Lunch Brunch  
In The Front Lobby Area  
Wednesday, March 14th  
9:45am-11:00am  
Bring a dish to pass.  
Sign up sheet at front desk.



## 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 Line Dancing** Sundays, 2:30-3:30pm

Ages 18+ March 4, 11, 18, 25, Apr 8 and 15  
Line dancing is fun and great for burning calories, improving balance and coordination, and building confidence on the dance floor! Bring your friends!  
Member: \$30/person or \$50/couple;  
Non-Members: \$45/person or \$80/couple

### **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  
Registration: ongoing. Members: FREE  
Non-Member: \$125

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

### **Triathlon Training:**

**Off-Season Group Triathlon Training**  
Maintain your run base. Improve your cycling and swimming techniques. Improve your power to weight ratio. Strength train a.k.a. "injury proof" your body. Mondays \$45 9:30-10:30am

### **Swim Academy**

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

## 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 be 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 starts March 19th!

# KEEP

## IN TOUCH WITH US

by sending us one simple email.  
\* Have you recently moved.  
\* Have you changed jobs?  
\* Do we have the best email address for you?

We'll be surveying our community soon and we also just want to make sure you're getting the information you need from us on a regular basis. Email is one of our primary ways of communicating important program, facility and mission updates to our members and supporters, but correct phone numbers and addresses are important as well.

Send an email to: [infoupdate@syracuseymca.org](mailto:infoupdate@syracuseymca.org)  
You can also update your information in our branch. Our membership staff would be happy to help you!

### **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:**

18SP1: 3/5/18-4/14/18

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