

OUR VALUES

YMCA OF GREATER SYRACUSE CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. That's why we ask everyone to act responsibly and to respect the rights and dignity of others at all times when in our facility or participating in our programs.

The following actions are prohibited in our facilities, vehicles and programs. The list is not all-inclusive.

- Using or possessing alcohol or drugs
- Smoking - the YMCA and its property is a smoke-free environment
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering
- Solicitation of members and guests within the YMCA facility or grounds without authorization by YMCA management
- Offering and/or performing individual or group training services to members while not employed by the YMCA.

The YMCA will deny access and membership to any person on the national or New York State registry of sex offenders (level 1, 2, and 3). The YMCA reserves the right to deny access and membership to any person who has been charged or convicted of a crime involving sexual abuse but is not on a sex offender registry.

The YMCA reserves the right to deny access and membership to any person who has ever been convicted of any offense relating to the use, sale, possession, or transportation of illicit drugs, or is presently or habitually under the influence of illicit drugs, including intoxicating beverages.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff member or the Building Supervisor on duty. YMCA staff members are eager to be of assistance. In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The Branch Executive will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Branch Executive if, in his/her discretion, a violation of the YMCA Member Code of Conduct has occurred.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall Fun For Everyone



Fall 2018
EAST AREA FAMILY & MANLIUS YMCA

MEMBER BENEFITS

YOU'VE JOINED... NOW WHAT?

CONGRATULATIONS on taking the first step of your wellness journey! We are honored you chose our Y for all things related to creating a healthy lifestyle! Here are a few things that you can do now that you are officially a member:

- If you haven't already, take a tour and let your tour guide the specific areas you're interested in so that he or she can introduce you to Y staff and Directors in those program areas.
- Sign up for an orientation in our Fitness Center. Our supportive staff will expertly help you evaluate your fitness goals and select machines - both cardio and strength focused - to help you begin making strides toward your goals.
- Thumb through this welcome guide and ask for program inserts for your area of interests. We have SO MUCH to offer our members. Mark programs or classes you are interested in—and be sure to register early to reserve your spot!
- Just Ask! If you are unsure about something, our staff is here to help you along the way. We're always happy to help!

When you belong at the Y, you can enjoy many FREE benefits of membership:

- Academic Support
- Active Adult Programs
- Adult Sports
- Adult Fitness Classes
- Creative Writing Workshops (Downtown)
- Family Prime Time
- Friday Family Fun Nights
- Fitness Equipment Orientations
- Teen & Tween Programs
- Inclusion Support Services for Qualifying Individuals
- Use of six CNY YMCA Locations
- Use of YMCAs across the USA
- Water Fitness Classes
- Youth Fitness Classes
- Yoga, Pilates & Tai Chi
- Youth & Adult Swim Lessons

Members also receive special reduced rates for many activities, including:

- Dance Classes
- Homeschool programs
- Music & Art Classes
- Parent's Night Out
- Preschool
- Summer Camps
- Tennis
- Tutoring
- Youth Sports Programs

HEALTH INSURANCE REIMBURSEMENT

Many health insurers are recognizing the benefits of an active lifestyle by reimbursing for some or all of your YMCA membership. Ask your insurance company if your plan participates. If it does stop by Member Services or give us a call to get started, 315-637-2025. Manlius Branch 315-692-4777

SILVER & FIT

We are happy to participate with Silver & Fit, which allows eligible Medicare Advantage Plan member access to YMCA programs. For details call us, 315-637-2025. Manlius Branch 315-692-4777

A POWERFUL COMMUNITY

When you belong at the Y, you're among people dedicated to strengthening community. We bring people together for healthy activities so you can make memories with your family and friends.

Aquatics Center

Jump right in! The Aquatics Center has something for everyone: a zero-depth entry activity pool, a lap pool, a whirlpool, a warm water therapy pool and a water slide. Sauna and steam rooms are in both locker rooms.

Arts Studio

Explore your creative potential in our fully equipped Arts Studio. Classes are available in painting, drawing, ceramics, and music for children, adults, and seniors.

Athletic Performance Center

Central New York's most comprehensive indoor training center includes a 2,700 square-foot weight room, a 53-yard, four-lane sprint track and a turf practice field - at the Manlius Y.

Family Prime Time Center

Enjoy peace of mind while you exercise. Your children will love playing, reading and crafting in our supervised, age-appropriate rooms.

Group Cycle Studio

Take a spin on our high-tech bikes or jump into a Group Cycle class.

Group Exercise Studio

Pump up your heart rate in one of our awesome classes in this spacious studio.

Gymnasium

Get sporty in 21,000 square feet of gym space, which includes three full basketball courts and six sport courts.

Health & Wellness Center

Explore our state-of-the-art cardio equipment, strength circuit, free weight area and stretching zone.

Preschool

Our preschoolers have fun as they grow in spirit, mind and body, so they are ready for the next challenge.

School Age Child Care

We offer on-site and off-site programs for the F-M and ESM school districts.

Teen/Tween Center

A fun, supervised space where older kids can socialize, do homework and play games.

Tennis Courts

Grab a partner and play on one of our 6 tennis courts: 3 indoor Uni-Turf courts and 3 outdoor Har-Tru courts - at the Manlius Y.

For more information regarding specific programs, costs, and availability, please see program guide insert for each individual program area. Inserts are available at the Membership Desk or ycny.org

REGISTRATION INFORMATION:

FALL I SESSION:

Sept. 9 - Oct. 20

Registration Begins Aug. 13

FALL II SESSION:

Nov. 2 - Dec. 15

Registration Begins Oct. 15

REGISTER FOR PROGRAMS ONLINE

1. Go To: www.syracuse.ymca.org and click the "Online Registration" tab at the top of the page.
2. Follow the instructions on the right side of the page if it is your first time using online registration.
3. Select the appropriate family member to search for available programs and make your program selection.
4. Register, confirm your transaction, and print your receipt. You will also receive a confirmation email.

Please note, registration pages may load slowly and not all programs are available for online registration. Please see the front desk with any questions.

EAST AREA YMCA BOARD OF MANAGERS

Susan Baldwin	Matthew Eaton	Mary Jensen	Anne Matt	Jenny Randle
Norma Cooney	Paula Mallory Engel	Mike Kerwin	George McGuire	Ruth Schwartz
Rich DeVito	Kenneth Foresti	Jim King	Andy Meyer	Maria Trexler
Amy Dobrovecch	Kelly Griffith	Amy Setright Longstreet	Tracey Noble	Patricia Woodcock

SENIOR STAFF TEAM

	NAME	EMAIL	EXTENSION
Associate Director of Development	Kelly Carinci	kcarinci@syracuseymca.org	204
Associate Executive Director	Kelly Butters	kbutters@syracuseymca.org	207
Property Director *	Jade McClallen	jmccallen@syracuseymca.org	219
Senior Program Director: Membership & Wellness	Mary Beth Anderson	manderson@syracuseymca.org	220
Senior Program Director: Youth Development	Megan Davis	mdavis@syracuseymca.org	238
Senior Program Director: Childcare *	Amber Shannon	ashannon@syracuseymca.org	231

PROGRAM DIRECTORS/COORDINATORS

Active Adults Coordinator	Eric Feldstein	efeldstein@syracuseymca.org	229
Arts Studio Director *	Dani Mosko	dmosko@syracuseymca.org	216
Arts Studio Coordinator	Sue Ji Yong	syong@syracuseymca.org	216
Aquatics Director	Jessica Abbey	jessabbey@syracuseymca.org	217
Birthday Party Coordinator	Jamie Schleicher	jschleicher@syracuseymca.org	
Swim Lesson Coordinator	Molly Miller	mmiller@syracuseymca.org	226
Lifeguard Coordinator	Jane Kallmerten	jkallmerten@syracuseymca.org	241
School Age Childcare Director	Rachel Hill	rhill@syracuseymca.org	215
Inclusion Director	Morgan Ruggeri	mruggeri@syracuseymca.org	211
Sports Director *	Mike Miller	mmiller4@syracuseymca.org	224
Sports Coordinator	Kate Johnson	kjohnson@syracuseymca.org	232
Family Director *	Cassie Rohwer	crohwer@syracuseymca.org	237
Family Prime Time Coordinator	Heather Vallet	hvallet@syracuseymca.org	227
Teen, Tween & Camp Iroquois Director	Allie Clarke	aclarke@syracuseymca.org	210
Education Director	Alicia Roberson	aroberson@syracuseymca.org	315.744.4420
Membership Director	Kate Mumford	kmumford@syracuseymca.org	202
Membership Coordinator	Andrea Downs	adowns@syracuseymca.org	208
Membership Coordinator	Jenelle Balstra	jbalsa@syracuseymca.org	236
Member Wellness Coordinator	Monika McKee	mmckee@syracuseymca.org	225
Group Exercise Coordinator	Patty Ryan	pryan@syracuseymca.org	223
Multisport Director	Jennifer Hughes	jhughes@syracuseymca.org	

ADMINISTRATIVE

Administrative Assistant	Toni Stenuf	tstenuf@syracuseymca.org	213
Membership and Program Accounting Supervisor *	Dena Troubetaris	dtoubetaris@syracuseymca.org	212
Program Bookkeeper *	Briody Scheid	bscheid@syracuseymca.org	234

Manlius Y Directory

315.692.4777

Associate Executive Director	Lesley Wilcox	lwilcox@syracuseymca.org	203
Family Coordinator	Austin Smith	asmith@syracuseymca.org	204
Health, Wellness & Membership Director	Erin Coelho	ecoelho@syracuseymca.org	210
Tennis Program Director	Paul Laurie	plaurie@syracuseymca.org	206

* Oversees programs at the Manlius Y in addition to the Fayetteville Y.

HOURS OF OPERATION

Monday – Friday	5:30am – 10:00pm
Saturday	5:30am – 9:00pm
Sunday	8:00am – 7:00pm

*Please note: all activities cease at times listed above. Locker rooms close 15 minutes later, at which time you must also exit the facility. Hours are subject to change.

HOLIDAY HOURS

Our YMCA is open 360 days a year! We close on Easter, Memorial Day, Independence Day, Labor Day, and Christmas Day.

We will remain open on:

- Thanksgiving Day	5:30am – noon
- Christmas Eve	8:00am – noon
- New Year's Eve	8:00am – 5:00pm
- New Year's Day	9:00am – 5:00pm

AGE POLICIES

Age requirements are in effect during all hours of operation.

FACILITY: Children 7 years of age and younger must be accompanied by an adult or a YMCA Program Leader at all times and in all areas of the YMCA, except in the case of special programs or classes. Parents may leave the Y if the child is registered for any program except Swim Lessons. Children ages 8+ may use the facility without an adult present in the facility and are encouraged to enroll in our "8 is Great" class.

POOLS: Youth 7 and under must be supervised by an adult in the pool area and must pass a deep water test administered by our lifeguards to swim in the deep end. Children ages 8+ may use the pool without an adult present, but please reference our Swim Safety Policy. Completion of a deep water test is required to swim in the deep end.

LOCKER ROOMS: Children 5 and older must use gender-specific locker rooms or utilize family locker rooms. The use of cameras and video recording devices, including cell phones, is strictly prohibited in locker rooms. All locks need to be removed daily. If left on overnight, locks will be removed by the Y.

HEALTH & WELLNESS CENTER: Children ages 8-12 are permitted to use the cardiovascular equipment only while accompanied by a parent. The parent must use the cardiovascular equipment adjacent to their child. Children ages 12-16 must complete a Teen Fitness Center Orientation Program prior to using the equipment. Ages 17+ are permitted to use all equipment on their own.

GUEST POLICY

If you know someone who could benefit from the Y the way you have, bring them in as a guest. Adult members (18+) are welcome to bring a guest under the following conditions:

- Members are responsible for the behavior of their guests and must accompany them at all times during their visit.
- Adult guests must present a valid picture ID for each visit and sign a waiver of liability.
- There is a limit of one guest per family, per visit.
- Each local guest may visit the facility twice per lifetime.

Out-of-town guests are not required to join after two visits if they provide proof of residency and are allowed 10 visits per year.

- As Family Prime Time is a member benefit, guests are not permitted to utilize the center.

MEMBERSHIP 2018 MONTHLY FEES*

Family (see definition)	\$78.54
Family of 2 (Adult +1)	\$61.75
Adult	\$37.75
Young Adult (19-29)	\$30.00
Youth II (8-18)	\$25.25
Youth I (0-7)	\$20.25
Membership for All	Sliding Scale

JOINING FEE

A joining fee of \$49 is required of new Adult, Family of 2 and Family memberships and is non-refundable. For Young Adult and MFA memberships, the fee is \$26. This fee is to be paid in full at the time of enrollment. Memberships that have expired or have been canceled for more than 30 days are required to pay the joining fee.

MEMBERSHIP FOR ALL

Our scholarship program is available for those unable to pay the YMCA monthly fees. Families with a household income of less than \$60k, and individuals with a household income of less than \$30k may be eligible. In order to apply for a scholarship, the membership requires a copy of applicant's most recent tax return, social security or benefits distribution check.

FAMILY UNIT DEFINITION

A family unit is defined as two heads of household and their dependent children through the age of 25 who reside at the same address. Proof of residence may be required.

YOUR CARD IS KEY

Your membership card helps us keep the Y safe: It allows us to know who's in the Y at all times. Please use it every time you visit. If you forget your card, you must show a photo I.D. If you've misplaced your card, or if you forget it repeatedly, you must purchase a new card at \$5.

MEMBERSHIP CANCELLATION

A written request of membership termination and your membership cards must be received by the 5th of the month to avoid payment for that month.

PROGRAM REFUND POLICY

Refunds will be issued if notice is given within 3 business days (Monday – Friday) prior to the start date of the program. Refunds will not be issued once a program has started. If there is a medical reason, documented by a physician, for inability to attend a program, a refund will be issued. There is a \$10 processing fee for refunds issued in check form. If a program is canceled by the YMCA, this fee will be waived. Processing refunds takes approximately 14 business days.

VOUCHERS

All vouchers expire one year after issue date.