

EAST & MANLIUS NEWS



MEMBERSHIP PROGRAMS

February 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

East Area Family YMCA . 200 Towne Drive . Fayetteville NY 13066 . 315.637.2025
Manlius YMCA . 140 W. Seneca Street . Manlius NY 13104 . 315.692.2041

AQUATICS

Sign up for our Spring 1 Session Swim Lessons!

ON DECK REGISTRATION: Feb. 12 – Feb. 17 @ 1pm

DROP-OFF REGISTRATION: Feb. 12 – Feb. 18 @ 7pm

OPEN REGISTRATION: Begins Feb. 26

Need an assessment? Our next assessments will be:

- Tues. 2/6: 6-8 pm
- Thurs. 2/8: 6-8 pm
- Sat. 2/10: 12-2pm
- Tues. 2/13: 6-8pm
- Thurs. 2/15: 6-8 pm
- Sat. 2/17: 12-2pm

No appointments needed, just drop in during one of our assessment times and sign up at the table on our pool deck!

Please contact eastswimlessons@syracuseymca.org with any questions regarding swim assessments.

TWEENS & TEENS

Teen University Scholarship Review Night

Tuesday, March 13th 6:30-7:30pm

This night is for teens interested in learning more about the Teen University senior scholarship. The scholarship application is available January 2nd and is due by April 5th.

For more information, contact [Allie Clarke](mailto:Allie.Clarke@yca.org) at 637.2025 ext. 210.

FAMILY

Daddy Daughter Dance: Sat. Feb 10th 6pm-8pm

\$30 per couple; \$60 Nationwide/Non-Member

\$8 Additional Member; \$16 Additional Non-Member

Dads, put on those dancing shoes and get ready for a magical night with your princess. Twirl your little lady around the dance floor at our annual Daddy Daughter Dance. We'll provide hors d'oeuvres, music, crafts and all the fun you can handle.

Parents Night Out: Pajama Party!

Feb. 17, Sat. 4:00pm-8:00pm (Ages 6 week - 7 years)

\$19 per child / \$48 for 3 or more family members

\$39 Youth Member/ \$88 for 3 or more family members

Take a well deserved break while your children have a blast at the Y! For more, contact [Nicole Calhoun](mailto:Nicole.Calhoun@ymca.org) at 637.2025 ext. 237.

SPORTS

REGISTER TODAY FOR OUR NEW
OFF-SITE 8 WEEK YOUTH LEAGUES



FLAG FOOTBALL LEAGUE

Sat. May 19-Sat. July 7 @ East Syracuse Elementary School

During a one-hour practice, participants will learn skills development through game activities and informal flag scrimmages. \$60 Family Member, \$80 Youth Member & \$120 Nationwide/Non-Member

SOCCER LEAGUE

Sun. May 20-Sun. July 8 @ Woodland Elementary School

During a one-hour practice, participants will learn skills development through game activities and informal soccer scrimmages. \$50 Family Member, \$70 Youth Member & \$100 Nationwide/Non-Member

For more, contact [Mike Miller](mailto:Mike.Miller@ymca.org) at 637.2025 ext. 224

CAMP IROQUOIS

Member Registration NOW OPEN!

Registration for all will open March 5!

Bring or mail registration form, immunization record, and deposit.

For more information, contact [Allie Clarke](mailto:Allie.Clarke@ymca.org) at 637.2025 ext. 210.

Sign up TODAY for your Outdoor Summer Pool Pass

Jun. 30 - Aug. 26 / Sat. & Sun. 10am-5pm (Sun. July 15 9am-1pm)

*Open July 4th 10am-2pm for Season Pass Holders ONLY!

*SIGN UP BY MAY 15th & get a \$5 discount on your membership!

*\$95 for families and \$45 for individuals * DAILY PASS AVAILABLE

TO MEMBERS ONLY- \$20/Family & \$10/Single

ATHLETIC PERFORMANCE

REGISTER IS NOW OPEN FOR SP1 @ THE MANLIUS Y

Athletic Performance is for highly motivated athletes that are seeking undivided attention during intense, focused sessions that are specifically catered to the athlete's goals and abilities.

- STRENGTH & CONDITIONING
- SPEED AGILITY & STRENGTH
- FIELD HOCKEY
- SOCCER
- FOOTBALL
- TENNIS

PRESCHOOL

Half & Full Day Programs Available at our East & Dewitt Locations!

For more, contact [Amber Shannon](#) at 637.2025 x231.

YMCA Preschool 2018-2019

New Family Registration will open up on March 1st for both our East and Dewitt locations. For more information, contact [Amber Shannon](#) at 637.2025 x231.

SCHOOL AGED CHILD CARE

New Family Registration will open up on March 1st for all of our FM, JD and ESM school districts. Registration forms will be available on our website or at our membership desk.

During the afterschool program your child will partake in: Homework Time, A Healthy After School Snack, Physical Activity, Arts & Crafts, Science Experiments & Much More!
For more, contact [Amber Shannon](#) at 637.2025 x231.

INCLUSION

CAREGIVER SUPPORT GROUP @ EAST

4th Friday of each month

6:30pm-7:30pm (February 23)

The YMCA is partnering with **Show Them How Smart You Are** to bring together those who care for individuals with Autism and special needs. Please join us to build relationships with other caregivers, and focus on you. For more, contact [Morgan Ruggeri](#) at 637.2025 x211.



ARTS

NEW GLASS WORKSHOPS!

(Kids & Adults) Schedule your glass class to make glass art! Let us show you a variety of projects to choose from.
(Adults) Wed. Feb. 28th 6-7:30pm: Glass Pendants
Make your own unique fused glass pendants or pendant an earring set by stacking colorful bits of dichroic and stained glass. We will fire it in our kiln & attach a bail to your finished necklace. \$35 Family Member; \$70 Non Nationwide/Member
For more information, contact [Dani Mosko](#) at 637.2025 ext. 216

ADULTS

BE YOUR B.E.S.T.

Start Date 3/6 Tues. & Thurs. 1:00pm - 1:30pm

Price: \$45 per member for 8 weeks

B.E.S.T. stands for Balance, Endurance, Strength and toning... the four things you will build in this 30 minute class. Whether you are brand new to fitness or looking for a bit of a challenge, this class will be adjusted to your needs. This small group will allow individual attention and correction of form.
For more information, contact [Eric Feldstein](#) at 637.2025 ext. 229

HEALTH & WELLNESS

TRANSFORM @ EAST & MANLIUS

Times to be determined with trainer

\$20 per member for 4 sessions *Must be completed within 6 weeks. Transform is a program that will provide you with easy to follow tools to get started towards a healthier lifestyle. A trained coach will be with you every step of the way to encourage & motivate you towards success. *After completing your 4 sessions, you will receive a \$10 voucher good towards any fitness program. For questions, contact [Mary Beth Anderson](#) at 637.2025 ext. 220 / Register at the Membership Desk TODAY!

FINAL 4 FITNESS CHALLENGE @ EAST & MANLIUS

February 12 - March 12

GRAND CHAMP: Massage Envy Gift Card (valued at \$150)

2nd place: Amazon Echo- (valued at \$100)

3rd place: \$50 Movie Tavern gift card

4th place: \$25 sports/fitness program voucher

CONTEST RULES:

- Ages 8+ can suit up and play
- The more you workout, the greater your chances to win
- Enter your name in the contest box each time you visit - 1 entry/day
- 68 member names will be drafted & paired with a team for our Y March Madness Tournament
- The Final Four teams will compete to WIN GREAT PRIZES!

BROWN BAG LUNCH - NURTIONAL SEMINAR @ EAST March 1st 12pm - 1pm: Fact or Fiction Nutrition

With so much conflicting information flying around about what you should and shouldn't be eating, it's hard to determine what advice you should really be following. Our Y dietitian will help you clarify some common nutrition myths and get you on the right track. \$6 Family Member; \$7 Youth/Single Member; \$9 Nationwide/Non-Member



MID-WINTER BREAK CAMPS

February 19 - February 23

Check out our Monday- Friday Feb. Break Camps!

- Athletic Camp @ the Manlius Y
- For The Love Of Snow @ Camp Iroquois
- Tween Club Vacation Camp @ the East Area Y
- Y Vacation Camp @ the East Area Y
- Fill Your Winter With Art Camp @ the East Area Y

- For more information, please see Member Services

SPRING 1 SESSION DATES:

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

***Follow us on Facebook: East Area Family YMCA**