

EAST NEWS



MEMBERSHIP PROGRAMS

January 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

East Area Family YMCA . 200 Towne Drive . Fayetteville NY 13066 . 315.637.2025

AQUATICS

Looking to sign up for our Winter Session Swim Lessons?

Make sure you have an assessment or Achievement Card from December or January. Registration will close Saturday, January 21st

Need an assessment?

Our next assessments will be:

- Thursday, January 4th 5:30-6:30pm
- Saturday, January 6th 9:00-10:00am

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.

*Check out our NEW pool schedules at

<http://www.syracuse.ymca.org/east-area.html>

TWEENS & TEENS

*Registration for 2018-2019 Tween Club is now available for 5th-7th graders.

Are you a teen or tween who LOVES food?

Join our Cooking Club on Mondays 6:30-8:00pm (Jan.8-Feb.12 / Ages 9-14)

We will be making delicious dinners & desserts!

You will give you the skills to replicate meals at home!

Family Members \$65/Youth Members \$85

For more information, contact [Allie Clarke](#) at 637.2025 ext. 210.

Teen University Night

Wednesday, January 17th 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](#) at 637.2025 ext. 210.

NEW Teen Center Hours

Beginning January 6th

Monday – Friday 3:30pm-8:00pm

*When FM schools are closed, the

Teen Center is open at Noon.

Saturday & Sunday 11:00am-4:00pm



FAMILY

Family Fun Nights

Every Friday during the school year - 5:00pm-8:00pm

Free to members / All ages welcome! Every Friday, join us for a night of free entertainment at the Y. Take part in open swim, games in the gym, play time on the inflatable obstacle course, arts and crafts and more! Bring socks, sneakers, and swimsuits, and get ready for a night of fun!

***1/19: Winter Warm Up:** Warm up with us at the Y! Stop in during Family Fun Night to make your cocoa extra special at our hot chocolate bar!

Parents Night Out:

January 20, Saturday 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](#) at 637.2025 ext. 237.

SPORTS

Youth Basketball League

Session: January 13-March 24, 2018

Our Youth Basketball League is open to boys and girls ages 3-12. We emphasize the fundamentals of basketball as well as fair play, sportsmanship, and fun!

3-4 year olds: 9:00am-9:45am

5-6 year olds: 10:00am-11:00am

7-8 year olds: 11:15am-12:15pm

9-10 year olds: 12:30pm-1:30pm

11-12 year olds: 1:45pm-2:45pm

For more, contact [Mike Miller](#) at 637.2025 ext. 224

MIDNIGHT MADNESS

Friday, Jan. 5 9:30pm-1am (Next date: Jan. 19)

Open gym time, Teen Center, Bounce House, Gaga Pit, snacks for sale and more! Open to 5th-12th graders. \$3/members & \$6/non-members plus the guest waiver signed by a parent or guardian. Don't forget snack money!

CAMP IROQUOIS

Member Registration NOW OPEN!

Bring or mail registration form, immunization record, and deposit. visit our website at www.syracuse.ymca.org For more information, contact [Allie Clarke](#) at 637.2025 ext. 210.

PRESCHOOL

***Full & Half Day Programs Available at East!**

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

YMCA Preschool 2018-2019

NEW CARE IN THE COMMUNITY

Dewitt Community Church - Registration is still open for our Preschool Program at the Dewitt Community Church. For more information, contact [Amber Shannon](#) at 637.2025 x231.

SCHOOL AGED CHILD CARE

Registration begins January 8th for next year, 2018-2019 childcare programs! Our afterschool programs are designed to accommodate family schedules and offer your child the opportunity to learn, grow and play in a positive setting that is designed to develop life skills and values.

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

SOCIAL OPPORTUNITIES & RELATIONSHIPS (SOAR)

(AGES 5-8) Saturdays 9:15am-10am

(AGES 9-12) Saturdays 10:15am-11am

Session: 18WIN Code: 0428SOAR02

\$75 family members; \$95 youth members;

\$150 non-members

Let us provide your children with the tools and techniques to help them succeed in social settings. Children will work in a small group in order to reach their personal social goals. Successful peer interaction through role play, games and group discussions are designed to help boost your child's confidence in social scenes. *If there is not enough participants to run both, we will be merging the classes & will run it at the 9:15am time. For more, contact [Morgan Ruggeri](#) at 637.2025 x211.

ARTS

DANCE CLASSES

January 20th - May 5th, 2018 (Saturdays)

Ballet/Tap Combo Ages 4-8, 1:00-1:45 PM

Jazz/Hip Hop Ages 4-8, 2:00 - 2:45 PM

At the Y, we provide programming for youth that will allow for growth and development through the art of dance. Your child will learn the basics of ballet and tap through creativity, imagination and musicality, while learning dance etiquette, basic steps and positions, rhythm and coordination!

\$155 per Family Member / \$175 per Youth Member
\$250 per Non Member *Recital costumes included in fee. For more information, contact [Dani Mosko](#) at 637.2025 ext. 216

ADULTS

ACME MURDER MYSTERY DINNER

Thursday January 25th 7:00pm-9:30pm

Travel with us to the Spaghetti Warehouse to watch the hilarious antics of the ACME Mystery Company. Big Louie and the Gang that Couldn't Think Straight is an interactive three act romp. This trip includes a three course meal with drinks, gratuity and a chance to make your guess on who dun' it! Member Fee: \$37 / For more information, contact [Eric Feldstein](#) at 637.2025 ext. 229

HEALTH & WELLNESS

Is your New Year's Resolutions Healthy Eating?

Join one of our New Year's Resolution classes on:

Wednesday, Jan. 10th 10-11am / \$10 Members

Wednesday, Jan. 24th 1-2pm / \$10 Members

Thursday, Feb. 8th 5:45-6:45pm / \$10 Members

Start the New Year off right & attain your nutritional goals with the help of our YMCA Registered dietitian. This class will be held in a small group

setting of 10-12 members. For questions, contact [Mary Beth Anderson](#) at 637.2025 ext. 220 / Register at the Membership Desk TODAY!



***GET INVOLVED & MAKE A DIFFERENCE.**

Join us at the East Area Y for a FREE two-day Mental Health First Aid training on Wednesday, Feb 7 - Thursday, Feb 8 from 9am-1:30pm.

This training covers everything from anxiety, depression, and bipolar disorder to substance abuse disorders. Increase your understanding of mental illness, learn about common community supports and more. *Must register by January 29th; to register contact [Kelly Butters](#) at 637.2025 ext. 207

East Area Hours:

Mon-Fri 5:30am-10:00pm

Saturday 5:30am-9:00pm

Sunday 8:00am-7:00pm

Prime Time Hours:

Mon-Fri 8:30am-1:00pm

& 3:45pm-8:30pm

Saturday 8:30am-1:00pm

Sunday No Primetime

Power Zone:

Too grown up for the Club Room? Youth 5+ may use the Power Zone. Free to members; children 7 and under must be signed in at the PrimeTime welcome desk before going to the Power Zone.

MONDAY-FRIDAY 3:45pm-8:30pm

SATURDAY 8:30am-1pm

*When FM schools are closed for a holiday, vacation or snow day, the PowerZone hours are:

8:30am-1:00pm (Ages 5+)

1:00pm-3:45pm (Ages 8+)

3:45pm-8:30pm (Ages 5+)

Winter Session:

18WIN: 1/7/18-2/17/18

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