



FAMILY TRANSFORMATION

RUNNING GROUP TRAINING SESSIONS

LIFE . TRAIN . SUCCEED. WINTER 2024

MOTIVATE
ACTIVITY
DIVERSITY BALANCE & FLEXIBILITY

Walk to Run
Beginner Level
Free to Members | \$125 Non-Mem
Ongoing 13-wk session. May join at any time.

Location	Day	Time
North Y	Monday	5:00-6:15pm*
Northwest Y Learn to speedwalk!	Thursday	8:30-9:20am
Beginner Runner East	Wednesday	5:45-6:45pm
Manlius	Monday	5:30-6:45pm*
Southwest	Tuesday	9:30-10:45am

Hydro Running All Classes
Free to Members
Increase cardio output with zero impact. Great alternative to running when injured!

Location	Day	Time
North Y	Wednesday	10:30-11:15am
	Friday	8:30-9:15am
Northwest Y		See aquatic sched
Hal Welsh East Y	Monday	10:30-11:15am
	Monday	4-4:45pm
Downtown Y	Monday	7:30-8:15am
	Tuesday	12:10-12:50pm

Half Marathon , Marathon , and Ultra Distance
\$135 Members | \$270 Non-Mem
Endurance Training for all races

Location	Day	Time
East Team @ JDHS Jamesville/Dewitt High School	Tuesday	6:30-8:00pm*

*may join at anytime

Private run lessons with a YMCA running coach are available. Sign up online or at front desk
Video Run Analysis - \$25 to members

Learn to Race Walk/Speed Walk With Bob Nicholson Thursdays 8:30am at NWY Track!! Starting October 6th!

Run Club
Beginner-Intermediate Level
Free to Members | \$125 Non-Mem
Ongoing 13-wk session. May join at any time.

Location	Day	Time
North Y	Monday	5:00-6:15pm*
	Wednesday	5:45-6:45am
Northwest Y	Tuesday	5:45-6:45am
	Thursday	9:30-11:00am*
		6:30-7:45pm Elden Elem, Bville*
Hal Welsh East Y	Thursday	5:45-6:45am
		9:30-11:00am*
Manlius Y	Monday	5:30-6:45pm
Downtown Y	Tuesday	5:45-6:45am
Southwest Y track	Tuesday	9:30-10:45am
	Wednesday	5:45-6:45am

Developmental Long Run

Location	Day	Time
North Y		On Hold
See locations below	Saturday	On Hold
Green Lakes State Park at West Beach Saturdays on even calendar days 7:00am Marathoners 8:00am All Welcome ON HOLD		
Onondaga Lake Park at Willow Bay Saturdays on odd calendar days 7:00am Marathoners 8:00am All Welcome ON HOLD		

- May join at anytime
- Red denotes change
- Download the YMCA of CNY App or Go to YCMCANY.ORG to register
- Join our FB page for updates **Syracuse Y Runners**

For more information and any questions, please contact
Jennifer Hughes, Multi-Sport Director, at jhughes@ymcacny.org