AQUATICS
Swim Lessons for all ages!
19FL2: November 4 - December 14
Please see member services to sign up for an assessment.

Jungle Dash in the pool!
Wednesday, October 23 5:00-7:00pm
Members only. FREE!
Space is limited; register at member services!

FAMILY/TEEN PROGRAMS
Family Wellness Now Offered All Day, Every Day
Ages 8-11 Must be accompanied by a parent at all times.
Youth may only use the cardio equipment.
Parent must be on the adjacent cardio machine.
Parent & child must sign in with wellness center staff.
Child must wear fitness band during their time in the fitness room

Youth Basketball
Open to boys and girls ages 5-8. This program runs as a league and will emphasize fair play and sportsmanship.
Registration opens Oct. 14
Members: $47, Youth member $85, Non-member $105

Kinder Basketball
Ages 3-4
Saturdays 10:15-11:00am
Learn basic basketball skills and fundamentals all while having fun. This is a session open to all that would like to get introduced to the sport.
Members: $35, Youth member $55, Non-member $75

Co-Ed Basketball Academy
Ages 6-12
Players will participate in skills and drills to develop ball handling, shooting, conditioning, passing, offensive and defensive skills.
Members: $20 Non-member $75

Youth Dance - Registration is now open! Classic favorites like tap, ballet, and tumbling, as well as some new fun dance class options including Irish Dance and Cheer Dance! Class meeting options on Thursdays and Sundays. We have recital classes for age 3 and up, plus some non-recital beginner options if your star is not ready to take center stage. Recital classes include a costume! Multi-class discounts and financial aid available!

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 Central New York branches. Visit www.ycny.org for schedules.

MEMBERSHIP PROGRAMS
October 2019

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

YOUTH/TEENS PROGRAMS

8 is Great!
October 10 5:00 pm
Ages 8+ FREE with Youth or Family membership

Parent/Child Gym
Mon.–Thurs. Both AM and PM sessions.
We are also looking for energetic members to work for our department. Contact Jodie at jblock@ymcacny.org.

Have your child’s birthday party at the Y!
Our event coordinator will work with you to plan an event to celebrate your child’s special day. Four fun packages to choose from. Parties are available on Saturdays and Sundays.
Prices range from $200-$225.
Contact jblock@ymcacny.org or 315-451-2562 x231

Annual Halloween party at the Northwest Family YMCA
8040 River Road, Baldwinsville, NY 13027
October 19th – 4:00-6:00pm
FREE for Members of all Ages
EDUCATION

Preschool Registration for 2019-2020 is Open!
3 year olds T/Th 9:00-11:30am
4 year olds M/W/F 9:00-11:30am
4 year olds M-F 12:15-2:45pm

ADULT PROGRAMS

TRX Fridays 6:00-6:45am
New session: October 18–December22
Members: $60
Space is limited; sign up today!

Open Cycle is now available any time cycle classes are not in progress! Rules and Guidelines:
• Lights must be left on at all times
• Stereo system will not be available.
• Be respectful to others
• Cycle at your own level.
• See Wellness Center for assistance.
• Age: 17+

Member ONLY basketball
This league mixes players of all levels in spirited weekly 5 on 5 full court basketball games. The season consists of 8 regular season games and playoffs. Meet fellow YMCA members and enjoy this great game at the same time! All teams are formed by the captains drafting teams.
Price: $25 each session ($25 jersey cost) The jersey is yours to keep for the remaining sessions.

Karate: Open to all ages. This is a progressive colored belt program, taught by 9th degree black belt Shihan Coker, promoting physical and mental well-being through hard work, ritual, and self-discipline. Its purpose is self-defense, not aggression. Class size is limited. Registration is ongoing *Fees Do Not include Belt/GI/Tournaments*

New Group Ex Classes/Times
Yoga – Thursdays 5:30
Zumba Gold - Fridays 11:30

ACTIVE OLDER ADULTS

Enjoy a good read—Join the Book Club held the third Wednesday of the month!

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@ymcacny.org.

Dance Starters
A great first introduction to dance! Designed as a shared experience for child and adult partner. Children gain coordination and body awareness in a fun social setting. Parents guardians will enjoy making memories with their little ones while also being in the company of other adults. Thursdays, 5:30-6:00pm. Register today!

Personal Training Special!
Try a personal training special for a more individualized work out session with one of our trained professionals:
3–30-minute sessions for $59
3–60-minute sessions for $99
Sessions expire 12/31/19.

Other programs also available at the Y:
• Cancer Survivor Programs
• Livestrong
• Laurie’s Hope
• Diabetes Prevention
• Blood Pressure Self-Monitoring
• Stewards of Children

Running Programs at North
Monday: 5:15–6:30pm Walk2Run
Wednesday: 5:45am and 9:30am Run Groups
Friday: Long Run 9:30am
Members: FREE

Hydro Running Series
Wednesday: 11:00–12:00pm
Thursdays & Fridays: 10:00–11:00am
Members: FREE

Marathon/Half Marathon Training!
There are still spots available in our marathon groups . Wednesdays 6:30pm @CNS HS (fee)

Triathlon Training
Join our FB page Syracuse Y Triathletes for updates on OWS and Group Rides

SCHOOL AGE CHILD CARE
Enroll Your Child in our School Age Child Care!
We are using our new online registration program for our school age child care enrollment this year. All members will need to pair their current membership account with a new user account through Dakko. Please get in touch with us and update your email address to be able to take full advantage of the enhanced online capabilities offered via Dakko.
For instructions on how to use our new system please visit ymcacny.org/myaccount and follow the directions in the link to connect your current YMCA membership to your new online account.

Doing Our Part! The North Area Family YMCA is taking the lead.
We are no longer providing single use plastic bags in our locker rooms. The elimination of these bags will reduce litter, cut greenhouse gas emissions and protect the environment for future generations! Please remember to bring your reusable bag with you.