

# WINTER

## FREE PROGRAMS WITH YOUR MEMBERSHIP



NORTH AREA FAMILY YMCA

JANUARY - MARCH 2012

**Hours of Operation** Mon - Fri...5:30 am - 10:00 pm  
Saturday ...6:00 am - 8:00 pm  
Sunday .....8:00 am - 6:00 pm

## FAMILY

**FREE**

FREE Family Programs with your membership.  
Check with Member Services for forms, dates & times

### Family Friendly Fridays

\*\*Inflatables 6:00 - 8:00 pm Jan. 6 Feb. 3 Mar. 2 Apr. 6  
\*\*BINGO 6:30 - 7:30 pm Jan. 13 Mar. 9 Apr. 13  
\*\*Movie Night 7:00 - 8:30 pm Jan. 20 Feb. 17 Mar. 16 Apr. 20

**Book Club** (ages 18+) Third Tuesday of every month  
at 10:00am Jan. 17 Feb. 21 Mar. 20

**EBAY 101** (ages 18+) 6:30 - 8:00 pm Designed for  
participants who want to learn to buy and sell better on  
Ebay. February 8 April 4

**LEGO Club** Ages 5-10 6:00 - 7:15 pm (at B'ville site)  
Jan. 5 & 19, Feb. 2 & 16, Mar. 1, 15 & 29

**LEGO Robotics** Ages 8-12 6:00 - 7:15 pm  
(at B'ville site) Jan. 5 & 19, Feb. 2 & 16, Mar. 1, 15 & 29

**Volunteer Orientation** Sign up for an orientation  
Today! Anyone interested in volunteering must participate in  
an orientation before becoming a volunteer with the YMCA.  
7-8pm Jan. 10 Feb. 7 Mar. 13 Apr. 10

**Healthy Kids Day** - Saturday, April 28 10:00 - 1:00  
Strengthening the foundations of community is a blast at  
Healthy Kids Day. Every member of your family will have fun  
trying out new activities and learning how the community can  
help. Try a sport, plant a seed, climb on a fire truck, earn a  
scout badge, or do a mini triathlon.

### Parent/Child Gym

**Winter Session:** January 2 - February 17, 2012

**Spring I Session:** Feb. 27 - April 20 (no classes Apr. 9-14)  
**In Class Reg:** Feb. 13-17 **Drop Off Reg:** Feb. 20 & 21

**Spring II Session:** April 30 - June 15 (no classes May 28)  
**In Class Reg:** Apr. 16 - 21 **Drop Off Reg:** Apr. 23 & 24

**Check out our....Trial Bumblebee/Caterpillar Program -**  
Mondays January 9, 16 & 23 6:00 - 6:45 pm  
Members Only!

## TEEN/TWEEN

**FREE**

FREE Teen/Tween Programs with your membership.  
Check with Member Services for forms, dates & times

**Tween Scene** Ages 8-14 Mon - Fri 6:15 - 8:30pm  
Be part a of the "scene" A great place to hang out with  
friends and play Wii, board games, and more!

**Tween Scene Movie Night** Ages 8+ 6:30 - 8:00 pm  
First Friday of each month. Ending in April. Refreshments  
available for purchase.

**Book Club for Youth** ages 8-12 Tuesdays  
5:00- 5:45 pm Registration is suggested.

**8 is Great** 6:00 - 7:00 pm **Second Thursday of the month!**  
Jan. 12 Feb. 9 Mar. 8 Learn all about the YMCA and  
tour the areas you can enjoy now that you're 8. Register  
with Member Services



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GETTING HEALTHIER TOGETHER

Check out Schedules and Programs on our website: [www.ymcaofgreatersyracuse.org](http://www.ymcaofgreatersyracuse.org)

# HEALTH & WELLNESS



**FREE Fitness Programs with your membership.**  
Check with Member Services for forms, dates & times

**Total Health**-A supportive group environment with you and our trained YMCA staff to help guide & support your personal goals.

## Fitness Assessments

## Group Exercise Classes- Cycle Classes

## Orientations

## Blood Pressure Screening

## Triathlon Trainings Running Programs

**Stroller Fit** Mondays & Wednesdays 9:30-10:30am

Meet under carousel entrance at Carousel Mall until April 18

**Family Wellness Center Night** Thursdays 6-8 pm  
Sundays 2-6 pm

Youth ages 8-16 can now use the cardio equipment (only), on Thursday nights while accompanied by a parent at all times while in the fitness center. Parent must be on the adjacent cardio machine. **NOTE:** any youth ages 12-16 can sign up at member services for teen fitness center orientation and then may use all equipment if wearing a red band. **NEW**

## Running Program Levels Beginners/Intermediate

January 2 - March 10 Mondays 6:30 - 7:45 pm

Wednesdays 5:45 - 7:00 am

Wednesdays 9:30 - 10:45 am

plus ..... Fridays 9:30 am at North for long runs

Saturdays 8:00 am at

\*Onon. Lake Park-odd days for long runs

\*Green Lakes-even days for long runs

**Youth Fitness** - Check out our new Youth Fitness Schedule. Wow including Kids Zumba!

**Reminder: Zumba Classes are offered to Members only!**  
No Guests or Punch Cards.

## YMCA of Greater Syracuse Folksmarch

Jan. 14 & 15.....Oneida Shores County Park

Feb. 11 & 12.....Drivers Village - N. Syracuse

Mar. 10 & 11.....Ryder Park - Erie Canal

Apr. 14 & 15.....Central Square

# SPORTS



**FREE Sports Leagues with your membership.**  
Check with Member Services or online to register.

## Tween/Teen Competitive Basketball

Girls ages 8-13 Mondays Co-ed ages 8 - 16 Wednesdays

**Winter Session:** Jan. 23 - Mar. 18

**Reg:** ongoing

**Fall II Session:** Nov. 14 - Jan. 9

**Reg:** ongoing

**Winter Session:** Jan. 23 - Mar. 18

**Reg:** ongoing

## Teen and Tween Racquetball Ages 8-17

Wednesdays 4:00 - 5:00 pm

**Winter Session:** Jan. 11 - May 3 **Register:** ongoing

**Winter Session:** Jan. 11 - May 3 **Register:** ongoing

## Member Basketball Ages 19+ Thurs. 6-10pm

**Winter Session:** Jan. 5 - Mar. 23

**Winter Session:** Mar. 29 - Jun. 14 **Reg:** Feb 2 - Mar. 19

## Racquetball League Ages 16+ Evenings

Advanced-Mon Inter B - Tues

Novice - Wed Inter C - Thurs

**Winter Session:** Jan. 2 - March 19

**Spring Session:** Apr. 2 - June 18 **Reg:** March 5 - 26

## Adult Recreational Floor Hockey Sat., 7-9 am

**Winter Session:** Jan. 28 - Mar. 24 **Reg:** until - Jan. 21

**Spring Session:** April 7 - June 2 **Reg:** March 3 - 31



**FREE Aquatics Programs with your membership.**  
Check with Member Services for forms, dates & times.

# AQUATICS

## Swim Lessons

**Winter Session:** January 2 - February 18, 2012

**Spring I Session:** Feb. 27 - April 21 (no lessons Apr. 9-14)

**On Deck Reg:** Feb. 13-18 **Drop Off Reg:** Feb. 20 & 21

**Spring II Session:** April 30 - June 16 (no lessons May 28)

**On Deck Reg:** Apr. 16 - 21 **Drop Off Reg:** Apr. 23 & 24

**Triathlon Swim Clinics** 7 wk clinic are offered in 3 levels and are geared to help anyone at any stage of training each their personal goals. See schedule for days/times.

**Winter Session:** January 2 - February 25

**Spring I Session:** February - April (TBA)

Check out Schedules and Programs on our website: [www.ymcaofgreatersyracuse.org](http://www.ymcaofgreatersyracuse.org)

# ADDITIONAL FUN PROGRAMS

## FAMILY

### Family Friendly Fridays

**\*\*Family Dinner Time** 6:00 6:20 6:40 7:00 Register for a time. \$5/person Jan. 20....(Chili's) Feb. 17 Mar. 16 Apr 20

**Prime Time Plus** Ages 6 weeks - 7 years \$10/child. Mondays - Fridays 3 hours during our normal program hours. Parents are permitted to leave the building during this program. Registration required with 2 days notice.

**Parents Night Out** Sat. 5-9 pm Ages 2 - 11  
Jan. 14....Super Bowl Feb. 11....Spy Party Mar. 24....Dr. Seuss  
Apr. 21.... Safari May 19 ....Mexican Fiesta June 9.....Camping  
Mem: \$12/child (\$9/ 2nd child)  
Non-Mem: \$18/child (\$12/ 2nd child) Reg. ends Thurs prior

**Roller-Skating** Friday, January 27 7:30 - 9:30 pm  
Mem: \$7 Non-Mem: \$10

**Pretty, Pretty Princess** Ages 3-5 January 24 & 31  
1:00 - 2:30 pm Member: \$15/session

**Star Wars Empire** Ages 5-9 Jan. 30, Feb. 6 & 13  
6:15 - 7:15pm Member: \$15/session

**Star Wars Spectacular** Ages 5+ February 24  
12:00 - 2:30pm Member: \$15/session

**American Girl** February 28, March 6 & 13  
7:15 - 8:15 pm Ages 6+  
Member: \$15/session Non-Member: \$25/session

**American Girl Party** Ages 6+  
February 21 1:00 - 4:00 pm April 11 12:30 - 3:30 pm  
Member: \$15 Non-Member: \$25

**American Girl Brunch: "Mardi Gras"** Ages 6+  
March 10 11:00 - 1:00 pm April 11 12:30 - 3:30 pm  
Member: \$20 Non-Member: \$30

**Daddy & Daughter Winter Wonderland Dance**  
Friday, February 10 Ages 2+ 6:00 - 8:00 pm  
Member: Father/Daughter Couple \$20 Add a Daughter \$5  
Non-Mem: Father/Daughter Couple \$30 Add a Daughter \$5

**The "ICE AGES" For Kids** Ages 3-5 March 14 & 21  
12:30 - 2:00pm Member: \$15 Non-Member: \$25

**Fancy Nancy** Ages 5-8 March 29 & Apr. 5  
6:15 - 7:45 pm Member: \$15 Non-Member: 25

**Breakfast w/Easter Bunny** Sunday, April 1  
8:30 - 9:15 am or 9:30 - 10:15 am or 10:30 - 11:15 am  
Member Family: \$18

## TEEN/TWEEN

**Adventures in Babysitting** Saturday 9am - 3pm Ages  
11-15 Jan. 21 Mar. 3 Apr. 7 May 5  
Member: \$15 Non-Member: \$25 BRING A LUNCH

**Staying Home Alone** Saturday 9am - Noon  
Ages 8-12 Feb. 4 Mar. 31 May 19  
Member: \$10 Non-Member: \$15

**Tween/Teen Night** Member: \$5 Non-Member: \$8  
**Ages 8-12** Jan. 21 Feb. 18 March 17 (Overnight-extra \$)  
**Ages 12-18** Jan. 27 "After Hours" 8:00 - 10:00 pm

## EDUCATION

**Individual K - 12 Academic Tutoring** (Reading, math, Science, Social Studies, Spanish, French, and more) Tutors work one-on-one. The sessions' times and dates are tailored around your family's busy schedule. Member: \$30/1-hour sess. Non-Member: \$40/1-hour sess.

**SAT/ACT/PSAT Tutoring** Our SAT/ACT program starts with the student completing a full practice SAT exam, and then a customized study plan is created to address areas needing improvement. Times and dates are tailored around your family's busy schedule. Mem: \$35/1-hour session Non-Mem: \$45/1-hour session

### SAT Vocabulary Development Course

Sundays 10:30 - 11:30 am  
Prep for March Exam: Jan. 22 - Feb. 12  
Prep for May/June Exam: Mar. 11 - April 1  
Member: \$40 (4 wk sess) Non-Member: \$60 (4 wk sess)

### SAT Critical Reading Class

Sundays 12:00 - 2:00 pm  
Prep for March Exam: Jan. 22 - Feb. 12  
Prep for May/June Exam: Mar. 11 - April 1  
Member: \$75 (4 wk sess) Non-Member: \$95 (4 wk sess)

### SAT Math Course

Sundays 2:30 - 4:30 pm  
Prep for March Exam: Jan. 22 - Feb. 12  
Prep for May/June Exam: Mar. 11 - April 1  
Member: \$75 (4 wk sess) Non-Member: \$95 (4 wk sess)

## FRIENDSHIP GROUP

### Social Skills Development Class

Don't miss out on this opportunity in developing strong friendships and social skills through role play, games, and group activities. At Baldwinsville YMCA  
Grades 1-3 Saturdays 10:00 - 10:45 am  
Grades 4-6 Saturdays 11:00 - 11:45 am  
**Winter Session:** Jan. 14 - Feb. 11 Reg. until Jan. 6  
**Spring I Session:** March 3 - 31 Reg. until Feb. 24  
**Spring II Session:** Apr. 21 - May 19 Reg. until Apr. 13  
Member: \$75

## SCHOOL AGE

### Before & After School Child Care

- North Syracuse & Central Square
- Baldwinsville schools

Open registration for 2012-2013 school year begins March 26. See Member Services for more info.

### Kinder Kids Club

- North Syracuse 12- 6pm
- Baldwinsville 11:45 - 6pm

Program includes school days, half days, snow days, vacation days, family membership.

Open House for North Syracuse 2012-2013 school year - March 13, 6-7pm. See Member Services for more info.

# ADDITIONAL FUN PROGRAMS

## AQUATICS

**YMCA Swim Team** Fridays 6:30-8pm Sundays 1-2:30pm  
Winter Session: Jan. 2 - Feb. 18 Reg starts Dec. 19  
Spring I Session: Feb. 27 - Apr. 21 Reg. starts Feb. 13  
Family Member: \$45 Youth Member: \$65

### Health & Safety Classes

**\*CPR** (for the professional) 9:00 am - 12 noon  
Jan. 21 Feb. 25 Mar. 10 Apr. 21  
Member: \$35 Non-Members \$45  
**\*First Aid** 9:00 - 11:30 am DATES: TBA  
Member: \$25 Non-Members \$35

## HEALTH & WELLNESS

### Biggest Winner Program

**Runs** Jan. 10 - March 15 Team training with a Certified Personal Trainer on: Tues/Thurs 11am - 12pm or Tues/Thurs 7-8 pm Initial weigh in will consist of : weight/body fat % BMI Weekly Weigh-ins Healthy Lifestyle/ Well-ness meetings on Wednesdays 11 am or 6:15 pm  
Reg: ends January 8 Mem: \$175 Non-Mem: \$300

### Ultimate Sculpt

**Winter** Jan. 17 - Mar. 29 \$150  
**Spring** Apr. 17 - Jun. 21 \$150  
Tuesdays & Thursdays 9:30-10:30 am or 10:30-11:30 am

**TRX Training** Dates: TBA \$75/6 wk session  
Mondays & Wednesdays or Tuesdays & Thursdays  
10:45 - 11:45 am or 7:45 - 8:45 pm

### Nutrition Assessments

Wednesdays 9:00-10:30 am Mondays 5:00 - 7:30 pm  
15 min. \$10 30 min. \$20 60 min. \$35

### The 10-10-10 Total Health Challenge

Starts February \$10/10 wk program.

**Teen Fitness Fusion** Ages 12-17 Thurs 7- 8 pm  
10 week group power training program for teen girls  
Members only: \$200

## ADULT SPORTS

**Adult Karate** Mon. 11-12 noon or Wed. 11:30 - 12:30  
**Winter Session:** Jan 2 - Mar. 20  
**Spring Session:** Apr. 2 - Jun. 25 **Reg:** March 5 - 26  
Member: \$66 Non-Member: \$128

**Beach Volleyball Tournament** Ages 16+  
Saturday 9am - 3pm **3 & 4 Person:** Starts in May  
Member: \$15 /person/tournament Includes: fruit, lunch,  
drink and 1st & 2nd place awards.

### Adult Competitive Basketball League

**Winter Session:** Feb. 5 - May 20 **Reg:** until Jan. 22 \$385

## YOUTH SPORTS

■ **Kinder Sports** Ages 3- K Tues. or Fri.  
■ **Kinder Trio** Ages 3- K Thursdays  
■ **Kinder Combo** Ages 3- K Mondays

**Winter Session** Jan. 23 - Apr. 12 **Register:** Dec. 5 - Jan. 15  
**Spring Session** April 26 - June 21 **Register:** Mar. 5 - Apr. 15  
Family Member: \$25 Yth Member: \$70 Non-Member: \$90

**Gym & Swim** Ages 5-7 8-12  
Wednesdays 2:00 - 4:00pm 45 min. classes

**Winter Session** Feb. 1 - Apr. 11 **Register:** Jan. 22  
**Spring Session** Apr. 25 - Jun. 20 **Register:** Mar. 5 - Apr. 15  
Family Member: \$50 Yth Member: \$95 Non-Member: \$115

**Youth Indoor Soccer** Ages 3-12  
Saturdays 9:00 am - 5:00 pm (each team - 50 min.)

**Session:** Jan. 28 - Mar. 31 **Register:** until Jan. 15  
Family Member: \$34 Yth Member: \$77 Non-Member: \$97

**Youth Outdoor Lacrosse** Ages 3-12

Saturdays 10:00 am - 4:00 pm (each team - 1 hr.)  
**Session:** Apr. 7 - Jun. 2 **Register:** Feb. 5 - Mar. 20  
Family Member: \$34 Yth Member: \$77 Non-Member: \$97

**Youth Dance** Ages 3+ Thursdays or Sundays

**Ballet \* Jazz \* Acro \* Tap \* Irish \* Creative Movement \* Hip Hop**  
**\* Tumbling Tots Gymnastics**

**Session:** January-June **Register:** until January 8  
Family Member: \$95 Non-Member: \$170

**Youth Indoor Soccer** Ages 3-12

Saturdays 9:00 am - 5:00 pm (each team - 50 min.)  
**Session:** Jan. 28 - Mar. 24 **Register:** Nov. 5 - Jan. 15  
Family Member: \$32 Yth Member: \$75 Non-Member: \$95

**Karate** Ages 5+ Wednesday & Friday evenings

**Winter Session:** Jan. 2 - Mar. 26 **Register:** Dec. 5 - 28  
**Spring Session:** Apr. 2 - Jun. 25 **Register:** Mar. 5 - 26  
Intro, Beg. Nov. \$52 Intermed and Advance \$82

## TEEN/TWEEN SPORTS

**Gym & Swim** 8-12 13-16  
Wednesdays 2:00 - 4:00pm 45 min. classes

**Winter Session** Feb. 1 - Apr. 11 **Register:** Jan. 22  
**Spring Session** Apr. 25 - Jun. 20 **Register:** Mar. 5 - Apr. 15  
Family Member: \$50 Yth Member: \$95 Non-Member: \$115

**Karate** Ages 5+ Wednesday & Friday evenings

**Winter Session:** Jan. 2 - Mar. 26 **Register:** Dec. 5 - 28  
**Spring Session:** Apr. 2 - Jun. 25 **Register:** Mar. 5 - 26  
Intro, Beg. Nov. \$52 Intermed and Advance \$82