



FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

**Fall Program Guide
September 5th—October 30th**



Oneida Family YMCA

701 Seneca Street
Oneida, NY 13421
Phone: 315-363-7788
Fax: 315-363-7352

Rome Family YMCA

301 W Bloomfield Street
Rome, NY 13440
Phone: 315-336-3500
Fax: 315-339-4076

New Hartford SACC

25 Oxford Road
St. Stephens Episcopal
Church
New Hartford, NY 13413
Phone: 315-797-4787
Fax: 315-507-2986



Find us on
Facebook

www.ymcatrivalley.org

MEMBERSHIP



Y Membership

Membership to the YMCA of the Greater Tri-Valley carries with it a comprehensive use of YMCA facilities (including the Oneida and Rome facilities), discounted program fees and access to special services. The YMCA is governed by local volunteers and operated by well-trained professional staff.

Membership Fees

Membership Category	Day Pass	Monthly Payment Plan	Capital Improvement Fee
Youth (0-12)	\$4	***N/A	N/A
Young Adult / College (13-18)	\$6	\$12.00	N/A
Adult (19-61)	\$9	\$41.00	\$50.00
Senior Adult (62+)	\$9	\$29.00	\$40.00
*Single Parent Family	\$11	\$46.00	\$50.00
*Family	\$13	\$53.00	\$75.00
*Adult Couple (19-61)	\$13	\$52.00	\$60.00
*Senior Adult Couple (62+)	\$13	\$42.00	\$60.00

* Family Memberships include couples and all unmarried children up to 22, as well as full-time college students living at home.

* Single Parent Family – one parent household.

* Adult Couple – Two Adults age 19-61 living in the same household.

* Senior Couple – Two Adults age 62+ living in the same household.

*** Youth Memberships are a one-time payment of \$137.00 per year.

Snow Bird/ Sun Bird

Memberships Available

Snow / Sun Bird Memberships now available for seniors (62+). These are six month memberships. \$180.00 plus a one time joiner's fee.

Away Program

Visiting YMCA members outside a 50 mile radius wishing to use the YMCA of the Greater Tri-Valley facilities for a day visit can do so for 1/2 the normal day pass rate.

Facility Hours

Oneida

Monday – Friday 5:30 am - 9:30 pm

Saturday 7:00 am - 4:00 pm

Sunday 7:00am - 4:00 pm

YMCA Website – www.ymcatrivalley.org

YMCA email news – sign up at the Welcome Center to receive up-to-date news and information.

Holidays

Christmas Eve (December 24).....	5:30 - 12:00 (noon)
Christmas Day (December 25)	CLOSED
December 26, 2010	CLOSED
New Years Eve (December 31).....	5:30 - 12:00 (noon)
New Years Day (January 1)	CLOSED
January 2, 2011	CLOSED
Easter	CLOSED
Memorial Day.....	CLOSED
July 4th	CLOSED
Labor Day.....	CLOSED

Payment Options

Annual membership dues can be paid by cash, check, all major credit cards, or by YMCA gift certificate. Bankdraft payments are monthly payments deducted from a designated checking account, savings account, or credit card. Deduction is withdrawn on the 1st or 15th of the month. Members who wish to terminate or change their membership status must submit a written notice in order to do so with the Welcome Center Staff. The termination will not take effect for 30 days.

Credit / Refund Policy

The YMCA of the Greater Tri-Valley does not issue credits or refunds except under the following conditions:

1. A program is cancelled by the YMCA
2. An error is made by the YMCA regarding payment

Membership Cards

There will be no admittance without a valid membership card. In the event you lose your card there is a \$5.00 charge.

Capital Improvement Fee

This is a one-time, non-refundable fee charged to all adult, senior, and family membership categories. It is used to maintain the capital improvement fund. Any member who allows their membership to lapse for 30 days is considered a new member.

The YMCA's Endowment and You

Our YMCA is a charitable organization and is continually striving to serve our members and guests with the best programs and services. You can help to assure that we continue to serve our children, families, and communities for years to come. Please consider one of the following ways to leave a legacy in memory of a special friend or loved one.

- Gifts of Cash
- Gifts of stocks, bonds, and mutual funds – you receive the tax savings, plus avoid the capital gains tax on assets given for charitable use
- A gift included in your will or living trust
- A gift of excess retirement funds which may allow you to give more and eliminate taxes that may otherwise largely deplete these assets
- A gift of life insurance that has fulfilled its original purpose – may offer excellent tax benefits

If you have any questions or would like to be a part of our Heritage Club, please call Hank Leo at 336-3500.

Financial Assistance

The YMCA of the Greater Tri-Valley offers financial assistance to individuals and families with membership and program service fees. Contact the Member Services desk for an application.

Building Policies

- Children who are 12 years of age and younger must either:

- Be a participant or guest in a YMCA program or YMCA sponsored event.
- Be with a parent or guardian who is 19 years of age or older.
- Be a YMCA Youth Member who is 12 and has completed the YMCA Youth Orientation that would allow them to use the facility without supervision during youth hours.

In addition to this policy, children must follow the specific procedures of each department regarding age appropriate supervision and activity participation.

- Members must present their membership card to the Member Services Associate upon entry, then wait to be buzzed in to the facility.

- Guests are asked to purchase a Day Pass and must sign in at Member Services upon entry.

- There is no smoking on YMCA property. This includes lawns, sidewalks, and the parking lot.

- Patrons who do not have a family or youth membership must pay \$5.00 per child for babysitting.

- The YMCA will not tolerate any discrimination including racial remarks, slander, sexual misconduct, alcohol abuse, or the willful damage to property.

- The YMCA reserves the right to revoke any membership or program privileges as a result of misconduct or violation of policy under the discretion of management.

- Members and guests who have a concern are encouraged to fill out a "Comment Card", located in the lobby area.

- The solicitation or sale of products or services on YMCA property, other than YMCA products or services authorized by the YMCA Management Team, by any persons, staff or members of the YMCA, is prohibited without **the explicit written approval of the YMCA Board of Directors.**

Trial Membership

For only \$45 for an adult or \$65 for a family, a four week trial membership offers full membership privileges. Membership conversion is available at the end of the trial period. Contact a Member Services Associate for details. Trial Membership must be paid in full.

Child Watch

We can watch your child while you workout! This service is free with a family or youth membership. There is a fee for adult, college members or guests; \$5.00 per child.

Child Watch hours are:

Monday – Friday :

8:30am – Noon
4:00pm – 8:00pm

Saturday:

8:30am – Noon

Sunday: 10:00am-12:00pm
(summer hours– closed on Sunday)

Payment is taken at the Member Services desk. Stop by to show your card and pick up a Child Watch pass. Age infant to 12 years of age. There is a two hour time limit.

Do Something Good – Volunteer

The YMCA is a volunteer based, membership driven organization. If you would like the chance to have a positive impact on your community while having fun and meeting new people, we would love to hear from you. Contact the Branch Executive, or one of our program directors to explore the volunteer opportunities. Let's do something good together today!

Party & Rental Packages

The YMCA has a variety of rental packages available. For a birthday party, meeting, banquet, or any special occasion, check out the spaces we have. Inquire at the Member Services desk for details.

- Birthday Parties
- Swimming Pool Parties
- Land Inflatable Obstacles Course
- Gymnasium Rentals

Corporate Office Staff

Hank Leo

Chief Executive Officer
Oneida YMCA Branch Director
hleo@ymcatrivalley.org

Gary Fahey

Rome YMCA Branch Director
gfahey@ymcatrivalley.org

Bruce Hairston

Rome YMCA Branch Director
bhairston@ymcatrivalley.org

Diana Wozniak

Chief Financial Officer
dwozniak@ymcatrivalley.org

Randy Hirschey

Vice-President of Facility & Grounds
rhirschey@ymcatrivalley.org

Phonon Perrilloux

Human Resource Manager
pperrilloux@ymcatrivalley.org

Sally Mungari

Assistant Finance Director
smungari@ymcatrivalley.org

Ann Marie Jackson

Bookkeeper
ajackson@ymcatrivalley.org

Maryalice Golden

Marketing Manager
mgolden@ymcatrivalley.org



Late Registration Fee Policy

Please note, anyone registering for classes or programs after the registration deadline will be assessed a \$10.00 late registration fee..

Please see School Age Child Care information for specific SACC late fees.



Youth Aquatics

Youth Development

Colleen Herzog, Aquatics Director

Ellen Breckenridge, Swim Lesson Coordinator

Phone: (315)363-7788 ext. 230

email: cherzog@ymcatrivalley.org

Fall I: September 6th-October 22nd

Participant Registration: August 8th-13th

Non-participants/Testing:

Saturday	August 6th	12:00 pm -1:00 pm
Monday	August 8th	4:00 pm -6:00 pm
Wednesday	August 10th	4:00 pm -6:00 pm

*Avoid \$10 late fee and register by September 4th

Pre-School Programs (6 months – 5 years)

Family Membership	\$10
Youth Membership	\$40 Non-Member
	\$70

Shrimp (6 - 36 months + parents)

A water adjustment class for children accompanied by a parent. Through the aid of an instructor, parents guide their children through basic water orientation skills and songs. Emphasis is placed on water acclimation, fun, and games.

Tuesday.....	10:00-10:30 am
Thursday	6:30 pm – 7:00 pm
Saturday	10:00 am – 10:30 am

Pike (3 - 5 years)

Designed for new swimmers, children try basic strokes and kicking skills, with and without floatation devices. Children work on getting faces fully in the water.

Monday	3:30 pm – 4:00 pm / 4:30 pm - 5:00 pm
Tuesday	9:30 am – 10:00 am
Wednesday	3:30 pm - 4:00 pm / 4:30 pm – 5:00 pm
Saturday	9:00 am – 9:30 am / 10:30 am – 11:00 am

Eel (3 - 5 years)

For children who are comfortable in the water without floatation devices. Participants learn paddle stroke, front and back floats and more. Children are not afraid to put faces in water.

Monday	4:00 pm – 4:30 pm
Saturday	9:30 am – 10:00 am

Ray / Starfish (3 - 5 years)

For children swimming without floatation devices. Children re-view basic skills, build endurance, and learn to tread water. Front and back crawls are refined.

Wednesday	4:00 pm – 4:30 pm
Saturday	10:00 am – 10:30 am

Youth Aquatics Programs (6 years – 14 years)

Family Membership	\$15
Youth Membership	\$55 Non-Member
	\$100

Polliwog (6 - 14 years)

School age children who are beginning their swimming experience. Participants learn basic strokes, kicking skills, and water safety.

Monday	3:30 pm – 4:15 pm
Wednesday	4:15 pm – 5:00 pm
Saturday	9:00 am – 9:45 am

Guppy (6 – 14 years)

Children learn to swim using basic strokes. They are introduced to front and back crawls, breaststroke, and elementary backstroke.

Monday	4:15 pm – 5:00 pm
Saturday	9:45 am – 10:30 am

Minnow (6 – 14 years)

In Minnow class your child will refine and practice rotary breathing, front crawl, back crawl, sidestroke, and elementary backstroke. Your child will also develop endurance and form, learn surface dives and underwater swimming skills as well as learn more personal safety, boating, and rescue skills.

Wednesday	3:30 pm - 4:15 pm
Saturday	10:30 am – 11:15 am

Fish / Flying Fish / Shark (6 – 14 years)

Students work to improve basic strokes. Turns and the butterfly stroke are introduced. Participants also focus on endurance while utilizing rhythmic and rotary breathing.

Saturday	11:15 am – 12:00 pm
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**** There are sibling discounts available for family members only ****

Fall/Winter 2011/2012 Swim Team Tryouts

2011/2012 Swim Team Session:

October 3rd - February 3rd

Monday, September 12th	5:00pm –6:30pm
Tuesday, September 13th.....	5:00pm - 6:30pm
Wednesday, September 14th.....	5:00pm –6:30pm

**** See Tri-Fold In Lobby For More Information****

*Avoid \$10 late fee and register by October 1st.

****Orientation September 19th @ 6:30pm****

Swim Team Readiness

Tuesday/Thursday.....4:00pm-5:00pm

Members: \$200

- Must be a member to participate in Swim Team/Readiness-

All swimmers must attend orientation night with a parent

Sensory Swim

This is a specially designed aquatic program for children with sensory processing difficulties. Sensory Swim incorporates aquatic activities that promote motor and sensory development. This program also offers socialization by interacting in group activities with other children; sing-along, and instruction in swimming skills. This program is designed for children 3-12 years old. Each child must be accompanied in the water by a responsible adult (parent or/ guardian). A wide range of needs can be served within this program including, but not limited to: autism, developmental delays, pervasive developmental disorder, ADHD, cerebral palsy and hearing or visual deficits.

Tuesdays 6:30-7:15 pm

Saturdays 11:00- 11:45pm

Session: September 6th - October 22nd

Registration: August 9th - September 4th

Family Members \$15 Youth Members \$55 Non-Members \$100

* To avoid \$10 late fee register by September 4th



Adult Aquatics

Healthy Living

Colleen Herzog, Aquatics Director
Ellen Breckenridge, Swim Lesson Coordinator
Phone: (315)363-7788 ext. 230
eMail: cherzog@ymcatrivalley.org

Adult 8 Week Aquatic Classes All classes are open to men and women

Members.....**FREE**
Non-Members.....**\$75.00**
(20 class punch card)

Water Aerobics / Water Toning / Strength Training

Full body rhythmic exercises conducted in shallow water, designed to provide cardiovascular benefits. Followed by upper and lower body moves designed to strengthen, firm, and sculpt the muscles.

Monday - Friday..... 8:30 am - 9:20 am
Monday / Wednesday.....6:30 pm - 7:30 pm
Tuesday/Thursday.....6:30pm - 7:30pm

Deep Water Exercise

Slow moving or fast paced exercise in water depth where feet do not touch the bottom of the pool. Floatation devices are used.

Monday / Wednesday / Friday.....9:30 am - 10:20 am

Fitness for the Young at Heart

A water exercise program for adults young at heart. Stretching, strengthening, and aerobic exercises are combined to create a fun activity. No swimming skills are required.

Monday / Wednesday / Friday.....1:30 pm - 2:10 pm

Adult Beginner Class

The adult beginner class covers the basics of floating, breathing, and four basic strokes. Adult beginner is designed for swimmers ages 16 & up who cannot swim the length of the pool unassisted.

Wednesday.....6:30 pm - 7:15 pm

Training for a Triathlon?

Need Help with the swimming portion let our experienced staff coach you!

Pre / Post Surgery / Therapeutic

Designed for people recovering from accidents and sickness, neck and back patients, people with orthopedic injuries, athletic injuries, musculoskeletal problems, and diabetes.

Monday / Wednesday / Friday....10:00 am -10:55 am

Private Swim Lessons

One on one swim lessons for adults or children. Contact the Aquatics Director for additional information. Lessons by appointment only.

Members.....\$15.00/half hour
Non-Members.....\$40.00/half hour

If two children would like to share a private lesson, they must each pay \$15 for members or \$40 for non-members.

Punch card (buy 6 get 1 free)

Members: \$90

Non-Members:\$240

Splash Parties at the Y!

Any family, group, or organization may rent the pool for a private Splash Party. Available Saturday or Sunday afternoons. Contact a Membership Services Representative for additional information or to schedule a party.

Lap Swim

Open to patrons capable of swimming continuous laps. The pool is divided into fast, medium, and slow lanes. Four or more swimmers must swim in a counter clockwise circle.

Private Lessons with one of our experienced Swim Team Coaches.

Members: \$25 1/2 hr.

Non-Members: \$50 1/2 hr.



Camp Silver Arrow School Age Child Care

Youth Development

Stephanie Manion, SACC Director
Holly Panebianco, SACC Coordinator
Phone: (315)363-7788 ext. 232
Email: Smanion@ymcatrivalley.org

School Age Child Care Program

The Oneida YMCA provides BEFORE and AFTER school child care that focuses on enrichment programs for children ages 5-12 years old. YMCA child care is a safe and nurturing environment, state licensed, fun, and best of all: affordable!

Financial assistance is available to **members** who qualify and is granted based on available resources of the YMCA. Our program follows the school calendar and is also available for families on snow days, vacation weeks and half-days of school.

We carefully design our activities to expand your child's imagination, reinforce what they are learn-



ing in school and encourage lifelong positive values. An exciting curriculum is taught that includes many hands-on activities that cover areas in community service, math, science, art, history, literacy, and character development.

Character development is a big part of our YMCA programs, and values such as caring, honesty, respect and responsibility are an integral part of everything we do.

Pricing for participants varies,
please call for details.

Who We Serve

Oneida YMCA:
(All Oneida Elementary Schools)
McAllister Elementary School - Sherrill
Stockbridge Elementary School -
Munnsville
(free grant funded program-
Stockbridge only)

Vacation / Snow Days

On days when school is not in session, child care is offered from 6:30 AM to 6:00 PM. Full day program takes place at the Oneida YMCA and is offered to all school districts and families in the community. During these days, a variety of age appropriate activities are scheduled, including arts and crafts, sports and quiet time activities. Parents are notified of these days by the school calendar and registration information can be obtained at the Oneida YMCA front desk.

Members: \$25.00 per day
Non-members: \$50.00 per day





Music & Arts Program

Healthy Living

Stephanie Manion - Program Director
(315) 363-7788 x232
smanion@ymcatrivalley.org

Beginner - little or no experience
Beg-Intermediate - taken at least one 2-month session

Fall Music Session

September 6th - October 24th

Group Lessons

Kids Classes

African Drumming	Mondays	6:00-6:45PM
Intermediate Guitar	Thursdays	6:30-7:15PM
Beginner Guitar	Fridays	4:00-4:45PM
Beginner Piano	Saturdays	10:00-10:45AM
Intermediate Piano	Saturdays	11:00-11:45AM

Members: \$35
Non-Members: \$75

Adult Classes

Piano	Mondays	1:00-1:45PM
Beginner Guitar	Tuesdays	6:45-7:30PM
Flute Choir*	Wednesdays	7:30-8:30PM (\$10 Members, \$25 non)
Piano	Saturdays	9:00-9:45AM

Private Lessons

Interested in one-on-one instruction?

Private lessons are offered for any of the instrumental classes we provide as well as Music Therapy with a Certified Instructor, Flute and African Drumming.

To schedule a private lesson, please contact:

Stephanie Manion
Program Director
(315) 363-7788 x232
smanion@ymcatrivalley.org

Cost

	Members	Non-Members
30 min.	\$15	\$20
60 min.	\$25	\$35

Hope Is In Me: A Musical Journey

This CD/DVD combination will be available for sale and includes recording icons Jennifer Warnes, Bill Medley, the Boys & Girls Choir of Harlem, Brian O'Neal, Ingrid Lucia, Melba Moore, Josh Charles, Glen David Andrews, Denise Morgan, Yolanda Androzso, Nicole Henry and our incredible YMCA music students. All proceeds from the sale of these items go to our Heroes Support Campaign, helping those in need afford services.

On Sale Now:
CD/DVD Combination \$20

*Registration is ongoing throughout the session.

*All classes are 45 minutes in length and are held in the Oneida Family YMCA Music Room.

*Participants are required to purchase their own lesson books. Once you have registered, your instructor will contact you with information on which book to purchase and where it can be found.



Health & Fitness

Wellness Center Orientation

(4 week program)

Especially for new members! We will introduce you to the Wellness Center which includes the Strength Training and Cardiovascular centers. Members will be shown the equipment, fitness recommendations and will be assisted in setting attainable goals. Wellness center policies and procedures will be reviewed. You will have everything you need to start you on a serious/effective program.

*Members, FREE

Teen Wellness

Twelve year olds must go through a 3-appointment orientation with a Wellness Center staff person. There is a release/consent form that must be signed by a parent. Teenagers between the ages of 13-15 can use the Wellness Center during the following fall hours:

Mon – Thur.....	5:30 am—8:00 am 3:00 pm—5:00 pm 7:00 pm—9:30 pm
Fri	5:30 am—8:00 am 3:00 pm—9:30 pm
Saturday.....	7:00 am – 4:00 pm
Sunday.....	7:00 am—4:00 pm



Fitness Testing

The purpose of the fitness testing program is to evaluate cardio respiratory fitness, body composition, flexibility, and muscular strength and endurance. Your fitness level will be compared to the YMCA national averages. Fitness testing and evaluation are important prior to, during, and upon completion of an exercise program. The individual fitness testing and evaluation will also provide individual motivation, encourage a level of participation and an evaluation of an individual's program of effectiveness. Our main targeted areas will be resting heart rate, body fat, 3-minute step test, flexibility, bench press (80 lbs. males/30lbs. females), and half sit-ups. Ask the Wellness Center Staff for more information. Schedule your test today!

Members, FREE

Personal Training

Need something to jump start your workout? The Oneida YMCA has three personal trainers to help you prepare for that special event or if you just need some motivation. Our personal trainers will design a workout routine to fit your needs. We sell packages of 1, 5, & 10 sessions. Please ask for more details.

Members:

- Session: \$30
- 5 Sessions: \$135
- 10 Sessions: \$245

Non-Members:

- 1 Session: \$60
- 5 Sessions: \$270
- 10 Sessions: \$450

Small Group Training

If you do personal training with another person you get to share the cost of our certified trainers. Please ask for more details.

Members:

- 1 Session: \$40 (each pays \$20)

Non-Members:

- 1 Session: \$80 (each pays \$40)



Group Exercise

Healthy Living

Patty Trunko, Wellness Coordinator
Frank DiChristina, Head Wellness Instructor

Adult 8 Week Aerobic Classes

All classes are open to men and women

Members.....FREE

Non-Members.....\$75.00

(20 Class Punch Card)

Yoga

Discover a whole new way to relax and rid your mind and body of stress. Yoga is a gentle, yet thorough means of stretching that relieves stress, provides energy, and promotes increased health of mind and body. Any level of fitness can be improved by this means of stretching and breathing exercises.

Pilates

Pilates class is a total body conditioning exercise program using a mat or a ball. Pilates focuses on core strength training which includes abdominal, lower back, and gluts. Feel your body improve in strength and flexibility as you become longer and leaner.

Y-Box

Kick and punch your way to better fitness. This class safely incorporates powerful boxing moves with basic aerobic structure. The class will end with some toning exercises, ab work, cool down, and stretch.

Boot Camp / KettleKamp®

Attention! This high energy class can be a challenge to all. Make it as intense as you can handle. Work yourself into a series of kickboxing moves, plyometrics, push-ups, weights, abs, and move to enter that calorie burn zone! Bring your own Kettle Bells for KettleKamp®

Total Body Conditioning

This class begins with a warm-up and stretch, then continues with a complete strength training workout from head to toe. The use of floor mats, free weights, bands, stability balls, and steps will challenge any fitness enthusiast.

Step Aerobics

A high intensity workout designed to improve cardiovascular conditioning, muscle strength, and flexibility. Both high and low intensity modifications will be shown. So many fitness levels can benefit.

Spinning

This simple, indoor cycling program is for EVERYONE! Spinning offers a non-impact individually paced cardiovascular experience that's fun, safe, and effective. A new way of exercise that will improve your cardiovascular system, build muscle, and give you the highest caloric burn of any aerobic exercise.

Stretch and Relaxation

A 45 minute stretching class featuring full body stretching exercises in a relaxed atmosphere. Learn how to stretch your muscles as you improve your flexibility.

Guts 'n' Butts

This is a low impact class that features aerobic training, weight resistance, flexibility, and body toning exercises concentrating on the abs and gluts areas.

Instructor's Choice

Be ready to get a great variety of workouts with a different instructor each week. Classes will consist of cardio and sculpting techniques.

Country Line Dancing

Come kick up your heels with our Country Line Dancing class. Our instructor will show you new dances every 8 weeks. You will discover a great workout while having fun.

Silver Sneakers

This is a low impact 1 hour class designed for senior citizens. There may be a muscle strength, cardio combo, and/or a yoga stretch class available any given day.

Forever Strong

This class is designed for those over 50 (but all are welcome!). You will perform low impact aerobics, toning, stretching, and you will improve your flexibility.

Zumba®

Zumba® is a Latin inspired fitness phenomenon! Zumba® is a total body workout with toning exercises and fat burning dance moves that is more fun than it is work! Zumba® is a spicy, upbeat mixture of salsa, meringue, samba, belly dancing, hip-hop, and many other beats. This is dance fitness with simple choreography that is easy, aerobic, and makes everyone look sizzling!

Zumbatomic®

Kids love to crank up the music, shake, wiggle, and have a blast with their friends. So why not get fit while they're at it? This custom-designed kids program blends dance / fitness routines with fun games and high energy music. Designed for ages 4-12.

Zumba® Gold

This Zumba® class is for an active older adult, someone with special needs, considerations or mild injuries, or someone just starting their journey to a fit and healthy lifestyle. If you love Latin music, you'll love this class.

Tai Chi

Tai Chi is a lifelong experience to reduce stress and prevent stress related diseases. It is guided by the theory of opposites – Ying and Yang - the negative and the positive. Practicing Tai Chi is learning to relax.

Youth and Sports

Youth Development

Stephanie Manion, Program Director
(315) 363-7788 x232
smanion@ymcatrivalley.org

Men's Adult Basketball League

We will be hosting a men's basketball league on Saturday mornings at the Oneida Family YMCA. Adult men's basketball league will run for a total of 10 weeks, 8 weeks regular session and 2 weeks for playoffs. The league will host 2 sections: competitive and non-competitive and will be a 4 v 4 format with no referees. Teams are expected to call their own fouls. Teams must also wear the same color shirts. Teams are allowed up to 8 players on their roster. Sign-ups are now open through September 23rd.

Begins October 1st

Non-Competitive Games begin at 9:00AM
Competitive Games begin at 10:00AM

Cost \$160 per team

Co-Ed Adult Volleyball League

The Oneida YMCA will be hosting a coed adult recreational and competitive volleyball leagues on Tuesday and Thursday nights. Each team must have at least two females on the court at all times. Taking first 10 teams to pay and have rosters complete. Sign ups are now open through September 2nd.

Begins September 13th

Games begin at 6:15PM

Recreational League- Tuesday nights Com-
petitive League- Thursday nights

Cost \$150 per team

Youth Night

Every Saturday night from 5:00-7:30PM, the Oneida YMCA offers exclusive access to the facility for youth ages 5-12 years old only. Supervision is provided and youth have an opportunity to play Gym Games, Arts & Crafts, Swimming, Ping Pong and much more!!

Program begins September 24th
Cost is \$4 per child

Prime Time

This is a program for children 8 to 12 years old and is held from 6:00 p.m. to 8:00 p.m. Monday through Thursday. Parents are able sign their child in and use the facility while their child is supervised and participates in a variety of activities. Please note that this program is run based on attendance, if no children are in attendance by 7:00pm, the program will close for the night. For members only.

Pickleball - Free

We will be offering open Pickleball play from 9:00am-10:00am on every Monday in the Gymnasium. We will also be offering to teach new players the rules and how to play if interested! Available to all ages!

Racquetball

We have two regulation sized glass-back racquetball courts here at the YMCA! Reservation privileges are available to members up to 24 hours in advance.

Gym & Swim

Gym & Swim is a 7 week program designed for home schooled children to interact with their peers and stay active in the community. This program offers 45 minutes of swimming with instruction and 45 minutes of instructed gym time. Gym & Swim is a good way for kids to stay active, live healthier, and meet other home schooled children.

Ages 5-16 years old
Runs September 8th- October 20th
Thursdays 10:30-12:00PM
\$30 for members
\$45 for non-members

Teen Night

Every Saturday night from 8:00-10:30PM, the Oneida YMCA offers exclusive access to the facility for teens ages 13-17 only. Supervision is provided and youth have an opportunity to participate in Open Gym, Racquetball, Wellness Center, Swimming, Volleyball, Ping Pong and much more!!

Concessions will be held
Program begins September 24th
Cost is \$4 per teen



Session Dates

YMCA

Group Exercise / Adult Aquatics - 8 Week Sessions

Fall I:

September 5th - October 30th

Registration:

August 22nd– September 4th

*Register by September 4th to avoid \$10 late fee

Fall II:

October 30th– December 25th

Registration:

October 23rd– 29th

*Register by October 29th to avoid \$10 late fee

Winter I:

January 1st- February 26th

Registration:

December 25th– 31st

*Register by December 31st to avoid \$10 late fee

Youth Aquatics - 7 Week Sessions

Fall I

September 6th–October 22nd

Registrations:

Current Participants:

August 8th- 13th

Non-Participant Testing:

Saturday, August 6th
12:00pm - 1:00pm

Monday, August 8th
4:00pm - 6:00pm

Wednesday, August 10th
4:00pm - 6:00pm
*Register by September 4th to avoid \$10 late fee.

Fall II

October 31st– December 17th

Registrations:

Current Participants:

October 17th– 22nd

Non-Participant Testing:

Saturday, October 22nd
12:00pm - 1:00pm

Monday, October 24th
4:00pm - 6:00pm

Wednesday, October 26th
4:00pm - 6:00pm
*Register by October 30th to avoid \$10 late fee.

Winter I 2012

January 2nd-February 18th

Registrations:

Current Participants:

December 12th– 17th

Non-Participant Testing:

Saturday, December 10th
12:00pm - 1:00pm

Monday, December 12th
4:00pm - 6:00pm

Wednesday, December 14th
4:00pm - 6:00pm
*Register by January 1st to avoid \$10 late fee.

* "Participants" refers to students who were enrolled in swim lessons during the previous session. "Non-participants" refers to those who either were not enrolled in swim lessons during the previous session or those who have never been involved in swim lessons at the YMCA before. The dates and times associated with Non-participant Registration are for swim testing swimmers who have some experience in the water. Those with little or no experience can ask to be automatically placed in the lowest swim level for their age group and register during those times without being tested. *

Keep an eye on Session begin & end dates, as well as Registration dates to ensure that you make the most of the programs offered at the Y! Some programs do not allow entry after the designated registration period.

Summer

June 27th- August 13th

Registrations:

Current Participants:

June 6th- June 11th

Non-Participant Testing:

Saturday, June 11th

12:00pm - 1:00pm

Monday, June 13th

4:00pm - 6:00pm

Wednesday, June 15th

4:00pm - 6:00pm

*Register by June 26th to avoid \$10 late fee.

Upcoming Events



A YMCAt Celebration "Honoring our past...Assuring our future"

Friday October 14, 2011

Beeches Inn and Conference Center
7900 Turin Road, Rome

The YMCA Heroes Celebration is a fund raising event for the youth and families in the communities we serve. In 2010 we are on target to distribute over \$120,000 to those who need our programs and services but cannot afford them. The Heroes Celebration is a chance to help those in need and have fun, eat good food, dance, mingle and maybe even take home great auction items so please join us for this wondrous celebration!

YMCA Annual Fall Golf Classic

The YMCA of the Greater Tri-Valley's annual fall Golf Classic has been a tremendous success for the past 22 years. The event typically draws 18 foursomes and we have added a Corporate Cup Challenge. Registration forms, corporate sponsor forms and hold sponsor sign opportunities are available. Where: Kanon Valley Country Club

When: September 14th

Cost: \$400 per team

Captain and Crew Format

Rain or Shine!



Proud partners with the
National Center for Missing and
Exploited Children.



**United
Way**



United Way of Greater Oneida

United Way Agency

United Way of Greater Oneida

Sherrill-Kenwood Community Chest

Board of Directors... Craig Bailey, John Campanie,
Mary Condes, John Elbersson, John Margo,
Jeff Rowlands, Helene Shulkin, James Sullivan,
Randy Phillips Leslie Taylor, Lynne Williams

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.