

FALL/WINTER PROGRAM GUIDE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Back To School !



Rome Family YMCA

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

Oneida Family YMCA

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

New Hartford SACC

25 Oxford Rd
New Hartford, NY 13413
Phone: 315-797-4787
Fax: 315-507-2986



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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)	\$4.00	***N/A	N/A
Young Adult/ College (13-18)	\$6.00	\$12.00	N/A
Adult (19-61)	\$9.00	\$41.00	\$50.00
Senior Adult (62+)	\$9.00	\$29.00	\$40.00
*Single Parent Family	\$11.00	\$46.00	\$50.00
*Family	\$13.00	\$53.00	\$75.00
*Adult Couple (19-61)	\$13.00	\$52.00	\$60.00
*Senior Adult Couple (62+)	\$13.00	\$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 \$125.00 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 of \$40.

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 effective September 6th

Rome

Monday – Friday 5:30 am – 9:30 pm
 Saturday 7:00 am – 5:00 pm
 Sunday 11:00am-4:00pm

YMCA Website – www.ymcatrivalley.org

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

Program Registrations:

All late registrations will be assessed a \$10 late

Holidays

Thanksgiving Thursday Nov 24th CLOSED
 Christmas Eve Saturday Dec 24th CLOSING AT NOON
 Christmas Day Sunday Dec 25th 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 to the front desk. 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: A program is cancelled by the YMCA An error is made by the YMCA regarding payment A medical excuse is presented with a physician's signature due to emergency

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 service fees Contact the Member Service 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 preset 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 and leave photo ID..
 - 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.
 - Teen Hours (13 – 16 year old)
 - Monday – Friday: 2pm – 8pm
 - Saturday: 11am – 2pm

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 work-out! 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 – 7:30pm
Saturday	8:30am – 1:00pm

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 an hour and a half (90 minute) 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!

Solicitations Policy

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.

Corporate Office Staff

Hank Leo

Chief Executive Officer

Gary Fahey

Branch Executive
Membership Services

Bruce Hairston

Branch Executive
Program Services

Diana Wozniak

Chief Financial Office

Randy Hirsche

Vice-President of
Facility & Grounds

Phonon Perrilloux

HR Manager

Sally Mungari

Assistant Finance Director

Ann Marie Jackson

Bookkeeper

Maryalice Golden

Marketing Manager





Phil Sconzert,
Senior Program Director
315-336-3500 ext. 230
psconzert@ymcatrivalley.org

Mornings

Deep Water Jogging (Main Pool)

A strengthening and toning class for those who prefer the deep water and no impact. Flotation belts and devices are used.
Mon./Tue./Wed./Fri. 8:30 - 9:30 am

Fitness for the Young at Heart (Main Pool)

Stretching, strengthening and aerobic exercise are combined to create a fun activity for all. No swimming skills are required.
Mon. thru Fri 9:30-10:30 am

Aquamotion (Therapy Pool)

A conditioning class that works on a full range of motion to improve flexibility and movement. No swimming skills required.
Mon./Wed./Fri. 10:45 - 11:30 am

Silver Splash (Main Pool)

A variety of exercises utilize the properties of water; help increase agility, range of movement and cardiovascular conditioning.
Tuesday/Thursday 10:45 - 11:30 am

Synchronized (Main Pool)

Learn the basic fundamentals of healthy sport of synchronized swimming.
Tue./Wed./Thur. 11:00 am - 12:00 pm

On Your Schedule

Private Lessons: Adults & Children

A one on one swim lesson for adults or children for whether you're learning to swim or need a refresher. Instructors are available during the weekdays and on weekends to accommodate any scheduling needs. Sessions are 30 minutes and by appointment only.

Members \$15 per session
Non-Members \$35 per session

Water Aerobic classes are open to Men & Women

Members FREE
Non-Members \$75.00*

Afternoons

Aquamotion (Therapy Pool)

Please see description under Morning.
Tue./Thurs. 12:00 - 1:00 pm

Deep Water Jogging (Main Pool)

Please see description under Morning.
Mon./Wed./Fri. 4:30 - 5:30 pm

Water Walking (Therapy Pool)

This class is low impact with moderate cardio.
Mon./ Wed./ Fri. 3:00 - 4:00 pm

Water Waves (Main Pool)

Tues and Thurs 4:00pm -5:00pm
(Starts September 13th)

Evenings

Low Impact Water Aerobics (Therapy Pool)

This low impact workout is designed to include swimmers and non-swimmers.
Tue./Thur. 6:30 - 7:30 pm

Aquamotion (Therapy Pool)

Please see the description under morning offerings.
Mon./Wed. 6:30 - 7:30 pm

Pool Parties at the Y!

Come join us for a great time! Let the Y host your next birthday party or special event. We have 2 pool available for private rental as well as party rooms. Pool rentals can be combined with the gym or interactive room for an all-around recreational experience! Rentals are available on Friday nights, Saturday and Sunday. Contact our Member Services Representative at the front desk at 336-3500, ext. 0.



Swimming Lessons

Leslie Lewthwaite,
Swim Lessons Coordinator
315-336-3500 ext. 230
llewthwaite@ymcatrivalley.org

Frog (3-14 years)

Special Needs Swim Lessons

Small group instruction for children with special needs, focusing on individual goals. Classes will be held in our Therapy pool.

Wednesday 4:30 – 5:00

Members: \$10

Youth Members: \$30

Non-members: \$ 70

Pre-School

6 months to 5 years old

Family Membership Disc.: \$10

Youth Membership Fee: \$30

Non-Member Fee: \$70

All pre-school lessons are held in the Therapy Pool.

Shrimp (6 – 36 months)

With the assistance of an instructor, parents guide their children through basic water orientation skills and songs.

Monday 4:00 – 4:30 pm

Wednesday 5:00-5:30pm

Saturday 9:00-9:30am

Pike (3-5 years)

New swimmers try basic strokes and kicking skills, with and without floatation devices.

Monday 4:35 - 5:05 pm

Monday 5:45-6:15pm

Saturday 9:45-10:15am

Eel (3-5 years)

Swimmers learn front paddle stroke, floats and are able to put faces into the water.

Monday 5:10 – 5:40 pm

Saturday 10:30-11:00am

Ray/Starfish (3-5 years)

Children refine basic skill and, build endurance.

Mondays 5:45 – 6:15pm

Saturday 11:15-11:45am

Youth

6- 14 years

Family Membership Disc.: \$15

Youth Membership Fee: \$35

Non-Member Fee: \$75

All youth lessons are held in the Main Pool.

Polliwog (6-14 years)

A beginning swim experience where swimmers become acquainted with the pool, strokes and water safety.

Wednesday 4:15-5:00 pm

Wednesday 5:15-6:00pm

Saturday 9:00-9:45pm

Saturday 11:00-11:45pm

Guppy (6-14 years)

Children learn to swim using basic strokes.

Wednesday 5:15 – 6:00pm

Saturday 10:00-10:45am

Minnow (6-14 years)

Children swim without flotation devices and further refine their swimming skills.

Wednesday 6:15 – 7:00pm

Saturday 11:00-11:45am

Fish (6-14 years)

Students work to improve basic strokes. Turns and the butterfly stroke are introduced.

Wednesday 6:15 – 7:00pm

Flying Fish/Shark

Swimmers work on refining techniques and building endurance.

Wednesday 6:15 – 7:00pm



Gary Fahey Branch Executive
336-3500 x 242

Health and Fitness

For Youth Development, For Healthy Living, For Social Responsibility

Aerobics

Members – Free
Non-Members- \$75.00

Yoga

Discover a whole new way to relax and rid your mind of stress. Yoga is a gentle, yet thorough means of stretching that relieves stress, promotes energy and increased health of mind and body.

Body Shop

A complete workout which adds a short aerobic segment, giving this class all of the components of a fitness program. This class has floor work, flexibility and muscle toning.

Zumba

Zumba is a Latin dance phenomenon! Zumba is a total body workout with toning exercises and fat burning dance moves for a workout that is more fun than it is work.
Members - Free
Non-Members -\$75

Silver Sneakers

We offer muscle strength, cardio combo and a yoga stretch classes. Each class is run on a different day. These classes are low impact.

Country Line Dance

This is a beginner to intermediate level class with new dances being introduced every 8 weeks. Have fun while getting exercise! **Starts Fri Sept 9th.**

Muscle Fitness

This class is an aerobic class that will push you further than you had ever though possible. Combine free weights in that combination and you have a complete workout for any age and any ability.

Body Fat Testing

We also do body fat testing and analysis. The cost is \$10 dollars that can be paid at the front desk.

Caveman Class

If you are looking for something completely new and innovative, then you must try the caveman class. This is the only class in the area that utilizes tractor tires, sledge hammers, battle ropes and much more. Class fees:
Members : FREE
NON-Members : \$75

Cardio Combo

This is a great way to start off your day! Class held on Monday & Wednesday mornings from 5:30am-6:30am. This is an aerobic class that incorporates step, stability ball, bar and floor work.

Rhythm-Robics

This one hour, twice a week workout will help build coordination through various rhythmic patterns of music and will develop your cardiovascular endurance at the same time Also includes a abdominal routine and stretches to include increase flexibility. Meet Tues and Thurs at 9:15am. Class will start Tues Sept 27th

Total Body Workout

This class includes aerobic and the use of a variety of equipment (weights, bands, bars, or ball) for strength, toning and stretching.

Boot Camp

This is a high energy class that can be a challenge for all. It is as intense as you can handle. Work yourself into a series of kickboxing moves, plyometrics, pushups, weights, abs and move to enter that calorie burn zone.

Interval Max

A high intensity workout designed to improve cardiovascular conditioning, muscle strength and flexibility.

Spinning

This simple, indoor cycling program is for everyone! Spinning offers non-impact individually paced way to build you cardiovascular endurance in a safe and fun way.

Personal Training

Our personal trainers will personalize a program based around your needs and goals. Our trainers create a stimulating, energetic environment to motivate you and keep you focused. You can expect to see maximum results in minimum time. Please contact Gary Fehay for information and registration.

Crossfit Ascend

At Crossfit Ascend your workout is their business. Every class is planned by a trainer and adaptable to any level of fitness. More information at the desk.

Stability Ball

This entire class uses the stability ball for the entire class. Learn how effective the stability ball can be while working out your abdominals, upper body and lower body.

For information on days and times on all Aerobic and Spinning Classes pick up a schedule at the front desk



Youth & Family

Phil Sconzert – Senior Program Director
psconzert@ymcatrivalley.org 336-3500 x223

Tumbling Clinic

Come join us for our intro to tumbling clinic for 3-6 year olds. It is held in the loft and will teach the basic techniques of tumbling and gymnastics. The clinic will start up in September but days and times are not set yet. Please call to be put on a waiting list because space is limited!

Members \$40 / Non-Members \$65

Learn-to-Play Soccer Clinic

We are running a 5 week clinic for 4-7 year old boys and girls teaching the basics of soccer. All participants will receive t-shirts and certificates on the last day. The clinic is held every Saturday from 10-11am from September 24th through October 22nd at the School for the Deaf outdoor field.

Members \$30 / Non-Members \$60

Gym & Swim

A ninety minute phys ed program for home schooled children ages 5-16. Includes instructed gym class and structured swim. Runs along the school year for three 8 week sessions. Join an existing class or start a new one with your own group. Sessions start in September, January and March.

Members \$30 / Non-Members \$60

Weed & Seed Programs

- Self-Defense Classes
- Teen Parenting Classes
- Computer Classes

All classes are free for target area residents. If there is extra room, YMCA members can attend for free. For more information regarding Weed & Seed programs, please call 336-3500 x223.

Youth Night

Come out Saturday night at the Y to enjoy the interactive game room, gym games, pool, and much more. This drop-off program lets parents enjoy an evening child free from 5:30-7:30pm. For students in grades K-6th, cost is only \$4 per child for members and non-members. Parent must drop off and pick up child inside the lobby. Starts October 29th and goes until May.

Teen Night

Open to students in grades 7-12, held every Saturday night. Come to the Y for basketball, volleyball, swimming, teen weight room, teen center, and more. This program is 8-10:30pm and the cost is only \$4 per student for members and non-members. Must present student I.D. for entry. Starts October 29th and goes until May.

Late Night Adult Basketball

Every 1st and 3rd Saturday of the month from 11pm-1am will be pickup basketball for adults ages 19 and up that are not in high school. Cost is \$5 per person. Starts Nov 5th –May 19th

Teen Center

Open Mon-Thurs 4:30-7:30pm for ages 13-19. Includes a computer lab, lounge and game room with Xbox 360, big screen TV, ping pong, pool and more. Free to Y members; non-members must purchase a day pass. Located on the third floor. Opens up in Sept and closes at the end of April.

Interactive Game Room

Open Mon-Thurs 5-8pm for ages 5-12. An exciting room featuring a sports wall, Dance Dance Revolution and a big screen TV with a Nintendo Wii. A great blend of fun and exercise! Parents, drop your kids off to exercise while you do your workout. Free!

Basketball Skills & Conditioning

Clinic for kids ages 8-16 going over basketball skills, and conditioning that runs Sundays from October 2nd to November 6th. Experienced coaching staff will prepare you for the season! Members \$40 / Non-Members \$75

Adult Basketball League

Our Adult 5v5 Basketball League will start back up again in October. Days and times are to be determined. If you are interested in putting in a team call 336-3500 x223.

Team fee \$475

Adult Volleyball

Our Co-Ed Adult Volleyball League is starting back up in October with two leagues; Monday and Wednesday nights. Please call for more information.

Team fee \$150

Youth Boxing Program

The program is open to youth ages 10-17, both boys and girls. It runs after school Monday thru Thursday and costs \$75 for YMCA members, \$100 for non-members. The program is held at Strough, but you must signup at the Rome YMCA. This program starts up in October and ends with the school year.

Adult Boxing Program

The Adult Boxing program is open to adults ages 18+. It runs after school Monday thru Thursday and is held 7-8:30pm. The program is held at Strough, but you must signup at the Rome YMCA. This program starts up in October and ends with the school year. Cost is \$20/month for members and \$40/month for non-members.



Nicolina A. Calandra
Rome SACC Director
336-3500 x 226 ncalandra@ymcatricalley.org

SCHOOL AGE

Rome Elementary Before School Programs

The morning program is held at the Rome YMCA branch, 301 W. Bloomfield St., and is available at 6:30 AM.

The program is loosely structured to allow flexibility of children's arrival times and breakfast is served while they participate in quiet activities. Children are then bussed to their schools at the appropriate time.

After School Programs

Our after school programs are held on-site beginning at school dismissal and ending at 6PM at the following elementary schools: Denti, Bellamy, Gansevoort, and John Joy. Stokes and Ridge Mills children are bussed to the closest school site. (More information will follow) At each school, we offer homework help, recreational play, character development and enrichment curriculum, free time, and a snack.

Vacation Program

Snow day, 1/2 day, and vacation day child care is provided at the YMCA branch. These days are included in your monthly fees. Vacation weeks *are not included*, but care is available at the YMCA branch for a daily fee.
(December, February, and April)

Staley Upper Elementary Before School Programs

The morning program is held at the Rome YMCA branch, 301 W. Bloomfield St., and is available at 6:30 AM.

The program is loosely structured to allow flexibility of children's arrival times and breakfast is served while they participate in quiet activities. Children are then bussed to their schools at the appropriate time

After School Programs

Our after school program is held on-site beginning at school dismissal and ending at 5:30 PM. We provide a strong core instructional program designed to help all students meet high academic standards, while enriching and supporting learning that takes place during the school day. Hands-on enrichment activities enable us to expand students' learning opportunities and to support their cognitive, social, emotional, moral, and physical development.

Vacation Program

Snow day, 1/2 day, and vacation day child care is provided at the YMCA branch, 301 W. Bloomfield St. These days are included in your monthly fees. Vacation weeks *are not included*, but care is available at the YMCA branch for a daily fee.

(December, February, and April)

School Age Child Care Program

The YMCA recognizes the need for child care services for the children of working parents. The YMCA offers child care in the morning, before school begins and in the afternoon, when school lets out. YMCA SACC programs are certified through the New York State Office of Children and Family Services. We offer scholarships through financial aid which is based on the available resources of the YMCA, and also accept daycare assistance from the county. Enrollment packets are available at each YMCA branch, or on-line at www.ymcatrivalley.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBIL-

SCHOOL AGE

(25 Oxford Rd, New Hartford, NY, 13413)

New Hartford Area / Whitesboro School Age Child Care:

Our SACC program previously ran and will continue to run in 7 different elementary schools: Bradley, Clinton, Hughes, Jones, Myles, NY Mills & Sauquoit. We are proud to announce our expansion into the Whitesboro School District as well as the Utica City School District, where we will provide care in the following elementary schools as well: Deerfield, Harts Hill, Marcy, Westmoreland Rd. & Christopher Columbus Elementary: totaling 12 elementary schools in New Hartford, Whitesboro and surrounding areas. Our program averaged 130 children last year and we hope with these five new sites, our numbers will increase significantly. We plan on our program continuing to grow!

Here at the YMCA we strive to be more than just child care...we want to help your child develop into an adult who displays our core values:

HONESTY
CARING
RESPECT
RESPONSIBILITY

Early Dismissal Days/Snow Days/ Single Days Off

Our program provides care when school is closed!

On snow days, early dismissal days, and vacation days child care is provided at the New Hartford SACC Center(25 Oxford Rd ,New Hartford). Snow days/single days off are included in your monthly fees. On early dismissal days, staff will be on site from dismissal time until 6:00 pm.

Vacation Weeks

Vacation weeks *are not included*, but care is available at the New Hartford SACC Center for a low daily rate.
(December, February, and April)

Registration :

You can register at anytime by contacting New Hartford Whitesboro SACC Director Danielle Trzcinski at the contact information list below.

~For more information please visit our website, www.ymcatrivalley.org
or contact~

New Hartford and Whitesboro SACC Director
Danielle Trzcinski
315.797.4787
dtrzcinski@ymcatrivalley.org



Valerie Relyea–
vrelyea@ymcatrivalley.org
Arts and Humanities Coordinator

The Rome YMCA Arts & Humanities Fall/Winter Programs

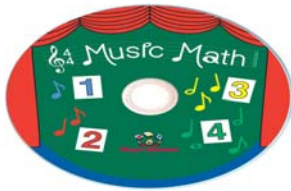
[Sign Up Now For One Of These Exciting Programs](#)

Register for the following classes, at the Rome Family YMCA, 301 W Bloomfield St.
Each class will run for 8 weeks.

Music Math:

As a member of this class, your school aged child will increase their mathematics knowledge through learning musical notation and playing musical instruments.

(Times and days to be determined)



The Music Recording Workshop

As a participant in this workshop, you will learn how to record your own music, how to produce your own CD and how to get your songs distributed online.



When: Tuesday and Thursday Evenings,
Time: 7:00 PM to 8:00 PM
Costs: \$50 for members & \$100 non-member



Private Vocal And Instrumental Lessons Are Also Available

For more information, contact Valerie Relyea, the Arts and Humanities Coordinator, at 336-3500 (ext 234) or via email at vrelyea@ymcatrivalley.org

Private Piano Lessons

Instructed by Greg Unangst





Session Dates

Group Exercise/ Adult Aquatics - 8 week Sessions

Fall I

Sept 12th-Oct 29th

Registration:

Aug 24th-Sept 7th

Fall II

Nov 7th - Jan 7th

Registration:

Oct 24th - Nov 2nd

Winter

Jan 16th - March 3rd

Registration:

Jan 1st- March 3rd

Youth Aquatics - 7 Week Sessions

Fall I

Sept 12th-Oct 29th

Registration:

Current Participants:

Aug 24th-Sept 7th

Non- Participants:

Wed Aug 24th 4-6 pm

Sat Aug 27th 10-12pm

Mon Aug 29th 4-6pm

Fall II

Nov 7th- Jan 7th

Registration:

Current Participants:

Oct 24th- Nov 2nd

Non- Participants:

Sat Oct 29th 12-2pm

Mon Oct 13th 4-6pm

Wed Nov 2nd 4-6pm

Winter

Jan 16th - March 3rd

Registration:

Current Partici-

pants:

Jan 1st - March 3rd

Non-Participants:

Sat Jan 7th 12-2pm

Mon Jan 9th 4-6pm

- “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 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 doing swim testing, please bring your child with their swim suits for swim testing.

Keep an eye on Session begin and end dates, as well as Registration dates to ensure that you make the most of The programs offered at the Y! Programs do not allow entry after the designated registration period unless you pay a \$10 late fee .

YMCA Happenings

“Hope Is In Me-A Musical Journey”

- feature’s Rome & Oneida Family YMCA music students
- The project, designed as a fund raiser for the Y’s Heroes Campaign to raise support for Y scholarships, has been four years in the making.
- The recording has been edited and produced over the past three years by recording artist Brian O’Neal and Hank Leo, CEO of the YMCA. The DVD was produced by Rick Lewis of Nexstar Broadcasting (Utica, NY). The CD will be coupled with the Y’s thirty-minute documentary and 12 additional videos, selling for \$20 on the Y’s new website: www.hopeisinme.com and on iTunes, Amazon, Facebook and the contributing artists own sites. The project featured dozens of engineers from around the US, supporters and contributors including local and national foundations and will be submitted to the Grammy Foundation for consideration for its unique inspirational value and national impact.



YMCA “Corporate Cup Challenge” 2011 Golf Tournament

- Where: Kanon Valley Country Club
- When: Wednesday September 14,2011
- Time: 11:00am-12:30pm Registration and Lunch
12:30pm Shotgun Start
5:00pm-6:30pm Dinner
6:30pm Awards and Drawing winner



The Y Celebration Honoring Our Past .. Assuring Our Future

Where: The Beeches
When: Friday October 14,2011
Time: 6pm-10pm
Live music by “Stroke”



**RomeYMCA
OPEN HOUSE**



**United
Way**



United Way Agency

United Way of Greater Oneida

United Way of Greater Oneida

Sherrill-Kenwood Community



Board of Directors....,Craig Bailey, Arthur Adkins, John Campani, Mary Condes, John Elbertson, Rita Kenyon, John Margo, Randy Phillips, Jeff Rowlands, Leslie Rowland, Helene Shulkin, Leslie Taylor, Lynne Williams

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