HEALTHY FUTURES BEGIN HERE
ROME FAMILY YMCA 2020 WINTER PROGRAM GUIDE
OUR MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.

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

Halloween with SACC kids
Rome Family YMCA
Mr. Hairston Reading to students at Stokes
Aquatic Christmas Party
Youth and Family Crafting Class
Rome YMCA Youth and Government students from Strough Middle School visit Albany
MEMBERSHIP

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DAY</th>
<th>MONTHLY</th>
<th>ANNUALLY</th>
<th>CAPITAL IMPROV. FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUTH (6 months - 22 Years)</td>
<td>$7</td>
<td>$21</td>
<td>$252</td>
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<td>Young Adults (23 - 30 years) (Starting May 1st, 2018)</td>
<td>$10</td>
<td>$30</td>
<td>$360</td>
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<tr>
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<td>$46</td>
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<tr>
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<td>$10</td>
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<td>$386</td>
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<td>$20</td>
<td>$61</td>
<td>$732</td>
<td>$75</td>
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<td>Maximum of two adults living in the same Household and their children up to age 22</td>
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<tr>
<td>COUPLE</td>
<td>$15</td>
<td>$58</td>
<td>$696</td>
<td>$60</td>
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SNOW BIRD/SUN BIRD MEMBERSHIPS
Snow/Sun Bird Memberships are available for seniors 62+. These are 6 month memberships. $226 plus a one-time $40 capital improvement fee.

GUEST PASS USERS
A guest pass may be purchased with a valid photo ID to use the YMCA facility for one day. Photo ID will be held at the desk while in the facility. This allows access throughout the building. All guest pass users must be accompanied by a member of the YMCA of the Greater Tri-Valley.

FAMILY TRIAL MEMBERSHIP
For only $75 you can enjoy a four week trial membership which offers full membership privileges. Membership conversion is available at the end of the trial period. Trial Membership must be paid in full and cannot be used for member pricing for paid programs such as Summer Camp, SACC, clinics, swim lessons etc......

PAYMENT OPTIONS
Annual membership dues can be paid by cash, check, all major credit cards except American Express, or by YMCA gift certificate. Bank draft payments deducted from a checking account, savings account, or credit card are withdrawn on the 3rd or 18th of the month. The YMCA reserves the right to assess a service charge for all returned or declined payments for membership and programs. Members who wish to terminate or change their membership status must submit a written notice to the Welcome Center Staff in order to do so. The termination will not take effect for 30 days. Any draft scheduled to take place within the 30 days, will continue to be drafted.

PROGRAM MEMBERSHIP
Are you only looking for classes? For only $60, an adult may take all of the classes and have access to the rest of the facility, such as pool, cardio and free weights for a full month! No need to make a full commitment to join, try it before you buy it! There are no limits to the number of Program Memberships a person may take and may be taken out at any time.

The YMCA reserves the right to conduct a background check on any member and deny entry or membership to registered sex offenders of any level.

HOLIDAYS:
New Years Eve Tuesday 12/31/2019 CLOSE AT NOON
New Years Day Wednesday 01/01/2020 CLOSED
Easter Sunday 04/12/2020 CLOSED

Rome YMCA Winter Hours:
Monday–Thursday 5:30am–9:30pm
Friday 5:30am–8:30pm
Saturday 7:00am–5:00pm
Sunday 11:00am–4:00pm

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. A payment error is made by the YMCA

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, which updates the facilities and remedies maintenance issues. Any member who allows their membership to lapse for more than 30 days is considered a new member upon re-joining.

REFER A FRIEND– REWARD YOURSELF
Invite your friends and family to join the Y and you could get a FREE month and a FREE fitness assessment! We value your continued membership and support of the Y and hope that you are taking advantage of all of our programs and services. When your friends or family join the Y based on your referral, you will receive a free month of membership! Refer twelve friends who join as members and you could receive a full year! See our Welcome Center Staff for details. This program does not apply to trail membership.

Return Policy FOR CREDIT CARD, CHECKING AND RETURN CHECKS
When a credit card or check is returned or decline your account will be charged a $25 Return/Late fee as well as your payment.
**FACILITY POLICIES**

- **Members** should always present their membership card to gain access to the facility; the YMCA reserves the right to deny access to members who do not have their current and valid identification card. Membership cards are $5 each to replace if lost.

- **Guests** need to sign in, leave photo ID, and be accompanied by a member; guests will not be allowed in the facility without a current and valid photo ID.

- The YMCA is a smoke, tobacco, vaping, alcohol and drug free facility and ground.

  - It is the policy of the YMCA to make memberships, programs and services available to all persons regardless of race, color, religion, sex, age, marital status, sexual orientation, gender identity or expression, national origin, disability, or financial circumstances without discrimination.

- Members and guests are expected to use appropriate language and be courteous to other guests at all times.

- Members and guests are expected to be respectful of the staff, equipment, facility and grounds at all times.

- Members and guests should dress appropriately when using YMCA facilities. This includes wearing proper footwear within the wellness center and common areas, appropriate swim suits, and non-offensive tee shirts. Shirts must be worn in the gymnasium at all times.

- Members and guests should schedule a Wellness Center Orientation to learn proper use of all of the cardio, strength training and free weight equipment prior to using them.

- The YMCA reserves the right to revoke any membership, guest pass or visitor relationship should violations occur in any of the above categories. The Y first and foremost, promotes safety in a healthy environment. Abuse of policies and procedures of any kind will not be tolerated. All the YMCA polices are not listed in this program guide, if you have a question on a policy please contact the welcome center.

- By participating in the YMCA Nationwide Membership Program, You agree to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law. The YMCA reserves the right to deny membership access to an individual that appears at any level on the sex offender registry.

- Lifeguards and Aquatic staff have the authority to request the testing of any member or guest, regardless of age, for swimming ability, and directed accordingly if they feel it is necessary. Please respect their decision to do so. It is for your safety.

- During fire alarms, members, guests and staff are all required to exit the facility immediately. There are no exceptions.

- The Y will not tolerate bullying of any kind.

- All accidents and injuries must be reported immediately to the Director on Duty. An incident form will be filled out for each incident.

- Guests are asked to wait in our lobby area for appointments.

- The YMCA staff is not responsible for toileting duties for young children.

- All members that are 12 years old need to complete a facility orientation with the Director on Duty. Parents need to verify, sign the form and return to the Membership Director.

- Any child who is under the age of 12 years old, or who has not completed a youth orientation, cannot be left unsupervised in our building. The child must be under the direct supervision of a parent or guardian who is 18 or older at all times.

- There should be no food or beverages in the program areas at any time.

- The Y is not responsible for lost or stolen property. Please bring a lock and keep your valuables in a locker.

- Members and guests are not allowed to solicit, buy or sell any non-YMCA goods or services without express written consent of management.

- Members and guests are to abide by all state and federal laws while in the facility. Violation of the law while using the YMCA facility can result in termination of member or guest privileges.
EVERYONE IS WELCOME
The YMCA of the Greater Tri-Valley is a membership-driven organization open to all people. Through the generosity of donors, we are able to provide programs and services to those who may not otherwise be able to participate. Financial assistance, to the extent possible, is available to those in need.

SPECIAL ACCOMMODATIONS
If you cannot afford the full cost of a YMCA program or membership, you may apply for Changing Lives financial assistance. All YMCA members receive the same membership and program benefits, regardless of scholarship assistance.

FUND AVAILABILITY
Financial Assistance is available to anyone based on family income, number of household members and the availability of YMCA funds. Assistance is provided on a fair and open basis, in accordance with our donors’ wishes. Financial Assistance is provided on a first come, first serve basis.

HOW TO APPLY
Stop by the membership services desk or visit our website to acquire a Financial Assistance application.

To process your application, we will need the following information:

- Copy of last year’s tax return
- Copy of current pay stub or
- Copy of Social Security or disability check
- Proof of Child Support Payments
- Membership Application
- Financial Assistance application
- Proof of everyone living in household
- $10 processing fee

Additionally, for Child Care:
- Program Registration Form
- Denial letter from DSS child care subsidy

Your application may be submitted to the Rome or Oneida YMCA membership services desk. All applicants must re-new there financial assistance annually.

The YMCA will review the application to determine financial assistance eligibility and you will be contacted by mail once your application has been processed.

All scholarship awards are subject to an annual re-application process.

DONATING TO THE CHANGING LIVES CAMPAIGN
You can support our annual campaign by participating in fundraising events or by making a direct donation. To make a donation to the Changing Lives Campaign and support children and families who are unable to afford programs and services, please direct all inquiries to:

Hank Leo
(315) 336-3500 222
hleo@ymcatrivalley.org

BE SOCIALLY RESPONSIBLE, 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 Multi Team Leader, or one of our Program Directors to explore the volunteer opportunities. Let’s do something good together today!

THE YMCA’S ENDOWMENT AND YOU
Our YMCA is a charitable organization and is constantly 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 contact Hank Leo at 336-3500 x222 to become a member of our Red Triangle Club.
HEALTHY LIVING
- AQUATICS

DEEP WATER JOGGING

DEEP WATER JOGGING is relative to real running in terms of building cardiovascular endurance much easier intensities. This class is an excellent way to maintain your fitness or help with rehabilitation during recovery from injury. MAIN POOL

YOUNG AT HEART

YOUNG AT HEART is a low-impact, slow paced method to get cardiovascular exercise. This class is designed to increase flexibility and improve your balance, joint stability, coordination, agility, and muscular strength. This class will improve your sense of well-being through peer interactions and positive encouragement. MAIN POOL

AQUA ZUMBA

AQUA ZUMBA is for those who want to get fit and have fun. The high energy class makes full use of your bodies buoyancy and provides you with a challenging and invigorating workout that will burn body fat and build muscle tone and definition. MAIN POOL

AQUAMOTION

AQUAMOTION is suitable for all fitness levels. It is a therapeutic form of exercise for those recovering from injuries, strokes, arthritis pain, fibromyalgia, knee or hip issues. People who suffer from living with pain and limited range of motion can add a water workout to their wellness routine to gain a better quality of life. THERAPY POOL

HYDRO SPIN

Hydro spin is an innovative new way to exercise that comes with many gains. Get a cardiovascular workout as well as strength training in one. Burn up to 800K calories and burn cellulite each time you get in the pool for class. Hydro spin will enhance blood flow, improve cardiovascular endurance, and get a better nights sleep. The class is impact free on joints, therefore participants will have no soreness or no stress on the body. Thanks to its positive impact on people’s lives, aqua cycling has now turned into a massive trend all over Europe and the United States. MAIN POOL

SPLASH FIT

SPLASH FIT incorporates gentle aerobics using water weights and noodles. The music can change our perceptions, sharpen our attention, and even enhance our intelligence for the day. The benefits in this class through gentle exercise helps to increase flexibility and endurance. MAIN POOL

AQUA YOGA

AQUA YOGA involves stretching which has a positive impact on overall heart health. The thermal properties of therapy water assists in healing the nerves to lessen pain sensitivity, stimulate the immune system, increase blood circulation, and leave you both physically and mentally relaxed. THERAPY POOL
SHRIMP (6 MONTHS—36 MONTHS WITH 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.

PIKE (3—5 YEARS)
Children must be at least 3 years old. Designed for new swimmers, children try basic strokes and kicking skills, with and without flotation devices. Children work on getting faces fully in the water.

EEL (3—5 YEARS)
For children who are comfortable in the water without flotation devices. Participants learn paddle stroke, front, back floats and more. Children are not afraid to put their faces in water.

RAY / STARFISH (3—5 YEARS)
For children without flotation devices. Children review basic skills, build endurance, and learn to tread water. Front and back crawls are refined.

POLLIWOG (6—14 YEARS)
Children must be at least 6 years old by the designated registration date. This class is designed for school age children who are beginning their swimming experience. Participants learn basic strokes, kicking skills and water safety.

GUPPY (6—14 YEARS)
Children learn to swim using basic strokes. They are introduced to front and back crawls, breaststroke and elementary backstroke.

MINNOW (6—14 YEARS)
Children 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 more personal safety, and rescue skills.

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.

Swimming Pool Policies

♦  During swim lessons a parent or guardian who is 18 or older must sign in the child and stay in the pool area where the child is taking swim lessons.

♦  During open swim times children 3 years or younger must have an Adult 18 years or older in the water with them at all times. Children 4-11 years old must have an adult 18 years of age or older in the pool area where that child is swimming at all times.

♦  All youth must be swim tested before allowed in the pool. If they don’t pass the swim test they must stay in the shallow end of the pool and may be asked to wear a safety device by the lifeguard.
YOUTH DEVELOPMENT – SWIM LESSONS
UPCOMING SWIM LESSONS SESSIONS

Private Swim Lessons:
One-on-one swim lessons for adults or children. Contact the Aquatics Director to schedule an appointment. Lessons are by appointment.

Members $40/half hour Non-Members $60/half hour

Age Requirements for the pool

3 YEARS OLD AND UNDER
Any child 3 years old and under must have an adult 18 years of age or older in the pool with them at all times within an arms reach.

4—11 YEARS OLD
Children four –eleven years of age, must have an adult over 18 in the pool area supervising the child at all times.

12 YEARS OLD AND UP
Swimmers twelve (12) and over can swim without adult supervision, but the lifeguard has the discretion on swim testing all patrons and having them to wear a lifejacket.

January 13th-February 29th
NEW participant Registration (must attend one)
January 6th 4:30-6:30pm
January 8th 4:30pm-6:30pm
January 11th 10am-12pm

March 9th-April 25th
NEW participant Registration (must attend one)
March 2nd 4:30-6:30pm
March 4th 4:30pm-6:30pm
March 7th 10am-12pm
LEARN TO PLAY: BASKETBALL

February 1st – February 22nd
(Saturdays) 1:00pm – 1:55pm: 4 weeks
Kids ranging in age from 4 to 7 (K-2nd grade) are welcome to participate in our Learn to Play series. This class helps develop new sport skills.
COST: $25 for Members $50 Non-Members

PRE-BOP TODDLERS

January 11th – February 1st
(Saturdays) 9:00am – 9:45am: 4 weeks
Calling all 2-3 year olds! Kids will participate in a youth gym games that offers a fun environment to learn and play structured games. This program will offer listening skill development, physical activity, and social interaction.
COST: $25 for Members $50 Non-Members

TUMBLING!!

February 8th – February 29th
(Saturdays) 9:00am – 9:45am: 4 weeks
Children ages 3 to 6 will participate in a youth tumbling program that offers a fun environment to learn the basics of gymnastics. This program will offer stretching, balance, basic tumbling, and social interaction.
COST: $25 for Members $50 Non-Members

CREATIVITY & BEATS

February 25th – March 10th
(Tuesdays) 6pm – 6:45pm
Join our youth band! Kids ranging in age from 9 to 16 are welcome to participate in our junk yard band! This class helps promote a fun twist on music and teamwork!
COST: $15 for Members $30 Non-Members

YOUTH BALLET

(Mondays) March 9th – March 30th
6:00pm – 6:45pm: AGES 3-5
7:00pm – 7:45pm: AGES 6-8
Join our 4 week Youth Ballet program! This class helps develop and promote new skills to youth while teaching them the fundamentals of ballet!
COST: $25 for Members $50 Non-Members
YOUTH DEVELOPMENT—ENRICHMENT

LIFT & LEARN CLINIC

January 20th – February 26th
(Mondays & Wednesdays) 6-7pm
Teen Wellness is offering a 6 week, twice a week program that teaching you proper form and fundamentals of weightlifting. Learn how to get strong the right way and the safe way by a Certified Trainer. Age 12-17
COST: $35 for Members $60 for Non-Members

FAMILY PAINT NIGHT

Friday, January 10th – 6pm
The Rome Y is partnering up with KT’s Art and Design Studio to bring an awesome Family event to the Y. This event has limited space of 10 kids, so please remember to secure your spots as soon as you can! Kids will be following a guided painting session and will have 11x14 canvas masterpiece to take home! A Parent must attend with child. Ages 7-13
COST: $25 per kid

“Today you are You, that is truer than true. There is no one alive who is Youer than You”
– Dr. Seuss

Tri-Valley Playaz Boys AAU
Tryouts for the Tri-Valley Playaz AAU program will be held at the Rome YMCA on the following days and times:

3rd-6th grade January 19th & 20th 4:30pm-6:00pm
7th-11th grade January 19th & 20th 6:00pm-7:30pm
You must attend both days of tryout

There will be a $20 tryout fee and registration form and medical information must all be filled out before trying out.
Inflatable Birthday Parties and Gym Rental

Have your birthday party at the Y! You can rent out a room and half the gym for fun activities led by either yourself or one of the Y’s dedicated staff members. We have inflatables available to use also. For more information or to pick up a rental form stop in at the Rome Y or call us at 315-336-3500

TEEN CENTER  3RD FLOOR HOURS:
MONDAY-THURSDAY  3:30PM-7:00PM

TEEN FACILITY HOURS FOR TEENS 16 AND YOUNGER
VACATION DAYS AND 1/2 DAYS AND SUMMER
12:00PM-8:00PM
DURING SCHOOL FOR ALL SCHOOL AGED CHILDREN
2:00PM-9:00PM

CHILD WATCH/INTERACTIVE ROOM

We can watch your child while you use our facility! This service is included with a family, or youth membership and is not available to non-member participants. Open to children ages infant through 11 years old. There is a 2 hour time limit per visit. If a child is in the need of a diaper change or assistance in the restroom the staff are required to get the parent.

Child Watch Hours (Ages Infant -11 Years Old)

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<tr>
<th></th>
<th>Monday-Thursday</th>
<th>Fridays</th>
<th>Saturday</th>
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<tr>
<td>8:30AM—12:00PM</td>
<td>4:00PM—7:30PM</td>
<td>8:30AM-12:00PM</td>
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<td>4:00PM—7:00PM</td>
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Interactive Game Room (Ages 5-11 Years Old)

We can watch your child while you use our facility! The service is included with a family membership or youth membership and is not available to non-member participants. Open to children ages 5-11 years old. There is a one and a half hour time limit per visit.

Hours: Monday-Thursday 4:00PM-7:00PM

PRIVATE INSTRUMENTAL LESSONS

PRIVATE LESSON FEES

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<tr>
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<th>Members</th>
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<tr>
<td>Private Lessons</td>
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<tr>
<td>30 Minutes</td>
<td>$20</td>
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<tr>
<td>45 Minutes</td>
<td>$30</td>
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<td>60 Minutes</td>
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YOUTH WEIGHT ROOM STAFFING HOURS:
Monday-Wednesday 3:00pm-7:00 pm
TEENS ONLY Ages 12-18

To use the Cardio Room you must be 15 year old or older.
HEALTHY LIVING—GROUP EXERCISE

SILVER SNEAKERS® YOGA / ENERCHI
This class combines yoga, moving your whole body through seated and standing poses, and Tai Chi/Qigong principles linking forms together in a guided flow increasing strength and vitality.

SILVER SNEAKERS® CLASSIC
Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available, if needed, for seated or standing support.

SILVER SNEAKER® CIRCUIT
Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion, and activities for daily living.

SILVER SNEAKER® STABILITY
The newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of the individual participants. A chair may be used for balance and support.

YOGA
Yoga is a gift for the body and mind. It is designed to improve the health, performance, and mental acuity of individuals. Yoga blends balance, strength, flexibility, and power while being accessible and understandable by any level of fitness.

YOGA—VINYASA FLOW
Yoga postures flowing from one to another seamlessly using your breath.

SUNRISE YOGA
Begin your day with a gentle warming practice. Just as the sun takes its time to rise in the sky, this yoga practice is designed to do the same.

ZUMBA® TONING
Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! How it works. The challenge od adding resistance by using Zumba Toning sticks (or light weights), helps you focus on specific muscles groups, so you (and your muscles) stay engaged!

BODY SHOP
A complete workout which includes a short aerobic segment giving the class all the components of a fitness program. The class has floor work, flexibility, and muscle toning.

CARDIO STRETCH AND SCULPT
This class includes standing, sitting, and floor exercises using the stability ball. Exercising with the ball increases core strength as well as improve posture and balance.

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

STEP/INTERVAL COMBO
Strengthen, tone, and improve coordination with inter training using cardio work to produce an easy-to-learn and effective workout.

NEUROFITNESS
A strength training class that makes you smarter and stronger. Challenge your mind and body by working neurogenesis, neuroplasticity, memory, and balance with weighted movement.

LET’S GET FIT TOGETHER
MCA GROUP EXERCISE AND FITNESS CLASSES
HEALTHY LIVING – GROUP EXERCISE

PIYO
This is a fusion class that combines the more active movement of Pilates to increase core strength with the static movement of Yoga to increase flexibility.

BOOT CAMP
This is a high energy class that can be a challenge for all. It is as intense as you can handle.

POUND®
Pound is the world’s first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums.

TOTAL STRENGTH
Barbell and dumbbell class designed to build stronger bones, increase flexibility, improve balance and metabolism with full body weight workouts.

WELLNESS CENTER ORIENTATION
Especially for new members, this is a free service! 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.

YOUTH ORIENTATION
All YMCA members ages twelve and up are allowed access to the facility independently, but must first complete an orientation with a Wellness Center staff person along with the Director on Duty. This orientation covers fitness safety, building safety and facility usage rules to promote safe and respectful usage of our facility. There is a release/consent form that must be signed by the parent or guardian to participate. Inquire with the Welcome Center Staff to set up your teen’s Youth Orientation.

HEALTHY BACK/CORE STRENGTH
Healthy back exercises will help strengthen & improve you back health. In addition, this class will also focus on increasing core strength, stretching & relaxation.

ZUMBA®
This is a Latin inspired fitness class. 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. We have a variety of ZUMBA® classes to meet the needs of everyone!

BARRE FITNESS
Combining ballet-inspired moves with elements of pilates, dance, yoga, and strength training using the barre to perform classic dance moves such as plies, alongside static stretches. Barre also focuses on high reps of small range of movement.

STABILITY BALL/DRUMMING
Exercise with the ball in different positions, and an upper body workout on the ball by drumming with sticks.

AEROBICS/POWER SCULPTING
This is a complete workout increasing cardiovascular muscle & bone strength by using hand weights, bar, bands, ball & power sculpting exercises.

POWER PUMP
Develop muscular endurance and strength in a group setting using dumbbells, body bars, and body weight. This high rep method of training will give you a full body muscular workout.
HEALTHY LIVING— GROUP EXERCISE

MOVING MEDITATION YOGA—
Discover a whole new way to relax and rid your mind and body of stress. Become mind full of each movement you make. This type of yoga practice combines yoga postures, energy movements (tai chi and qigong), and ends with a meditation during savasana.

HIIT45—
A fun class that will have you ready for the day. High intensity interval training (HIIT) is a combination of intense strength exercise and cardio. Push and do as many reps as you can during a timed intervals. This class is for all levels.

Personal Training

Reuben Morgan
- Certified Personal Trainer (NFPT)
  National Federation of Professional Trainers
- Youth Football Strength and Conditioning Coach
Has over 7 years of

Leighna Scott
- Certified Personal Trainer (NASM) National Academy of Sports Medicine
- Crossfit Lvl 1 Instructor
- Competitive athlete in Olympic Weightlifting
- Has instructed group and individual’s for over 3 years
- personal training

Ryan McNamara
- Certified Personal Trainer (ACSM)
  American College of Sports Medicine
- Bachelor of Science in Exercise Science
- Specializes in youth athletes along with weight loss and
- strength gains

Meet our Personal Trainers Every Tuesday 4:30pm to 5pm

Rates
Single Session: $45 per hour
Kick Start Package: $135*
Five (5) Sessions: $200*
Ten (10) Sessions: $380*

* Includes the initial assessment with 1-on-1, 1 hour sessions
ABOUT OUR PROGRAM

Our YMCA School Age Child Care programs serve children kindergarten through 12 years old. This age is a crucial period in a child’s life, where social, physical and mental skills are all being learned and developed. In all of our settings, ideas of self worth are developed, relationships with peers and adults are experienced and young bodies grow strong and competent.

YMCA child care programs are non-profit programs. Our New York State licensed programs are designed to provide each child with a variety of positive, healthy and interesting hands-on activities each day using our center-based curriculum. Activities include homework assistance, Food & Fun After School, Arts & Crafts, Science, Sports, weekly swimming and much more! Our staff are thoroughly trained and experienced working with children. Many of our staff have, or are working towards degrees in education or are seeking a career in a childcare related field. All of our staff and programs meet New York State Office of Children and Family Services (OCFS) requirements and regulations.

We offer programs in the New Hartford, Utica, Oneida and Rome areas with 25 sites combined regionally, serving the needs of over 300 children.

WHO WE SERVE

Bellamy Elementary (AM & PM), Bradley Elementary (AM & PM), Deerfield Elementary (AM), Denti Elementary (AM & PM), Clinton Elementary (AM & PM), Gansevoort Elementary (AM & PM), General Herkimer Elementary (AM & PM), General William Floyd Elementary (AM & PM), Hart’s Hill Elementary (AM & PM), Holland Patent Elementary (AM & PM), Hughes Elementary (AM & PM), John Joy Elementary School (AM & PM), Jones Elementary (AM & PM), Myles Elementary (AM & PM), New York Mills Elementary (PM), Ridge Mills Elementary School (AM & PM), Rome Catholic (AM & PM), Sauquoit Elementary (AM & PM), Staley Upper Elementary School (AM & PM), Stokes Elementary School (AM & PM), Westmoreland Elementary (AM & PM), Westmoreland Middle School (AM & PM)

After School Program

We provide after school child care from dismissal to 5:30 PM at Staley and 6:00PM at all other sites for all of the schools we serve. Children are able to participate in activities such as homework assistance, healthy snacks, healthy cooking, character development, physical fitness and more!

Before School Program

We offer a before school program for any child within the Rome City School District. Our morning program begins at 6:30AM and provides small group activities, served breakfast and reliable care for helping your child jump start their school day.

Vacation/Snow Day Program

Child care is offered at the Rome YMCA location from 6:30AM to 6:00PM on vacation and snow days. These days are included in your monthly fee with the exception of full vacation weeks in December, February and April. This program is also available per day.

Financial Assistance

Many local counties have child care assistance programs that they offer to subsidize working families in need of child care. As the YMCA is a licensed child care program through NYS Office of Children and Family Services, our program qualifies for child care subsidies paid through the county. We currently accept subsidies for Oneida County.

Families in need of Financial Assistance are encouraged to apply for county assistance before applying for YMCA Financial Assistance.

If you are not currently receiving Department of Social Services benefits, contact your county’s Department of Social Services to find out how to apply for assistance.
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