MEMBERSHIP & PROGRAM GUIDE

YMCA MISSION STATEMENT
TO PUT CHRISTIAN PRINCIPLES INTO
PRACTICE THROUGH PROGRAMS THAT
BUILD HEALTHY SPIRIT, MIND
AND BODY FOR ALL

ONEIDA FAMILY YMCA
701 Seneca Street
Oneida, NY 13421
(315)363-7788
www.ymcatrivalley.org
WELCOME
TO THE ONEIDA FAMILY YMCA

INCLUSION STATEMENT:
IT IS THE POLICY OF THE YMCA TO MAKE MEMBERSHIP, 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.
MEMBERSHIP

CATEGORIEOUNTRYTH YOU $7 $21 $252 N/A
(AGES 23–30) YOUNG ADULT $10 $30 $360 N/A
(AGES 31–61) ADULT $10 $46 $552 $50
(AGES 62+) SENIOR $10 $36 $386 $40
*FAMILY $20 $61 $732 $75
*CUPLE $15 $58 $696 $60

FACILITY HOURS
Monday–Thursday 5:30AM—9:30PM
Friday 5:30AM—8:30PM
Saturday 7:00AM—4:00PM
Sunday 7:00AM—4:00PM
EASTER CLOSED

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.

PROGRAM MEMBERSHIP
Are you only looking for classes? For only $60, an adult may take all of the classes they would like 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.

FAMILY TRIAL MEMBERSHIP
A four week trial membership offers family full membership privileges for $75. Membership conversion is available at the end of the trial period. The Capital Improvement Fee will be waived for families who join! Contact a Welcome Center Staff member for details. Trial Memberships must be paid in full.

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 Bank draft payments deducted from a checking account, savings account, or credit card are withdrawn on the 3rd or 18th of the month.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.

MEMBERSHIP CARDS
There will be no admittance without a valid membership card. In the event that you lose your card, there is a $5 charge for a new card.

TERMINATION OF MEMBERSHIP
Monthly (EFT) memberships require 30 day written notice to cancel. Members are responsible for any payments that occur during the 30 day period. Annual memberships are not eligible for cancellation, credit or refund.

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
3. A written medical excuse from your health provider with dates of absence is submitted to the front desk

CHANGING LIVES CAMPAIGN—FINANCIAL ASSISTANCE
The YMCA of the Greater Tri–Valley is a membership-driven organization, open to all people. Through the generosity of donors and special events, 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. If you cannot afford the full cost of a YMCA program or membership, you may apply for financial assistance. All YMCA members receive the same membership and program benefits, regardless of scholarship assistance.

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 30 days is considered a new member upon re–joining and will need to pay the Capital Improvement Fee.

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! When your friends or family join the Y based on your referral, you will receive a free month of membership! Trial Memberships and insurance paid memberships excluded.

NATIONWIDE MEMBERSHIP AND RECIPROCAL PROGRAMS
For visitors from YMCA’s participating in the Nationwide Membership Program, we will grant access at no cost to the member for a period of less than 28 days. Visitors must leave a valid photo ID along with their home YMCA membership card.

GUEST PASS USERS
A guest pass may be purchased with a valid photo ID to use the YMCA facility for one day. This allows access throughout the building and for classes that are included in the cost of a membership.
HEALTH INSURANCE BENEFITS

Many insurance companies offer a wellness benefit that can be used toward your annual membership fee. For more information please contact your healthy insurance provider. If you need help, just ask one of our welcome desk receptionists and we will assist you with the process!

Our YMCA currently partners directly with the following insurance plans:
- Silver & Fit
- Silver Sneakers
- WellCare Silver Sneakers
- Renew Active (Optum Advantage)

Other insurance plans may cover Wellness Benefits with the member on a reimbursement basis. Each company, plan and policy is unique, contact your insurance company for confirmation and to be sure what type of policy you may have.

<table>
<thead>
<tr>
<th>WHAT IS MY PLAN?</th>
<th>WHAT DO I PAY THE YMCA?</th>
<th>HOW DO I SHOW PROOF?</th>
</tr>
</thead>
<tbody>
<tr>
<td>SILVER &amp; FIT</td>
<td>$25 ANNUAL CO-PAY</td>
<td>EXCELLUS BCBS INSURANCE CARD</td>
</tr>
<tr>
<td>SILVER SNEAKERS &amp; WELLCARE</td>
<td>$0</td>
<td>SILVER SNEAKERS CARD</td>
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<tr>
<td>RENEW ACTIVE</td>
<td>$0</td>
<td>LETTER FROM INS. WITH CONFIRMATION #</td>
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CAREGIVERS & COFFEE SOCIAL HOUR

For persons caring for someone with Alzheimer’s, Dementia or any form of memory impairment.

You can't pour from an empty cup. Take care of yourself.

Sessions are free of charge
Respite provided at NO COST to allow caregiver to attend

1st & 3rd Thursday of each month 10 a.m.
Oneida Family YMCA
701 Seneca Street, Oneida

**ON BREAK UNTIL THE SPRING**

Please contact Cindy Shepard at 315.235.7147 for more information and to arrange for respite care
Hosted by

The Caregiver Support Program is supported by a grant from the New York State Department of Health

GRIEF SUPPORT GROUP

Conference Room
Thursdays
12:30 pm
ALL ARE WELCOME

STARTING AGAIN THIS SPRING

BIBLE STUDY

(Non-Denominational)
With Pastor Randy Phillips
Conference Room
Wednesdays
12PM

ALL ARE WELCOME
FACILITY & MEMBER 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.

• 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 or services can result in termination of member or guest privileges.

• Guests need to sign in and leave a photo ID at the front desk. Guests will not be allowed in the facility without a current and valid photo ID.
  - The YMCA is a smoke, tobacco, alcohol and drug free facility and ground.
  - The YMCA will not tolerate discrimination in regard to race, sexual orientation, creed, religion or income level.

• 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, workout attire and non-offensive tee shirts. Shirts must be worn at all times, with the exception of the pool and therapy center.

• 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.

• Children over the age of 5 must use gender-appropriate locker rooms. The Y offers family changing rooms for those with disabilities, as well as for children who are old enough to use the gender-appropriate locker rooms, but still need assistance.

• YMCA Staff and volunteers understand common practices of those who harm youth and the best practices to stop them. Staff and volunteers recognize warning signs and behaviors that signal abuse or risk for abuse. Our staff and volunteers respond by reporting suspicious behaviors to YMCA supervisors and authorities.

• Lifeguards and Aquatic staff have the authority to request the testing of any member, 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. Incident report forms are the property of the YMCA.

• Guests and outside contractors are asked to wait in our lobby area for appointments.

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

• All members 12-16 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 at all times.

• Parents must remain in the building (including off-site locations) with youth under the age of 12 years old that are enrolled in programs, unless otherwise noted on the program registration form. Parents are responsible for supervision to the restroom and drinking fountains during programs.

• All youth program participants must provide proof of medical insurance to be eligible to participate.
  - There should be no food or beverages in the gymnasium or any 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.

• The YMCA is prohibited by statute from directly or indirectly participating in or intervening in any political campaign on behalf of or in opposition to any candidate for public office.

• 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.
WELLNESS CENTER ORIENTATION

Attention new members! Please take advantage of this complimentary service! We would like to take the time to introduce you to our Wellness Center which will include the Strength Training and Cardiovascular areas. Also, we will review the policies and procedures and answer any additional questions you may have about the fitness area. You will be shown how to use the equipment, gaining the confidence and knowledge to properly utilize the Wellness Center to start your journey on reaching your fitness goals!

YOUTH ORIENTATION

All YMCA members, ages 12 to 16, are allowed access to the facility independently, but must first complete an orientation with a Wellness Center staff and 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.

STAYSTRONG AT THE Y

Studies from the National Cancer Institute, along with an ever increasing body of research, confirms the tremendous benefits of exercise, wellness, fitness and conditioning for cancer patients. Physical activity may reduce the risk of cancer recurrence and increase survivorship for cancer patients. The YMCA is providing support to those receiving treatments with a focus on the whole individual, spirit, mind and body.

Services Available:
Pre-Post Surgery Therapy in the Pool
Water Aerobics/Toning/Strength Training
Strength Training &Cardiovascular Exercise
Forever Strong (land)
Yoga, Pilates
Infrared Sauna
Family Atmosphere & Support

*After consulting with your physician, join the Y for Free for 30 days and see if the programs are beneficial to your recovery. Please see the Welcome Center for a Physician’s Referral Form for this program.

TWEEN HOURS

Monday – Friday  3:00 – 5:00 PM
Saturday and Sunday  11:00AM– 1:00 PM

Our Tween Hours help youth learn and get involved with the cardio machines in Wellness Room #1 (Cardio Room) directly next to their parent. Just like a youth orientation, tweens will be put through an orientation of cardio equipment. The ratio is 1 parent for every 2 kids. Once your child is at the age of 12 then they will be able to fully use all equipment as well as be by themselves. Parents: At any time, if your child is acting inappropriately, unsafe, or not following the rules, then you will be asked to leave with your child. The most important thing to remember is safety!

FITNESS ASSESSMENTS

The purpose of the fitness assessment is to evaluate cardio respiratory fitness, body composition, flexibility and muscular strength and endurance. Your fitness level will be compared to YMCA national averages. Fitness testing and evaluation are important prior to, during and upon completion of a fitness program. The individual fitness testing and evaluation will also provide individual motivation, encourage a level of participation and an evaluation of an individual’s method of effectiveness. Our main targeted areas will be resting heart rate, body fat composition, cardiovascular health, flexibility and strength.

Schedule an assessment as a single one-hour session with one of our Personal Trainers today!

Single Assessment- COMPLIMENTARY TO MEMBERS!

PERSONAL TRAINING

Trainers at the Y can help you stay motivated, challenge your body and give you the power to attain a new level of fitness. Invest in your health and challenge yourself to receive the benefits!

<table>
<thead>
<tr>
<th>Package</th>
<th>60 MIN. SESSIONS</th>
<th>Price</th>
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<tbody>
<tr>
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<td>$288</td>
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</tbody>
</table>
MEET OUR PERSONAL TRAINERS

TO BEGIN YOUR FITNESS JOURNEY WITH RACHEL, CONTACT:

rachel.e.huggins@gmail.com

TO BEGIN YOUR FITNESS JOURNEY WITH BETHANY, CONTACT:

rbratliff@ymcatrivalley.org

TO BEGIN YOUR FITNESS JOURNEY WITH JENN, CONTACT:

sherwoodjenna8@gmail.com

TO BEGIN YOUR FITNESS JOURNEY WITH JENNA, CONTACT:

sherwoodjenna8@gmail.com

BETHANY RATLIFF

Certification
NCSF Personal Trainer
ACE Fitness Nutrition Specialist

About Me
I have always had a passion for fitness and wellness. I studied fitness and wellness in college and went on to get a Master’s Degree in Public Health. I have been certified as a Personal Trainer for over 10 years and have worked in a variety of settings including colleges, gyms, and businesses as a wellness coordinator and personal trainer. I believe that fitness and good nutrition go hand in hand and will allow you to get the results you want! I’m excited and ready to work with you on your fitness and nutrition goals to help you achieve the results you’re looking for.

Interests and Hobbies
- Plant based cooking
- Sports
- Spending time with my children
- Reading and playing music

Specializations
- Nutrition Education
- Weight Training
- HIIT Training
- Interval/Circuit Training

Availability:
- Weekdays

JULIE REKSC

Certifications:
ACSM Exercise Physiologist

About Me:
I joined the YMCA after the birth of my daughter, and was looking for a way to regain my confidence and have a little “me time”. The instructors and members welcomed me with open arms and I’ve been hooked ever since! I went from being a class participant to becoming a Zumba and HIIT instructor, and then a personal trainer. I started with a goal to improve my health and now I’m in the best shape of my life. What I’ve learned through this journey is that you have to find what works best for you, work hard, be consistent, and have patience. Let me help you to achieve your fitness goals!

Interests and Hobbies
- Obstacle Course Racing
- Water Skiing
- Cooking
- My Kids!

JENNA SHERWOOD

Certifications:
ACSM Exercise Physiologist

About Me:
Physical activity and fitness have always been a huge part of my life. After high school, I went to SUNY Brockport and obtained my bachelor’s degree in Exercise Science and Kinesiology. At Brockport I was able to work as an Employee Fitness Exercise Mentor, as well as intern at St. Joseph’s Cardiopulmonary Rehab in Syracuse, NY. I believe that physical fitness is the best way that you can invest in yourself, as it can positively influence multiple aspects of everyday life. One of my passions is helping people to relieve pain through training. I am eager to use my knowledge to help guide you through your fitness journey. Together we can achieve, maintain, and exceed your goals, and have fun!

Interests and Hobbies:
- Hiking with my dog
- Beach volleyball
- Soccer

FOR MORE INFORMATION OR TO REGISTER: CALL THE FRONT DESK
LOW INTENSITY

SILVER SNEAKERS @ YOGA
This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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.

PILATES/YOGA
Join us for an early morning workout that includes exercises and poses to strengthen the core, increase muscular endurance, improve balance, stretch for maintaining flexibility, with a focus on breathing and the connection between mind and body. Come reap the benefits of starting your day with this class!

COUNTRY LINE DANCING
Come kick up your heels at our country line dancing class! Our instructor will show you new dances every 8 weeks. You will discover a great workout while having fun!

SUNRISE YOGA
This class will explore sun salutations, basic poses and form on the mat, Yin/Restorative based and a great way to start the week. All are welcome, great for beginners! Feel free to bring your own bolsters, blocks, blanket and most favorite yoga mat!

MINDFUL YOGA
To promote healing and resilience though practicing and teaching of Mindful Resilience Yoga. This class will focus on psychological resilience – the ability to cope effectively with crises and bounce back quickly from setbacks. Mindful resilience enhances our ability to observe rather than react to upsetting events and negative feelings, allowing us to respond with greater wisdom and effectiveness.

SILVER SNEAKER CIRCUIT
Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Offers standing, low-impact choreography alternated with standing upper-body strength work.

ZUMBA® GOLD
Zumba® Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy to follow Zumba® choreography that focuses on balance, range of motion, and coordination.

FUNCTIONAL STRENGTH
This class takes a full body approach to fitness, utilizing multiple pieces of equipment to improve functional strength and to correct imbalances that occur from everyday life. Every age group and fitness level is encouraged to come!

MEDIUM INTENSITY

PILATES
Pilates 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 glutes.

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.

GUTS ’N’ BUTTS
This is a low impact class that features aerobic training, weight resistance, flexibility and body toning exercises.

CARDIO SCULPT
This cardio sculpt workout uses a variety of class styles and equipment to get that heart rate up and condition muscles. Steps, barbells, bands, balls, and mats are mixed and matched to provide a moderate intensity class with low impact to moderate impact exercises. Energize your day by getting started this way!
HIGH INTENSITY

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, merengue, samba, belly dancing, hip-hop and many other beats. We have a variety of ZUMBA® classes to meet the needs of everyone including Gold, Family, and Toning specific classes.

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, plyometric, push-ups, strength training and ab moves to enter that calorie burn zone!

STRENGTH & CONDITIONING
This circuit style class consists of traditional muscle and strength training combined with new age HIIT training! Using various functional equipment and body weight/mobility exercises to create a total body workout!

POWER HIIT
This class is a total body workout that incorporates cardio and strength training with timed intervals that will challenge you to work as hard as you possibly can, followed by short periods of rest. This class uses body weight, kettlebell, dumbbell, plyometric, multi-joint and cardio exercises that will improve endurance, strength and power.

CALI HIIT
A NEW high intensity strength training class paired with cardio conditioning. This full body workout is designed for all ages and scalable to any fitness level. Come smash your goals faster using intense bursts of exercise followed by short, sometimes active rest periods. You will go all out, giving 100% effort, that includes body weight exercises and functional equipment.

PIYO®
PIYO combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat burning, low impact workout.

PIUND®
POUND is a 45 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix™, participants can expect to burn between 500-900 calories per class and will be performing over 15,000 reps per session! Check out our Family Pound class that allows children ages 5+ to join in on the fun!

Y-BOX
This class safely incorporates powerful boxing moves with basic aerobic structure. The class will end with toning exercises, ab work, cool down and stretch.

CHECK OUT OUR FEE-BASED PROGRAMS!

NOW OFFERING TRX® CLASSES
JOIN THE FUN!

SMALL GROUP TRAINING
PRIVATE TABLE
MASSAGE

Massage is generally considered part of complementary and alternative medicine. It’s increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Paresthesias and nerve pain
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain

Ref: Mayoclinic.org

/service descriptions

30 Minute Full Body Massage: 30 minute Swedish style massage, great method for relaxation and reducing stress.

60 Minute Full Body Massage: 60 minute Swedish style massage, great method for relaxation and reducing stress.

60 Minute Firm Pressure Massage: 60 minute massage using a soothing Arnica massage lotion to reduce pain and inflammation.

60 Minute Prenatal Massage: 60 minute Swedish style massage to cater to the stresses of pregnancy.

60 Minute Hot Stone Massage: 60 minute massage that incorporates warm lava stones and a relaxing atmosphere.

60 Minute Cupping Therapy: Relaxing and soothing form of alternative Chinese medicine in which a local suction is created on the skin. Cupping involves placing cups on the skin and creating a vacuum by suctioning out the air. Cupping may help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

Ref: Mayoclinic.org
Classes Run Weekly January 6th—February 22nd
*5% off each sibling’s fee for those who hold a Family Membership
Current Participants Early Registration: Dec. 9th—15th

PRE-SCHOOL PROGRAMS
(6 MONTHS—5 YEARS)

FAMILY MEMBERSHIP  $22
YOUTH MEMBERSHIP  $48
NON-MEMBER  $80

SHRIMP (6 MONTHS—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.

Maximum enrollment: 12
Thursday 5:30PM—6:00PM
Saturday 9:00AM—9:30AM

PIKE (3—5 YEARS)
Children must be at least 3 years old by the designated registration date. 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.

Maximum enrollment: 6
Monday 4:30PM—5:00PM
5:00PM—5:30PM
Tuesday 4:30PM—5:00PM
Thursday 4:15PM—4:45PM
5:00PM—5:30PM
Saturday 10:00AM—10:30AM
10:30AM—11:00AM
11:00AM—11:30AM

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

Maximum enrollment: 6
Monday 4:00PM—4:30PM
Wednesday 5:30PM—6:00PM
Thursday 4:45PM—5:15PM
Saturday 9:30AM—10:00AM

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. Goggles are required

Maximum enrollment: 6
Saturday 9:00AM—9:30PM

PRIVATE SWIM LESSONS
One-on-one swim lessons for adults or children. Contact the Aquatics Program Leader for additional information or to schedule an appointment. Lessons are by appointment.

Pay Per 1/2 Hour Session
Members  $22
Non-Members  $48

Packages
(buy 6 and get 1 FREE)
Members  $127
Non-Members  $286

YOUTH AQUATICS PROGRAMS
(6—14 YEARS)

FAMILY MEMBERSHIP  $27
YOUTH MEMBERSHIP  $64
NON-MEMBER  $111

POLLWOG (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.

Maximum enrollment: 8
Monday 4:45PM—5:30PM
Wednesday 4:45PM—5:30PM
Saturday 9:00AM—9:45AM

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

Maximum enrollment: 8
Monday 4:00PM—4:45PM
Wednesday 4:00PM—4:45PM
Saturday 9:45AM—10:30AM

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, boating and rescue skills. Goggles are required

Maximum enrollment: 10
Thursday 5:00PM—5:45PM
Saturday 10:30AM—11:15AM

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. Goggles are required

Maximum enrollment: 10
Thursday 4:15PM—5:00PM
Saturday 11:15AM—12:00PM

GYM, SWIM, & MUSIC (5—16 years)
Gym, Swim & Music is Designed for home schooled children to promote interaction with their peers and to stay active. This program offers 35 minutes of swimming, 35 minutes of instructed gym time, and 35 minutes of music class. Gym, Swim, & Music is a good way for kids to stay active, live healthy and meet other home schooled children. Please note, there is a $30 late fee for this program after the deadline. No registering after the first week.

Thursdays
10:00AM—12:00PM

REGISTRATION: Dec. 16th—Jan. 5th
New Participant Testing (Non Beginners): Sat, Dec. 28th 9—11am

Current Participants Early Registration: Dec. 9th—15th
*5% off each sibling’s fee for those who hold a Family Membership
# YOUTH AQUATICS PROGRAM SESSION DATES

YOUTH SWIM LESSONS RUN IN 8 WEEK SESSIONS THROUGHOUT THE YEAR, 7 WEEKS OF CLASS AND 1 WEEK RESERVED FOR A MAKE-UP CLASS FOR ANY YMCA CANCELLED CLASSES

<table>
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<tr>
<th>Session Dates</th>
<th>Registrations</th>
<th>Notes</th>
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<tbody>
<tr>
<td>January 6th—February 22nd 2020</td>
<td></td>
<td>Current Participants: December 9th—January 5th&lt;br&gt;New Participants: December 16th—January 5th&lt;br&gt;Non-Participant Testing (no apt. needed)&lt;br&gt;Saturday, December 28th 9AM—11AM&lt;br&gt;*Swim testing may also be done by scheduling an appointment with our Interim Aquatics Supervisor.</td>
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<tr>
<td>March 2nd—April 18th</td>
<td>Current Participants: February 17th—March 1st&lt;br&gt;New Participants: February 24th—March 1st&lt;br&gt;Non-Participant Testing (no apt. needed—open)&lt;br&gt;Wednesday, February 26th 4:00-5:00PM&lt;br&gt;Saturday, February 29th 9:00-11:00AM&lt;br&gt;*Swim testing may also be done by scheduling an appointment with our Interim Aquatics Supervisor.</td>
<td>Register by March 1st to avoid a $10 late fee</td>
</tr>
<tr>
<td>April 27th—June 13th</td>
<td>Current Participants: April 13th—April 26th&lt;br&gt;New Participants: April 20th—April 26th&lt;br&gt;Non-Participant Testing (no apt. needed—open)&lt;br&gt;Wednesday, April 22nd 4:00-5:00PM&lt;br&gt;Saturday, April 25th 9:00-11:00AM&lt;br&gt;*Swim testing may also be done by scheduling an appointment with our Interim Aquatics Supervisor.</td>
<td>Register by April 26th to avoid a $10 late fee</td>
</tr>
<tr>
<td>June 22nd—August 8th</td>
<td>Current Participants: June 8th—21st&lt;br&gt;New Participants: June 15th—21st&lt;br&gt;Non-Participant Testing (no apt. needed—open)&lt;br&gt;Wednesday, June 17th 4:00-5:00PM&lt;br&gt;Saturday, June 20th 9:00-11:00AM&lt;br&gt;*Swim testing may also be done by scheduling an appointment with our Interim Aquatics Supervisor.</td>
<td>Register by June 21st to avoid a $10 late fee</td>
</tr>
<tr>
<td>September 14th—October 31st</td>
<td>Current Participants: August 3rd—Sept. 13th&lt;br&gt;New Participants: August 10th—Sept. 13th&lt;br&gt;Non-Participant Testing (no apt. needed—open)&lt;br&gt;Wednesday, Aug. 19th 4:00-5:00PM&lt;br&gt;Saturday, Aug. 22nd 9:00-11:00AM&lt;br&gt;*Swim testing may also be done by scheduling an appointment with our Interim Aquatics Supervisor.</td>
<td>Register by Sept. 13th to avoid a $10 late fee</td>
</tr>
<tr>
<td>November 9th—January 9th 2021</td>
<td>Current Participants: October 26th—November 8th&lt;br&gt;New Participants: November 2nd—November 8th&lt;br&gt;Non-Participant Testing (no apt. needed—open)&lt;br&gt;Wednesday, November 4th 4:00-5:00PM&lt;br&gt;Saturday, November 7th 9:00-11:00AM&lt;br&gt;*Swim testing may also be done by scheduling an appointment with our Interim Aquatics Supervisor.</td>
<td>Register by November 8th to avoid a $10 late fee</td>
</tr>
</tbody>
</table>

- “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 with swim lessons at the YMCA before.
AQUA ZUMBA®
Aqua Zumba® blends the Zumba philosophy with water resistance, for one pool party you shouldn’t miss! There is less impact on your joints during an Aqua Zumba® class, so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Friday 6:00PM—7:00PM

WATER AEROBICS
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 muscles.

Monday 8:30AM—9:25AM
5:30PM—6:30PM
Wednesday 8:30AM—9:25AM
6:20PM—7:20PM

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

Tuesday 8:30AM—9:25AM
Thursday 8:30AM—9:25AM

FITNESS FOR THE YOUNG AT HEART
No swimming skills are required. No instruction so everyone works at their own pace. No loud music, everyone can mix and mingle and have fun while doing so. While making new friends.

Monday 1:25PM—2:10PM
Wednesday 1:25PM—2:10PM
Friday 1:25PM—2:10PM

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 9:30AM—11:00AM
Wednesday 9:30AM—11:00AM
Friday 9:30AM—11:00AM

HYDROSPIN
Hydro riding is different from our typical Spinning Classes. Hydro riding offers cardiovascular exercise while being immersed in the water. Immersion in the water lowers the body temperature and in turn the heart rate, which allows for longer training, buoyancy and reduced soreness often associated with regular spinning. This class is also easier on those with lower back problems. This 40 minute class can burn between 500-700 calories. Hydro riding will accommodate beginners to pro athletes. Classes will be based on a first-come, first-serve basis. Must have water shoes to attend.

Tuesday 5:45AM—6:45AM
Thursday 7:30AM—8:15AM

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. Please note, one lane may be reserved for private swim lessons at any time. Specific lap swim times are available on our pool schedule.

PRIVATE SWIM LESSONS
One-on-one swim lessons for adults or children. Contact the Aquatics Program Leader for additional information or to schedule an appointment. Lessons are scheduled by appointment.

Pay Per 1/2 Hour Session
Members $22
Non-Members $48

Punch Card (buy 6 and get 1 FREE)
Members $127
Non-Members $286
This service is included with a family or youth membership and is only available to children who are members of the Tri-Valley YMCA.

**CHILD WATCH (Ages Birth–11 Years Old)**
The Child Watch Program is a babysitting service designed to provide age-appropriate activities for children during their stay. Open to children ages infant through 12 years old.

Monday–Thursday  
8:30am—12:00pm  
4:00pm—8:15 pm  
Friday  
8:30am—12:00pm  
4:00pm—7:00pm  
Saturday  
8:30am—12:00pm

**PRIME TIME (Kindergarten–11 Years Old)**
Prime Time is an enhanced Child Watch experience for older children. Prime Time children are able to participate in activities throughout the building including time in the Gymnasium, Racquetball Courts, School Age Child Care Room and our new Multi-Purpose Room!

Activities may include sports, fitness, inflatables, bubble balls, ping pong, foosball, age appropriate table activities and more!

Monday–Thursday  
5:00pm—7:00pm  
Saturday  
9:00am—11:00am

**KIDZ ZONE**
The Kidz Zone is an interactive, physical play zone that encourages youth to move their bodies! This space provides ropes, ladders, rock wall, scooters, trampoline, mats and more! Allow your child to get their energy out in this play space! FREE to members! Use is included in a guest pass fee.

**Kidz Zone Policies**
- Parent/guardian MUST sign child/ren in with the staff member assigned to the Kidz Zone
- Parent/guardian MUST stay with their child/ren at all times while they are in the Kidz Zone
- Parent/guardian MUST provide adequate supervision while their child/ren are playing or they will be asked to remove their child/ren

**PROGRAM POLICIES**

**SAFETY IN MIND TO GIVE YOU PEACE OF MIND**

- Participants must have a Family Information form on file before their first visit.
- All participating children must be members of the Tri-Valley YMCA and pick up a pass at the Front Desk before attending.
- Each visit holds a 2 hour time limit.
- Our staff will work with each family to help their child feel comfortable. If a child cries inconsolably for over 10 minutes, we will notify the parent and ask them to try again another day.
- No food, drink, gum or candy allowed in the Child Watch Room, with the exception of bottles, water bottles and non-spill “sippy cups.”
- All participants over the age of 2 must keep their shoes on during their stay.
- Participants’ behavior must follow the core values of the YMCA; honesty, caring, respect and responsibility. They must be able to play appropriately with others and not jeopardize the well being and safety of other participants.
- Parents or guardians must remain in the building at all times while their child is in the Child Watch room. They must also be available at all times. Any guardian designated to stay on behalf of a parent must be over the age of 18 years old.
- Child Watch staff are not permitted to assist a child in the restroom or change soiled diapers. In the event that your child needs assistance during your visit to our YMCA, our staff will notify you.
- All children are required to be signed in and out by a parent or guardian.
- Please keep your child home if they seem listless, unusually irritable, complains of stomach, headache, earache, has a fever or has stayed home from school due to illness.
CELEBRATE YOUR PARTY AT the YMCA

The Oneida Family YMCA is the perfect place to host your child’s next celebration! We offer different options to choose from—Painting, Swimming, Gymnasium, or Bounce Houses! Facility rentals and packages are listed below.

Not planning a birthday party, but want to plan a group or team event? No problem! Just contact the Family Services Director to talk through other options to fit your needs!

Splash Parties! Make a splash with your next birthday party! The YMCA pool is available to rent for all your special occasions. Pool parties are two hours in length, one hour reserved for cake and presents in our designated party room and one hour for exclusive pool access! Lifeguards are on duty at all times. Party participants will be swim tested before entering the pool to ensure safety for all guests!

**Members:** $160  **Non-Members:** $250

Bounce House Parties! Run, jump and play in our YMCA bounce houses! Bounce houses available in both our Rome and Oneida Family YMCA’s. Parties are two hours in length, one hour reserved for cake and presents in our designated party room and one hour for exclusive bounce house access!

**Members:** $150  **Non-Members:** $190

Create With Kate Painting Parties! Let your imagination run wild with a painting party at the Oneida Family YMCA! Parties are lead by instructor Kate Bartholomew and are two hours in length, one hour reserved for cake and presents in our designated party room and one hour for your painting masterpiece creations! (12 Children Max)

**Members:** $170  **Non-Members:** $220

Gym Parties! Run, hoop and play in our gym and party room! The Gymnasium is reserved just for you with our Gym parties! This is the perfect party for those that love to play sports, especially basketball or soccer! You bring the guests and we will provide the courts!

**Members:** $130  **Non-Members:** $170

NERF PARTIES! We want YOU for a NERF battle! The Gymnasium is reserved just for you to host a NERF party. Parties are two hours in length, one hour reserved for cake and presents in our designated party room and one hour for NERF battles. We provide goggles, obstacles, and NERF bullets. You must supply your own NERF guns with your name on it. Ready? Set? NERF!

**Members:** $150  **Non-Members:** $190

For more information or to book your next party at the Y, Call our Front Desk today!
FIT KID FUN
Youth Group Fitness Class
Tuesdays PM
Current Session: December 10th—January 28th
Next Session: February 11th—March 17th
Join us for a Youth fitness program that promotes a healthy lifestyle. Through this program, your children will gain character building skills which include building new relationships, being responsible through class and learning how to show empathy toward others all while being fit and active! Many of the activities involve working together and cooperation as well as learning new exercise routines!

<table>
<thead>
<tr>
<th>Members: $30</th>
<th>Non-Members: $60</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGES 8-11</td>
<td>5:15PM-6PM</td>
</tr>
</tbody>
</table>

TEEN MENTORING THROUGH FITNESS
Teen Fitness Class
Thursdays PM
Current Session: January 16th—February 20th
Join us for a high intensity interval training (HIIT) program. This program will test the strength, endurance, and stamina of each participant. The program is designed for teens of all levels of fitness to work at their own pace and stay in shape in off season sports. This is a positive environment only for teens to learn the importance of social skills and character development through fitness.

<table>
<thead>
<tr>
<th>Members: $40</th>
<th>Non-Members: $60</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGES 13-15</td>
<td>5:00PM-6:00PM</td>
</tr>
<tr>
<td>AGES 16-18</td>
<td>6:15PM-7:15PM</td>
</tr>
</tbody>
</table>

PRIVATE ARCHERY LESSONS
The Oneida Family YMCA now offers private Archery lessons for anyone in the family! This means mom, dad, grandpa, grandma, aunts, uncles, brothers, and sisters! It is a great way to get a one on one lesson from a Level 1 or a level 2 certified instructor. Lessons will help to focus on the specifics in your shooting form both physically and mentally and will help to improve your shooting.

<table>
<thead>
<tr>
<th>Private Lessons</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minute</td>
<td>$30</td>
<td>$50</td>
</tr>
<tr>
<td>60 Minute</td>
<td>$50</td>
<td>$70</td>
</tr>
</tbody>
</table>

PRIVATE MUSIC LESSONS
(AGES 8+)
SCHEDULED BY APPOINTMENT
One-on-one or two-on-one instrumental instruction is provided for those who prefer to learn how to play the guitar or piano. Learning to play an instrument can increase diligence, self-discipline, creativity and confidence. Playing guitar or piano are skills that can be used throughout your life!

<table>
<thead>
<tr>
<th>Private Lessons</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minute</td>
<td>$20</td>
<td>$45</td>
</tr>
<tr>
<td>60 Minute</td>
<td>$35</td>
<td>$80</td>
</tr>
</tbody>
</table>

PARENTS NIGHT OUT
First Saturday of Each Month, Nights
Parent’s Night out is now being combined with Nerf Night to bring you a night of fun!! This program will be held on Saturday nights to give parents a break and let your children have fun here while being supervised! This is a structured program that is offering all the YMCA has to offer but only for kids! We will be having Nerf wars, use bounce houses, go swimming, use our Nintendo Wii for Wii sports, or maybe hang out and do some arts and crafts!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-5:45pm</td>
<td>Swimming in Pool for ages 5-8</td>
<td>$10/person</td>
<td>$15/Person</td>
</tr>
<tr>
<td></td>
<td>Nerf Wars for Ages 9-12</td>
<td>Family Membership</td>
<td>Member</td>
</tr>
<tr>
<td>6-6:45pm</td>
<td>Nerf Wars for ages 5-8</td>
<td>$15/Person</td>
<td>$20/Person</td>
</tr>
<tr>
<td></td>
<td>Swimming in Pool for ages 9-12</td>
<td>Member</td>
<td>Non-Member</td>
</tr>
<tr>
<td>6:45-7:15pm</td>
<td>Food; Pizza and drinks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15-8:30pm</td>
<td>Pool closed, free play in gym, bounce houses, Kids Zone, and Family Room</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
USA ARCHERY: DISCOVER & EXPLORE
Targeted Ages 8–11
This is the first step involvement of Archery at a younger age. The focus in this class is the development of coordination, movement, balance, flexibility and posture. In this class you will learn the importance of safety, range rules, and all of the steps to the shot process.
Saturday: 9–9:50 AM

USA ARCHERY: PROGRESS
Targeted Ages: 12–15
The second stage of development process occurs after an athlete has been engaged in Archery and wants to explore more hands on training. This stage will focus on refining the skills needed to be successful in archery and then furthering skill development through challenges, such as competition.
Saturday: 10–10:50 AM

USA ARCHERY: APPLY & DEVELOP
Targeted Ages 15–17
At this stage, participants begin to increase the competitive level at which they train at. Maximizing potential becomes an option for athletes as they start to grasp the commitment necessary for archery, and the skill sets needed to excel at the next competitive level. There will be archery specific training involved with this class to allow the athlete to more fully develop.
Saturday: 11–11:50 AM

USA ARCHERY: EXCEL & GROW
Targeted Ages 17–21
At this point you will decide the option to focus on Archery to excel for performance and increase competition, or continue to grow and participate for the fun, health, and social aspects of Archery. In this class you will further develop interpersonal skills, teamwork, mental skills, communication skills, and leadership skills.
Wednesday: 5–5:50 PM

USA ARCHERY: ARCHERY FOR LIFE
Targeted Ages: 21+
Everyone can use Archery to establish and maintain a healthy lifestyle. Archery is a unique sport that almost anyone can compete throughout their lifetime. This class is for anyone interested in continuing the sport of Archery through their lifetime recreationally.
Wednesday: 6–6:50 PM

*Targeted Ages is what USA Archery suggests but class is not limited to those ages.*

*Must purchase your own equipment after going through first archery session*

**Ask the Front Desk for more details**

TOURNAMENT INFORMATION

WINTER HOLIDAY SHOOT
Saturday, December 14th @ 9am

SPRING FLING COMPETITIVE
Saturday, April 18th @9am

**2019–2020 SESSION DATES**
VOLLEYBALL LEAGUE
ADULT CO-ED COMPETITIVE
The Oneida YMCA is hosting an Adult Coed Competitive Volleyball League on Thursday Nights that consists of ages 18 and older. Team composition consists of 6 players on the court at a time with at least two female players on the court at all times. This league is designed to promote a competitive environment and to develop and refine more advanced volleyball skills. This is a 10 week league with two additional weeks reserved for playoffs. Teams are allowed up to two additional players to register as substitutes. Referees are provided by the YMCA.

WHEN: Thursdays, January 9th—March 26th
TIME: 6:15 pm – 9:15 pm
PRICING PER TEAM: $200

ADULT CO-ED RECREATIONAL
The Oneida YMCA is hosting an Adult Coed Recreational Volleyball League on Tuesday Nights. This league is open to both high school students (16) and adults. Team composition should consist of 6 players on the court at a time with at least one female player on the court at all times. This recreational league will promote the basics of indoor volleyball, while striving to be fun and competitive. This is a 10 week league with two additional weeks reserved for playoffs. Teams are allowed up to two additional players to register as substitutes. Referees are provided by the YMCA.

WHEN: Tuesdays, January 7th—March 24th
TIME: 6:15 pm – 9:15 pm
PRICING PER TEAM: $200

HOW DO I REGISTER?
1. Each team will select a captain.
2. The captain will register first at the Oneida Family YMCA Front Desk by paying their team entry fee and submitting a team roster.
3. Payment in full is required at the time of registration.
4. All teams that would like to participate must be registered and paid in full by the registration deadline for your team to participate and be placed on the schedule.

BASKETBALL
MEN’S RECREATIONAL LEAGUE
The Oneida YMCA is hosting a Men’s Recreational Basketball League on Saturday mornings for men 30 years and older. This recreational league will promote the basics of men’s basketball, while striving to be fun. Play is a 4 v 4 format, half court, call your own fouls with two 20-minute halves. This is a 10 week league that includes 2 weeks for playoffs. Teams are allowed up to three additional players to register as substitutes.

WHEN: Saturdays, January 11th—March 13th
TIME: 8:00AM—10:00AM
PRICING PER TEAM: $175

MEN’S COMPETITIVE LEAGUE 18 YEARS +
The Oneida YMCA is hosting a Men’s Competitive Basketball League on Saturday mornings for men 18 years and older. This competitive league will promote the basics of men’s basketball, while striving to be fun and competitive. Play is a 4 v 4 format, half court, call your own fouls with two 20-minute halves. This is a 10 week league that includes 2 weeks for playoffs. Teams are allowed up to three additional players to register as substitutes.

WHEN: Saturdays, January 11th—March 13th
TIME: 10:00AM—12:00PM
PRICING PER TEAM: $175

PICKLEBALL
The Oneida YMCA is hosting open indoor & outdoor Pickleball play! Pickleball is a combination of tennis and badminton that is played by hitting whiffle balls with light-weight wooden paddles. Played on a badminton court with 3-foot high net.

DAYS: Monday & Thursday
TIME: 8:00AM—10:00AM
WHERE: ONEIDA YMCA

DAYS: Wednesday
TIME: 5:00PM—7:00PM
WHERE: ONEIDA YMCA

Members: FREE
Non-Members: $15

ADULT SPORTS
IT’S NOT JUST KID STUFF
BEFORE & AFTER SCHOOL
REGISTER FOR 2019-2020!!

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.

<table>
<thead>
<tr>
<th>2019-2020 Child Care Fees (Includes: Snow Days, 1/2 Days and Single No-School Days- Vacation Fun Club not included)</th>
<th>Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM Program</td>
<td>Week/Year</td>
</tr>
<tr>
<td>1st Child</td>
<td>$58/$2,222</td>
</tr>
<tr>
<td>2nd Child</td>
<td>$47/$1,805</td>
</tr>
<tr>
<td>PM Program</td>
<td>Week/Year</td>
</tr>
<tr>
<td>1st Child</td>
<td>$81/$3,107</td>
</tr>
<tr>
<td>2nd Child</td>
<td>$63/$2,413</td>
</tr>
<tr>
<td>AM &amp; PM Program</td>
<td>Week/Year</td>
</tr>
<tr>
<td>1st Child</td>
<td>$127/$4,861</td>
</tr>
<tr>
<td>2nd Child</td>
<td>$86/$3,298</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vacation Fun Club (December, February and April Breaks)</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Child</td>
<td>$40 Per Day</td>
<td>$50 Per Day</td>
</tr>
<tr>
<td>2nd Child</td>
<td>$35 Per Day</td>
<td>$45 Per Day</td>
</tr>
<tr>
<td>Financial Assistance</td>
<td>$30 Per Day</td>
<td></td>
</tr>
</tbody>
</table>

WHERE KIDS PLAY & EXCEL AFTER THE SCHOOL BELL

AFTER SCHOOL PROGRAM
We provide after school child care from dismissal to 6:00PM for all of the schools we serve. The programs are held within each elementary school in the Oneida City School District, E.A. McAllister and Waterville. 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 Oneida City School District, including St. Patrick’s School for Oneida City residents. We now also provide before school program at E.A. McAllister. Our morning program begins at 6:30AM in Oneida and 7:00AM at E.A. McAllister. The programs 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 Oneida YMCA location from 6:30AM to 6:00PM on vacation and snow days. These days are included in your weekly 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 Madison and Oneida Counties and offer scholarship funding through the YMCA’s Changing Lives Campaign.

WHO WE SERVE
All Oneida City Elementary Schools (AM & PM)
V.V.S. School District (AM & PM)
Waterville Central School District (PM)

Snow Day, Vacation Day and Summer Day Camp programs are open to children from any school district!
ONEIDA FAMILY YMCA
Branch Leadership

Stephanie Neff
Oneida YMCA Multi-Team Leader

Valarie Webb
Child Care & Camp Director

Emma Smith
Membership Director

Gregory Torrey
Youth & Family Services Director

Ben Osinski
Interim Aquatics Supervisor

Bethany Ratliff
Health & Wellness Director

YMCA OF THE GREATER TRI-VALLEY
Management Team

Hank Leo
Chief Executive Officer
hleo@ymcatrivalley.org

Amy Lamberto
Chief Financial Officer
alamberto@ymcatrivalley.org

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

Stephanie Neff
Oneida YMCA Multi-Team Leader
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Bruce Hairston
Rome YMCA Multi-Team Leader
bhairston@ymcatrivalley.org

Libby Blair
New Hartford YMCA Multi-Team Leader
eblair@ymcatrivalley.org

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