



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Gym, Swim, & Music!

Registration opens  
Tuesday,  
August 13<sup>th</sup>

Offered in 7-week sessions throughout the entire school year, this program offers home schooled children the opportunity to participate in group learning and interaction with their peers, geared toward staying active and engaging their senses. Each child will have 35 minutes of a swim lesson, gym class, and music class. This program is a great way for kids to stay active, live healthy and meet other home schooled children.

**REGISTRATION:** August 13th - August 31st  
**CLASSES RUN:** September 5th - October 17th  
**AGES:** 5 - 16 years old  
**COST:** Members \$65/ \$55 2nd Child or \$175/family  
Non-members \$90 / \$80 2nd Child or \$200/family  
**TIME:** Thursdays 10:00AM - 12:00PM  
\$20 Discount if you refer a new family



Child's Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Emergency Contact Name & Number: \_\_\_\_\_

(For your child's safety: In the event that a parent/guardian leaves the building during program, a designated adult must remain in the building responsible for the child's well being.)

Designated person responsible for child during program: \_\_\_\_\_

\*Please complete the registration form and return with payment to the YMCA Membership Services Desk.

This class is limited to the first 60 participants.

ONEIDA FAMILY YMCA • 701 SENECA STREET • ONEIDA, NY 13421  
(315) 363-7788 • YMCATRIVALLEY.ORG



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## Parent Information

**New for Fall 2020 : MUSIC!** We are pleased to welcome Alicia Arcaro as our new music instructor. Alicia has taught elementary music for many years and brings us an exciting program! Through the course of the school year students will learn beat, rhythm, dynamics, tempo, form, tone, and pitch through singing, playing instruments, movement, composing, listening and discussion. All of these will be touched on in each 7 week session but there will be a main focus to each of the sessions this school year.

Also **NEW** in SWIM : Swim testing, placement, class goals and report cards to track your students progress in swim

**NEW** Start Time : Starting at 10am and ending at noon

Age Groups : we will be breaking students up by age and swim ability so groups may fluctuate slightly. Proposed groups are 5-7, 7-10, 10-16

Your student will rotate to the three stations with their age group.

**Orientation For All – Wednesday, September 4th 10:30am – Noon**

**Orientation includes: Swim testing for placement in groups, meet all area instructors, and a tour the facility.**

To provide excellence in all areas, we are limiting to 20 students, per age group.

### Instructor Names:

Gym: Sandy Lombardi

Swim: Ryan Nester

Music: Alicia Arcaro

For any questions, please contact Gregory Torrey,  
Director of Youth and Family Services, 315-363-7788  
ext. 224 or gtorrey@ymcatrivalley.org