

ROME YMCA PROGRAM GUIDE



FOR YOUTH DEVELOPMENT®

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

GROWING

STRONGER

TOGETHER

Rome Family YMCA

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

Oneida Family YMCA

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

New Hartford SACC

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



Membership

Y Membership

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

Membership Fees

Membership Category	Day Pass With YMCA Member	Monthly Payment Plan	Capital Improvement Fee
Youth (0-12)	\$5.00	***N/A	N/A
Young Adult/ College (13-18)	\$7.00	\$15.00	N/A
Adult (19-61)	\$10.00	\$44.00	\$50.00
Senior Adult (62+)	\$10.00	\$32.00	\$40.00
*Single Parent Family	\$12.00	\$49.00	\$50.00
*Family	\$15.00	\$56.00	\$75.00
*Adult Couple (19-61)	\$14.00	\$55.00	\$60.00
*Senior Adult Couple (62+)	\$14.00	\$45.00	\$60.00

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

* Single Parent Family – one parent household.

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

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

*** Youth Memberships are a one-time payment of \$161.00 per year.

** College membership are for full time College students with 12 credit hours or more. You must bring in College ID and current class schedule to purchase a membership

Snow Bird/ Sun Bird Memberships

Snow / Sun Bird Memberships now available for seniors (62+). These are six month memberships. \$210.00 plus a one time joiner's fee of \$40.

Reciprocal Membership Program

Visiting YMCA members whose home YMCA is part of the New York State Reciprocal membership program are able to use our facility at no cost but must present their membership card and photo ID to gain access. All other YMCA members would be required to pay 1/2 of a day pass rate and present their membership card and photo ID .

Facility Hours

Rome

Monday – Friday..... 5:30am-9:30pm

Saturday..... 7:00am-5:00pm

Sunday..... 11:00am-4:00pm

YMCA Website – www.ymcatrivalley.org

YMCA email news – sign up at the Welcome Center to Receive the monthly newsletter.

Program Registrations:

All late registrations will be assessed a \$10 late fee

Holidays:

Memorial Day—Monday May 26th Closed

4th Of July— Friday July 4th Closed

Labor Day- Monday Sept 1st Closed

Payment Options

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

Credit / Refund Policy

The YMCA of the Greater Tri-Valley does not issue credits or refunds except under the following conditions: A program is cancelled by the YMCA An error is made by the YMCA regarding payment

Membership Cards

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

Capital Improvement Fee

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

The YMCA's Endowment and You

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

-Gifts of Cash

-Gifts of stocks, bonds, and mutual funds – you receive the tax savings, plus avoid the capital gains tax on assets given for charitable use

-A gift included in your will or living trust

-A gift of excess retirement funds which may allow you to give more and eliminate taxes that may otherwise largely deplete these assets

-A gift of life insurance that has fulfilled its original purpose – may offer excellent tax benefits

-If you have any questions or would like to be a part of our

Heritage Club, please call Hank Leo at 336-3500 ext:222

Financial Assistance

The YMCA of the Greater Tri-Valley offers financial assistance for Y memberships to individuals and families. Contact the Member Service desk for an application.

Building Policies

1. 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.
2. 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
3. The YMCA is a smoke, tobacco, alcohol and drug free facility and grounds
4. The YMCA will not tolerate discrimination in regard to race, sexual orientation, creed, religion or income level
5. Members and guests are expected to use appropriate language and be courteous to other guests at all times
6. Members and guests are expected to be respectful of the staff, equipment, facility and grounds at all times.
7. Members and guests are not allowed to solicit, buy or sell any non-YMCA goods or services without express written consent of management.
8. 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.
9. Members and guests should schedule a Wellness Center Orientation to learn all proper use of all of the cardio, strength training and free weight equipment prior to using them.
10. Lifeguards and Aquatic staff have the authority to request that any member, regardless of age, be tested for swimming ability if they feel it is necessary. Please respect their decision to do so. It is for your safety.
11. During fire alarms, members, guests and staff are all required to exit the facility immediately. There are no exceptions.
12. The Y will not tolerate bullying of any kind.
13. All accidents and injuries must be reported immediately to the Director on Duty. An incident form will be filled out for each incident.
14. Guests are asked to wait in our lobby area for appointments.
15. The YMCA of the Greater Tri-Valley does not provide any diapering or toileting assistance in any of their programs or services
16. There should be no food or beverages in the program areas at any time
17. 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.

Trial Membership

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

Child Watch

We can watch your child while you work-out! This is a members only benefit and the child must be a member or on a family or single parent family membership.

Child Watch hours are:

Monday – Saturday: 8:30am-12:00pm

Monday— Thurs : 4:00pm-7:30pm

Friday: 4:00pm-7:00pm

Sunday CLOSED

Stop by to show your card and pick up a Child Watch pass. Age infant to 12 years of age. There is an hour and a half (90 minute) time limit per visit.

Do Something Good – Volunteer

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

Solicitations Policy

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

Teen Hours (13 – 18 year old who are in High School)

Monday-Friday:12:00pm – 8:00pm (During school breaks)

Monday-Friday: 2:00pm– 8:00 (During school)

Saturday 7:00am-5:00pm

Sunday 11:00am-4:00pm

Corporate Office Staff

Hank Leo
Chief Executive Officer/
Oneida Branch Director

Gary Fahey
Branch Executive
Membership Services

Bruce Hairston
Branch Executive
Program Services

Diana Wozniak
Chief Financial Officer

Randy Hirschey
Vice-President of
Facility & Grounds

Maryalice Golden
Marketing Manager

Phonon Perrilloux
Human Resource Manager

Sally Mungari
Assistant Finance Director

Ann Marie Jackson
Bookkeeper

Adult Aquatics

Christina Twogood, Aquatics Director
ctwogood@ymcatrivalley.org

Water fitness classes are open to YMCA members only.

Mornings

Deep Water Jogging (Main Pool)

A strengthening and toning class for those who prefer the deep water and no impact. Flotation belts and devices are used.

Mon./Tue./Wed./Fri. 8:30 - 9:30 am

Fitness for the Young at Heart (Main Pool)

Stretching, strengthening and aerobic exercise are combined to create a fun activity for all. No swimming skills are required.

Mon. thru Fri 9:30-10:30 am

Aquamotion (Therapy Pool)

A conditioning class that works on a full range of motion to improve flexibility and movement. No swimming skills required.

Mon./Wed./Fri. 10:45 - 11:30 am

Pool Parties at the Y!

Host your next birthday party or special event at the Y. We have two pools available for private rental and party rooms available as well. Pool rentals can also be combined with gym or interactive room rentals for an all-around recreational experience! Pool rentals are available on Friday nights, Saturdays and Sundays. Contact our member services representatives for more information by calling 336-3500 x0.

Afternoons

Aquamotion (Therapy Pool)

Please See description under mornings.

Tue./Thurs. 12:00-1:30pm

Aqua Zumba (Main Pool)

It's back! Zumba is a total body workout with toning exercises and fat burning dance moves for a workout that is more fun than it is work. Now with the resistance of water!

Saturday 12:00-1:00pm

Aqua Mixer (Main Pool)

A fun refreshing mix of yoga, water aerobics, and deep water jogging. Starts March 5th.

Tues/Thurs 3:00-4:00pm

Water Waves (Main Pool)

This class offers both a shallow water and deep water workout.

Class is set to fun , fast paced

Tue./Thurs. 4:00-5:00pm

Evenings

Aqua Zumba (Main Pool)

Please See Description under Afternoons.

Tuesday 5:30-6:30pm

Low Impact Water Aerobics (Therapy Pool)

This low impact workout is designed to include swimmers and non-swimmers.

Tue./Thurs. 6:30-7:30pm

Aquamotion (Therapy Pool)

A conditioning class that works on a full range of motion to improve flexibility and movement. No swimming skills required.

Mon./Wed. 6:30 - 7:30 pm

Youth Aquatics

Christina Twogood
Aquatics Director
ctwogood@ymcatrivalley.org

On Your Schedule **Private Lessons: Adults & Children**

A one on one swim lesson for adults or children, whether you're learning to swim or need a refresher. Instructors are available during the week and on weekends to accommodate any scheduling needs. Sessions are 30 minutes and by appointment only. Call 336-3500 x230 to get started!

Members \$20 per session
Non-Members \$40 per session



Pre-School **6 months to 5 years old**

Family Membership Fee.: \$20

Youth Membership Fee: \$40

Non-Member Fee: \$80

All pre-school lessons are held in the Therapy Pool for 30 minutes.

Shrimp (6 – 36 months)

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

Pike (3-5 years)

New swimmers learn the basics including back float and front and back glides with the use of personal flotation devices. These new swimmers learn what to do in an emergency and how to put on life jackets.

Eel (3-5 years)

Children learn front crawl, back crawl and are able to put their face into the water. Children use kickboards and begin kicking ability. Introduced to learning breathing techniques, how to bob in the water and go underwater.

Ray/Starfish (3-5 years)

Children refine basic skills and build endurance. This class will review front and back crawl, as well as introduce the frog kick and breast stroke. Participants will learn how to jump into the water and swim to the pool side.

Youth **6- 14 years**

Family Membership Disc.: \$20

Youth Membership Fee: \$40

Non-Member Fee: \$80

All youth lessons are held in the Main Pool for 45 minutes.

Polliwog (6-14 years)

A beginner swim experience where swimmers become more familiar with strokes, and pool safety. Swimmers will be introduced to the flutter kick. Children will also review rhythmic breathing, front crawl and back crawl fundamentals. Also participants will learn to jump into the water and retrieving partially submerged objects.

Guppy (6-14 years)

Children will use flutter kick, front crawl, back crawl, breast stroke, for half a pool length. Children will begin treading water and retrieving submerged objects and jumping into the deep end

Minnow (6-14 years)

Children will refine swimming skills without the use of flotation devices. Flutter kick, front crawl, back crawl, breast stroke, and floats for an entire pool length. Participants will learn how to dive into the water and retrieve submerged objects up to 6 foot deep.

Fish (6-14 years)

Students improve strokes and continue to work on stroke development, swimming a distance of two pool lengths. Students learn how to do surface dives both feet and head first. Children learn basic accident prevention and swimming safety

Flying Fish/Shark

Swimmers work on building endurance, swimming various strokes for a distance of up to four pool lengths as well as tread water for up to three minutes. Children practice dives, flip turns and retrieving submerged objects using surface dives both feet and head first. Swimmers develop knowledge about pool safety and signs of emergencies.

Health and Fitness

Gary Fahey Branch Executive
gfahey@ymcatrivally.org

Fitness Classes

Yoga

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

Zumba

Zumba 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.

Silver Sneakers

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

Country Line Dance

This is a beginner to intermediate level class with new dances being introduced every 8 weeks. Have fun while getting exercise!

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. Relaxation stretches and breathing exercises at the end of class leave you with a feeling of well being of body, mind and spirit.

Rhythm-Robics

This one hour , twice a week workout will help build coordination through various rhythmic patterns of music and will develop your cardiovascular endurance at the same time. Also includes an abdominal routine and stretches to increase flexibility.

Core, Cardio And More!

This cardio/strength combination class alternates strength exercises to sculpt every major muscle group, including your core, with easy to follow moves designed to maximize calorie expenditure. Hand weights and/or balance ball may be incorporated into this workout.

Boot Camp

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

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.

Muscle Fitness

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

Interval Training

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

Spinning

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

Personal Training

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

Stability Ball

This class includes standing, sitting and floor exercises using the stability ball. Exercising with the ball increases core strength as well as and improves posture and balance.

Total Body Fitness

Work your whole body in this class. Improve your heart and lungs through aerobic exercise. Strengthen your muscles and bones by using bands, weights and bars. Tone your body and increase your flexibility by stretching on the mat. You will leave this class knowing you worked your entire body!

Class schedules are available at the Welcome Desk.



Youth & Family

Jamil Cummings Youth and Family Coordinator
jcummings@ymcatrivalley.org
Bruce Hairston Branch Executive
bhairston@ymcatrivalley.org

Interactive Game Room

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

Hit and Pitch Clinic

The YMCA has a hitting cage inside the facility. We will be offering a Sunday, Clinic for members and guest. We will teach fundamentals to advance their skills in the off season. Exact dates and time to be announced

Youth Boxing Program

The program is open to youth ages 10-17, both boys and girls. It runs after school Monday thru Thursday and costs \$50 for YMCA members, \$100 for non-members. The program is held at Strough, but you must sign up at the Rome YMCA. This program starts up in October and ends with the school year.

Youth Night

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

Gym & Swim

Gym and swim is a program held for homeschooled children. It is a 6 week program held on Tuesday afternoons. The program provides them with activities to do in the gym, interactive room, and pool. Exact dates and time will be advertised at a later day.

Teen Night

Open to students in grades 7-12, held every Saturday night. Come to the Y for basketball, volleyball, swimming, teen weight room, teen center, and more. This program is 8-10:00pm and the cost is only \$4 per student for members and non-members. Must present student I.D. for entry. Runs October-May.



Summer Camp

Nicolina A. Calandra
Rome Camp Director
336-3500 x226
ncalandra@ymcatricalley.org

Camp Crooked Arrow

Whether it's through singing or swimming, through nature hikes or computer classes, counselors at YMCA day camps have led kids in developing good values -- and having fun -- for more than 110 summers.

At YMCA day camp; kids have fun while they learn how to make new friends, build new skills and grow in self-reliance. The YMCA camp uses a natural setting to teach youth about the wonders of the world around them and how they can take good care of it.

For kids, YMCA camp is a fun way to enjoy the summer. For moms and dads, it's a way to give their children a positive developmental experience. And for parents who work outside the home, YMCA camp also serves as child care. With before and after care available. Camp is for children 4-17 years.



YMCA School Age Childcare

Nicolina A. Calandra Rome SACC Director
ncalandra@ymcatrivalley.org

Rome Elementary Before School Programs

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

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

After School Programs

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

Vacation Program

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

Staley Upper Elementary Before School Programs

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

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

After School Programs

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

Vacation Program

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

School Age Child Care Program

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

Enrollment packets are available at each YMCA branch, or on-line at www.ymcatrivalley.org

Group Exercise/ Adult Aquatics - 8 week Sessions

April 7th-May 25th

Non member Registration:
March 30th-April 6th

May 27th -July 20th

Non Member Registration:
May 19th-25th

Youth Aquatics - 7 Week Sessions

April 28th-June 14th

Registration:

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Current Participants: Apr 14th-Apr 23rd

Non-Participants Testing

Sat April 19th 12:30-2:30
Mon April 21st 5:00-7:00
Wed April 23rd 5:00-7:00

June 23rd- Aug 9th

Registration:

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Current Participants: June 9th-June 18th

Non-Participants Testing

Sat June 14th 12:30-2:30
Mon June 16th 5:00-7:00pm
Wed June 18th 5:00-7:00pm

"Participants" refers to students who were enrolled in swim lessons during the previous session.

"Non-Participants" refers to those who either were not enrolled in the previous session or those who have never been involved in swim lessons at the YMCA before. The dates and times associated with non-participant registration are for doing swim testing, please bring your child with their swim suits for swim testing.

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



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**United
Way**



United Way Agency

United Way of Greater Oneida

United Way of Greater
Oneida

Board of Directors...Craig Bailey, Matt Brown,
Mary Condes, John Elberson, Jack Butts, Fred Moulton,
Randy Phillips, Jeff Rowlands, Leslie Taylor,
Mead Versace, Jan Hinman, Joe Shay, Lynne Williams

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