



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER



WINTER-SPRING 2012
FEBRUARY 27- APRIL 7

Oneonta Family YMCA
20-26 Ford Ave
Oneonta, NY 13820
Phone: 607 432 0010
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www.oneontaymca.org



Y STAFF:

Frank Russo, Executive Director
Karina Goodrich, Program Director
Vickie Allen-Berberik, Finance
Christiana Gomez-Frye, Aquatics
Heidi Brantley, Healthy Living, Preschool
Courtney Place, Healthy Living
John Attanasio, Facilities Manager
Kelly Morrissey, Technology

WELCOME!

Our Mission

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

Membership includes:

- 4 lane, 25 yard swimming pool
- Wellness Center (nautilus/cybex & cardio equipment)
- Gymnasium
- Racquetball courts
- Weight room
- Discounted rate on programs, wellness and water classes
- Locker rooms
- Family Locker rooms
- Sauna (3rd floor locker rooms)
- Self Service Portal- register from home 24/7 for our programs

Yearly Membership Category	Paid in Full	Monthly Bank Draft (automatic withdrawal)
Youth 0-13	\$ 95.00	N/A
Teen 14-19	\$ 180.00	N/A
Adult	\$ 455.00	\$ 39.95
Couple	\$ 670.00	\$ 57.85
Single Parent	\$ 565.00	\$ 49.00
Family***	\$695.00	\$59.90
Sr. Adult	\$360.00	\$32.00
Sr. Couple	\$530.00	\$46.15

***Family rate includes 2 adults and all dependent children up to 18 years of age that live in the same household. Additional children, up to 25 years of age, may be added provided they are full-time college students and also live in the same household.

Month to Month Memberships

	Rates
Adult	\$49.00
Couple	\$69.00
Senior Adult	\$39.00
Senior Couple	\$54.00

YMCA Away Members: \$3.00

Day Passes:

		Peak 3-7pm
Youth	\$ 5.00	
Adult	\$12.50	\$17.00
Family	\$18.00	\$22.00
Shower	\$ 3.00	

Payment Options

Automatic monthly payment via bank draft or VISA/MasterCard/Discover/American Express
Annual Payment-renewal yearly
There is a \$25 fee for all returned checks and bank drafts.



KEEP THE Y IN YOUTH! 2nd Annual Oneonta Family YMCA

"Just Throw Money"

Pub Grub Event

Saturday, March 3rd 2012

6:00- 11:00 pm @

The Carriage House on Old Southside Drive

Tickets \$30 each. Must present ticket for entry

Featuring Local Band:



HEALTH & WELLNESS

FITNESS SCHEDULE

When you join the Y, we want you to become an ACTIVE member. That's why we offer so many different Health and Wellness programs for all ages and interests. Whether your looking for ACTIVE classes like Spinning® and Zumba® or more relaxing classes like Silver Sneakers and YogaFit® you'll find the variety you need here at the Oneonta Family Y. We have the best variety of activities to keep you and your family healthy and happy!

For list of class days and times look at our Winter 2012 Schedule @ oneontaymca.org

Recommendation for all classes:

- Please arrive a few minutes early to claim your space or bike.
- Please wear appropriate and comfortable workout attire.
- Please bring a water bottle and hand towel to class.
- Please let your instructor know of any health issues that may impact your ability to do the class.
- Please note classes must maintain an average of 5 people. Classes that do not maintain attendance will be canceled and a sign will be posted. If you LOVE your class and instructor, tell your friends.
- Class schedules subject to change, please check with the Member Service Desk for the most up to date schedule.
- No food or drinks, except water, allowed in studio.
- No street shoes allowed on studio floor.
- Please be courteous and wipe off all equipment at the end of class.
- We want your workout with us to be safe, effective and most of all FUN!
- All classes dependent upon instructor availability.

SCHOOL AGE ACTIVITIES

TUMBLE, GYM & SWIM

March 13th and April 18th 12:30-3:30

Ages Kindergarten- 6th grade

Youth Members, Join us for the school half days. Children will play in the gym, give gymnastics a try and go swimming in our heated pool!

Members \$ 15 Preregistration is required! Space is limited

SCHOOL'S OUT PROGRAM

Upcoming Dates: February 20-24th

March 16th, April 6th & 9th -13th

Cost: Preregistration

Members: \$25/day Non Members \$45/day

Day of:

Members \$35/day Non Members \$ 55

7:30am-5:30pm

Space is limited!

We are here when the schools are closed! Daily and weekly themed activities, daily swimming, gym time and lots more! Space fills up quickly please sign up in advance

- DSS Subsidy accepted
- Children attending Kindergarten -6th grade welcome

KIDS NIGHT OUT

February 17th 6-9:30pm

Pre Registration Members ONLY: \$ 5

Day Of: Members \$ 10 Nonmembers \$ 15

Parents, do you need a night off? Let us take the kids. We will provide them with dinner, activities including swimming and end the evening with a movie and popcorn.

Sponsored By:



Next Date: March 23rd

Want to be a sponsor? Contact Karina Goodrich for details
kgoodrich@oneontaymca.org or 607.432.0010

Membership Cards

You will receive a bar-coded membership tag that will be scanned each time you enter the facility. Please bring your membership tag with you when you visit. For security reasons, we require a photo that is kept internally on our system.

Membership Refunds

There is a 30-day, money back guarantee on all new memberships paid in full.

Lockers & Locks

Lockers are available for daily use. For your protection, we strongly suggest that you bring a lock to secure your personal items. Monthly and yearly rentals are available. Ask our Member Service desk for rates. We cannot be responsible for items lost from lockers or locker rooms.

Membership Freezes

Memberships may only be frozen for medical reasons (Physician's note is required).

Program Refunds

Class and Program Fees are only refundable with a physician's note.

Age Requirement Policy

Children under the age of 11 that are not under the direct supervision of Y staff in one of our programs must be accompanied by an adult, 18 or older. Fitness Center can be used once a child reaches the age of 14.

Sex Offender Registry Policy

The Oneonta Family YMCA does create guidelines to help insure the safety and well being of all individuals utilizing Y services and/or facilities. Since it is contrary to the mission of the YMCA USA to be a sex offender, denial of membership to such a person is in accordance with our mission. If such person is a current member when it is discovered that they are a registered sex offender, a refund of the percentage amount of their membership fee that is still good should be issued and prompt terminate of their membership. Such persons will be notified in writing.

Away Program

When you travel out of town, you can use your YMCA membership card at over 600 YMCA's throughout the country at either no charge or for a minimal fee. AWAY stands for "Always Welcome at YMCA's." Current national YMCA locations and information are available on the internet at www.ymca.net

Financial Assistance

We do not turn anyone away based on their inability to pay. For those in need, applications are available at either Member Service Desk or by downloading the Financial Assistance application on the YMCA website at: www.oneontaymca.org

Membership Assistance Program

In response to the economic climate of today, we have instituted a Membership Assistance Program for current YMCA members who have been laid off or lost their fulltime jobs due to the economy. The YMCA will waive membership fees for up to 6 months, certain conditions apply.

Larger Groups:

Large groups such as schools and large families of more than 10 interested in using our pool must make prior arrangements for extra staff to assure required lifeguard to swimmer ratio.

PRESCHOOL AND FAMILY ACTIVITIES

KIDS MORNING OUT

Monday Mornings 9-10:30

Members \$27 Non Members \$64

Ages 2-3 years

Children will play games in the gym and do age appropriate craft activities while parents remain in the building. Parents feel free to remain with the group or if you are a member workout while our staff plays with your children.

AQUA PLAY GROUP

Wednesday 11:15-11:45 ages 6mon-5years of age with parent welcome

Come play games, sing songs and make new friends.

Members \$14 Non Members \$38

KIDDY CARDIO FUN

AGES: 2-3 year olds

Tuesday 10:00-10:45am

Members \$33 / Non-Members \$79

Parents join your children with Mr. Cook (Mr. Poppy) in a cardio circuit of fun!

MINI KIDS SOCCER

AGES 2-4 years old

Fridays 6-7pm March 2nd, 9th, 16th, & 30th

Members \$20 Non-Members \$50

Join Jason as he introduces your child to the game of soccer. Each week children will be introduced to a new skill and then participate in a fun game. Parent participation is necessary.

KARATE

Hidy Ochiai's Washin-Ryu Karate

Monday & Thursday 5:30-6:30pm

Members \$47/ Non-Members \$104

Children and adults, learn and develop self-respect, respect for others, and concentration. An emphasis is placed on self discipline, which together with physical development, instill confidence, inner peace, and a sincere appreciation and practice of non-violence. This program is taught by certified Washin-Ryu black belt Jean Ostrowski under the direction of Master Ochiai.

FABULOUS FIRST FRIDAY FAMILY NIGHTS

March 2: MARCH INTO FITNESS 6:30-8:30pm

MEMBERS FREE NONMEMBERS \$15 per Family

April 6: EARTH DAY CELEBRATION 6:00-8:00 pm

PRIVATE SWIM LESSONS

Children & Adults: Minimum age 3 years

For all levels from beginner lessons for children and adults, to private on-deck coaching for athletes.

Private Lesson Fees

Member: \$20/ half hour

Non-Member: \$50/half hour

Semi-Private 2 students

Members: \$30/ half hour

Non-Member: \$70/ half hour

Semi-Private 3 students

Members: \$38/half hour

Non-Members: \$82/half hour

15% off of private & semi-private lessons for members only when you purchase 4 lessons

Private: \$65

Semi Private: \$99

SYNCRONIZED SWIMMING

Monday and Wednesday 4:00-5:00PM

Participants must be able to swim 25 yards freestyle and backstroke. Contact Mary

Beth at mbwswims@stny.rr.com

Member \$40 / Non Member \$90

ADAPTED AQUATICS

Classes are scheduled for infants through adults with adapted needs. Classes are one-on-one and may include therapeutic exercise and swimming skills. Contact aquatics department to schedule.

AQUA PLAY GROUP

Wednesday 11:15-11:45 ages 6mon-5years of age with parent welcome

Come play games, sing songs and make new friends.

Members \$14 Non Members \$38

FAMILY FLOAT NIGHT

Last Friday of each month 6:30- 8:30.

FREE FOR MEMBERS

Join us for a family fun night of floats and underwater lighting

We also offer a variety of American Red Cross Safety Certification classes including CPR, First Aid, Lifeguard Training and WSI. Please visit our website or call for details.

WATER WELLNESS

Water Aerobics

Mon/Wed/Fri 9:15-10:00am

Deep Water

Mon/Wed 7:00-7:45am

Aqua Fit/ Silver Splash

Tues/Thurs 5:45-6:30 pm

Aqua Arthritis

Tues/Thu 9:00-9:45am

Aqua Yoga

Fri 10:00-10:30am



Drop in Pass Member \$4.50
Non-member \$10
Member Value Passes and
Senior Rates available at Member
Service Desk

Water Aerobics

Water aerobic exercise is a cardio workout combined with muscle toning activities to create a full-body limited impact workout. The class uses various formats including equipment (noodles, hand buoys). Swimming ability not required.

Deep Water Aerobics

This no-impact class combines aerobic activity, muscle toning with an emphasis on core strengthening. Resistance equipment is used.

Aqua Arthritis

Join us to maintain and increase your range of motion. Toning and flexibility exercises are specified by the Arthritis Foundation. The water's buoyancy and warmth help to decrease pain and stiffness while improving joint flexibility. Swim skills not required.

Aqua Yoga

Free for Members! Take 30 minutes to unwind in this relaxing class. Hatha and Vinyasa influenced practice.

Aqua Fit/Silver Sneakers

For those seeking range of motion and gentle cardio moves. This class is free for Silver Sneakers members, and is senior friendly.

GYMNASTICS

Kiddy Cardio Fun: 2-3 year olds

Tuesday 10:00-10:45am

Members \$33 / Non-Members \$79

Mini Gymmies: 4-5 year olds

Thursday 4:15-5:00pm

Members \$36 / Non-Members \$82

Co-ed Gymnastics 6-12 year olds

Recreational Gymnastics

Monday 4:30pm - 5:30pm

Members \$45 / Non-Members \$100

Tumbling for Kids

Wednesday 4:30-5:30pm

Members \$45 Non-Members \$100

Girls Instructional: 5-16 years old

Tues 4:30-5:30pm

Tues 5:30-6:30pm

Thurs 5:15-6:15pm

Members \$45/ Non-Members \$100

Pre-Team: By invitation only

Tuesday 4:30-5:45pm

Members \$57

Boys Instructional: 5-16 years old

Thursday 5:15-6:15pm

Members \$45/ Non-Members \$100

Advanced Boys: By invitation only

Thursday 6:15-7:45pm

Members \$66

Girls Competitive Team: By invitation only

All team members must be Oneonta Family YMCA members in good standing.

Level 2 Tuesday 5:30-7:30 pm \$ 50/month

Level 3-8 & PREP Mon/Wed 5:30-7:45 pm \$ 90/month

SWIM LESSONS

PARENT-CHILD SWIM LESSONS

Kipper/ Perch

These classes are water enrichment classes for children from 6 months to 36 months of age. Children are accompanied in the water by a parent or another adult.

Kipper 6-18 months

Perch 19-36 months

The YMCA does not promote dunking an infant under the water

PRE-SCHOOL SWIM LESSONS

Ages 3-5 years

Pike/Eel: These classes are water adjustment and beginning swimming skills classes. Pike are accompanied in the water by a parent or another adult, eel are not.

Ray: This class is designed for children who have mastered the water adjustment skills. Children must be recommended for this class by a swim instructor

Starfish: This class is for the more advanced preschool swimmer. Children must be recommended for this class by a swim instructor.

YOUTH SWIM LESSONS

This program is for children in Kindergarten and up. We lay a good foundation of basic aquatic skills and safety. At each level, participants are involved in activities related to the five components of: personal safety, personal growth, stroke development, water games and sports, and rescues. We will work on both stroke competence and building endurance. Swim Test: If you are not sure which class to put your child in please come in on Mondays at 3:30 or call to make an appointment for a swim test.

ADULT SWIM LESSONS

For adults of any swim skill level, focus includes building endurance, stroke competency, and overcoming fear.

REGISTRATION INFORMATION

There are no make-ups or participation on alternate days.

There is a \$5.00 fee to switch classes once registered.

Session runs February 27th - April 7th

Registration begins 2/13 for current Member Participants

Member Registration begins 2/19

Non-Member registration begins 2/23.

Rates:

Two day a week classes:

Members \$72/Non-Members \$154

One day a week classes:

Member \$36 /Non-Member \$82



Parent-Child Aquatic Program

Ages 6 months - 3 years old

Kipper: (6-18 Months)

Thursday 6:15-6:45pm

Saturday 9:30-10:00am

Perch: (19-36 months)

Thursday 6:15-6:45pm

Saturday 9:30-10:00am

Preschool Aquatic Program

Ages 3-5 years old

Pike: (Adult in water)

Thursday 5:45-6:15pm

Saturday 10:00-10:30am

Eel: (No adult)

Monday 5:45-6:15pm

Tuesday 5:45-6:15pm

Wednesday 6:15-6:45pm

Saturday 9:00-9:30am

10:30-11:00am

Ray:

Tuesday 6:15-6:45pm

Wednesday 5:45-6:15pm

Saturday 11:00-11:30am

Starfish:

Monday 6:15-6:45pm

Preschool 3-5 Year olds

Thursdays 10:45-11:15

Adult Swim Lessons:

Monday 7:25-8:00

YMCA Youth Progressive Swim Lessons: Kindergarten & Up

Beginning Polliwog:

Mon/Wed 4:25-5:00pm

Tue/Thu 5:05-5:45pm

Saturday 12:00-12:40pm

Saturday 12:40-1:20pm

Advanced Polliwog:

Mon/Wed 3:45-4:25pm

Mon/Wed 5:05-5:45pm

Tue/Thu 4:25-5:05pm

Saturday 12:00-12:40pm

Saturday 12:40-1:20pm

Guppy:

Mon/Wed 3:45-4:25pm

Monday 6:45-7:25pm

Saturday 11:20-12:00pm

Minnow:

Tues/Thurs 3:45-4:25pm

Saturday 10:40-11:20pm

Fish:

Tues/Thurs 3:45-4:25pm

Saturday 10:00-10:40pm

Flying Fish:

Mon/Wed 4:25-5:05pm

Shark:

Mon/Wed 4:25-5:05pm

Homeschool:

Wednesday 1:30-2:30