



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

You really autumn know...

Clifton Springs
Family YMCA

315.462.6184

csaymca.org

@CliftonSpringsY

The Future Is Coming!



5 Crane Street Clifton Springs, NY 14432

Welcome...

Hours of Operation

May 30th-September 2nd

Monday-Friday: 6:00 am-7:00 pm
Saturdays: 7:00 am-11:00 am
Sundays: Closed

September 5th-May 30th

Monday-Friday: 6:00 am-9:00 pm
Saturdays: 7:00 am-3:00 pm
Sundays: Closed

Guest Policy

Guests are welcome at the Clifton Springs YMCA. All must present a photo ID and pay the daily fee of \$5.

Age Requirements

All children under the age of 9 must be accompanied by an adult or have a parent/guardian with them at all times, unless in a registered child care/preschool program. Children under 9 must be accompanied by an adult, unless participating in supervised, recreational activities. Children need to be signed in and out by a authorized guardian.

Wellness Center: Ages 16+
Age 13+ with the completion of teen training program.

Group Exercise Classes: Age 8+

Code of Conduct

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times in our facility.

YMCA Board of Directors

Patrick Brentlinger
Sarah Bennett
Jeff Gallahan
Deb Galliher
Max Hogenes
Emma Lincoln
John McCarthy
Coby Reals
Lori Reals
Dedee Wilkes, CVO
Misty Zambuto

YMCA Staff

David Michaels, **Membership/Marketing Director**
David@csaymca.org
Angela Middlebrook, **Aquatics Coordinator**
Midlakes Seahawks, amiddlebrook15@gmail.com
Cait Suchecki, **Sports and Recreation Director**
Caitlin@csaymca.org
Neal Webster, **Aquatics Coordinator**
Marcus Whitman, swimteam@csaymca.org
Todd Freelove, **CEO**
Todd@csaymca.org

ID/Membership Card Requirements

Please always bring your Y card.
Replacement cards \$2.00 each.

Contact Information

 Clifton Springs Family YMCA,
5 Crane Street, Clifton Springs, NY 14432
www.csaymca.org
Y Phone Number: 315.462.6184
 Palace Phone Number: 315.462.5437

Member Fees

| Category | Monthly Fee | *Annual Fee |
|---|-------------|-------------|
| Family | \$30.00 | \$306.00 |
| (adults + children 22 and under in one house) | | |
| Senior (62+) | \$15.00 | \$153.00 |
| Adult (23-61) | \$20.00 | \$204.00 |
| Adult (19-22) | \$15.00 | \$153.00 |
| Youth (thru grade 12) | \$5.00 | \$51.00 |

Current full time participants in the Before & After School Care program are considered Youth members; and receive the membership price when signing up for other programs.

- The Clifton Springs YMCA is an independent Y. We are affiliated with the Nationwide Membership.
- Membership payments accepted by cash, check, or credit card. **30 days written notice** (via blue change form) or email is **required to stop membership**. There is a \$20 service fee for any returned checks or drafts.
- Insurance co-pays; **Many health insurance policies now cover membership and program costs** to help ensure a healthier lifestyle for their subscribers. CSAYMCA accepts **Silver&Fit and Active&Fit** program members. Please contact your insurance company for details.

JOIN US

Member Benefits

A membership provides you with access to: group exercise classes, trained staff, unlimited use of the wellness center, gym, active older adult programs, preschool, and more! As a member you pay reduced rates on youth & adult specialty classes.

FREE WIFI : YMCA-Guest
Password: ymca123

Insurance Information

The YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk.

Photo & Cell Phone Policy

Cell phone use is not permitted in locker rooms, wellness center, gym and other program areas. Photos and



We're Here For All!

Ask about Financial Assistance

The Clifton Springs Family YMCA makes every effort to provide membership services to all who wish to participate. The Y's financial assistance, supported in part through contributions to our annual campaign and the United Way, provides membership assistance for those in need. Individuals or families not able to pay the full member fee will be awarded a partial rate reduction as determined by our guidelines.

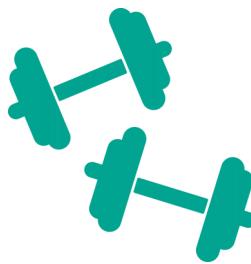
SWEAT OFTEN

Group Classes (Ages 8+)

YMCA staff will provide instruction to engage members in exercise while focusing on stress management, flexibility, and living a healthy lifestyle. Classes are held at the YMCA. Free for Members and \$5 to drop-in.

Kettlebell - Class consists of a full body warm-up, and progresses into teaching the foundation kettlebell lifts. Ensuring your success in losing body fat, increasing your strength, correcting strength imbalances and overall general fitness.

Mondays 5:45pm-6:45pm



Turbo Kickboxing is a full-body workout that includes movements such as knee strikes, kicks, and punches. Get fit while enhancing your confidence!

Tuesdays 6:30pm-7:30pm

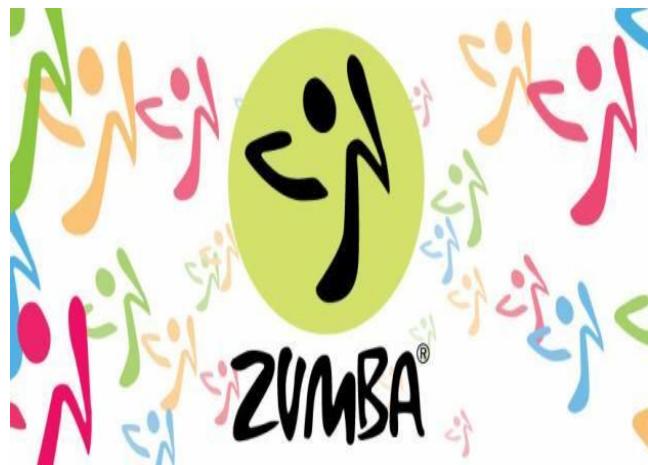
ZUMBA®

This class is a fusion of Latin and International dance that create a dynamic, exciting, effective fitness system! ZUMBA utilizes a mixture of body sculpting movements with easy to follow dance steps. Wednesdays 5:45pm-6:45pm



WELLNESS CENTER

Members of our Y have access to many different types of fitness training equipment, each designed to promote cardiovascular, respiratory, strength, stamina and overall fitness improvements.



ENRICHING KIDS INSIDE & OUT

Before & After School Care Midlakes Elementary School

(Grades K-6th)

This program is designed with the working parent in mind. We give kids the opportunity to be creative and physically active in a safe environment.

When: School Year

AM: 6:45-Start of Day /

PM: 3:30-Dismissal

Where: Midlakes Elementary
School Cafeteria

Cost per month:

Participants can sign up
to attend part time or
full time. Contact the Y
for details.

10% multi sibling discount



Preschool Program

(Ages 3-5)

The Y preschool is a great beginning for a lifetime of learning! Our classroom will include activities on language and literacy, math and science, creative arts, physical development.

When: September 10, 2019- June 11, 2020
Tuesday & Thursday 9:15-11:45 am

Where: 3 Crane Street

Cost per month:

\$90 Members / \$110 Non-Members

\$20 registration fee is required

10% multi sibling discount

Openings

Available



HERE FOR THE COMMUNITY

Jump It Out (Ages 3-5)

Kids are welcome to come
JUMP IT OUT in our gym with the bounce house.
Parent supervision required.

When: Starts again September 15th
Fridays, 10am-11am

Cost: FREE Members / \$2 a child or \$5 a family



CELEBRATE WITH US

Birthday Parties

Host your next birthday or celebration at the Y. We'll make it the most memorable, stress-free & FUN event. When you reserve you'll get a 2 hour party for up to 15 kids, including a Y Party Host to assist with all your party needs.

Theme Party

Choice activities for 45 minutes of fun
(Sports, Dance, Art)
\$90 Member / \$120 Non-Member

Inflatable Party

1 1/4 hours in gym with inflatable
45 minutes in party room
\$150 Member / \$190 Non-Member



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FAMILY EVENTS

Turkey Trot

Participate in our longest *running* tradition. Children under 6 must be accompanied by individual over the age of 16. Please bring a non-perishable food item to be donated to the local food pantry.

When: Thursday, November 28th
Check in 9:30 am, Race at 10 am.

Cost: 5k Runners \$20; Family Walk \$5
Optional t-shirt \$10



Annual Turkey Trot
Clifton Springs Area YMCA

Festival of Lights

Come walk around and enjoy all the Christmas decorations Clifton Springs has to offer! We will be holding an arts and crafts section in our Pre-K room where you can design your own Pine Cone ornament.

When: Friday, December 6th
6:00pm-8:00pm

Where: Downtown Clifton Springs

