



COMMUNICATOR



Hours of Operation: July 1 - Sept. 1

Mon. - Fri.....5:30 AM - 10:00 PM
 Sat.6:00 AM - 6:00 PM
 Sun.....8:00 AM - 5:00 PM



Prime Time Hours:

M - F 8:30 AM - 12:30 PM
 3:45 PM - 8:30 PM
 Sat. 8:00 AM - 1:00 PM



Coffee Hour Open invitation for you to join Lisa Pachmayer, Executive Director in the front lobby to share your thoughts and ideas about your YMCA.
August 6, 9:00 - 10:30am

family

Parent/Child Gym

Fall Session runs: Sept. 8 - Oct. 24
 On Deck Reg: Aug. 18 - 22
 Drop Off Reg: Aug. 25 & 26
 Non-Member Reg: August 29

FFN: Indiana Jones Adventures Wednesday, Aug. 6
 6 - 8 pm Outdoor Activities Only. No rain date!

Parents Day Out Saturday, August 23 1:00 - 5:00 pm
 Ages 6 wks - 11 yrs. Members: \$8/day Non-Members: \$10/day

Parents Night Out Saturday, August 16 5:00 - 9:00 pm
 Ages 6 wks - 11 yrs. Members: \$10/night Non-Members: \$12/ngt

Intro to eBay Monday, August 25 6:30 - 8:00 p.m.
 Ages 18+ Bring your laptop, we are now wireless.
 Members: \$5 Non-Members: \$8

Scrapbooking! Fri., Sept. 19 6 - 11 pm
 Join us for a night of fun! Creative Memory representative on hand with tools to use. Bring your own pictures.
 \$5 members \$10 non-members

Member Orientation Join us for a one hour session with our knowledgeable staff to learn all that your YMCA has to offer! See Member Services to SIGN UP.

Tuesday, August 5 9:30 - 10:30 AM or
Tuesday, August 19 6:30 - 7:30 PM

Summer Time Sizzle Thursday, August 21 5:30 - 7:30 pm
 We're barbecuing hotdogs and burgers at the YMCA. Stop by for a quick meal and fun. Members FREE

Blood Pressure Screens Wed., August 6 8:00 am - 10:00 am
 Performed by a St. Joseph's Wellness Place Nurse.



HOLD THESE DATES!

Anniversary Service Friday, September 12 10:00 am
 Plymouth Congregational Church, 232 East Onondaga St., Syr.

150th Anniversary Celebration Saturday, September 13
 7-10pm Stickley, Audi & Co, Fayetteville Towne Center

Kids Night Out September 12 7-10 pm Ages 8-14 Free with donation to SPCA. Concession stand available. Kick-off the school year in Y-Style! Enjoy time with your friends playing the Wii and other games, basketball, swimming and eating. Learn what our Teen & Tween programs and special events are all about. Registration is required.

Leaders Clubs A program designed to give Youth and teens leadership skills that will be beneficial to their everyday life. Gain skills through community service projects, fund development, special projects/events, teambuilding activities and guest speakers.

Jr. Leader' Club ages 8 - 11 1st & 3rd Wed. 6:30 - 7:30 pm
Leader' Club ages 12 - 16 1st & 3rd Thurs. 6:30 - 7:30 pm



Teen Day Trip

Thursday, August 14th

Ages 12-16 only

\$30/members \$35/nonmembers

Includes bus & admission

Permission Slip must be completed at time of registration.

EMPLOYMENT

Parent/Child Gym Trainee Train a min. of 3 classes /week, assist in theme material and preparation for classes, set up and take down when necessary. Begins May 12. Apply at Member Services Desk.

School Age Department is seeking creative, energetic and self-motivated individuals to work in our Before and After school programs. Programs follow the school district calendar. The hours of operation are 7-9am & 3-6pm Monday through Friday. Receive a **FREE YMCA membership!** Contact Kimberly Howard at 451-2562 ext 224 to learn more about available positions.

Swim Instructors Needed Looking for Summer help, days & evenings needed. Session starts June 28. Contact Jennifer Savery 451-2562

School Age Child Care

Now registering for the 2008-2009 school year. Programs held at Allen Rd., KWS Bear Rd, Cicero Elem., Lakeshore Rd., Smith Rd., Roxboro Elmen., Roxboro MS, Millard Hawk Primary, Brewerton Elmen., and Central Square Intermediate. Register today! Space is limited.



Camp Y-Noah

The YMCA will hold summer camp 6/30 - 8/22. The children attending summer camp will be accessing the locker rooms for their swim lessons:
Mon., Tues., Wed., Fri. 9:30 -11:50 a.m.
And Mon., Wed., Fri. 1:45 - 3:50 p.m.



Book Exchange Available Check out the books for exchange in the front lobby! Drop off a book and take a book!

AQUATICS

Swim Lessons

Fall Session runs: Sept. 8 - Oct. 24
On Deck Reg: Aug. 18 - 22
Drop Off Reg: Aug. 25 & 26

First Aid * CPR * AED * Oxygen

Classes offered to members and non-members. See Member Services for more Information.

TWEEN/TEEN

CHILL ZONE Ages 8-14 A great place to hang out with friends and play Wii, board games, and more! FREE
Mondays & Wednesdays 6:30 pm - 8:00pm.

SPORTS

Youth Outdoor Lacrosse Ages 3 - 12 Saturdays
Fall Season runs Sept. 6 - Oct. 25

Flag Football Ages 4 - 12 Fall Season runs Sept.1 - Oct. 27
Registration: July 7 - Aug. 18
Mem -\$27 Youth Mem \$70 Non-Mem - \$90

Flag Football Cheerleading Ages 4-10 Season: Sept.1 - Oct. 27
Registration: July 7 - Aug. 18
Mem -\$27 Youth Mem \$70 Non-Mem - \$90

Beach Volleyball Ages 18+ Mon - Sat. 6-10 pm
Season: August 18 - Oct. 10 Registration: July 7 - Aug. 10
6/person team: \$120 4/person team: \$150 2/person team: \$120
Free Agent \$50/person

FITNESS

Outdoor Boot Camp is Back! Starting August 29 at 9:30 am
*weather permitting.



Coming this Fall! A new hypnotic Latin rhythm workout. Features interval training sessions with fast & slow rhythms with resistance training combined to tone & sculpt your body while burning fat.

Stroller Fit - At Onondaga Lake Park April - October Monday and Wednesday 9:15 - 10:15 am This program offers new parents an opportunity to get back into fitness routine while strolling your infant. 45 minute class begins with warm up, moves into walking/cardio and body strengthening intervals, and ends with a cardio cool down and flexibility exercises.

at the end of summer.

Youth Fitness Schedule Check out on the web or Member Services

YMCA of Greater Syracuse Folksmarch SCHEDULE 2008

Aug. 9, 10... LeMoyné College Oct..... 11, 12... Heiberg Forest
Sept.... 13, 14... Fayetteville YMCA Nov..... 8, 9... Beaver Lake

Sea Breeze Trip August 14 (new date) Ages 12 - 16
Permission Slip must be completed at time of registration.
\$30 Members \$35 Non-Members Reg. ends 8/11

Babysitting Course Tues & Thurs, Aug. 19 & 21
10:30 pm - 12:30pm Must attend both days Ages 11-15
\$10 Members \$20 Non-Members