



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILD A BETTER US

Y Family Membership offers the most value for the money, and includes FREE:

- Parking in our lot
- All parent/child dance and swim classes
- Over 50 group exercise classes and over 25 lap swim times per week
- Family swim times
- 2 personal training sessions per family



FAMILY YMCA AT TARRYTOWN
Program Guide
January 2017 to September 2017

Welcome to the Family YMCA at Tarrytown

We're so glad that you're interested in the Family YMCA at Tarrytown! As a non-profit, mission-driven organization, we're a powerful association of men, woman and children of all ages and from all walks of life joined together by a shared passion: **to strengthen the foundations of community.**

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. We welcome everyone, regardless of ability to pay. You'll find what you are looking for... and MORE.

YMCA Mission: The Family YMCA at Tarrytown is a nonprofit dedicated to youth development, healthy living and social responsibility. We improve the lives of children and adults in our community, regardless of ability to pay, by providing a unique combination of childcare, fitness and wellness programming, performing arts and affordable housing.

HOW CAN YOU HELP?

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our community. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

At the Y, no child or family is turned away due to limited resources. We recognize that for communities to succeed, everyone must be given the chance to be healthy, confident, connected, and secure. Please give generously to the Y Strong Kids Campaign.

Y BOOK CLUB

Open to Y Members aged 18+. Read the books and come join the fun at our monthly meetings in the Y Member Lounge. Dates TBD. Contact Lesa Dalton, VP Member and Employee Engagement at lesad@ymcatarrytown.org for more information.

HOURS OF OPERATION:*

Monday - Thursday 5:00 a.m.-10:30 p.m. Friday 5:00 a.m.-10:00 p.m. Saturday & Sunday 7:00 a.m.-7:00 p.m.

Summer hours may vary; please check website

Holidays: The YMCA is closed or will be closing early on the following holidays:*

Thanksgiving Day: November 24, 2016

Christmas Day: December 25, 2016 (The Y will close at 3:00 p.m. on December 24)

New Years Day: January 1, 2017 (The Y will close at 6:00 p.m. on December 31)

Easter Sunday: April 16, 2017

Memorial Day: May 29, 2017

Independence Day: July 4, 2017

Labor Day: September 4, 2017

FUNDRAISER

On Friday, September 22, 2017 the Family YMCA at Tarrytown will hold its Ninth Annual Halloween Masquerade Ball. The Y is the place to be at LIFE THE PLACE TO BE, a unique and exciting new venue for the Ball this year! Join us in costume or black tie as we honor former board member Linda Giuliano, and enjoy a special time socializing and dancing with friends - AND - help us raise funds for our Strong Kids Campaign, which provides financial assistance to children, families and seniors for membership and programs such as Daycare for our youngest community members, School Age Child Care, Summer Camp and all our Aquatics, Theatre, Dance, Fitness and Sports programming. Take this opportunity to register for the Ball and/or sign up for sponsorship and journal ads. Help us help others! Volunteers welcome.

FRIEND-RAISER

On April 29, 2017, spend Healthy Kids Day (11:00 a.m. to 3:00 p.m.) in Patriot's Park, Tarrytown with your friends at the Y and fellow community members. Healthy Kids Day offers a great opportunity for families to spend quality time together outdoors, exercising, playing games and sports, eating healthy foods and gathering information about healthy living in today's world. With rides for children, face painting and live music! A collaboration with Rotary Club of the Tarrytowns "Ducky Derby."

FINANCIAL ASSISTANCE

Men, women and youth of all ages are welcome to participate in YMCA programs and activities, regardless of age, gender, race, ability to pay, faith or nationality. The Family YMCA at Tarrytown is a local charity that receives no funding from the National YMCA. We were founded in 1903 by local volunteers, and the majority of our funding comes from local individuals, foundations and agencies. Contributions from our donors enable us to provide financial aid for programs, services, and memberships to income-qualified families and individuals. Please contact Melissa Weaver, Senior Director at (914) 631-4807 or melissaw@ymcatarrytown.org. Financial Aid applications can be found on the Y website at www.ymcatarrytown.org

For up-to-date schedules for all program offerings (pool, dance, childcare/school age, group exercise) and events, please visit our website at: WWW.YMCATARRYTOWN.ORG OR CALL (914) 631-4807.

EVENTS: Please check the website for Theatre Productions, Dance Festivals, and Open Houses.

* Always check website for up-to-the-minute facility closings and summer hours.

YMCA Program Session & Registration Dates

WINTER 1 2016/2017 – 8 WEEK SESSION: NOVEMBER 21, 2016– JANUARY 29, 2017

Priority Registration (for those already enrolled in classes): October 31 – November 6, 2016. **Open Registration*:** Saturday, November 12, 2016 (begins at 8am) Note: YMCA closed for Thanksgiving November 24; for Christmas from December 24 at 3pm, reopen December 26; for New Year’s from December 31 at 6pm, reopen January 2, 2017. No swim classes December 19, 2016 – January 1, 2017 during holiday break. All classes resume Jan. 2, 2017

WINTER 2 2017 – 9 WEEK SESSION: JANUARY 30 – APRIL 9, 2017

Priority Registration (for those already enrolled in classes): January 9 – January 15, 2017 **Open Registration*:** January 21, 2017 (begins at 8am). Note: NO swim classes Mid-Winter break February 20 – 26, 2017. Swim classes resume February 27, 2017. Swim team will practice this week; special private lessons will run Mon-Thurs February 21 – 23, 2017. No swim classes Spring Break April 10 – 16, 2017. Community Learn to Swim for FREE program April 10 -13, 2017. YMCA closed for Easter April 16, 2017. Classes resume April 17, 2017.

SPRING 2017 – 10 WEEK SESSION: APRIL 17 – JUNE 25, 2017

Priority Registration (for those already enrolled in classes): March 20 – March 26, 2017 **Open Registration*:** Saturday, April 1, 2017 (begins at 8am) Note: YMCA closed for Memorial Day May 29, 2017

SUMMER 2017 – 9 WEEK SESSION: JUNE 26 – AUGUST 27, 2017

Priority Registration (for those already enrolled in classes): June 5 – 11, 2017 **Open Registration*:** Saturday, June 17, 2017 (begins at 8am) Note: YMCA closed for Independence Day July 4 and Labor Day September 4, 2017. Pool closed from August 27 (4:30pm) – September 10, 2017, pool reopens on September 11, 2017 at 5am.

FALL 2017 – 10 WEEK SESSION: SEPTEMBER 11 – NOVEMBER 19, 2017

Priority Registration (for those already enrolled in classes): August 7 – 13, 2017 **Open Registration*:** Saturday, August 19, 2017 (begins at 8am) If you have a child currently enrolled in a class and would like to enroll a sibling, you may do so during priority registration.

***OPEN REGISTRATION CONTINUES THROUGHOUT THE BEGINNING OF THE SESSION**



2016 Masquerade Ball honorees.
Courtesy of Margaret Fox Photography

REGISTRATION FOR Y EARLY LEARNING CENTER AND AFTER SCHOOL CARE IS OPEN THROUGHOUT THE YEAR. CONTACT SUSAN BARAK AT SUSANB@YMCATARRYTOWN.ORG OR 914-418-5561

YMCA Membership Options

Membership	First Year Initiation Fee	Annual Fee
Preschool (Infant–5)	None	\$99/year
Youth (6–14)	None	\$149/year
Teen (15–18)	None	\$199/year
Young Adult (19–24)	\$100	\$32/month
Adult (25–61)	\$100	\$55/month
Family	\$100	\$88/month
(Two adults residing in same household and their dependents, aged 18 years and younger.)†*		
Senior (62+)	\$100	\$49/month
Senior Family	\$100	\$76/month
(Two adults residing in same household who have both reached the age of 62 years or older and their dependents aged 18 years and younger.)†*		
College Student Summer Membership (May – August)†	None	\$120
College Student Winter Membership (December – January) †	None	\$ 30

*Proof of residency required for all Family members

† Includes children up to 24 years of age who are attending college full time. Must present valid college I.D.

Current rates have been in effect since March 1, 2013 but are subject to change; check website for updated pricing during 2017.

Memberships are non-refundable. Initiation Fee accompanies first payment, if applicable. Other payment plans are available. Corporate membership rates are available for groups of 10 or more employees. For membership questions, contact Lesa Dalton, Vice President Member and Employee Engagement @ lesad@ymcatarrytown.org or 914-418-5563.

AQUATICS



For additional information about classes, contact Melissa Weaver, Senior Director, melissaw@ymcatarrytown.org or Ryan Murray, Assistant Aquatics Director, ryanm@ymcatarrytown.org. Or call (914) 631-4807. Swim classes are free to adult members over the age of 15. All schedules and fees are on the website.

BATHING CAPS ARE REQUIRED FOR YOUTH 6-14 YEARS OF AGE AND ADULTS IN THE POOL AND CAN BE PURCHASED AT THE MEMBER SERVICE DESK.

USE OF THE STARTING BLOCKS IS PROHIBITED EXCEPT DURING COMPETITIVE SWIMMING OR SWIMMING-TRAINING ACTIVITIES, PER NEW YORK STATE CHAPTER 1 SANITARY CODE 6-1.24 GENERAL REQUIREMENTS (E)

Aqua Fitness/Active Older Adults: This class is for members and uses gentle water movement exercises to help improve flexibility, strengthen muscles, enhance cardiovascular fitness and relieve arthritis symptoms. Bathing Caps are required in pool and can be purchased at Member Service Desk.

Water Wheelers: For adults recovering from injuries or those with permanent and temporary disabilities. Chair lift and flotation devices are available. No membership is required. No instructor; self-directed class. Please register at the Member Service Desk.

Lap Swim: Lap swim is for members who are age 15 years or older. Maximum capacity in each lap lane is 5 swimmers. Lanes are divided by speed: for slow, medium and fast swimmers. Please check schedule regularly. Lifeguards have authority to designate lanes.

Adult Recreational Swim: One slow lap lane will be available. Deep and shallow water areas are available.

Youth Recreational Swim - Ages 6-14 yrs: Reserved for YMCA youth members to enjoy the water with friends. Children must be able to stand in the shallow end or swim. **No flotation devices, parents or guests in the water.**

Family Preschool Recreational Swim: For children 6 months to 5 years; child must have at least one parent/guardian in the water with them at all times. Only one non-swimmer per adult permitted. **No YMCA flotation devices will be provided.**

Family Recreational Swim: For adults 18 years and older to swim with youth, one of whom must be a current member. Non-member must pay a guest fee. **One adult must accompany youth in the water at all times.** Only one non-swimmer per adult permitted. A deep water test is required for any youth who wish to swim in the deep end. Any child who requires flotation will not be permitted in the deep end of the pool. Guests are welcome. Adults without children

are not permitted to use the pool during Family Recreational Swim. Free to members, \$15.00 for each adult guest and \$5.00 for each youth guest, or parents may purchase a parent activity card for \$40.00 which will allow a parent 10 visits, but the child must be a member. **YMCA flotation devices will not be provided for use,** you may bring your own. Lifejackets are permitted as long as they are Coast Guard Approved. Lifeguard to patron ratios in the water are as follows: 1 lifeguard, no more than 25 patrons in the water; 2 lifeguards no more than 50 patrons in the water. If numbers of patrons meet or exceed lifeguard ratios, patrons will be directed to wait until they can safely enter the water.

SWIM LESSONS

Children must be evaluated for swim class placement. Evaluations are conducted on Monday, Wednesday and Friday at 5:00 p.m. **No appointment necessary. Bathing caps are recommended for all children 2.5 to 5 years of age and required for all children 6 to 14 years of age.**

OUR Y FAMILY MEMBERSHIP NOW INCLUDES FREE PARENT/CHILD SWIM CLASSES!

Parent/Child Swim Lessons (SKI 6-18 months, Perch 12-36 months): This 30 minute class is for children and their parents to participate and learn to be comfortable in the water together. Classes are designed to be fun; instructor oversees parents in guiding his/her child through water skills such as kicking, arm strokes, and breath control. Registration is based on age rather than skill. Swim diapers are required for all children who are not toilet trained.

Preschool Swim Lessons (Perch Plus 2.5-3 yrs, Pike, Eel, Ray 3-5 yrs.): Children will learn about pool safety, boating safety, and the use of personal flotation devices. Each 30 minute lesson is based on skill level (please refer to our website for a description of each level).

Perch Plus is for children who are 2.5-3 yrs of age who are separating from their parent for the first time in the water. Pike is the beginner level, for children who are 3-5 yrs. who are comfortable on their own in the water (if no swimming ability, they will use flotation device). Eel is intermediate level, for children comfortable in the water, who may require some flotation assistance but can swim on their own without being held. Ray is advanced level, for children who do not require flotation, are comfortable in the deep end of the pool and demonstrate a beginner front crawl.

Youth Swim Lessons (Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark and Porpoise 6-14 years of age): Youth swimming program is for children who are 6-14 years of age. Each level builds upon the preceding level, with seven levels covering all swimming strokes, diving fundamentals and safety skills. Polliwog level is the beginner level, for children who do not swim any stroke other than a doggie paddle, may require flotation and/or may not be comfortable in the water. Guppy through Porpoise levels are intermediate through advanced in skill level.

Adult Beginner Swim Lessons - Ages 15+ yrs, Co-ed course covers components of the front crawl. Starting with floating and the flutter kick, participants progress to arm stroking and rhythmic breathing. Class also covers back float and treading water.

Private Swim Lessons: One-on-one instruction or semi-private lessons (two children of similar ability with one instructor) available. Please refer to our website to download a Private Lesson Request form. Please complete the request form and submit to Melissa Weaver, Senior Director, who will contact you once the request form has been received.

Sharks Swim Team - Ages 6-17 yrs, Our team is comprised of boys and girls from 6 to 17 years old. For practices, swimmers will

be grouped according to age/ability. As a member of the team, each swimmer will enjoy the benefit of expert coaching within a supportive and friendly environment. We emphasize teamwork, personal growth, competitive strokes skill development, and self confidence. Season starts September 12, 2016 and runs through mid-March, 2017, when children compete in state championships.

Competitive Training Program – Ages 6–17 yrs, This program’s function is to condition and develop the more advanced swimmer between the ages of 6 and 17 years when swim team is not in session. Program runs Spring: April 17-June 23, 2017. Summer Competitive: June 26–August 16, 2017.

American Red Cross Safety Training Classes offered year round, please refer to www.wmlaquatics.com for class descriptions, schedules and fees.

PERFORMING ARTS

Y DANCE

provides excellence in dance education, accessible to all.

A weekly schedule of over forty classes per week offers a core curriculum in ballet, jazz, modern, and tap dance; as well as creative movement, hip hop, performance, choreography and more taught by a faculty with extensive teaching, performing, and academic credentials. Free placement classes, regular progress reports, and individual faculty/student mentoring are all part of a Y Dance education for children, teen and adult dancers.



OUR Y FAMILY MEMBERSHIP NOW INCLUDES FREE MOMMY & ME DANCE CLASSES!

For information on Y Dance, including class schedules, registration, faculty bios, financial assistance, and performing opportunities, please visit www.ymcatarrytown.org or call the Y Dance office at 914-631-4807 ext. 114, or email ydance@ymcatarrytown.org

Y THEATRE

For Children, Teens & Adults

We build theatre by breaking boundaries between writers, actors, directors, designers, dancers and musicians, bringing them together to create authentic, innovative pieces for performance.

As always, Y theatre programs make Shakespeare, Broadway musicals and other new and classic works exciting, relevant, amusing and accessible to actors and audiences alike.

Students at **Washington Irving School** in Tarrytown present a musical in the fall and a drama each spring. This Y After School program is open to all 4th and 5th grade WI students free of charge, thanks to funding from the Foundation for the Public Schools of the Tarrytowns, the EPTA of the Tarrytowns, the Miles Hodsdon Vernon Foundation, Kids’ Club, and Saint Faith’s Foundation. Check the website for audition, rehearsal and performance dates and times.

Y Summer Theatre – Tricksters Camp for children entering grades 3 – 7; **Renegades Camp** for children entering grades 8 and up.



Intensive, four and five week theatre camp culminating in multiple performances in Tarrytown. Celebrating our 13th year! Camp Director, Peter Royston.

Y Rockin’ Hood Camp – musical theatre camp featuring comedic plays written by David Neilsen and enhanced by popular music. Two, one-week camps sessions in August. Camp co-directors David Neilsen and Neal Spitzer.

Periodic programming throughout the year includes after school Improv classes, Adult Staged Readings and Cabaret shows.

For more information, including class schedules and pricing, visit the website, or contact Barbara Turk at (914) 418-5562 or barbarat@ymcatarrytown.org.

CHILDCARE

Y EARLY LEARNING CENTER



The Family YMCA at Tarrytown’s Early Learning Center offers programs for Infants through Preschool. The Y ELC offers 8 bright and colorful classrooms, a multipurpose space, swim lessons and outside play and learning environment. Please come and visit us at 62 Main Street! You’ll be delighted to find our same nurturing staff, age appropriate curriculum in an altogether fresh, new and exciting space.

The Y Early Learning Center is designed to provide stimulating early learning experiences, including academic, cognitive, fine and gross motor, physical fitness, social and emotional development. The center operates from 7:30 AM – 6:30 PM, Monday through Friday. Our center consists of classrooms for Infants & Toddler (full day) and Preschool (full day). For Kids in Kindergarten through grade 5, the Y offers after school care (Y School’s Out!) in four river town school districts. Please call (914) 418-5561 for more information.

Photo Credit to Margaret Fox Photography (Aquatics, Fitness & Y Early Learning Center), Kent Miller Studios (Dance), and Christina Kharem (Theatre)

Y School-Age Programs: For children who would otherwise be alone after school, or for those who want some social interaction, Y School's Out! is the solution. Our staff provides a wide variety of activities, excellent supervision for children and peace of mind for parents. With an emphasis on values, activities range from homework assistance, sports, games, arts and crafts and social opportunities.

For children in the Tarrytown School district who attend the John Paulding Pre-K program the Y Early Learning Center can complete your child's school day. Children can attend our AM or PM Pre-K program at the center and then ride the bus to complete or begin their day at John Paulding. Flexible and extended hours are available.

YMCA "School's Out!" Tarrytown
YMCA "School's Out!" Elmsford @ Grady Elementary School
YMCA "School's Out!" Briarcliff Manor @ Todd Elementary School
YMCA "School's Out!" Ossining @ Claremont Elementary School

All new! After School Enrichment and Adult (18+) Education classes in the Croton Harmon school district. Contact Lesa Dalton (lesad@ymcattarrytown.org) for more information.

YMCA SUMMER CAMP PROGRAMS



The Y Early Learning Center offers an exciting day camp experience for our young campers. All campers experience theme days, arts & crafts, sports & games, outdoor fun, swimming and more.

Y Summer Theatre Camps, Improv Intensives, Rockin' Hood Musical Theatre Camps - Grades 2 - 6 and Grades 7 - 12 (see page 4)

Dance Intensives Camp - Ages 5-7, 8-12, & Advanced. Weekly sessions from July 6 - August 2, 2015. (see website)

Our children are our greatest resource and your most important family asset. These values-based programs are developed with the high standards of the YMCA of the USA, and meet or exceed all local and state licensure guidelines for supervision, program quality and staff qualifications. YMCA Childcare and Camp staff are highly trained to promote self-esteem, teach skills, develop character values, manage conflicts and emergencies and have additional training in child abuse recognition and reporting.

As with all our programs, Financial Aid is available for free and reduced lunch recipients, and for other income qualified individuals.

For more information on our Childcare offerings and pricing/availability or to arrange a visit, please contact the center at (914) 418-5561.

YMCA ENRICHMENT CLASSES:

Enjoy a variety of specialty classes at your local schools. Classes available in dance, drama, science, sports and many more. Classes currently offered in the Irvington and Croton-Harmon School Districts. Change: For more information contact either Dawn Benner @ Dawnb@ymcattarrytown.org 914-631-4807 ext. 202 or Lesa Dalton @ lesad@ymcattarrytown.org 914-631-4807 ext. 103.



HEALTH & FITNESS

Our Beautiful and NEW state of the art Fitness Center at the Family YMCA @ Tarrytown has the newest and most cutting edge equipment in the industry. We are one of the first fitness facilities in the area to offer our members a new eight station **Synergy360 by Life Fitness** functional trainer which offers the best strength and conditioning workout. NEW free weights, a full line of **Cybox training machines, Arc Trainer, Treadmills, Stair Climber, Recumbent Bikes, Spinning® Bikes, Ellipticals, TRX®, Blue Tooth Flat screen TV's, and much more.**

NEW! Y FAMILY MEMBERSHIP ENTITLES YOU TO TWO FREE PERSONAL TRAINING SESSIONS! GET YOUR QUESTIONS ANSWERED AND EMBARK ON A HEALTH & FITNESS PROGRAM TAILORED TO YOUR NEEDS.

Pilates Reformer* equipment includes a frame, headrest, foot bar and sliding platform with springs that glide back and forth on rollers. This apparatus allows the body to perform exercises while standing, sitting or lying down. Regular use of Reformer will improve flexibility, strength, and muscular endurance. Our instructors are trained by some of the top Nationally recognized Pilates Organizations and offer the best pricing per sessions and per packages. For more information, please contact Diane McCarthy - (914) 631-4807 or dianem@ymcattarrytown.org.
 *Fees are listed on the website.

SPECIAL NOTES REGARDING CHILDREN IN THE FACILITY:

Children aged 12-14 are allowed to use the fitness center at specific times - refer to the following chart. Children under the **age of 12** are prohibited from being in the Fitness Center at all times. Do not leave your children unattended while you exercise, or you will be asked to leave the facility. All pre-teens must take a fitness orientation prior to using equipment in the Fitness Center. Adult supervision is strongly encouraged after orientation. **Children under 12 years of age may not be in the in the facility without adult supervision.** Drop off/pick up of children from their classes must not exceed 15 minutes prior to or 15 minutes after designated class times. Children may wait quietly in the lobby areas, but they are not permitted to leave the lobby area.

IT'S NEVER TOO EARLY TO PLAN FOR DAY CAMP SUMMER 2017!



Y FITNESS CENTER USE FOR CHILDREN 12-14 YEARS OF AGE

TIMEFRAME	DAYS	TIMES
JANUARY - DECEMBER	MONDAY-FRIDAY	5-7AM WITH PARENT
	MONDAY-FRIDAY	2:30-5:30 PM
	SATURDAY/SUNDAY	1-6 PM
HOLIDAYS/SCHOOL BREAKS	MONDAY-FRIDAY	5-7AM WITH PARENT
	MONDAY-FRIDAY	12-5:30 PM
	SATURDAY/SUNDAY	1-6 PM

To schedule an orientation or for further information on any of our fitness programs including Group Exercise Classes and Personal Training please call Diane McCarthy, Health & Fitness Coordinator (914) 631-4807, or dianem@ymcattarrytown.org.

Group Exercise Program: The YMCA has a wide variety of group exercise classes to meet our members' needs, ranging from beginner to advanced levels. All classes are taught by knowledgeable and certified instructors and are designed to be safe, fun and effective.

Most group exercise classes are FREE. Classes include: Abs & Back, Aerobic Kickboxing, Cardio/Sculpt, Interval Step, Kettlebells, Pilates (including Mat, Mat with Props), Spinning, Step & Sculpt, TRX, Y Pump, Hatha Yoga, Vinyasa Yoga, Zumba. **For the latest class descriptions & schedules please check the website www.ymcattarrytown.org or visit the Member Service Desk.**

Specialty Senior Programming: A variety of interesting, fun and health-oriented programs designed to enhance your life, teach new skills, and promote a sense of well being. All Specialty Group Exercise Classes are Free for Members. We offer **Active Older Adult Strength Training and Active Older Adult Lite-Pace Aerobics.**

****Silver Sneakers**** The Silver Sneakers Program is a great way for seniors to stay in shape, increase energy and feel good. If you have Silver Sneakers through your health insurance (Oxford, Aetna, Blue Cross/Blue Shield eligible), you may qualify for a free membership to the Family YMCA at Tarrytown through the Silver Sneakers Program. A certified Silver Sneaker instructor leads each class. **For more information, contact Sandra Wingate, Member Service Manager (914) 631-4807 or sandraw@ymcattarrytown.org.**

Personal Training offers one-on-one fitness advice and training to clients who seek a program tailored to their specific needs. Trainers will evaluate client's physical fitness, design an exercise routine and track progress. Sessions run on hourly basis; clients may schedule as many sessions as they desire.

Small Group Training enables two clients to work with a Trainer at one time, to increase fun and decrease cost! Trainer will build a program to fit the small group's collective needs, yet each group member will use a range of fitness equipment matching their own personal fitness goals. Sessions run on hourly basis; group may schedule as many sessions as they desire.

SPORTS & SKILLS PRE-SCHOOL ENRICHMENT

Adult basketball will be offered weekly at the EF Campus Athletic Building, 100 Marymount Avenue on Wednesdays from 12-2 p.m. Must show valid YMCA membership card for access to EF Athletic Center - NO EXCEPTIONS Schedule subject to change without notice.

The Y Volleyball Club will be offered weekly at the EF Campus Athletic Building, 100 Marymount Avenue on Tuesday and Thursday from 8-10 p.m. Schedule subject to change without notice.

Family YMCA at Tarrytown Club Volleyball: A competitive, year-round team for adults 18+. Team tryouts are required; dates TBD. The club emphasizes teamwork, individual skill progression, enforcement of USA Volleyball regulations and competitive tournament opportunities. Open to current YMCA members and EF students; uniform, equipment costs and tournament entry fees extra. YMCA Members must show valid YMCA Membership card for access to EF Athletic Center - NO EXCEPTIONS Contact Lesa Dalton, VP Member and Employee Engagement at lesad@ymcattarrytown.org or 914-418-5563 for more information.

For up-to-date schedules, programs and events
www.ymcattarrytown.org

Welcome to the Family YMCA at Tarrytown

We've got what you're looking for...and MORE!

For Youth Development

Education & Leadership

Preschool
Academic Enrichment
Lifeguard Training
School Age Childcare & Enrichment
Y Theatre Arts Studio
Y Dance
In Service Training / Continuing
Education for Childcare Staff

Swim, Sports & Play

Youth Swim Lessons
Parent/Child Swim Lessons
Private Swim Lessons
Learn-to-Swim-for-Free Week
Sharks Swim Team
Competitive Swim Training
Lifeguard Training
Youth Recreational Swim
Family Recreational Swim
Pool Rentals
Dance Lessons
Theatre Classes and Workshops

Childcare & Camp

Y Early Learning Center
NYS Licensed Daycare, including
Preschool
NYS Licensed School Age Child Care
Y ELC Summer Camp
Summer Dance Intensives
Y Summer Theatre
Improv Intensives
Rockin' Hood Musical Theatre Camp
School Vacation Camps

For Healthy Living

Health, Well Being & Fitness

All New and Expanded Fitness &
Strength Training Center
Adult Swim Lessons
Private Swim Lessons
Aqua Fitness/Active Older Adults
Water Wheelers
Adult Recreational Swim
Adult Lap Swim
Lifeguard Training
Dance
Group Exercise Classes
Yoga
Pilates: Mat and Reformer
Spinning
TRX Suspension Training
Personal Training
Sauna and Steam Room

Sports & Recreation

Adult Open Basketball
Volleyball

Family Time

Family Recreational Swim
Parent Child Swim Lessons
Gym and Pool Rentals

For Social Responsibility

Volunteerism & Giving

Volunteer Program
Financial Assistance/Membership
and Program Scholarships
Fund Raisers
Seniors Luncheon
Thanksgiving Dinner for Y
Residents
Holiday Dinner for Y Residents
Community Food Pantry - Sleepy
Hollow/Tarrytown

Community Health

Learn-to-Swim-for-Free Week
Water Wheelers
Pool Rental to YAI, JCC,
and other non profits
YMCA Healthy Kids Day
Blood Drives in collaboration with
Phelps Hospital

Social Services

Residence for Men
Counseling & Support Services
for Y Residents
Financial Assistance/Membership
and Program Scholarships

YMCA: 62 Main St (entrance on Windle Park), Tarrytown, NY 10591
Tel: (914) 631-4807 • Fax: (914) 631-4841 E-mail: info@ymcatarrytown.org
Visit our website: www.ymcatarrytown.org