



STRONGER TOGETHER www.ymcatarrytown.org WE'RE HERE FOR GOOD

We are so glad you have visited the Family Y at Tarrytown. Listed here are a few highlights of how we serve and work with the community. We encourage you to visit our website for up-to-the-minute information about membership, fees, programs and events, and to follow our blog!



The Y is the nation's leading nonprofit committed to strengthening our communities. Consistent with that commitment the Family Y at Tarrytown provides a combination of programs including childcare, swimming, fitness and wellness programming, performing arts and affordable housing regardless of age, gender, race, faith, nationality or ability to pay.

HEALTHY KIDS DAY

Every year families look forward to Healthy Kids Day, an event where families spend quality time together outdoors, playing games, eating healthy foods and gathering information about healthy living. Plus there are rides for children, a climbing wall, face painting and live music! We celebrate the day in collaboration with Tarrytown Rotary Club's Rubber Duck Derby. So join us in Patriot's Park from 11 am to 3 pm on the last Saturday in April for family fun!

FUNDRAISING



The Y is a not-for-profit organization. We receive no funding from the YUSA. Fundraisers and contributions from our donors enable us to provide financial aid to over 400 individuals and families in the community. Please join us at our annual **Halloween Masquerade Ball** and enjoy socializing and dancing while helping raise money for our

Strong Kids Campaign. For more information, please contact Lesa Dalton, Associate Executive Director lesad@ymcatarrytown.org or 914.418.5563.

FINANCIAL ASSISTANCE

Contributions from our donors and fundraising programs enable us to provide financial aid to all families who meet the income qualifications. Financial aid applications are available on our website or Member Service Desk at the entrance to our Y. For more information, please contact Senior Director Melissa Weaver melissaw@ymcatarrytown.org or 914.631.490 7 ext. 106.

MORE QUESTIONS CONTACT:

Lesa Dalton, Associate Executive Director
914.418.5563 lesad@ymcatarrytown.org

Y Member Service Desk 914-631-4807
62 Main Street, Tarrytown NY 10591

Email any Senior Staff first name, last initials@ymcatarrytown.org

FULL FACILITY HOURS OF OPERATION

Mon-Thurs: 5 am-10:30 pm

Friday: 5am-10:30pm

Sat & Sun: 7am-7pm

**NEW! FITNESS CENTER & LOCKER ROOMS
OPEN 24/7 every day**

www.ymcatarrytown.org



Y PROGRAMS - ALL SCHEDULES & FEES ARE ON THE WEBSITE

Y SWIM: Swim Lessons, Swim Team, Lap Swim, Family and Recreational Swim, Water Aerobics and Water Therapy, Water Safety (lifeguard training, WSI, CPR, first aid) plus Learn-to-Swim-for-Free week twice a year. All "Parent & Child" swim classes are free with Family Membership. Swim lessons are free to adult members over the age of 15. Please call 914.631.4807 x 106 for more information. Melissa Weaver, Senior Director;

Y CHILDCARE: Y Early Learning Center serves infants through Preschool, full day. Our teachers provide a strong curriculum and lots of love! The Center operates 7:30 am to 6:30 pm. The Y offers school age care in four River Town school districts, and enrichment in several others. Summer Day Camp extends the fun year round! Please call 914.418.5561 for more information. Nicole Bernardone, Senior Director Y ELC; Susan Barak, Childcare Administrator.

Y DANCE: Core curriculum in Ballet, Jazz, Modern, Tap, Hip Hop, Musical Theatre, Choreography and more taught by faculty with extensive teaching, performing and academic credentials. All Mommy & Me dance classes are free with Family Membership. Please call 914.631.4807 x 114 for more information. Cindy Guzman, Y Dance Director; Lisa Raguso, Y Dance Administrator.

Y HEALTH & WELLNESS: 3500 square-foot, modernized 24/7 Fitness Center features *Star Trac* cardio and *Life Fitness* strength equipment, free weights, and an eight-station *Synergy360* Functional Training Center. Trainers on site. Y Family Membership entitles members to two free personal training sessions. Visit the website to see the over 50 FREE Group Exercise classes included in membership. We also offer fee-based Pilates Reformer sessions, offered by certified instructors. Please call 914-631-4807 for more information. Diane McCarthy, Fitness Coordinator.

SPECIAL NOTES ABOUT CHILDREN IN THE FACILITY: Children aged 12 - 14 are allowed to use the Fitness Center at specific times. It's not safe for children under the age of 12 to ever be in the Fitness Center, and they must be accompanied by an adult when in the facility.

Y FITNESS CENTER USE FOR CHILDREN AGED 12-14

January - December

Monday- Friday 3am-1am with parent

Monday - Friday 2:30pm-5:30pm

Saturday-Sunday 1pm-6pm

Holidays & School Breaks

Monday- Friday 3am-1am with parent

Monday - Friday 12pm-5:30pm

Saturday-Sunday 1pm-6pm



IT'S NEVER TOO EARLY TO PLAN FOR SUMMER!

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