



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

SUMMER 2015 Y PARKS PROGRAMS SCHEDULE

Celebrate summer as the Oneonta Family YMCA kicks off its lineup of adventures in the parks, hiking and swimming activities. We have a little something for everyone this summer!

REGISTRATION

City Residents

NEW THIS YEAR! Come join us at the Y for registration beginning in May.

May 4-6 5:00-7:00 p.m. in the Y gym

May 9 10:00 a.m.- noon in the Y gym

Registration available after May 9 at the Y Front Desk Mon-Fri 5:45 a.m.-9:00 p.m.
Sat 8:00 a.m.-4:00 p.m.

NON-residents

May 28-29 5:00-7:00 pm in the Y gym

May 30 10:00 a.m.-noon in the Y gym
AND at the Y Front Desk beginning June 2

Wilber Park Pool- OPENING DAY JUNE 27TH!

Open Swim 1:00-5:00 p.m.; Lap Swim @ 5:15 p.m.
Family Swim 5:15-7:30 p.m.

City Residents: FREE

Non Residents: \$1 child/\$3 adult/\$8 family

Seasonal Pass: \$25 child/\$50 adult/\$75 family

*Family = 2 adults (4 kids)

FREE pool pass pickup for city residents begins April 13 @ the Y. Proof of residency required!!

NO DISCOUNTED SERVICES ARE GIVEN TO Y MEMBERS



NEAHWA PARK ADVENTURE PROGRAM

Featuring playground & group games, and arts & crafts in a supervised setting. Program begins at the Skate House.

July 6-August 14 (M T W TH F) 9 a.m.-noon

Ages Kindergarten through 5th grade

City Residents: \$10/week registration \$5 each additional child

Non residents: \$10/week registration +\$50/week

Y LUNCH BUNCH - NEW THIS SUMMER!!

Walk to Neahwa Pavilion for Catholic Charities free lunch, or bring a sack lunch from home. Walk to the Y gym & side yard for the next activity or pickup.
July 6-Aug 14 (M T W TH F) 12:00-1:30 p.m.

FEE \$25 (or \$5/day) Both city & non-residents

MUST BE PARTICIPANT IN NEAHWA, WILBER OR Y FIT KIDS PROGRAMS

WILBER PARK DISCOVERY SWIM & HIKE

NEW this summer! Program starts @ the Y gym. Hike through Wilber Park for nature-based activities and finish the afternoon off in Wilber Park pool. Kids stay at the Y on rainy days.

July 7-August 13 (T W TH)

1:30-4:00 p.m. Ages Kindergarten-5th grade

City Residents: \$10/week registration \$5 each additional child

Non residents: \$10/week registration + \$30/week

Y FIT KIDS - NEW THIS SUMMER!!

Keep moving this summer and enjoy fitness and fun in the afternoon at the Y! This program focuses on kid friendly yoga, Zumba, active "fit" games and swimming.

July 7-August 14 (M F) 1:30-4:00 p.m.

Ages Kindergarten-5th grade

FEE \$20 (or \$10/day) Both city & non-residents





YMCA OUTDOOR AQUATICS

Swimming Lessons

YMCA swimming lessons offered for youth of all ages!

July 6-July 31 M T W TH

\$10 one-time registration for City residents/\$5 each additional child

\$10 one-time registration + \$50 for non-residents

Swim tests will be offered on Mondays @ the Y beginning May 11 from 3-4:30 p.m. to determine proper swim levels. Call Lisa Birdsall at 432-0010 ext. 202 to schedule a time!

Lesson Times:

9:30-10:00 a.m.

Eel
Beginning Polliwog
Fish
Flying Fish
Minnow
Advanced Polliwog
10:00-10:30 a.m.
Minnow
Beginning Polliwog
Guppy
Eel

10:30-11:00 a.m.

Guppy
Advanced Polliwog
Beginning Polliwog
Ray
11:00-11:30 a.m.
Guppy
Advanced Polliwog
Beginning Polliwog
Eel

11:30-12:00 p.m.

Kipper/Perch
Pike



Y TEE-BALL

Back by popular demand, enjoy tee-ball at its best! Learn the basics of the game, practice technique, and even hit a few water balloons!

July 21-August 13 T TH

4 week program @ Ted Chrisman field in Neahwa Park

10:00 a.m. – 11:00 a.m. 4-5 year olds

11:00 a.m. – 12:00 p.m. 6-7 year olds

Program cost: FREE to residents; \$25 for non-residents + \$10 registration fee; \$5 per additional child for both residents and non-residents



ONEONTA WAVES SWIM TEAM

Gain experience in competitive swimming by joining the Waves Swim Team! Focus on stroke technique, endurance training, sportsmanship, making new friends and best yet, having fun!

July 6-August 15 T W TH F

11:30 A.M.-12:45 P.M.

Cost: \$60 (\$50 each additional child)

Eligibility: Achieve YMCA Minnow level (or be able to dive from the deck, swim 25 yards front crawl and back crawl without stopping)

YMCA SPLASH WEEK!

August 3-6 M T W TH

9 a.m. - 12:30 p.m.

4 consecutive days of swimming lessons for all youth levels

FREE TO ALL SWIMMERS!

Registration takes place in July at the Y