

# MEMBERSHIP RATES

MEMBERSHIP TYPE	ANNUAL	MONTHLY OPTION A one-time, non refundable, capitol development charge will be added to your first month's payment.
Youth/Teen	\$170 payable in full	
Single Adult 18-64	\$496	\$38/month
Full Family	\$784	\$62/month
One Parent Family	\$616	\$48/month
Adult Only Family	\$724	\$57/month
Senior Adult 65+	\$400	\$30/month
Senior Family 65+	\$568	\$44/month
College Student	\$198/\$385 payable in full	
26/26 Single Adult	\$26/month with proof of income	
36/36 Family	\$36/month with proof of income	

## Financial Assistance

The Oswego YMCA is a non profit charitable organization. Donations help us to help others through our ACCESS Financial Assistance Program for people in need. The Oswego YMCA never turns anyone away because of their inability to pay.

## Volunteer Opportunities

The Oswego YMCA has many volunteer opportunities. Do you have time to share with your community? We have positions available in the Fitness Centers, Child Watch, Welcome Center, Maintenance, Special Events and more. **Ask about our Working Member Program:** As a benefit of committing to a specific number of hours per week at the Y, the Y will provide you with a single adult or family membership.

**Ask about it today!**



## Y SERVICES AND PROGRAMS AT-A-GLANCE

**Adult Triathlon Training**  
**W. O. W. Women On Weights**  
**Teen Triathlon Training**  
**T. O. W. Teens On Weights**

**Fitness Center North:**  
*Life Fitness* Equipment, Cardio Room, Free Weights

**Fitness Center South:**  
*Cybox* Equipment, Free Weights, Cardio

**Heated Swimming Pool**  
 Aquatics Classes/Swim Lessons/Swim Team

**Full Gymnasium with Basketball Courts**

**3 Racquetball Courts**

**Group Exercise Classes**  
 Step, Turbo Kick, Cycle, Zumba, TRX, and more!

**Spirit Mind and Body Room**  
 Yoga, Pilates, PiYo

**Adult only locker rooms with sauna**  
 Children's locker rooms

Youth Centers East & West: 11-17 years old  
 School Age Child Care: K-6 grades  
 Advantage After School: 7-12 grades  
 Child Watch 6 mo-12 years

**Respite "Friends for Life"**



**Achieve your personal best!**  
**Contact the Y today!**

[www.oswegoyymca.org](http://www.oswegoyymca.org)



Oswego YMCA



[oswegonyymca](https://twitter.com/oswegonyymca)

[frontdesk@oswegoyymca.org](mailto:frontdesk@oswegoyymca.org)



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

# MAKE A SPLASH AT THE Y

## ONE STROKE AT A TIME



## Oswego YMCA Aquatics Programming

Oswego YMCA  
 249 West First Street  
 Oswego, New York 13126  
 (315) 343-1981

Oswego YMCA Armory  
 265 West First Street  
 Oswego, New York 13126  
 (315)342-6082

## GROUP EXERCISE CLASSES

### AQUA AEROBICS

Offer all the benefits of a cardio workout without the stress on your bones and joints. Increase your cardio and your endurance while keeping you cool and relaxed. All aerobics are performed in chest deep water with certified trainers.

### AQUA TIGHT & TONE

The most vigorous of the aqua classes. It takes place in the deep end of the pool. Using aqua jogger belts to stay afloat, the participants work on toning muscle while keeping their cardiovascular system moving. The class is designed for everyone and you do not need to be a swimmer to take it.



### AQUA FIT

For anyone who wants a lower intensity workout than aqua aerobics, aqua fit offers the same benefits, but at an intermediate level.

### ADULT SWIM LESSONS

Swim lessons targeted to the adult learner.

### AQUA ZUMBA

Zumba comes to the pool! Latin Dance Rhythms with the added benefit of the resistance and support of the water.

### BACK/ARTHRITIS AQUATICS

This is a water exercise class designed by the Arthritis Association. Great for those just starting out with those back, knees, joint, and arthritis challenges.

## CHILDREN'S SWIM LESSONS & SWIM TEAMS



### SWIM LESSONS

**Little Dippers:** Parent & Child Water Exploration, for children 6 wks to 3 yrs.

**Pee Wee:** Children ages 3 and 4

**Level 1:** Beginner swimmers, no experience with lessons or have a fear of water.

**Level 2:** Acclimated to water, tries new skills with encouragement, can float on stomach and back, puts face in water. Beginning development of front/back crawl.

**Level 3:** Can swim front/back crawl, beginnings of breaststroke development. Can swim 1/2 length of pool.

**Level 4:** Can swim front/back crawl, breaststroke the length of pool. Diving, stroke refinement and endurance are developed in this class.



## OSWEGO YMCA DOLPHINS

- Competitive Swim Team for children up to 18
- Must be able to swim 25 yards without assistance
- Fall, Spring and Summer sessions

## Oswego Lakettes

SYNCHRONIZED SWIM TEAM

## SOCIAL SWIM/OPEN SWIM REC SWIM/FAMILY SWIM ADULT LAP SWIM

**Social swim** is for members 18 and up and is a free swim time. If you love the water and just want to swim around and enjoy the pool, then these are for you. It is an unstructured time in the water for socialization and individual exercise.

**Open Swim** is just that-available for members of all ages; children under 17 must be accompanied by an adult. Unstructured time in the pool. If you would like a lap lane set up, the lifeguards will be happy to do that.

**Family swim** is for families to come in the pool and splash around together. Children 17 and under must be accompanied by an adult.

**Rec Swim** is for anyone to come into the water and to enjoy just splashing around. Children under 8 must be accompanied by an adult. All these times can be found on the Pool Schedule.

**Adult Lap Swim** is for adults 18 years of age and older are allowed. It is a lap swim, kickboards and aqua joggers are allowed. Each adult lap time is strictly for swimming laps. Adult lap times are in the mornings, afternoons, and evenings.

## 75% of the planet is water, Jump In!

