



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

With seven locations across the Central New York region, you're sure to find everything you need and more at the YMCA. Take an art class, send your kid to camp, learn to swim, develop your strength through personal training, explore movement in a group exercise class; all these things and more will help you build and connect with your community at the Y.

AMENITIES

	Downtown Syracuse Branch	Hal Welsh East Area Family Branch	Manlius Branch	North Area Family Branch	Northside Women's Center	Northwest Family Branch	Southwest Branch at Onondaga Community College
Family Prime Time		•		•	•	•	•
Teen Center		•					•
Lap Pool	•	•		•		•	
Activity Pool		•				•	
Therapy Pool		•				•	
Steam Room & Sauna	•	•	•	•		•	
Whirlpool		•					
Waterslide		•					
Lazy River						•	
Cycling Studio	•	•		•		•	•
Gymnasium	•	•		•		•	•
Arts Studio	•	•				•	
Group Exercise Studio	•	•		•	•	•	•
Mind/Body Studio	•		•			•	
Wellness Center - Cardio		•	•	•	•	•	•
Wellness Center - Strength Training	•	•	•	•	•	•	•
Wellness Center - Free Weights	•	•	•	•	•	•	•
Indoor Distance Track	•					•	
Indoor Sprint Track	•		•			•	•
Outdoor Playground				•		•	
Field and Sand Courts				•			
Indoor Turf Field			•			•	
Tennis Courts			•				
Racquetball Courts	•			•			
Boxing Gym	•	•					
Locker Rooms	•	•	•	•	•	•	•
Family/Special Needs Changing Rooms		•		•	•	•	
Locker Rental	•				•		•

PROGRAMS

	Downtown Syracuse Branch	Hal Welsh East Area Family Branch	Manlius Branch	North Area Family Branch	Northside Women's Center	Northwest Family Branch	Southwest Branch at Onondaga Community College
Family Fun Nights		•		•		•	•
Lap Swim	•	•		•		•	
Recreational Swim	•	•		•		•	
Water Aerobics	•	•		•		•	
Wellness Programs	•	•	•	•	•	•	•
Adult Sports	•	•	•	•		•	
Youth Sports		•	•	•		•	
Competitive Sports Leagues	•			•			
Athletic Performance Training	•	•				•	•
Personal Training	•	•	•	•	•	•	•
Youth Programs		•		•		•	
Teen Programs		•	•	•		•	•
Adult Programs		•		•		•	
Active Older Adult Programs		•			•	•	
Birthday Parties		•	•	•		•	
Youth Dance		•	•	•		•	
Swim Lessons	•	•		•		•	
Music Lessons	•	•	•			•	
Writers' Workshop	•						
Academic Tutoring	•	•	•	•	•	•	•
Financial Assistance	•	•	•	•	•	•	•
Special Events	•	•		•		•	
Towel Service Available	•						
Volunteer Opportunities	•	•	•	•	•	•	•
Lifeguard Certification		•		•		•	

CHILD CARE & OUTREACH

	Downtown Syracuse Branch	Hal Welsh East Area Family Branch	Manlius Branch	North Area Family Branch	Northside Women's Center	Northwest Family Branch	Southwest Branch at Onondaga Community College
Before- & After-School Care	•	•	•	•		•	•
Preschool		•	•	•		•	•
Summer Day Camp		•	•	•		•	•
Housing/Case Management	•						