Membership, Program Descriptions & Policy Guide

Please see flyers and schedules for times, days and fees for each program & class.

YMCA of Ithaca & Tompkins County
50 Graham Road West, Ithaca NY 14850
(p)607-257-0101 ~ (f) 607-257-5828 ~ www.ithacaymca.com
We know firsthand how difficult it can be to find balance in life. That’s why we’re here for you every day, making sure that kids, teens, adults, families and the community have the resources and support needed to learn, grow and thrive. With the Y, you’re not just a member of a facility. You’re part of a community with a cause and a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors.
WELCOME TO THE Y!

Facility Hours (September – Late June)
Monday - Friday: 5:30am-9:00pm
Saturday: 7:00am-7:00pm
Sunday: 9:00am-7:00pm

Welcome Center Hours (September – Late June)
Monday-Friday: 5:30 a.m. to 8:30 p.m.
Saturday: 7:00 a.m. to 6:30 p.m.
Sunday: 9:00 a.m. to 7:00 p.m.

ChildWatch Hours (September – Late June)
Monday-Friday: All 3 rooms: 9:00am-1:00pm
Lots-o-Tots & Stay-n-Play: 2:45-7:45p
Saturday: Lots-o-Tots: 9:00am-2:00pm
Stay-n-Play: 9:00am-12:30pm & 4:30-6:00pm
Sunday: Lots-o-Tots: 10:30am-2:00pm
Stay-n-Play: 10:30am-3:00pm & 4:30-6:00pm
All ChildWatch times require registration

Summer Facility Hours (Late June – Labor Day)
Monday - Friday: 5:30am-8:00pm
Saturday: 7:00am-6:00pm
Sunday: 9:00am-6:00pm

Summer Welcome Center Hours (Late June – Labor Day)
Monday-Friday: 5:30 a.m. to 7:30 p.m.
Saturday: 7:00 a.m. to 5:30 p.m.
Sunday: 9:00 a.m. to 6:00 p.m.

Summer ChildWatch Hours (Late June – Labor Day)
Monday-Friday: All 3 rooms: 9:00am-1:00pm
Lots-o-Tots & Stay-n-Play: 2:45-7:45p
Saturday: Lots-o-Tots: 9:00am-2:00pm
Stay-n-Play: 9:00am-12:30pm & 4:30-5:45pm
Sunday: Lots-o-Tots: 10:30am-2:00pm
Stay-n-Play: 10:30am-3:00pm & 4:30-6:00pm
All ChildWatch times require registration

Donations:
It’s true that we charge fees at the Y: membership fees, childcare fees and program fees. These fees help us do our work. As a cause-driven nonprofit, our fees are modest, and they are a direct investment in to our services, programs, facility, and community. However, our philanthropic support that truly helps us keep our children, teens, seniors, adults-everyone in the community-healthy and strong in mind, body and spirit. We need your support to strengthen our community.

Feedback Forms:
Thank you for including us as part of your healthy lifestyle. Your experience and satisfaction are important to us. We invite you to speak to our staff or complete a feedback form to express satisfaction, concerns, or questions. Feedback forms are available at the Welcome Center.

Holidays:
The Ithaca Y will be closed or operate on limited hours: Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas, Christmas Eve, New Year’s Eve, & New Year’s Day
We will post the dates of these holidays on our website.

Inclement Weather:
If it is necessary to close the Y due to inclement weather, information will be posted on our website, Facebook, the Y APP, Twitter, and local radio stations.

Program Sessions:
Most of our programs; including group fitness classes, swim lessons and youth sports run in 5 week sessions. The youth swim team, Masters Swim, and Diabetes Prevention run outside of the 5 week sessions, please refer to schedule for more information.
Registration for members begins on Monday 2 weeks before the session begins. Registration for non-members begins on Monday 1 week before the session begins.

Volunteer Program:
The YMCA has an extensive volunteer program consisting of people of all ages from the membership, the community, and area colleges. Volunteers contribute to many program areas including child care, maintenance, summer camp, aquatics, Outdoor Education and youth sports. Volunteerism enriches the YMCA, its programs, and the lives of the volunteers! Contact Ryan Allen at rallen@ithacaymca.com for more information.
Draft Membership:
We must be notified of any credit card or bank account number change immediately by completing a Draft Change Form located at the Welcome Center or by emailing the, Membership Coordinator, at info@ithacaymca.com. We require all requests to change or cancel a draft membership to be received in writing no later than the 25th of the previous month. Additional fees may incur if notice is not given by the 25th of the previous month. Also, please advise us of any change of address, email, and/or phone number.

Membership Renewal:
Annual renewal notices will be emailed to the email address we have on file for the billable member at the beginning of the month your membership expires.

Returned Drafts:
Returned drafts will leave you with a balance due for that month and a $15 fee payable at the Welcome Center or on-line via the self-service portal. Please note that your membership will be terminated until the balance is paid in full.

CALLING ALL FIRST GRADERS!
We want every 1st grader in Tompkins & surrounding counties to be a member at the Ithaca Y. What is the best way to accomplish that, you ask? Give them a FREE membership! That’s right, any first grader who comes to the YMCA of Ithaca, will receive a FREE Youth Membership, which won’t expire until August 31. WOW - that’s a $168 value!

Membership Key Tags:
For safety purposes, YMCA members are required to scan their membership key tag each time you visit. If a member does not have their membership key tag with them, another form of picture identification must be shown to gain access to the facility. Membership key tags and privileges are not transferable to other individuals. If you have lost or misplaced your key tag, please stop at the Welcome Center to ask for a new one.

The Capital Improvement Fee: The fee will be appropriated towards capital improvements which means members are contributing towards upkeep of the facility and expenditures of major capital projects. The fee will be $30 for individual memberships (not youth or junior), $45 for family memberships, and scholarship recipients will have the same percentage applied as approved for membership. The Capital Improvement Fee will be added with the initial payment of membership.

ACTIVE AND AGELESS
Are you age 85 and up?
We want you at the Y. We are offering any person 85+ a FREE membership. No strings, no gimmicks, just a free membership to help ensure you stay active and healthy for years to come.

Stop by the Welcome Center to sign up TODAY!

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### MEMBERSHIP INFORMATION

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>3 Month</th>
<th>Annual</th>
<th>Perpetual Draft</th>
<th>Capital Improvement Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Individual Memberships</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth (0-12)</td>
<td>N/A</td>
<td>$168</td>
<td>$14.00/mo.</td>
<td>N/A</td>
</tr>
<tr>
<td>Junior (13-17)</td>
<td>N/A</td>
<td>$228</td>
<td>$19.00/mo.</td>
<td>N/A</td>
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<tr>
<td>Individual Adult</td>
<td>$171</td>
<td>$684</td>
<td>$57.00/mo.</td>
<td>$30</td>
</tr>
<tr>
<td>College Student (full-time)</td>
<td>$156</td>
<td>$624</td>
<td>$52.00/mo.</td>
<td>$30</td>
</tr>
<tr>
<td>Individual Senior (age 60+)</td>
<td>$156</td>
<td>$624</td>
<td>$52.00/mo.</td>
<td>$30</td>
</tr>
<tr>
<td><strong>Family Memberships</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-Adult Family</td>
<td>$231</td>
<td>$924</td>
<td>$77.00/mo.</td>
<td>$45</td>
</tr>
<tr>
<td>Senior 2-Adult Family</td>
<td>$204</td>
<td>$816</td>
<td>$68.00/mo.</td>
<td>$45</td>
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<tr>
<td>2-Adult Family with children</td>
<td>$246</td>
<td>$984</td>
<td>$82.00/mo.</td>
<td>$45</td>
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<tr>
<td>1-Adult Family with children</td>
<td>$204</td>
<td>$816</td>
<td>$68.00/mo.</td>
<td>$45</td>
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<tr>
<td>College Student Family</td>
<td>$207</td>
<td>$828</td>
<td>$69.00/mo.</td>
<td>$45</td>
</tr>
<tr>
<td>Sr. 2-Adult Family with children</td>
<td>$228</td>
<td>$912</td>
<td>$76.00/mo.</td>
<td>$45</td>
</tr>
</tbody>
</table>

Family memberships include those with share income and expenses in same household. Children are defined as those under 18 or still in high school which ever happens second. Capital Improvement Fees are charged to new memberships when the fee has not been paid previously, either here or at another Y. For senior memberships, only one of the members must be over 60.

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Membership & Guest Options

**Member Guest:** Adult members are encouraged to bring guests to the YMCA. A non-member can be a guest of an adult member twice for free. A member can bring up to two guests at one time and the member must accompany them in the facility.

**Activity Fee:** For those visiting the area, the YMCA offers the option of an “activity fee” which allows the person to participate in an activity or use the facility at $10 for adults 18 and up, $6 for ages 13-17, and $4 for youth ages 12 and under. Guests ages 13-17 must have ID or checked in by an adult 18+ to enter the facility. This fee covers use of the facility for any length of time; once you leave the facility you must pay it again to re-enter (even if within the same day).

**A.W.A.Y Guest:** Members who belong to Y’s outside of the NYS Reciprocal Program can visit our facility twice at no charge. Any visits after that would be half of our activity fee.

**Senior Dollar Day:** Every Thursday, Active Older Adults (60+) can enjoy our facility and group fitness classes for only $1.

Open Doors Scholarship Program:

At the Y, we believe we have something special—a sense of community. We also believe that everyone should have access to our community, along with the programs and services that help us learn, grow and thrive. The Y provides programs and services to the entire community—regardless of an inability to pay. Financial Assistance is awarded based on need and availability of funds. See page 6 and 7 for more information.

Corporate Discount Memberships:

The YMCA has partnered with many local companies and groups to offer group membership plans that may qualify you to receive a reduced membership rate. We currently serve over 30 local organizations and companies who participate in our Corporate discount program. To determine if you work for one of these companies, please visit the Welcome Center or the membership page on our website ithacaymca.com.

If you are interested in adding the company you work for to the list, please contact Logan Oltz, the Membership Coordinator at info@ithacaymca.com.

Cornell Program for Healthy Living:

Cornell Program for Healthy Living (CPHL) is an insurance program offered by and to Cornell University employees. If you are a Cornell employee and have chosen this insurance option you are able to receive $15 per month off our draft option memberships. If you have CPHL and choose to utilize this option here at the Y, the employee must be the primary person on the membership. To sign up today, simply bring your Cornell ID and your CPHL insurance card to the Y. Please contact the Welcome Center with any questions.

NEW YORK STATE YMCA RECIPROCAL PROGRAM

**Your local Y membership now gives you more!** Now you can use your Y Membership at other YMCAs in New York. The New York State Reciprocal Membership Program includes free use of the standard YMCA facilities, typically swimming pools, gymnasiums, racquetball courts and wellness centers. **ChildWatch and member program fees are not** part of the Reciprocal Membership. Reciprocal Membership is available to all full facility YMCA members. Your local YMCA is considered your “home” YMCA. Visiting members must check-in at each YMCA with a valid membership card and present a photo I.D. Check with the individual YMCA for policies, procedures, schedules, and program fees. Your valid membership I.D. card will give you facility access to any of the Ys listed below.

Amsterdam Family YMCA, Auburn YMCA-WEIU, YMCA of Broome County, Capital District YMCA, Cortland County YMCA, YMCA E. Hampton RECeter, Fulton YMCA, Geneva Family YMCA, YMCA at Glen Cove, Family YMCA of the Glens Falls Area, GLOW YMCA, Hornell Family YMCA, Jamestown Area YMCA, Lakewood YMCA, Little Falls YMCA, Lockport Family YMCA, YMCA of Long Island, YMCA of Middletown, Mohawk Valley YMCA, YMCA of Newburgh, Norwich YMCA, Olean–Bradford YMCA, Oneonta Family YMCA, Oswego YMCA, Plattsburgh YMCA, Rockland County YMCA, Saratoga Regional YMCA, South Orange Family YMCA, YMCA of Greater Syracuse, Family YMCA of Tarrytown, YMCA of the Greater Tri-Valley, Watertown YMCA, Watertown Family YMCA, White Plains YMCA.

5 | YMCA OF ITHACA & TOMPKINS COUNTY ithacaymca.com
Open Doors Financial Assistance Program

The YMCA, with its goal of satisfying the needs of individuals, youths, seniors, and families, never denies membership to those within our community who truly cannot afford membership and program costs. As a cause-driven, non-profit organization, the YMCA receives much needed subsidy through generous individual donations, fundraisers, and the annual campaign.

YMCA members can feel great knowing they are involved in an organization that cares greatly for the health and well-being of people and is committed to youth development, healthy living and social responsibility.

The YMCA of Ithaca requires that individuals provide the requested information stated below regarding income and family size so that it can provide financial assistance in a fair and consistent manner. **We do require all summer camp and SACC (before & after school) applicants apply for DSS help before applying for YMCA assistance.** If you are denied by DSS, the YMCA will consider your request once application and paperwork are submitted. If you are approved we, unfortunately, cannot further subsidize the payment.

**How to Request Financial Assistance**

**Please Read the following information carefully before completing the application process.**

The YMCA of Ithaca requires that individuals provide the requested information stated below regarding income and family size so that it can provide financial assistance in a fair and consistent manner.

**To process your application, we will need the following information:**

Copy of most recent tax return, copy of two recent pay stubs for each working person, copy of Social Security or disability checks (if applicable), copy of recent welfare benefits, food stamps, and/or section 8 housing letter (if applicable), copy of unemployment benefits statement (if applicable).

If you have no income, a letter from person(s) who provides your monthly living expenses. Documentation of any special circumstances.

**If you do not provide these forms, your application process will be delayed until you can provide us with verification of income.**

Eligibility: 1. Assistance will be awarded on the basis of financial need.

2. Scholarship eligibility will be reviewed every 3 months or as deemed necessary and new income verification every 6 months.

Note: If you do not have a copy of your recent tax return, you may obtain one by calling the IRS at 1-800-829-1040. **If you did not file taxes this year, or if you do not have the other documents required, please submit a letter explaining your personal situation. Please allow at least 7-10 business days to process your application.**

You will receive notification via email (if you provide an email address) or a letter in the mail stating whether or not you have been approved. After this period, you may call the YMCA to see if your application has been approved or to see if additional information is needed.
Open Doors Scholarship Program FREQUENTLY ASKED QUESTIONS:

Do scholarship recipients have to pay the Capital Improvement Fee when joining?
Yes. You will pay the same percentage of the appropriate Capital Improvement Fee as was approved for your membership.

Can I attend the YMCA while my application is being processed?
You will need to wait until you have received your determination letter and make your initial payment. If you wish, you are welcome to use our Guest Pass program, which allows non-members to pay an activity fee to visit our facility. Please see our policy and guidelines page for rates.

If my monthly expenses exceed my monthly income, will you consider this?
No. The YMCA requires that you qualify based on your Gross Annual Income. We take into account your expenses for only the required basic needs - such as housing, gas, electric, water and sewer. We DO NOT consider outside debts, student loans, car payments, medical bills or phone expenses.

What is the payment process?
Scholarships are approved for 3 month memberships. Scholarship awards will expire after 6 months from the original submission date.

If approved, can I receive a credit for membership or programs previously paid for?
No. Scholarship approvals will only apply to memberships and programs purchased after the approval has been issued. No credits or refunds will be issued for membership or programs purchased prior to the approval letter being sent.

Will my access to the facility be any different than that of members not receiving assistance?
No. Your membership will provide you with full facility access, provided your membership is kept current.

Is there a certain number of times I must use the facility in order to maintain my membership?
We ask you to keep in mind that we receive a number of applications for financial assistance. Therefore, it is important for you to actively use the YMCA. We reserve the right to consider your attendance during your six-month status review.

How often must I submit new paperwork?
Paperwork must be resubmitted after 6 months, unless requested earlier due to change in living situation, at 3 months you we will ‘review’ your information to ensure it is accurate and up-to-date. During the review process we reserve the right to increase the scholarship amount. If you do not reapply when requested, your enrollment may be terminated.

What happens if I am approved but can’t afford the payment that has been determined?
You will need to contact Logan Oltz, Membership Coordinator, at the YMCA of Ithaca for an appeal. A letter must explain why we should reconsider our decision and must contain supporting documentation. Appealing does not guarantee a change in scholarship decisions.

What should I do if there is a change in my household information?
You must contact the YMCA immediately. You will be asked to submit the updated information and your membership will be reviewed.

Do I get AUTOMATIC assistance for programs?
No. The financial assistance that you are applying for with this application is for Y membership only. Only programs that are requested on the application will be considered in the scholarship process. Membership is required to receive assistance for programs.

Can I use my scholarship for the same program type twice in the same session?
No. If you are approved for a program scholarship you may not sign up for the same program type twice with in the same session. You may get the scholarship rate for one and pay full rate for the 2nd. For example, you can receive a scholarship rate for 1 Octagon class in a session, however if you sign up for a 2nd Octagon class in the same session, that would be at the regular rate.

Can I use my scholarship for more than one swim lesson in the same session?
Yes. If you are approved for a program scholarship you may sign up for a maximum of 2 days per week of the same swim lessons. If you wish to sign up for 3 or more days, the first 2 will be at the scholarship rate and the additional classes will be at the regular rate.

Is there a different process to apply for SACC and Camp assistance?
Yes. We require all applicants who request SACC and Camp assistance to apply at DSS first. If you are denied, we will consider you for Open Doors assistance. If you are approved for DSS we can not further subsidize your parent fee. You can contact DSS at 607-274-5237.
Junior Barbell Club: (45min) Weight lifting in a group ages 13-17. Instructor led by a Y trainer.

OCTAGON YOUTH (45min)  Designed for members 10-13 years old. A fitness program designed with fun, form, and teamwork in mind!

Y PERSONAL FITNESS & YOGA COACHING: Meet your goals with a trainer! See the Functional Training Flyer for more information.

FUNCTIONAL FITNESS on THE OCTAGON Requires Fee and Registration

OCTAGON (60min) AOA  Basic enough for beginners and suitable for active older adults, yet challenging! Ability to adapt intensity levels. Functional training, cardio and strength components. Team work and fun included!

Advanced Octagon: (60 min) Must be able to demonstrate excellence in basic fundamental movements and form. Not for beginners or those just starting a workout program. Very challenging!

Previous Octagon experience Required.

OCTAGON YOUTH (45min)  Designed for members 10-13 years old. A fitness program designed with fun, form, and teamwork in mind!

Diabetes Prevention Program: In a classroom setting, a trained lifestyle coach, Laurie Cuomo, our Health & Wellness Director, will facilitate a small group of participants, learning about healthier eating, physical activity, and other behavior changes over the course of 16 weeks in 1-hour sessions. After 16 initial core sessions, participants will meet monthly for added support to help them maintain their progress.

Classes Included in Membership and Require NO Registration or Fee

Barbell Club (120min) Y Members lifting weights together guided by a Y trainer.

Boot Camp (45min) A mix of calisthenics, strength and body weight exercises designed in a way that gets people working together & smiling!

Building Strength AOA (45min) For those just starting out & active older adults to increase strength, balance & flexibility.

Core & More (30min) Work your abdominal muscles and the glutes (your backside).

Cardio Combo (55min) Hi/Low impact cardio dance exercise class. Strength training included!

Dance Party (60min) Cardio dance class to popular music with styles from around the world. All fitness levels welcome.

Junior Barbell Club: (45min) Weight lifting in a group ages 13-17. Instructor led by a Y trainer.

Pilates (55min) Improve your core muscle strength through mat exercises, focused on form & technique.

Simply Stretch  AOA (30min) Start your morning right! Focus on stretching and range of motion.

Step Interval (55min) Alternated between Cardio Step and strength training.

Classes Requires Registration and Fee

CYCLING (55min) Group cycling class takes place on Freemotion bikes. We utilize watts, rpm, and speed information from the console to monitor our efforts. Instructor guides the class through interval, strength and endurance rides.

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FUNCTIONAL FITNESS on THE OCTAGON Requires Fee and Registration

OCTAGON (60min) AOA  Basic enough for beginners and suitable for active older adults, yet challenging! Ability to adapt intensity levels. Functional training, cardio and strength components. Team work and fun included!

Advanced Octagon: (60 min) Must be able to demonstrate excellence in basic fundamental movements and form. Not for beginners or those just starting a workout program. Very challenging!

Previous Octagon experience Required.

OCTAGON YOUTH (45min)  Designed for members 10-13 years old. A fitness program designed with fun, form, and teamwork in mind!
For ages 3–5

Require registration and fee, please see our flyers for more information

**Gym & Swim**
The first half of this class takes place in the gym exploring movement through games and imaginative play. The second half takes place cooling off in the pool and learn basic swimming skills and self-confidence.

**Bitty Games and Sports**
Children ages 3-5 can have fun, get exercise, and meet new friends, all while learning fundamental sports skills such as running, catching, and throwing. Parents are encouraged to participate with their children.

For ages 5–12

Require registration and fee, please see our Saturday Youth Sports flyer for more information

**Youth Sports**
Youth 5-12 participate in drills and skills and game play in the areas of t-ball, soccer, basketball, flag football, kickball, racquetball, floor hockey, and other sports offerings. Youth can make new friends, learn teamwork, be active with others, and learn to love a sport at the Y while improving skills on Saturday mornings.

**The Y’d World of Sports**
Do you think you have what it takes to play some of the world’s most interesting sports? Then this is the program for you! Each week children ages 5 to 12 will play a brand-new sport while learning the values of teamwork and good sportsmanship. When you sign up for this 5-week session you will get to play all these great new sports; Ultimate Frisbee, Quidditch, Pickleball, Wiffle Ball, Flag Football...anything is possible!

**Family Time**
Family Zumba (Children under 5 MUST be accompanied by an adult for the duration of the class) We are pleased to offer a high-energy fitness-party packed with specially choreographed, family-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. ALL ARE WELCOME! Free for members; registration required

**Birthday Parties and Facility Reservations**
The Ithaca Y is proud to offer several unique spaces for reservations. Whether you are looking to book a birthday party, baby shower, or professional meeting we have the space to suit your needs. If you don’t see what you need listed, contact Russ Nalley at rnalley@ithacaymca.com and customize your gathering.
Programs in our POOL

Requires registration and fee, please see our Schedule Guide for more information

Skip & Skip Plus  (ages 6-36 months; with parent)
Acclimates children to the water and guides parents in working with their child in the pool.

Pike, Eel, Ray, Starfish & Dolphin  
3-5 year old, without parents

Pike: Acclimates children to the water and helps them gain confidence in the small pool.

Eel: Child is comfortable submerging their head, swimming with just a noodle as assistance and can swim 5 feet without any floatation or assistance in the large pool.

Ray: Child can swim 15 feet front and back, float for 20 seconds and can jump in the large pool then return to the edge.

Starfish: Child can swim front and back 1/2 the length of the pool, change from front crawl to back float and swim underwater to touch the bottom of the shallow end of the large pool.

Dolphin: Child can swim front and back 25 yards each. Child progresses out at the age of 6.

Polliwog, Guppy, Minnow, Fish, Flying Fish, & Shark  
6-12 year old, without parents

Polliwog: Acclimates children to the water. Class takes place in the large pool.

Guppy: Child swims front and back 1/2 the length of the pool, swims underwater, and jumps in, all with no assistance.

Minnow: Child swims front and back stroke the length of the pool, floats for 30 seconds.

Fish: Child can swim 25 yards using proper form to swim back & front crawl, with rotary breathing and rudimentary breaststroke.

Flying Fish: Child swims 50 yards using front & back crawl and breaststroke and can swim 50 yards using butterfly.

Shark: Child swims 100 yards using front & back crawl and breaststroke and can swim 50 yards using butterfly.

Barracuda Jr  Ages 7-12 Monday & Friday
6:30-7:30p
Here is your opportunity to develop a competitive edge in a non-competitive swim environment. You should be able to perform at the Minnow Level, we will work on correct stroke mechanics, drills, flip turns, open turns, rules for school teams, and endurance. There will be timing days and mock meets at the end of each session.

Barracuda Sr  Ages 13-18 Mon. & Wed.
6:30-7:30p and Sat. 8-9a
This non-competitive group offers you the chance to maintain competitive level skills and endurance either in between seasons or as an alternative to joining competitive teams. You should be able to swim 50 yards front and back crawl and know basic breast stroke. There will be timing days and mock meets at the end of each session.

Masters Swim - 15 Weeks  Ages 19+ Mon. Clinic: 7:00-7:30p Mon. & Wed. Swim: 7:30-8:40p
Our coaches will help to improve your technique, making your strokes more efficient and improving your cardiovascular endurance so you can swim farther and faster! Three skill levels available: beginning lap swimmer, experienced lap swimmer, and competitive swimmer.

WATER EXERCISE (Active Older Adult Approved - AOA) No Fee. Included in Membership

DIG DEEP (45min) Elevate the heart rate and strengthen the muscles wearing float belts in the deep end of the pool.

AQUA COMBO (55min) Get your blood moving and your heart pumping through a variety of combinations. Shallow water workout.

Gentle H2O (55min) Slower exercises and lower impact movements. Great for those with joint issues and arthritis. Shallow water workout.

AQUA ZUMBA (60min) Pool party! Invigorating workout, splashing, stretching, twisting and laughing! Shallow water workout

Tethered (45min) Participants are tethered to the lane line with float belts for an instructor led cardio
Policies in our POOL

Our aquatics program, staff and facility are designed to deliver a safe and fun environment. With recent changes everyone will be able to enjoy our pools knowing that they’re in the safest environment possible.

Every swimmer in the water is required to wear one of two colored wristbands at all times.

**Blue Wrist Bands**
- Worn by individuals 18 and older OR individuals under 18 who have passed the swim test.
- Allows entrance into both the large pool and the small pool.

**Yellow Wrist Bands**
- Worn by individuals 17 and under that have not passed the swim test.
  - Must swim in the small pool.
  - If in the large pool, must be accompanied by an adult and remain within arms reach.
  - Can be upgraded if swim test is completed.

**The Swim Test:** Jump in shallow end, swim continuously 25 yards, stop before touching the far wall, tread water for 30 seconds and climb out.

For the safety of all members, lifeguards have complete authority over the pool area.
- Shower before entering the pool area.
- No food or beverages allowed on pool deck.
- Appropriate swim attire must be worn for a family facility.
- Shirts may be worn in the pool; however, they must be made from synthetic material.
- Children who are not yet potty-trained must wear swim diapers.
- Non-employee swim instructors are not permitted to teach lessons in the pool.
- No shoes on the pool deck.
- No inflatable devices in the pool.
- Walking is enforced on the deck and in locker rooms at all times-no running!
- Diving is prohibited. No flipping off the deck.
- Ladders are only used to enter or exit the pool.
- Inform the YMCA staff of anything that may be a safety issue and please respect the requests of the YMCA staff on safety related issues.

**Pool Age Requirements:**
- Parents/guardians must be in the water with any child 5 and under. Ratio maximum is 2 kids to 1 parent.
- If a parent wants to bring a yellow banded child into the large pool they must remain within arms reach at all times. Ratio maximum is 2 kids to 1 parent.
- A swimmer age 6-9 must be directly supervised while in the pool area
- A swimmer age 10-12 must have a responsible parent/guardian in the facility

If the pool becomes contaminated with any bodily fluid, the lifeguards will close the pool.
ChildWatch & School Age Child Care (SACC)

ChildWatch  With so many demands on today’s families, parents need all of the support they can get. That’s why ChildWatch at the Y is about more than looking after kids. It’s about nurturing their development, by providing a safe place to learn foundational skills, develop healthy, trusting relationships and building self-reliance through the Y core values of caring, honesty, respect, and responsibility. **2 hours per day per child maximum.**

The Ithaca Y offers 3 ChildWatch areas to suit your family’s needs:

<table>
<thead>
<tr>
<th>Family Member: FREE</th>
<th>Youth Member: $3/hour</th>
<th>Non-Member: $6/hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rock-a-Bye: For ages 6 weeks - 21 months</td>
<td>Lots-o-Tots: For ages 6 weeks - 3 years</td>
<td>Stay-n-Play: For ages 3-9 years</td>
</tr>
</tbody>
</table>

**ChildWatch Hours (September – Late June)**

Monday-Friday: **All 3 rooms:** 9:00am-1:00pm
Lots-o-Tots & Stay-n-Play: 2:45-7:45pm
Saturday: Lots-o-Tots: 9:00am-2:00pm
Stay-n-Play: 9:00am-12:30pm & 4:30-6:00pm
Sunday: Lots-o-Tots: 10:30am-2:00pm
Stay-n-Play: 10:30am-3:00pm & 4:30-6:00pm

**Summer ChildWatch Hours (Late June – Labor Day)**

Monday-Friday: **All 3 rooms:** 9:00am-1:00pm
Lots-o-Tots & Stay-n-Play: 2:45-7:45pm
Saturday: Lots-o-Tots: 9:00am-2:00pm
Stay-n-Play: 9:00am-12:30pm & 4:30-5:45pm
Sunday: Lots-o-Tots: 10:30am-2:00pm
Stay-n-Play: 10:30am-3:00pm & 4:30-6:00pm

Reservation is required for all childcare times

**Birthday Party Times:** Saturday 12:30-2pm & 3-4:30pm Sunday 3:4-3:30pm. If there are no party reservations, the Stay-n-Play will be available for member use as a drop in situation for the party time only.

We reserve the right to close at anytime due to lack of use or reservation. Those signing children in or out of any childcare area must be 18 or older or be the child’s legal guardian. A late fee of $1.00 per minute per child will be applied after the 2 hour maximum and/or after the area closes. Payment of late fees will be issued at the time of pick up are expected before the child returns. There is an arrival grace period of 30 minutes, if the reserved child does not show up the room may potentially close. All childcare areas are NUT FREE ZONES.

**School Age Child Care (SACC)**

**Before & After School and Full Days:** YMCA SACC programs combine play with academics and promote creativity, a love of learning, social and emotional development, and character building while complementing lessons learned during the school day. YMCA afterschool programs fill gaps in schools and communities where some recreational opportunities like art, music, and physical activity offerings are limited. The Y continues to be one of the largest providers of afterschool programming in the country, following through on our belief that all youth should have the opportunity to discover their potential.

The YMCA of Ithaca & Tompkins County offers 2 registered SACC programs to serve the needs of children ages Kindergarten (5)-12 years, on-site and Cassavant and 1 program that serves children ages 3-12, Groton.

**On-Site After School:** Serving Ithaca & Lansing School Districts Time: 2:20-5:45pm
Location: Y facility 50 Graham Road West, Ithaca, NY

**Activities:** Games and sports, reading and literacy, arts and crafts, homework assistance, outdoor recreation, snack preparation, and character development according to YMCA best standards and swimming.

**Full Day Program:** The YMCA Full Day SACC program is conducted at the Y facility when school is on scheduled breaks from 8:00am-5:45pm. The program follows a camp-like structure and operates at the 50 Graham Road West location. Children should bring their own lunches; morning and afternoon snacks are provided. Swimsuit and towel is suggested, as swim time is offered whenever possible.

**Off-Site Before & After School Programs:**

**Activities:** Games and sports, reading and literacy, arts and crafts, homework assistance, outdoor recreation, snack preparation, and character development according to YMCA best standards.

**Cassavant Before & After School:** Serving the Dryden School District
Time: Before School 7:00am-school begins
After 3:00-5:45pm

**Groton Before & After School:** Serving the Groton School District
Time: Before School 6:45am-school begins
After 3:00-5:45pm

For information about on-site after school or full day programs contact Laura Morgan, Youth and Family Director at lmorgan@ithacaymca.com.

For information about off-site before & after school or Summer Camp programs contact Rachael Jackson at rjackson@ithacaymca.com.
**CAMP IS Y.**

**Summer Camp & Programs**

**CAMP ADVENTURE**
Camp Adventure, held at the Ithaca Y facility for ages 5-12, 50 Graham Road West, not only provides a world of fun, friends and adventure for your child, we focus on values and character development. Caring, honesty, respect and responsibility are parts of every camp day. Campers will spend their days active in the areas of sports, games, outdoor education, swimming and much more focused around weekly themes. At the Y it is important that we engage campers in exciting experiences that keep their minds and bodies moving. Weekly field trips and excursions to area parks will ensure they are never bored with their surroundings there are always new things to discover.

**Counselor in Training (CIT)**
The camp environment provides a unique opportunity for ages 13-17 to build leadership skills, particularly in assisting counselors with younger campers. The goal of the CIT program is to teach the general skills of leadership that can be used at school, home and community (not just at camp). CIT sessions are typically two weeks long and offer training in CPR, First Aid, or Child Abuse, depending on session. Stop by our Welcome Center or visit our website to register TODAY!

**Y-Wilderness**
We will be learning basic survival skills: How do you start a fire? Can you cook food over a fire without a grill? Do you know how to use a compass? How can we find our way without a compass? How can we drink water that wasn’t brought with us? Do you know what natural insulation is? How can we shelter ourselves? Let’s discover the unlimited resources in the wilderness!

The Y believes that when kids stretch their legs, explore new fields, and connect with the world around them, they grow into healthy, inspired, and confident adventurers who are fortified with a richer sense of their environment and a set of values that are based on an appreciation for the beauty of the natural outdoors. For ages 8-14.

**SUMMER BLAST Pre-K Package**
This summer package BLASTS children into fun-filled, age-appropriate programming which is carefully designed to combine learning experiences with physical activities to promote healthy lifestyles and amusement. Creative weekly themes in the program areas of arts & humanities or music & movement encourage children to play and learn together. Themed arts & crafts projects are created every day to take home to families, with outdoor and indoor imaginative games played daily. Music and movement revolves around the world of music and couples corresponding movement, including Zumba, ballet, yoga, and the many creative ways we can move our bodies. At all times, the children will be interacting with and learning with other children ages 3-5.

**Child and Adult Care Food Program (CACFP) in SACC & Camp Programs**
Combining academics and nutrition, the Y is offering an after-school and camp snack program to provide children with nutrition and academic enrichment activities so they can be healthy and succeed in school.

Thanks to our partnership with the Walmart Foundation, we are ensuring children have access to meals during out-of-school time, when they need them most.

As part of our focus on youth development, healthy living and social responsibility, the Y is committed to keeping children nourished all year long. CACFP provides aid to youth development programs for the provision of nutritious foods as snacks that contribute to the wellness, healthy growth, and development of young children.
Facility & Program Policies

**Code of Conduct at the Y**
The Ithaca Y prohibits behavior that is considered inappropriate, which includes (but is not limited to):
- Profanity, abusive, and/or threatening language
- Theft of property
- Physical contact with another person or aggressive behavior.
- Criminal conduct of any kind
- Consumption of illegal drugs or alcohol while on the property
- Being under the influence of illegal drugs or alcohol while on YMCA property
- The Ithaca YMCA is proud to be a tobacco free zone

**Age Guidelines:**

- **0-9 years** must be directly supervised by an adult 18 years or older at the YMCA, unless the child is participating in a YMCA staff supervised program. These participants should be walked into the facility, checked into programs, and picked up directly from the program. This age may not be in or utilize the fitness equipment areas.
- **10-12 years** may use the YMCA without direct supervision if an adult 18 years or older, or parent is within the facility. These children must abide by all YMCA policies. Members may be trained to use the cardio equipment only; they may not utilize weight bearing equipment.
- **13-17 years** must present either their Y ID, personal ID, or adult 18+. Members may use all YMCA activities without adult supervision, including courts, gymnasium, fitness areas (with appropriate training and trainer approval), & swimming pools while abiding by Y policies. Non-members may NOT utilize the weight or cardio equipment.

**Attire:** Appropriate and safe clothing and footwear must be worn at all times. No string or thong bikinis in the pool area, only clean sneakers in the workout areas. Shirts must be worn in every area except the pool. Please change clothing in locker rooms only.

**Credits:** On approved occasions the Y issues credits for membership/programs. These credits may be utilized for non-draft membership options, program sign-up and merchandise. These credits are non-transferable and must be used within a 24 month period or will be no longer available.

**Emergency Procedures & First Aid:** Please report all incidents, injuries and emergencies to the Ithaca Y Welcome Center. An Automatic External Defibrillator (AED) is located at the Welcome Center and in the Cardio Room. An incident report must be completed and signed whenever Y staff assist in an injury.

**Fitness Area:** Please limit time on the cardio equipment to a 30 minute workout. Carry clean and dry fitness shoes into the Y for use in the building. No boots, flip flops, sandals, or open toed shoes please. Please wipe down each piece of equipment you use with paper towels provided, paying particular attention to where your hands have touched. Bath-sized towels are available at the Welcome Center to rent for $0.75 each.

**Free Weight Room:** Members are asked to re-rack all weights and bars. Members should not drop dumbbells. Barbells maybe dropped in the ‘DROP ZONE’ only. Footwear is required, except in the ‘DROP ZONE’ area ONLY. Spotters are strongly recommended. Shirts and appropriate attire must be worn at all times. No food or glass container in the room. All barbells must have collars on while lifting. Members are asked to wipe down equipment after use. Music and volume settings are at the discretion of Y staff.

**Group Fitness Class Policy:** A majority of our group fitness classes are designed for any level of skill to join and enjoy. Our instructors are open to questions about form or position before, during or after class. Our classes (unless otherwise specified) are for those ages 13 and over. Some require registration, any class with minimal participants may be cancelled. The schedule is subject to change.

**Gymnasium Policy:**
- ♦ WATER ONLY: Food and beverages are not allowed in the gym
- ♦ DO NOT touch or hang from the basketball rims or nets.
- ♦ No street, dark soled, or hard bottom footwear.
- ♦ No use of baseballs or softballs.
- ♦ DO NOT OPEN OUTSIDE GYM DOORS.
- ♦ Respect must be shown to everyone at all times.
- ♦ Those shooting baskets must yield to walkers circling the perimeter of the gym.
- ♦ Put all bags and belongings in a locked locker or leave with the front desk. We are not responsible for stolen or damaged items.

**Locker Policy:** Members and program members may use lockers on a daily basis. If you would like to leave your belongings in a locker overnight, you must rent a locker (see the Welcome Center for details). It is the policy of the YMCA that any belongings left in an unrented locker overnight will be removed and donated to charity. Please note that all participants are encouraged to bring a lock to secure their personal belongings. The YMCA is not responsible for lost or stolen personal items.

**Locker Room Policy:** We offer 5 locker rooms to suit your needs. The men’s and women’s locker room are designated for those ages 13 and older only. We have boys and girls locker rooms for those 12 years and under (and their accompanying adult). Children 4 and under may utilize the opposite gender youth locker room with their supervising adult. We also have a special/family needs locker room for Members or visitors in wheelchairs and/or those who have an aide of opposite gender and women or men responsible for children of opposite gender 5 years or older who are unable to use appropriate children’s locker room.
MEMBERS & GUESTS MUST SHOW OFFICIAL IDENTIFICATION TO ENTER THE BUILDING.

Memberships: YMCA memberships are non-transferable and non-refundable. Those with plans to leave the area should inquire about the perpetual draft membership option. Members selecting the perpetual draft option may terminate the membership with a written request by the 25th of the previous month. The bank draft also allows members to temporarily “suspend” the membership for a period of time. The draft does have to draft from the account a minimum of twice before it can be cancelled or “suspended.”

Membership is a privilege, and the YMCA reserves the right to revoke these privileges as necessary.

Programs: Advance registration is required for all programs. To receive the member rate on any program, the participant must remain a member for the duration of the program, or choose the non-member rate.

All balance dues must be paid before the participant is allowed to enroll in another program.

Program Credits & Refunds: If a program is canceled by the YMCA, every attempt will be made to place you in another convenient class. Should rescheduling be impossible, a YMCA credit will be given. Sign ups are not transferable to or from another registered participant. If a participant withdraws from a program or class because of medical or military reasons, YMCA credit for the missed class(es) may be issued; contact the Membership Director. Programs are non-refundable and credits are not issued for partial use of a program.

Private lessons may only be cancelled or changed when a doctor’s note is submitted. No refunds will be considered, and a credit will be considered only when the doctor’s note is shown to the Membership Coordinator.

On the rare occasion credits are issued, they will be valid for 24 months from the date it is issued.

Racquetball Court Policy: Racquetball courts may be reserved by members or guests for one hour periods. If the person who has reserved a court does not begin to utilize the court within 15 minutes of the start time, they relinquish their reservation. The YMCA has established an approved eyewear policy for all players. The protective eyewear must be worn as designed and may not be altered. Those adults who do not wear protective eyewear may sign a waiver form to render the YMCA as not responsible for injury should it occur. For your child’s safety, racquets for children 9 and under will be handed to an adult parent.

Therapy/Tutoring Policy: All therapists (physical, social, and occupational) in addition to tutors or the like cannot perform their profession in the Y facility, or use the Y as a meeting place for any service similar to their profession. Individual situations are evaluated by director staff when a client is a member, a collaborative organization, or service group that has a member within.

Training/Coaching Policy: There is no non-staff personal training or coaching in the YMCA facility; Coaching and training are only allowed when it is being performed by a YMCA employee or within a Y program, not by non-program persons. These include, but are not limited to, physical training, sports training, or swim instruction.

Wellness Center Room Policy: The Wellness Center provides our members with a quiet waiting/reading/work space, offering free WIFI, tables and chairs, a couch, bathroom facilities and a small kitchenette area. This space is available for member use during open facility hours except when reserved for parties, meetings or other special events. Members must vacate the area if reserved. Members are welcome to utilize the refrigerator and cupboards for day use only; anything left overnight will be discarded. If you would like more information about reserving the Wellness Center, please email Russ Nalley at rnalley@ithacaymca.com.

Weight Equipment: We strongly recommend those 18+ to receive an orientation on all of our equipment, including the Octagon. Those 13-17 are REQUIRED to receive orientations on all the equipment. Non-Member Juniors are not allowed to utilize weight bearing equipment. It is important to note that misuse of any equipment in the facility can result in personal injury and breaking of the equipment.

Actions that can be taken as a result of misconduct or breaking any policy:

- YMCA staff will ask the participant to stop the behavior.
- If behavior continues, YMCA staff will ask the participant to leave the premises.
- Participant will not be allowed back on premises for future visits until they meet with a YMCA Director.
- Membership is a privilege and can be terminated.

Phone & Electronic Policy: Due to advances in video technology in telephones and other recording devices, usage of cell phones or other devices with recording capability are prohibited in locker rooms, bathrooms, or program areas. Cell phone usage is limited to the entrance area or the lobby. Videotaping or taking pictures is prohibited, and those exhibiting non-compliance with this policy will be asked to vacate the premises.

Programs: This space is available for reservations of all kinds. If you are interested in more information about reserving the Multi-Purpose Room, please email rnalley@ithacaymca.com.

Phone & Electronic Policy: Due to advances in video technology in telephones and other recording devices, usage of cell phones or other devices with recording capability are prohibited in locker rooms, bathrooms, or program areas. Cell phone usage is limited to the entrance area or the lobby. Videotaping or taking pictures is prohibited, and those exhibiting non-compliance with this policy will be asked to vacate the premises.

Multi-Purpose Room Policy: This space is available for reservations of all kinds. If you are interested in more information about reserving the Multi-Purpose Room, please email rnalley@ithacaymca.com.

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**Red Cross Certifications**

The Ithaca YMCA offers on-site and outreach Red Cross training in health and safety courses, such as CPR, First Aid, AED, waterfront, and lifeguard training. Each year, the Y trains hundreds of individuals and corporate personnel in these lifesaving programs, including first responders, educators, babysitters, and people who want to be prepared to help others in an emergency.

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**The YMCA Outdoor Education Center**

Focus is to get kids back to nature by engaging in educational and interesting activities in the woods with high quality instructors and years of experience. The Outdoor Education Center is comprised of 109 undeveloped acres of woods, plants, and wild edibles. Ithaca Y staff and volunteers have groomed a trail system, including a special needs accessibility trail, created a natural amphitheater, erected a clubhouse/pavilion, and readied a calendar of scheduled nature walks, bird watching, winter activities, and various year-round educational programs and camps.

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**Technology at the Y**

**Follow the Ithaca Y on Facebook & Twitter**

Follow the Ithaca Y on Facebook and Twitter for exciting and important news about the Y. We encourage the free flow of information, please feel free to comment and/or share information posted on our page. We do ask that you keep your sharing positive and appropriate for all ages. If you have a complaint or suggestion to enhance your experience here at the Y, email info@ithacaymca.com.

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**Free Wi-Fi**

The Ithaca Y is pleased to offer free Wi-Fi in our Wellness Center. We do require all users to limit their use to appropriate webpages and content.

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**Notification of Changes in Schedule, Classes or Facility Availability:**

Your time is very important to us, and we do our best to ensure that schedules are followed and the facility is available during normal hours of operation. However, on occasion, we must close the pool, cancel a class or close the whole facility. When we deter from our normal schedule, we do our best to utilize technology to inform you sending member email, posting to Facebook, and reflecting the change on our website. Please make sure we have your most up-to-date email address and that you have liked our Facebook page; this will ensure you have the latest information.

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**On-Line Registration**

You can register for programs, pay for SACC fees or look at your membership/program history at the Y. If you have had a membership or participated in a program at the Ithaca Y, you have a log-in. To retrieve your log-in information, click sign-in and it will guide you through the process to retrieve that information. You can access the registration portal via our website, www.ithacaymca.com.

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**E-Mail List**

The Ithaca Y sends out a monthly e-Newsletter to inform you of upcoming events as well as the occasional e-blast to keep you up-to-date with the happenings of the YMCA. To join, go to our website and click on “sign up for our E-Newsletter.”

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**Ithaca Y Mobile APP**

We are excited to bring you our new MOBILE APP. With this application on your Smart Phone, Tablet or Windows 8+ computer you will be able to customize the information you receive from the Y. Features include signing up for ‘push’ notifications about cancellations and closures, viewing and adding programs to your calendar, & registering for classes right from your device. Visit the Play/App Store to download the APP TODAY!