



# April Newsletter

Welcome, April! 🌻

Spring is in full swing, bringing longer days, fresh blooms, and a renewed sense of energy. It's a wonderful time to get outside, try something new, and reconnect with what makes you feel your best.

At the Y, April is all about growth—whether that means building healthy habits, strengthening connections, or finding new ways to stay active. We're excited to offer a variety of programs and opportunities for all ages to enjoy. Thank you for being a valued part of our Y community. We look forward to sharing a vibrant and inspiring month with you!

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## A note from our executive director

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### April Showers Bring May Flowers

As April begins, we often hear the saying, “April showers bring May flowers.” This simple phrase reminds us that growth takes time.

We see this at the YMCA every day. Someone might be starting their fitness journey, a child could be learning a new sport, or a community may be working together to grow stronger. None of these things happen overnight. Real change comes from small, steady steps.

Healthy living works the same way. You do not need to change everything at once. It begins with showing up, one workout, one class, one positive choice at a time. These small steps are like seeds. With time, support, and consistency, they grow into something meaningful.

We are planting those same seeds in our community. We are expanding programs, building stronger partnerships, and creating opportunities for

people of all ages. We are especially focused on supporting our older adults and building a brighter future for everyone.

As the rain falls this month, try not to get discouraged by slow progress or cloudy days. Growth is happening, even if you cannot see it yet. Keep going. Keep showing up. The results will come. Thank you for being part of our YMCA community.

Charles

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### A friendly reminder for our members

**Key Tags:** Everytime you come to use the fitness center, please scan your member key tag

**Key Fobs** - After-hours access is available only to members who have been issued their own key fob. **Guests without a key fob are not permitted during these hours.** We appreciate your help in keeping our facility safe and secure for everyone. Please ensure that only you access the building after hours. If unauthorized guests continue to enter, we may need to revoke after-hours access.

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**Join us for our Daddy Daughter Dance!**



**Giddy Up...  
DADS & DAUGHTERS**

for a

**BOOT SCOOTIN' GOOD TIME!**

**Meet us at the Ranch**

***Warfield's***

**April 11<sup>th</sup> 3-5 pm**

**Members...\$45 Non-Members...\$55**

**Multiple Siblings...\$75**



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**NEW PROGRAM!!**

Get ready to kick up your heels! Join our beginner line dance class 2 Thursdays a month starting on April 9th, 6:30-7:30pm, in our gym at 5 Crane Street.

One time fee of \$35 for members // \$45 for non-members due at registration. Registration is required for this series of classes.

All ages & skill levels welcome!

**PUT ON YOUR BOOTS!**



*Reserve your spot for*

*Line dance classes*

**6 CLASSES BI-WEEKLY \* THURS. APRIL 9<sup>TH</sup> – JUNE 8<sup>TH</sup>**

**FROM 6:30-7:30 PM 5 CRANE IN THE GYM**

**MEMBERS \$35 NON-MEMBERS \$45**

**PAYMENT DUE BY 4/9/2026**

*all ages & skill levels are welcome*



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**Summer Camp Registration is OPEN for members and last year's campers.  
Registration opens to the general public on April 8th.**

**2026**  
**Clifton Springs YMCA**  
**Summer Day Camp**



**June 29- September 4**

Child Care Director- Bob  
Sollenne  
Bob@csaymca.org



**5 Crane St**  
**Clifton Springs, NY**  
**315-462-5437**

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Below is a calendar of events for April. Most of these programs are complimentary for our members. Non-members are also welcome, with a \$5 drop-in fee per session. Please call the Y at (315) 462-6184 for additional information.

We have added an additional group exercise class on Saturday mornings starting on 4/11.

*\*\*Please note the Line Dance Class is a new paid program that requires prior registration.*

### YMCA Weekly Gym Schedule April 6th – April 11th

Monday 4/6	Tuesday 4/7	Wednesday 4/8	Thursday 4/9	Friday 4/10	Saturday 4/11
9:30-11:30 Zumba Gold	9:30-11:30 Board Games	9:30-11:30 Zumba Gold	9:30-11:30 Board Games	9:30-10:30 Bounce-It-Out 3&4 Year Olds	8:30-9:30 Group Exercise
12:00-2:00 Open Gym Pickleball	12:00-2:00 Open Gym Basketball	12:00-2:00 Open Gym Pickleball	12:00-2:00 Open Gym Basketball		
	5:15-6:15 Group Exercise		5:15-6:15 Group Exercise	6:00pm – 7:00pm Bounce it Out 6-8 year-olds	3:00pm – 5:00pm 3on3/Pick-up Basketball
6:00pm – 8:00pm Open Gym	6:15pm – 8:00pm Open Gym Basketball	6:15pm – 8:00pm Open Gym	6:30pm – 7:30pm *Line Dancing*	7:00pm -8:00pm Bounce it Out 9-12 year-olds	

### YMCA Weekly Gym Schedule April 13th – April 18th

Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16	Friday 4/17	Saturday 4/18
9:30-11:30 Zumba Gold	9:30-11:30 Board Games	9:30-11:30 Zumba Gold	9:30-11:30 Board Games	9:30-10:30 Bounce-It-Out 3&4 Year Olds	8:30-9:30 Group Exercise
12:00-2:00 Open Gym Pickleball	12:00-2:00 Open Gym Basketball	12:00-2:00 Open Gym Pickleball	12:00-2:00 Open Gym Basketball		
	5:15-6:15 Group Exercise		5:15-6:15 Group Exercise	6:00pm – 7:00pm Bounce it Out 6-8 year-olds	3:00pm – 5:00pm 3on3/Pick-up Basketball
6:00pm – 8:00pm Open Gym	6:15pm – 8:00pm Open Gym Basketball	6:15pm – 8:00pm Open Gym	6:15pm – 8:00pm Open Gym Basketball	7:00pm -8:00pm Bounce it Out 9-12 year-olds	

### YMCA Weekly Gym Schedule April 20th – April 25th

Monday 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24	Saturday 4/25
9:30-11:30 Zumba Gold	9:30-11:30 Board Games	9:30-11:30 Zumba Gold	9:30-11:30 Board Games	9:30-10:30 Bounce-It-Out 3&4 Year Olds	8:30-9:30 Group Exercise
12:00-2:00 Open Gym Pickleball	12:00-2:00 Open Gym Basketball	12:00-2:00 Open Gym Pickleball	12:00-2:00 Open Gym Basketball		
	5:15-6:15 Group Exercise		5:15-6:15 Group Exercise	6:00pm – 7:00pm Bounce it Out 6-8 year-olds	3:00pm – 5:00pm 3on3/Pick-up Basketball
6:00pm – 8:00pm Open Gym	6:15pm – 8:00pm Open Gym Basketball	6:15pm – 8:00pm Open Gym	6:30pm – 7:30pm *Line Dancing*	7:00pm -8:00pm Bounce it Out 9-12 year-olds	

## YMCA Weekly Gym Schedule April 27th – May 2nd

Monday 4/27	Tuesday 4/28	Wednesday 4/29	Thursday 4/30	Friday 5/1	Saturday 5/2
9:30-11:30 Zumba Gold	9:30-11:30 Board Games	9:30-11:30 Zumba Gold	9:30-11:30 Board Games	9:30-10:30 Bounce-It-Out 3&4 Year Olds	8:30-9:30 Group Exercise
12:00-2:00 Open Gym Pickleball	12:00-2:00 Open Gym Basketball	12:00-2:00 Open Gym Pickleball	12:00-2:00 Open Gym Basketball		
	5:15-6:15 Group Exercise		5:15-6:15 Group Exercise	6:00pm – 7:00pm Bounce it Out <b>6-8 year-olds</b>	3:00pm – 5:00pm 3on3/Pick-up Basketball
6:00pm – 8:00pm Open Gym	6:15pm – 8:00pm Open Gym Basketball	6:15pm – 8:00pm Open Gym	6:15pm – 8:00pm Open Gym Basketball	7:00pm -8:00pm Bounce it Out <b>9-12 year-olds</b>	

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# Y FAIR



Join us for a fun-filled day at the Y Fair, starting bright and early with our Rotten Egg Run at 8 AM!

From 10 AM to 2 PM, enjoy delicious concessions, Melt on Main ice cream, and a variety of activities for all ages.

- Test your skills in our Basketball Tournament
- Explore tables hosted by local community members
- Visit with adorable animals & play fun lawn games
- Exciting raffle prizes including:

- A Grizzly cooler filled with meat and a grill
- YMCA Raffle Basket!



Enjoy live entertainment and wrap up the day with some lively line dancing!



There's something for everyone—come out and celebrate with us!



## Play and Learn with us at the YMCA!



Children ages 3-5

Must be potty trained

Monday's and Wednesday's 9:30-11:30

Program is dedicated to enrich children's cognitive, social and emotional skills through play based learning, educational crafts, gym time and more!

To register call the YMCA at 315-462-5437 or email  
[bob@csaymca.org](mailto:bob@csaymca.org)

Members- \$10 per session

Non-Members- \$15 per session

\*Space is limited to 10 children per session \*



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## Get to know the personnel at your Y. Let us introduce you to Bobby Sollenne!

My name is Bob Sollenne, I am the senior childcare director and have been at the Clifton Springs YMCA since the summer of 2020. I attend SUNY Potsdam and earned a degree in early childhood education in 2017. Prior to coming to this YMCA, I worked in childcare at the Geneva YMCA as a camp and after school care counselor, as well as a preschool assistant teacher.

I enjoy working in childcare because every day is different and I love having the opportunity to instill the YMCA's core values of Caring, Honesty, Responsibility, and Respect into the youth of our community.

In my free time I like spending time with family and friends, as well as playing and watching sports such as basketball, lacrosse and golf.

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Thanks for being part of our Y family - we're glad you're here.



Clifton Springs Family YMCA | 5 Crane St 5 Crane St | Clifton Springs, NY 14432 US

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