

ABOUT OUR YMCA

The Clifton Springs Area YMCA offers a safe environment for families to have fun and stay healthy. We offer exercise, dance, Karate, and art classes, as well as youth sports, School Age Childcare, preschool, and a summer recreation program. We also host many different exciting and community-based events throughout the year such as the Y Fair, Turkey day 5K, Breakfast with Santa, Healthy Kids Day, and so many more. Come down to the YMCA to see what we have for you.

FINE ARTS ART FUNdamentals

Art FUNdamentals is our all new youth arts program!!! Children ages 5-12 are exposed to a variety of different art mediums. Classes are held on Wednesdays from 5-545pm. The class is taught by Heather Burbridge, who has a Bachelors degree in Fine Arts. Heather created this art class for the New Learning Publishing Company in 2009 and has been teaching it ever since. Classes cost \$25 per month.

**Did you Know...
your membership
to the Clifton
Springs Area YMCA
gives you access to
over 40 different
YMCA's in New
York!**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLIFTON SPRINGS AREA YMCA

PROGRAMS AND EVENTS



Clifton Springs Area YMCA
5 Crane St
Clifton Springs, NY 14432
(315) 462-6184
www.csaymca.org

DANCE WITH ME

We have introduced a new dance program at the YMCA. Taught by Ms. Heather Burbridge, a certified dance instructor, children have the option of learning and performing a variety of different dance styles. We offer ballet, tap, and jazz, and pre-ballet for the little ones. Classes cost \$35 per month for one class, \$40 for two, and \$45 for three classes. This is a great way to for both boys and girls to learn balance and flexibility that is vital in so many lifetime activities.

DANCE FITNESS

Our dance teacher Heather Burbridge instructs an all-ages dance fitness class. Where Zumba is a Latin-inspired dance fitness, our regular dance fitness class focuses more on traditional dance styles including ballet, jazz, and ballroom to get you fit. Join Heather Saturday mornings at 10 a.m.



ZUMBA with ZUMBA Toning

Every Monday and Wednesday, Audrey Oppedisano leads a Zumba class from 6:30 -7:45pm.

Youth Sports

At The YMCA we offer three different youth sports throughout the year.

Sport	Registration	Start
Lacrosse	February 10	Early April
Soccer	April 1st	Early July
Basketball	October 1st	Mid November

Y Fitness Triathlon

Track your progress over three weeks in one of four different distances of triathlon—Sprint, Olympic, Half Iron, and Ironman. Registration is \$15 dollars and includes a skills clinic, T-shirt, and exercise log sheet to keep track of your progress.

Karate

Every Wednesday evening from 5-5:45 Sensei Dan McGraw teaches youth Karate in the Y gym. Learn to use your body and mind together to handle stress and conflict. Only \$30 per month (four classes).

Dodgeball

Community dodgeball every Friday 6-7:30 in the Y gym. We make fair teams each night and then have fun!!

Non-League Volleyball

Come in, make teams, play volleyball. Every Tuesday from 6-7:30.

Y Aquatics @ Midlakes Pool

Growing Up In The Water

Parent/Child Aquatics Program

Parents in the water with their children ages 6 months to about 3 years. It is all about having fun, getting exercise, getting water education, and learning safe water adjustment. Shallow water fun, games, songs, play, and safety skills.

30 min. class. \$30 per month.

Safe In The Water

Non-swim Aquatics Program

Become comfortable and safe in the water, and learn to swim well enough to pass the deep end swim test. Classes will be individual or small groups of similar-aged students.

30 min. class. Wednesdays 7-7:30 or 7:30 -8:00. [FREE](#) (donations accepted) Call to schedule a lesson!

Fast In The Water

Competitive Swim Team

CSAY Seahawks Swim Team. Youth and Adult swimmers wanting year-round or seasonal practices for swim meets, triathlons, and open water swims. The Seahawks compete with the Rochester Y Swim League. Practices coached by Midlakes school and Y Swimming coaches. Register now for a June 10th start.