

L I V E S T R O N G[®] A T T H E Y M C A



L I V E S T R O N G[®]

F O U N D A T I O N

About the LIVESTRONG at the YMCA

The YMCA and LIVESTRONG joined together to create LIVESTRONG at the YMCA, a physical activity and well-being based program designed to help adult cancer survivors achieve their health goals. The research based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

Participants work with trained staff in supportive cancer care to achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG at the YMCA focuses on emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during their treatment and beyond. LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind and body.

LIVESTRONG at the YMCA FAQ:

When will the YMCA of Greater Syracuse be offering this program?

The YMCA of Greater Syracuse has 5 Branch locations that offer this program at various days and times throughout the year, to meet the needs of survivors. See branches listed below.

How much does this program cost?

The program is FREE. Each participant will receive a 12 week family YMCA membership during the program session dates.

Do you have to be a member to participate?

No. The program is offered to everyone in the community.

Who do I contact for more information or to register for a program?

Address	Email	Phone
Intake Coordinator 340 Montgomery St Syracuse, NY 13202	intake@syracuseymca.org	(315) 474-6851 ext 339

What is the process to register for the program?

Please contact the Intake Coordination listed at the ends of this sheet to register. An **Intake Form** and **Medical Release** from your Doctor will need to be received to confirm your participation in the program.

Do I have to have completed treatment to join the program?

Our program is accommodating to all survivors at various stages of their cancer. A Physicians recommendation to participate is advised and a Medical Release Form is necessary to start program.

How many people are in each group?

We keep participation to a minimum of 5 and a maximum of 12 people in each **LIVESTRONG** group.

How long does this program last?

The program is 12 weeks meeting 2-3 times a week for 1-1.5 hours a day. Each branch offers various days and times to accommodate survivor's needs.

Can someone join the program after a 12 week session has started?

We can accommodate certain situations however the best protocol is to participate in the program, meeting 2-3 times a week for the entire duration of 12 weeks. Please contact the Intake Coordinator to learn about future classes.

PARTICIPATING IN LIVESTRONG at the YMCA

We are excited to have you participate in the YMCA of Greater Syracuse **LIVESTRONG** at the YMCA program! To ensure your experience is positive we wanted to share with you a few details to prepare you for your first class.

PROGRAM DAYS AND TIMES

Branch	EAST Area Family Y (am)	Fulton Family YMCA	EAST Area Family Y (PM)	NORTH Area Family Y	DOWNTOWN	SOUTHWEST	NORTHWEST
Days	Tuesday & Thursday	Monday & Wednesday	Tuesday & Thursday	Tuesday & Thursday	TBA	TBA	Monday & Wednesday
Times	10:30 am-12:00pm	11:00am-12:30pm	6:00-7:30 pm	1:00-2:30 pm	TBA	TBA	6:00-7:30 pm
Address	200 Towne Drive Fayetteville, NY 13066	715 West Broadway Fulton, NY 13069	200 Towne Drive Fayetteville , NY 13066	4775 Wetzel Rd Liverpool NY 13090	340 Montgomery St Syracuse, NY 13202	4585 West Seneca Turnpike Syracuse, NY 13215	8040 River Road Baldwinsville , NY 13027
Phone	(315) 637-2025	(315)598-9622	(315) 637-2025	(315) 451-2562	(315) 474-6851	(315) 498-2699	(315) 303-5966
*Branch Contact	Erin Coelho	Brea Goss	Erin Coelho	Kelly Notman	Stephanie Michaels	Jack Korzyp	Kelly Notman

***Please Contact the Intake Coordinator to register for a program**

PROGRAM PARTICIPANT Y Membership

During the 12 week session, you will receive a free family membership, for you another adult, and any children who reside in your household. There are 2 meeting days a week for the program, but your YMCA membership gives you and your family full access to any of the YMCA of Greater Syracuse locations. Your membership includes access to pools, group exercise classes, fitness centers, and child care. Below are the YMCA locations you have access to:

Fulton Family YMCA 715 West Broadway Fulton, NY 13069/ (315) 598-9622

East Area Family YMCA 200 Towne Dr Fayetteville, NY 13066/ (315) 637-2025

Downtown YMCA 340 Montgomery St Syracuse NY 13202/ (315) 474-6851

North Area Family YMCA 4775 Wetzel Rd Liverpool NY 13090/ (315) 451-2562

Southwest YMCA @ OCC Campus 4585 West Seneca Turnpike Syracuse NY/ (315) 498-2699

Northwest Y 8040 River Rd. Baldwinsville, NY 13027/ (315) 303-5966

Manlius Y 140 West Seneca Street Manlius, NY 13104/ (315) 692-4777

WHAT TO WEAR

Comfortable clothing and sneakers is recommended. Some of the programs rooms can be cool so dressing in layers where you have the option to put on or take off a sweatshirt will be helpful. Make sure your clothing is loose so that you will be able to stand, sit, walk, bend, and get up and down from the floor.

WHAT TO BRING

Water bottle: There are water fountains available however you may want to carry around your own water as the program uses various rooms in the buildings.

Compression garment: if you have a compression garment for your Lymphedema you may want to wear that or bring it. It is important to wear this during the exercise.

COMMUNICATION

Attendance: let us know if you are running late or if you are going to miss class. If we do not hear from you we worry and will call to check on you.

Health Checks: If something changes from your last doctor visit or your start of the program please let the trainers know. Our number one priority is your safety. We are able to adapt and modify all exercises and parts of the program to accommodate your needs.

Support: We know there are good days and bad days. Just remember we are here to support you through both. If at anytime you need support during your journey let one of the instructors know and we can help.

PROGRAM EXPECTATIONS

Fellowship: During the 12 week program, our small group will form great relationships. We will get to know each other on a personal level, support each other, and have fun!

Diversity: At the YMCA we value people's backgrounds, beliefs and convictions.

Respect: As we get to know our diverse group of survivors, respect for all participants is crucial to an inviting environment. We strive to provide a safe and respectful place for all.

Support: We are here to help serve and support you along your journey to a healthier spirit, mind, and body. Please reach out to us at anytime.

Thank you for allowing us to join you on your journey!

Stephanie Michaels, Intake Coordinator

YMCA of Greater Syracuse

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