



RUNNING GROUP TRAINING SESSIONS

RUN . TRAIN. SUCCEED Winter 2022

MOTIVATE
ACTIVITY

Walk to Run

Beginner Level

Free to Members | \$125 Non-Mem

Ongoing 13-wk session. May join at any time.

Location	Day	Time
North Y	Monday	4:45-5:45pm*
Northwest Y	Monday	On Pause
	Wednesday	Will return soon
Manlius	Monday	5:30-6:45pm*
Southwest	Tuesday	9:30-10:45am

Hydro Running

All Classes

Free to Members

Increase cardio output with zero impact. Great alternative to running when injured!

Location	Day	Time
North Y	Wednesday	10:30-11:15am
	Friday	10:30-11:15am
Northwest Y		
Hal Welsh East Y	Monday	4-4:45pm
	Monday	10:30am-11:15am
	Wednesday	4-4:45pm
Downtown Y	Tuesday	12:10-12:50pm 1/11

Half Marathon , Marathon , and Ultra Distance

\$125 Members | \$250 Non-Mem

Endurance Training for all races

Location	Day	Time
North Team TBA	Wednesday	Will return soon
East Team @ JDHS	Tuesday	6:30-8:00pm*

*may join at anytime

Private run lessons with a YMCA running coach are available.

Video Run Analysis - \$25 to members

Name:

E-mail:

Cell phone number:

Run Club

Beginner-Intermediate Level

Free to Members | \$125 Non-Mem

Ongoing 13-wk session. May join at any time.

Location	Day	Time
North Y	Monday	4:45-5:45pm*
	Wednesday	5:45-6:45am
		9:30-10:45am*
Northwest Y	Tuesday	5:45-6:45am
	Thursday	9:30-11:00am*
		6:30-7:45pm Elden Elem, Bville*
Hal Welsh East Y	Thursday	5:45-6:45am
		9:30-11:00am*
Manlius Y	Monday	5:30-6:45pm
Downtown Y	Tuesday	5:45-6:45am
	CLIMB! Thursday	On Hold
Southwest Y track	Tuesday	9:30-10:45am
	Wednesday	5:45-6:45am

Developmental Long Run

Location	Day	Time
North Y	Friday	9:30- 11:00am
Northwest Y	Monday	Return soon
Hal Welsh East	Monday	Return soon

Green Lakes State Park at West Beach

Saturdays on even calendar days

7:00am Marathoners

8:00am All Welcome Join Us we are back at it!

Onondaga Lake Park at Willow Bay

Saturdays on odd calendar days

7:00am Marathoners

8:00am All Welcome Join Us we are back at it!

- May join at anytime
- red denotes change
- Download the YMCA of CNY App or Go to YCNY.ORG to register
- Join our FB page for updates Syracuse Y runners

For more information and any questions, please contact Jennifer Hughes, Multi-Sport Director, at jhughes@ymcacny.org