

# 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.



## 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.



## 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](mailto:info@ithacaymca.com).



### 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.

### 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.

### 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](http://www.ithacaymca.com).

### 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."

## 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!