

Amsterdam Family YMCA  
58 N. Pawling St, Hagaman  
518-842-2130

Auburn YMCA-WEIU  
Auburn YMCA  
27 William St, Auburn  
315-253-5304  
Skaneateles YMCA & Comm. Ctr.  
97 State St, Skaneateles  
315-685-2266

Capital District YMCA  
Albany Branch  
616 N. Pearl St., Albany  
518-463-9622  
Bethlehem Branch  
900 Delaware Ave. Delmar  
518-439-4394  
Glenville Branch  
127 Droms Rd., Glenville  
518-399-8118  
Greenbush Branch  
20 Community Way, E. Greenbush  
518-477-2570  
Greene County  
370 Mansion St., W. Coxsackie  
518-731-7529  
Guilderland Branch  
250 Winding Brook Dr., Guilderland  
518-456-3634  
Schenectady Branch  
433 State St., Schenectady  
518-881-0117  
Southern Saratoga Branch  
1 Wall St., Clifton Park  
518-371-2139  
Troy Branch  
2500 21st St., Troy  
518-272-5900

Clifton Springs Area YMCA  
5 Crane St., Clifton Springs  
315-462-6184

Corning Community YMCA  
127 Centerway, Corning  
607-962-7002

Cortland County YMCA  
22 Tompkins St, Cortland  
607-756-2893

Family YMCA of Tarrytown  
62 Main St., Tarrytown  
914-631-4807

Fulton YMCA  
715 Broadway, Fulton  
315-598-9622

Geneva Family YMCA  
399 William St., Geneva  
315-789-1616

Family YMCA of the Glens Falls Area  
600 Glen St., Glens Falls  
518-793-3878

GLOW YMCA  
Genesee County YMCA  
209 East Main St., Batavia  
585-344-1664  
Orleans County YMCA  
306 Pearl St., Medina  
585-798-2040  
Wyoming County YMCA  
115 Linwood Ave., Warsaw  
585-786-2880

Hornell Family YMCA  
18 Center St., Hornell  
607-324-5520

Ithaca & Tompkins County YMCA  
50 Graham Rd W., Ithaca  
607-257-0101

Jamestown Area YMCA  
Jamestown YMCA  
101 E. Fourth St., Jamestown  
716-664-2802  
Lakewood YMCA  
183 E. Fairmount Ave., Lakewood  
716-763-0303

Little Falls YMCA  
15 Jackson St, Little Falls  
315-823-1740

Lockport Family YMCA  
19 E. Ave., Lockport  
716-434-8887

Mohawk Valley YMCA  
83 E. Main St, Mohawk  
315-866-6570

Norwich YMCA  
68 N. Broad St., Norwich  
607-336-9622

Olean – Bradford YMCA  
Bradford YMCA  
59 Boylston St, Bradford, PA  
814-368-6101  
Olean YMCA  
1101 Wayne St., Olean  
716-373-2400

Oneonta Family YMCA  
20 - 26 Ford Ave, Oneonta  
607-432-0010

Oswego YMCA  
249 W. 1st St, Oswego  
315-343-1981

Plattsburgh YMCA  
17 Oak St., Plattsburgh  
518-561-4290

Rockland County YMCA  
35 S. Broadway, Nyack  
845-358-0245

Saratoga Regional YMCA  
Battenkill Branch  
184 Main St., Greenwich  
518-587-3110  
Corinth Branch  
119 Gabriel Rd., Corinth  
518-583-9697  
Malta Branch  
100 Saratoga Village Blvd. #22, Malta  
518-583-9623

Saratoga Springs Branch  
290 West Ave., Saratoga Springs  
518-583-9622  
Wilton Branch  
20 Old Gick Rd., Saratoga Springs  
518-587-3000

Watertown YMCA  
Carthage YMCA  
250 State St, Carthage  
315-493-3286  
Fairgrounds YMCA  
585 Rand Dr, Watertown  
315-755-9622  
Watertown Family YMCA  
119 Washington St, Watertown  
315-782-3100

White Plains YMCA  
250 Mamaroneck Ave., White Plains  
914-949-8030

YMCA of Broome County  
Binghamton YMCA  
61 Susquehanna St, Binghamton  
607-772-0560  
West Family Branch YMCA  
740 Main St, Johnson City  
607-770-9622

YMCA of Greater Syracuse  
East Area Branch YMCA  
200 Towne Dr, Fayetteville  
315-637-2025  
Downtown YMCA  
340 Montgomery St, Syracuse  
315-474-6851  
North Area Branch YMCA  
4775 Wetzel Rd, Liverpool  
315-451-2562  
Southwest YMCA at OCC  
4585 West Seneca Turnpike, Syracuse  
315-498-2699

YMCA of Long Island  
Brookhaven Roe YMCA Center  
155 Buckley Rd., Holtsville  
631-289-4440

Great South Bay YMCA  
200 W. Main St., Bay Shore  
631-665-4255  
Huntington YMCA  
60 Main St. Huntington  
631-421-4242  
Patchogue Family YMCA  
255 W. Main St., Patchogue  
631-891-1800  
YMCA at Glen Cove  
125 Dosoris Ln., Glen Cove  
516-671-8270  
YMCA E. Hampton RECenter  
2 Gingerbread Ln., E. Hampton  
631-329-6884

YMCA of Middletown  
YMCA of Middletown  
81 Highland Ave., Middletown  
845-344-9622  
South Orange Family YMCA  
45 Gilbert St. Ext., Monroe  
845-782-9622

YMCA of the Greater Tri-Valley  
Oneida Family YMCA  
701 Seneca St, Oneida  
315-363-7788  
Rome Family YMCA  
301 W Bloomfield St, Rome  
315-336-3500



## Your local Y membership now gives you more!

Now you can use your Y Membership at  
other YMCAs in New York .

- The New York State Reciprocal Membership Program includes free use of the standard YMCA facilities, typically swimming pools, gymnasiums, racquetball courts and wellness centers.
- Reciprocal Membership is available to all full facility YMCA members.
- Your local YMCA is considered your "home" YMCA.
- Visiting members must check-in at each YMCA with a valid membership card and present a photo id.
- Check with the individual YMCA for policies, procedures, schedules, and program fees.

**Your valid membership I.D.  
card will give you facility  
access to any of the Ys listed  
inside.**



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**MEMBERSHIP GIVES  
YOU MANY  
OPPORTUNITIES**