



PROGRAM REGISTRATION - CENTRAL YMCA - WINTER SESSIONS

INTER SESSIONS

REGISTRATIONS BEGINS

Winter 1 Jan 9–Feb 19
Winter 2 Feb 20–April 2

Members
Nov 21
Feb 6

Non-Members
Nov 28
Feb 13

Late Fee
Jan 9
Feb 20

NAME OF CLASS	AGE	DAY	TIMES	ROOM	WINTER 1	WINTER 2
Swim Starters Parent/Child A. Water Discovery B. Water Exploration	6-36 mos.	Saturday	12:00-12:30 pm	Shallow Pool	\$22/\$44	\$22/\$44
Swim Basics–Preschool 1. Water Acclimation 2. Water Movement/3. Water Stamina	3-5 yrs	Tuesday Saturday	5:30-6:00 pm 10:30-11:00 am	Shallow Pool	\$22/\$44	\$22/\$44
Swim Basics–Youth 1. Water Acclimation 2. Water Movement	6-12 yrs	Tuesday Saturday	6:15-7:00 pm 11:15-12:00 pm	Shallow Pool	\$22/\$44	\$22/\$44
Swim Basics–Youth 3. Water Stamina	6-12 yrs	Tuesday Saturday	5:00-5:45 pm 9:30-10:15 am	Shallow Pool	\$22/\$44	\$22/\$44
Swim Strokes–Youth 4. Stroke Introduction 5. Stroke Development 6. Stroke Development Mechanics	6-12 yrs	Tuesday Saturday	5:00-5:45 pm 9:30-10:15 am	Shallow Pool	\$22/\$44	\$22/\$44
Swim Basics Special Pops	3 +	Saturday	12:30-1:00 pm	Shallow Pool	\$22/\$44	\$22/\$44
Swim Basics Teen/Adult	13 +	Saturday	12:30-1:00 pm	Shallow Pool	\$22/\$44	\$22/\$44
Private Swim Lessons	3+	Varies	Scheduled with Instructor	Shallow Pool	1 Session \$15/\$25 Semi Private (2 people) \$13/\$20 each	
Home School Gym/Swim	3+	Wednesday	1:00-3:00 pm	Shallow Pool/ Community Gym	\$24/\$38	\$24/\$38

2017 WINTER PROGRAM SCHEDULE: JANUARY-APRIL 2017

Sign up for leagues and clinics at front desk. Registration forms are in lobby or online
<https://youngstownymca.org/index.php/leagues-clinics-and-sport-camps/>

2017 Winter Fundamental Basketball League: January 28–April 8 (Saturdays)

Registration Deadline	Practices	Games	Member Rate/Non-Member Rate	ROOM
Saturday, January 7	Sat., Jan 28, Feb. 4, 11, 18 and March 18 (Mid Season Practice-Optional)	Sat., Feb. 25, March 4, 11, 25 April 1 and 8	Member \$45 Non Member \$75	Community Gym

2017 Winter Basketball Tip-Off Clinics: January 8, 15 and 22

AGE DIVISION	TIMES	CLINIC DATES	REGISTRATION	Member Rate/Non-Member Rate	ROOM
6-9 years Boys & Girls 9-13 years Boys & Girls	Saturdays 6-9 1-3 PM 9-13 3-5 PM	Sunday, January 8, 15 and 22	Saturday, January 7	Series: \$40/\$60 Daily: \$12/\$22	Community Gym & Upper Gym

2017 Winter Select Basketball League: February 5–April 9

AGE DIVISION	PRACTICE	GAMES	TOURNAMENT	REGISTRATION	Member Rate/Non-Member Rate	ROOM
3rd-4th Grade Boys 5th-6th Grade Boys	Sunday, February 5, 12 and 19	Sunday, February 26, March 5, 12, 19, and 26	Sunday, April 2 and 9	Sunday, January 29	\$40 Members \$52 with Jersey \$60 Non Members \$72 with Jersey	Community Gym

Email D'Nelle Seiple at dseiple@youngstownymca.org to request a Winter Select Leagues coaches packet.

THESE RUN AS 6 WEEK SESSION CLASSES

12 Rounds			Wed/Sat	Wed 6:30-7:30pm Sat 11:30am-12:30pm High Performance Studio #2	\$10/\$55 for 2 days per week
Basic Jump Stretch			Tue/Thurs	6:45-7:45pm High Performance Studio #2	\$10/\$55 for 2 days per week
Athletic Jump Stretch			Tue/Thurs	5:30-6:30pm High Performance Studio #2	\$10/\$55 for 2 days per week

SPECIALTY PROGRAMS (Not on 6-week session schedule)

NAME OF CLASS	KEY	AGE	DAY	TIME	MEMBER RATE/NON-MEMBER RATE
Fitness Blitz Challenges (30-30-30)		14+	Jan 2 March 11	9-10:30 am	\$0 Member \$10 Non Members \$8 if want a shirt
Personal Training		14 +	To be scheduled	To be scheduled	Member Prices Pricing does not include High Performance Room 1 hour Session \$35 4 Sessions \$133 8 Sessions \$252 12 Sessions \$357
Add on High Performance Room #1 to Personal Training			Varies	High Performance Studio #1	\$5/package of 1-4 sessions, \$10/package of 8-12 sessions
Pickleball	[pickle]	14 +	Mon/Wed/Fri	9:30-10:30 am	One Per session \$0/\$6 Ten sessions \$0/\$50 Community Gym
Tae Kwon Do	[tae]	8 +	Mon/Wed	5:00-6:00 pm High Performance Studio #2	\$30/\$45 Monthly
Spinning (monthly)	[spin]	14 +	Varies	Varies	\$10 Members \$55 Non Members Each Month
Kettlebells		14 +	Tues & Thurs	5:15-6:00pm Group Fitness Studio	Members \$0 Non-Members \$55 Registration max 16 participants
Yoga			Mon/Wed	6:30-7:30pm Group Fitness Studio	Members \$0 Non-Members \$55 One Class per week
Body Composition		16+		To be scheduled	\$10/\$35
Team Jump Stretch			TBD	TBD High Performance Studio #2	VARIES ON PROGRAM
Human Sport Orientation Classes			By Appointment	High Performance Studio #1	FREE to Member Only Required to use Human Sport during designated hours
Any High Performance Room #1 Class			TBA	TBA High Performance Studio #1	Per Month \$25 Members Only Unlimited 1 Type of Class
Drop in Classes			Any of the above only (Except Personal Training)	High Performance Studio #1 or #2 Group Fitness Studio, Spinning Room	\$5 Members/Class and \$10 for Non-Members/Class- MUST show instructor receipt in order to attend class (Kettlebells and Yoga are free to members even on a drop in basis.) Non-Members may try any Member Only Class 1 time as a drop in.
Pool Party		N/A	Saturdays & Sundays	To be scheduled 1-Hour in the Pool 1-Hour in a room	Contact Janice Grasso 330-744-8411 jgrasso@youngstownymca.org

YOUTH & TEEN PROGRAMS

NAME OF CLASS	KEY	AGE	DAY	TIME	ROOM	WINTER 1	WINTER 2
Leaders Club (Members only)	[lead]	13-18 yrs	Tuesday	5:30-7:00pm	Manchester Room	\$20 Annually	\$20 Annually
Youth and Government		High School	Monday	5:30-6:30pm	Manchester Room	\$20 Annually	\$20 Annually
Getting Fit		6-13 yrs	Monday-Thursday	5:30-6:30pm	Lower Gym	Free	Free

OPEN POOL SCHEDULE

OPEN SWIM S=SHALLOW POOL D=DEEP POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30-4:30 pm (S)	1-4 pm (S)	3:30-4:30 pm (S)	1-4 pm (S)	3:30-4:30 pm (S)	7:30 am-5:00 pm (D)	1-4:30 pm (D)
7:30-9 pm (S)	7-9 pm (S)	7:30-9 pm (S)	7-9 pm (S)	6:30-9 pm (S)	5-7 pm (S)	

ONLINE REGISTRATION

Visit youngstownymca.org and click "Register Online". Click the login tab, then select "click here to get a password". Enter your email address. A link will be emailed to create a password for your account. If your email address has changed or you didn't give us one when you joined, contact the Y and ask for your record to be updated. This Program Guide has a keyword next to the program name. Type this into the field "program" to see the specific class or a short list of related programs. Follow the prompts from there.