

# PROGRAM REGISTRATION – DAVIS FAMILY YMCA – HOLIDAY/WINTER SESSIONS 2016/2017



## HOLIDAY/WINTER SESSIONS

HOLIDAY Dec 5-Dec 31  
 WINTER 1 Jan 9-Feb 19  
 WINTER 2 Feb 20-Apr 2

## REGISTRATION BEGINS

Members Others Late Fee  
 HOLIDAY Oct 10 Oct 17 Dec 5  
 WINTER 1 Nov 21 Nov 28 Jan 9  
 WINTER 2 Feb 6 Feb 13 Feb 20

## SWIM LESSONS – Courtney Bleggi 330-480-5665 [cbleggi@youngstownymca.org](mailto:cbleggi@youngstownymca.org)

NAME OF CLASS	AGE	DAY	TIME	ROOM	HOLIDAY Mem/Others	WINTER 1 Mem/Others	WINTER 2 Mem/Others
Swim Starters – Parent/Child A: Water Discovery	6-36 mos.	Tue	6:00-6:30 pm	Pool		\$28/\$56	\$28/\$56
		Wed	10:00-10:30 am	Pool		\$28/\$56	\$28/\$56
		Sat	10:30-11:00 am	Pool		\$28/\$56	\$28/\$56
Swim Starters – Parent/Child B: Water Exploration	6-36 mos.	Mon	6:40-7:10 pm	Pool		\$28/\$56	\$28/\$56
		Thu	10:00-10:30 am	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:20 am	Pool		\$28/\$56	\$28/\$56
Swim Basics – Parent/Child 1: Water Acclimation	2-3 yrs.	Wed	9:20-9:50 am	Pool		\$28/\$56	\$28/\$56
		Sat	9:10-9:40 am	Pool		\$28/\$56	\$28/\$56
Swim Basics – Preschool 1: Water Acclimation	3-5 yrs	Wed	5:10-5:50 pm	Pool		\$28/\$56	\$28/\$56
		Tue	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Thu	9:10-9:50 am	Pool		\$28/\$56	\$28/\$56
		Sat	9:00-9:40 am	Pool		\$28/\$56	\$28/\$56
Swim Basics – Preschool 2: Water Movement	3-5 yrs	Mon	5:50-6:30 pm	Pool		\$28/\$56	\$28/\$56
		Tue	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Tue	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Wed	10:40-11:20 am	Pool		\$28/\$56	\$28/\$56
		Wed	5:10-5:50 pm	Pool		\$28/\$56	\$28/\$56
		Thu	10:40-11:20 am	Pool		\$28/\$56	\$28/\$56
		Thu	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Thu	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Sat	9:00-9:40 am	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:30 am	Pool		\$28/\$56	\$28/\$56
Swim Basics – Preschool 3: Water Stamina	3-5 yrs	Tue	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Wed	4:20-5:00 pm	Pool		\$28/\$56	\$28/\$56
		Thu	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:30 am	Pool		\$28/\$56	\$28/\$56
Swim Basics – Youth 1: Water Acclimation	6-12 yrs	Thu	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Sat	10:40-11:20 am	Pool		\$28/\$56	\$28/\$56
Swim Basics – Youth 2: Water Movement	6-12 yrs	Tue	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Tue	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Wed	4:20-5:00 pm	Pool		\$28/\$56	\$28/\$56
		Thu	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Thu	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:30 am	Pool		\$28/\$56	\$28/\$56
Swim Basics – Youth 3: Water Stamina	6-12 yrs	Tue	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Wed	4:20-5:00 pm	Pool		\$28/\$56	\$28/\$56
		Thu	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Sat	10:40-11:20 am	Pool		\$28/\$56	\$28/\$56
Swim Strokes – Youth 4: Stroke Introduction 5: Stroke Development	6-12 yrs	Tue	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Thu	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:30 am	Pool		\$28/\$56	\$28/\$56
Swim Strokes – Youth 6: Stroke Development	6-12 yrs	Tue	6:00-6:40 pm	Pool		\$28/\$56	\$28/\$56
		Thu	6:50-7:30 pm	Pool		\$28/\$56	\$28/\$56
		Sat	10:40-11:20 am	Pool		\$28/\$56	\$28/\$56
Swim Basics – Teen/Adult	13+	Wed	5:10-5:55 pm	Pool		\$28/\$56	\$28/\$56
Private Swim Lessons	3+	Varies	Schedule with Instructor	Pool	1 Session \$15/\$25 Semi-Private (2 people) \$13/\$20 ea.		

**GROUP FITNESS**—Larry Jensen 330-480-5659 ljensen@youngstownymca.org  
Chris Hughes 330-480-5655 chughes@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	ROOM	HOLIDAY Mem/Others	WINTER 1 Mem/Others	WINTER 2 Men/Others
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	11:30-12:15 pm	Therapy Pool	\$15/\$44	\$22/\$66	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	5:00-5:45 pm	Therapy Pool	\$15/\$44	\$22/\$66	\$22/\$66
Arthritis Water Exercise Plus	Chris	14 +	Mon/Wed/Fri	9:50-10:35 am	Lap Pool	\$15/\$44	\$22/\$66	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Tue/Thu	11:30-12:15 pm	Therapy Pool	\$11/\$32	\$17/\$51	\$17/\$51
Pilates Exo Chair	Larry	14 +	Tuesday	5:00-5:55 pm	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Exo Chair	Larry	14 +	Thursday	4:00-4:55 pm	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Reformer Circuit	Larry	14 +	Friday	4:30-5:25 pm	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Pilates Reformer AOA	Larry	14 +	Friday	11:00-11:55 am	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Pilates Reformer 1	Larry	14 +	Monday	5:00-5:55 pm	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 1	Larry	14+	Tuesday	7:00-7:55 pm	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 1	Larry	14 +	Saturday	7:15-8:10 am	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Pilates Reformer 2	Larry	14+	Tuesday	9:20-10:15 am	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 2	Larry	14 +	Tuesday	5:00-5:55 pm	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 2	Larry	14 +	Wednesday	4:00-4:55 pm	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 2	Larry	14 +	Wednesday	5:00-5:55 pm	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 3	Larry	14+	Monday	9:30-10:25 am	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 3	Larry	14 +	Thursday	10:30-11:25 am	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Pilates Reformer 3	Larry	14 +	Thursday	5:00-5:55 pm	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Spinning (monthly)	Larry	14+	Varies	Varies	Multi Purpose 2	\$10/\$55 Each Mo.	\$10/\$55 Each Mo.	\$10/\$55 Each Mo.
Women on Weights	Larry	14+	Wednesday	11:00-11:55 am	Fitness Center	\$0/Members Only	\$0/Members Only	\$0/Members Only

**HEALTH & WELLNESS**—DEC-MARCH Larry Jensen 330-480-5659 ljensen@youngstownymca.org  
Loretta Pflug 330-480-5656 Ext. 236 lpflug@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Enhance@Fitness*	Loretta	18+	Mon/Wed/Fri	Mon 2:00 pm Wed/Fri 11:30am	\$0/\$80 Contact lpflug@youngstownymca.org or 330-480-5656 Ext. 236 to register
LIVESTRONG AT THE YMCA*	Loretta	18+ For Cancer Survivors	Mon/Wed 1:00-2:30 pm January 2017	12-Week Program	\$0/\$0 Contact LIVESTRONG@youngstownymca.org Or 330-480-5656 Ext. 236 for inquiries or to register.
Movin' On Up	Larry	13 yrs	Participant's Choice	Schedule with Trainer	\$10/Members Only—Register at Desk
Personal Training* Members Only	Larry	14+	Participant's Choice	Schedule with Trainer	1 Session \$35 4 Sessions \$133 (5% Discount) 8 Sessions \$252 (10% Discount) 12 Sessions \$357 (15% Discount)
Pilates Reformer Personal Training*	Larry	14 +	Participant's Choice	Schedule with Trainer	1 Session \$45/\$55 10 Sessions \$400/\$500 2 people 1 Session \$30/\$35 each 2 People 10 Sessions \$250/\$300 each
Tanita Body Composition Analysis*	Larry	14 +	Participant's Choice	Schedule with Trainer	\$10/\$35 Register at desk
YMCA Diabetes Prevention Program*	Loretta	18 +	New class starting January 2017	25 sessions throughout the year TBA	Contact Loretta Pflug at lpflug@youngstownymca.org or 330-480-5656 Ext 236 to inquire about payment options and to register. Financial Aid available.

## ARTS & HUMANITIES—Suzanne Gray 330-480-5656 Ext. 247 sgray@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	ROOM	HOLIDAY Mem/Others	WINTER 1 Mem/Others	WINTER 2 Mem/Others
Drawing (Adult)	Suzanne	16+	Thursday	12:30-2:00 pm	Art Studio		\$42/\$84	\$42/\$84
Drawing (Youth)	Suzanne	5-8 yrs 9-14 yrs	Friday	5:30-6:15 pm 6:30-7:30 pm	Art Studio		\$22/\$44	\$22/\$44
Guitar (Beginners)	Suzanne	12+	Monday	5:30-6:30 pm	Art Studio		\$22/\$44	\$22/\$44
Guitar (Intermediate)	Suzanne	16+	Monday	6:45-7:45 pm	Art Studio		\$22/\$44	\$22/\$44
Lego Club	Nikki	6-8 yrs 9-12 yrs	Wednesday	5:00-6:00 pm 6:00-7:00 pm	Food Court		\$0/\$5 Must Register	\$0/\$5 Must Register
Painting - Adult	Suzanne	16+	Tuesday	1:30-3:00 pm	Art Studio		\$42/\$84	\$42/\$84
Painting - Adult	Suzanne	16+	Thursday	6:00-7:30 pm	Art Studio		\$42/\$84	\$42/\$84
Painting - Watercolor	Suzanne	16+	Thursday	10:00-Noon	Art Studio		\$50/\$100	\$50/\$100
Pottery - Adult	Suzanne	16+	Wednesday	5:30-8:00 pm	Art Studio	\$40/\$80	\$80/\$160	\$80/\$160
Pottery - Intro	Suzanne	16+	Wednesday	10:00-Noon	Art Studio	\$30/\$60	\$60/\$120	\$60/\$120
Pottery - Youth	Suzanne	6-16 yrs	Wednesday	4:00-5:00 pm	Art Studio	\$30/\$60	\$60/\$120	\$60/\$120

## ART & HUMANITIES SPECIAL EVENTS— Suzanne Gray 330-480-5656 Ext. 247 sgray@youngstownymca.org

NAME	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
FIVE Squared Opening Reception	Suzanne		Sunday Feb 5	1:00-2:30 pm	Free and Open to the Community

## YOUTH SPORTS & MORE— Adele Taylor 330-480-5657 ataylor@youngstownymca.org Nikki Murray 330-480-5658 nmurray@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	ROOM	HOLIDAY Mem/Others	WINTER 1 Mem/Others	WINTER 2 Mem/Others
First Tee Youth Golf	Nikki	4-5 yrs 6-8 yrs	Saturday	9:00-9:30 am 9:45-10:15 am	Gym 2		\$17/\$34	\$17/\$34
Fitness Lifestyle Challenge	Larry	7-15 yrs	Mon/Wed Thursday	4:15-5:00 pm 5:00-6:00 pm	Pool Gym 1		Free-Must Register with Akron Children's Hosp. 330-729-1391	Free-Must Register with Akron Children's Hosp. 330-729-1391
Preschool Sports Flag Football	Adele	3-5 yrs	Thursday	5:45-6:15 pm	Multi-Pur. Room		\$20/\$40	
Preschool Sports Soccer	Adele	3-5 yrs	Thursday	5:45-6:15 pm	Multi-Pur. Room			\$20/\$40
Volleyball	Nikki	6-8 yrs 9-12 yrs	Thursday	5:15-6:00 pm	Gym 2			\$17/\$34
Youth Sports Soccer	Nikki	6-8 yrs 9-12 yrs	Monday	5:00-5:50 pm 6:00-6:50 pm	Multi-Pur. Room			\$17/\$34
Youth Sports Lacrosse	Nikki	6-8 yrs 9-12 yrs	Tuesday	4:15-5:00 pm 5:15-6:00 pm	Multi-Pur. Room		\$17/\$34	

## YOUTH-SPECIAL PROGRAMS—Nikki Murray 330-480-5658 nmurray@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Christmas Shopping Day Out	Nikki	6-13 yrs	Saturday, Dec. 17	9:00 am-4:00 pm	\$30/35
Homeschool Fit & Swim	Chris	4-18 yrs	Tuesdays, Jan 10-Mar 14	1:15-3:00 pm	\$50/\$75
Leaders Club	Nikki	12-18 yrs	Tuesday	5:00-6:30 pm	\$30/\$40 Annual - Training Room
Off School Camp	Nikki	6-13 yrs	Dec 23 Dec 26-30 Jan 2	Jan 16 Feb 17 Feb 20	9:00-4:00 pm 7-9 am / 4-6 pm (Extended Hrs \$5) Dec 23 Lunch W/Santa \$45/\$50 Dec 26 Davis \$30/\$35 Dec 27 Davis \$30/\$35 Dec 28 Davis \$30/\$35 Dec 29 Davis \$30/\$35 Jan 2 Davis \$30/\$35 Jan 16 Splash Lagoon \$60/\$65 Feb 17 Davis \$30/\$35 Feb 20 Polar Blast Tubing \$60/\$65
Youth and Government	Nikki	12-18 yrs	2nd & 4th Mondays	4:30-5:30 pm	\$30/\$40 Annual - Training Room

**FAMILY PROGRAMS-** DEC-MAR Adele Taylor 330-480-5657 ataylor@youngstownymca.org  
 Nikki Murray 330-480-5658 nmurray@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Birthday Party Rentals	Adele	Members Only	Friday Saturday, Sunday	5:30-8:30 pm 4:00-7:00 pm	\$200 Members Only
First Friday Movie Night	Nikki	Children with parents	Dec 2, Jan 6, Feb 3, Mar 3, Apr 7	7:00-9:30 pm	0/\$5
Cocoa & Canvas	Nikki	Parent/Child 6+	Saturdays Dec 10, Jan 14, Feb 11, Mar 11, Apr 8	5:00-7:00 pm	\$30/\$35 Parent & Child \$45/\$50
Parents Night Out Please note age restrictions!	Adele	3 yrs - 12 yrs	Saturday, Dec. 17, Jan. 21, Feb. 18, & Mar. 18	4:00-8:00 pm	1st Child \$15/\$23 then \$10/\$12 Please register by Friday at Noon.
Play Date*	Adele	Parent/Child 0-5 years	Mon/Wed 9:30-11:00 am	Meet in Family Adventure Center	\$0/\$5 Family

**PRESCHOOL REGISTRATION INFO** -Adele Taylor 330-480-5657 ataylor@youngstownymca.org

NAME	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Preschool 3 year old class	Adele	3 years old by August 1, 2017	Tue/Thu	9 am-noon, 9:30 am -12:30 pm, or 12:30-3:30 pm	\$95 Registration Fee
Preschool 4 year old class	Adele	4 years old by August 1, 2017	Mon/Wed/Fri	9 am-noon, 9:30 am -12:30 pm, 12:30-3:30 pm, or 1:00-4:00 pm	\$95 Registration Fee
Preschool 5 year old class	Adele	5 years old by August 1, 2017	Mon-Fri	9:00 am-1:00 pm	\$95 Registration Fee
Registration for the 2017-2018 school year is as follows: * Currently enrolled students register starting January 30, 2017 ** YMCA members - register starting February 6, 2017 *** All others - register starting February 13, 2017.					
<b>RESERVE YOUR SPOT BY PAYING THE REGISTRATION FEE!</b> Tours available by appointment					

**CERTIFICATION/JOB TRAINING**-Chris Hughes 330-480-5655 chughes@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
CPR for Health Care Provider	Chris	16 +	Jan 7 Feb 25	9:00 am-3:30 pm	\$75/\$80 Community Room 2
First Aid	Chris	16 +	Jan 24 Mar 21	5:00-9:00 pm 5:00-9:00 pm	\$50/\$55 Community Room 2
Lifeguard Training	Chris	16 +	Jan 9-Feb 1 Feb 20-Mar 4	Mon/Wed 6-9:30 pm & Sat 12-3:30 pm Mon-Thu 6-9:30 pm & Sat 12-5:00 pm	\$200/\$225 (Within 10 days of course start date)

This Program Registration Sheet only lists programs that require registration and payment. There are many more activities that are FREE and included in your membership.

Check out YoungstownYMCA.org, download the mobile app, YMCA of Youngstown OH, or stop by the service desk for a list of all fitness classes included with your membership—no registration required. For program descriptions, look online for our program catalog at youngstownymca.org.

\*No online registration available

**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.