



PROGRAM REGISTRATION

CENTRAL YMCA • Spring Session • April 17–May 28

Registration begins March 20 for members, March 27 for non-members.
Register online at YoungstownYMCA.org or at the Front Desk

SWIM LESSONS

NAME OF CLASS	AGE	DAY	TIMES	ROOM	SPRING
Swim Starters Parent/Child A. Water Discovery B. Water Exploration	6-36 mos.	Saturday	12:00-12:30 pm	Shallow Pool	\$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
Swim Basics–Youth 1. Water Acclimation 2. Water Movement 3. Water Stamina	6-12 yrs	Tuesday Saturday	6:15-7:00 pm 11:15-12:00 pm	Shallow Pool	\$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
Swim Basics Special Pops	3 +	Saturday	12:30-1:00 pm	Shallow Pool	\$22/\$44
Swim Basics Teen/Adult	13 +	Saturday	12:30-1:00 pm	Shallow Pool	\$22/\$44

YOUTH & TEEN PROGRAMS

NAME OF CLASS	AGE	DAY	TIME	Member Rate/Non-Member Rate	ROOM
Youth Art Basic Sculpting	6-12 yrs	Tuesday	5:30-6:15 pm	\$20/\$25	Gallery
Youth Art Basic-Painting	6-12 yrs	Tuesday	6:30-7:15 pm	\$15/\$20	Gallery

SPECIALTY PROGRAMS (Not on 6-week session schedule)

NAME OF CLASS	AGE	DAY	TIME	MEMBER RATE/NON-MEMBER RATE
Fitness Blitz Challenges (30-30-30)	14+	May 20th	9-10:30 am 12 Rounds Jump Stretch TRX	\$0 Member \$10 Non Members Additional \$8 if want a shirt
Personal Training	14 +	To be scheduled	To be scheduled	Member Prices Pricing does not include High Performance Studio 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
Tae Kwon Do	8 +	Mon/Wed	5-6 pm Lower Gym	\$30/\$45 Monthly
Spinning (monthly)	14 +	Varies	Varies	\$10 Members \$55 Non Members Each Month
Yoga New Classes Coming!		Mon	6:30-7:30 pm Group Fitness Studio	Members \$0 Non Members \$55 One Class per week
Body Composition	16+		To be scheduled	\$10/\$35
Team Jump Stretch		By Appointment	High Performance Studio #2	FOR PRICING AND SCHEDULE Contact Carl LaRosa at 330-744-8411
Human Sport Orientation Classes		By Appointment	High Performance Studio #1	FREE to Members Only Required to use Human Sport during designated hours
TRX or Human Classes		Varies	High Performance Studio #1	\$25 Per Month Members Only Unlimited 1 Type of Class
TRX/Human Sport	14 +		High Performance Studio #1	See Schedule
Private Swim Lessons	6+	To be scheduled	To be scheduled	One lesson \$18/\$20 Three Lessons \$50/\$55 Six Lessons \$90/\$110
Spring Swim Clinics	5 +	March 27 through May 19	M-W-F 3:30-5 pm Experienced Competitive Practices 6:30-7:30 pm Technique Driven Work-Outs 7:30-8:30 pm Technique Driven Work-Outs Dry-Land Training 5:30-6:30 pm 11 and older	Y Neptunes \$50 Y Members \$62 Non Members \$82
Pool Party	N/A	Saturdays & Sundays	To be scheduled 1-Hour in the Pool 1-Hour in a room	\$75 Members \$100 Non Members Contact Janice Grasso 330-744-8411 jgrasso@YoungstownYMCA.org

6 WEEK SESSION APRIL 17-MAY 28TH

12 Rounds	14 +	Wed/Sat	Wed 5:15-6:15pm Sat 10 am-11 pm Wed 6:30-7:30 pm Sat 11:30am-12:30 pm High Performance Studio #2	\$10/\$55 for 2 days per week
Basic Jump Stretch	14 +	Tue/Thurs	6:45-7:45 pm High Performance Studio #2	\$10/\$55 for 2 days per week
Athletic Jump Stretch	14 +	Mon/Wed Tue/Thurs	7:30-8:30 pm 5:30-6:30 pm High Performance Studio #2	\$10/\$55 for 2 days per week
Jump Stretch Orientation	14 +	Mon	5-6 pm High Performance Studio #2	Free for members attend one time
Kettlebells	14 +	Tues & Thurs	5:15-6 pm Group Fitness Studio	Members \$0 Non Members \$55 Registration max 16 participants

