



PROGRAM REGISTRATION - DAVIS FAMILY YMCA - SPRING SESSION April 17-May 28, 2017
 SPRING SESSION REGISTRATION BEGINS

Spring April 17-May 28 Spring Mar 20 Others Mar 27 Late Fee April 17

SWIM LESSONS-Catherine Stan 330-480-5665 cstan@youngstownymca.org

NAME OF CLASS	AGE	DAY	TIME	ROOM	SPRING Mem/Others
Swim Starters - Parent/Child A: Water Discovery	6-36 mos.	Tue	6:00-6:30 pm	Pool	\$28/\$56
		Wed	10:00-10:30 am	Pool	\$28/\$56
		Sat	10:30-11:00 am	Pool	\$28/\$56
Swim Starters - Parent/Child B: Water Exploration	6-36 mos.	Mon	6:40-7:10 pm	Pool	\$28/\$56
		Thu	10:00-10:30 am	Pool	\$28/\$56
		Sat	9:50-10:20 am	Pool	\$28/\$56
Swim Basics - Parent/Child 1: Water Acclimation	2-3 yrs.	Wed	9:20-9:50 am	Pool	\$28/\$56
		Sat	9:10-9:40 am	Pool	\$28/\$56
Swim Basics - Preschool 1: Water Acclimation	3-5 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56
		Wed	5:10-5:50 pm	Pool	\$28/\$56
		Thu	9:10-9:50 am	Pool	\$28/\$56
		Thu	6:00-6:40 pm	Pool	\$28/\$56
		Sat	9:00-9:40 am	Pool	\$28/\$56
		Sat	10:40-11:20 am	Pool	\$28/\$56
Swim Basics - Preschool 2: Water Movement	3-5 yrs	Mon	5:50-6:30 pm	Pool	\$28/\$56
		Tue	6:00-6:40 pm	Pool	\$28/\$56
		Tue	6:50-7:30 pm	Pool	\$28/\$56
		Wed	10:40-11:20 am	Pool	\$28/\$56
		Wed	5:10-5:50 pm	Pool	\$28/\$56
		Thu	10:40-11:20 am	Pool	\$28/\$56
		Thu	6:00-6:40 pm	Pool	\$28/\$56
		Thu	6:50-7:30 pm	Pool	\$28/\$56
		Sat	9:00-9:40 am	Pool	\$28/\$56
		Sat	9:50-10:30 am	Pool	\$28/\$56
Swim Basics - Preschool 3: Water Stamina	3-5 yrs	Tue	6:50-7:30 pm	Pool	\$28/\$56
		Wed	4:20-5:00 pm	Pool	\$28/\$56
		Thu	6:00-6:40 pm	Pool	\$28/\$56
		Sat	9:50-10:30 am	Pool	\$28/\$56
Swim Basics - Youth 1: Water Acclimation	6-12 yrs	Wed	4:20-5:00 pm	Pool	\$28/\$56
		Thu	6:50-7:30 pm	Pool	\$28/\$56
		Sat	10:40-11:20 am	Pool	\$28/\$56
Swim Basics - Youth 2: Water Movement	6-12 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56
		Tue	6:50-7:30 pm	Pool	\$28/\$56
		Wed	4:20-5:00 pm	Pool	\$28/\$56
		Thu	6:00-6:40 pm	Pool	\$28/\$56
		Thu	6:50-7:30 pm	Pool	\$28/\$56
		Sat	9:50-10:30 am	Pool	\$28/\$56
		Sat	10:40-11:20 am	Pool	\$28/\$56
Swim Basics - Youth 3: Water Stamina	6-12 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56
		Wed	4:20-5:00 pm	Pool	\$28/\$56
		Thu	6:50-7:30 pm	Pool	\$28/\$56
		Sat	10:40-11:20 am	Pool	\$28/\$56
Swim Strokes - Youth 4: Stroke Introduction 5: Stroke Development	6-12 yrs	Tue	6:50-7:30 pm	Pool	\$28/\$56
		Thu	6:00-6:40 pm	Pool	\$28/\$56
		Sat	9:50-10:30 am	Pool	\$28/\$56
Swim Strokes - Youth 6: Stroke Mechanics	6-12 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56
		Thu	6:50-7:30 pm	Pool	\$28/\$56
		Sat	10:40-11:20 am	Pool	\$28/\$56

Continued...

NAME OF CLASS	AGE	DAY	TIME	ROOM	SPRING Mem/Others
Swim Basics - Teen/Adult	13+	Wed	5:10-5:55 pm	Pool	\$28/\$56
Private Swim Lessons	3+	Varies	Schedule with Instructor	Pool	1 Session \$15/\$25 Semi-Private (2 People) \$13/\$20 ea.
Triathlon Swim Skills	16+	Sat	11:30 am-12:15 pm	Pool	Jan 14-April 29 \$40/\$80

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	SPRING Men/Others
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	11:30-12:15 pm	Therapy Pool	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	5:00-5:45 pm	Therapy Pool	\$22/\$66
Arthritis Plus/MS Water Exercise	Chris	14 +	Mon/Wed/Fri	9:50-10:35 am	Lap Pool	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Tue/Thu	11:30-12:15 pm	Therapy Pool	\$17/\$51
Clinical Reformer Plus	Larry	14+	Tuesday	10:45-11:40 am	Spinning Room	\$66/\$90
Clinical Reformer Plus	Larry	14+	Friday	10:30-11:25 am	Spinning Room	\$66/\$90
Pilates Exo Chair	Larry	14+	Thursday	11:30-12:25 am	Group Fit Studio 1	\$66/\$90
Pilates Exo Chair	Larry	14 +	Thursday	4:00-4:55 pm	Group Fit Studio 1	\$66/\$90
Reformer Circuit	Larry	14 +	Friday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90
Pilates Reformer AOA	Larry	14 +	Friday	11:00-11:55 am	Group Fit Studio 1	\$66/\$90
Pilates Reformer 1	Larry	14 +	Monday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90
Pilates Reformer 1	Larry	14+	Tuesday	7:00-7:55 pm	Group Fit Studio 1	\$66/\$90
Pilates Reformer 1	Larry	14 +	Saturday	7:15-8:10 am	Group Fit Studio 1	\$66/\$90
Pilates Reformer 2	Larry	14+	Tuesday	9:20-10:15 am	Group Fit Studio 1	\$66/\$90
Pilates Reformer 2	Larry	14 +	Tuesday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90
Pilates Reformer 2	Larry	14 +	Wednesday	4:00-4:55 pm	Group Fit Studio 1	\$66/\$90
Pilates Reformer 2	Larry	14 +	Wednesday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90
Pilates Reformer 3	Larry	14+	Monday	9:30-10:25 am	Group Fit Studio 1	\$66/\$90
Pilates Reformer 3	Larry	14 +	Thursday	10:30-11:25 am	Group Fit Studio 1	\$66/\$90
Pilates Reformer 3	Larry	14 +	Thursday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90
Spinning (monthly)	Larry	14+	Varies	Varies	Multi Purpose 2	\$10/\$55 Each Mo.
Women on Weights	Larry	14+	Wednesday	11:00-11:55 am	Fitness Center	\$0/Members Only

HEALTH & WELLNESS-

Larry Jensen 330-480-5659 ljensen@youngstownymca.org/Loretta Pflug 330-480-5656 Ext. 236 pflug@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 11:00 am 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	Call For Days	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 +	Call For Days	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	WINTER 2 Mem/Others
Drawing (Adult)	Suzanne	16+	Thursday	12:30-2:00 pm	Art Studio	\$42/\$84
Drawing/Art (Youth)	Suzanne	5-8 yrs 9-14 yrs	Friday	5:00-5:45 pm 6:00-7:00 pm	Art Studio	\$22/\$44
Guitar (Beginners)	Suzanne	12+	Monday	5:30-6:30 pm	Art Studio	\$19/\$38 (5 Weeks)
Guitar (Intermediate)	Suzanne	16+	Monday	6:45-7:45 pm	Art Studio	\$19/\$38 (5 Weeks)
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
Painting - Adult	Suzanne	16+	Tuesday	1:30-3:00 pm	Art Studio	\$42/\$84
Painting - Adult	Suzanne	16+	Thursday	6:00-7:30 pm	Art Studio	\$42/\$84
Painting - Watercolor	Suzanne	16+	Thursday	10:00-Noon	Art Studio	\$50/\$100
Pottery - Adult	Suzanne	16+	Wednesday	5:30-8:00 pm	Art Studio	\$80/\$160
Pottery - Intro	Suzanne	16+	Wednesday	10:00-Noon	Art Studio	\$60/\$120
Pottery - Youth	Suzanne	6-16 yrs	Wednesday	4:00-5:00 pm	Art Studio	\$60/\$120

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	SPRING 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	\$22/\$44
Preschool Sports Soccer	Adele	3-5 yrs	Thursday	5:45-6:15 pm 6:30-7:00 pm	Multi-Pur. Room Multi-Pur. Room	\$20/\$40 \$20/\$40
Youth Sports Baseball	Nikki	6-8 yrs 9-12 yrs	Monday	5:00-5:50 pm 6:00-6:50 pm	Multi-Pur. Room	\$22/\$44
FasKidz	Nikki	8-12 yrs	Mon/Thu	4:45-5:45 pm	Mill Creek park	\$20/\$40

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

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Leaders Club	Nikki	12-18 yrs	Tuesday	5:00-6:30 pm	\$30/\$40 Annual - Training Room
Off School Camp (Spring Break)	Nikki	6-13 yrs	April 10 April 11 April 12 April 13 April 17 April 18 April 19 April 20 April 21	9:00-4:00 pm 7-9 am / 4-6 pm (Extended Hrs \$5)	\$30/\$35-Davis Y \$30/\$35-Davis Y \$30/\$35-Davis Y \$50/\$55-Carnegie \$30/\$35-Davis Y \$30/\$35-Davis Y \$30/\$35-Davis Y \$30/\$35-Davis Y \$50/\$55-Ice Zone
Youth and Government	Nikki	12-18 yrs	2nd & 4th Mondays	4:30-5:30 pm	\$30/\$40 Annual - Training Room

FAMILY PROGRAMS– APRIL-MAY 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
Cocoa & Canvas	Nikki	Parent/Child 6+	Saturdays Apr 8, May 6	5:00-7:00 pm	\$30/\$35 Parent & Child \$45/\$50
First Friday Movie Night	Nikki	Children with parents	April 7 May 5	7:00-9:30 pm	0/\$5
Parents Night Out Please note age restrictions!	Adele	3 yrs - 12 yrs	Saturday, April 8 Saturday, May 20	4:00-8:00 pm	1st Child \$ 15/\$23 then \$10/\$12 Please register by Friday at Noon.
Planet Earth Nights	Nikki	Parent/Child	Fridays in April & May	7:00-8:00 pm	Free for Members
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	\$95 Registration Fee
Preschool 4 year old class	Adele	4 years old by August 1, 2017	Mon/Wed/Fri	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
RESERVE YOUR SPOT BY PAYING THE REGISTRATION FEE! Tours available by appointment Classes are filling up! Call for updated information.					

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 +	April 1 May 13	9:00 am-3:30 pm	\$75/\$80 Community Room 2
First Aid	Chris	16 +	April 25 May 30	5:00-9:00 pm 5:00-9:00 pm	\$50/\$55 Community Room 2
Lifeguard Training	Chris	16 +	Mar 20-Apr 12 Apr 24-May 6	Mon/Wed/Fri 6-9:30 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.