



# PROGRAM REGISTRATION

## CENTRAL YMCA • Fall Sessions 1 and 2

**FALL SESSIONS**

**Fall 1**    **September 11–October 22**  
**Fall 2**    **October 23–December 3**

**REGISTRATIONS BEGINS**

<b>Members</b>	<b>Non-Members</b>	<b>Late Fee</b>
Fall 1 <b>Aug. 14</b>	<b>Aug. 21</b>	<b>Sep. 11</b>
Fall 2 <b>Oct. 9</b>	<b>Oct. 17</b>	<b>Oct. 23</b>

## SWIM LESSONS

NAME OF CLASS	AGE	DAY	TIMES	ROOM	FALL
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 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

# SPECIALTY PROGRAMS (Not on 6-week session schedule)

NAME OF CLASS	AGE	DAY	TIME	MEMBER RATE/NON-MEMBER RATE
Personal Training	14 +	To be scheduled	To be scheduled 1 person	Member /Non Member 1 hour Session \$35/\$55 4 Sessions \$133/\$209 8 Sessions \$252/\$396 12 Sessions \$357/\$561
Group Personal Training		To be scheduled	To be scheduled 2 people Price is per person	Member/Non Member 1 Session \$30/\$50 each 4 Sessions \$114/\$190 each 8 Sessions \$216/\$360 each 12 Sessions \$306/\$510 each
TRX/Human Sport	14 +	See Schedule	High Performance Studio #1	\$5 for one class per week per Session See Schedule

## 6 WEEK SESSION

12 Rounds	14 +		Mon: 6:15-7:15pm Wed: 5-6pm Wed: 6:15-7:15pm Fri: 5-6pm Sat: 10-11am High Performance Studio #2	\$5/\$27.50/day/session Drop In \$5/\$10 per class-ONLY FOR OPEN CLASSES
12 Rounds for Kids	6-13	Saturday	11:15am-12:00pm High Performance Studio #2	FREE MEMBERS NON-MEMBERS \$25 FOR 6 WEEK SESSION

## MONTHLY

Basic Jump Stretch	14 +	Tue/Thurs	6:15-7:15pm High Performance Studio #2	\$8/\$40 for 2 days per week/month Drop In \$5/\$10 per class
Athletic Jump Stretch	14 +	Tue/Thurs	5:15-6:15pm High Performance Studio #2	\$10/\$55 for 2 days per week/month Drop In \$5/\$10 per class
Jump Stretch Orientation	14 +	Mon	5:00-6:00pm High Performance Studio #2	Free for members to attend one time
Spinning (monthly)	14 +	Varies	Varies	\$10 Members Each Month \$55 Non Members Each Month For both Central and Davis Central ONLY Drop In \$5/\$10
Yoga		Mon Tues Thurs Friday	6:30-7:30pm Group Fitness Studio 5:30-6:30pm Manchester Room 5:30-6:30pm Manchester Room Group Fitness Studio To Be Announced	Members \$0 Non Members \$55 Month Unlimited Registering 15-end of the month half off Central ONLY Drop In non-members \$10
Strength and Stretch Formerly Strong Fit	14+	M-W-F	9:30-10:30am High Performance #2	Members \$0 Non Members \$55 Month Unlimited Registering 15th-end of the month half off Drop in non-members \$10 per class
Team Jump Stretch		By Appointment	High Performance Studio #2	2 Classes /week/month 1-10 \$300 11-15 \$350 16-20 \$400 *MUST BRING INVOICE AND WAIVERS

## SPECIAL EVENTS

Fitness Blitz		Sept/Nov	Fitness Blitz	To be announced
Spinning			Spinning Special Events	To be announced
12 Rounds Special Event			Back to School Event	

# FALL YOUTH SPORTS LEAGUES

Sign up for leagues and clinics at front desk. Registration forms are in lobby or online

## Indoor Soccer League

AGE DIVISION	PRACTICE	GAMES	REGISTRATION DEADLINE	Member Rate/ Non-Member Rate	ROOM
3-5 yrs 5-7 yrs	Saturdays, August 26 and September 2	Saturdays, September 9, 16, 23 30, and Oct 7	August 19 \$10 Late Fee applies	\$42/\$65	Community Gym Upper Gym

## Fall Skills and Drills Basketball Clinics

AGE DIVISION	DATES	TIMES	REGISTRATION DEADLINE	Member Rate/ Non-Member Rate	ROOM
Boys and Girls 6-13 yrs All skills levels	Tues/Thurs Oct 17, 19, 24, 26 November 2	5-9 yrs 5:15-6:45 pm 9-12 yrs 7:00-8:30 pm	Monday, October 23	\$19/\$29 First Clinic Add \$9 for each additional clinic \$50/\$60 Clinic Series	Community Gym

## Fall Jr. Cavs Fundamental Basketball League

AGE DIVISION	PRACTICE	GAMES	REGISTRATION DEADLINE	Member Rate/ Non-Member Rate	ROOM
4-5 yrs co-ed 5-7 yrs boys/girls 8-9 yrs boys/girls 9-10 yrs boys 9-11 yrs girls 10-12 yrs co-ed 13-15yrs co-ed	Saturdays October 14, 21 and 28	Saturdays November 4, 11, 18 December 4, 9 and 16	Saturday, September 16 Final Registration Deadline After Sep. 30 add \$15 Late Fee	\$75/\$100	Community Gym Upper Gym Lower Gym

## Fall "Team Select" Basketball League

AGE DIVISION	PRACTICE	GAMES	TOURNAMENT	REGISTRATION DEADLINE	Member Rate/ Non-Member Rate	ROOM
3rd-4th Grade Boys 5th-6th Grade Boys	Sundays, October 15, 22, & 29	Sundays, November 5, 12, 19, 26, December 3	Sundays, December 10 and 17	Saturday, October 7 Players turn in Registration and Payments to Team coach	\$43/\$58 Add \$12 to fee if need Y Uniform	Community Gym Upper Gym

### ONLINE REGISTRATION

To register online, go to [youngstownymca.org](http://youngstownymca.org) and choose the "Register Online" button in the upper right. Follow the steps to create an account or log in with your user name and password.