



PROGRAM REGISTRATION - DAVIS FAMILY YMCA - FALL SESSION 2017

FALL SESSIONS

FALL 1 Sept 11-Oct 22
FALL 2 Oct 23-Dec 3

REGISTRATION BEGINS

	Members	Others	Late Fee
Fall 1	Aug 14	Aug 21	Sept 11
Fall 2	Oct 9	Oct 16	Oct 23

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

NAME OF CLASS	AGE	DAY	TIME	ROOM	FALL 1		FALL 2	
					Members	Others	Members	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		\$24/\$48	
		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	Tue	6:00-6:40 pm	Pool	\$28/\$56		\$28/\$56	
		Wed	5:10-5:50 pm	Pool	\$28/\$56		\$28/\$56	
		Thu	9:10-9:50 am	Pool	\$28/\$56		\$24/\$48	
		Thu	6:00-6:40 pm	Pool	\$28/\$56		\$24/\$48	
		Sat	9:00-9:40 am	Pool	\$28/\$56		\$28/\$56	
		Sat	10:40-11:20 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		\$24/\$48	
		Thu	6:00-6:40 pm	Pool	\$28/\$56		\$24/\$48	
		Thu	6:50-7:30 pm	Pool	\$28/\$56		\$24/\$48	
		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		\$24/\$48	
		Sat	9:50-10:30 am	Pool	\$28/\$56		\$28/\$56	
Swim Basics-Youth 1: Water Acclimation	6-12 yrs	Wed	4:20-5:00 pm	Pool	\$28/\$56		\$28/\$56	
		Thu	6:50-7:30 pm	Pool	\$28/\$56		\$24/\$48	
		Sat	9:50-10:30 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		\$24/\$48	
		Thu	6:50-7:30 pm	Pool	\$28/\$56		\$24/\$48	
		Sat	10:40-11:20 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		\$24/\$48	
		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		\$24/\$48	
		Sat	9:50-10:30 am	Pool	\$28/\$56		\$28/\$56	

*Thursday classes will be pro-rated for 5 weeks--no classes on Thanksgiving.

NAME OF CLASS	AGE	DAY	TIME	ROOM	FALL 1 Members/Others	FALL 2 Members/Others
Swim Strokes-Youth 6: Stroke Mechanics	6-12 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56	\$28/\$56
		Thu	6:50-7:30 pm	Pool	\$28/\$56	\$24/\$48
		Sat	10:40-11:20 am	Pool	\$28/\$56	\$28/\$56
Swim Basics-Teen/Adult	13+	Wed	5:10-5:50 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 each	1 Session \$15/\$25 Semi-Private (2 people) \$13/20 each

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	FALL 1 Members/Others	FALL 2 Members/Others
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	11:30 am-12:15 pm	Therapy Pool	\$22/\$66	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	5:00-5:45 pm	Therapy Pool	\$22/\$66	\$22/\$66
Arthritis Plus Water Exercise	Chris	14 +	Mon/Wed/Fri	9:50-10:35 am	Lap Pool	\$22/\$66	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Tue/Thu	11:30 am-12:15 pm	Therapy Pool	\$17/\$51	\$16/\$48
Clinical Reformer/Plus	Larry	14+	Tuesday	10:45-11:40 am	Group Fit Studio 1	\$66/\$90	
Clinical Reformer/Plus	Larry	14+	Friday	10:30-11:25 am	Group Fit Studio 1	\$66/\$90	
Pilates Exo Chair	Larry	14 +	Thursday	4:00-4:55 pm	Group Fit Studio 1	\$66/\$90	\$55/\$75
Reformer Circuit	Larry	14 +	Friday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer AOA	Larry	14 +	Friday	11:00-11:55 am	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 1	Larry	14 +	Monday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 1	Larry	14 +	Saturday	7:15-8:10 am	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 2	Larry	14+	Tuesday	9:30-10:25 am	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 2	Larry	14 +	Wednesday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 3	Larry	14+	Monday	9:30-10:25 am	Group Fit Studio 1	\$66/\$90	\$66/\$90
Reformer/Tabata	Larry	14 +	Thursday	10:30-11:25 am	Group Fit Studio 1	\$66/\$90	\$55/\$75
Pilates Reformer 3	Larry	14 +	Thursday	5:00-5:55 pm	Group Fit Studio 1	\$66/\$90	\$55/\$75
Spinning (monthly)	Larry	14+	Varies	Varies	Multi Purpose 2	\$10/\$55 Each Mo.	\$10/\$55 Each Mo.
Women on Weights	Larry	14+	Wednesday	11:00-11:55 am	Fitness Center	Free for Members	Free for Members

HEALTH & WELLNESS-SEPT-DEC 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 11:00am	\$0/\$80 Contact lpflug@youngstownymca.org or 330-480-5656 Ext. 236 to register
LIVESTRONG AT THE YMCA*	Loretta	18+ For Cancer Survivors	TBA	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* (1 Person) or (2 People)	Larry	14+	Participant's Choice	Schedule with Trainer	1 Person 1 Session \$35/\$55 each 4 Sessions \$133/\$209 each 8 Sessions \$252/\$396 each 12 Session \$357/\$561 each 2 People 1 Session \$30/\$50 each 4 Sessions \$114/\$190 each 8 Sessions \$216/\$360 each 12 Session \$306/\$510 each
Pilates Reformer Personal Training*	Larry	14 +	Participant's Choice	Schedule with Trainer	1 Person 1 Session \$45/\$55 each 10 Sessions \$400/\$500 each 2 people 1 Session \$30/\$35 each 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 September	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	FALL 1 Members/Others	FALL 2 Members/Others
Drawing (Adult)	Suzanne	16+	Friday	12:15-1:45 pm	Art Studio	\$42/\$84	
Drawing (Youth)	Suzanne	5-8 yrs 9-14 yrs	Friday	5:00-5:45 pm 6:00-7:00 pm	Art Studio	\$22/\$44	\$22/\$44
Guitar (Beginners)	Suzanne	12+	Monday Sept 18	5:30-6:30 pm	Art Studio	\$19/\$38	\$22/\$44
Guitar (Intermediate)	Suzanne	16+	Monday Sept 18	6:45-7:45 pm	Art Studio	\$19/\$38	\$22/\$44
Lego Club	Nikki	6-8 yrs 9-12 yrs	Wednesday	5:00-6:00 pm 6:00-7:00 pm	Food Court	Free/Members Only	Free/Members Only
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	\$35/\$70
Painting - Watercolor	Suzanne	16+	Friday	10:00 am-12:00 pm	Art Studio	\$50/\$100	
Pottery - Adult	Suzanne	16+	Wednesday	5:30-8:00 pm	Art Studio	\$80/\$160	\$80/\$160
Pottery - Youth	Suzanne	6-16 yrs	Wednesday	4:00-5:00 pm	Art Studio	\$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
But I Know What I Like Opening Reception	Suzanne		Sunday Oct 8	1:00-3:00 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	FALL 1 Members/Others	FALL 2 Members/Others
Flag Football	Nikki	6-8 yrs 9-12 yrs	Monday	5:00-5:50 pm 6:00-6:50 pm	Multi-Pur. Room	\$22/\$44	
kidFIT teenFIT	Nikki	6-12 yrs 13-16 yrs	Tuesday	5:00-5:50 pm 6:00-6:50 pm	Multi-Pur. Room	\$22/\$44	\$22/\$44
Preschool Obstacle Course	Adele	3 yr olds 4-5 yr olds	Thursday	5:45-6:15 pm 6:30-7:00 pm	Multi-Pur. Room		\$20/\$40
Preschool Basketball	Adele	3 yr olds 4-5 yr olds	Thursday	5:45-6:15 pm 6:30-7:00 pm	Multi-Pur. Room	\$22/\$44	
Floor Hockey	Nikki	6-8 yrs 9-12 yrs	Monday	5:00-5:50 pm 6:00-6:50 pm	Multi-Pur. Room		\$22/\$44
Toddler Sports Class	Adele	2-3 yrs	Tuesday	10:45-11:15 am	Multi-Pur. Room	\$22/\$44	\$22/\$44
Youth Sports Cheerleading	Nikki	6-8 yrs 9-12 yrs	Wednesday	4:15-5:00 pm 5:15-6:00 pm	Multi-Pur. Room	\$22/\$44	

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

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Homeschool Fit & Swim	Chris	4-18 yrs	Tuesdays Sept 11-Nov 28	1:15-3:00 pm	\$50/\$75
Leaders Club	Nikki	12-18 yrs	Tuesday	5:00-7:00 pm	\$35/\$45 Annual - Training Room-Starts 9/19
Off School Camp	Nikki	6-13 yrs	Oct 13 Nov 22 Nov 24	9:00-4:00 pm 7-9 am / 4-6 pm (Extended Hours)	\$30/\$35-Oct 14 \$30/\$35-Nov 23 \$60/\$65-Nov 25 (Field Trip Extreme Air) (Extended Hours)
Youth and Government	Nikki	Middle School (Fall Only)	2nd & 4th Mondays	5:00-7:00 pm	\$200 Fee - Fundraising Opportunities Available Training Room

FAMILY PROGRAMS- SEPT-DEC 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	\$225 Members Only
First Friday Movie Night	Nikki	Children with parents	Oct 6 Nov 3, Dec 1	7:00-9:30 pm	Free for Members Guests may purchase Pass W/Member
Cocoa & Canvas	Nikki	Parent/Child 6+	Saturdays Sep 9, Oct, Nov 11, Dec 9	5:00-7:00 pm	\$30/\$35 Parent & Child \$45/\$50
Parents Night Out	Adele	3 - 12 yrs	Saturday Sep 16, Oct 21, Nov 18, Dec 16	4:00-8:00 pm	1st Child \$18/\$25 then \$12/\$15 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	Free for Members Guests may purchase Pass W/Member
Pooch Pentathlon	Chris		Sept 10	1:00-3:00 pm	\$5 (\$10 after Sept. 6)

PRESCHOOL PROGRAM-Adele Taylor 330-480-5657 ataylor@youngstownymca.org

NAME	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Preschool 3 year old class	Adele	3 yrs	Tue/Thu	FULL	\$95 Registration Fee Then \$100/\$120 Monthly Fee
Preschool 4 year old class	Adele	4 yrs	Mon/Wed/Fri	12:30-3:30 pm 1:00-4:00 pm	\$95 Registration Fee Then \$130/\$150 Monthly Fee
Preschool 5 year old class	Adele	5 yrs	Mon-Fri	9:00 am-1:00 pm	\$95 Registration Fee Then \$200/\$220 Monthly fee

We are still accepting registrations for our 2017-2018 Preschool classes. Openings going quickly. Contact Adele Taylor for current information. Reserve your spot by paying the annual registration fee. Monthly payments run from September through May. The Davis Family YMCA Preschool is state licensed and Step Up To Quality approved.

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 +	Sept 23 Nov 4 Dec 16	9:00 am-3:30 pm	\$75/\$80 Community Room 2
First Aid	Chris	16 +	Oct 10 Nov 28	5:00-9:00 pm 5:00-9:00 pm	\$50/\$55 Community Room 2
Lifeguard Training	Chris	16 +	Oct 2-25	Mon/Wed 6:00-9:30 pm and Sat 12-3:30 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

To register online, go to youngstownymca.org and choose the "register online" button on the upper right. Follow the steps to create an account if you haven't yet, or log in with your user name and password.