



PROGRAM REGISTRATION

CENTRAL YMCA • Winter Session 1 2018

WINTER 1 SESSIONS

REGISTRATIONS BEGINS

Winter 1 January 8-February 18

Members

Non-Members

Late Fee

November 20

November 27

January 8

SWIM LESSONS

NAME OF CLASS	AGE	DAY	TIMES	ROOM	WINTER 1
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	14 +	See Schedule	High Performance Studio #1	Members \$0 Non Members \$55 Month Unlimited Central ONLY Drop In non-members \$10
Extreme Kids Athletic Training	7-9	Monday/Friday	High Performance Studio #2	Members: \$20 / Non-Members: \$50

6 WEEK SESSION

12 Rounds	14 +	M, W, F, S	Mon: 6:15-7:15pm Wed. 5-6pm Wed. 6:15-7:15pm Fri: 6:15-7:15pm Sat: 10-11am High Performance Studio #2	Members: \$5/day/session Non-Members: \$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 \$55 FOR 6 WEEK SESSION
Kids Unlimited	7-13	Thursday	6:30-7:15pm High Performance Studio #2	FREE MEMBERS NON-MEMBERS \$55 FOR 6 WEEK SESSION

MONTHLY

Basic Jump Stretch	14 +	Mon, Wed, Fri Tuesday	M, W, F: 9:30-10:30am T: 6:15-7:15pm High Performance Studio #2	Members \$0 Non Members \$55 Month Unlimited
Athletic Jump Stretch	14 +	Monday/ Wednesday Tue/Thurs	M/W: 3:45-4:45pm T/TH: 5:15-6:15pm High Performance Studio #2	\$10/\$55 for 2 days per week/month Add a 3rd day \$5/\$27.50/session Drop In \$5/\$10 per class
Jump Stretch Orientation	14 +	Saturday	12:30-1:30pm 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	14+	Friday	7:30-8:30am 10:15-11:15am Group Fitness Studio	Members \$0 Non Members \$55 Month Unlimited Central ONLY Drop In non-members \$10
Pilates	14+	Monday	6:30-7:30pm Group Fitness Studio	Members \$0 Non Members \$55 Month Unlimited Central ONLY Drop In non-members \$10
Team Jump Stretch		By Appointment	High Performance Studio #2	2 Classes /week/month (8 class total) 1-10 \$300 11-15 \$350 16-20 \$400 *MUST BRING INVOICE AND WAIVERS
Tae Kwon Do	8+	Monday/ Wednesday	4:00-5:00 pm Group Fitness Studio	Members \$30.00 per month Others \$45.00 per month Uniforms \$35.00 per month pay instructor

SPECIAL EVENTS

Spin-A-Thon	10+	March 10th, 2018	7:30am-1:00pm	To be announced
Fitness Blitz	14+	Jan/March	January 13: 8:00-9:30am March 3: 9:00-10:30am	Classes to be announced
Spinning	14+	January-March	January 15: MLK Ride February 1-7: Go Red For Women February 2: Wear Red Day February 14: Ash Wednesday Ride 6-7:30pm March 16/17: St. Patrick's Day Rides March 24: Passion and Hope Ride 8-9:30am March 30 Good Friday Ride: 9-10:00am	To be announced

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

WINTER TIP OFF SKILLS and DRILLS BASKETBALL CLINICS

AGE DIVISIONS	DATES	TIMES	REGISTRATION DEADLINE	MEMBER FEE/ OTHER FEE	LOCATION
BOYS and GIRLS 5-12 yrs All skill levels	<u>SUNDAYS</u> Jan 7, 14 & 21	<u>5-9 yrs</u> 12:15—2:15 pm <u>9-12 yrs</u> 2:30-4:30 pm	Saturday January 6, 2018	(1) CLINIC DAY M: \$25 O: \$32 (2) CLINIC DAYS M: \$40 O: \$54 CLINIC SERIES (ALL 3) M: \$50 O: \$70	<u>CENTRAL Y</u> Community Gym

WINTER JR CAVS FUNDAMENTAL BASKETBALL LEAGUE

AGE DIVISIONS	PRACTICES	GAMES	REGISTRATION DEADLINES	MEMBER FEE/ OTHERS FEE	LOCATION
COED: 4-5 yr olds BOYS: 5-7 yr olds GIRLS: 5-7 yr olds BOYS: 8-9 yr olds GIRLS: 8-9 yr olds BOYS: 9-10 yr olds GIRLS: 9-11 yr olds COED: 10-12 yr olds COED: 13-15 yr olds	<u>SATURDAYS:</u> Jan 13, 20, 27 & Feb 3 <u>MID-SEASON PRACTICE:</u> (Optional-Coach decides) March 10	<u>SATURDAYS:</u> FEB: 10, 17 & 24 MAR: 3, 17 & 24	<u>FIRST REG DEADLINE:</u> Before or on: Sat, Dec 23, 2017 <u>FINAL REG DEADLINE:</u> Sat Jan 6, 2018 (Dec 24 - Jan 6 add \$15 Fee)	Before or on <u>Dec 23:</u> \$77/\$107 After Dec 23: <u>\$92/\$122</u>	<u>CENTRAL Y</u> Community Gym Upper Gym Lower Gym

WINTER HOOPS360 COMPETITIVE BASKETBALL LEAGUE

AGE DIVISIONS	PRACTICES	GAMES	TOURNAMENT	REGISTRATION DEADLINE	MEMBER FEE/ OTHER FEE	LOCATION
<u>COED TEAMS</u> BOYS/GIRLS: 8-10 yrs BOYS/GIRLS: 10-12 yrs AVERAGE, COMPETITIVE, and ADVANCED SKILL LEVELS * Teams formed by League Director	<u>SUNDAY</u> Jan 28 <u>THURSDAYS</u> Feb 1, 8, 15 & 22 Mar 1, 8 & 15	<u>SUNDAYS</u> Feb 4, 11, 18 & 25 Mar 4	<u>SUNDAYS</u> Mar 11 & 18	Saturday Jan 20, 2018	Before or on <u>Jan 20:</u> \$55/\$80 After Jan 20: <u>\$65/\$90</u>	<u>CENTRAL Y</u> Community Gym

ONLINE REGISTRATION

To register online, go to 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.