

PROGRAM REGISTRATION - DAVIS FAMILY YMCA - HOLIDAY/WINTER SESSIONS 2017/2018



HOLIDAY/WINTER SESSIONS

REGISTRATION BEGINS

HOLIDAY Dec 4-Dec 31
WINTER 1 Jan 8-Feb 18
WINTER 2 Feb 19-Mar 31

HOLIDAY Oct 9
WINTER 1 Nov 20
WINTER 2 Feb 5

Members
Oct 9
Nov 20
Feb 5

Others
Oct 16
Nov 27
Feb 12

Late Fee
Dec 4
Jan 8
Feb 19

SWIM LESSONS—Catherine Stan (P) 330 480 5665 (E) cstan@youngstownymca.org

NAME OF CLASS	AGE	DAY	TIME	ROOM	HOLIDAY Mem/Others	WINTER 1 Mem/Others	WINTER 2 Mem/Others
Swim Starters - Parent/Child A: Water Discovery	6-36 mos.	Tue	6:00-6:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Wed	10:00-10:30 a.m.	Pool		\$28/\$56	\$28/\$56
		Sat	10:30-11:00 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Starters - Parent/Child B: Water Exploration	6-36 mos.	Mon	6:40-7:10 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	10:00-10:30 a.m.	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:20 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Basics - Parent/Child 1: Water Acclimation	2-3 yrs.	Wed	9:20-9:50 a.m.	Pool		\$28/\$56	\$28/\$56
		Sat	9:10-9:40 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Basics - Preschool 1: Water Acclimation	3-5 yrs	Tue	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Wed	5:10-5:50 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	9:10-9:50 a.m.	Pool		\$28/456	\$28/\$56
		Thu	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Sat	9:00-9:40 a.m.	Pool		\$28/\$56	\$28/\$56
		Sat	10:40-11:20 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Basics - Preschool 2: Water Movement	3-5 yrs	Mon	5:50-6:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Tue	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Tue	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Wed	10:40-11:20 a.m.	Pool		\$28/\$56	\$28/\$56
		Wed	5:10-5:50 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	10:40-11:20 a.m.	Pool		\$28/\$56	\$28/\$56
		Thu	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Sat	9:00-9:40 a.m.	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:30 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Basics - Preschool 3: Water Stamina	3-5 yrs	Tue	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Wed	4:20-5:00 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:30 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Basics - Youth 1: Water Acclimation	6-12 yrs	Thu	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:30 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Basics - Youth 2: Water Movement	6-12 yrs	Tue	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Tue	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Wed	4:20-5:00 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Sat	10:40-11:20 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Basics - Youth 3: Water Stamina	6-12 yrs	Tue	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Wed	4:20-5:00 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Sat	10:40-11:20 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Strokes - Youth 4: Stroke Introduction 5: Stroke Development	6-12 yrs	Tue	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Sat	9:50-10:30 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Strokes - Youth 6: Stroke Mechanics	6-12 yrs	Tue	6:00-6:40 p.m.	Pool		\$28/\$56	\$28/\$56
		Thu	6:50-7:30 p.m.	Pool		\$28/\$56	\$28/\$56
		Sat	10:40-11:20 a.m.	Pool		\$28/\$56	\$28/\$56
Swim Basics - Teen/Adult	13+	Wed	5:10-5:50 p.m.	Pool		\$28/\$56	\$28/\$56
Private Swim Lessons	3+	Varies	Schedule with Instructor	Pool	1 Session \$15/\$25 Semi-Private (2 people) \$12/\$20 ea.		

GROUP FITNESS—Larry Jensen (P) 330 480 5659 (E) ljensen@youngstownymca.org
Chris Hughes (P) 330 480 5655(E) chughes@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	ROOM	HOLIDAY Mem/Others	WINTER 1 Mem/Others	WINTER 2 Men/Others
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	11:30-12:15 p.m.	Therapy Pool	\$15/\$30	\$22/\$66	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	5:00-5:45 p.m.	Therapy Pool	\$15/\$30	\$22/\$66	\$22/\$66
MS/Arthritis Water Exercise Plus	Chris	14 +	Mon/Wed/Fri	9:50-10:35 a.m.	Lap Pool	\$15/\$30	\$22/\$66	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Tue/Thu	11:30-12:15 p.m.	Therapy Pool	\$10/\$20	\$17/\$51	\$17/\$51
Ballroom Dance	Larry	14+	Friday	7:00-8:00 p.m.	Studio 1		\$33/\$66	\$33/\$66
Boga Fit	Chris	14+	Tuesday	7:45-8:45 p.m.	Pool		\$120/\$150	\$120/\$150
Clinical Reformer Plus	Larry	14+	Tuesday	10:45-11:40 a.m.	Spinning Room		\$66/\$90	\$66/\$90
Pilates Exo Chair	Larry	14+	Thursday	11:30-12:25 a.m.	Group Fit Studio 1		\$66/\$90	\$66/\$90
Pilates Exo Chair	Larry	14 +	Thursday	4:00-4:55 p.m.	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Reformer Circuit	Larry	14 +	Friday	5:00-5:55 p.m.	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Pilates Reformer AOA	Larry	14 +	Friday	11:00-11:55 a.m.	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Pilates Reformer 1	Larry	14 +	Monday	5:00-5:55 p.m.	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 1	Larry	14 +	Saturday	7:15-8:10 a.m.	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Pilates Reformer 2	Larry	14+	Tuesday	9:30-10:25 a.m.	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 2	Larry	14 +	Wednesday	5:00-5:55 p.m.	Group Fit Studio 1	\$44/\$60	\$66/\$90	\$66/\$90
Pilates Reformer 3	Larry	14 +	Thursday	5:00-5:55 p.m.	Group Fit Studio 1	\$55/\$75	\$66/\$90	\$66/\$90
Spinning (monthly)	Larry	14+	Varies	Varies	Multi Purpose 2	\$10/\$55 Each Mo.	\$10/\$55 Each Mo.	\$10/\$55 Each Mo.
Women on Weights	Larry	14+	Wednesday	11:00-11:55 a.m.	Fitness Center	\$0/Members Only	\$0/Members Only	\$0/Members Only
Triathlon Skills Class	Larry	16+	Saturday Jan 13-May 12	11:30 a.m.-12:15 p.m.	Pool		\$50/\$100	

HEALTH & WELLNESS—DEC-MAR Larry Jensen (P) 330-480-5659 (E) ljensen@youngstownymca.org
Loretta Pflug (P) 330-480-5656 ext 236 (E) lpflug@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Enhance® Fitness*	Loretta	18+	Mon/Wed/Fri	Mon 2:00 p.m. Wed 11:00 a.m. Fri 11:00a.m.	\$0/\$80 Contact lpflug@youngstownymca.org or (P) 330 480 5656 ext 236 to register
LIVESTRONG AT THE YMCA*	Loretta	18+ For Cancer Survivors	Mon/Wed 1:00-2:30 p.m. January 2018	12-Week Program	\$0/\$0 Contact LIVESTRONG@youngstownymca.org or (P) 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 Person 1 Session \$35/\$55 each 4 Sessions \$133/\$209 each 8 Sessions \$252/\$396 each 12 Sessions \$357/\$561 each 2 People 1 Session \$30/\$50 each 4 Sessions \$114/\$190 each 8 Sessions \$216/\$350 each 12 Sessions \$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 January 2018	25 sessions throughout the year TBA	Contact Loretta Pflug at (E) lpflug@youngstownymca.org or (P) 330 480 5656 ext 236 to inquire about payment options and to register. Financial Aid available.

ARTS & HUMANITIES—Suzanne Gray (P) 330 480 5656 ext 247 (E) sgray@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	ROOM	HOLIDAY Mem/Others	WINTER 1 Mem/Others	WINTER 2 Mem/Others
Drawing (Adult)	Suzanne	16+	Friday	12:15-1:45 p.m.	Art Studio		\$42/\$84	\$42/\$84
Drawing/Art (Youth)	Suzanne	5-8 yrs 9-14 yrs	Friday	5:00-5:45 p.m. 6:00-7:00 p.m.	Art Studio		\$22/\$44	\$22/\$44
Guitar (Beginners)	Suzanne	12+	Monday	5:30-6:30 p.m.	Art Studio		\$22/\$44	\$22/\$44
Guitar (Intermediate)	Suzanne	16+	Monday	6:45-7:45 p.m.	Art Studio		\$22/\$44	\$22/\$44
Home School Art	Suzanne	8-16 yrs	Tuesday	11:00-12:00 p.m.	Art Studio		\$25/\$50	\$25/\$50
Lego Club	Nikki	6-8 yrs 9-12 yrs	Wednesday	5:00-6:00 p.m. 6:00-7:00 p.m.	Food Court		\$0/\$10 Must Register	\$0/\$10 Must Register
Painting - Adult	Suzanne	16+	Tuesday	1:30-3:00 p.m.	Art Studio		\$42/\$84	\$42/\$84
Painting - Adult	Suzanne	16+	Thursday	6:00-7:30 p.m.	Art Studio		\$42/\$84	\$42/\$84
Painting - Watercolor	Suzanne	16+	Friday	10:00-Noon	Art Studio		\$50/\$100	\$50/\$100
Pottery - Adult	Suzanne	16+	Wednesday	5:30-8:00 p.m.	Art Studio	\$40/\$80	\$80/\$160	\$80/\$160
Pottery - Youth	Suzanne	6-16 yrs	Wednesday	4:00-5:00 p.m.	Art Studio	\$30/\$60	\$60/\$120	\$60/\$120

ART & HUMANITIES SPECIAL EVENTS— Suzanne Gray (P) 330 480 5656 ext 247 (E) sgray@youngstownymca.org

NAME	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
FIVE Squared Opening Reception	Suzanne		Sunday Feb 4	1:00-2:30 p.m.	Free and Open to the Community

YOUTH SPORTS & MORE— Adele Taylor (P) 330 480 5657 (E) ataylor@youngstownymca.org Nikki Murray (P) 330 480 5658 (E) nmurray@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	ROOM	HOLIDAY Mem/Others	WINTER 1 Mem/Others	WINTER 2 Mem/Others
Baseball	Nikki	6-8 yrs 9-12 yrs	Monday	5:00-5:50 p.m. 6:00-6:50 p.m.	Multi-Pur Room			\$25/\$50
Youth Sports Basketball	Nikki	6-8 yrs 9-12 yrs	Tuesday	5:00-5:50 p.m. 6:00-6:50 p.m.	Gym 1 Half Court		\$25/\$50	
Preschool Sports Flag Football	Adele	3 yrs 4 & 5 yrs	Thursday	5:45-6:15 p.m. 6:30-7:00 p.m.	Multi-Pur. Room		\$22/\$44	
Preschool Sports Soccer	Adele	3 yrs 4 & 5 yrs	Thursday	5:45-6:15 p.m. 6:30-7:00 p.m.	Multi-Pur. Room			\$22/\$44
Volleyball	Nikki	9-15 yrs	Thursday	5:15-6:00 p.m.	Gym 2	\$22/\$44		
kidFIT teenFIT	Nikki	6-12 yrs 13-16 yrs	Tuesday	5:00-5:50 p.m. 6:00-6:50 p.m.	Multi-Pur. Room		\$25/\$50	\$25/\$50
Youth Sports Soccer	Nikki	6-8 yrs 9-12 yrs	Monday	5:00-5:50 p.m. 6:00-6:50 p.m.	Multi-Pur. Room		\$25/\$50	
Youth Sports Lacrosse	Nikki	8-14 yrs	Wednesday	6:00-6:50 p.m.	Multi-Pur. Room		\$25/\$50	
Youth Sports Beginners Hip Hop	Nikki	6-8 yrs 9-12 yrs	Wednesday	4:00-4:50 p.m. 5:00-5:50 p.m.	Multi-Pur. Room		\$25/\$50	\$25/\$50

YOUTH-SPECIAL PROGRAMS—Nikki Murray (P) 330 480 5658 (E) nmurray@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Gettin' Fit Kick Ball	Larry	7-13 yrs	Mondays	6:00-7:00 p.m.	Free to Members
Homeschool Fit & Swim	Chris	4-18 yrs	Tue, Jan 9-Mar 27	1:15-3:00 p.m.	\$50/\$75
Leaders Club	Nikki	12-18 yrs	Tuesday	5:00-6:30 p.m.	\$35/\$45 Annual - Training Room
Off School Camp	Nikki	6-13 yrs	Dec. 22, Dec 26-28, Dec 29, Jan 15, Feb 16, Feb 19, Mar 9, Mar 30, April 2, April 6	9:00-4:00 p.m. 7-9 a.m. 4-6 p.m. (Extended Hours \$5)	Dec. 22 - Lunch with Santa \$45/\$50 Dec 26-28 Davis \$35/\$40 • Dec 29 Skate Zone \$50/\$55 Jan 15 MLK Day Splash lagoon \$55/\$60 Feb 16 Davis \$35/\$40 • Feb 19 Brandywine \$55/\$60 Mar 9 Davis \$35/\$40 • Mar 30 Davis \$35/\$40 April 2-5 Davis \$35/\$40 • April 6 Carnegie Science Ctr. \$45/\$50
Youth and Government	Nikki	12-18 yrs	2nd & 4th Mondays	4:30-5:30 p.m.	\$200 Annual - Training Room

FAMILY PROGRAMS—DEC—MAR Adele Taylor (P) 330 480 5657 (E) ataylor@youngstownymca.org
 Nikki Murray (P) 330 480 5658 (E) 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 p.m. 4:00-7:00 p.m.	\$225 Members Only
Family Yoga	Larry	Moms/Dads Kids 7-13 yrs	Wednesday	6:00-6:30 p.m.	Free to Members
First Friday Movie Night	Nikki	Children with parents	Dec 1, Jan 5, Feb 2, Mar 2, Apr 6	7:00-9:30 p.m.	0/\$10
Cocoa & Canvas	Nikki	Parent/Child 6+	Saturdays Dec 9, Jan 13, Feb 10, Mar 10, Apr 7	5:00-7:00 p.m.	\$30/\$35 Parent & Child \$45/\$50
Parents Night Out Please note age restrictions!	Adele	3 yrs -12 yrs	Saturday Jan. 20, Feb. 17, Mar. 17	4:00-8:00 p.m.	1st Child \$18/\$25 then \$12/\$15 Please register by Friday at Noon.

PRESCHOOL REGISTRATION INFO —Adele Taylor (P) 330 480 5657 (E) ataylor@youngstownymca.org

NAME	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Preschool 3 year old class	Adele	3 years old by August 1, 2018	Tue/Thu	9 a.m.-noon, 9:30 a.m. -12:30 p.m.	\$95 Registration Fee
Preschool 4 year old class	Adele	4 years old by August 1, 2018	Mon/Wed/Fri	9 a.m.-noon, 9:30 a.m. -12:30 p.m. 12:30-3:30 p.m., or 1:00-4:00 p.m.	\$95 Registration Fee
Preschool 5 year old class	Adele	5 years old by August 1, 2018	Mon-Fri	9:00 a.m.-1:00 p.m.	\$95 Registration Fee
Registration for the 2018-2019 school year is as follows: * Currently enrolled students register starting January 22, 2018 ** YMCA members - register starting January 29, 2018 *** All others - register starting February 5, 2018.					RESERVE YOUR SPOT BY PAYING THE REGISTRATION FEE FOR THE CLASS TIME/AGE GROUP YOUR CHILD QUALIFIES FOR. Tours are available by appointment.

CERTIFICATION/JOB TRAINING—Chris Hughes (P) 330 480 5655 (E) chughes@youngstownymca.org

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
CPR for Health Care Provider	Chris	16 +	Jan 27 Mar 10	9:00 a.m.-3:30 p.m.	\$75/\$80 Community Room 2
First Aid	Chris	16 +	Jan 9 Feb 20	5:00-9:00 p.m. 5:00-9:00 p.m.	\$50/\$55 Community Room 2
Lifeguard Training	Chris	16 +	Feb 5-17 Mar 5-28	Mon-Thu 5:30-9 p.m. & Sat 12-4 p.m. Mon/Wed/Fri 5:30-9:00 p.m.	\$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.