



# PROGRAM REGISTRATION

## CENTRAL YMCA • Spring Session • April 9–May 20

Registration begins March 19 for members, March 26 for non-members.  
Register on line at [youngstownymca.org](http://youngstownymca.org) or at the Front Desk

### SWIM LESSONS

NAME OF CLASS	AGE	DAY	TIMES	ROOM	SPRING
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 Development 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
Golf TPI			1 Hour Session	1 \$50 4 \$180 (10% discount) 8 \$340 (15% discount) 12 \$480 (20% discount) With certified instructor Liz Vlad

## 6 WEEK SESSION

12 Rounds	14 +	M, W, F, S	Mon: 6:15-7:15p.m. Wed. 5:30-6:30 p.m. Fri: 5:15-6:15p.m. Sat: 10-11a.m. 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-12:00m. High Performance Studio #2	FREE MEMBERS NON-MEMBERS \$55 FOR 6 WEEK SESSION
Kids Unlimited Fitness	7-13	Thursday	6:30-7:15p.m. 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: 9:30-10:30a.m. T: 6:30-7:30p.m. High Performance Studio #2	Members \$0 Non Members \$55 Month Unlimited
Athletic Jump Stretch	14 +	Monday/ Wednesday Tue/Thurs	M/W: 3:45-4:45p.m. T/TH: 5:15-6:15p.m. 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	12:30-1:30p.m. 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
Yoga	14+	Monday Saturday	6:30-7:30 p.m. 9:30-10:30 a.m. Group Fitness Studio	Members \$0 Non Members \$55 Month Unlimited Central ONLY Drop In non-members \$10
Pilates	14+	Thursday	6:15-7:15p.m. 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 p.m. Group Fitness Studio	Members \$30.00 per month Others \$45.00 per month Uniforms \$35.00 per month pay instructor

## SPECIAL EVENTS

Memorial 5 & Outdoor Spin		May 26, 2018	8:30 a.m. Kids Race <b>KIDS RACE IS FREE WITH NO SHIRT OR \$10 WITH SHIRT</b> 9:00 a.m. Five Mile Race \$20 for YMCA Members \$25 Non-Members \$30-All Race Day Registration	SPINNING: (1 Hour Only) 7:30-8:30 a.m. Free to Current Spinners \$10 For Others \$15 For an Event Shirt
Indoor Tri		TBA		

Participants can sign up for leagues and clinics at front desk. Registration forms are in lobby or online  
**YOUTH COED DODGEBALL LEAGUE**

AGE DIVISIONS	DATES	TIMES	REGISTRATION DEADLINE	MEMEBER FEE/ OTHER FEE	LOCATION
<u>BOYS and GIRLS</u> 7-12 yrs  <u>AGE DIVISIONS</u> Coed Teams: 7-9 yrs Coed Teams: 10-12 yrs  All skill levels	<u>SATURDAY</u> Preview Day: 7-9 yrs: 11:00a 10-12 yrs: 1:00pm  <u>SUNDAYS</u> Games: April 15, 22, 29, May 6 & 20	<u>7-9 Games</u> 12:30p—2:15p  <u>10-12 Games</u> 2:15-4:00 pm	<u>SATURDAY</u> April 7, 2018	<u>Mem: \$40</u> \$50 after Apr 7  <u>Oth: \$55</u> \$65 after Apr 7  Fee includes: Game shirt; Medal; (1) Preview Day; (4) Games; Playoffs; Extreme Air Day (Bdmn)	<u>CENTRAL</u>  Community Gym

**SPRING T-BALL & COACH-PITCH BASEBALL LEAGUE**

AGE DIVISIONS	PRACTICES	GAMES	REGISTRATION DEADLINE	MEMBER FEE/ OTHER FEE	LOCATION
<u>BOYS and GIRLS</u> 4-7 yrs  <u>AGE DIVISIONS</u> T-Ball : 3-5 yrs Coach-Pitch: 5-7 yrs  All skill levels	<u>SATURDAYS:</u> April 21, 28 & May 5  Possible weekday practice  TBD by MCP Facilities Manager	<u>SATURDAYS:</u> May 12, 19, 26, Jun 2 & 9 (June 16 - Make up Date)	<u>SATURDAY:</u> April 14, 2018	<u>Mem: \$45</u> \$55 after Apr 14  <u>Oth: \$70</u> \$80 after Apr 14  Fee includes: Game shirt; Medal; (3) Practices; (5) Games	<u>MILL CREEK PARK</u>  Fields TBD  WICK Recreation Area & Scholl Pavilion

**SPRING COED FUNDAMENTAL BASKETBALL LEAGUE**

AGE DIVISIONS	PRACTICES	GAMES	PLAYOFFS	REGISTRATION DEADLINE	MEMBER FEE/ OTHER FEE	LOCATION
<u>COED TEAMS</u> 4-6 yrs 7' Rim   27.5 6-8 yrs 8' Rim   27.5 8-10 yrs 9' Rim   28.5 10-12 yrs 10' Rim   28.5 13-15 yrs 10' Rim   29.5  Average, Competitive, & Advanced Skill Levels  * Teams formed by League Director	<u>SATURDAYS</u> May 5, 12 & 19	<u>SATURDAYS</u> May 26, Jun 2, 9, 16 & 23	<u>PLAYOFFS</u> 8-10 yrs; 10-12 yrs & 13-15 yrs only  June 30, 2018	<u>SATURDAY</u> April 28, 2018	<u>Mem: \$45</u> \$55 after Apr 14  <u>Oth: \$70</u> \$80 after Apr 14  Fee includes: Game shirt & hat; Medal; (3) Practices; (5) Games	<u>CENTRAL</u>  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.