



# PROGRAM REGISTRATION - DAVIS FAMILY YMCA - FALL SESSION 2018

## FALL SESSIONS

FALL 1 Sept 10-Oct 21  
 FALL 2 Oct 22-Dec 2

## REGISTRATION BEGINS

|        |                |               |                 |
|--------|----------------|---------------|-----------------|
|        | <b>Members</b> | <b>Others</b> | <b>Late Fee</b> |
| Fall 1 | Aug 13         | Aug 20        | Sept 10         |
| Fall 2 | Oct 8          | Oct 15        | Oct 22          |

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

| NAME OF CLASS   | AGE       | DAY    | TIME                     | ROOM | FALL 1<br>Members/Others                                      | FALL 2<br>Members/Others                                      |
|---|-----------|--------|--------------------------|------|---|---|
| Swim Starters—Parent/Child<br>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<br>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<br>1: Water Acclimation                      | 2-3 yrs   | Wed    | 9:20-9:50 am             | Pool | \$28/\$56   | \$28/\$56   |
|   |           | Thu    | 6:00-6:30 pm             | Pool | \$28/\$56   | \$24/\$48   |
|   |           | Sat    | 9:10-9:40 am             | Pool | \$28/\$56   | \$28/\$56   |
| Swim Basics—Preschool<br>1: Water Acclimation                         | 3-5 yrs   | Tue    | 6:00-6:40 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<br>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   |
|   |           | Thu    | 10:40-11:20 am           | 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<br>3: Water Stamina                             | 3-5 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   |
| Swim Basics—Youth<br>1: Water Acclimation                             | 6-12 yrs  | 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<br>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   |
|   |           | 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<br>3: Water Stamina                                 | 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 Strokes—Youth<br>4: Stroke Introduction<br>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   |
| Swim Strokes—Youth<br>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+       | Mon    | 5:00-5:45 pm             | Pool | \$28/\$56   | \$28/\$56   |
| Private Swim Lessons  | 3+        | Varies | Schedule with Instructor | Pool | 1 Session \$15/\$25<br>Semi-Private (2 people) \$12/\$20 each | 1 Session \$15/\$25<br>Semi-Private (2 people) \$12/\$20 each |

\*FALL 2 Thursday classes will be pro-rated for 5 weeks-no classes on Thanksgiving.

**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             | FALL 2             |
|-----------------------------------|-------|------|-------------|-------------------|--------------------|--------------------|--------------------|
|                                   |       |      |             |                   |                    | Members/Others     | Members/Others     |
| Arthritis Water Exercise          | Chris | 14 + | Mon/Wed/Fri | 11:30 am-12:15 pm | Therapy Pool       | \$18/\$54**        | \$22/\$66          |
| Arthritis Water Exercise          | Chris | 14 + | Mon/Wed/Fri | 5:00-5:45 pm      | Therapy Pool       | \$18/\$54**        | \$22/\$66          |
| MS/ Arthritis Plus Water Exercise | Chris | 14 + | Mon/Wed/Fri | 9:50-10:35 am     | Lap Pool           | \$18/\$54**        | \$22/\$66          |
| Arthritis Water Exercise          | Chris | 14 + | Tue/Thu     | 11:30 am-12:15 pm | Therapy Pool       | \$15/\$43**        | \$16/\$48          |
| Bodhi Suspension                  | Larry | 14+  | Monday      | 11:00-11:55 a.m.  | Spinning Room      | \$33/\$45          | \$33/\$45          |
| Bodhi Suspension                  | Larry | 14+  | Tuesday     | 8:00-8:55 a.m.    | Spinning Room      | \$33/\$45          | \$33/\$45          |
| Bodhi Suspension                  | Larry | 14+  | Wednesday   | 6:45-7:40 p.m.    | Spinning Room      | \$33/\$45          | \$33/\$45          |
| Bodhi Suspension                  | Larry | 14+  | Thursday    | 8:00-8:55 a.m.    | Spinning Room      | \$33/\$45          | \$27/\$37          |
| Bodhi Suspension                  | Larry | 14+  | Thursday    | 10:45-11:40 a.m.  | Spinning Room      | \$33/\$45          | \$27/\$37          |
| Bodhi Suspension                  | Larry | 14+  | Saturday    | 11:30-12:25 p.m.  | Spinning Room      | \$33/\$45          | \$33/\$45          |
| AOA Reformer Plus                 | Larry | 14+  | Saturday    | 9:30-10:25 a.m.   | Group Fit Studio 1 | \$66/\$90          | \$66/\$90          |
| Pilates Exo Chair                 | Larry | 14+  | Thursday    | 10:45-11:40 a.m.  | Group Fit Studio 1 | \$66/\$90          | \$55/\$75          |
| Pilates Exo Chair                 | Larry | 14 + | Thursday    | 4:00-4:55 p.m.    | Group Fit Studio 1 | \$66/\$90          | \$55/\$75          |
| Pilates Reformer AOA              | Larry | 14 + | Friday      | 11:00-11:55 a.m.  | Group Fit Studio 1 | \$66/\$90          | \$66/\$90          |
| Pilates Reformer 1                | Larry | 14 + | Monday      | 5:00-5:55 p.m.    | Group Fit Studio 1 | \$66/\$90          | \$66/\$90          |
| Pilates Reformer 1                | Larry | 14 + | Saturday    | 7:15-8:10 a.m.    | Group Fit Studio 1 | \$66/\$90          | \$66/\$90          |
| Pilates Reformer 2                | Larry | 14 + | Tuesday     | 9:30-10:25 a.m.   | Group Fit Studio 1 | \$66/\$90          | \$66/\$90          |
| Pilates Reformer 2                | Larry | 14 + | Wednesday   | 5:00-5:55 p.m.    | Group Fit Studio 1 | \$66/\$90          | \$66/\$90          |
| Pilates Reformer/Exo              | Larry | 14+  | Monday      | 8:30-9:25 a.m.    | Group Fit Studio 1 | \$66/\$90          | \$66/\$90          |
| Pilates Reformer 3                | Larry | 14 + | Thursday    | 5:00-5:55 p.m.    | 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 a.m.  | Fitness Center     |                    | Free/Members Only  |

**HEALTH & WELLNESS**—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/Wed/Fri 11:00am   | \$0/\$80<br>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<br>1 Session \$35/\$55 each<br>4 Sessions \$133/\$209 each<br>8 Sessions \$252/\$396 each<br>12 Session \$357/\$561 each<br>2 People<br>1 Session \$30/\$50 each<br>4 Sessions \$114/\$190 each<br>8 Sessions \$216/\$360 each<br>12 Session \$306/\$510 each |
| Pilates Reformer Personal Training*         | Larry   | 14 +                     | Participant's Choice | Schedule with Trainer | 1 Person 1 Session \$45/\$55 each<br>10 Sessions \$400/\$500 each<br>2 people 1 Session \$30/\$35 each<br>10 Sessions \$250/\$300 each   |

\*\*Lap Pool closed for maintenance during first week session; class pro-rated for 5 weeks. \*Thursday classes will be pro-rated for 5 weeks--no classes on Thanksgiving.

## HEALTH & WELLNESS-continued

| NAME OF CLASS                     | STAFF   | AGE  | DAY                          | TIME                                   | REGISTRATION FEE<br>Member/Others  |
|-----------------------------------|---------|------|------------------------------|--|--|
| Tanita Body Composition Analysis* | Larry   | 14 + | Participant's Choice         | Schedule with Trainer                  | \$10/\$35<br>Register at desk  |
| YMCA Diabetes Prevention Program* | Loretta | 18 + | New class starting September | 25 sessions throughout the year<br>TBA | Contact Loretta Pflug at<br>lpflug@youngstownymca.org or 330-480-5656 Ext 236<br>to inquire about payment options and to register.<br>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<br>Members/Others | FALL 2<br>Members/Others |
|-----------------------|---------|---------------------|-----------------------------|------------------------------|------------|--------------------------|--------------------------|
| Drawing (Adult)       | Suzanne | 16+                 | Friday                      | 12:15-1:45 pm                | Art Studio | \$42/\$84                | \$42/\$84                |
| Drawing (Youth)       | Suzanne | 5-8 yrs<br>9-14 yrs | Friday                      | 5:00-5:45 pm<br>6:00-7:00 pm | Art Studio | \$22/\$44                | \$22/\$44                |
| Guitar (Beginners)*   | Suzanne | 12+                 | Monday                      | 5:30-6:30 pm                 | Art Studio | \$19/\$38*               | \$19/\$38*               |
| Guitar (Advanced)*    | Suzanne | 16+                 | Monday                      | 6:45-7:45 pm                 | Art Studio | \$19/\$38*               | \$19/\$38*               |
| Lego Club             | Nikki   | 6-8 yrs<br>9-12 yrs | Wednesday                   | 5:00-6:00 pm<br>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               | \$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               |
| Calligraphy Workshop  | Suzanne | 16+                 | Sept 17 & 19<br>Nov 12 & 14 | 10:00-12:00 pm               | Art Studio | \$30/\$30                | \$30/\$30                |

\* 5 Week Program

## 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<br>Members/Others | FALL 2<br>Members/Others |
|------------------------------|-------|--------------------------|-----------|------------------------------|-----------------|--------------------------|--------------------------|
| Flag Football                | Nikki | 6-8 yrs<br>9-12 yrs      | Monday    | 5:45-6:30 pm<br>6:45-7:30 pm | Multi-Pur. Room | \$25/\$50                |                          |
| kidFIT<br>teenFIT            | Nikki | 6-12 yrs<br>13-16 yrs    | Tuesday   | 5:45-6:30 pm<br>6:45-7:30 pm | Multi-Pur. Room | \$25/\$50                | \$25/\$50                |
| Preschool Soccer             | Adele | 3 yr olds<br>4-5 yr olds | Tuesday   | 4:15-4:45 pm<br>5:00-5:30 pm | Multi-Pur. Room |                          | \$25/\$50                |
| Parent-Child Yoga            | Adele | 3-5 yr olds              | Tuesday   | 5:00-5:30 pm                 | Multi-Pur. Room | \$25/\$50                |                          |
| Floor Hockey                 | Nikki | 6-8 yrs<br>9-12 yrs      | Monday    | 5:45-6:30 pm<br>6:45-7:30 pm | Multi-Pur. Room |                          | \$25/\$50                |
| Youth Sports<br>Cheerleading | Nikki | 6-8 yrs<br>9-12 yrs      | Wednesday | 5:45-6:30 pm<br>6:45-7:30 pm | Multi-Pur. Room | \$25/\$50                |                          |
| Volleyball                   | Nikki | 9-15 yrs                 | Thursday  | 6:00-6:45 pm                 | Gym 2           |                          | \$21/\$42                |

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

| NAME OF CLASS         | STAFF     | AGE                          | DAY                        | TIME  | REGISTRATION FEE<br>Member/Others   |
|-----------------------|-----------|------------------------------|----------------------------|---|---|
| Homeschool Gym & Swim | Catherine | 4-18 yrs                     | Tuesdays<br>Sept 11-Nov 27 | 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 9/18  |
| Off School Camp       | Nikki     | 6-13 yrs                     | Oct 12<br>Nov 21<br>Nov 23 | 9:00-4:00 pm<br>7-9 am / 4-6 pm<br>(Extended Hours) | \$30/\$35-Oct 12<br>\$30/\$35-Nov 21<br>\$60/\$65-Nov 23 (Field Trip Extreme Air)<br>(Extended Hours) |
| Youth and Government  | Nikki     | Middle School<br>(Fall Only) | 2nd & 4th Mondays          | 5:00-7:00 pm  | \$275 Fee - Fundraising Opportunities Available<br>Training Room *Starts September 24                 |

**ART & HUMANITIES SPECIAL EVENTS**—Suzanne Gray 330-480-5656 Ext. 247  
sgray@youngstownymca.org

| NAME  | STAFF   | AGE | DAY              | TIME         | REGISTRATION FEE<br>Member/Others |
|---|---------|-----|------------------|--------------|-----------------------------------|
| But I Know What I Like<br>Opening Reception | Suzanne |     | Sunday<br>Oct 14 | 1:00-3:00 pm | Free and Open to the Community    |

**FAMILY PROGRAMS**—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<br>Member/Others  |
|--------------------------|-------|--------------------------|---|------------------------------|--|
| Birthday Party Rentals   | Adele | Members<br>Only          | Friday<br>Saturday, Sunday                    | 5:30-8:30 pm<br>4:00-7:00 pm | \$225 Members Only   |
| First Friday Movie Night | Nikki | Children with<br>parents | Sept 7, Oct 5<br>Nov 2, Dec 7                 | 7:00-9:30 pm                 | Free for Members<br>Guests may purchase Pass W/Member                    |
| Cocoa & Canvas           | Nikki | Parent/Child<br>6+       | Saturdays<br>Sep 8, Oct 13,<br>Nov 10, Dec 8  | 5:00-7:00 pm                 | \$20/\$25<br>Parent & Child \$30/\$35                                    |
| Parents Night Out        | Adele | 3 -12 yrs                | Saturday<br>Sep 15, Oct 20,<br>Nov 17, Dec 15 | 4:00-8:00 pm                 | 1st Child \$18/\$25 then \$12/\$15<br>Please register by Friday at Noon. |
| Pooch Pentathlon         | Chris |                          | Sept 16                                       | 1:00-3:00 pm                 | \$5 (\$10 after Sept. 12)  |

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

| NAME                          | STAFF | AGE   | DAY         | TIME                  | REGISTRATION FEE<br>Member/Others                     |
|-------------------------------|-------|-------|-------------|-----------------------|---|
| Preschool<br>3 year old class | Adele | 3 yrs | Tue/Thu     | Call for availability | \$95 Registration Fee<br>Then \$105/\$125 Monthly Fee |
| Preschool<br>4 year old class | Adele | 4 yrs | Mon/Wed/Fri | Call for availability | \$95 Registration Fee<br>Then \$135/\$155 Monthly Fee |
| Preschool<br>5 year old class | Adele | 5 yrs | Mon-Fri     | Call for availability | \$95 Registration Fee<br>Then \$200/\$220 Monthly fee |

**CERTIFICATION/JOB TRAINING**—Chris Hughes 330-480-5655 chughes@youngstownymca.org

| NAME OF CLASS                   | STAFF | AGE  | DAY                         | TIME            | REGISTRATION FEE<br>Member/Others |
|---------------------------------|-------|------|-----------------------------|-----------------|-----------------------------------|
| CPR for Health Care<br>Provider | Chris | 16 + | Sept 8<br>Oct 20<br>Dec 1   | 9:00 am-3:30 pm | \$75/\$80<br>Community Room 2     |
| First Aid                       | Chris | 16 + | Sept 18<br>Oct 30<br>Dec 11 | 5:00-9:00 pm    | \$50/\$55<br>Community Room 2     |

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.

**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.

\*No online registration available