



# PROGRAM REGISTRATION

## CENTRAL YMCA • Fall Sessions 1 and 2 2018

### FALL SESSIONS

Fall 1 Sept. 10-October 21  
 Fall 2 Oct. 22-December 2

### REGISTRATIONS BEGINS

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

## SWIM LESSONS

NAME OF CLASS	AGE	DAY	TIMES	ROOM	FALL
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	5:45-6:15 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	See Schedule Free to Members

### 6 WEEK SESSION

12 Rounds	14 +	Mon/Wed/Fri Saturday	5:30-6:30 pm 10:00-11:00 am High Performance Studio #2	Free to Members
12 Rounds for Kids	6-13	Saturday	11:15am-12:00pm High Performance Studio #2	Free to Members

### MONTHLY

Basic Jump Stretch	10+	Mon/Wed/Fri Tue	9:30-10:30 am 6:30-7:30 pm High Performance Studio #2	Free to Members
Athletic Jump Stretch	10 +	Mon/Wed Tue/Thurs	3:45-4:45 pm 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	10 +	Sat	12:30-1:30 pm High Performance Studio #2	Free for members to attend one time
Spinning (monthly)	14 +	Varies	Varies	Free to Members
Yoga		Mondays Fridays	6:30-7:30 pm 10:30-11:30 am	Members \$0 Non Members \$55 One Class per week
Team Jump Stretch		By Appointment	High Performance Studio #2	Contact 330-744-8411 for pricing
Body Composition	16+		To be scheduled	\$10/\$35

### SPECIAL EVENTS

Health Fair			Lower Gym/Manchester Room	Sept 19 7:00 am-1:00 pm
-------------	--	--	---------------------------	----------------------------

## FALL YOUTH SPORTS LEAGUES

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

### Indoor Soccer League

AGE DIVISION	PRACTICE	GAMES	REGISTRATION	Member Rate/ Non-Member Rate	ROOM
3-5 yrs 5-7 yrs	Saturdays, August 25 and September 1	Saturdays, September 8-Oct 6 5 Games	August 25 \$10 Late Fee applies	\$45/\$65	Community Gym Upper Gym