



PROGRAM REGISTRATION - DAVIS FAMILY YMCA - FALL 2 & HOLIDAY SESSION 2018

FALL SESSIONS

FALL 2 Oct 22-Dec 2
 HOLIDAY Dec 2-Dec 30

REGISTRATION BEGINS

	Members	Others	Late Fee
Fall 2	Oct 8	Oct 15	Oct 22
Holiday	Oct 8	Oct 15	Dec 3

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

NAME OF PROGRAM	AGE	DAY	TIME	ROOM	FALL 2	HOLIDAY
					Members/Others	Members/Others
Swim Starters-Parent/Child A: Water Discovery	6-36 mos.	Tue	6:00-6:30 pm	Pool	\$28/\$56	
		Wed	10:00-10:30 am	Pool	\$28/\$56	
		Sat	10:30-11:00 am	Pool	\$28/\$56	
Swim Starters-Parent/Child B: Water Exploration	6-36 mos.	Mon	6:40-7:10 pm	Pool	\$28/\$56	
		Thu	10:00-10:30 am	Pool	\$24/\$48	
		Sat	9:50-10:20 am	Pool	\$28/\$56	
Swim Basics-Parent/Child 1: Water Acclimation	2-3 yrs	Wed	9:20-9:50 am	Pool	\$28/\$56	
		Thu	6:00-6:30 pm	Pool	\$24/\$48	
		Sat	9:10-9:40 am	Pool	\$28/\$56	
Swim Basics-Preschool 1: Water Acclimation	3-5 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56	
		Thu	9:10-9:50 am	Pool	\$24/\$48	
		Thu	6:00-6:40 pm	Pool	\$24/\$48	
		Sat	9:00-9:40 am	Pool	\$28/\$56	
		Sat	10:40-11:20 am	Pool	\$28/\$56	
Swim Basics-Preschool 2: Water Movement	3-5 yrs	Mon	5:50-6:30 pm	Pool	\$28/\$56	
		Tue	6:00-6:40 pm	Pool	\$28/\$56	
		Tue	6:50-7:30 pm	Pool	\$28/\$56	
		Wed	10:40-11:20 am	Pool	\$28/\$56	
		Thu	10:40-11:20 am	Pool	\$24/\$48	
		Thu	6:50-7:30 pm	Pool	\$24/\$48	
		Sat	9:00-9:40 am	Pool	\$28/\$56	
		Sat	9:50-10:30 am	Pool	\$28/\$56	
Swim Basics-Preschool 3: Water Stamina	3-5 yrs	Tue	6:50-7:30 pm	Pool	\$28/\$56	
		Thu	6:00-6:40 pm	Pool	\$24/\$48	
		Sat	9:50-10:30 am	Pool	\$28/\$56	
Swim Basics-Youth 1: Water Acclimation	6-12 yrs	Thu	6:50-7:30 pm	Pool	\$24/\$48	
		Sat	9:50-10:30 am	Pool	\$28/\$56	
Swim Basics-Youth 2: Water Movement	6-12 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56	
		Tue	6:50-7:30 pm	Pool	\$28/\$56	
		Thu	6:00-6:40 pm	Pool	\$24/\$48	
		Thu	6:50-7:30 pm	Pool	\$24/\$48	
		Sat	10:40-11:20 am	Pool	\$28/\$56	
Swim Basics-Youth 3: Water Stamina	6-12 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56	
		Thu	6:50-7:30 pm	Pool	\$24/\$48	
		Sat	10:40-11:20 am	Pool	\$28/\$56	
Swim Strokes-Youth 4: Stroke Introduction 5: Stroke Development	6-12 yrs	Tue	6:50-7:30 pm	Pool	\$28/\$56	
		Thu	6:00-6:40 pm	Pool	\$24/\$48	
		Sat	9:50-10:30 am	Pool	\$28/\$56	
Swim Strokes-Youth 6: Stroke Mechanics	6-12 yrs	Tue	6:00-6:40 pm	Pool	\$28/\$56	
		Thu	6:50-7:30 pm	Pool	\$24/\$48	
		Sat	10:40-11:20 am	Pool	\$28/\$56	
Swim Basics-Teen/Adult	13+	Mon	5:00-5:45 pm	Pool	\$28/\$56	
Private Swim Lessons	3+	Varies	Schedule with Instructor	Pool	1 Session \$15/\$25 Semi-Private (2 people) \$12/\$20 each	

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

GROUP FITNESS- Chris Hughes 330-480-5655 chughes@youngstownymca.org
 Larry Jensen 330-480-5659 ljensen@youngstownymca.org
 Debbie Mirone 330-480-5656 ext 271 dmirone@youngstownymca.org

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	ROOM	FALL 2 Members/Others	HOLIDAY Members/Others
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	11:30 am-12:15 pm	Therapy Pool	\$22/\$66	\$10/\$20
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	5:00-5:45 pm	Therapy Pool	\$22/\$66	\$10/\$20
MS/ Arthritis Plus Water Exercise	Chris	14 +	Mon/Wed/Fri	9:50-10:35 am	Lap Pool	\$22/\$66	\$10/\$20
Arthritis Water Exercise	Chris	14 +	Tue/Thu	11:30 am-12:15 pm	Therapy Pool	\$16/\$48	\$8/\$16
Bodhi Suspension Training	Larry	14+	Monday	11:00-11:55 a.m.	Spinning Room	\$33/\$45	\$27/\$37
Bodhi Suspension Training	Larry	14+	Tuesday	8:00-8:55 a.m.	Spinning Room	\$33/\$45	\$16/\$22
Bodhi Suspension Training	Larry	14+	Wednesday	6:45-7:40 p.m.	Spinning Room	\$33/\$45	\$22/\$30
Bodhi Suspension Training	Larry	14+	Thursday	8:00-8:55 a.m.	Spinning Room	\$27/\$37	\$22/\$30
Bodhi Suspension Training	Larry	14+	Thursday	10:45-11:40 a.m.	Spinning Room	\$27/\$37	\$22/\$30
Bodhi Suspension Training	Larry	14+	Saturday	11:30-12:25 p.m.	Spinning Room	\$33/\$45	\$22/\$30
AOA Reformer Plus Training	Larry	14+	Saturday	9:30-10:25 a.m.	Group Fit Studio 1	\$66/\$90	\$44/\$60
Pilates Exo Chair Training	Larry	14 +	Thursday	4:00-4:55 p.m.	Group Fit Studio 1	\$55/\$75	\$44/\$60
Pilates Reformer AOA Training	Larry	14 +	Friday	11:00-11:55 a.m.	Group Fit Studio 1	\$66/\$90	\$44/\$60
Pilates Reformer 1 Training	Larry	14 +	Monday	5:00-5:55 p.m.	Group Fit Studio 1	\$66/\$90	\$33/\$45
Pilates Reformer 1 Training	Larry	14 +	Saturday	7:15-8:10 a.m.	Group Fit Studio 1	\$66/\$90	\$44/\$60
Pilates Reformer 2 Training	Larry	14 +	Tuesday	9:30-10:25 a.m.	Group Fit Studio 1	\$66/\$90	\$33/\$45
Pilates Reformer 2 Training	Larry	14 +	Wednesday	5:00-5:55 p.m.	Group Fit Studio 1	\$66/\$90	\$44/\$60
Pilates Reformer/Exo Training	Larry	14+	Monday	8:30-9:25 a.m.	Group Fit Studio 1	\$66/\$90	\$55/\$75
Pilates Reformer 3 Training	Larry	14 +	Thursday	5:00-5:55 p.m.	Group Fit Studio 1	\$55/\$75	\$44/\$60
Spinning (monthly)	Larry	14+	Varies	Varies	Multi Purpose 2	Free/Members Only	Free/Members Only
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 PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Enhance® Fitness*	Loretta	18+	Mon/Wed/Fri	Mon/Wed/Fri 11:00am	\$0/\$80 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 Training	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 1 Session \$35/\$55 each 4 Sessions \$133/\$209 each 8 Sessions \$252/\$396 each 12 Session \$357/\$561 each 2 People 1 Session \$30/\$50 each 4 Sessions \$114/\$190 each 8 Sessions \$216/\$360 each 12 Session \$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

*Thursday programs will be pro-rated for 5 weeks-no programs on Thanksgiving.

HEALTH & WELLNESS--continued

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
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 September	25 sessions throughout the year TBA	Contact Loretta Pflug at lpflug@youngstownymca.org or 330-480-5656 Ext 236 to inquire about payment options and to register. Financial Aid available.

ARTS & HUMANITIES--Suzanne Gray 330-480-5656 Ext. 247 sgray@youngstownymca.org

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	ROOM	FALL 2 Members/Others	HOLIDAY Members/Others
Drawing (Adult)	Suzanne	16+	Friday	12:15-1:45 pm	Art Studio	\$42/\$84	\$21/\$42
Drawing (Youth)	Suzanne	5-8 yrs 9-14 yrs	Friday	5:00-5:45 pm 6:00-7:00 pm	Art Studio	\$22/\$44	
Guitar (Beginners)*	Suzanne	12+	Monday	5:30-6:30 pm	Art Studio	\$19/\$38*	
Guitar (Advanced)*	Suzanne	16+	Monday	6:45-7:45 pm	Art Studio	\$19/\$38*	
Lego Club	Nikki	6-8 yrs 9-12 yrs	Wednesday	5:00-6:00 pm 6:00-7:00 pm	Food Court	Free/Members Only	
Painting - Adult	Suzanne	16+	Tuesday	1:30-3:00 pm	Art Studio	\$42/\$84	
Painting - Adult*	Suzanne	16+	Thursday	6:00-7:30 pm	Art Studio	\$35/\$70	
Painting - Watercolor	Suzanne	16+	Friday	10:00 am-12:00 pm	Art Studio	\$50/\$100	\$25/\$50
Pottery - Adult	Suzanne	16+	Wednesday	5:30-8:00 pm	Art Studio	\$80/\$160	\$40/\$80
Pottery - Youth	Suzanne	6-16 yrs	Wednesday	4:00-5:00 pm	Art Studio	\$60/\$120	
Calligraphy Workshop	Suzanne	16+	Sept 17 & 19 Nov 12 & 14	10:00-12:00 pm	Art Studio	\$30/\$30	
Acrylic Pour Workshop	Suzanne	18+	October 30th	4:00-5:30 pm	Art Studio	\$35/\$45	
Encaustic Workshop	Suzanne	18+	November 13th	4:00-6:00 pm	Art Studio	\$35/\$45	

* 5 Week Program

YOUTH SPORTS & MORE-- Adele Taylor 330-480-5657 ataylor@youngstownymca.org Nikki Murray 330-480-5658 nmurray@youngstownymca.org

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	ROOM	FALL 2 Members/Others	HOLIDAY Members/Others
kidFIT teenFIT	Nikki	6-12 yrs 13-16 yrs	Tuesday	5:45-6:30 pm 6:45-7:30 pm	Multi-Pur. Room	\$25/\$50	
Preschool Soccer	Adele	3 yr olds 4-5 yr olds	Thursday	5:15-5:45 pm 6:00-6:30 pm	Multi-Pur. Room	\$21/\$42	
Phloor Hockey	Nikki	6-8 yrs 9-12 yrs	Monday	5:45-6:30 pm 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 PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Homeschool Gym & Swim	Catherine	4-18 yrs	Tuesdays 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	Nov 21 Nov 23 Dec 26-28	9:00-4:00 pm 7-9 am / 4-6 pm (Extended Hours)	\$30/\$35--Nov 21, Dec 26-27 \$50/\$55--Nov 23 (Field Trip Extreme Air) \$45/\$50--Dec 28 (Field Trip Skate Zone) (\$5 Extended Hours Fee)
Youth and Government	Nikki	Middle School (Fall Only)	2nd & 4th Mondays	5:00-7:00 pm	\$275 Fee - Fundraising Opportunities Available Training Room *Starts September 24
Drop and Shop	Nikki	6-13 yrs	Dec 22	9:00-4:00 pm	\$45/\$50 (Lunch with Santa)

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

NAME OF EVENT	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
But I Know What I Like Opening Reception	Suzanne		Sunday 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 PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Birthday Party Rentals	Adele	Members Only	Friday Saturday, Sunday	5:30-8:30 pm 4:00-7:00 pm	\$225 Members Only
First Friday Movie Night	Nikki	Children with parents	Sept 7, Oct 5 Nov 2, Dec 7	7:00-9:30 pm	Free for Members Guests may purchase Pass W/Member
Cocoa & Canvas	Nikki	Parent/Child 6+	Saturdays Sep 8, Oct 13, Nov 10, Dec 8	5:00-7:00 pm	\$20/\$25 Parent & Child \$30/\$35
Parents Night Out	Adele	3 - 12 yrs	Saturday Sep 15, Oct 20, Nov 17, Dec 15	4:00-8:00 pm	1st Child \$18/\$25 then \$12/\$15 Please register by Friday at Noon.
Trunk or Treat	Nikki	Children with parents	Oct 27 @Central	5:00-8:00 pm	Free/ Must Register as Trick or Treat or as a Trunk
Lunch with Santa	Nikki	Children with parents	Dec 22 @Central	10:00 am-3:00 pm	Free/ ALL Must Register (Child & Adult)

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

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

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

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