



PROGRAM REGISTRATION

CENTRAL YMCA • Winter Sessions 1 and 2 2019

WINTER SESSIONS

REGISTRATIONS BEGINS

Winter 1 Jan. 7–Feb. 17

Members

Winter 1 Nov. 19

Non-Members

Nov. 26

Late Fee

Jan. 7

Winter 2 Feb. 18–March 31

Winter 2 Feb. 4

Feb. 11

Feb. 18

SWIM LESSONS: Emily George 330-742-4780 ext. 132 egeorge@youngstownymca.org

NAME OF CLASS	AGE	DAY	TIMES	ROOM	WINTER
Swim Starters Parent/Child A. Water Discovery B. Water Exploration	6-36 mos.	Saturday	11:30-12:00 pm	Shallow Pool	\$28/\$56
Swim Basics-Preschool 1. Water Acclimation 2. Water Movement	3-5 yrs	Tuesday Saturday	5:50-6:30 pm 10:40-11:20 am	Shallow Pool	\$28/\$56
Swim Basics-Preschool 3. Water Stamina	3-5 yrs	Tuesday Saturday	5:00-5:40 pm 9:50-10:30 am	Shallow Pool	\$28/\$56
Swim Basics-Youth 1. Water Acclimation 2. Water Movement	6-12 yrs	Tuesday Saturday	5:50-6:30 pm 10:40-11:20 am	Shallow Pool	\$28/\$56
Swim Basics-Youth 3. Water Stamina	6-12 yrs	Tuesday Saturday	5:00-5:40 pm 9:50-10:30 am	Shallow Pool	\$28/\$56
Swim Strokes-Youth 4. Stroke Introduction 5. Stroke Development 6. Stroke Mechanics	6-12 yrs	Tuesday Saturday	5:00-5:40 pm 9:50-10:30 am	Shallow Pool	\$28/\$56
Swim Basics Teen/Adult	13 +	Wednesday	6:30-7:10 pm	Shallow Pool	\$28/\$56
Private Lessons	3+	Varies	Schedule with Instructor	One Session Semi-Private	\$15/\$25 \$12/\$20 each

SPECIALTY PROGRAMS (Not on 6-week session schedule)

NAME OF CLASS	AGE	DAY	TIME	MEMBER RATE/NON-MEMBER RATE
LIVESTRONG AT THE YMCA*	18+ For Cancer Survivors	TBA	TBA 12 Week Program	Contact: Meri Fetkovich 330-744-8411 ext. 155 mfetkovich@youngstownymca.org
YMCA Diabetes Prevention Program	18+	TBA	TBA	Contact: Meri Fetkovich 330-744-8411 ext. 155 mfetkovich@youngstownymca.org
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

MONTHLY

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
Team Jump Stretch		By Appointment	High Performance Studio #2	Contact 330-744-8411 for pricing
Lifeguard Training	16+	Feb 22-March 2	Monday-Friday 5:30-9 pm Saturday 8:00 am-1:00 pm	\$200 (\$225 within 10 days of class)

SPECIAL EVENTS

Lunch with Santa	1 +	Saturday, December 22	Manchester Room 10:00 am -3:00 pm	ONLY 100 SPOTS AVAILABLE Both Parent and Child must register by December 20
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WINTER YOUTH SPORTS LEAGUES

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

Winter Basketball League January 19-March 30, 2019

AGE DIVISION	PRACTICE	GAMES	REGISTRATION	Member Rate/ Non-Member Rate	ROOM
4-15 yrs	TBA	TBA	Deadline January 5, 2019 After January 5, 2019	Member \$65 Non-Member \$95 Member \$80 Non-Member \$110	Community Gym Upper Gym Lower Gym

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. This Program Registration Sheet only lists programs that require registration and payment.