



PROGRAM REGISTRATION - DAVIS FAMILY YMCA - WINTER 1 & 2 SESSION 2019

SESSIONS: WINTER 1 Jan 7-Feb 17
WINTER 2 Feb 18-Mar 31

REGISTRATION: Members Others Late Fee
Winter 1 Nov 19 Nov 26 Jan 7
Winter 2 Feb 4 Feb 11 Feb 18

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

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

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	WINTER 1 Members/Others	WINTER 2 Members/Others
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	11:30 am-12:15 pm	Therapy Pool	\$22/\$66	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Mon/Wed/Fri	5:00-5:45 pm	Therapy Pool	\$22/\$66	\$22/\$66
MS/ Arthritis Plus Water Exercise	Chris	14 +	Mon/Wed/Fri	9:50-10:35 am	Lap Pool	\$22/\$66	\$22/\$66
Arthritis Water Exercise	Chris	14 +	Tue/Thu	11:30 am-12:15 pm	Therapy Pool	\$17/\$51	\$17/\$51
Bodhi Suspension Training	Larry	14+	Monday	11:00-11:55 a.m.	Spinning Room	\$33/\$45	\$33/\$45
Bodhi Suspension Training	Larry	14+	Tuesday	8:00-8:55 a.m.	Spinning Room	\$33/\$45	\$33/\$45
Bodhi Suspension Training	Larry	14+	Wednesday	6:45-7:40 p.m.	Spinning Room	\$33/\$45	\$33/\$45
Bodhi Suspension Training	Larry	14+	Thursday	8:00-8:55 a.m.	Spinning Room	\$33/\$45	\$33/\$45
Bodhi Suspension Training	Larry	14+	Thursday	10:45-11:40 a.m.	Spinning Room	\$33/\$45	\$33/\$45
Bodhi Suspension Training	Larry	14+	Saturday	11:30-12:25 p.m.	Spinning Room	\$33/\$45	\$33/\$45
AOA Reformer Plus Training	Larry	14+	Saturday	9:30-10:25 a.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Exo Chair Training	Larry	14 +	Thursday	4:00-4:55 p.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer AOA Training	Larry	14 +	Friday	11:00-11:55 a.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 1 Training	Larry	14 +	Monday	5:00-5:55 p.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 1 Training	Larry	14 +	Saturday	7:15-8:10 a.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 2 Training	Larry	14 +	Tuesday	9:30-10:25 a.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 2 Training	Larry	14 +	Wednesday	5:00-5:55 p.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer/Exo Training	Larry	14+	Monday	8:30-9:25 a.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Pilates Reformer 3 Training	Larry	14 +	Thursday	5:00-5:55 p.m.	Group Fit Studio 1	\$66/\$90	\$66/\$90
Women on Weights	Larry	14+	Wednesday	11:00-11:55 a.m.	Fitness Center	Free/Members Only	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

HEALTH & WELLNESS—continued

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
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
Tanita Body Composition Analysis*	Larry	14 +	Participant's Choice	Schedule with Trainer	\$10/\$35 Register at desk
YMCA Diabetes Prevention Program*	Loretta	18 +	TBA	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	WINTER 1 Members/Others	WINTER 2 Members/Others
Drawing (Adult)	Suzanne	16+	Friday	12:15-1:45 pm	Art Studio	\$42/\$84	\$42/\$84
Youth Art	Suzanne	5-8 yrs 9-14 yrs	Friday	5:00-5:45 pm 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 9-12 yrs	Wednesday	5:00-5:45 pm 6:00-6:45 pm	Food Court	Free/\$25	Free/\$25
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	\$42/\$84
Painting - Watercolor	Suzanne	16+	Friday	10:00 am-12:00 pm	Art Studio	\$50/\$100	\$50/\$100
Pen and Ink	Suzanne	16+	Friday	2:00-3:30 pm	Art Studio	\$42/\$84	\$42/\$84
Pottery - Adult	Suzanne	16+	Wednesday	12:30-3:00 pm	Art Studio	\$80/\$160	\$80/\$160
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

* 5 Week Program

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
Five Squared Art Show	Suzanne		Sunday Feb 4	1:00-2:30 pm	Free and Open to the Community

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	WINTER 1 Members/Others	WINTER 2 Members/Others
Basketball	Nikki	6-8 yrs 9-12 yrs	Wednesday	5:45-6:30 pm 6:45-7:30 pm	Gym 1		\$25/\$50
Floor Hockey	Nikki	6-8 yrs 9-12 yrs	Monday	5:45-6:30 pm 6:45-7:30 pm	Multi-Pur. Room		\$25/\$50
Golf	Nikki	4-5 yrs 6-8 yrs	Saturday	9:30-10:00 am 10:15-10:45 am	Gym 2	\$25/\$50	
Lacrosse	Nikki	9-14 yrs	Monday	5:45-6:45 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	\$25/\$50	\$25/\$50
Soccer	Nikki	6-8 yrs 9-12 yrs	Tuesday	5:45-6:30 pm 6:45-7:30 pm	Multi-Pur. Room	\$25/\$50	\$25/\$50
Volleyball	Nikki	9-14 yrs	Thursday	6:00-7:00 pm	Gym 2	\$25/\$50	\$25/\$50

YOUTH-SPECIAL PROGRAMS—Nikki Murray 330-480-5658 nmurray@youngstownymca.org
Catherine Stan 330-480-5665 cstan@youngstownymca.org

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Homeschool Gym & Swim	Catherine	4-18 yrs	Tuesdays Jan 8-Mar 26	1:15-3:00 pm	\$50/\$75
Leaders Club	Nikki	12-18 yrs	Tuesday	5:00-7:00 pm	\$35/\$45 Annual - Training Room
Off School Camp	Nikki	6-13 yrs	Jan 21 Feb 15 Feb 18	9:00-4:00 pm 7-9 am / 4-6 pm (Extended Hours)	\$60/\$65-Jan 21 (Field Trip Polar Blast Tubing) \$30/\$35 Feb 15 \$60/\$65-Feb 18 (Field Trip Splash Lagoon) (\$5 Extended Hours Fee)
Youth and Government	Nikki	High School	2nd & 4th Mondays	5:00-7:00 pm	\$275 Fee - Fundraising Opportunities Available Training Room Jan 14-April District Assembly

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
Cocoa & Canvas	Nikki	Parent/Child 6+	Saturdays Jan 12, Feb 9, Mar 9, Apr 13	5:00-7:00 pm	\$20/\$25 Parent & Child \$30/\$35
First Friday Movie Night	Nikki	Children with parents	Jan 4, Feb 1 Mar 1, Apr 5	7:00-9:30 pm	Free for Members Guests may purchase Pass W/Member
Parents Night Out	Adele	3 -12 yrs	Saturday Jan 19, Feb 16, Mar 16	4:00-8:00 pm	1st Child \$20/\$27 then \$15/\$18 Please register by Friday at Noon.

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 +	Jan 26 Mar 9	9:00 am-3:30 pm	\$75/\$80 Community Room 2
First Aid	Chris	16 +	Feb 19	5:00-9:00 pm	\$50/\$55 Community Room 2
Lifeguard Training	Chris	16 +	Feb 22-Mar 2	M-F 5:30-9:00 pm Sat 8:30 am-4:00 pm	\$200/\$225 after 2/11

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.