



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LICKING COUNTY FAMILY YMCA SUMMER 2018



SUMMER SESSION

June 11–Aug 18

Summer sessions varies by program

Registration:

Full Member: Mon, June 4

Non-Member: Wed, June 6

HERE TO SERVE YOU



WE'RE MOBILE FOR A BETTER YOU

MOBILE APP – LICKING COUNTY FAMILY YMCA

We know you're using your mobile phone more and more everyday! Now get YMCA info when you want it, where you want it... on the go!

NOW available for iPhone and Droid!

- Search exercise schedule.
- Water aerobic schedule.
- Programs & events info.
- Facility status.

EXERCISE SCHEDULES

- Have a class in mind? Search class times based on your class name. Find a list of classes, instructors, descriptions and locations.
- Daily class schedules.



NEWARK BRANCH Hours of Operation:

Mon–Thurs: 5:00am–10:00pm
Fri: 5:00am–9:00pm
Sat: 7:00am–7:00pm
Sun: 1:00pm–6:00pm

Women & Youth Fitness Center:

Mon–Thurs: 6:30am–8:30pm
Fri: 6:30am–6:00pm
Sat: 8:00am–2:00pm
Sun: 1:00pm–4:00pm

WESTERN BRANCH Hours of Operation:

Mon–Thurs: 5:00am–9:00pm
Fri: 5:00am–7:00pm
Sat: 7:00am–3:00pm
Sun: 1:00pm–5:00pm



SUMMER SESSION

Registration open Monday, June 4 for members and Wednesday, June 6 for nonmembers. Summer class schedules vary by department. Double-check all class schedules.

OUR MISSION

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

CHECK OUT THE Y'S WEBSITE at www.lcfymca.org

Schedules, class information, employment opportunities, find it all on the Y website.



Looking for the most up to date info, stories and Y pics, follow us on Facebook, Instagram and Twitter

SUMMER MEMBERSHIPS

Join the Y for the Summer! Memberships are May 15–Aug 19. From the Wellness Center to the Outdoor Pool, a Y Membership is a great way to spend your lazy days of summer.

- Youth \$72
- Young Adult \$112
- Adult \$186
- Family \$275

FINANCIAL ASSISTANCE

At the Y no one is turned away for inability to pay. Financial Assistance is available to anyone in need.



HOLIDAY HOURS

Memorial Day-5/28

- Newark-special hours 7am–12pm
- Western-CLOSED
- Outdoor Pool-Open 12–5

Independence Day-7/4

- Newark-special hours 7am–12pm
- Western-CLOSED
- Outdoor Pool-Open 12pm–5pm

Labor Day-9/3

- Newark-special hours 7am–12pm
- Western-CLOSED

OPEN HOUSE

Come visit the Licking County Family YMCA Open House and take a tour of Licking County's premier workout facility, serving our community since 1876. Invite friends and family who have considered a membership to come take a tour and get a 1 week free trial membership* good through the end of September.

When: Aug 25, 2018

Open House Hours:
9:00am – 12:00pm

*Free trial for ages 18 and up

OUTDOOR POOLS



GUESTS AT THE OUTDOOR POOL

Guests must be accompanied by a full member for the entire day's use of the pools. Waivers must be signed by the guest's parent or guardian prior to entry into the pool. Cost for guests is \$5 for anyone under 18 (under 3 is free), \$7 for Adults, and \$14 for family (2 parents and up to 5 children). This is the same policy for nonmembers at Hollander as well.

ALFORD AQUATIC CENTER

Y outdoor pool

Opens Memorial Day:

Noon to 5:00pm.

Regular Hours of Operation

Mon-Sat: Noon-7:00pm

Sun: 1:00pm-6:00pm

July 4th Hours

Noon to 5:00pm

Last Day for Alford Aquatic Center

Aug 19, 2018

HOLLANDER POOL

1175 Hollander St., Newark, OH 43055

Opens June 2nd

from Noon-6:00pm

Regular Hours of Operation

Mon - Sat: Noon-7:00pm

Sun: 1:00pm-6:00pm

July 4th Hours

Noon to 5:00pm

Last Day for Hollander Pool

Aug 12, 2018

BAND POLICY

Staying safe around the pool is our top priority. We have a swim test and wrist band program that helps determine each swimmer's ability. All non-swimmers will receive a red wrist band and cannot pass beyond the red band designated area. All swimmers who are 48 inches or taller, but cannot swim well enough to pass the swim test, will receive a yellow wrist band. A yellow wrist band will allow them to use the slides, but not the deep end of the pool. Swimmers over 48" tall who pass the swim test will receive a green wrist band and may use any part of the pool. Swimmers under 48" tall who pass the swim test will receive a purple wrist band and be allowed in any part of the pool except the slides.

CHILDREN

Our age policy states that all children under the age of 11 must be accompanied by an adult, 18 years of age or older at all times, including during adult swim. If a child is caught unaccompanied 3 times, the member will be asked to leave for the day. If the behavior continues, further consequences may follow.



FAMILY DAY at the Alford Aquatic Center

Y outdoor pool!

Food, music, and pool games. All the ingredients for a great family time at the pool!

July 28, 2018

Noon - 4:00pm

FOR MORE INFORMATION PLEASE CONTACT:

Elijah Benton, Aquatics Director
elijah.benton@lcfymca.org
740-345-6631

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIMMING LESSONS

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages, from 6 months to adult, to stay safe and have fun in the water, building strong, confident swimmers. Our lessons are divided into the following categories: Swim Starters: Infant & Toddler; Swim Basics: Preschool, School Age, Teen, Adult; and Swim Strokes: School Age, Teen, Adult.

REGISTRATION

Registration begins Monday, June 4 for members and Wednesday, June 6 for nonmembers. All classes are \$35 for full members, \$80 for nonmembers.

OUTDOOR POOL

Summer 1 June 11 - 21

Summer 2 June 25 - July 19
(no class July 4)

Summer 3 July 9 - 19

Summer 4 July 23 - Aug 3

INDOOR POOL

Summer A June 11 - July 6
(no class July 4)

Summer B July 9 - Aug 3

Saturday June 15 - Aug 3



SWIM STARTERS

Parent & child, 6 months–3 years

A–Water Discovery

(parent & child) 6–24 months

Introduces infants and toddlers to the aquatic environment. Classes introduce water entry & exit, front & back floats and tows.

Mon-Thurs 11:00–11:30am

Sat 9:30–10:00am

B–Water Exploration

(parent & child) 2–3 years

Focuses on exploring body positions, blowing bubbles, & safety and aquatic skills with more emphasis on preparing the child for preschool lessons when they turn 3 years old.

Mon-Thurs 11:00–11:30am

Sat 9:30–10:00am

SWIM BASICS

Preschool, 3–5 years

1–Water Acclimation

Beginner – no swimming experience, may still be “clingy”. Can sit on the side, wait, listen to, and follow instructions. Lessons help increase comfort with underwater exploration & introduce basic self-rescue skills with assistance. Goal is to float & glide 5 ft. with assistance, & swim, float, swim 10 ft. with assistance.

Mon-Thurs 11:00–11:30am

Mon & Wed 6:00–6:30pm

Mon & Wed 6:30–7:00pm

Tues & Thurs 5:30–6:30pm

Tues & Thurs 6:30–7:30pm

Sat 10:00–10:30am

Sat 11:00–11:30am

2–Water Movement

Advanced Beginner – some swimming experience, will put face in water & can glide about 5 ft., assisted. Encourages forward movement in water & basic self-rescue skills performed independently. Goal is to swim, float, swim width of pool, unassisted.

Mon-Thurs 10:30–11:00am

Mon & Wed 5:30–6:00pm

Tues & Thurs 6:00–6:30pm

Sat 10:30–11:00am

3/4–Water Stamina/ Swim Strokes

Intermediate – can swim width of pool, unassisted, in deep water, is comfortable putting face in water. Develops intermediate self-rescue skills preformed at longer distances. Goal is to swim, float, swim length of pool, and tread water.

Mon-Thurs 10:30–11:00am

Mon & Wed 6:00–6:30pm

Tues & Thurs 6:30–7:00pm

Sat 10:30–11:00am



SAW (Safety Around Water)

Safety Around Water is a new four day water safety program developed by the YMCA of the USA. It focuses on teaching non-swimmers self-rescue skills such as floating, entering and exiting water safely, as well as what to do and what not to do when engaging in water activities or just being around water.

First Graders

June 18-21, 6:00pm Hollander Pool

Second Graders

June 25-28, 6:00pm Hollander Pool

Cost: \$16



PARTY RENTAL

Check out The Licking County Family YMCA for your next birthday party! Party includes a party area in the pool lobby, indoor swimming with a complimentary YMCA Birthday T-Shirt for the Birthday Child. Open to members and non-members. Contact Annette Boyer for your birthday packages. *The Outdoor Pool is available for rental!

FOR MORE INFORMATION ABOUT
SWIMMING LESSONS PLEASE CONTACT:

Kris Miller

kris.miller@lcfymca.org

740-345-6631

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Nurturing the potential of every child and teen



SWIM BASICS

School Age 6–12 years

1/2 – Water Acclimation & Movement

Beginner – no swimming experience. Goal is to become comfortable in the water and float, glide 10 ft., & swim, float, swim width of pool unassisted.

Mon-Thurs	10:30 – 11:00am
Mon & Wed	5:30 – 6:00pm
Mon & Wed	6:30 – 7:00pm
Tues & Thurs	5:30 – 6:30pm
Tues & Thurs	6:00 – 6:30pm
Sat	9:30 – 10:00am
Sat	11:00 – 11:30am

3 – Water Stamina

Advanced Beginner – can swim width of pool, unassisted, in deep water, comfortable putting face in water. Develops intermediate self-rescue skills performed at longer distances. Goal is to swim, float, swim length of pool, and tread water 1 minute.

Mon-Thurs	11:00 – 11:30am
Mon & Wed	5:30 – 6:00pm
Tues & Thurs	5:30 – 6:00pm
Tues & Thurs	6:30 – 7:00pm
Sat	10:30 – 11:00am

SWIM STROKES

School Age 6–12 years

4 – Stroke Introduction

Intermediate – can swim length of pool. Introduces basic stroke technique and works on perfecting strokes and breathing patterns.

Mon-Thurs	11:00 – 11:30am
Mon & Wed	6:30 – 7:00pm
Tues & Thurs	6:00 – 6:30pm
Sat	10:00 – 10:30am

5 – Stroke Development

Advanced intermediate – can swim 25 meters of each stroke. Introduces breaststroke & butterfly. Goal is to improve endurance, swim 50 meters of each stroke, and refine stroke technique

Mon & Wed	6:00 – 6:30pm
Mon – Thurs	10:30 – 11:00am
Sat	9:00 – 9:30am

6 – Stroke Mechanics

Advanced – can swim 50 meters of each stroke. Goal is to refine stroke technique on all major competitive strokes & improve endurance, swimming 150 meters any stroke or combination of strokes.

Mon-Thurs	10:30 – 11:00am
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TEEN LESSONS/ SWIM BASICS 13–17 yrs

Group lessons are personalized to the individual depending on skill level.

Sat	9:00 – 9:30am
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ADULT LESSONS/ SWIM BASICS 18 years and up

Group lessons are personalized to the individual depending on skill level.

Sat	9:00 – 9:30am
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LCFYMCA Summer Swim Team

- Swim Team Registration is open—Registration ends July 23
- Seasons April 23–August 17
- Times of Practice: TBA
- Register at: www.teamunify.com/oslcfymca

LEVEL 3 (Advanced): \$350

Bronze: \$375

Silver: \$400

Gold: \$450

LEVEL 2 (Intermediate): \$300

Bronze: \$325

Silver: \$350

Gold: \$400

LEVEL 1 (Beginner): \$275

Bronze: \$300

Silver: \$325

Gold: \$375

TRI-SWIMMING:

Held on Tues & Thurs

Practice with the Sharks swim team without the commitment.

SWIM ASSESSMENTS:

By appointment

FOR MORE INFORMATION PLEASE CONTACT:

Kris Read, Head Coach
kris.read@lcfymca.org
 740-345-6631

LIFEGUARD CLASS

Are you interested in becoming a Lifeguard? Pools and camps are always on the lookout for responsible, trained guards. Register today and earn your certifications in: YMCA Lifeguarding, ASHI, Basic Life Support, Basic First Aid and Emergency Oxygen Administration.

Date TBA

Member \$150 Non-Member \$200

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



GYMNASTICS

Licking County Family YMCA gymnastics programs are designed to provide a safe, nurturing environment for children and youth to develop gymnastics skills as well as the four YMCA core values of caring, honesty, respect, and responsibility. We teach kids to tumble, run, jump, and twist in our gymnastics programs. From 12 months old and up, kids learn movement skills, fine and gross motor skills, tumbling skills and advanced gymnastics elements in our progressive-based classes. Gymnasts who are ready to take their skills to the next level can become part of our competitive gymnastic team where competition and winning are kept in healthy perspective by building self-confidence and team spirit.

SUMMER 1: June 11-July 14
(No classes July 4th)

SUMMER 2: July 16-August 18

	Member	Non-Member
30 min	\$29	\$59
45 min	\$32	\$62
1 hour	\$39	\$69
1 1/2 hour (once a week)	\$61	\$91
1 1/2 hour (twice a week)	\$70	\$104

All classes are designed with the gymnast in mind. Each class includes self-esteem building and positive reinforcement. Registration is required each session. Gymnasts are not guaranteed a spot in the next session.

PRESCHOOL GYMNASTICS

MOM, POP & ME 1-3 yrs

This 30-minute class is designed for the child and parent.

Mon	10:30-11:00am
Tues	4:30-5:00pm
Thurs	5:00-5:30pm
Fri	10:30-11:00am

PRESCHOOL GYMNASTICS

3-4 yrs

This 30-minute class is for the child who is ready to participate without a parent.

Mon	11:00-11:30am
Tues	5:00-5:30pm
Thurs	4:30-5:00pm 5:30-6:00pm
Fri	11:00-11:30am

PRESCHOOL PLUS 4-5 yrs

This 45-minute class is for the child who has had some previous gymnastic experience and is ready for a more intensive class.

Mon	11:30am-12:15pm
Tues	6:15-7:00pm

SUPERSTARS 4-5 yrs

This 45-minute class is for girls who have advanced through our basic preschool skill set.

Thurs	4:30-5:15pm
Fri	11:30-12:15pm

R.A.T. PACK

(Rowdy Athletic Training) 4-5 yrs Boys

This 45 minute high energy class involves running, jumping and exploring with agility and mobility for preschool age boys only.

Mon	12:15-1:00pm
Tues	5:30-6:15pm
Thurs	6:00-6:45pm

FOR MORE INFORMATION PLEASE CONTACT:

Dianne Hodge, Gymnastics Coordinator
dianne.hodge@lcfymca.org
740-349-9585



TEAM PREPARATION GYMNASTICS

Coach Recommended

These classes are designed for gymnasts of all ages who possess the desire and ability to compete. These classes are by coach recommendation. The gymnast must perform certain skills to qualify for each of these levels. Teams are grouped according to skill level, not by age. The gymnast will learn routines for all four/six competitive events. If they become a member of the competitive team (Men's or Women's), they will compete in League Meets, USAG Sanctioned Meets, State, Regional and National Level Championships.

HOT SHOTS 5-8 yrs

PRETEAM Girls 9 yrs & Up
Coach Recommended

This class meet twice a week. They are for children with previous experience in gymnastics either in our program or elsewhere.

Mon & Wed	5:00-6:30pm
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BOY'S SELECT Boys 6 yrs & up
Coach Recommended

This class meets once a week for one hour and is a prerequisite for our Competitive Team.

Tues	7:00-8:00pm
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PROGRESSIVE YOUTH GYMNASTICS

Youth Progressive Gymnastics Program is for boys and girls ages 5 and up. The Licking County Family YMCA gymnastics program follows the guidelines of the National YMCA Progressive Gymnastics Program and the USA Junior Olympic Gymnastics Program. We work to develop children's coordination, balance, strength, flexibility, and most importantly self-esteem. We focus on safety, encouraging kids to do their best, and to believe in themselves while instilling the YMCA core values of caring, honesty, respect, and responsibility.

YOUNG BASICS 5-8 yrs Beginner

& ROLLERS 9 years and up Beginner

This one hour class focuses on coordination, strength and flexibility and is an introduction to gymnastic basics on vault, bars, balance beam and floor.

Young Basics

Tues 5:30-6:30pm

Thurs 5:15-6:15pm

Young Basics/Rollers

Thurs 6:15-7:15pm

FLIPPERS 5-8 yrs Intermediate

& SWINGERS 9 yrs and up Intermediate

This is a one hour class for intermediate level gymnasts to explore their potential in gymnastics.

Flippers

Tues 6:30-7:30pm

Tues (Coach Recommended) 5:30-6:30pm

Swingers

Tues 4:30-5:30pm

KIPPERS 9 yrs and up Advanced

This is an advanced level class that incorporates new skill progressions while gymnasts have fun.

Tues 4:30-5:30pm

Tues (Coach Recommended) 6:30-7:30pm

NINJA GYM 6-12 yrs

This class is designed for both boys and girls. It combines gymnastics tumbling with ninja like moves such as hanging, jumping, swinging, climbing, flipping and bouncing. Participants will increase endurance, agility and flexibility.

Thurs 4:00-5:00pm

MINI STUNTMEN 6 yrs & up

This is a one hour boy's class introducing the basics of men's gymnastics emphasizing flexibility, strength building, agility, and safe landings.

Tues 6:00-7:00pm



GYMNASTICS PARTY RENTAL

Plan your next party at the Y. Our Gymnastics' Parties are held in our state of the art facility at the Y Newark Mitchell Center. Participants would have access our 60 ft. tumble track along with a variety of other equipment. Rentals are 2 hours with 1 hour in the gymnastics area and 1 hour on the mezzanine. The Y provides a refrigerator/freezer, as well as a stereo system for your iPad, tablet or phone to play music for the party. Mezzanine may be decorated and the Y will set up the gymnastics area with activities that are age appropriate for the birthday child. The birthday child also receives a birthday party t-shirt. For further information about hosting your next party at the Y, please call 740-349-9585.



SPECIAL GYMNASTICS PROGRAMS

TUMBLE CHEER 6 yrs and up

These classes are offered to both boys and girls and focus on jumps, cheers & tumbling that can be incorporated into cheerleading.

Thurs (ages 5-9) 4:00-5:00pm

Thurs (ages 10-14) 6:00-7:00pm

TRAMPOLINE & TUMBLING

Beginner/Intermediate & Advanced

This class offers the Beginner/Intermediate and Advanced tumbler an opportunity to continue to build on their tumbling skills using our spring floor and our 60 foot Tumble Trak.

Thurs (beginning level) 5:00-6:00pm

Thurs (intermediate level)* 7:00-8:00pm

* Must have Roundoffs, Back & Front Handsprings

ADVANCED TUMBLING

(Coach Recommended)

This class is for the advanced tumbler to continue to build on their current tumbling skills, such as front and back tucks, layouts, halves, and fulls, etc.

Wed 8:15-9:15pm

HIGH SCHOOL CHEER

This class is for the High School cheerleader. The primary goal of the class is to build tumbling skills required for High School Cheerleading.

Thurs 8:00-9:00pm

FOR MORE INFORMATION PLEASE CONTACT:

Dianne Hodge, Gymnastics Coordinator
dianne.hodge@lcfymca.org
740-349-9585

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

At the Y, we believe every child has potential, and we're here to nurture that potential. From youth sports to academic support to leadership development, the Y helps bring out the best in kids, and they keep surprising us with all they can do.

YOUTH KARATE 7-12 yrs

Summer Session I
June 11-July 14

Summer Session II
July 16 - Aug 18

Learn discipline, self-confidence, and respect for others from

Sensei Park. This program incorporates the YMCA core values of caring, honesty, respect and responsibility. Isshinryu Karate is a well-balanced style that includes hand and foot techniques as well as basic grappling. This is a true martial arts class in which you, with hard work, can be promoted to higher belt levels.

Tues 7:00-8:00pm

Member \$33 Non-Member \$74



FALL BASEBALL LEAGUE

Don Edwards Park will once again be hosting a fall baseball league. The league will be expanded this year to include 8-18 year olds with the younger ages playing at Mound City Little League. The league begins in August and runs through October with double headers on Sundays. For more information email donedwardspark@lcfymca.org or adam.jenkins@lcfymca.org or call us at 740-349-9678.

DON EDWARDS PARK

Don Edwards Park is available for rent starting in March through the month of November weather dependent. The complex is capable of hosting large baseball tournaments along with multiple other nontraditional events. Events that have been hosted down at the facility include concerts, men's slow pitch softball, private events and parties, semiprofessional wrestling events, small fairs and festivals, circus and multiple others. If interested in renting the facility please contact Adam Jenkins at 740-349-9678.

This summer Don Edwards will play host to a multitude of family friendly events. The park will host family movie nights each month. The first of which is May 26, the movie will be "The Sandlot" admission is free. The gates open at 6:30 with activities for all ages. In addition to that the ballpark will host the 1st Annual Licking County Homerun Derby and Allstar Game the weekend of July 28th. For more information on these events and others such as "The Hotdog Ho-Down" and Ohio State watch parties visit our new website donedwardspark.com or check us out on Facebook.

**FOR MORE INFORMATION
PLEASE CONTACT:**

Adam Jenkins, Sports Director
adam.jenkins@lcfymca.org
740-349-9678

COMING THIS FALL!



FALL SESSION

Join us as we kick off Gymnastics, Swim Lessons, Martial Arts and Activate Youth this Fall. Registration opens Aug 20 & Aug 22 for Fall I Session Sept 10-Oct 27

New programming coming this fall to LCFYMCA! More details will be released in the coming weeks but this fall will feature new programs for youth and adults alike. Including soccer, lacrosse, tennis, bubble soccer, men's softball and fall baseball for ages 8-18! For more information call Adam Jenkins at 740-349-9678

NFL FLAG FOOTBALL

New this Fall 5th-6th grade division!

NFL Flag Football is for boys and girls in 1st - 6th grade, games will run from early September through the end of October with a single elimination tournament included at the end. Teams will practice one time a week Monday - Friday, with all games being on Saturday. The deadline to register is August 10th.

GIRLS' FALL VOLLEYBALL

Fall volleyball is for girls in 1st-7th grade, games will run from early September through the end of October with a single elimination tournament included at the end. Teams will practice one time a week Monday - Friday, with all games being on Saturday. The deadline to register is the middle of August.

**FOR MORE INFORMATION
PLEASE CONTACT:**

Adam Jenkins, Sports Director
adam.jenkins@lcfymca.org
740-349-9678

YOUTH DEVELOPMENT

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BEFORE/AFTER SCHOOL CHILDCARE

The YMCA offers child care for children kindergarten through 6th grade. In our Before-school program, we offer a time for activities, homework help and a snack before school. In our Afterschool program, students receive time for homework, participate in a variety of activities that develop positive self-esteem and incorporates the YMCA's four core values of caring, honesty, respect, and responsibility. Rates are based on location. Serving Johnny Clem, McGuffey, Cherry Valley, Hillview, Stevenson and Garfield.

Before and After School Registration

July 9	opens for returning (2017-2018) participants
July 16	opens to the public

CAMP WHERE FUTURE HEROES ARE MADE

We are planning the Best Summer Ever at Y Day Camp! Registration is open. Learn more about this year's camp with specialty camps such as Culinary Creations and Lego camp and traditional camp themes Camp Mockingjay and Camp Mayhem. First day of Camp is June 4th, register today! Check out the camp brochure on the Y website at www.lcfymca.org.

CAMP OPEN HOUSE

Camp Open House is a chance for campers to come meet some of the counselors and play games while parents have a Q & A session with the administrative team.

May 31	6:30pm-7:30pm	at Camp
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Need a babysitter while you work out?

Call ahead and reserve a spot in Child Watch for your child. Because the Tween Room is closed, children up to 9 years of age may utilize Child Watch. A strict 90 min. limit per visit is enforced.



PRESCHOOL

- A year-round curriculum that includes themed units to move your child in a progression of learning.
- Formal assessments throughout the year offering summaries of your child's development while ensuring he/she is always challenged.
- Preparation for kindergarten and beyond!

NEWARK PRESCHOOL

Our licensed facility in Newark provides quality care for children 6 weeks old through PRE-K in a secured environment from 6:30 am – 6:00 pm, Monday –Friday. Curriculum is taught from 9:00am – 4:00 pm. Children participate in developmentally appropriate activities that are planned to promote cognitive development and Kindergarten readiness as well as physical development. Swimming lessons and gymnastic classes are included for all of our preschool children. We are proud to participate in the Child and Adult Food Program and provide healthy meals and snacks to all children in our programs.

Now registering for Fall 2018

For more information, contact the Child Care Center at 740-345-9628.

FOR MORE INFORMATION
PLEASE CONTACT:

Kristin Ream, Preschool Director
kristin.ream@lcfymca.org
740-345-9628

FOR MORE INFORMATION
PLEASE CONTACT:

Gail Humbert,
School Age/Camp Coordinator
gail.humbert@lcfymca.org
740-345-9628 ext. 216



CHILD WATCH

ages 8 weeks-9 years old

Let us care for your little ones while you work out! Register by calling 740-345-9622. Child Watch enforces a strict 90 min limit per visit. Parents who exceed the 90 min limit will be charged \$5/per child every 10mins. Parental sign-in/sign-out mandatory.

Mon-Fri	8:30am-1:00pm
Mon-Thurs	4:00pm-9:00pm
Sat	8:00am-12:00am

TWEEN ROOM

ages 7-15 years old

The Tween Room will be closed for the summer (June-August) The Tween Room will reopen in the Fall when school starts.

FOR MORE INFORMATION
PLEASE CONTACT:

Kajsa Wermelin
kajsa.wermelin@lcfymca.org
740-345-9622

PARENTS NIGHT OUT

We know you look forward to Parents' Night Out. Y Newark PNOs will restart in the fall. Check out Y Western schedule for summer PNO dates!

HEALTHY LIVING

Improving the nation's health and well-being



WELLNESS COACH APPOINTMENTS

Schedule an appointment with our Wellness Coach. Whether you have physical ailments or you are just a little hesitant to get started by yourself let us help you! Our Wellness Coach will provide no pressure guidance to help you get the most out of your Y experience and customize a plan to fit you and your needs. For more information contact call Kajsa at 740-345-9622 ext. 105

PERSONAL TRAINERS

The personal fitness trainers will assess your current fitness level and provide you a detailed map to your personal fitness destination. Our exercise specialists can show you the most effective and safest ways to achieve your goals. If you would like to lose weight, get healthy and/ or build muscle, a trainer can be just what you need. They are here to motivate and encourage you. Trainers can teach technique and provide exercise programs. All personal trainers are certified by a nationally recognized agency and are CPR, AED, and First Aid trained. Fees are non-refundable and all training sessions must be used within one year of purchase. Prices differ per trainer based on trainer's preference. Registration is required before the training session. Each training session lasts about an hour. The first meeting is devoted to assessing fitness level, taking body measurements, exercise and health history, and personal goals. Be prepared to step on the scale, have your body fat tested, and answer specific questions about your goals. After that, you'll spend most of your time on strength training and cardio.



YOUTH OUTDOOR BOOTCAMP

New this summer! Grab your friends and get together for an intense outdoor workout on Wednesdays at 4pm. Activate Youth does not run in the summer, but don't let the progress you've made slip away! This class will be open to youth ages 7-13. Please come prepared for a high intensity exercise class and bring a water bottle! Each class is limited to 10 participants. Participants can sign-in and meet in the Women & Youth Fitness Center. Class will be held inside if there is rain. Program starts May 30.



As a member of the Y, you now have free access to the ActivTrax system. ActivTrax is designed to provide you with a custom workout for each visit! ActivTrax tells you which equipment to use, how to set the weights and how long to rest between each set. You simply perform the prescribed exercises using the weights and reps it sets for you. ActivTrax tracks your progress and challenges you on your own personal level! You can download the ActivTrax app in the App store, on Google Play, or you can login on a desktop computer. See a staff member to get create your account and take your initial strength test!

BLOOD PRESSURE & BODY COMPOSITION TESTING

Members may have their blood pressure taken or body composition tested throughout the day, provided fitness room staff is available.



ACTIVE ADULT CLASSES:

Stay healthy and fit! Active Adult classes are designed for individuals 50 years of age and up. Class focus varies and includes cardiovascular endurance, strength, balance, agility, coordination and cognitive skills. Instructors focus on safe movements and provide modifications. Find schedules for all of our Active Adult classes at the Y website or pick up the schedule at the Member Services desk.

CARD GAMES:

Deal me in! Join us for monthly card games in the Café. Held on the first Monday of every month at 12pm. This is for anyone that is 50 years old and up. The game will last approximately 1 ½ hours.

EVENT CALENDAR:

Connect with our Y Family! Activity and event schedules are available at the front

FITNESS ASSESSMENTS

Find out exactly how fit you are with a personal fitness assessment. Fitness staff will measure body composition, aerobic endurance, muscular endurance, muscular strength, and flexibility. During the assessment, individual goals, medical history, and a current exercise program are discussed to specifically meet your goals, interests, fitness level, and medical history. These sessions are designed for people currently exercising and people who are just getting back into exercise. Free to full members. Call 740-345-9622 to schedule an assessment.

FOR MORE INFORMATION
PLEASE CONTACT:

Constance Wedemeyer,
Health & Wellness Coordinator
constance.wedemeyer@lcfymca.org
740-349-9675

HEALTHY LIVING

Improving the nation's health and well-being



PICKLEBALL

Pickleball is a fun game played on a badminton court with the net lowered to 34 inches at the center. Equipment includes a perforated plastic ball (similar to a whiffle ball) and wood or composite paddles. Pickleball is easy for beginners to learn.

Pickle Ball Games – with rules

Mon–Fri 8:30am – 9:50am English Gym

Mon–Fri 1:00pm – 4:00pm English Gym

Sat 8:00am – 11:00am English Gym

Pickle Ball – no rules

Mon–Fri 7:00am – 8:30am English Gym



GROUP FITNESS CLASSES

The Y's Group Fitness programs are fun and interactive way to engage with other members and positively impact health. Current schedules can be found at the Front Desk, online and on our app. Group Fitness Classes include:



ACTIVE ADULT STRENGTH

Beginner to Intermediate

This class offers something for everyone, regardless of fitness level. The class can help improve overall strength, flexibility, and balance, helping you to stay healthy and maintain your independence.

ACTIVE ADULT YOGA

Beginner to Intermediate

This class offers something for everyone, regardless of fitness level. The class can help improve overall strength, flexibility, and balance, helping you to stay healthy and maintain your independence.

BELLY DANCE FIT

Beginner to Advanced

A belly dance fitness class that works the core in many ways. In this class you will learn muscle control. The first 20 minutes will work on isolated movements, then the remaining portion of the class will be a dance fitness routine.

BODY SHOCK

Advanced

This high-intensity class incorporates cardio and strength using body-weight and free-weight exercises. The class will help to build muscular strength and cardiovascular endurance. Participants work at their own pace, and moves can be modified for all levels.

BOOTCAMP

Advanced

Bootcamp training often commences with dynamic stretching and running, followed by a wide variety of interval training including lifting weights/objects, pulling rubber TRX straps, pushups/sit-ups, plyometrics, and various types of intense explosive routines. Many other exercises using weights and/or body-weight are used to lose body fat, increase cardiovascular efficiency, increase strength, and help people get into a routine of regular exercise.



BOXING BOOT CAMP

Intermediate to Advanced

This class uses boxing to provide a cardio and strength workout. Using normal boxer's exercises, such as shadow boxing, jump rope, and road work, you will learn how to correctly throw jabs, crosses, and hooks on a heavy punching bag. NO KICKBOXING.

CARDIO DANCE

Beginner to Advanced

This class explores strength, cardio and conditioning while learning coordination and rhythmic routines. The music will be upbeat and you will have fun burning your calories.

CERTIFICATIONS

ASHI CPR-CPR/ AED-First Aid

(for members, non-members and staff)

May 8, Tues 10:00am – 12:00pm

June 12, Tues 10:00am – 12:00pm

July 14, Sat 9:00am – 11:00am

Aug 14, Tues 10:00am – 12:00pm

Sept 8, Sat 10:00am – 12:00pm

Oct 9, Tues 10:00am – 12:00pm

Nov 13, Tues 10:00am – 12:00pm

Adult, Child, Infant CPR,
First Aid, and AED \$65

FOR MORE INFORMATION
PLEASE CONTACT:

Constance Wedemeyer,
Health & Wellness Coordinator
constance.wedemeyer@lcfymca.org
740-349-9675

FOR MORE INFORMATION PLEASE CONTACT:

Courtney Plaisted,
Health & Wellness Director
courtney.plaisted@lcfymca.org
740-345-9622 ext. 176

HEALTHY LIVING

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CARDIO GOLD

Beginner to Intermediate

This popular active adult fitness class is a fusion of Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

GENTLE YOGA

Beginner to Intermediate

Combines breathing with slow, gentle yoga movements to stretch muscles, lubricate joints, increase balance and mind/body awareness, and improve posture and strength. Each class ends with a period of guided relaxation. Must be able to get up from mat.



GROUP CYCLING

Intermediate to Advanced

All you have to do is pedal. Each cycling class brings a different aerobic or anaerobic workout with endurance, strength, interval, and competitive cycling rides. Please bring a water bottle. Biking shorts, gloves, and gel seat covers are all welcome. Heart-rate monitors are on sale in our health and fitness department.

KICKBOXING

Intermediate to Advanced

This program sculpts your upper body with jabs and lower body with a variety of kicks. The class is for people who love a good cardiovascular workout. Kickboxing may also incorporate boxing gloves from time to time.

LOW-IMPACT AEROBICS

Beginner to Intermediate

This class is a great way to start to exercise and/or for a low-impact workout. Set to music, this uplifting workout helps build your aerobic base, strengthen your heart, and burn calories. The instructor will keep you coming back.

MAT PILATES

Beginner to Advanced

Pilates is a unique exercise system that gives rapid, yet last results: a leaner, sculpted body, increased abdominal and lower-back strength, and improved posture.

PILATES REFORMER

Beginner to Intermediate

Get the amazing, body-strengthening benefits of Pilates plus an excellent cardio workout with this advanced machine. Unlike most Pilates machines, this machine features a removable rebounder for effective aerobic exercise. You can also use the machine for the full complement of traditional Pilates exercises, known for developing a strong, flexible, and lean body. Located in the Women & Youth Fitness Center.

PILATES & YOGA

Intermediate to Advanced

The first 30-minutes of this class is Pilates and the second 30-minutes is yoga. This class is designed to provide you with the best of both worlds in a shorter amount of time.

SILVERSNEAKERS®

Beginner to Intermediate

This program is designed to provide a fun and challenging way for you to continue the lifelong journey of holistic health. The program is easily personalized to address multiple fitness levels and differences in health needs. A variety of equipment and techniques will be used. Chairs will be used for some of the exercises and will be available to you as necessary to work toward improved strength and endurance. If you use a wheelchair, you will find this program adaptable to your specific needs.



STEP

Beginner to Advanced

Step aerobics provides an outstanding cardiovascular workout. You can tailor the intensity of the workout to your fitness level by adding or subtracting risers from underneath your bench or using arm movements. Great teachers, choreography, and motivating music help to make this class a success.

STRENGTH & CONDITIONING

Intermediate to Advanced

A method of improving muscular strength by gradually increasing the ability to resist forces through the use of free weights, or the person's own body weight. A training with high levels of weight resistance and minimal rest periods.

TAI CHI

Beginner to Advanced

This ancient Chinese practice integrates slow movements, breathing techniques, and focused attention. Range of motion, balance, and stretching are all enhanced. Done standing, but easily adaptable to a chair. No prior experience needed.



TRX Beginner

Beginner to Intermediate

TRX Beginners will teach the basics of the Suspension Training System and will include moves that can be modified for all fitness levels.

TRX BODYSHOCK

Advanced

TRX Bodys shock is an advanced circuit training class that will involve higher level TRX movements, and other bodyweight and cardio exercises.

FOR MORE INFORMATION PLEASE CONTACT:

Courtney Plaisted,

Health & Wellness Director

courtney.plaisted@lcfymca.org

740-345-9622 ext. 176



YOGA

Beginner to Advanced

Yoga integrates the mind and body to create a sense of well-being. You will learn to focus the mind and breathing while increasing your flexibility, strength, and endurance with a variety of poses.

YOUTH STRENGTH TRAINING

Beginner to Intermediate

The Youth Strength Training class is designed specifically for youth to increase strength and endurance capabilities. The program will teach youth the basics of strength training, and incorporate bodyweight and resistance activities, as well activities to improve cardiovascular endurance. The program will be available to those 12-14 years of age, as it will be held in the Women & Youth Fitness Center. Participants are required to receive an equipment orientation in the Women & Youth Fitness Center prior to attending the class.

ZUMBA

Beginner to Advanced

Zumba features aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize your calorie burn and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.



ADULT KARATE

13 yrs & up

Isshinryu Karate uses both hand and foot techniques in a balanced approach as well as some basic grappling and a variety of Katas or forms. This is a true martial arts class in which you, with hard work, can be promoted to higher belt levels.

Session I	June 11-July 14
Session II	July 16-Aug 18
Tues	8:00 - 9:00pm

FOR MORE INFORMATION
PLEASE CONTACT:

Adam Jenkins, Sports Coordinator
adam.jenkins@lcfymca.org
740-349-9678

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

Christian Emphasis

Our Christian Emphasis program was established to accomplish the mission of the "C" in the YMCA by demonstrating the love of Christ by serving, encouraging, and caring for the spiritual needs of our members and our community.



MEGA SPORTS CAMP 2018: "TEAM SPIRIT" combines character building principles with sports. The best part of being on a sports team is sharing experiences together. **Success comes from cooperation and respect, even when someone makes a mistake.** These same qualities that help athletes win are also valuable in everyday life. Even Jesus chose a team to show us what TEAM Spirit is all about.

SPORTS + CHARACTER BUILDING= MEGA SPORTS CAMP

Mega Sports Campers can expect three sports sessions per day with breaks for rallying with all athletes. Campers will learn valuable skills in their specific sport and be encouraged by the life of Jesus. Campers will focus on points such as "Team means we, not me," "Everyone deserves my respect," "All of us make mistakes," and "My actions and attitudes matter."

WHEN: June 18-22, 2018. Camp starts at 9am. Pick-up 12:30-1pm

WHERE: Located at The Grove by the River:
Goodwill Industries, 840 Hollander St., Newark, OH

WHO: For kids finished with kindergarten thru age 12

COST: FREE!!! SNACKS AND LUNCH PROVIDED!!

WHAT'S NEXT? CHOOSE A SPORT AND REGISTER!

- ✓ FOOTBALL
- ✓ WRESTLING
- ✓ BASEBALL
- ✓ BASKETBALL
- ✓ CHEERLEADING
- ✓ TRACK
- ✓ SOCCER
- ✓ RECESS GAMES (Finished with Kindergarten - age 7)

MORE INFO AND REGISTRATION ONLINE:

www.thegrovebytheriver.com/daycamp
or contact Tracy Isch @ tracylisch@gmail.com

Made possible by:

YMCA Christian Emphasis Program, Partnering Churches,
The Grove by the River, and Licking/Knox Goodwill

WESTERN BRANCH

355 West Broad Street • Pataskala

SUMMER SESSIONS:

Summer 1: June 11-July 14 (No classes July 4th)

Summer 2: July 16-Aug 18

Schedules and Registration forms for YMCA Western Branch programs available at the Member Services desk or online at www.lcfymca.org.



As a member of the Y, you now have free access to the ActivTrax system. ActivTrax is designed to provide you with a custom workout for each visit! ActivTrax tells you which equipment to use, how to set the weights and how long to rest between each set. You simply perform the prescribed exercises using the weights and reps it sets for you. ActivTrax tracks your progress and challenges you on your own personal level! You can download the ActivTrax app in the App store, on Google Play, or you can login on a desktop computer. See a staff member to get create your account and take your initial strength test!



PARENT(S) NIGHT OUT

Have a date night and we'll take care of the kids! Drop your kids off at the Y for a night of games, crafts, snacks and a movie. Registration is required. Snack will include popcorn, fruit snacks, juice boxes and water. Parents can provide their own snack for their own child if preferred.

Fri, May 18	6:30-10:30pm
Fri, June 29	6:30-10:30pm
Fri, July 27	6:30-10:30pm
Fri, Aug 31	6:30-10:30pm

MARTIAL ARTS TANG SOO DO



Tang Soo Do is a harmonious training of body, mind, and spirit. A Tang Soo Do practitioner's ultimate goal is not only to possess excellent martial arts techniques, but more importantly, to develop and perfect one's character as well.

Little Dragons 4-5yrs	
Mon	6:30 - 7:15pm
Wed	6:30 - 7:15pm
Member \$26	Non-Member \$60
Youth 6-12 yrs	
Mon	6:30 - 7:30pm
Wed	6:30 - 7:30pm
Member \$33	Non-Member \$74
Adults 13+	
Mon	7:00 - 8:45pm
Wed	7:00 - 8:45pm
Member \$33	Non-Member \$74



YOGA FOR RUNNERS

Learn poses to improve recovery between runs and loosen tight spots

June 2 10:15-11:15am

FOR MORE INFORMATION PLEASE CONTACT:
Dana Moore, Western Branch Director
dana.moore@lcfymca.org
740-964-6522



GYMNASTICS

PRESCHOOL 3-4 yrs

This 30-minute program is for the child who is ready to participate without a parent.

Tues	5:30-6:00pm
Member \$23	Non-Member \$54

PRESCHOOL PLUS

This 45-minute program is for the child who has had some previous gymnastics experience and is ready for a more intensive class.

Thurs	5:30-6:15pm
Member \$26	Non-Member \$60

YOUNG BASICS 5-7 yrs

Young Basics emphasizes more advanced coordination skills, and introduction to gymnastics basics, listening skills, turn taking skills, instructional discipline, and social discipline.

Tues (with Rollers)	6:05-7:05pm
Member \$33	Non-Member \$74

ROLLERS 7 yrs & up

Rollers is a beginning level class for gymnasts who want to have fun while learning basic gymnastics skills.

Tues (with Young Basics)	6:05-7:05pm
Member \$33	Non-Member \$74

SWINGERS/KIPPERS 7 yrs & up

Swingers /Kippers is an intermediate/ advanced level class that incorporates new progression skills while the gymnasts have fun.

Thurs	6:20-7:20pm
Member \$33	Non-Member \$74

WESTERN BRANCH

355 West Broad Street • Pataskala



Come visit the Licking County Family YMCA Open House and take a tour of Licking County's premier workout facility, serving our community since 1876. Invite friends and family who have considered a membership to come take a tour and get a 1 week free trial membership* good through the end of September.

Aug 25 9:00am – 12:00pm



TRY A CLASS

Trying a group fitness class for the first time can make you feel intimidated and overwhelmed. To ease the stress, the Y Western Branch will be offering a Try a Class Day in conjunction with our Open House. This event is open to Y members and members of the community with the opportunity to participate in up to three sampler classes. Each "class" is just 15 minutes in length, so you don't have to commit to a full class. There will be a 5 minute transition for members to move between classes and ask questions of the instructors. The best part is everyone is trying the class just like you!

Aug 25 10:00am-11:00am

FOR MORE INFORMATION PLEASE CONTACT:

Jamie Goudy
jamie.goudy@lcfymca.org
740-964-6522



Camp Where Future Heroes are Made

We are planning the Best Summer Ever at Y Day Camp! Registration is open. Learn more about this year's camp with specialty camps such as Cooking and Fantasy camp and traditional camp themes Grossology and Color Craze. First day of Camp is June 4th, register today! Check out the camp brochure on the Y website at www.lcfymca.org.

CAMP OPEN HOUSE!!!

May 31 • 6:30–7:30pm at Camp

Camp Open House is a chance for campers to come meet some of the counselors and play games while parents have a Q & A session with the administrative team.



BEFORE/AFTER SCHOOL CHILDCARE

The YMCA offers child care for children kindergarten through 6th grade. In our Before-school program, we offer a time for activities, homework help and a snack before school. In our Afterschool program, students receive time for homework, participate in a variety of activities that develop positive self-esteem and incorporates the YMCA's four core values of caring, honesty, respect, and responsibility. Rates are based on location. Serving the Licking Heights Local School District.

Registration for Before & After Care

May 7 opens for current participants

July 9 opens to the public

PRESCHOOL

Now offering license preschool programs at Licking Heights North Elementary and the Southwest Licking Early Learning Center. The staff provides quality care and a hands on preschool program for children ages 3–5 years (participants MUST be completely potty trained). Our staff collaborates with the Licking Heights and Southwest Licking staff to work toward kindergarten readiness through group and individual activities.

Registering

March 19 Public registration for Southwest Licking

April 3 Public registration for Licking Heights

FOR MORE INFORMATION PLEASE CONTACT:

Brittany White,
Western Branch Child Care Coordinator
brittany.white@lcfymca.org
740-964-1674 ext. 7

LICKING COUNTY FAMILY YMCA

Two convenient locations to serve you

NEWARK BRANCH

470 West Church Street
Newark, OH 43055
740-345-9622
www.lcfymca.org

WESTERN BRANCH

355 West Broad Street
Pataskala, OH 43062
740-964-6522
www.lcfymca.org

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

FOLLOW US ON...

