



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LICKING COUNTY FAMILY YMCA FALL 2018



## Fall I Session

Sept 10–Oct 27

**Registration:**

**Member: Mon, Aug 20**

**Non-Member: Wed, Aug 22**

## Fall II Session

Oct 29–Dec 22

**Registration:**

**Member: Mon, Oct 22**

**Non-Member: Wed, Oct 24**

(no program classes Nov 19–24)

# 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

## HOLIDAY HOURS

### Labor Day Mon, Sep 3

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

### Thanksgiving Day Thurs, Nov 22

- Y Newark-CLOSED
- Y Western- special hours 7am-10am

### Christmas Eve Mon, Dec 24

- Y Newark & Y Western-Closing early at 4pm

### Christmas Day Tues, Dec 25

- Y Newark & Y Western-CLOSED

### New Year's Eve Mon, Dec 31

- Y Newark & Y Western-Closing early at 6pm

### New Year's Day Tues, Jan 1, 2019

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

## STAY IN CONTACT

Check out the Y's new website at [www.lcfymca.org](http://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

## MEMBERSHIP AT THE Y

### FOR MEMBER SAFETY

The protection of members and guests who are participating in programs or are using YMCA facilities is of paramount concern to the staff of The Licking County Family YMCA. Therefore, we reserve the right to deny access or membership to any person who is a registered sexual offender or has plead guilty to or been convicted of any crime against persons such as child, spousal, or parental abuse.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

### FINANCIAL ASSISTANCE

At the Y, no one is turned away for inability to pay. Financial Assistance is available to anyone in need. Please stop by the Member Service desk for an application or you can download one from our website at [www.lcfymca.org](http://www.lcfymca.org).



## POLICY REGARDING CHILDREN:

Y policy states that children 11 and under need to be supervised by a responsible party 16 yrs. of age or older at all times.



## OUR MISSION

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

# 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.

## PRICES

	Member	Non-Member
½ hour class once a week	\$30	\$70
½ hour class twice a week	\$55	\$120
45 minute class once a week	\$40	\$95

## 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.

Sat	9:00 – 9:30am
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### 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.

Sat	10:00 – 10:30am
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### A/B –Water Discovery & Exploration

(parent & child) 6 months–3 years

Tues & Thurs	11:00 – 11:30am
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## SWIM BASICS

Preschool, 3–5 years

### 1–Water Acclimation 3–5 years

**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	5:00 – 5:45pm
Tues & Thurs	10:30 – 11:00am
Tues & Thurs	6:00 – 6:30pm
Sat	9:30 – 10:00am
Sat	10:30 – 11:00am

### 2–Water Movement 3–5 years

**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	5:45 – 6:30pm
Tues & Thurs	11:00 – 11:30am
Tues & Thurs	5:30 – 6:00pm
Sat	9:00 – 9:30am

### 3/4–Water Stamina/Swim Strokes 4–6 years

**Intermediate** – can swim width of pool, unassisted, in deep water, is 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.

Tues & Thurs	10:30 – 11:00am
Tues & Thurs	6:30 – 7:00pm
Sat	9:00 – 9:30am

## SWIM BASICS

School Age 6–12 years

### 1/2–Water Acclimation & Movement 6–12 years

**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	5:45 – 6:30pm
Tues & Thurs	6:30 – 7:00pm
Sat	10:00 – 10:30am
Sat	11:00 – 11:30am

### 3–Water Stamina 6–12 years

**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	5:00 – 5:45pm
Tues & Thurs	5:30 – 6:00pm
Sat	9:30 – 10:00am
Sat	10:30 – 11:00am

**FOR MORE INFORMATION PLEASE CONTACT:**

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

**Kris Miller**, Swim Lesson Coordinator  
kris.miller@lcfymca.org

# YOUTH DEVELOPMENT

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## SWIM STROKES

School Age 6–12 years

### 4–Stroke Introduction 6–12 years

**Intermediate** – can swim length of pool.

Introduces basic stroke technique and works on perfecting strokes and breathing patterns.

Tues	5:30 – 6:15pm
Thurs	6:15 – 7:00pm
Sat	11:00 – 11:30am

### 5–Stroke Development 6–12 years

**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

Tues	6:15 – 7:00pm
Sat	10:00 – 10:30am

### 6–Stroke Mechanics 6–12 years

**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.

Thurs	5:30 – 6:15pm
Sat	9:30 – 10:00am



## TEEN LESSONS/ SWIM BASICS 13–17 yrs

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

Sat	8:30 – 9:00am
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## ADULT LESSONS/ SWIM BASICS

18 years and up

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

Sat (advanced)	8:00 – 8:30am
Sat (beginner)	8:30 – 9:00am

## ADAPTED AQUATICS 6–18 yrs

Designed to meet the individual needs of students with developmental disabilities. Parent or guardian must be in the water with the student.

Wed	5:00 – 5:45pm
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## LIFEGUARD CLASS

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

CLASSES: TBA

REGISTRATION:

Register is open at the Member Services Desk

Member \$150 Non-Member \$200



## SWIM MEET SCHEDULE

Join us as we cheer on our local Swim Teams for their upcoming meets. The Evans Pool will be closed during all meets.

Granville: Jan 18, 26

Newark: Nov 28, Dec 12, 21, 29

Lakewood: Jan 19

Heath: Dec 15, Jan 12

Sharks: TBA

## THE SHARKS WANT YOU!



The Y Swim Team is designed to develop youth into competitive swimmers with a fun and principled approach. Swimmers learn skills and techniques to improve their strokes. Coaches focus on dry land and in-water activities. We focus on teamwork, sportsmanship and commitment to developing our athletes. The Y Swim Team participants are eligible to swim at both YMCA Swim Events and USA Swim events. Join us as commitment grows confidence and be an LCFYMCA Shark!

WHO: Anyone interested in taking their swimming to the next level. Registration is open year round.

Pre-Season Training Sept 3 – Nov 2 \$150

Sharks official season Sept 3rd – March\* (tournament season) Level 1 – \$300 • Level 2 – \$400  
Level 3 – \$500 • Tri-Training – \$300

### FOR MORE INFORMATION PLEASE CONTACT:

**Elijah Benton**, Aquatics Director • [elijah.benton@lcfymca.org](mailto:elijah.benton@lcfymca.org) • 740-345-6631

**Kris Read**, Swim Team Coach • [kris.read@lcfymca.org](mailto:kris.read@lcfymca.org)

## 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 at [annette.boyer@lcfymca.org](mailto:annette.boyer@lcfymca.org)

# 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 gymnastics team where competition and winning are kept in healthy perspective by building self-confidence and team spirit.

	Member	Non-Member
30 min	\$42	\$86
45 min	\$47	\$91
1 hour	\$58	\$102
1 1/2 hour (once a week)	\$90	\$133
1 1/2 hour (twice a week)	\$103	\$152

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.

### FOR MORE INFORMATION PLEASE CONTACT:

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

## 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	5:00-5:30pm
Thurs	5:30-6:00pm
Fri	10:00-10:30am

### 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	5:30-6:00pm
Thurs	5:00-5:30pm 6:00-6:30pm
Fri	10:30-11:00am

### 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	6:45-7:30pm
Thurs	6:30-7:15pm
Fri	11:00am-11:45pm

### SUPERSTARS 4-5 yrs

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

Tues	4:45-5:30pm
Thurs	5:00-5:45pm
Fri	11:45am-12:30pm

Superstars Plus (Invitation Only)  
Fri 10:30-11:30pm

### 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	6:00-6:45pm
Thurs	6:30-7:15pm

### 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
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## 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 Boy's Competitive Team.

Tues	7:00-8:00pm
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# YOUTH DEVELOPMENT

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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	5:45-6:45pm 6:45-7:45pm

#### Young Basics & Rollers

Tues	7:30-8:30pm
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### 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 (Coach Recommended) 1 1/2 Hour Class	5:00-6:30pm
Tues	6:30-7:30pm
Thurs	6:00-7:00pm

#### Swingers

Thurs	5:00-6:00pm
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### KIPPERS 9 yrs and up Advanced

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

Tues (Coach Recommended) 1 1/2 Hour Class	6:30-8:00pm
Thurs	7:00-8:00pm

### MINI STUNTMEN

Boys only 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
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## 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 trak 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.

Rentals are 2 hours: with 1 hour in gymnastics area

For more information please contact  
Gymnastics Department 740-349-9585

### FOR MORE INFORMATION PLEASE CONTACT:

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

## SPECIAL GYMNASTICS PROGRAMS

### TUMBLE CHEER

5-14 yrs

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

Thurs (5-9yrs)	5:00-6:00pm
Thurs (10-14 yrs)	7:00-8:00pm

### HIGH SCHOOL TUMBLE CHEER

This class is geared for the high school cheerleader. The primary goal of the class is to build tumbling skills that are required for high school cheerleading, and to prepare for upcoming tryouts. Participants must be enrolled in High School.

Cheerleaders will work in progression to learn proper technique and execution of:

- Standing skills: back handspring - back tucks, front tucks, back handsprings to layouts and fulls, and standing fulls.
- Running skills: front handspring - front tuck, aerials, round-off back handspring(s) to layouts and fulls; and combination passes.

Thurs	8:00-9:00pm
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### 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)	6:00-7:00pm
Thurs (intermediate level)*	8:00-9:00pm
Wed (advanced level)**	8:15-9:15pm

\* Must have Roundoffs, Back & Front Handsprings

\*\* Coach recommended



## HOME SCHOOL GYMNASTICS

6-12 yrs

Homeschool gymnastics is a 45 minute class that introduces the sport of gymnastics to students. They will work on strength, flexibility and get the opportunity to work on all the apparatus.

Fri 12:30-1:15pm

## ADAPTIVE GYMNASTICS

Adaptive Gymnastics (ages 6-12 yrs) is for school age children with special needs. This half-hour adaptive gymnastics class may require parent participation and will introduce your child to the wonderful world of gymnastics in a structured and safe environment. The emphasis in this class is on motor skills development, body awareness, eye-hand coordination, building confidence and social skills while exploring basic gymnastics.

Wed 4:00-4:30pm



## ADULT OPEN GYM

Ages 18 and up

This class is an opportunity for you to try anything you have ever wanted to do regarding gymnastics. Handstands, cartwheels, round offs, dive rolls, front tucks, uneven bars, balance beam, rings, parallel bars, etc. You can also use it as part of your training for the fitness challenge, cross fit, etc. We have staff present to assist you. You work at your own pace and on what you want.

Tues 7:30-9:00pm

# 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.



## 7-9th grade league

The YMCA basketball program provides individuals in grades 7th-9th an opportunity to play in a competitive league with players from all over the county. The league is structured in a manner where individual's tryout and our placed on teams accordingly in order to promote an equal level of play throughout the league. No team signups are allowed only individual. This is a crossover league with Granville Rec Department, so games will be hosted at the Licking County Family YMCA and Granville facilities. This league plays all games on Sunday afternoon's beginning at 1pm. Teams are provided with drift team uniforms, and all games are refereed by licensed officials.

(\$15 late fee for registrations after 11/1 deadline)

Member \$80 Non-Member \$100

## BRAND NEW 7-12th grade league

The YMCA basketball program provides individuals in grades 9th-12th an opportunity to play in a competitive league with players from all over the county. The league is structured in a manner where individual's tryout and our placed on teams accordingly in order to promote an equal level of play throughout the league. No team signups are allowed only individual. This is a crossover league with Granville Rec Department, so games will be hosted at the Licking County Family YMCA and Granville facilities. This league plays all games on Sunday afternoon's beginning at 1pm. Teams are provided with drift team uniforms, and all games are refereed by licensed officials.

(\$15 late fee for registrations after 11/1 deadline)

Member \$80 Non-Member \$100

## BASKETBALL

5-6th girls:

League is open to any school teams. Registration is only open to teams, no individual registration is accepted. This league does not provide practice time or jerseys. Games are played with licensed officials.

Registration October 1st-November 1st (\$50 late fee for any registration submitted after 11/1 deadline)

Team \$400

## BASKETBALL

K-4:

The YMCA basketball program provides participants guidance in fair play, sportsmanship, self-confidence team play and respect. Everyone participates - every child plays at least two quarters of each game. Separate leagues for boy and girls. All participants will receive a YMCA team t-shirt.

(\$15 late fee for any registration submitted after 11/1 deadline)

Member \$40 Non-Member \$165

## YOUTH KARATE

7-12 yrs

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

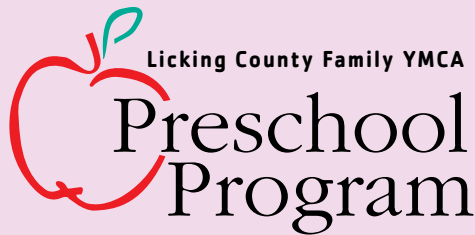
Member \$40 Non-Member \$85

FOR MORE INFORMATION  
PLEASE CONTACT:

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

# YOUTH DEVELOPMENT

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## CHILD WATCH

ages 8 weeks -11 years olds

Let us care for your little ones while you work out! Child Watch available for 90 minute/visit. (Strictly enforced with \$5/child/10 min late-pick-up-fee) Call ahead to register by calling 740-345-9622. Parental sign-in/sign-out mandatory!

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

### FOR MORE INFORMATION PLEASE CONTACT:

**Kajsa Wermelin**, Member Engagement Specialist  
 kajsa.wermelin@lcfymca.org  
 740-345-9622 ext.105

## 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. Children participate in a variety of developmentally appropriate activities that encourage cognitive as well as physical development. Swimming and Gymnastics lessons are included weekly for all of our full time preschool children 3 years and older. Our Two Year old class goes to a gymnastics class once a week.

We provide a healthy breakfast, lunch, and afternoon snack to all children. Formula and Gerber snacks are provided for infants, if desired.

**NEW THIS YEAR-** Half Day Pre-K program is now available! Limited spots for children entering Kindergarten in Fall 2019. Program runs from 8am- 12pm daily. Students receive curriculum that will prepare them for kindergarten, swim, gymnastics, healthy breakfast and lunch, as well as socialization opportunities."

**Open registration- please call the Preschool to schedule your tour!**

**Kristin Ream**, Preschool Director  
 kristin.ream@lcfymca.org  
 740-345-9628 ext. 217



Triple P is for all parents, grandparents and caregivers! These programs target parents with children from birth to age 12. Free childcare up to age 7 provided if reservations are received by deadline. Free food and beverages.

### UPCOMING TOPICS INCLUDE:

**Dealing with Disobedience**  
 Sept 13

**Raising Responsible Teenagers**  
 Oct 18

**Managing Fighting and Aggression**  
 Nov 15

Reservations required: call 740-522-1234 ex. 22 or e-mail: TriplePseminar@hotmail.com



## HALLOWEEN AT THE Y

**Save the Date!**

Oct 20 3:00-5:00pm

## 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, Sept. 21	7:00-10:30pm
Fri, Oct 26	7:00-10:30pm
Fri, Nov 30	7:00-10:30pm
Members: \$15	Non-Members: \$25

**Kristin Ream**, Preschool Director  
 kristin.ream@lcfymca.org  
 740-345-9628 ext. 217



# HEALTHY LIVING

Improving the nation's health and well-being



## ACTIVATE YOUTH

The goal of Activate Youth is to help children get moving, build self-esteem, and develop a team oriented attitude! Two classes will be held per week on Tuesday and Thursday evenings led by our trained staff. These classes will vary from exercise classes, nutrition lectures, and functional movement training sessions. Each child will receive a fitness assessment at the start and end of the session to measure progress.

Member: \$25 Non-Member: \$47

Fall I Dates: Sept 10 – Oct 27

Fall II Dates: Oct 29 – Dec 22

### FOR MORE INFORMATION PLEASE CONTACT:

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



## ACTIVE TWEEN OPEN GYM

Your child has the opportunity to play and get active during your workout with supervision from Y staff! Limit 90 minutes/visit and registration is required by 6:00PM on the day prior. Parent sign in/out is required for youth under the age of 12 for the safety of your child. A \$5 late fee/child/10 minutes will be applied if child is not picked up on time.

Open to youth ages 7-15 years old

Mon – Thurs 5:00pm – 8:00pm  
in the English Gym

Register by calling 740-345-9622

## FALL FITNESS CHALLENGE 2018

Take the Fitness Challenge! Learn the tools to BE FIT, GET FIT, and STAY FIT. This program is open to members, and registration at the front desk is required. The Challenge includes one hour per week with a trainer for 10 weeks and entry into the 5K at the end. Body weight percentage and fat pound percentage lost will be the determining factors for the winners. First and second place prizes will be a Polar A300 Fitness and Activity Tracker.

Informational Meeting – Sept 6 at 5:00pm

Initial Assessments – Sept 8 at 9:00am

Fitness Challenge – Sept 10 – Nov 17

5K at the Mitchell Center – Nov 17 at 10:00am

The Winter 2019 Fitness Challenge will start January 7th, with an Informational Meeting on January 3rd at 5:00pm. The Indoor Triathlon will be held on March 16th at 9:00am.

### FOR MORE INFORMATION PLEASE CONTACT:

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



As a member of the Y, you 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 create your account and take your initial strength test!



## 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.

## WELLNESS COACH

New to the Y and/or working out? Need a little "push" to reach your next goal?

Whether you have physical limitations or you are a little hesitant as to how to get started by yourself, we are here to help!

Our Wellness Coach can provide guidance and feedback to help you get the most out of your Y experience while working towards your own personal goals at your own pace.

Together we will customize your plan to fit you and your needs in a no pressure environment.

### FOR MORE INFORMATION PLEASE CONTACT:

**Kajsa Wermelin**, Member Engagement Specialist  
kajsa.wermelin@lcfymca.org  
740-345-9622 ext.105

# HEALTHY LIVING

Improving the nation's health and well-being



## ACTIVE ADULTS

### ACTIVE ADULT CLASSES: Aerobic, Strength, Yoga

The goal of the Active Adult classes is to keep active adults healthy and fit. These classes are designed for people 50 years of age and up. The classes work on cardiovascular endurance, strength, balance, agility, and coordination with a focus on safe movements. All classes start with a warm up and end with a cool down. All classes and times are listed on the Active Adult class schedule.

## CARD GAMES

Card games are held in the Café on the first Monday of every month at 12pm for anyone 50 years old and up, with games lasting approximately 1 ½ hours.



## 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.

**FOR MORE INFORMATION  
PLEASE CONTACT:**  
**Constance Wedemeyer,**  
Health & Wellness Coordinator  
constance.wedemeyer@lcfymca.org  
740-349-9675



## CERTIFICATIONS

### ASHI CPR-CPR/AED-First Aid (for members, non-members and staff)

Sat, Sept 8	10AM – 12PM,
Tues, Oct 9	10AM – 12PM
Tues, Nov 13	10AM – 12PM
Cost for Adult, Child, Infant CPR, First Aid & AED \$65	



## NUTRITION WORKSHOPS

Join us for a monthly workshop on Nutrition with Registered Dietitian, Julie Carlson! The lectures will cover a wide variety of topics and allow time for individual questions. Information regarding Nutrition can be confusing and contradictory. Cut through the fads and learn more with our nutrition workshops! Workshops are held on the second Thursday of each month at 6:00pm in the Upstairs Conference Room. No registration required.

Sept 13: Your Garden Within-Gut Bacteria and Its Effect on Weight Management
Oct 11: Key Nutrients Necessary for Weight Management
Nov 8: How to Kick Dementia and Alzheimer's Down the Road
Dec 13: Give Us Back Our Butter-The Truth About Fats



## PICKLEBALL

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

Pickle Ball Games		
Mon – Fri 8:30 – 9:50am	in the English Gym	
Mon – Fri 1:00 – 4:00pm	in the English Gym	
Sat 8:00 – 11:00am	in the English Gym	

Pickle Ball (playing by <u>no rules</u> )		
Mon – Fri 7:00 – 8:30am	in the English Gym	



## ABCs of DIABETES

This monthly FREE program for is designed to bring awareness and education to our community about the risk factors related to diabetes and associated with diabetes. The program is led by a combination of YMCA staff, registered dietitians, certified diabetes educators, nurses and health educators from our area. Registration is necessary as space is limited!

**FOR MORE INFORMATION PLEASE CONTACT:**  
**Kajsa Wermelin,** Member Engagement Specialist  
kajsa.wermelin@lcfymca.org 740-345-9622 ext.105

# HEALTHY LIVING

## Improving the nation's health and well-being



## 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 MAT PILATES

Beginner to Intermediate

Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build abdominal and lower-back, core strength.



### 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.



### BODY SHOCK

Advanced

This high-impact class incorporates cardio and strength using mainly body-weight exercises while adding in a few weights to make the movement harder or easier. Participants do what they can do and nothing more. Don't worry about keeping up with anyone else. This may mean not completing the entire workout and that is okay! Improving by even one rep each time is still an accomplishment!

### 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.

### CARDIO GOLD

Beginner to Intermediate

This popular 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 Advanced

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.

FOR MORE INFORMATION  
PLEASE CONTACT:

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

# HEALTHY LIVING

Improving the nation's health and well-being

## GROUP FITNESS CLASSES CONTINUED



### 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 AND YOGA

Beginner to Intermediate

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.

### SILVER TAPPERS

Beginner to Intermediate

A beginner/active adult tap class for those who have always wanted to tap, or have tapped as a child! Tap shoes are required for this class.

### 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 BASIC

Beginner to Intermediate

TRX Basic will teach the basic 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.



### 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.

### 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 and 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.

Tues	8:00 - 9:00pm
Member \$40	Non-Member \$85

#### FOR MORE INFORMATION PLEASE CONTACT:

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

#### 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

The Licking County Family YMCA Christian Emphasis Program seeks to love, serve and care for YMCA staff, members, and the Licking County community in a way that honors Christ. If you would like more information, please e-mail [christian.emphasis@lcfymca.org](mailto:christian.emphasis@lcfymca.org) or call (740)349-9622 ext.111.



## FREE MONTHLY COMMUNITY MEAL FLORY PARK

Join LIFECHANGE CHURCH, Food Pantry Network, and the Licking County Family YMCA for a FREE meal at Flory Park. Meals are planned for the last Saturday of the month.

WHEN: Last Saturday of the Month

TIME: 4:00-6:00pm

LOCATION: FLORY PARK 650 W. Church St.,  
Newark, OH 43055



## YKids

"Start children off on the way they should go, and even when they are old they will not turn from it."

-Proverbs 22:6

We know raising children is a tough. We're here to help. YKids nurtures Christian faith in children ages 2 and up, supplementing the lessons parents already teach at home. Our instructors make learning about the Bible fun, using crafts and songs. Weekday mornings in Child Watch.

### FOR MORE INFORMATION PLEASE CONTACT:

**Steph Myers**, Christian Emphasis Coordinator  
[christian.emphasis@lcfymca.org](mailto:christian.emphasis@lcfymca.org)  
740-345-9622 ext. 111



## BLESSING BAGS

"Do not neglect to do good and to be generous, for God is pleased with such sacrifices."

-Hebrews 13:6

## BLESSING BAG DRIVE

During the month of September we will be collecting the following items: band aids, Neosporin/antiseptic cream, socks, gloves, toothpaste, toothbrushes, gallon plastic bags and sandwich bags.

It is the hope of the Christian Emphasis Program to pack 100+ bags this first year.

## BLESSING BAGS PACKING PARTY

Come pack a Blessing Bag on Friday, October 12th 6:00-7:00 pm in the Tween room. Blessing Bags can be kept on-hand in your car to offer to needy people. A mandatory training session will be offered immediately following the packing party for anyone interested in having the opportunity to distribute bags. For more information, contact Chris Myers at [christian.emphasis@lcfymca.org](mailto:christian.emphasis@lcfymca.org).



## OPERATION CHRISTMAS CHILD

Support Operation Christmas Child with your loose change! We are asking folks to take a pop bottle and fill it with any change. Just one bottle of dimes will provide shipping for over 10 boxes. Bottles can be found at the front desk or by calling/texting Rebecca Cates at: (740)755-8609 or by email: [beccacates2@gmail.com](mailto:beccacates2@gmail.com).

## OPERATION CHRISTMAS CHILD CRAFT NIGHT

Join us at the YMCA Café every 2d and 4th Tuesday at 6:30 p.m. from September 11 through October 30, 2018, to make crafts for our Operation Christmas Child boxes and packing party. Watch for announcements about the crafts we'll be making. Teens to adults welcome.

## OPERATION CHRISTMAS CHILD PACKING PARTY

Join us for the Operation Christmas Child Packing Party, Friday November 2, 2018, at the Y! Operation Christmas Child provides clothes, toys, school supplies (and anything else you can think of except: liquids, glass/ceramic, food/candy, or military items) to children in need all over the world! You are welcome to contribute, bring your box already packed, or just show up! Local businesses will also donate to our fund. Contact Steph at [christian.emphasis@lcfymca.org](mailto:christian.emphasis@lcfymca.org). Bring your family, kids, friends... all welcome!



# WESTERN BRANCH

355 West Broad Street • Pataskala

Schedules and Registration forms for YMCA Western Branch programs available at the Member Services desk or online at [www.lcfymca.org](http://www.lcfymca.org).



## 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.

Youth 5yrs	
Mon	6:30 – 7:30pm
Wed	6:30 – 7:30pm
Sat	9:00 – 10:00am
Member \$46	Non-Member \$84
Youth 6-12 yrs	
Mon	6:30 – 7:30pm
Wed	6:30 – 7:30pm
Sat	9:00 – 10:00am
Member \$46	Non-Member \$84
Adults 13+	
Mon	7:30 – 8:45pm
Wed	7:30 – 8:45pm
Sat	9:00 – 10:00am
Member \$46	Non-Member \$84
Black Belt Class (Invitation Only)	
Sat	10:00 – 11:30am
Member \$46	Non-Member \$84

**FOR MORE INFORMATION  
PLEASE CONTACT:**  
Dana Moore, Western Branch Director  
[dana.moore@lcfymca.org](mailto:dana.moore@lcfymca.org) • 740-964-6522



## FALL YOGA SEMINAR SERIES

This fall, free monthly yoga seminars will return with a series focused on building your personal practice. Topics will include sequencing techniques, meditation and journaling, and options for when you're pressed for time. Several take-aways to encourage home practice will be included. Sessions will take place one Saturday a month, September through December. Members are encouraged to attend all of the sessions, but each seminar is perfect as a standalone class. For more information stop by the front desk.



## ATHLETIC PERFORMANCE PROGRAM

Calling all athletes! Whether you are looking to get ready for a winter sport, stay in shape during the off-season, or just like the challenge of athletic training, our fall Athletic Performance Program maybe just what you're looking for. The program includes meeting with your coach one hour per week for a small group training session focused first on building a strong athletic foundation, and then shifts to explosive power, speed, and agility. You will also be given workouts to complete on your own utilizing skills taught in your small group sessions. After completing the 8 week program you will be jumping higher, running faster, and better prepared for the regular season. The Athletic Performance Program is open to members and non-members ages 14 and up.

Member \$60 Non-Member \$100



## FITNESS CHALLENGE

No matter where you are on your wellness journey, the Fall 2018 Fitness Challenge is for you.

Are you new to exercising or just getting started again? **The Kickstart Challenge** will introduce you to all the Wellness Center has to offer while focusing on making healthy choices and regular exercise a habit. If you have previously completed a Fitness Challenge or maybe feel your routine is getting stale, our **Next Level Challenge** will help you break through that plateau or add some variety to your workouts.

Multiple challenge groups will be offered each week to fit your schedule and help you reach your personal goals!

Fall Challenge Sept 10–Nov 17  
\$80 for new challengers / \$40 for returning  
Register at the Front Desk

## BEYOND THE 5K

You've just cross the finish line of your first 5k or maybe you've run for years and are getting bored with the same old run every day. You're probably asking yourself, "What else is there? What gear do I need? When do I replace my shoes? Do I need to strength train?"

In our Beyond the 5k class your USATF Level 1 Certified running coach will introduce you to new types of running workouts such as intervals, tempos, and speed work, help you build your mileage safely, and answer all those questions. Class will meet twice a week. Members should be able to run at least a mile non-stop before participating in this program. Register at the Y Western Front Desk.

Member \$60

**FOR MORE INFORMATION PLEASE CONTACT:**  
Jamie Goudy, Health & Wellness Coordinator  
[jamie.goudy@lcfymca.org](mailto:jamie.goudy@lcfymca.org) • 740-964-6522

## NUTRITIONAL SERVICES

Y Western is excited to offer a variety of Nutritional Services. Nijya Saffo, a Registered Dietitian, can assist you in reaching your nutrition and physical activity goals through one-on-one education and consultation, seminars, classes, and events! Options include.

**Nutritional Education** sessions that includes a nutrition assessment, goal discussion, meal and activity planning, and handouts and other nutritional materials. This option is ideal for those looking for 1 or 2 appointments.

**Follow-Up and Accountability** sessions are available to keep you on track or help reassess your goals and plan.

Nijya also offers a **Nutrition Coaching** package that includes a full assessment, health history, handouts, and recommendations, two follow up 30 minute sessions, recipes and meal plans, and email/social media support. Facetime and phone call options are available for all services upon request. Call the Y Western Front Desk to get started on your journey today!

# WESTERN BRANCH

355 West Broad Street • Pataskala



## 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 \$32	Non-Member \$76

### 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 \$36	Non-Member \$84

### 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	6:05-7:05pm
Thurs	6:20-7:20pm
Member \$46	Non-Member \$104

### ROLLERS 7 yrs & up

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

Tues (with Swingers)	7:10-8:10pm
Member \$46	Non-Member \$104

### SWINGERS 7 yrs & up

Swingers is an intermediate level class for gymnasts to build on previous learned skills.

Tues (with Rollers)	7:10-8:10pm
Thurs (with Kippers)	7:25-8:25pm
Member \$46	Non-Member \$104

### KIPPERS 7 yrs & up

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

Thurs (with Swingers)	7:25-8:25pm
Member \$46	Non-Member \$104



## 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 is open!**



Our licensed programs operate on site within the Licking Heights Local School District and our NEW site with Southwest Licking School District. Y Preschool follows district approved curriculum and offer full and part time schedules.

**FOR MORE INFORMATION PLEASE CONTACT:**

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



## PARENT(S) NIGHT OUT

Have a date night and we'll take care of the kids! Drop your kids off at Y Western 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.

Sept 28	6:30-10:30pm
Oct 26	6:30-10:30pm
Nov 30	6:30-10:30pm
Member \$10	Non-Member \$25

## PARENT(S) DAY OUT

We know December is crazy busy and we want to help. Sign your kids up for Parents Day Out, we'll play games, have crafts, movies and Pizza! Providing you some quiet to wrap presents, go shopping, or take a deserved nap without the kids!

Dec 22	4:00-9:00pm
Pizza & Popcorn	
Member \$15	Non-Member \$35

**FOR MORE INFORMATION PLEASE CONTACT:**

**Dana Moore,** Western Branch Director  
dana.moore@lcfymca.org • 740-964-6522



## SPOOKTACULAR

**Save the Date!**

Sat, Oct 20	2:00-4:00pm
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# 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](http://www.lcfymca.org)

## WESTERN BRANCH

355 West Broad Street  
Pataskala, OH 43062  
740-964-6522  
[www.lcfymca.org](http://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...

