



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LICKING COUNTY FAMILY YMCA FALL 2019



## Fall I Session

Sept 9-Oct 26

**Registration:**

**Member: Mon, Aug 26**

**Non-Member: Wed, Aug 28**

## Fall II Session

Oct 28-Dec 21

(no program classes Thanksgiving  
week Nov 25-30)

**Registration:**

**Member: Mon, Oct 21**

**Non-Member: Wed, Oct 23**

# HERE TO SERVE YOU



## 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 2

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

### Thanksgiving Day Thurs, Nov 28

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

### Christmas Eve Tue, Dec 24

- Y Newark & Y Western-Closing at 4pm

### Christmas Day Wed, Dec 25

- Y Newark & Y Western-CLOSED

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

- Y Newark & Y Western-Closing at 6pm

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

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

## DITCH YOUR Y CARD AND SWIPE YOUR PHONE Y APP

### DOWNLOAD OUR NEW APP IN JUST 3 STEPS:

1. In your app store SEARCH for 'Daxko', then INSTALL.
2. Open Daxko app.
3. Screen will appear asking to 'Find Your Health and Wellness Center' and SEARCH for 'Licking County Family YMCA'.

Check out the tutorial, re-enter you and your families Y card and continue to use your app as usual! The Daxko logo will replace the Y logo as the App.

### APP OPTIONS & FEATURES

- Instant access to Group Fitness & Water Aerobic class schedules
- Load your member card ID for easy access to scan in at each location
- View and register for current programs
- See announcements, changes in schedule and cancelations instantly
- View and apply for current job postings



## 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).



## CHECK OUT THE Y'S 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



## 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

## FALL SWIM LESSONS 2019

### PRICES

	Member	Non-Member
½ hour class once a week	\$35	\$80
½ hour class twice a week	\$60	\$125
45 minute class once a week	\$45	\$100

### PRESCHOOL

**A-Water Discovery** (Parent & Child 6–24 mos)

Sat	9:00–9:30am
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**B-Water Discovery** (Parent & Child 2–3yrs)

Sat	10:00–10:30am
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**A/B-Water Discovery** (Parent & Child 6 mos–3yrs)

Tues & Thurs	11:00–11:30am
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**1-Water Acclimation** (3–5 yrs)

Mon	5:30–6:00pm 6:30–7:00pm
Tues & Thurs	10:30–11:00am 5:00–5:30pm 6:00–6:30pm
Wed	5:45–6:15pm
Sat	9:30–10:00am 10:30–11:00am 11:30am–12:00pm

**2-Water Movement** (3–5 yrs)

Mon	5:00–5:30pm 6:00–6:30pm
Tues & Thurs	11:00–11:30am 5:30–6:00pm
Wed	6:15–6:45pm
Sat	9:00–9:30am 11:00–11:30am

**3/4 Stamina/Stroke Introduction** (4–6 yrs)

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



### SCHOOL AGE

**1/2-Water Acclimation & Movement** (6–12 yrs)

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

**3-Water Stamina** (6–12 yrs)

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

**4-Stroke Introduction** (6–12 yrs)

Tues	5:30–6:15pm
Thurs	6:15–7:00pm
Sat	10:00–10:30am

**5-Stroke Development** (6–12 yrs)

Tues	6:15–7:00pm
Sat	11:00–11:30am

**6-Stroke Mechanics** (6–12 yrs)

Thurs	5:30–6:15pm
Sat	9:30–10:00am

**Teen** (13–17 yrs)

Sat	8:30–9:00am
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**Adult** (18 yrs & up)

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

**Adapted Aquatics** (6–18 yrs)

Wed	5:00–5:45pm
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### PRESCHOOL

6 mos–3 yrs: (parent/guardian & child)

### A/B-Water Discovery & Exploration

Introduces parent/guardian & their infants & toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles, & safety & aquatic skills with more emphasis on preparing the child for preschool lessons when they turn 3 years old.

### PRESCHOOL

3–5 yrs: (6yrs old if in kindergarten)

### 1 – Water Acclimation

**Beginner** – No swimming experience, may still be clingy. Children should be able to safely sit on the side of the pool for 30 minutes, will follow a teacher's instructions, will not decide to wander off randomly, can be away from a parent or guardian for 30 minutes, has no separation anxiety, and does well in a group situation.

### 2 – Water Movement

**Advanced Beginner** – some swimming experience, will put face in water & can glide about 5 ft. unassisted. Goal is to swim width of pool unassisted.

### 3/4–Stamina & Strokes Introduction

**Intermediate** – can swim width of pool, unassisted, in deep water, on front and back, will consistently put face in water while swimming on front.

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 • 740-345-6631

# YOUTH DEVELOPMENT

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## SCHOOL AGE

6–12 yrs

### BEGINNER SWIMMER

6–12 yrs

#### 1/2 – Water Acclimation & Movement

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

#### 3 – Water Stamina

**Advanced Beginner** – can swim width of pool, unassisted, in deep water, front & back, consistently keeps face in water while swimming on front. Goal is to swim length of pool.



### INTERMEDIATE TO ADVANCED SWIMMER

6–12 yrs

#### 4 – Stroke Introduction

**Intermediate** – can swim length of pool, front crawl, & back crawl. Goal is to improve endurance & technique.

#### 5 – Stroke Development

**Advanced Intermediate** – can swim 25 meters each, freestyle, back crawl, breaststroke, and butterfly. Goal is to improve technique & endurance.

#### 6 – Stroke Mechanics

**Advanced** – can swim 50 meters each, freestyle, back crawl, breaststroke, butterfly. Goal is to improve technique & endurance.



### 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

Registration	Member Services Desk
Member: \$150	Non-Member: \$200

**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



### LCFYMCA SWIM TEAM

Swim Team Sept 2–March\*

#### PRACTICE

**LEVEL 1 (Beginner)**

\$325 Mon, Tues, Thurs 7:00–7:45pm

**LEVEL 2 (Intermediate)**

\$425 Mon–Thurs 6:00–7:00pm

**LEVEL 3 (Advanced)**

\$525 Mon–Fri 5:00–7:00pm

#### HIGH SCHOOL +

\$300

Three additional practices a week for those swimming for High School

#### HIGH SCHOOL PRE-SEASON

Sept 2–Nov 1

\$150

Sept 2–Nov 1

For High Schoolers getting back in the groove of swimming before the season starts

\* Season end depends on level

**FOR MORE INFORMATION PLEASE CONTACT:**

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



### PARTY RENTAL

Check out the LCFYMCA for your next birthday pool party! We offer parties at our Indoor Pool. Party includes a party area and a complimentary YMCA Birthday T-Shirt for the birthday child. For more information contact Annette Boyer at 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 gymnastic 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.

## 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	5:00–5:30pm 5:30–6:00pm
Fri	10:00–10:30am

### PRESCHOOL 3-4 yrs without parents

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 3-4 yrs experienced preschool

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

### SUPERSTARS 4-6 yrs

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

Thurs	5:00–5:45pm
Fri	11:45am–12:30pm

### SUPERSTARS PLUS 4-6 yrs

Invitation Only  
TBD

### 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

A class may be cancelled due to low enrollment



## 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. When 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 (Level 1)

Coach Recommended

This class is a pre-preteam class that meets once a week. The class is for children with previous experience in gymnastics who are preparing for Preteam.

Tues	5:00–6:30pm
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### GIRLS PRETEAM (Level 2)

Coach Recommended

This class is the next step after Hot Shots. This class meets twice a week. It is for children with previous experience in gymnastics who are preparing for the competitive team

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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FOR MORE INFORMATION PLEASE CONTACT:

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

# 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 6:45-7:45pm
Thurs	5:00-6:00pm 5:45-6:45pm 6:45-7:45pm

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

#### Swingers

Thurs	5:00-6:00pm
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A class may be cancelled due to low enrollment

### KIPPERS 8 yrs and up

Advanced

This is an advanced level class that incorporates skill progressions and a strong foundation while gymnasts prepare for the next level of Hot Shots.

Thurs	7:00-8:00pm
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### 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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### 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
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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 track along with a variety of other equipment. Rentals are 2 hours long with up to an hour and 15 mins in the gymnastics area and the remainder of the time on the mezzanine for the balance of the party. You can bring cake, ice cream, pizza, snacks, etc. for your party. 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 6-10)	5:00-6:00pm
Thurs (ages 11-up)	7:00-8:00pm

### TRAMPOLINE

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.

Tues (Advanced) Coach Recommended	7:30-8:30pm
Thurs (Beginner)	6:00-7:00pm
Thurs (Intermediate)	8:00-9:00pm

must have roundoff, front & back handsprings



## 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.

Class requires a minimum of 4 participants.

Fri	12:30-1:15pm
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FOR MORE INFORMATION PLEASE CONTACT:

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



## ADAPTIVE GYMNASTICS

Adaptive Gymnastics (ages 5-12 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. Class requires a minimum of 3 participants.

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 and our 60 ft tumble trak, etc. You can also use this a part of your training for the Fitness Challenge, HITT training, etc. If you can't commit to an entire session, we offer weekly classes that you can work into your busy schedule. 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.

## BASKETBALL

### K-4<sup>TH</sup> GRADE LEAGUE

The Licking County Family YMCA is partnering up with the Cleveland Cavaliers to offer the Junior Cavs program for the 2019-2020 season. Each participant will receive a replica Cleveland Cavalier's reversible jersey, along with a ticket redeemable for a Cavs home game. Separate leagues for boy and girls. Games are played on Saturday mornings beginning in December.

(\$20 late fee for registrations after 11/4 deadline)

Member: \$55 Non-Member: \$80



### 7-9<sup>TH</sup> 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 individuals tryout, and are 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 afternoons. Teams are provided with drifit team uniforms, and all games are refereed by licensed officials.

(\$20 late fee for registrations after 11/4 deadline)

Participation Fee: \$100

### BRAND NEW

### 9-12<sup>TH</sup> 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 drifit team uniforms, and all games are refereed by licensed officials.

(\$20 late fee for registrations after 11/4 deadline)

Participation Fee: \$100

## 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: \$45 Non-Member: \$90

### FOR MORE INFORMATION PLEASE CONTACT:

**Adam Jenkins**, Youth Sports Director  
adam.jenkins@lcfymca.org

**Phil Henthorn**, Youth Sports Coordinator  
phil.henthorn@lcfymca.org  
740-349-9678

# YOUTH DEVELOPMENT

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## NEWARK PRESCHOOL

The Y Newark Preschool is a year-round, 4 star High Quality Rated Program that provides care for children ages infant to Pre-K in a secure environment. The center is open Monday-Friday, 6:30am-6:00pm. Children participate in a variety of developmentally appropriate activities that are planned using an approved curriculum, to promote cognitive development and kindergarten readiness. Swimming lessons and gymnastics classes are included for all preschool children. Meals and snacks are also provided to all participants.

**FOR MORE INFORMATION  
PLEASE CONTACT:**

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

## PARENTS' 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. 20	7:00-10:30pm
Fri, Oct 11	7:00-10:30pm
Fri, Nov 22	7:00-10:30pm
Member: \$15	Non-Member: \$25



## HALLOWEEN AT THE Y

Save the Date! Join us for family friendly games, activities, costumes and more!

Sat, Oct. 19	3:00-5:00pm
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## CHILD WATCH

**Need a sitter while  
you work out?**

ages 8 weeks-11 years old

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

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

## BEFORE/AFTER SCHOOL CHILDCARE

The YMCA offers child care for children kindergarten through 6th grade. In the Before and After School programs, children are offered a time to participate in both individual and group activities which develop positive self-esteem and incorporate the YMCA's four core values of caring, honesty, respect, and responsibility. Caring staff are available for homework help and provide a nutritious snack to all participants. Serving Newark Schools: Johnny Clem, McGuffey, Cherry Valley, Hillview; Heath Schools: Stevenson and Garfield.

**Registration is open!**

**FOR MORE INFORMATION  
PLEASE CONTACT:**

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



## KIDS IN THE KITCHEN

In this workshop, kids will build basic culinary skills, all while learning about nutrition. During each class, participants will make three recipes, and learn the fundamentals of healthy foods. Kids ages 8-13 years old are welcome. Registration is required one week prior to each cooking class, and is limited to the first 12 participants. Classes are held on the second Tuesday of each month, and will include their dinner for the night.

Sept. 10	6:30-7:30pm
Oct. 8	6:30-7:30pm
Nov. 12	6:30-7:30pm
Dec. 10	6:30-7:30pm
Member: \$8	Non-Member: \$12



## HEALTHY KIDS CLUB NEW! Starting September 10!

The goal of Healthy Kids Club is to get kids moving, teach them basic fitness & nutrition knowledge, and give them the tools to live a healthy lifestyle in the years to come! This program is open to youth ages 7-13. It will include a weekly workout on Tuesdays from 6:00-7:00PM, as well as a nutrition workshop every other Thursday from 6:00-7:00PM. A full event schedule will be given out at the start of each session.

Registration is required at the front desk.

Member: \$25	Non-Member: \$45
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**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



## FALL FITNESS CHALLENGE 2019

The purpose of this program is to help individuals who need assistance with weight loss, nutrition, and fitness accountability. The program is open to any member, but registration is required at the front desk. The challenge is limited to the first 90 participants. The cost is \$65 and will include one hour per week with a trainer for 8 weeks, the 5K at the conclusion of the challenge and a Fitness Challenge t-shirt. Body Fat percentage lost will determine the challenge winners. For more information please call Constance at 740-345-9675 or e-mail [constance.cunningham@lcfymca.org](mailto:constance.cunningham@lcfymca.org).

Informational Meeting	Sept 5 at 5:00pm
Initial Assessments	Sept 7 at 9:00am
Fitness Challenge	Sept 9–Nov 2
5K (Mitchell Center)	Nov 2 starts at 9:00am



## 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 – with rules

Mon–Fri 8:30–9:50am	English Gym
Mon–Fri 1:00–3:00pm	English Gym
Sat 8:00–11:00am	English Gym

### Pickle Ball – no rules

Mon–Fri 7:00–8:30am	English Gym
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## YMCA RUN CLUB

Come join us at 5:15am for a run.

The club does short distance running Mon – Thurs and their long distance running is on Fri. The Run Club meets in the front entrance of the YMCA main doors.

## BALLROOM DANCE LESSONS & DANCE CLUB

Come join us in dancing the Waltz, Foxtrot, Tango, Rumba/Nightclub and Cha Cha! But don't go to the dance unprepared! Join us for dance lessons at 5:30pm and the dance at 6:30pm. Dress shoes are suggested and leather soles are preferred. Come with a partner!!

Sept 13

Oct 11

Nov 8

Dec 13

## SILVER TAPPERS

The Silver Tappers tap dance class is held upstairs in the Multipurpose Room. Class will be held every Tuesday and Thursday.

Tap shoes are necessary for this class. Participants may use a 'Mary Jane' type shoe to start with. Comfortable clothing is recommended. Tap shoes can be found at "The Dancer's Closet" 210 Northtowne Ct., Newark

Tues & Thurs	11:00am–12:00pm
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FOR MORE INFORMATION  
PLEASE CONTACT:

**Constance Cunningham,**  
Health & Wellness Coordinator  
[constance.cunningham@lcfymca.org](mailto:constance.cunningham@lcfymca.org)  
740-345-9622 ext. 109



## ACTIVE ADULTS

### 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 in the Café every Monday at 12pm. Anyone 50 years old and above are welcome to join. The games last approximately 1 ½ hours.

### EVENT CALENDAR

- Pizza Party
- Fish Fry
- Day Trips
- Overnight Trips
- Pot Lucks
- Educational Learning Speakers



## CERTIFICATIONS

### ASHI CPR-CPR/ AED-First Aid

(for members, non-members and staff)

Tues, Sept 10	10:00am–12:00pm
Tues, Oct 8	10:00am–12:00pm
Tues, Oct 22	10:00am–12:00pm
Tues, Nov 12	10:00am–12:00pm

Cost for Adult, Child, Infant CPR, First Aid and AED	\$60
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# HEALTHY LIVING

Improving the nation's health and well-being



## GROUP FITNESS CLASSES

Pick up a current group fitness class schedule at the front desk or check the schedule on our website or mobile app. All classes except cycling, reformer Pilates and TRX are drop-in. Sign-up is required for the above three classes due to limited space/equipment.

### 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.

### 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.

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

## 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 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

Beginner Tap for seniors! A fun style of dance that can be very challenging but beneficial in many ways. Tapping increases strength, improves balance, and enhances cognitive abilities. Dance to the old "Broadway Music" and become a star!

## 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 BODYSHOCK

Advanced

TRX BodyShock is an advanced circuit training class that will involve higher level TRX movements, and other bodyweight and cardio exercises. Participants must be able to get up and down off mat.

## 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 step



## 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.

Tues 8:00-9:00pm  
Member: \$45 Non-Member: \$90

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 Director  
adam.jenkins@lcfymca.org

# HEALTHY LIVING

Improving the nation's health and well-being

## PERSONAL TRAINERS

The personal fitness trainers will assess your current fitness level and provide you a detailed map to your personal fitness destination. Our trainers 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!

All personal trainers are certified by a nationally recognized agency. Prices differ based on the trainer, and a list of prices can be picked up at the front desk.



## WELLNESS COACH APPOINTMENTS

**Did you know that Wellness Coaching is a FREE service offered to members?**

During a wellness coach appointment, you'll meet with one of our trained coaches to discuss your health & wellness goals. They can provide you with next steps to get started, recommend the best classes for your current fitness level and even get you signed up for our ActivTrax program. Call 740-345-9622 Ext 176 for more information or to set up an appointment.

## ACTIVTRAX

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 get create your account and take your initial strength test!

## BASIC SELF DEFENSE

Have you ever wanted to learn basic self-defense skills? We are now offering a 6-week self-defense course led by Sensei Kathleen Wayts. The program is for six weeks, starting the week of September 10. Registration is required at the front desk. The program is open to those ages 14 & over.

Thurs 5:30-6:30pm  
Member: \$20 Non-Members: \$35

FOR MORE INFORMATION  
PLEASE CONTACT:

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

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



## FREE MONTHLY COMMUNITY MEAL FLORY PARK

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

WHO: Free and open to the community  
no registration required

WHEN: Last Saturday of the Month  
4:00-6:00pm

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



## LADIES BOOK CLUB

**Understanding God's Love:  
A Study on the Book of John**

On Tuesdays, we have ladies book club. Everyone is welcome! We'll announce our next book every quarter.

Starting Tues, Sept 3 6:15pm

Meeting weekly on Tues  
(except the third Tues of the month)

Y Newark Café

## PACKING PARTY

Join us for the Operation Christmas Child Packing Party, Fri, Nov 2, 2019, 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, some with in-kind promo items and some with shipping donations. Contact Laurie or Rebecca at christianchics.occ@gmail.com.

**Bring your family, kids, friends...  
all welcome!**

## CRAFT NIGHT

Join us for Craft Night! We will be making crafts that will eventually become part of our boxes that we send around the world through Operation Christmas Child. Craft Night is Open to all!

Thurs, Aug 20 6:15pm  
Thurs, Sept 17 6:15pm  
Thurs, Oct 15 6:15pm

Y Newark Conference Room

# 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).



## 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 3-4 yrs

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

## 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: \$104

### Youth 6-12 yrs

Mon	6:30-7:30pm
Wed	6:30-7:30pm
Sat	9:00-10:00am
Member: \$46	Non-Member: \$104

### Adults 13+

Mon	7:00-8:45pm
Wed	7:00-8:45pm
Sat	9:00-10:00am
Member: \$46	Non-Member: \$104

### Black Belt Class (Invitation Only)

Sat	10:00-11:30am
Member: \$46	Non-Member: \$104

## FITNESS CHALLENGE

### Because Healthy Feel Awesome

Devote one hour per week for 8 weeks to small group training with a certified fitness coach; complete additional assigned workouts on your own. Choose your challenge:

**Choose your level** - Kickstart Challenge for those new to exercise or just getting started again or Next Level Challenge focused on overcoming boredom or fitness/weight loss plateaus.

**Choose your day and time** - Multiple Challenge groups are offered each week, so there is one to fit your schedule!

**Choose additional support** - Challenge participants receive reduced rates on nutrition services at Y Western.

WHO: Members of all fitness levels; Ages 12 & up.

WHEN: Fall Sept 9-Nov 2nd  
Winter Jan 6-Feb 29

Session day and time is chosen at Registration.

FEES: \$65

REGISTRATION: Registration is open at the Front Desk.

# WESTERN BRANCH

355 West Broad Street • Pataskala



## PERSONAL TRAINING

Personal Trainers help you to establish realistic and attainable goals. Develop an exercise program specific to your individual needs, health status, limitations and interests. Assure proper exercise technique, program design and progression to avoid common mistakes and exercise-related injuries.

### INDIVIDUAL FITNESS ASSESSMENTS

Meet with a Certified Personal Trainer to determine your current fitness level, discuss and set realistic and attainable goals, and design an exercise plan to reach those goals. Assessments may include strength and cardio respiratory testing and the taking of body measurements and weight. Discuss your preferences with your trainer. Anyone can complete an assessment regardless of whether they intend to work with a trainer.

### 30 MINUTE MOTIVATORS

Fast and fun results driven individual workout with a Certified Personal Trainer. Get in, get it done, and get on with your day!

### 1-ON-1 FULL HOUR PERSONAL TRAINING SESSIONS

A one hour session with your Certified Personal Trainer. Sessions may include resistance and/or cardio respiratory training designed around your specific goals. Goal reviews and follow-up assessments will be utilized periodically as needed.

### SEMI-PRIVATE FULL HOUR TRAINING SESSIONS

A great way to get results and motivate each other. Experience the same training features as a 1-on-1 with one or two other individuals. More information is available at the Y Western Front Desk. Costs and availability varies by trainer.

## FITNESS IN THE PARK

The Licking County Family YMCA's Western Branch is teaming up with Pataskala Parks and Recreations to bring group fitness to the parks this summer. Make sure to get out to one of our last two events of the summer.

Aug 10 Strong & Fit at Freedom Park 9:00am

Sept 14 Group Cycling Foundation Park 9:00am

## GROUP FITNESS CLASSES

Health seekers participating in YMCA Group Exercise programs have improved physical activity, enhanced overall well-being, and heightened self-mastery to stay motivated to participate and engage in physical activity over a sustained period of time. Updated Group Fitness Schedules can be found at the Front Desk or our website at [www.lcfymca.org](http://www.lcfymca.org).



## WELLNESS CONSULTATIONS

Let our staff help you "find your fit" with a complementary Wellness Consultation. During your consultation you will meet with a certified fitness professional to discuss your goals and make a plan to reach those goals. You'll have the opportunity to learn about the equipment, get signed up for ActivTrax, and ask all your fitness related questions! The Y Wellness Staff can also help change up your routine when you're bored, or provide modifications when you're injured or coming out of physical therapy. Stop by the Front Desk to schedule your free one hour consultation today!



## WEIGHT TRAINING BASICS

Interested in getting stronger? Curious about weight training? Unsure where to start?

Join Danielle as she introduces various types of free weights, dispels weight training myths, teaches proper technique, and discusses the benefits of strength training.

Time will be spent gaining hands-on experience in the use of dumbbells, kettlebells, barbells, and plated equipment under the guidance of a certified trainer.

WHO: Members interested in learning the basics of weight training

Thurs, Sept 5 9:00-10:00am  
Women Focused

Sat, Sept 7 10:30-11:30am  
Those 14 years of age and older.

The Y Western Wellness Center

This is a **FREE** workshop, but registration is required as space is limited

Registration is open at the Y Western Front Desk.

# WESTERN BRANCH

355 West Broad Street • Pataskala



## NUTRITIONAL SERVICES

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

### NUTRITIONAL EDUCATION

A 50-minute session which includes: a nutrition assessment, goal discussion, meal and activity plan, and handouts and other nutritional materials.

Ideal for those looking for 1 or 2 appointments.

### FOLLOW-UP/ ACCOUNTABILITY SESSIONS

During these sessions you will review goals established during prior Nutritional Education session(s) and receive guidance and motivation to address any obstacles you may be facing on your way to a healthier you.

### NUTRITION COACHING PACKAGE

Nutritional Education session and Follow-Up/Accountability sessions.

### FAMILY NUTRITION COUNSELING SESSIONS

Get the whole family involved in getting healthier as you learn about healthy eating and work to create meal plans together.

### SUPERMARKET TOUR

Meet your nutritionist at a supermarket to review the foods you usually choose and work together to find healthier options for you and your family. (approximately 50 minutes)



## BEFORE/AFTER SCHOOL CHILDCARE

The YMCA offers child care for children kindergarten through 6th grade. In the Before and After School programs, children are offered a time to participate in both individual and group activities which develop positive self-esteem and incorporate the YMCA's four core values of caring, honesty, respect, and responsibility. Caring staff are available for homework help and provide a nutritious snack to all participants. Serving the Licking Heights Local School District.

**Registration is open!**

**FOR MORE INFORMATION PLEASE CONTACT:**

**Jessica Calvelage,**

School Age/Camp Coordinator

[jessica.calvelage@lcfymca.org](mailto:jessica.calvelage@lcfymca.org)

740-927-3268 option 2

## PRESCHOOL

The Licking County Family YMCA provides a year-round Preschool Program for the Pataskala area. These programs are offered at Licking Heights North Elementary, in partnership with the Licking Heights Schools and at the Southwest Licking Early Learning Center in partnership with the Southwest Licking Schools. These programs are 2 Star Quality Rated Preschool programs with approved curriculums. Our two programs collaborate with the school districts to work toward kindergarten readiness and a life-long love of learning. Serving Pataskala area children ages 3-5 years; who MUST be completely potty trained. Registration is now open for both programs. Registration is ongoing. Register at 740.927.3268 option 2.

**FOR MORE INFORMATION PLEASE CONTACT:**

**Barbara Michael,** Preschool Director

740-927-3268 option 2

**Call the Y Western Front Desk to get started on your journey today!**

## 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.

Fri, Sept 20	6:30-10:30pm
Fri, Oct 25	6:30-10:30pm
Fri, Nov 22	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 peace & quiet to wrap presents, go shopping, or take a deserved nap without the kids!

### Pizza & Popcorn

Sat, Dec 21	4:00-9:00pm
Member: \$15	Non-Member: \$35



Save the Date! Join us for family friendly games and activities. Costumes, prizes and more at this year's Spooktacular!

Sat, Oct 26	3:00-5:00pm
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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...

