LICKING COUNTY FAMILY YMCA
SUMMER 2019

SUMMER SESSION
Summer Session I June 10–July 13
Summer Session II July 15–Aug 17
Registration:
  Full Member: Mon, June 3
  Non-Member: Wed, June 5
HERE TO SERVE YOU

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

NEWARK BRANCH
Hours of Operation:
Mon–Thurs: 5:00am–10:00pm
Fri: 5:00am–9:00pm
Sat: 7:00am–7:00pm
Sun: 1:00pm–6:00pm

Women & Youth Fitness Center:
Mon–Thurs: 6:30am–8:30pm
Fri: 6:30am–6:00pm
Sat: 8:00am–2:00pm
Sun: 1:00pm–4:00pm

WESTERN BRANCH
Hours of Operation:
Mon–Thurs: 5:00am–9:00pm
Fri: 5:00am–7:00pm
Sat: 7:00am–3:00pm
Sun: 1:00pm–5:00pm

SUMMER MEMBERSHIPS
Join the Y for the Summer! Memberships are May 25-Aug 25. From the Wellness Center to the Outdoor Pool, a Y Membership is a great way to spend your lazy days of summer.

• Youth $72  
• Young Adult $112  
• Adult $186  
• Family $275

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

SUMMER SESSION
Registration open Monday, June 3 for members and Wednesday, June 5, for nonmembers. Summer class schedules vary by department. Double-check all class schedules. Individual departments will schedule a make-up for Independence Day.

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

HOLIDAY HOURS

Memorial Day-5/27
• Newark-special hours 7am-12pm  
• Western-CLOSED
• Outdoor Pool–Open 12-5

Independence Day-7/4
• Newark-special hours 7am-12pm  
• Western-CLOSED
• Outdoor Pool & Hollander Pool–Open 12pm-5pm

Labor Day-9/2
• Newark-special hours 7am-12pm  
• Western-CLOSED

CHECK OUT THE Y’S WEBSITE at www.lcfymca.org
Schedules, class information, employment opportunities, find it all on the Y website.

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

ALFORD AQUATIC CENTER
Y outdoor pool
Opens May 25
Regular Hours of Operation
Mon–Sat: Noon–7:00pm
Sun: 1:00pm–6:00pm
Memorial Day Hours
Noon to 5:00pm
Independence Day Hours
Noon to 5:00pm
Last Day for
Alford Aquatic Center
Aug 17, 2019

HOLLANDER POOL
1175 Hollander St., Newark, OH 43055
Opens June 1
Regular Hours of Operation
Mon – Sat: Noon–7:00pm
Sun: 1:00pm–6:00pm
Independence Day Hours
Noon to 5:00pm
Last Day for Hollander Pool
Aug 10, 2019

BAND POLICY
At the Licking County Family YMCA, our members’ safety is very important. We have a swim test and wrist band program that helps determine each swimmer's ability. All non-swimmers will receive a red wrist band and cannot pass red band designated area. All swimmers four feet or taller, but cannot swim well enough to pass the swim test, will receive a yellow wrist band. The yellow wrist band will allow swimmers to use the slides, but not the deep end of the pool. All swimmers that pass the swim test will receive a green wrist band, and may use any part of the pool; however, they must be four feet tall to use the slide.

CHILDREN
Our age policy states that all children under the age of 12 must be accompanied by a responsible party 16 years of age or older at all times. If a child is caught unaccompanied 3 times, the member will be asked to leave for the day. If the behavior continues, further consequences may follow.

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

PARTY RENTAL
Check out the LCFYMCA for your next birthday pool party! We offer parties at our Indoor, Outdoor or Hollander Pools. 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

FOR MORE INFORMATION PLEASE CONTACT:
Elijah Benton, Aquatics Director
elijah.benton@lcfymca.org
740-345-6631
YOUTH DEVELOPMENT  
Nurturing the potential of every child and teen

SUMMER SWIM LESSONS 2019

PRICES
Members: $35  
Non-Members: $80

MORNING LESSONS  
Mon – Thurs
Summer I (Mon–Thurs)  June 10–20  
Summer II (Mon–Thurs) June 24–July 5 (no class July 4)  
Summer III (Mon–Thurs) July 8–18  
Summer IV (Mon–Thurs) July 22–Aug 1  
Summer V (Mon–Thurs) Aug 5–15

PRESCHOOL  
A-B/Water Discovery & Exploration  
11:00–11:30am  
1/Water Acclimation  10:30–11:00am  
11:00–12:00pm  
2/Water Movement  11:00–11:30am  
3/4/Stamina/Stroke Introduction  11:00–11:30am

SCHOOL AGE  
1-2/Water Acclimation & Movement  
11:00–11:30am  
11:30–12:00pm  
3/ Water Stamina  10:30–11:00am  
11:00–11:30am  
4/ Stroke Mechanics  10:30–11:00am  
5/6 Stroke Development & Mechanics  10:00–10:30am

EVENING LESSONS  
Mon & Wed
SUMMER A1 (Mon & Wed) June 10–July 3  
SUMMER B1 (Mon & Wed) July 8–31

PRESCHOOL  
A-B/Water Discovery & Exploration  
9:30–10:00am  
1/Water Acclimation  10:00–10:30am  
11:00–11:30am  
2/Water Movement  10:30–11:00am

SCHOOL AGE  
1-2/Water Acclimation & Movement  
9:30–10:00am  
11:00–11:30am  
3/ Water Stamina  10:30–11:00am  
4/ Stroke Mechanics  10:00–10:30am  
5/ Stroke Development  9:00–9:30am

SATURDAY LESSONS
Saturdays June 15–Aug 3

PRESCHOOL  
A-B/Water Discovery & Exploration  
9:00–9:30am

TEEN
Beginner  9:00–9:30am

ADULT
Beginner  9:00–9:30am

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
**YOUTH DEVELOPMENT**
Nurturing the potential of every child and teen

**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.

**LCFY YMCA**
**Summer Swim Team**
- Swim Team Registration is open
- Season April 22–July 21

**LEVEL 1 (Beginner)**
$250 Mon, Wed, Thurs 6:00–7:00pm

**LEVEL 2 (Intermediate)**
$300 Mon–Thurs 6:00–7:00pm

**LEVEL 3 (Advanced)**
$375 Mon–Fri 4:00–6:00pm

**LEVEL 3 (Advanced)**
$500 2 practices a day

**Triathlon Training**
$400 Tues, Thurs, Fri 6:00–7:00pm

**FOR MORE INFORMATION PLEASE CONTACT:**
Kris Read, Head Coach
kris.read@lcfymca.org
740-345-6631

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

Hollander Pool
1st grade July 8–11 5:45–6:45pm
2nd grade July 15–18 5:45–6:45pm
3rd grade July 22–25 5:45–6:45pm

Please pick up registration packets at the Hollander Pool or the YMCA.

**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

**FOR MORE INFORMATION PLEASE CONTACT:**
Elijah Benton, Aquatics Director
elijah.benton@lcfymca.org
740-345-6631

**ANNUAL MAINTENANCE**
The Barker and Evans pools undergo annual maintenance during the summer to keep them in great shape. The year’s maintenance schedule is:

- **Barker Pool** Closed July 15–28
- **Evans Pool** Closed July 29–Aug 11

**FOR MORE INFORMATION PLEASE CONTACT:**
Elijah Benton, Aquatics Director
elijah.benton@lcfymca.org
740-345-6631

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GYMNASTICS

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

SUMMER 1: June 10–July 13
(Make up classes for the July 4th holiday will be held Saturday, July 13th)

SUMMER 2: July 15–August 17

PRESCHOOL GYMNASTICS

MOM, POP & ME 1–3 yrs
This 30-minute class is designed for the child and parent.

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PRESCHOOL 3–4 yrs without parents
This 30-minute class is for the child who is ready to participate without a parent.

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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.

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SUPERSTARS 4–6 yrs
This 45-minute class is for girls who have advanced through our basic preschool skill set.

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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.

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FOR MORE INFORMATION PLEASE CONTACT:
Dianne Hodge, Gymnastics Coordinator
dianne.hodge@lcymca.org
740-349-9585

TEAM PREPARATION GYMNASTICS
Coach Recommended

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

GIRLS PRETEAM 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.

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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.

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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.
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

FLIPPERS 5-8 yrs
Intermediate

& SWINGERS 9 yrs and up
Intermediate

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

**Flippers**
- Tues 6:30–7:30pm
- Tues (Coach Recommended) 5:00–6:30pm
- Wed 6:00–7:00pm

**Swingers**
- Thurs 5:00–6:00pm

KIPPERS 9 yrs and up
Advanced

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

**Tues (Coach Recommended)** 6:30–8:00pm
**Thurs** 7:00–8:00pm

NINJA GYM 6-12 yrs

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

**Thurs** 4:00–5:00pm

MINI STUNTMEN 6 yrs & up

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

**Tues** 6:00–7:00pm

GYMNASTICS PARTY RENTAL

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

FOR MORE INFORMATION PLEASE CONTACT:
Dianne Hodge, Gymnastics Coordinator
dianne.hodge@lcfymca.org
740-349-9585
CHILD WATCH
Need a sitter while you work out?
ages 8 weeks–9 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 required. 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 4:00pm-9:00pm
Sat 8:00am-noon

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 and participate in a variety of activities that develop positive self-esteem and incorporates the YMCA’s four core values of caring, honesty, respect and responsibility.
Rates are based on location. Serving Johnny Clem, McGuffey, Cherry Valley, Hillview, Par Excellence, Stevenson and Garfield.

Before and Afterschool Registration
July 8 opens for returning (2018-2019) participants
July 15 opens to the public

YMCA DAY CAMP
We are planning the Best Summer Ever at Y Day Camp! Registration is open. Learn more about this year’s camp with specialty camps such as Frogs, Forts and Mud, Lego® Construction Camp and traditional camp themes like Wizardly Wonders and Animal Antics. First day of Camp is June 3rd, register today! Check out the camp brochure on the Y website at www.lcfymca.org.

CAMP OPEN HOUSE
Camp Open House is a chance for campers to come meet some of the counselors and play games while parents have a Q & A session with the administrative team.
May 30 6:30pm-7:30pm at Camp

FOR MORE INFORMATION PLEASE CONTACT:
Gail Humbert,
School Age/Camp Coordinator
gail.humbert@lcfymca.org
740-345-9628 ext. 216

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 and approved curriculum, to promote cognitive development and kindergarten readiness. Swimming lessons and gymnastics classes are included for all preschool children. Meals and snacks are provided to all participants. For more information please contact the Child Care Office at 740-345-9628.

FOR MORE INFORMATION PLEASE CONTACT:
Kristin Ream, Preschool Director
kristin.ream@lcfymca.org
740-345-9628

PARENTS’ NIGHT OUT
We know you look forward to Parents’ Night Out. Y Newark PNOs will restart in the fall. Check out Y Western schedule for summer PNO dates!
HEALTHY LIVING
Improving the nation’s health and well-being

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 create your account and take your initial strength test!

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

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 $60 and will include one hour per week with a trainer for 8 weeks, and the Zumba Party and 5K at the conclusion of the challenge. Body Fat percentage lost will determine the challenge winners. For more information please call Constance at 740-345-9675 or e-mail constance.wedemeyer@lcfymca.org.
Informational Meeting Sept 5 at 5:00pm
Initial Assessments Sept 7 at 9:00am
Fitness Challenge Sept 9 – Nov 2
5K and Zumba Party Nov 2

PICKLEBALL
Pickleball is a fun game played on a badminton court with the net lowered to 34 inches at the center. Equipment includes a perforated plastic ball (similar to a whiffle ball) and wood or composite paddles. Pickleball is easy for beginners to learn.
Pickle Ball Games – with rules
Mon–Fri 8:30am – 9:50am English Gym
Mon–Fri 1:00pm – 4:00pm English Gym
Sat 8:00am –11:00am English Gym
Pickle Ball – no rules
Mon–Fri 7:00am – 8:30am English Gym

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:
Active Adult Dance June 28, 5:30–8:30pm
in the English Gym Cost is $5/person
Ice Cream and Pizza Party July 19, 12:00pm
in the English Gym

CERTIFICATIONS
ASHI CPR-CPR/AED-First Aid
(for members, non-members and staff)
Tues, June 11  10:00am–12:00pm
Tues, July 9  10:00am–12:00pm
Tues, Aug 13  10:00am–12:00pm
Cost for Adult, Child, Infant CPR, First Aid and AED $60

FOR MORE INFORMATION PLEASE CONTACT:
Constance Cunningham,
Health & Wellness Coordinator
constance.wedemeyer@lcfymca.org • 740-349-9675
HEALTHY LIVING
Improving the nation’s health and well-being

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 Wednesdays from 6:00-7:00PM, as well a nutrition workshop on the Thursday of each week. A full event schedule will be given out at the start of each session.

FOR MORE INFORMATION
PLEASE CONTACT:
Courtney Plaisted,
Health & Wellness Director
courtney.plaisted@lcfymca.org
740-345-9622 ext. 176

BALLROOM DANCE LESSONS

Don't go to the dance unprepared! Join us for the dance lessons the Thursday before each Strictly Ballroom Dance Club. Dress shoes are suggested and leather soles are preferred. Come with a partner.
June 13 7:00pm Upstairs Aerobic Studio
July 11 7:00pm Upstairs Aerobic Studio
Aug 8 7:00pm Upstairs Aerobic Studio

FOR MORE INFORMATION
PLEASE CONTACT:
Courtney Plaisted,
Health & Wellness Director
courtney.plaisted@lcfymca.org
740-345-9622 ext. 176

STRICTLY BALLROOM DANCE CLUB

You’re invited! Come join us in dancing the Waltz, Foxtrot, Tango, Rumba/ Nightclub and Cha Cha! Dress shoes are suggested and leather soles are preferred. Come with a partner.
June 14 6:30pm Upstairs Aerobic Studio
July 12 6:30pm Upstairs Aerobic Studio
Aug 9 6:30pm Upstairs Aerobic Studio

FOR MORE INFORMATION
PLEASE CONTACT:
Courtney Plaisted,
Health & Wellness Director
courtney.plaisted@lcfymca.org
740-345-9622 ext. 176

SILVER TAPPERS

The Silver Tappers tap dance class runs from 11:00am-12:00pm upstairs in what was formerly known as the Tween 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 ordered online at Discountdance.com starting at $18.95.

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

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.

FOR MORE INFORMATION
PLEASE CONTACT:
Courtney Plaisted,
Health & Wellness Director
courtney.plaisted@lcfymca.org
740-345-9622 ext. 176

YMCA RUN CLUB

Come join us at 5:15am for a run. The club does short distance running Monday – Thursday and their long distance running is on Friday. The Run Club meets in the front entrance of the YMCA main doors.

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

SAND VOLLEYBALL

Grab some friends and enjoy some sun and sand with our adult sand volleyball league! This league is for individuals 18+ and is on Tuesday nights for intermediate players and Thursday for advanced.
Games begin the week of June 4 and the session concludes week of August 15 before the second session begins. League and Open Play available.

FOR MORE INFORMATION
PLEASE CONTACT:
Adam Jenkins, Sports Director
adam.jenkins@lcfymca.org
740-349-9678

FALL SPORTS

The Licking County Family YMCA offers a fall sport for everyone! Returning this fall is a multitude of programs including NFL Flag Football for kindergartners all the way through 6th grade. Volleyball for grades 1-7. Along with soccer and lacrosse as well!
Don’t miss out on any of these great programs registration is going on now!
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.

Daniel Ashcraft, CPT
Specialties:
- Athletics, Explosiveness, Strengthening & Agility
- Exercise Specialist Certification
- NASM Certified Personal Trainer

Constance Cunningham, CPT
Specialties:
- Weight Management, Injury Prevention, Core Stabilization, Active Adults, Weight Loss, Strengthening & Toning & HIIT
- NASM Certified Personal Trainer

Raegan Donchess, CPT
Specialties:
- Strength Training, HIIT, Circuit Training & Youth
- ACE Certified Personal Trainer

Mckenzie Dunaway, CPT
Specialties:
- Weight Loss, Strength Training, HIIT & Circuit Training
- ACE Certified Personal Trainer

Trish Harrison, CPT
Specialties:
- Weight Management, Strength & Flexibility, Speed & Agility, Sport Specific Training, Corrective Exercise, Special Population & HIIT Training
- NASM Certified Personal Trainer

Courtney Plaisted, CPT
Specialties:
- Muscle Gain & Strengthening, Bodybuilding/Powderlifting, Focused Training, Weight Loss, Athletics & HIIT
- ACE Certified Personal Trainer and Fitness Nutrition Specialist

Pam Rogers, CPT
Specialties:
- Weight Management, Music Therapy, Active Adults/Senior Population, Parkinson Disease, Injury Prevention & Rotator Cuff Training
- NCCPT Certified Personal Trainer

Lynn Spichiger, CPT
Specialties:
- Functional Fitness, Strength, Balance, Coordination & Agility, Injury & Illness Rehabilitation
- NESTA Certified Personal Trainer

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 $74

ADULT KARATE 13 yrs & up

I shinryu 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 $74

FOR MORE INFORMATION PLEASE CONTACT:
Adam Jenkins, Sports Director
adam.jenkins@lcfymca.org
740-349-9678

All programs and facilities are not available at both locations.
HEALTHY LIVING  
Improving the nation’s health and well-being

SOCIAL RESPONSIBILITY  
Giving back and providing support to our neighbors

FAMILY EVENTS AT DON EDWARDS PARK

This summer Don Edwards will play host to a multitude of family friendly events. The park will host family movie nights each month. The featured film for June is The Avengers! The film will begin at sunset on Saturday June 8th. The gates open at 6:30pm with activities for all ages. In addition to that the ballpark will host the 1st Annual Licking County Homerun Derby and Allstar Game on Saturday July 27th beginning at 6:00pm. For more information on these events and others such as “The Hotdog Ho-Down” and Ohio State watch parties visit our new website donedwardspark.com or check us out on Facebook@DonEdwardsPark.

FOR MORE INFORMATION PLEASE CONTACT:  
Adam Jenkins, Sports Director  
adam.jenkins@lcfymca.org  
740-349-9678

FALL BASEBALL LEAGUE

Don Edwards Park will once again be hosting a fall baseball league. The league will be expanded this year to include 8-18 year olds with the younger ages playing at the newly renovated Kiwanis Park. Also new this year in addition to our recreational fall league we will also be hosting a travel division. This division will be designed for higher level teams, and no individual registration will be accepted. The league begins in August and runs through October with double headers on Sundays.

DON EDWARDS PARK

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

OPERATION CHRISTMAS CHILD

Thank you to everyone who has donated to help us make a happy Christmas for children across the globe. For the summer Operation Christmas Child will be collecting the following items:  
June: Toys • July: Clothing items • Aug: School supplies

Timeframes are only suggestions, please feel free to donate anytime. And keep an eye out for Operation Christmas Child Craft Nights where we make goodies to add to the boxes.

There is a collection site for Operation Christmas Child in the Y Newark lobby.

CHRISTIAN EMPHASIS

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

Summer 1: June 10–July 13  
(No classes July 4th a make-up class will be arranged with the instructor)  
Summer 2: July 15–Aug 17

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

WESTERN BRANCH
355 West Broad Street • Pataskala

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  
Member $33 Non-Member $74

Youth 6-12 yrs
Mon 6:30 – 7:30pm  
Wed 6:30 – 7:30pm  
Sat (Summer II only) 9:00–10:00am  
Member $33 Non-Member $74

Adults 13+
Mon 7:00 – 8:45pm  
Wed 7:00 – 8:45pm  
Sat (Summer II only) 9:00–10:00am  
Member $33 Non-Member $74

Black Belt Class (Invitation Only)
Sat (Summer II only) 10:00–11:00am  
Member $33 Non-Member $74

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.

Register at the Front Desk

www.lcfymca.org • Page 13
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.

Integrate variety into your exercise program to avoid boredom and training plateaus and provide positive encouragement, motivation and accountability.

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 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.

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.

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 one hour consultation today!

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.

Friday May 24 & June 21 6:30-10:30pm

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WESTERN BRANCH
355 West Broad Street • Pataskala

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 breakfast before school. In our Afterschool Program, students have snack, time for homework and participate in a variety of large and small group activities that develop positive self-esteem and incorporates the YMCA’s four core values of caring, honesty, respect and responsibility. Rates are based on location. Serving the Licking Heights Local School District.

Registration for Before & After Care
May 6 opens for current participants
July 8 opens to the public

PRESCHOOL
The Licking County Family YMCA provides a licensed year-round Preschool Program at Licking Heights North Elementary, in partnership with the Licking Heights Schools. Our staff provides quality care and a hands-on Preschool Program with an approved curriculum. Our two programs collaborate toward collaborate toward kindergarten readiness and a life-long love of learning. Serving children ages 3-5 years; who MUST be completely potty trained.

Registration is now open for summer and fall classes.

SUMMER DAY CAMP
We are planning the Best Summer Ever at Y Day Camp! Registration is open. Learn more about this year’s camp with specialty camps such as Cooking and Lego camp and traditional camp themes like Grossology and Camp Mayhem. The first day of camp is June 3. Register today! Check out the camp brochure on the Y website at www.lcfymca.org.

Camp Open House May 30 6:30–7:30pm
Licking Heights South: 6623 Summit Rd. Pataskala

FOR MORE INFORMATION PLEASE CONTACT:
Jessica Calvelage, School Age and Camp Coordinator or Carrie Rocco, Registrar
740-927-3268 option 2

FOR MORE INFORMATION PLEASE CONTACT:
Barbara Michael, Preschool Director or Carrie Rocco, Registrar
740-927-3268 option 2

Call the Y Western Front Desk to get started on your journey today!
Receive reduced rates on nutrition services when you participate in the Fitness Challenge at Y Western.

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
1. Nutritional Education session and
2. 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)
LICKING COUNTY FAMILY YMCA
Two convenient locations to serve you

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

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

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

FOLLOW US ON...