



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LICKING COUNTY FAMILY YMCA WINTER/SPRING 2018

Winter Session

Jan 8–Feb 24

Registration:

Full Member: Mon, Dec 18

Non-Member: Wed, Dec 20

Spring I Session

Feb 26–Apr 14

Registration:

Full Member: Mon, Feb 19

Non-Member: Wed, Feb 21

Spring II Session

Apr 23–Jun 9

Registration:

Full Member: Mon, Apr 16

Non-Member: Wed, Apr 18



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: 5:30am–9:00pm
Fri: 5:30am–6:00pm
Sat: 7:00am–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

Christmas Eve Sun, Dec 24

- Y Newark & Y Western: Facility Closed

Christmas Day Mon, Dec 25

- Y Newark & Y Western: Facility Closed

New Year's Eve, Dec 31

- Y Newark & Y Western:
Normal Hours of Operation

New Year's Day, Jan 1

- Y Newark: Special Hours 9:00–Noon
- Y Western: Facility Closed

Martin Luther King Jr. Day Jan 15 & Presidents' Day Feb 19

- Y Newark & Y Western:
Normal Hours of Operation

Easter Sunday Apr 1

- Y Newark & Y Western: Facility Closed

Memorial Day May 28

- Y Newark: Special Hours 7am–noon
- Y Western: Facility Closed
- Y Outdoor Pool: 12:00–5:00pm

STAY IN CONTACT

Check out the Y's new 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

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.



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. 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.



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



SAW (SAFETY AROUND WATER)

Safety Around Water is a new four day water safety program developed by the YMCA of the USA. It focuses on teaching non-swimmers self-rescue skills such as floating, entering and exiting water safely, as well as what to do and what not to do when engaging in water activities or just being around water. It is FREE for children 5-14 yrs of age.

Dates TBA Registration open

SWIM BASICS School Age 6-12 years

1/2 - Water Acclimation & Movement

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

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

3 - Water Stamina

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

Mon	5:00 – 5:45pm
Tues & Thurs	5:30 – 6:00pm
Thurs	5:00 – 5:45pm
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



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	\$25	\$67
½ hour class twice a week	\$50	\$117
45 minute class once a week	\$38	\$92

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.

Tues & Thurs	11:00 – 11:30am
Sat	9:00 – 9:30am

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.

Tues & Thurs	11:00 – 11:30am
Sat	10:00 – 10:30am



SWIM BASICS Preschool, 3-5 years

1 - Water Acclimation

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

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

2 - Water Movement

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

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

3/4 - Water Stamina/Swim Strokes

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

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

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SWIM STROKES

School Age 6–12 years

4–Stroke Introduction

Intermediate – can swim length of pool.

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

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

5–Stroke Development

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

Tues	5:45 – 6:30pm
Sat	10:00 – 10:30am

6–Stroke Mechanics

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

Wed	5:45 – 6:30pm
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	8:00 – 8:30am
Sat	8:30 – 9:00am

ADAPTED AQUATICS

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

Class fees are \$120

Class fees are eligible for reimbursement if participant ends up being hired on to the Y Staff



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: Dec 15th + Jan 16th

Newark: Dec 30th + Jan 13th + Dec 23rd

Lakewood: Dec 2nd + Jan 27th

Heath: Dec 16th + Jan 5th

Sharks: Jan 12th

PARTY RENTAL

Check out The Licking County Family YMCA for your next birthday party! We offer 3 packages that include a party area in the pool lobby, indoor swimming with a complimentary YMCA Birthday T-Shirt for the birthday child. Open to members and non-members. Contact Annette Boyer for your birthday packages. annette.boyer@lcfymca.org

THE SHARKS WANT YOU!



The Y Swim Team is designed to develop youth in competitive swimming 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.

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

YOUTH DEVELOPMENT

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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.

	Member	Non-Member
30 min	\$40	\$82
45 min	\$45	\$87
1 hour	\$55	\$97
1 1/2 hour (once a week)	\$86	\$127
1 1/2 hour (twice a week)	\$98	\$145

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	10:30-11:00am

PRESCHOOL GYMNASTICS 3-4 yrs

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

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

PRESCHOOL PLUS 4-5 yrs

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

Mon	11:30am-12:15pm
Tues	6:45-7:30pm
Thurs	6:30-7:15pm
Fri	11:30am-12:15pm

SUPERSTARS 4-5 yrs

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

Thurs	5:00-5:45pm
Fri	11:30am-12:15pm

Superstars Plus (Coach Recommended)

Fri	12:30-1:30pm
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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.

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	4:30-5:30pm
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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 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 7:30-8:30pm
Thurs	5:45-6:45pm 6:45-7:45pm 7:00-8:00pm

Rollers

Tues	7:30-8:30pm
Thurs	5:30-6:30pm

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)	6:00-7:00pm
Thurs	6:00-7:00pm
Thurs	7:15-8:15pm

Swingers

Tues	4:30-5:30pm
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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	4:30-5:30pm
Tues (Coach Recommended)	7:00-8:00pm

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
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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

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 Beginner level	5:00-6:00pm
Thurs Intermediate level	7:00-8:00pm

TUMBLING FOR HIGH SCHOOL CHEERLEADING

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.

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

If you are interested in Home School Gymnastics please contact the Gymnastics Department at 740-349-9585 about scheduling a day and time. Any class would need a minimum of 5 participants.

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

Open Gym time is an unstructured free time for adults. It is a great time to come hang out with friends, train previously learned skills, build strength for cross fit or learn something new. While our staff is not leading the Open Gym they will be available to maintain safety, assist you as needed and to answer any questions you may have. Come join us for a fun, unstructured free time that allows you to be your own coach.

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.



2018 DON EDWARDS LEAGUES

In the 2018 season Don Edwards Park will be offering its 7th and 8th grade Babe Ruth league. It will also be expanding to offer a travel team based league for kids in the same 13-15U division. Both leagues will begin in early March and run through the end of April beginning of May. Both leagues will play a minimum of 10 games and a tournament at end of season. There will be a registration fee of \$750, with teams responsible for baseballs and umpires. All the teams will have the opportunity to play on the newly renovated fields including the main diamond which will play host to the 2019 World Series. The park will also offer a second summer league that begins middle of May and runs through beginning of July, along with a fall league that will begin at the end of August and run into October. Each league will play a minimum of 10-12 games a session with tournaments to conclude the seasons. The park is also playing host to 10 tournaments this summer ranging in ages from 13-18U, and is available to rent by high schools, travel teams, legion ball and all baseball teams 9U-18U and up. For more information please contact Adam Jenkins at 740-349-9678 or adam.jenkins@lcfymca.org or for the latest updates check out the Don Edwards Park Facebook page.

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 \$46 Non-Member \$104



FOR MORE INFORMATION
PLEASE CONTACT:

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

YOUTH DEVELOPMENT

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CHILD WATCH

ages 8 weeks-11 years olds

(7 years old when Tween Room is available)

Let us care for your little ones while you work out! Child Watch available for 90 min's/visit. A \$5 late fee/child/10min late fee will be applied if child is not picked up on time. No food or drink (other than water, and if needed-formula for the babies). Register by calling 740-345-9622 or 740-349-9684. Parental sign-in/sign-out mandatory!

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



TWEEN ROOM

ages 7-15 years old

Your child is supervised during your workout! 90 min's/visit. A \$5 late fee/child/10min late fee will be applied if child is not picked up on time. Parental sign-in/sign-out mandatory for any child under age 12 for the safety of your child. Register by calling 740-345-9622.

Mon-Thurs	5:00pm-8:00pm
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During Break the Tween Room will be open December 27-30th 9:00-11:00am and normal 5:00-9:00pm hours.

Register by calling 740-345-9622

FOR MORE INFORMATION PLEASE CONTACT:

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

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.

Fridays: Dec 15, Jan 19, Apr 20, May 18	7:00-10:30pm
Members: \$15	Non-Members: \$25

NEWARK PRESCHOOL

The Newark Preschool is a 1 star-rated center on Ohio's voluntary quality rating system. Our licensed facility in Newark provides quality care for children 6 weeks old through Pre-K in a secured environment from 6:30 am - 6:00 pm, Monday -Friday. Curriculum is taught from 9:00am - 4:00 pm. Children participate in a variety of developmentally appropriate activities that encourage cognitive as well as physical development. Swimming lessons and gymnastic classes are included for all of our preschool children. We provide healthy meals and snacks to all children in our program.

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



PRESCHOOL

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

SCHOOL'S OUT DAYS

Inclement Weather and School's Out Days

Let us help on days that your children are off from school, but you still have to go to work. Register your child for days when school is not in session. Speak with your Before and After Care staff or call the Child Care front desk for more information.

Offering care Nov 7, 22, 24, 27

Members: \$34/day Non-Members: \$43/day



BEFORE/AFTER SCHOOL CHILDCARE

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

Registration for Before and After Care is open!

SCHOOL'S OUT CAMP

CHRISTMAS CAMP:

Dec 20, 21, 22, 26, 27, 28, 29, Jan 2, 12, 15

SPRING BREAK CAMP: Mar 26-Mar 30

Let us care for your kids during the break weeks. Breakfast, lunch, snack served daily. School's Out Camp includes fieldtrips, games crafts and more. Register by the day at the Child Care front desk.

Members: \$34/day Non-Members: \$43/day

FOR MORE INFORMATION PLEASE CONTACT:

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

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 discussion group
Feb 15 6:30-8:30pm

Positive Parenting for Children with a Disability seminar
Mar 15 6:30-8:30pm

Developing Good Bedtime Routines discussion group
Apr 19 6:30-8:30pm

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

CARNIVAL

Free event for members. Face painting, games, prizes, special guest, music and a clown. Held in the Y Newark Mitchell Center.

Feb 23 6:30-8:00pm

BUNNY BRUNCH

Join us for a Hoppin' Good Time at the 2017 Bunny Brunch. The event includes breakfast, bounce house and obstacle course, face painting, Easter crafts, egg hunt, prizes, DJ and more! The hunt will be separated by age groups: 2 and under, 3-4 yrs, 5-6 yrs, 7-8 yrs and 9-10 yrs

Mar 24 9-10:30am

GET A JUMP ON SUMMER

Summer Day Camp Registration opens Mar 12

Register early and save money this summer!

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. There will also be trips and events held at other times throughout the session. Each child will receive a fitness assessment at the start and end of the session to measure progress.

For more information please call Courtney at 740-345-9622 Ext. 176 or e-mail at courtney.plaisted@lcfymca.org.

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

Winter Dates: January 8th – February 25th

Spring I Dates: February 26th – April 14th

Spring II Dates: April 23rd – June 9th

MOBILEFIT

As a member of the Y, you now have free access to the MobileFiT system. MobileFiT is designed to help you live a healthier lifestyle by helping you set clearly defined goals and then giving you a plan to reach them. You can use MobileFiT to schedule appointments, receive staff created workouts, or create a workout plan of your own. The app gives you the capability to scan into the Y from your phone and receive daily notifications to keep you informed of what's happening.



You can download the MobileFiT app in the App store on Google Play or you can login to your personal MobileFiT webpage.

See a staff member to get your user ID and password today!

FOR MORE INFORMATION PLEASE CONTACT:

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

FITNESS CHALLENGE

Take the Fitness Challenge! Learn the tools to BE FIT, GET FIT, and STAY FIT. Open to members, registration 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 loss will be the determining factors for the winners. First and second place prize will be a heart rate monitor. There will be traditional and boot camp workouts available.

WINTER CHALLENGE

Jan 4 5:00pm Informational Meeting

Jan 6 begins Initial Assessments

Jan 8-Mar 17 Winter Fitness Challenge
Space is limited

Mar 17 9:00am 5k at the Mitchell Center

Members \$65

The Spring/Summer Fitness Challenge will begin on Monday, May 14, 2018 with an informational meeting on May 10 at 5pm, and assessments beginning May 12. The Spring/Summer 5k will be held on Saturday, June 23 at 9am.



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. It is easy for beginners to learn.

Mon-Fri English Gym 7:00-8:30am
with official rules 8:30-10:00am

FOR MORE INFORMATION PLEASE CONTACT:

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

HEALTHY LIVING

Improving the nation's health and well-being



ACTIVE ADULTS

ACTIVE ADULT CLASSES:

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

ACTIVE ADULT SOCIAL EVENTS AND TRIPS

- Easy Ways to Boost your Mental Health and Well Being Workshop with Penny Sitler
January 8, 11:45 am
- Your Utility Workshop with Luka Papalko
February 7, 11:45am
- Trip to Cincinnati, OH including visits to the Aquarium and Riverboat Casino
March 22, 23rd
Registration due January 30
- Easter Ice Cream Social
April 4, 12:00pm
- Columbus Zoo-\$20 per person
May 22, 8:30 am

Workshops, social events and trips are open to members and the community.

ASSESSMENTS AVAILABLE



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.



FITNESS ASSESSMENTS

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

Call Courtney 740-345-9622 x176 to schedule an appointment in our Women and Youth or Reese Mitchell Center.



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.

Registration is required.

WELLNESS COACH

Are you new to our Y? Hesitant on how to get started or have physical issues you are having to work around? Schedule a Wellness Coach appointment and get some guidance to help you get the most out of your Y experience. Together we will customize the road to your success. Wellness Coach appointments are included in membership. Contact Kajsa for more information or call 740-345-9622 ext.105 to schedule an appointment.

CERTIFICATIONS

ASHI CPR-CPR/AED-First Aid

(for members, non-members and staff)

Feb 13	10:00am-12:00pm
Mar 13	10:00am-12:00pm
Apr 14	9:00am-11:00am
May 8	10:00am-12:00pm

Cost for Both \$65

FOR MORE INFORMATION PLEASE CONTACT:

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

ABCs of DIABETES

Do you have questions about how to deal with your or a family members' Diabetes? This monthly session in a relaxed "open forum" setting, alongside with your peers, will give you time to talk with health care professionals and Diabetes Educators. Topics range from medication and insurance questions to eating habits and everything between concerning this illness.

First session:

Monday, January 29, 2018

Time: 6-7pm



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 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.



BARRE

Beginner to Advanced

The barre is used as a prop for balance while performing exercises that focus on isometric training (holding the body still while contracting a specific set of muscles) combined with high reps of small range-of-motion movements. Don't be surprised if your class incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.



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. The class might not always be one hour in length. The goal is to have members get a good workout in but not do too much because working out is not their full-time job and they must be able to move the next day to keep coming back. Participants do what they can do and nothing more and 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.



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.

PILATES

Beginner to Advanced

Pilates is a unique exercise system that gives rapid, yet lasting 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.

**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



SILVERSNEAKERS™

Beginner to Intermediate

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

STEP

Beginner to Advanced

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

STRONG BY ZUMBA

Intermediate to Advanced

STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves and pairs them with original music that has been designed specifically to match each move. Every squat, lunge and burpee is driven by the music, helping the participant make it through the last rep. In this one hour class, participants will burn calories while simultaneously toning their arms, legs, abs and glutes. Plyometric, explosive moves like high knees, burpees and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing. The music and moves are changed frequently to make sure participants are always challenged to the max.

STRENGTH & CONDITIONING

Intermediate to Advanced

This class offers 30-minutes of strength and resistance training for your body using balls, benches, mats, heavy weights, and tubing. Never the same routine twice. Everyone welcome.

YOGA

Beginner to Advanced

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

YOUTH STRENGTH TRAINING

Beginner to Intermediate

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

ZUMBA

Beginner to Advanced

Zumba is the newest, hottest, and most fun workout routine. 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.



BOXING BOOT CAMP

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

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. Jessica has a background in dance performance and choreography.

CARDIO GOLD

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. Cardio Strength - This is a unique exercise system that gives rapid, yet lasting results; a leaner, sculpted body, increasing flexibility, posture, and performance.

GENTLE YOGA

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.

LEARN TO CYCLE

A class designed to teach the basics of cycling in a fun, non-intimidating atmosphere. This class is for first time riders to experts who need a refresher on the basics!

TAI CHI

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

WOMEN'S STRENGTH TRAINING

The Women's Strength Training class is designed specifically for women as an introduction to strength training, as well as an introduction to the Reese Fitness Center. Women will learn new exercises to incorporate into their own workout, as well as how to properly use the equipment found in the Reese Fitness Center.

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



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 \$46 Non-Member \$104



ADULT VOLLEYBALL

The Y is offering adult volleyball leagues for individuals 18 years of age and older. This league will be played on Tuesday night's beginning at 6:30pm in the Mitchell Center with games potentially at 6:30, 7:30 or 8:30. Teams consist of 6 players, with individual and team signs offered. The season will consist of about 17 games. All LCFYMCA teams will receive a team jersey.

Individual registration \$65

Team registration of \$350

FOR MORE INFORMATION PLEASE CONTACT:

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

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

Christian Emphasis

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



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.

Mon & Wed in Child Watch 9:30-10:00am

VOLUNTEERING

Do you love Jesus and treasure Him above all else as your Lord and Savior? We are always looking for people to volunteer with Christian Emphasis.



SURVIVING THE HOLIDAYS

Our Surviving the Holidays seminar is especially for people who are grieving a loved one's death. You'll learn:

- How to deal with the many emotions you'll face during the holidays
- What to do about traditions and other coming changes
- Helpful tips for surviving social events
- How to discover hope for your future

Nov.9 5:30-7:30pm

Open to the Community-Registration required at the Y Front Desk.



WOMEN'S BIBLE STUDY

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

Come journey through the book of John in this Christ-centered study. We will look at one chapter per week. No commitment needed. Come when you can. Held in the Y Café. Study starts Jan 9, there are no fees for Women's Bible Study.

Open to community Tues 6:15-7:15 pm



ADULT BIBLE STUDY

Join us as we discuss various in-depth topics about the Christian faith led by Pastor Josh Tinkham, YMCA Discipleship Chaplain. Adult Bible Study is open the Community, free of charge and held in the Y Café. For more information, please contact Josh at: josh_tinkham@yahoo.com

Wednesdays 6:30-7:30PM

FOR MORE INFORMATION PLEASE CONTACT:

Steph Myers, Christian Emphasis Coordinator
christian.emphasis@lcfymca.org
740-345-9622 ext. 111

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.



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.

Tiny Tigers 4yrs	
Mon	6:00 – 6:30pm
Wed	6:00 – 6:30pm
Member \$32	Non-Member \$76

Little Dragons 5-6yrs	
Mon	6:00 – 6:45pm
Wed	6:00 – 6:45pm
Member \$36	Non-Member \$84

Youth 7-12 yrs	
Mon	6:30 – 7:30pm
Wed	6:30 – 7:30pm
Sat	9:00 – 10:00am
Member \$46	Non-Member \$104

Adults 13+	
Mon	6:30 – 7:30pm
Wed	6:30 – 7:30pm
Sat	9:00 – 10:00am
Member \$46	Non-Member \$104

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

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



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.

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.

YOGA WORKSHOPS

Whether you are new to yoga or you have been practicing for years, we have a yoga workshop for you.

On January 20th, we invite you to build or strengthen your yogic foundation with our **Breaking Down the Sun Salutation** class. Beginners will get a better understanding of the poses and seasoned practitioners can get a refresher on proper body alignment and movement between the poses.

On April 21st, yogis can move deeper into their practice with our **Inversions Workshop** featuring poses such as forward folds, shoulder/headstand, crow, and more to strengthen the core and improve balance and focus.

These Saturday workshops will meet in our aerobics room from 10:30am to 12:00pm. Admission is 2 non-perishable food items per person. Advance registration is required as space is limited.



FITNESS CHALLENGE

Resolution Edition

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.

We haven't forgotten all of our advanced exercisers; our **Athletic Performance Challenge** focusing on explosive power, agility, and speed will have you jumping higher, running faster, and gasping for air.

Winter Challenge	Jan 8–Mar 17
Spring Challenge	May 14–Jun 23
\$80 for new challengers / \$40 for returning	

Register at the Front Desk

TRAIN FOR A 5K: Couch to 5k class

This program will take you from a sedentary life style to completing a 5k in just seven weeks. Your USATF Certified running coach will lead you through two walk/run workouts each week and you will complete one additional workout on your own. Your coach will also discuss race day hydration and nutrition. Class will meet on Mondays and Wednesdays from March 12 – April 25. Cost is \$75 for members and \$117 for non-members. Registration includes entry into the Commit to be Fit 5k and Byers Xtra Mile Finish Line Party held on April 28th in conjunction with the Capital City Half Marathon, as well as an event t-shirt, finisher's medal, and custom race bib. Class participation without race registration is \$25 for members and \$67 for non-members.

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



GROUP TREADMILL CLASS

Colder weather and shorter day don't have to mean an end to your cardio routine. Move inside with our Group Treadmill Training. Each 45 minute class will feature a mix of cardio intervals and strength work to keep your muscles guessing and have you running faster and stronger. This class will meet in the Wellness Center January 3rd through March 7th and is open to all fitness levels.

Mon & Wed	7:00–7:45pm
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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	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	7:10-8:10pm
Thurs	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	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



SAVE THE DATE DADDY'S LITTLE GIRL:

A Y Daddy Daughter Dance will be held on Saturday February 3, 2018 at Licking Heights South Elementary. This event is a magical evening for our daughters and their dads. Can't be missed!



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, Jan 26	6:30-10:30pm
Fri, Feb 28	6:30-10:30pm
Fri, Mar 23	6:30-10:30pm
Fri, Apr 27	6:30-10:30pm
Fri, May 18	6:30-10:30pm
Member \$10	Non-Member \$25

FOR MORE INFORMATION PLEASE CONTACT:

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

MOBILEFIT

MobileFit is a free program designed to help you live a healthier lifestyle. MobileFit helps you set clearly defined goals and gives you a plan to reach them. The MobileFit app enables you to schedule appointments with your fitness coach, receive staff created workouts, or create a plan of your own. MobileFit app can be found in the App store or Google Play. Talk with one of our Fitness Staff about begin set up on MobileFit today!

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...

