



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LICKING COUNTY FAMILY YMCA WINTER/SPRING 2019



Winter Session

Jan 7–Feb 23

Registration:

Full Member: Mon, Dec 17
Non-Member: Wed, Dec 19

Spring I Session

Feb 25–Apr 13

Registration:

Full Member: Mon, Feb 18
Non-Member: Wed, Feb 20

Spring II Session

Apr 15–Jun 1

Registration:

Full Member: Mon, Apr 8
Non-Member: Wed, Apr 10

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!

Available on the App Store or Google Play: Licking County Family YMCA

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



NEWARK BRANCH

Hours of Operation:

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

Women & Youth Fitness Center:

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

WESTERN BRANCH

Hours of Operation:

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

HOLIDAY HOURS

Christmas Eve Mon, Dec 24

- Y Newark & Y Western:
Closing early at 4:00pm

Christmas Day Tue, Dec 25

- Y Newark & Y Western: CLOSED

New Year's Eve, Dec 31

- Y Newark & Y Western:
Closing early at 6:00pm

New Year's Day, Jan 1

- Y Newark: Special Hours 7:00am–12:00pm
- Y Western: CLOSED

Martin Luther King Jr. Day Jan 21 & Presidents' Day Feb 18

- Y Newark & Y Western:
Normal Hours of Operation

Easter Sunday Apr 21

- Y Newark & Y Western: CLOSED

Memorial Day May 27

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

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.

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.



OUR MISSION

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

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



SWIMMING LESSONS

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

PRICES

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

SWIM STARTERS

Parent & child, 6 months–3 years

A–Water Discovery

(parent & child) 6–24 months

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

Sat	9:00–9:30am
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B–Water Exploration

(parent & child) 2–3 years

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

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

(parent & child) 6 months–3 years

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

Preschool, 3–5 years

1–Water Acclimation 3–5 years

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

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

2–Water Movement 3–5 years

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

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

3/4–Stamina/Strokes

Introduction 4–6 years

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

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

SWIM BASICS

School Age 6–12 years

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

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

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

3–Water Stamina 6–12 years

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

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

FOR MORE INFORMATION
PLEASE CONTACT:

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

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

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM STROKES

School Age 6–12 years

4–Stroke Introduction 6–12 years

Intermediate – can swim length of pool.

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

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

5–Stroke Development 6–12 years

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

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

6–Stroke Mechanics 6–12 years

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

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



TEEN LESSONS/ SWIM BASICS 13–17 yrs

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

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

18 years and up

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

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

ADAPTED AQUATICS 6–18 yrs

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

Wed	5:00 – 5:45pm
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WE'RE HIRING LIFEGUARDS!

PART-TIME



The Y is hiring lifeguards for year round and summer positions. Be a part of the Y Aquatics team. Lifeguard classes are held throughout the year. Applications can be found at www.lcfymca.org/employment

ADULT TRIATHLON SWIM CONDITIONING

14 yrs & up

Sun	1:30–2:30pm
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Winter Session and Spring I session only

Members \$50	Non-Members \$110
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YOUTH TRIATHLON SEASON PREP

Sessions will include mix of swimming, cycling and running. Participants will use their own bikes on indoor trainers.

Sat	10:00–11:30am
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Winter Session only

Members \$50	Non-Members \$110
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THE SHARKS WANT YOU!



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

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

Sharks official season Sept 3rd – March* (tournament season)

Level 1 – \$300 • Level 2 – \$400

Level 3 – \$500 • Tri-Training – \$300



SWIM MEET SCHEDULE

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

Granville: Jan 18, 26

Newark: Dec 12, 21, 29

Lakewood: Jan 19

Heath: Dec 15, Jan 12

LCFYMCA Sharks: Feb 2

FOR MORE INFORMATION PLEASE CONTACT:

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

Kris Read, Swim Team Coach
kris.read@lcfymca.org

YOUTH SUMMER TRIATHLON

Days will vary, swim sessions will be in conjunction with LCFYMCA Sharks Swim Team on select days.

Apr 1–Aug 4

Members/Non-Members \$400

100 MILE CLUB 100 MILES... 100 REASONS TO SWIM

REGISTRATION: Nov 1, 2018–Dec 1, 2019

Cost: \$ 25

More information at front desk and information table in Evans pool area

PARTY RENTAL

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

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



GYMNASTICS

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

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

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

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 6:00-6:30pm
Fri	10:00-10:30am

PRESCHOOL GYMNASTICS 3-4 yrs

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

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

PRESCHOOL PLUS 4-5 yrs

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

Mon	11:30am-12:15pm
Tues	6:45-7:30pm
Thurs	6:30-7:15pm
Fri	11:00am-11:45pm

SUPERSTARS 4-5 yrs

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

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

Superstars Plus (Coach Recommended)
Fri 10:30-11:30pm

R.A.T. PACK

(Rowdy Athletic Training) 4-5 yrs Boys

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

Mon	12:15-1:00pm
Tues	6:00-6:45pm
Thurs	6:30-7:15pm

NINJA GYM 6-12 yrs

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

Thurs	4:00-5:00pm
Thurs	8:00-9:00pm



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 5 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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GYMNASTICS TEAM COMPETITION SCHEDULE

Jan. 12	@ Cambridge YMCA
Feb. 9	@ Ross County YMCA
Feb. 16	@ Licking County Family YMCA Annual Valentine Invitational
Mar 2	@ Licking County Family YMCA Level 4 thru Level 8 District Championships
Mar 16	@ Mt. Vernon YMCA Level 2/3 District Championships

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PROGRESSIVE YOUTH GYMNASTICS

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

YOUNG BASICS 5-8 yrs Beginner & ROLLERS 9 years and up Beginner

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

Young Basics

Tues	5:30-6:30pm
Thurs	5:45-6:45pm 6:45-7:45pm

Young Basics/Rollers

Tues	7:30-8:30pm
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FLIPPERS 5-8 yrs Intermediate & SWINGERS 9 yrs and up Intermediate

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

Flippers

Tues (Coach Recommended)	5:00-6:30pm
Tues	6:30-7:30pm
Thurs	6:00-7:00pm

Swingers

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

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

Tues (Coach Recommended)	6:30-8:00pm
Thurs	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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SPECIAL GYMNASTICS PROGRAMS

TUMBLE CHEER

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

TRAMPOLINE & TUMBLING Beginner/Intermediate & Advanced

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

Thurs (beginning level)	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

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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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



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.

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.

Fri (6yrs & up) 12:30-1:15pm

ADAPTIVE GYMNASTICS

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

Wed 4:00-4:30pm



2019 DON EDWARDS LEAGUES

In the 2019 season Don Edwards Park will be offering its 7th and 8th grade spring and summer league. It will also be expanding to offer an older division for kids 16-18U in the summer. The spring league will begin in early March and run through the end of April beginning of May. The summer league will begin in the middle of May for 13-18U and run through the beginning of July. Both leagues will play a minimum of 10 games and a tournament at end of season. There will be a registration fee of \$550, with teams responsible for baseballs and umpires. The park will also offer 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 14 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 or visit www.donedwardspark.com



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 KARATE

7-12 yrs

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

Tues 7:00-8:00pm

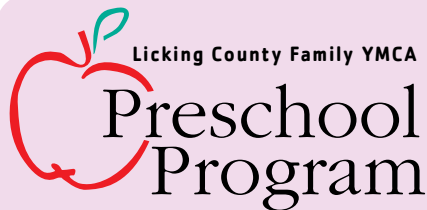
Member \$40 Non-Member \$85

**FOR MORE INFORMATION
PLEASE CONTACT:**

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

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



NEWARK PRESCHOOL

Our licensed facility in Newark provides quality care for children 6 weeks old through Pre-K in a secured environment from 6:30 am – 6:00 pm, Monday – Friday. Children participate in a variety of developmentally appropriate activities that encourage cognitive as well as physical development. Swimming and Gymnastics lessons are included weekly for all of our full time preschool children 3 years and older. Our Two Year old class goes to a gymnastics class once a week.

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

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

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

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



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 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. This service is first come first serve and space is very limited. 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.

Members: \$35/day Non-Members: \$45/day

SCHOOL'S OUT CAMP

School's Out Program will be offered over Christmas break and Spring Break. This service is first come first serve and space is very limited. Drop off and pick up will be located at our Flory Park site. Breakfast, lunch and snack provided. Crafts, games, swimming and field trips are offered.

Payment is due at the time of registration.

Members: \$35/day Non-Members: \$45/day

Registration is required and will open 2 weeks prior to the start of the break.

CHRISTMAS CAMP:

Dec 24-Jan 7

SPRING BREAK CAMP: Mar 25-Mar 29

Members: \$35/day Non-Members: \$45/day



CHILD WATCH

Need babysitting while you work out?
 ages 8 weeks-11 years olds welcome

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

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

FOR MORE INFORMATION PLEASE CONTACT:

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



ACTIVE TWEEN OPEN GYM

Your child has the opportunity to play and get active during your workout with supervision from Y staff! Limit 90 minutes/visit and registration is required by 4:00PM on the day of. Parent sign in/out is required for youth under the age of 12 for the safety of your child. A \$5 late fee/child/10 minutes will be applied if child is not picked up on time.

Open to youth ages 7-15 years old

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

Register by calling 740-345-9622

CARNIVAL

For Members and their Friends!

Obstacle course, games, prizes and a special guest from 7:30-8pm.

Fri, Feb 8

6:30-8:00pm

Y Newark Mitchell Center

BUNNY BRUNCH



Free Community Event!

Sat, April 13

Breakfast, crafts and games 9:00-10:00am

Egg hunt will start promptly at 10:15am



DAY CAMP REGISTRATION

Opens March 11

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: Jan 25

7:00-10:00pm

Members: \$15

Non-Members: \$25

HEALTHY LIVING

Improving the nation's health and well-being

WELLNESS COACH

Need a little help getting started?

New to the Y and/or working out?

Need a little "push" to reach your first or next goal?

Whether you have physical limitations or you are a little hesitant as to how to get things going, we are here to help!

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

Together we will customize your plan to fit you and your needs on a level that you are comfortable with right now. Call 740-345-9622 to schedule your appointment today or contact Kajsa directly for more information at kajsa.wermelin@lcfymca.org.

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.

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

Winter Dates: January 7 – February 23

Spring I Dates: February 25 – April 13

Spring II Dates: April 15 – June 1



As a member of the Y, you have free access to the ActivTrax system. ActivTrax is designed to provide you with a custom workout for each visit! ActivTrax tells you which equipment to use, how to set the weights and how long to rest between each set. You simply perform the prescribed exercises using the weights and reps it sets for you. ActivTrax tracks your progress and challenges you on your own personal level!

You can download the ActivTrax app in the App store, on Google Play, or you can login on a desktop computer.

See a staff member to get create your account and take your initial strength test!

FOR MORE INFORMATION PLEASE CONTACT:

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

WINTER FITNESS CHALLENGE 2019

The purpose of this program is to help individuals who need assistance with weight loss, nutrition, and fitness accountability. Lectures with our YMCA dietitian are included. 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 \$70 and will include a T-shirt, one hour per week with a trainer for 10 weeks, and the Indoor Triathlon 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.

WINTER CHALLENGE

Informational Meeting – January 3 at 5:00pm

Initial Assessments – January 5 at 9:00am

Fitness Challenge – January 7 – March 16



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.

HEALTHY LIVING

Improving the nation's health and well-being



ACTIVE ADULTS

ACTIVE ADULT CLASSES: Aerobic, Strength, Yoga

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

CARD GAMES

Card games are held in the Café every Monday at 12pm for anyone 50 years old and up. Games last approximately 1 1/2 hours. For more information please contact Constance Wedemeyer at 740-349-9675 or constance.wedemeyer@lcfymca.org.



CERTIFICATIONS

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

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

Cost for Adult, Child, Infant CPR, First Aid & AED \$60

PICKLEBALL

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

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

Pickle Ball (playing by <u>no rules</u>)	
Mon – Fri 7:00 – 8:30am	in the English Gym
Mon – Fri 7:00 – 9:00am	in the Knoll Gym



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.

Lessons are held in the upstairs Aerobic Studio	
Jan 10	7:00pm
Feb 14	7:00pm
Mar 14	7:00pm
Apr 11	7:00pm
May 9	7:00pm

STRICTLY BALLROOM DANCE CLUB

You're invited! Come join us in dancing the Waltz, Foxtrot, Tango, Rumba/Nightclub and Cha Cha!

Events are held in the upstairs Aerobic Studio	
Jan 11	6:30pm
Feb 15	6:30pm
Mar 15	6:30pm
Apr 12	6:30pm
May 10	6:30pm



NUTRITION WORKSHOPS

Join us for a monthly workshop on Nutrition with our Registered Dietitian, Caitlin Lewis! Workshops are held on the second Thursday of each month at 6:00PM in the Upstairs Conference Room. The lectures will cover a wide variety of topics and allow time for individual questions. Information regarding Nutrition can be confusing and contradictory. Cut through the fads and learn more with our nutrition workshops!

Jan 10	Healthy Meal Planning Made Simple
Feb 14	Nutrition for Kids (8-15) with Cooking Demo
Mar 14	Losing Weight and Keeping it Off
Apr 11	Raising Healthy Children with Whole Grains and Colorful Fruits & Veggies
May 9	Snacking Made Simple

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



DIETITIAN SERVICES

Reasons to visit a Dietitian:

- General healthy eating information
- Weight loss counseling
- Management of chronic diseases (Diabetes, Heart Disease, Hypertension, Crohn's Disease)
- Digestive problems
- Improving athletic performance
- Eating healthy during pregnancy
- Healthy eating for kids and teenagers

Consultations available for individuals and families. Please contact Caitlin Lewis MS, RD for more information, or to schedule a consultation 757-339-3875 or caitlin.lewis@lcfymca.org.

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

HEALTHY LIVING

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GROUP FITNESS CLASSES

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

ACTIVE ADULT MAT PILATES

Beginner to Intermediate

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

ACTIVE ADULT STRENGTH

Beginner to Intermediate

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

ACTIVE ADULT YOGA

Beginner to Intermediate

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

BODY SHOCK

Advanced

This high-impact class incorporates cardio and strength using mainly body-weight exercises while adding in a few weights to make the movement harder or easier. 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.

BOXING BOOT CAMP

Intermediate to Advanced

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

CARDIO DANCE

Beginner to Advanced

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

CARDIO GOLD

Beginner to Intermediate

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

GENTLE YOGA

Beginner to Advanced

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

GROUP CYCLING

Intermediate to Advanced

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

KICKBOXING

Intermediate to Advanced

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

LOW-IMPACT AEROBICS

Beginner to Intermediate

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

MAT PILATES

Beginner to Advanced

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

FOR MORE INFORMATION
PLEASE CONTACT:

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

HEALTHY LIVING

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GROUP FITNESS CLASSES CONTINUED

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.



SILVERNEAKERS®

Beginner to Intermediate

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

SILVER TAPPERS

Beginner to Intermediate

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



STEP

Beginner to Advanced

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

STRENGTH & CONDITIONING

Intermediate to Advanced

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



TAI CHI

Beginner to Advanced

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



TRX BASIC

Beginner to Intermediate

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

TRX BODYSHOCK

Advanced

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



YOGA

Beginner to Advanced

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

ZUMBA

Beginner to Advanced

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

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 on Friday. The Run Club meets in the front entrance of the YMCA main doors.

FOR MORE INFORMATION PLEASE CONTACT:

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



ADULT KARATE 13 yrs and up

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

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

ADULT VOLLEYBALL

The Y is offering adult volleyball leagues for individuals 18 years of age and older. This league will be played on Monday, Tuesday and Thursday 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. All LCFYMCA teams will receive a team jersey.

FOR MORE INFORMATION PLEASE CONTACT:

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

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



Christian Emphasis

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



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.



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



FREE MONTHLY COMMUNITY MEAL FLORY PARK

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

WHEN: Last Saturday of the Month

TIME: 4:00-6:00pm

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

FOR MORE INFORMATION PLEASE CONTACT:

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.



RUN TRAINING

Whether your spring goal is to complete your first 5k or challenge yourself to a new distance, the Y Western Run Training program is for you. During this 7 week program, you will meet with your USATF certified running coach twice a week for a workout tailored to your goal as well as receive answers to all of your running related questions. All participants will be entered into a drawing for a Garmin Forerunner 35 GPS running watch.

Participants will have the option of participating in the Commit to be Fit 5k or OhioHealth Quarter Marathon (6.55 miles) as part of the Cap City Half Marathon on April 27th for an additional fee.

Mon & Wed Mar 11 – Apr 24

Member \$60

Non-Member \$100



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.

More information is available at the Y Western Front Desk. Costs and availability varies by trainer.

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 sessions that include a nutrition assessment, goal discussion, meal and activity planning, handouts and other nutritional materials. This option is ideal for those looking for 1 or 2 appointments.
- Follow-Up and Accountability sessions are available to keep you on track or help reassess your goals and plan.
- Nutrition Coaching Packages are also available. Includes one Nutritional education session and two 30 minute follow up sessions.

Facetime and phone call options are available for all services upon request. Call the Y Western Front Desk to get started on your journey today!



FITNESS CHALLENGE

Resolution Edition

Kickstart Challenge: 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.

Next Level Challenge: 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.

Winter Challenge Jan 7–Mar 16

Spring Challenge May 6–Jun 15

\$80 for new challengers / \$40 for returning

Register at the Front Desk

ATHLETIC PERFORMANCE PROGRAM

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

Saturdays, Jan 5 - Feb 23

Saturdays, Mar 9 – Apr 27

Member \$60

Non-Member \$100

FOR MORE INFORMATION PLEASE CONTACT:

Jamie Goudy, Health & Wellness Coordinator
jamie.goudy@lcfymca.org • 740-964-6522

CLUB 180/700

Stay motivated to be healthy throughout 2019 by joining the Club 180/Club 700 challenge. Each participant will seek to log 180 individual workouts between January 1st and December 31st. You'll also work together with 4 other Y members to log 700 workouts as a team. The first individual and team to reach the goal will be crowned champions and everyone will earn fabulous Y prizes along the way! Registration is open sign-up at the Western Branch front desk. Cost \$40/member



GROUP TREADMILL CLASS

Colder weather and shorter days 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 7th through March 6th and is open to all fitness levels.

Mon & Wed

7:00-7:45pm

WESTERN BRANCH

355 West Broad Street • Pataskala



GYMNASTICS

PRESCHOOL 3-4 yrs

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

Tues	5:30-6:00pm
Member \$32	Non-Member \$76

PRESCHOOL PLUS

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

Thurs	5:30-6:15pm
Member \$36	Non-Member \$84

YOUNG BASICS 5-7 yrs

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

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

ROLLERS 7 yrs & up

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

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

SWINGERS 7 yrs & up

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

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

KIPPERS 7 yrs & up

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

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



MARTIAL ARTS TANG SOO DO

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

Youth 5yrs	
Mon	6:30-7:30pm
Wed	6:30-7:30pm
Sat	9:00-10:00am
Member \$46	Non-Member \$104

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

Adults 13+	
Mon	7:30-8:45pm
Wed	7:30-8:45pm
Sat	9:00-10:00am
Member \$46	Non-Member \$104

Black Belt Class (Invitation Only)	
Sat	10:00-11:30am
Member \$46	Non-Member \$104

FOR MORE INFORMATION PLEASE CONTACT:

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



Y HEALTH KIDS DAY®

On April 27, 2019 the Y will partner with Pataskala Parks and Recreations to celebrate Healthy Kids Day at Foundation Park. Kids can win prizes participating in games, activities, & challenges, make healthy, no-cook treats at our snack station, & bounce out energy in our bounce house all while getting inspired to stay physically and intellectually active all summer long!



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!

FOR MORE INFORMATION PLEASE CONTACT:

Heather Hawkins, Director of Child Development
heather.hawkins@lcfymca.org • 740-349-9621



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.

Jan 25	6:30-10:30pm
Feb 22	6:30-10:30pm
Mar 22	6:30-10:30pm
Apr 26	6:30-10:30pm
May 24	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

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...

