

# BEST SUMMER EVER™



## FAYETTE COUNTY FAMILY YMCA Summer 2018 Program Guide

### HOURS OF OPERATION

Monday-Friday 4:30 AM – 10:00 PM  
 Saturday 7:00 AM – 7:00 PM\*  
 Sunday 8:00 AM – 5:00 PM  
 \*Close at 5:00 p.m. on Saturday Memorial Day weekend – Labor Day weekend.

### HOLIDAY SCHEDULE

Memorial Day Open 4:30AM – 12:00 PM  
 July 4 Open 4:30AM – 12:00 PM  
 Labor Day Open 4:30AM – 12:00 PM  
 Gymnasium Closed July 15—22 for refinishing of floor.

### CHILD WATCH

A FREE SERVICE FOR YMCA MEMBERS!

#### CHILD WATCH HOURS

Monday - Friday 8:30 - 11:30 AM & 4:00 - 8:30 PM\*  
 Saturday 8:00 AM - 12:00 Noon  
 Sunday Closed for family time  
 \*Friday evenings available November-May.  
 \*\*Hours are subject to change based on usage.



### MOTION ZONE

Ages 8 and Up  
 Enjoy the BEAM interactive game system, 3 Kick, and foosball.

### MEMBERSHIP TYPES & FEES

\*Joining fee is waived for those paying annually.

Type	Monthly	Annual	Joining Fee*
Youth Infant—High School	\$22.71	\$272.52	\$30
Young Adult Age 18-25	\$29	\$348	\$30
Adult	\$43.16	\$517.92	\$50
Couple Married Couple	\$51.11	613.32	\$60
Family	\$55	\$660	\$80
Single Parent Family	\$49	\$588	\$60
Senior Age 60+	\$38.61	\$463.32	\$40
Senior Couple	\$46.56	\$558.72	\$60
Plus One	\$15	\$180	\$0

Youth 8 and under must be accompanied by an adult.  
 \*Memberships are subject to 7.25% sales tax

### SilverSneakers, Silver and Fit & Senior Fit

These are comprehensive physical activity programs that address the needs of the Medicare (usually 65+) population. Members of sponsoring health plans receive full membership privileges, including the opportunity to participate in group exercise classes.

### Scholarship Assistance

The YMCA is a Membership Organization open to all people. Through the generosity of donors, we are able to provide programs and services to those who may not otherwise be able to participate. Financial assistance, to the extent possible, is available to those in need. You may ask for a confidential assistance application at the YMCA Service Center.

IMPORTANT INFORMATION

Find all program details and schedules at [faycoymca.org](http://faycoymca.org)

## HEALTHY LIVING

Achieve Your Wellness Goals



Powerd by Virtuagym

Smart Start: Pre-Teen Fitness Class  
 Women On Weights  
 Group Exercise  
 Personal Training  
 Sports Conditioning

Incentive Programs  
 Military Readiness  
 Seniors On Strength  
 Fitness Assessments  
 Specialized Personal Training  
 Southern State CC HPER Courses

### Chronic Disease Prevention

The YMCA Diabetes Prevention Program

### Reclaim Your Health

Phase 4 Cardiac Health Y-Diabetes Exercise Maintenance Program  
 Exercise Is Medicine

### PERSONAL TRAINING

1 hour Personal Training Sessions

Member:

1 session \$30.00      10 sessions \$275      20 sessions \$500

Non-Member:

1 session \$40.00      10 sessions \$370      20 sessions \$700

1/2 hour Personal Training Sessions Y-MCA Members Only

1 session \$17      10 Sessions \$150      20 Sessions \$280



Download the Fayette County Family YMCA Mobile App powered by Virtuagym from your App Store or Google Play for access to all group exercise, pool, and gym schedules. Request your invitation to Virtuagym and schedule your FREE orientation to the wellness center with one of our instructors at the front desk.

**COMMUNITY** Create a profile, join challenges, or engage others in discussion groups

**EXERCISE** Create workout plans and play exercises with video instructions.

**NUTRITION** Create a personalized nutrition plan and get faster results.

**CALENDAR** Schedule your sessions and never forget a workout again.

### Smart Start: Pre-Teen Fitness Class

The Smart Start: Pre-Teen Fitness Class is a FREE introductory class to the Wellness Center for members ages 10, 11 and 12 to learn how to exercise and use the equipment safely.  
 Monday, July 9<sup>th</sup>, 2018 7:00 p.m.-8:00 p.m.  
 Saturday, July 14<sup>th</sup>, 2018 11:00 a.m.-Noon

### Color Run

May 19 at the Washington CH Reservoir  
 Register by May 6 to guarantee shirt and swag  
 Day of Race Registration 8:00 am  
 Event Start 9:00am



### Karate

Ages 8+ and Adults

Kinder (ages 6-8)  
 6:00-6:40

Level 1  
 6:45-8:00pm

Level 2  
 Thursday 7:50pm – 9:00pm

All classes are on Thursday evenings. Parents must stay in the room during Kinder Karate.

FREE with YMCA Single Parent Family and Family Membership. Register Monthly.

Kinder Karate With YMCA Youth Membership: \$15  
 Level 1 & 2 With YMCA Youth Membership: \$25

Non-member: \$30  
 Non-member: \$50



# AQUATICS

## PRIVATE SWIM LESSONS

To schedule private lessons, call 740-335-0477.

### Member:

3 30-Minute Sessions \$45.00  
10 Lesson Package \$140.00

### Non-Member:

3 30-Minute Sessions \$70.00  
10 Lesson Package \$220.00



**POOL CLOSED JULY 14-22 FOR PAINTING**

## SWIM LESSONS

Full class descriptions for each level, including skills learned, are available at faycoymca.org and the front desk

Lessons will be cancelled when there is lightning in the area. Download our mobile app to receive a notification when lessons are cancelled.

## PARENT/CHILD SWIM

6 months-3 1/2 years old

This class is designed to teach participants ages 6 months to 3 1/2 years of age self confidence while developing their water skills. Parents must accompany their to each swim lesson, and in certain classes parent participation is required in the pool.

Tuesdays & Thursdays - 6:00-6:30 pm (attend both days)

## PRESCHOOL LEVELS ages 3-5

### Beginner To Advanced Levels

Tuesdays & Thursdays 6:00-6:45 pm (attend both days)

## PROGRESSIVE LEVELS (ages 6+)

### Beginner To Advanced Levels

Tuesdays & Thursdays 7:00-7:45 pm (attend both days)

### Sessions (Four week sessions)

**Summer 1** May 22—June 14

Member Registration Starts May 15

Non-Member Registration Starts May 17

**Summer 2** June 19-July 12

Member Registration Starts June 14

Non-Member Registration Starts June 16

YMCA Member: \$40 Non-Member: \$60

## YMCA TSUNAMI SWIM TEAM

### Competing In The Southeast Ohio West Virginia League

Ages 18 and under who can swim at least one lap of the pool are welcome to participate. All practices and home meets will be at the YMCA.

Practices: Starting May 7

5:00p-6:00p (Mondays, Wednesdays, and Fridays)

YMCA Member: \$100 for the summer (must be a YMCA member)

# YOUTH DEVELOPMENT

# SPORTS

## Kid's Triathlon

**Grades 2-12 Must be able to swim full length of the pool.**

June 16

Register by June 4

Grades 2-3 Swim 50 yards, 1 mile bike, 1/2 mile run

Grades 4-6 Swim 75 yards, 2 miles bike, 1 mile run

Long course Grades 4-12 Swim 200 yards, 3 miles bike, 2 mile run

## T-BALL

**Ages 3-6**

**Registration: Apr. 16 – May 28**

June 11 – July 11 (6 games) No games week of July 4.

Monday and Wednesday evenings

Cost: \$20 With Youth Membership \$45 Non Members (Includes Ball Cap)

## ROOKIES FLAG FOOTBALL

**Boys and Girls ages 3-5**

**Registration: July 23—August 27**

September 4 – October 9

Mondays (6 weeks) 5:30-6:15

With Youth Membership: \$15

Non-Members \$30



## FLAG FOOTBALL

**Ages 5-11**

**Registration: July 24 – Aug. 26**

Sept. 4 – October 18 (7 Weeks)

Games and practices during the week TBD

\$20 With Youth Membership

\$45 Non Members

## SPORTS CAMPS

**Register at the YMCA at least 1 Week prior to each camp.**

**Free with YMCA Single Parent Family and Family Membership**

With Youth Membership: \$30/Camp

Non-Member: \$45/Camp

A highlight of the camps includes daily camp prizes, offensive and defensive instruction, games and team contests.

**Golf June 4-7**

**Ages 6-16**

10:00 am – 11:30 am Location: The Greens

**Basketball June 11-14**

**Ages 6-9** 10:00-11:30 p.m.

**Ages 10-12** 12:00-1:30 p.m.

Instructor: Jerrod Ralph, YMCA Program Director

**Soccer June 18-21**

**Ages 6-16** (players will be divided into appropriate age groups)

5:30-7:30 p.m.

Instructors: Josh Thoroman, Miami Trace Boys Head Coach & Aaron Teeters, WCH Boys Head Coach

## YMCA Kid's World of Learning

Infant through Pre-K Care

2101 1/2 Kenskill Avenue Washington Court House

740-333-3959

**Hours: Monday through Friday 5:15 a.m. -2:00 a.m. (includes 2nd shift)**

We provide breakfast, lunch, and afternoon snack.



# SUMMER DAY CAMP 2018

**Campers will be put into following grade groups:**

**Kindergarten, 1st-2nd, 3rd-4th, Fifth -Eighth.**

Fayette County Family YMCA Summer Day Camp is a state-licensed program.

Most of the day is spent outside, except due to weather.



## REGISTRATION PACKETS ARE AVAILABLE

**AT THE YMCA & AT faycoymca.org**

**Pay-in-full for three or more weeks of camp at the time of registration (non-refundable) and we will waive the registration fee.**

**(Does not apply to those receiving ODJFS or YMCA Scholarship Assistance)**

### CAMP RATES

\$25 Registration Fee- includes a sling bag and t-shirt.

Member \$110/week

Non Member \$140/week

15% Discount for additional children

## Adventure Camp for Grades 5-8

Participate in activities at the YMCA separate from Day Camp from 9:00-4:00p.m. They will go on field trips with Day Camp . If further care is needed they may join in with Day Camp Participants between 5:45-9:00a.m. and 4:00-6:15p.m.

Members: \$120 per week

Non-Members: \$150 per week



### BREAKFAST, LUNCH, AFTERNOON SNACK INCLUDED!

**CAMP HOURS:** Pre-Camp 5:45-9:00 (breakfast ends at 8:00). Camp activities 9:00-4:00. Post-Camp 4:00-6:15. Pre and Post Camp included in registration fee.

**CAMP SCHOLARSHIPS:** Applications are available at the YMCA and awarded based on documented inability to pay the published fees. Applications must be received by May 20th.

☀ Arts & Crafts ☀ Swimming ☀ Sports, Games, Octaball ☀ Archery ☀ Fishing