



THERE'S A Y IN EVERY FAMILY

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.

FAYETTE COUNTY FAMILY YMCA Winter 2019 Program Guide

faycoymca.org 740 335 0477

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

Christmas Eve Open 4:30AM – 1:00 PM
 Christmas Day Closed
 New Years Eve Open 4:30AM – 5:00 PM
 New Years Day Open 8:00 – 5:00 PM

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 3 Kick, air hockey, 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	\$58	\$696	\$80
Single Parent Family	\$52	\$624	\$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

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

HEALTHY LIVING

SMART Start or SMART Start Together are included with membership.

SMART START

WHAT IS SMART START?

SMART Start is a series of complementary appointments designed to support you in pursuit of your health and wellness goals. We utilize SMART (Specific, Measurable, Appropriate, Realistic, Timely) goals to help you develop an achievable plan for success and establish a workout in the Wellness Center if you choose.

WHAT TO EXPECT?

SESSION ONE PLAN During this session we'll talk about your goals and interests and help you come up with a plan to get started with confidence and support. We may start to introduce you to some of the equipment in the wellness center and set you up on Virtuagym if appropriate.

SESSION TWO ACT Whether it's walking through a workout with your wellness coach, attending your first group fitness class, or another activity, this is where your plan takes action!

SESSION THREE EVALUATE We want to hear how it's going for you. We'll review your progress, compare it to your goals, and make any changes necessary.

↕ TRY ONE OR BOTH ↕

SMART START TOGETHER

WOULD YOU LIKE EVEN MORE SUPPORT AND TO MEET NEW PEOPLE?

This free four-session small group program will introduce you to piece of exercise equipment and a different group exercise format each week. You will be introduced to Virtuagym and will have time to discuss your SMART goals and share your accomplishments if you would like. Weekly prizes will be given out.

SMART START PRE-TEEN FITNESS

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, January 14 7:00 pm-8:00 pm Saturday, January 19 11:00 am-Noon
 Monday, March 11 7:00 pm-8:00 pm Saturday, March 16 11:00 am-Noon

GROUP EXERCISE CLASSES

Most group exercise classes are included with your membership. From Aquatic Exercise to Group Cycling to Yoga and everything in-between we have a group exercise class for you. The full schedule is available on our mobile app, at faycoymca.org or at the front desk.

PERSONAL TRAINING

1 hour Personal Training Sessions

Member (Non-member rates available at the front desk or on our website)

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

1/2 hour Personal Training Sessions YMCA Members Only

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

SMALL GROUP TRAINING

We offer a variety of small group training opportunities. Small group trainings are offered based on your goals (ie. Golf Conditioning, Run a 5K, Weight Loss) and/or style of exercise. Check with front desk for availability and pricing.

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 \$80.00
10 Lesson Package \$250.00

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.

Sessions (Eight-week sessions)

Winter 1 January 10-March 2

Member Registration Starts January 2

Non-Member Registration Starts January 7

Spring March 14-May 4

Member Registration March 5

Non-Member Registration Starts March 8

YMCA Member: \$40 Non-Member: \$80

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 child to each swim lesson, and in certain classes parent participation is required in the pool.

Thursdays 6:00-6:30 pm

PRESCHOOL LEVELS ages 3-5

Beginner To Advanced Levels

Thursdays 6:00-6:45pm or Saturdays 10:00-10:45am

PROGRESSIVE LEVELS (ages 6+)

Beginner To Advanced Levels

Thursdays 7:00-7:45pm or Saturdays 11:00-11:45am

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 September 12

Mondays, Wednesdays, and Fridays 5:30p-6:30p Saturday 9:00-10:00

\$240 for the fall/winter season + Invitational and Championship meet fees

(must be a YMCA member for this program)



YOUTH DEVELOPMENT

SPORTS

FREE with YMCA Single Parent Family and Family Membership unless indicated. *Youth Sports reversible jersey required unless indicated. Order at time of registration.

ROOKIES AGES 3-5

\$15 with YMCA Youth Membership \$40 Non-Members
Mondays 5:30-6:15 pm

BASKETBALL

Registration: December 3-January 6
January 14-February 11

ROOKIES SPORTS OF ALL SORTS

March 4 - April 1
Registration: February 4 - March 3

SOCCER

April 22 - May 20
Registration: March 11 - April 15

INSTRUCTIONAL BASKETBALL LEAGUES

K-3rd Grade

Winter Session

Registration: Dec. 3 - Jan. 6, 2018
Season Begins January 14 - March 2
\$20 With YMCA Youth Membership \$45 Non-Members

COMPETITIVE BASKETBALL LEAGUES

3-6 Grade

Registration: Dec. 3 - Jan. 6, 2018
Season Begins January 14 - March 2
\$20 With YMCA Youth Membership \$45 Non-Members
Practices will be held during the week and games on Saturday.

FUTSAL

K-4th Grade

Registration: January 21 - February 25
Season: March 12-April 11
\$20 With YMCA Youth Membership \$45 Non-Members
Weekday practices and games

SPRING SOCCER

K-4th Grade

Registration: March 2 - April 8
Season: April 22 - June 8
\$20 With YMCA Youth Membership \$45 Non-Members

SPEED AND AGILITY TRAINING (S.A.T.)

Ages

Mondays and Wednesdays Time: 4:30-5:20p.m.

NOT included in Free Youth Sports

Fees: Member: \$25.00 Non-Members: \$50.00

SPORTS ACADEMY

Basketball Training with Adrian "Spanky" Parks

Boys and Girls Grades 5-1

Wednesdays 7:30-8:30 pm

NOT INCLUDED WITH FREE YOUTH SPORTS

\$20 per day YMCA Member \$30 per day Non-Members



Youth Sports Sponsors



YMCA Kid's World of Learning

AT SUGAR CREEK

Infant through Pre-K Care

2101 1/2 Kenskill Avenue Washington Court House 740-333-3959



Hours: Monday through Friday 5:00 am.-2:00 am (includes 2nd shift)

Second Shift Provided Only for children of Sugar Creek and Wingate Employees.

Infant Care 6 weeks - 18 months

Toddler Care 18 months - 3 years

Preschool Care 3 years - 4 years

PreKindergarten Care 4 years - 5 years



We provide breakfast, lunch, and afternoon snack.

BEFORE AND AFTER SCHOOL CHILD CARE

At the Fayette County Family YMCA

Hours: Monday through Friday 5:15am to 6:15pm during the school year.

The schools provide transportation to and from Washington Court House and Miami Trace Schools.

Daily activities include arts and crafts, large motor play, group games/activities, music, and free play utilizing Pinnacle curriculum. The children will also have times to play in the youth game room, gymnasium and playground. On school days out they may swim. We provide a light breakfast and afternoon snack as part of the cost of tuition. We provide extended care for school delays and school cancellations.



YOUTH & FAMILY FUN

11th ANNUAL DADDY DAUGHTER DANCE

Sock Hop

February 2, 2019

Pictures start at 6:00 p.m.

Gym opens at 6:30 p.m. and the dance will last until 9:00 p.m.

\$15 per couple \$5 per extra daughter.

Pre-register at the front desk.

FAMILY NIGHT

Friday, March 12 6:00-8:30pm

Register by Wednesday, November 7

Swim Time, Pizza, and a Monthly Themed Activity

\$10 Per Member Household

\$15 Per Non-Member Household

KARATE

All classes are on Thursday evenings.

Kinder (ages 6-8) Ages 8+ and Adults

6:00-6:40pm 6:45-8:30pm

FREE with YMCA Single Parent Family and Family Membership.

Register Monthly.

Kinder Karate With YMCA Youth Membership: \$15
Non-member: \$40

Karate With YMCA Youth Membership: \$25
Non-member: \$55