

# BEST SUMMER EVER™



## FAYETTE COUNTY FAMILY YMCA Summer 2019 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

### 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 PM  
 Sunday Closed for family time  
 \*Friday evenings available November-May.



### MOTION ZONE

Ages 8 and Up  
 Enjoy the 3 Kick, life size checkers, and foosball.

### MEMBERSHIP TYPES & FEES

\*Joining fee is waived for those paying annually.  
 Youth 8 and under must be accompanied by an adult.

Type	Monthly	Annual	Joining Fee*
Youth Infant—High School	\$22.71	\$272.52	\$30
Young Adult Age18-25	\$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

\*Memberships are subject to 7.25% sales tax

### SilverSneakers, Silver and Fit, AARP

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

**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.

### 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, May 3 7:00 pm-8:00 pm Saturday, May 18 11:00 am-Noon  
 Monday, July 15 7:00 pm-8:00 pm Saturday, July 20 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](http://faycoymca.org) or at the front desk.

### NEW! Y-PUMP **Included with membership** Tuesdays 5:00pm-5:50pm Sommer Musser, Instructor

This class is a fat-burning, total body workout. We will use light to moderate weights with high reps to help you lean out, get toned and fit all in one class. This class involves barbells, plates, and body weight exercises. This class is for all fitness levels seeking to get healthy and fit.



### PERSONAL TRAINING

**1 hour Personal Training Sessions**  
**Member Rates (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

### 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

# 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.

## 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)

### Summer1 May 28—June 20

Member Registration Starts May 14  
Non-Member Registration Starts May 21

### Summer2 July 9-August 1

Member Registration Starts June 24  
Non-Member Registration Starts June 29  
YMCA Member: \$40 Non-Member: \$80

## YMCA SUMMER 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 6

5:30p-6:30p Mondays, Wednesdays, and Fridays & Saturdays 9:00a-10:00a

# SUMMER DAY CAMP 2019

Campers will be put into following grade groups:

Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, Fifth - Eighth.

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

Date	Weekly Theme	Field Trip/Special On-Site Activity
May 28-May 31	Planes, Trains, & Automobiles	*EnterTrainment Junction
June 3-7	Lions, Tigers, and Bears	*Columbus Zoo
June 10-14	Artful Antics	Creative Court House
June 17-21	Game Craze	Buckeye Video Truck/Laser Tag
June 24-28	Toy Stories	*Republic Movie Theatre
July 1—5 (Closed 4th)	Superheroes	Family Cookout & Millitary and First Respondors
July 8-12	Mad Science	*Boonshoft
July 15-19	Sports Extravaganza	*LeElla Lanes
July 22-26	Crazy Constellations	Drake Planetarium
July 29-August 2	Water World	Inflatable Water Slides & Games
August 5-9	Camp Coyotes' Got Talent	Talent Show

**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

# SPORTS

Free with Family or Single Parent Family Membership

## T-BALL

**Ages 3-6**

**Registration: Apr. 15 – May 26**

June 10 – July 10 (6 games) No games week of July 4.

Monday and Wednesday evenings

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

## ROOKIES FLAG FOOTBALL

**Boys and Girls ages 3-5**

**Registration: July 22—August 25**

September 2 – October 7

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

\$15 With Youth Membership \$30 Non-Members

## FLAG FOOTBALL

**Ages 5-11**

**Registration: July 22 – Aug. 25**

Sept. 3 – October 19 (7 Weeks)

Games and practices during the week

\$20 With Youth Membership \$45 Non Members



## CHEERLEADING

**Registration: July 22 – Aug. 25**

Sept. 3 – October 19 (7 Weeks)

Games and practices during the week

\$20 With Youth Membership \$45 Non Members

## SPORTS CAMPS and SHOWCASES

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

**Free with Single Parent Family or Family Membership.**

\$30/Camp With Youth Membership \$45/Camp Non-Member

### Golf June 3-6

**Ages 6-16**

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

Jenna Maxie, former Ohio Northern University player

### Basketball June 11-12

**Grades 4-6** 10:00-12:00 p.m. **Grades 7-8** 1:00-3:00 p.m.

Instructor: Adrian Parks

### Soccer Showcase June 18

**Ages 5-14** (players will be divided into appropriate age groups) 6:00-8:30pm  
This event will be FREE with Family or SPF membership and \$10 with YMCA youth membership and \$15 for non-members.

Join Josh Thoroman, Miami Trace Boys Coach & Aaron Teeters, WCH Boys Coach, in various soccer competitions. (ie. dribbling, shooting, 3v3, and more)

## HIGH SCHOOL BASKETBALL SHOWCASE

**June 18 6:00 - 8:30pm**

**Grades 9-12 YMCA Members: \$30 Non-Members \$45**

Participate in college style training alongside college players who are graduates of the Future Prospect program and will be attended by college coaches.

## REGISTRATION PACKETS AVAILABLE at THE YMCA & 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 Scholarship Assistance)**

### CAMP RATES

\$25 Registration Fee- includes a sling bag and t-shirt.  
Member \$115/week Non Member \$155/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: \$125 per week Non-Members: \$165 per week

## YMCA Kid's World of Learning

### Infant through Pre-K Care

2101 1/2 Kenskill Avenue Washington CH 740-333-3959  
Hours: Monday through Friday 5:00 a.m. -2:00 a.m.

# YOUTH DEVELOPMENT

