



HELPING YOU LIVE BETTER

COMING WINTER 2020!

- Expanded Wellness Center and New Gymnasium with Batting/Golf Cage
- *New Athletic Conditioning and Training Programs
- *More Open Gym, Including Member Only Access Times
- *Additional Group X/Multi-purpose Room
- *Enrichment Programs (Art, Music Lessons, etc.)



FAYETTE COUNTY FAMILY YMCA Fall 2019 Program Guide

faycoymca.org

740 335 0477

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.

⇅ 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

YOUTH & FAMILY FUN

Halloween at the Y Overnight Ages 6-12

Pre-registration is required.

Time: 8:00 p.m. - 7:00 am Members: \$20.00 Non-Members: \$30.00



Turkey Trot

November 28 9:00 am in the Y & Washington CH Reservoir
Register by November 15 to guarantee a shirt.



Dinner with Santa

December 7 at the YMCA
Admission: \$5 per person
Time: 6:00pm - 8:00pm
Pre-Register by Dec 2

Karate

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

Kinder (ages 6-8)

6:00-6:40pm

Ages 8+ and Adults

Level 1 6:45-8:00pm

Level 2 7:50pm - 9:00pm

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

Kinder Karate

With YMCA Youth Membership: \$15

Non-member: \$30

Level 1 & 2

With YMCA Youth Membership: \$25

Non-member: \$50

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

Labor Day Open 4:30AM - 12:00 PM
Thanksgiving Closed

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, foosball and table games.

MEMBERSHIP TYPES & FEES

*Joining fee is waived for those paying annually.

Youth 8 and under must be accompanied by an adult.

*Memberships are subject to 7.25% sales tax

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

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

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

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

Fall 1 September 6 – October 27 (Eight-week session)

Member Registration Starts August 18

Non-Member Registration Starts August 25

Fall 2 November 1—December 22

Member Registration October 29

Non-Member Registration Starts October 30

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

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)

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 5:15 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.

Fees available at faycoymca.org, YMCA front desk or at the YMCA KWOL.

WHAT WE DO

The first years of a child's life are the time of most rapid learning, when attitudes are developed, patterns formed, and when one's self concept is being established. The programs offered at KWOL are specifically designed to be age-appropriate and provide for social, emotional, physical, and cognitive development. It is the teaching staff's role to encourage, assist, and guide each child in reaching his/her fullest potential by recognizing each stage of development and creating a curriculum that will nurture and facilitate each child's growth.

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

FLAG FOOTBALL

Registration: July 22—August 25

September 2 – October 7

Mondays (6 weeks) 5:30–6:15pm

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



FLOOR HOCKEY

Registration: September 11—October 22

October 29 – December 3

FLAG FOOTBALL

Ages 5-11

Registration: July 22 – Aug. 25

Sept. 3 – October 19 (7 Weeks)

Games and practices during the week TBD

\$20 With Youth Membership \$45 Non Members

FLOOR HOCKEY LEAGUES

K-5 Grade

Registration: September 10 – October 15

Season October 29 – December 15

Coaches Meeting: Wednesday, October 24, 6:00 pm

\$0 With Youth Membership \$9 Non-Members

INSTRUCTIONAL BASKETBALL LEAGUES

K-3rd Grade

Registration: Dec. 3 – Jan. 6, 2018

Season Begins January 14 – March 2

Coaches Meeting: Wednesday, January 9, 6:00 pm

\$20 With 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 Youth Membership \$45 Non-Members

Practices will be held during the week and games on Saturday

Basketball Training with Adrian "Spanky" Parks

(Boys and Girls Grades 5-12)

Workouts include ball handling, shooting mechanics, individual position moves, and offensive and defensive footwork

Wednesdays 7:30—8:30 pm

NOT INCLUDED WITH FREE YOUTH SPORTS

\$20 per day YMCA Members

\$25 per day Non-Members



Youth Sports Sponsors



BEFORE AND AFTER SCHOOL CHILD CARE

At the Fayette County Family YMCA

Hours: Monday through Friday

5:45am 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.

Registration Fee: \$50

Weekly Fee Schedule:

AM & PM

YMCA Members: \$80

Community Non-Member Rates: \$90

AM OR PM

YMCA Members: \$45

Community Non-Member Rates: \$55

