BUCKEYE VALLEY FAMILY YMCA
WINTER 2020

WINTER SESSION
Jan 6 – Feb 22

Registration:
  Member: Mon, Dec 16
  Non-Member: Wed, Dec 18
HERE TO SERVE YOU

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 Buckeye Valley 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.

BUCKEYE VALLEY FAMILY YMCA
Licking County Family YMCA 470 W. Church St., Newark
West Licking County Family YMCA 355 W. Broad St., Pataskala
Muskingum County Family YMCA 1425 Newark Rd., Zanesville

At the Y we are for: Youth Development, Healthy Living and Social Responsibility

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.bvfymca.org.

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

CHECK OUT THE Y’S WEBSITE at www.bvfymca.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.

LICKING COUNTY FAMILY YMCA
NEWARK
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

WEST LICKING COUNTY FAMILY YMCA
PATASKALA
Hours of Operation:
NEW HOURS STARTING IN JANUARY!
Mon–Thurs: 5:00am-10:00pm
Fri: 5:00am-9:00pm
Sat: 7:00am-7:00pm
Sun: 1:00pm-6:00pm

MUSKINGUM COUNTY FAMILY YMCA
ZANESVILLE
Hours of Operation:
Mon–Fri: 5:00am-9:00pm
Sat–Sun: 7:00am-7:00pm

HOLIDAY HOURS
Christmas Eve Tues, Dec 24
• Newark & Pataskala: Closing at 4:00pm
• Zanesville: Closing at 2:00pm
Christmas Day Wed, Dec 25
• All Branches: CLOSED
New Year’s Eve Tues, Dec 31
• Newark & Pataskala: Closing at 6:00pm
• Zanesville: Closing at 2:00pm
New Year’s Day Wed, Jan 1
• Newark: Special Hours 7:00am-12:00pm
• Pataskala & Zanesville: CLOSED

WELCOME TO THE BUCKEYE VALLEY FAMILY YMCA
We are excited to announce the new Buckeye Valley Family YMCA, serving locations in Pataskala, Newark and our newest location in Zanesville! With reciprocal memberships and expanded offerings, we are excited to see our Y family continue to grow and serve our communities.
FEES

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>30 minute class once a week (7 lessons)</td>
<td>$35</td>
<td>$80</td>
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<tr>
<td>30 minute class twice a week (14 lessons)</td>
<td>$60</td>
<td>$125</td>
</tr>
<tr>
<td>45 minute class once a week (7 lessons)</td>
<td>$45</td>
<td>$100</td>
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CLASS TIMES

PRESCHOOL

A–Water Discovery (Parent & Child 6–24 mos)
Sat 9:00–9:30am

B–Water Exploration (Parent & Child 2–3yrs)
Sat 10:00–10:30am

A/B–Water Discovery & Exploration
(Parent & Child 6 mos–3 yrs)
Tues & Thurs 11:00–11:30am

1–Water Acclimation (3–5 yrs)
Mon 5:30–6:00pm
Tues & Thurs 10:30–11:00am
Wed 5:45–6:15pm
Fri 5:30–6:00pm
Sat 9:30–10:00am
10:30–11:00am

2–Water Movement (3–5 yrs)
Mon 6:00–6:30pm
Tues & Thurs 11:00–11:30am
5:30–6:00pm
Wed 6:15–6:45pm
Fri 6:00–6:30pm
Sat 9:00–9:30am
11:00–11:30am

3/4 Stamina/Stroke Introduction (4–6 yrs)
Tues & Thurs 10:30–11:00am
6:30–7:00pm
Sat 9:00–9:30am

FOR MORE INFORMATION PLEASE CONTACT:

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

Kris Miller, Swim Lesson Coordinator
kris.miller@bvfymca.org • 740-345-6631

SCHOOL AGE

1/2–Water Acclimation & Movement (6–12 yrs)
Mon 6:15–7:00pm
Tues & Thurs 6:30–7:00pm
Fri 6:30–7:00pm
Sat 10:00–10:30am
11:00–11:30am

3–Water Stamina (6–12 yrs)
Mon 5:30–6:15pm
Tues & Thurs 5:30–6:00pm
Fri 6:00–6:30pm
Sat 9:30–10:00am
10:30–11:00am

4–Stroke Introduction (6–12 yrs)
Tues 5:30–6:15pm
Thurs 6:15–7:00pm
Sat 10:00–10:30am

5–Stroke Development (6–12 yrs)
Tues 6:15–7:00pm
Sat 11:00–11:30am

6–Stroke Mechanics (6–12 yrs)
Thurs 5:30–6:15pm
Sat 9:30–10:00am

Teen (13–17 yrs)
Sat 8:30–9:00am

Adult (18 yrs & up)
Sat (advanced) 8:00–8:30am
Sat (beginner) 8:30–9:00am

Adapted Aquatics (3–18 yrs)
Wed 5:00–5:45pm

PRESCHOOL

SWIM STARTERS

6 mos–3 yrs: (parent/guardian & child)

A–Water Discovery
B–Water Exploration

Introduces parent/guardian & their infant &/or toddler to the aquatic environment. Focuses on exploring body positions, blowing bubbles, & safety & aquatic skills with more emphasis on preparing the child for preschool lessons when they turn 3 years old.

SWIM BASICS

3–5 yrs: (6yrs old if in kindergarten)

1–Water Acclimation

Beginner – No swimming experience, may still be clingy. Children should be able to safely sit on the side of the pool, will follow a teacher’s instructions, will not decide to wander off randomly, can be away from a parent or guardian for 30 minutes, has no separation anxiety, and does well in a group situation.

2–Water Movement

Advanced Beginner – Some swimming experience and is comfortable in the water and in a group situation. Will put face in water, float on front and back with some assistance, & can glide about 5 feet unassisted. Goal is to swim width of pool unassisted.

3/4–Stamina & Strokes Introduction

Intermediate – Can swim width of pool, unassisted, in deep water, on front and back. Will consistently put face in water while swimming on front. Can float 10 seconds without assistance on front and back, and tread water 10 seconds.
**SCHOOL AGE**

6–12 yrs

**SWIM BASICS**

6–12 yrs

1/2 – Water Acclimation & Movement

**Beginner** – No swimming experience. Goal is to become comfortable in the water & float, tread water, and swim width of pool unassisted.

3 – Water Stamina

**Advanced Beginner** – Can swim width of pool, unassisted, in deep water, on front and back. Will consistently put face in water while swimming on front. Can float 20 seconds without assistance on front and back, and tread water 10 seconds.

**SWIM STROKES**

6–12 yrs

4 – Stroke Introduction

**Intermediate** – Can swim length of pool (20 yards) front crawl & back crawl. Can tread water 1 minute and retrieve an object in chest-deep water. Goal is to improve endurance & technique.

5 – Stroke Development

**Advanced Intermediate** – Can swim 25 meters each, freestyle, back crawl, breaststroke kick, and butterfly kick. Tread water 90 seconds. Goal is to improve technique & endurance.

6 – Stroke Mechanics

**Advanced** – Can swim 50 meters each, freestyle, back crawl, breaststroke, butterfly. Can tread water 2 minutes using scissor and whip kick. Goal is to improve technique & endurance.

**LIFEGUARD CLASS**

Are you interested in becoming a Lifeguard? Pools and camps are always on the lookout for responsible, trained guards. Register today and earn your certifications in: YMCA Lifeguarding, ASHI, Basic Life Support, Basic First Aid and Emergency Oxygen Administration.

Date TBA

<table>
<thead>
<tr>
<th>Registration</th>
<th>Member Services Desk</th>
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<td>Member: $150</td>
<td>Non-Member: $200</td>
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**100 MILE CLUB**

100 Miles...100 reasons to swim

**GOAL:** The goal is to swim 100 miles within 2020. (Jan 1–Dec 28)

**REGISTRATION:** Register at the Y Newark Front Desk Nov 1–Dec 31, 2019

**TRACKING:** Tracking sheets are located on the information table in the Evans pool area. Tracking sheets will be completed after each workout with distances swam that day. Please submit tracking sheets to the Aquatics Staff by Nov 30, 2020.

**UPDATES:** Participants will be updated on their distance every three months via email.

<table>
<thead>
<tr>
<th>Member: $35</th>
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**FOR MORE INFORMATION PLEASE CONTACT:**

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

**Kris Miller,** Swim Lesson Coordinator
kris.miller@bvymca.org • 740-345-6631

**Kris Read,** Swim Team Head Coach
kris.read@bvymca.org • 740-345-6631
GYMNASTICS

Buckeye Valley 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 gymnastics team where competition and winning are kept in healthy perspective by building self-confidence and team spirit.

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.

FEES

<table>
<thead>
<tr>
<th>Duration</th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>30 min</td>
<td>$42</td>
<td>$86</td>
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<tr>
<td>45 min</td>
<td>$47</td>
<td>$91</td>
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<tr>
<td>1 hour</td>
<td>$58</td>
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<tr>
<td>1 1/2 hour</td>
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<tr>
<td>1 1/2 hour (twice a week)</td>
<td>$103</td>
<td>$152</td>
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FOR MORE INFORMATION PLEASE CONTACT:

Dianne Hodge, Gymnastics Director
dianne.hodge@bvfymca.org
740-349-9585

A class may be cancelled due to low enrollment.

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: 5:00-5:30pm
- Fri: 10:00-10:30am

PRESCHOOL 3-4 yrs without parents
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
- Fri: 10:30-11:00am

PRESCHOOL PLUS 4-5 yrs experienced preschool
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: 6:30-7:15pm
- Thurs: 6:30-7:15pm
- Fri: 11:00-11:45am

SUPERSTARS 4-5 yrs experienced preschool +
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 4-6 yrs
Invitation Only
Wed: 4:30-5:30pm

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

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. When they become a member of the competitive team (Men’s or Women’s), they will compete in League Meets, USA Sanctioned Meets, State, Regional and National Level Championships.

HOT SHOTS (Level 1) Coach Recommended
This class is a pre-preteam class that meets once a week. This class is for children with previous experience in gymnastics who are preparing for Preteam.
- Tues: 5:00-6:30pm

GIRLS PRETEAM (Level 2) Coach Recommended
This class is the next step after Hot Shots. This class meets twice a week. It is for children with previous experience in gymnastics who are preparing for the competitive team.
- Mon & Wed: 5:00-6:30pm

BOY’S SELECT Boys 6 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

OPEN GYM

Join us for an Open Gym, for students 8-17
Open Gym time is a structured free time. It is a great time to come hang out with friends, train previously learned skills, build strength 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, structured free time that allows you to work on skills that you are most interested in.
- Jan 24: 7:30-9:00pm

Members: $5
Non-Members: $10

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PROGRESSIVE YOUTH GYMNASTICS

Youth Progressive Gymnastics Program is for boys and girls ages 5 and up. The Buckeye Valley 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.

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<tr>
<th>Young Basics</th>
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<tr>
<td>Tues</td>
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<th>Rollers</th>
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<td>Tues</td>
<td>7:30-8:30pm</td>
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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.

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<td>Tues</td>
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<td>Thurs</td>
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<th>Swingers</th>
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<td>Thurs</td>
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KIPPERS 8 yrs and up Advanced
This is an advanced level class that incorporates skill progressions and a strong foundation while gymnasts prepare for the next level of Hot Shots.

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<td>7:00-8:00pm</td>
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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.

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MINI STUMTMEN 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.

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HOME SCHOOL GYMNASTICS
6-12 yrs
Homeschool gymnastics is a 45 minute class that introduces the sport of gymnastics to students. They will work on strength, flexibility and get the opportunity to work on all the apparatus. Class requires a minimum of 4 participants.

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<thead>
<tr>
<th>Thrus</th>
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<tr>
<td>Fri</td>
<td>12:30-1:15pm</td>
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CHILD WATCH
Need a sitter while you work out?
ages 8 weeks-11 years old
Let us care for your little ones while you work out! Register by calling 740-345-9622. Parental sign-in/sign-out is mandatory. Child Watch enforces a strict 90 min limit per visit. Parents who exceed the 90 min limit will be charged $5/per child every 10 mins.
Mon-Fri 8:30am-1:00pm
Mon-Thurs 4:00-9:00pm
Sat 8:00am-noon

BEFORE/AFTER SCHOOL CARE REGISTRATION
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 After school 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 is open!

NEWARK PRESCHOOL
The Y Newark Preschool is a year-round, 4 star High Quality Rated Program that provides care for children ages infant to Pre-K in a secure environment. The center is open Monday-Friday, 6:30am-6:00pm. Children participate in a variety of developmentally appropriate activities that are planned using an approved curriculum, to promote cognitive development and kindergarten readiness. Swimming lessons and gymnastics classes are included for all preschool children. Meals and snacks are provided to all participants.

PRESCHOOL HOLIDAY HOURS
Week of Dec 23-27        Preschool closed
Dec 31        Preschool closes at 3:00pm
Jan 1        Preschool closed

FOR MORE INFORMATION PLEASE CONTACT:
Kristin Ream, Preschool Director
kristin.ream@bvfymca.org
740-345-9628

CHRISTMAS CAMP
ages 8 weeks-11 years old
Breakfast, lunch and afternoon snack provided. Children will enjoy crafts, field trips, games and more throughout the week. Registration is required at the childcare front desk. Payment is due at the time of registration. Space is limited.

Drop off at our Flory Park location
Care Available:
Dec 26, 27,30, 31 (close at 3:00pm) Jan 2, 3
Member: $35 Non-Members: $45

FOR MORE INFORMATION PLEASE CONTACT:
Gail Humbert,
School Age/Camp Coordinator
gail.humbert@bvfymca.org
740-345-9628 ext. 216
WINTER FITNESS CHALLENGE 2020

The purpose of this program is to help individuals who need assistance with weight loss, nutrition, and fitness accountability. 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 $65 and will include a T-shirt for those who participate in the Indoor Triathlon. Registration includes one hour per week with a trainer for 8 weeks, and the Indoor Triathlon at the conclusion of the challenge.

Informational Meeting Jan 9 at 5:00pm in the Conference Room
Initial Assessments Jan 11 at 9:00am in the Reese Fitness Center
Fitness Challenge Begins Jan 13
Indoor Triathlon Mar 7 at 9:00am

ACTIVE ADULTS

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.

CARD GAMES

Card games are in the Café Mondays & Wednesdays at 12:00pm. Anyone 50 years old and above are welcome to join. The games last approximately 1 ½ hours.

CERTIFICATIONS

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

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>Tues, Jan 14</td>
<td>10:00am-12:00pm</td>
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<tr>
<td>Tues, Feb 11</td>
<td>10:00am-12:00pm</td>
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<td>Tues, Mar 10</td>
<td>10:00am-12:00pm</td>
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<tr>
<td>Tues, Apr 14</td>
<td>10:00am-12:00pm</td>
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Cost for Adult, Child, Infant CPR,
First Aid and AED $60

GROUP FITNESS CLASSES

Pick up a current group fitness class schedule at the front desk or check the schedule on our website or mobile app. All classes except cycling, reformer Pilates and TRX are drop-in. Sign-up is required for the above three classes due to limited space/equipment.

YMCA RUN CLUB

Come join us at 5:15am for a run.
The club does short distance running Mon-Thurs and their long distance running is on Fri. The Run Club meets in the front entrance of the YMCA main doors.

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 – with rules
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon–Fri</td>
<td>8:30-9:50am</td>
<td>English Gym</td>
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<tr>
<td>Mon–Fri</td>
<td>1:00-4:00pm</td>
<td>English Gym</td>
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Pickle Ball – no rules
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<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon–Fri</td>
<td>7:00-8:30am</td>
<td>English Gym</td>
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ACTIVTRAQ

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:
Constance Cunningham,
Health & Wellness Coordinator
constance.cunningham@bvymca.org
740-345-9675
BALLROOM DANCE LESSONS & DANCE CLUB

Come join us in dancing the Waltz, Foxtrot, Tango, Rumba/Nightclub and Cha Cha. But don’t go to the dance unprepared! Join us for dance lessons at 5:30pm and the dance at 6:30pm. Dress shoes are suggested and leather soles are preferred. Come with a partner!!

- Jan 10 in the Aerobics Studio
- Feb 11 in the Aerobics Studio
- Mar 8 in the Aerobics Studio

LINE DANCING

Join us for Line Dancing on the third Wednesday of each month! In this fun and social way to exercise, Instructor Judy will teach a variety of line dances and moves!

- Third Wed 12:00pm in the English Gym

SILVER TAPPERS

The Silver Tappers tap dance class is held upstairs in the Multipurpose Room. Class will be held every Tues and Thurs. Tap shoes are necessary for this class. Participants may use a ‘Mary Jane’ type shoe to start with. Comfortable clothing is recommended. Tap shoes can be found at “The Dancer’s Closet” 210 Northtowne Ct., Newark

- Tues & Thurs 11:00am-12:00pm

PERSONAL TRAINERS

The personal fitness trainers will assess your current fitness level and provide you a detailed map to your personal fitness destination. Our trainers 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!

All personal trainers are certified by a nationally recognized agency. Prices differ based on the trainer, and a list of prices can be picked up at the front desk.

Daniel Ashcraft, CPT
Specialties: Athletics, Explosiveness, Strengthening & Agility
Exercise Specialist
Certification from CSCC
NASM Certified Personal Trainer

Constance Cunningham, CPT
Specialties: Weight Management, Injury Prevention, Core Stabilization, Active Adults, Weight Loss, Strengthening & Toning & HIIT
NASM Certified Personal Trainer
& Fitness Nutrition Specialist

Raegan Donchess, CPT
Specialties: Strength Training, HIIT, Circuit Training & Youth
ACE Certified Personal Trainer

Mckenzie Dunaway, CPT
Specialties: Weight Loss, Strength Training, HIIT & Circuit Training
ACE Certified Personal Trainer

Trish Harrison, CPT
Specialties: Weight Management, Strength & Flexibility, Speed & Agility, Sport Specific Training, Corrective Exercise, Special Population & HIIT Training
NASM Certified Personal Trainer
& Fitness Nutrition Specialist

Mindi Keene, CPT
Specialties: Lifelong Fitness, Strength Training, Bodybuilding, HIIT, Weight Loss, Flexibility
NASM Certified Personal Trainer

Courtney Plaisted, CPT
Specialties: Muscle Gain & Strengthening, Bodybuilding Focused Training, Weight Loss, Athletics & HIIT
ACE Certified Personal Trainer
& Fitness Nutrition Specialist

Raegan Donchess, CPT
Specialties: Strength Training, HIIT, Circuit Training & Youth
ACE Certified Personal Trainer

Pam Rogers, CPT
Specialties: Weight Management, Music Therapy, Active Adults/Senior Population, Parkinson Disease, Injury Prevention & Rotator Cuff Training
NCCPT Certified Personal Trainer

Lynn Spichiger, CPT
Specialties: Functional Fitness, Strength, Balance, Coordination & Agility, Injury & Illness Rehabilitation
NESTA Certified Personal Trainer

FOR MORE INFORMATION
PLEASE CONTACT:
Constance Cunningham,
Health & Wellness Coordinator
constance.cunningham@bvfymca.org
740-345-9675

WELLNESS COACHING

Did you know that Wellness Coaching is a FREE service offered to members? During a wellness coach appointment, you’ll meet with one of our trained coaches to discuss your health & wellness goals. They can provide you with next steps to get started, recommend the best classes for your current fitness level, and even get you signed up for our Activtrax program. Call 740-345-9622 Ext 176 for more information or to set up an appointment.
**FREE MONTHLY COMMUNITY MEAL**  
Flory Park  
Join LIFECHANGE CHURCH, Food Pantry Network, and the Buckeye Valley Family YMCA for a FREE monthly meal at Flory Park. Meals will be held the last Saturday of the month.  
Free and Open to the Community   No registration required  
Last Sat of the Month 4:00-6:00pm • Flory Park 650 W Church St, Newark • 740-345-9622

**CRAFT NIGHT**  
Join us for Craft Night! We will be making crafts that will eventually become part of our boxes that we send around the world through Operation Christmas Child.  
Craft Night is open to all!  
Third Tues of the month 6:15pm  
Y Newark Café

**LADIES BOOK CLUB**  
Join us for ladies book club meeting on Tuesdays. Everyone is welcome! We’ll announce our next book every quarter.  
Starting Tues, Feb 11 6:15pm  
Meeting weekly on Tues (except the third Tues of the month)  
Y Newark Café

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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 track 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. For more information contact Annette Boyer at annette.boyer@bvymca.org

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**ADULT KARATE**  
13 yrs & 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: $45  
Non-Member: $90

**YOUTH KARATE**  
7-13 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: $45  
Non-Member: $90

**FOR MORE INFORMATION PLEASE CONTACT:**  
Adam Jenkins, Sports Coordinator  
adam.jenkins@bvymca.org • 740-349-9678
GYMNASICS

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 3-4 yrs
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

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.bvfymca.org.

CHILD WATCH

Need a sitter while you work out? ages 8 weeks-9 years old
Let us care for your little ones while you work out! Parental sign-in/sign-out is mandatory. Child Watch enforces a strict 90 min limit per visit. Parents who exceed the 90 min limit will be charged $5/per child every 10 mins.

New hours starting in January!

Mon-Fri 8:30am-1:00pm
Mon-Thur 4:00-9:00pm
Sat 8:00am-noon

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

FITNESS IN THE PARK

Y Western is once again partnering with Pataskala Parks and Recreations to provide free fitness classes to the community. 2020 kicks off with four classes at the Summit Lions Club.

SilverSneakers®
Muscular Strength Range of Motion
Feb 11 11:30am-12:30pm
SilverSneakers®
Cardio Kids
Feb 25 9:30-10:15am

SilverSneakers®
Muscular Strength Range of Motion
Mar 10 11:30am-12:30pm
SilverSneakers®
Cardio Kids
Mar 24 9:30-10:15am

More information can be found at www.pataskalaparksandrecreation.com, and at the Y Western Front Desk.
INDIVIDUAL FITNESS ASSESSMENTS
Meet with a Certified Personal Trainer to determine your current fitness level, discuss and set realistic and attainable goals, and design an exercise plan to reach those goals. Assessments may include strength and cardio respiratory testing and the taking of body measurements and weight. Discuss your preferences with your trainer. Anyone can complete an assessment regardless of whether they intend to work with a trainer.

30 MINUTE MOTIVATORS
Fast and fun results driven workout with a Certified Personal Trainer. Get in, get it done, and get on with your day!

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. Ensure 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. Costs and availability vary by trainer.

1-ON-1 FULL HOUR PERSONAL TRAINING SESSIONS
A one hour session with your Certified Personal Trainer. Sessions may include resistance and/or cardio respiratory training designed around your specific goals. Goal reviews and follow-up assessments will be utilized periodically as needed.

SEMI-PRIVATE FULL HOUR TRAINING SESSIONS
A great way to get results and motivate each other. Experience the same training features as a 1-on-1 with one or two other individuals. More information is available at the Y Western Front Desk.

WELLNESS CONSULTATIONS
Let our staff help you “find your fit” with a complementary Wellness Consultation. During your consultation, you will meet with a certified fitness professional to discuss your goals and make a plan to reach those goals. You’ll have the opportunity to learn about the equipment, get signed up for ActivTrax, and ask all your fitness related questions! The Y Wellness Staff can also help change up your routine when you’re bored, or provide modifications when you’re injured or coming out of physical therapy. Stop by the Front Desk to schedule your one hour consultation today!

PARENT(S) DAY OUT
We know December is crazy busy and we want to help. Sign your kids up for Parents Day Out, we’ll play games, have crafts, movies and Pizza! Providing you some quiet to wrap presents, go shopping, or take a deserved nap without the kids!

Pizza & Popcorn
Sat, Dec 21
4:00-9:00pm
Member: $15 Non-Member: $35

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.

Fri, Jan 17
6:30-10:30pm
Fri, Feb 14
6:30-10:30pm
Member: $10 Non-Member: $25

DADDY’S LITTLE GIRL: Y Daddy/Daughter Dance
Daddy’s little girl is open to the community. This event is the premiere fundraiser for the YMCA Western Branch. We look forward to your participation and are proud to help you create lasting memories with your daughter!

Sat, Feb 8, 2020
5:30-8:00pm
Licking Heights High School
4000 Mink St SW, Pataskala, OH 43062
740-964-6522

Event Includes DJ & dancing, FREE photo, craft, snack, raffle & 50:50 (cash only)
Ticket sales open Jan 2
only at YMCA Pataskala
355 West Broad Street, Pataskala, OH 43062
740-964-6522

1 dad & 1 daughter-$25*
$5 each additional daughter
*Tickets will be $35 at the door
+ $5 per additional daughter

FOR MORE INFORMATION PLEASE CONTACT:
Dana Moore, Branch Director
dana.moore@bvfymca.org
Jamie Goudy, Health & Wellness Coordinator
jamie.goudy@bvfymca.org
740-964-6522

WELLNESS CONSULTATIONS
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WEST LICKING COUNTY FAMILY YMCA
PATASKALA
HEALTH AND WELLNESS

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 breakfast before school. In our After-school program, students have snack, time for homework, participate in a variety of large and small group 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 is open!

FOR MORE INFORMATION
PLEASE CONTACT:
Jessica Calvelage,
School Age/Camp Coordinator
jessica.calvelage@bvfymca.org
740-927-3268 option 2

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
A 50-minute session which includes: a nutrition assessment, goal discussion, meal and activity plan, and handouts and other nutritional materials. Ideal for those looking for 1 or 2 appointments.

FOLLOW-UP/ACCOUNTABILITY SESSIONS
During these sessions you will review goals established during prior Nutritional Education session(s) and receive guidance and motivation to address any obstacles you may be facing on your way to a healthier you.

Call the Y Western Front Desk to get started on your journey today!

FITNESS CHALLENGE
Devote one hour per week, for 8 weeks to small group training with a certified fitness coach; complete additional assigned workouts on your own. Choose your challenge:

Choose your level - Kickstart Challenge for those new to exercise or just getting started again or Next Level Challenge focused on overcoming boredom or fitness/weight loss plateaus.

Choose your day and time - Multiple Challenge groups are offered each week, so there is one to fit your schedule!

Choose additional support - Challenge participants receive reduced rates on nutrition services at Y Western.

Members of all fitness levels; Ages 12 & up
Winter Jan 6–Feb 29
Session day and time is chosen at Registration.
All Challengers $65
Registration is open at the Front Desk

180/700 CLUB CHALLENGE
It can take between 18 and 245 days for a new habit to become automatic. Make a commitment to exercise regularly all year long by joining the 180/700 Club Challenge. Club members will work to complete at least 180 individual workouts and will also work together in teams of four to achieve 700 workouts. Individual and team prizes will be awarded throughout the journey beginning at 60 individual and 200 team workouts. The first individual to reach 180 workouts and the first team to reach 700 workouts will be crowned the 2020 Challenge Champions.

Members 12 years of age and up
Jan 1–Dec 31, 2020
$40 per member
Registration is open at the Front Desk

NUTRITION COACHING PACKAGE
The package includes: 1. Nutritional Education session 2. Follow-Up/Accountability sessions.

FAMILY NUTRITION COUNSELING SESSIONS
Get the whole family involved in getting healthier as you learn about healthy eating and work to create meal plans together.

SUPERMARKET TOUR
Meet your nutritionist at a supermarket to review the foods you usually choose and work together to find healthier options for you and your family. (approximately 50 minutes)

FOR MORE INFORMATION
PLEASE CONTACT:
Barbara Michael, Preschool Director
740-927-3268 option 2

PRESCHOOL
The Buckeye Valley Family YMCA provides a year-round Preschool Program for the Pataskala area in partnership with the Licking Heights and Southwest Licking School districts. These programs are offered at Licking Heights North Elementary and at the Southwest Licking Early Learning Center. These programs are 2 Star Quality Rated Preschool programs with approved curriculums. Our two programs collaborate with the school districts to work toward kindergarten readiness and a lifetime love of learning. Serving Pataskala area children ages 3-5 years; who MUST be completely potty trained. Registration is now open for both programs. Registration is ongoing.

FOR MORE INFORMATION
PLEASE CONTACT:
Barbara Michael, Preschool Director
740-927-3268 option 2
A groundbreaking partnership is forming in Licking County that will change the face of delivery for adult senior services. The Buckeye Valley Family YMCA Pataskala, the Licking County Aging Program (LCAP) and Central Ohio Technical College (COTC) have joined forces to benefit the county’s rapidly growing senior population. Beginning in January 2020, seniors will be able to attend programs offered by all three institutions at one central location – the soon-to-be-completed, newly renovated Y Western Branch.

“This type of shared-space partnership to offer an increased breadth of services is not being done anywhere else in the county,” said Dana Moore, Y Western Branch director. “It’s truly a unique collaboration between public and private entities to offer a holistic approach to services for our maturing population.

Y Western’s $2.8 million renovation will add new classroom, community, meeting and multi-use spaces which will be cross shared between the three institutions. Area seniors will gain convenient and centralized access to programming representing three pillars of healthy aging: exercise and healthy living, continuing education, and social and recreational development.

“Members of COTC’s Lifelong Learning Institute (LLI) will truly benefit from this triangular model of programming at one convenient location,” said Vicki Maple, EdD, COTC vice president for economic development and innovative workforce solutions. COTC will move all of its LLI programming from the COTC Pataskala campus to Y Western beginning in January 2020. The LLI offers a year-round menu of non-credit courses, as well as lectures, writing workshops, a film study series, book discussions and “Coffee and Conversation” events that focus on various topics. “Through our shared resources we can together offer a dynamic continuum of programming for area seniors,” added Maple.

The LCAP will expand its offerings to western Licking County through the partnership. “We are so excited to offer residents the convenience of this new location for the many types of services we offer – from informal social and recreational activities like card groups, to speakers and entertainment,” said Marti Fuller, LCAP associate executive director. “The result will be robust, centralized programming that will impact many more residents.”

With Licking County’s senior population on the upswing, the timing of the partnership could not be better. Citizens aged 60 plus made up 19.2%* of the Buckeye Valley population in the 2010 U.S. Census. That percentage is expected to grow to 25.3%** by 2030.

West Licking County Family YMCA, which is located at 355 West Broad Street, Pataskala, will unveil its renovated facility with a public opening.

The Y is one of the nation’s leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the United States, 2,700 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation’s health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

The Licking County Aging Program is the largest senior center in the county. Located on the east end of Newark, the agency helps meet seniors’ essential need for meals, health and home care and social connections right in their own neighborhood. Through its collaborative partnerships and integrated delivery of services, LCAP cares for one of the most diverse and vulnerable populations in the county. Whether it’s in-home support, medical transports or simply a place to belong, LCAP helps each senior find a way to stay healthier and live with dignity while growing older.

COTC is a fully accredited, public college dedicated to providing high-quality, accessible programs of technical education in response to current and emerging employment needs. COTC is the only technical college in Ohio operating four full-service campus locations: Newark, Coshocton, Knox and Pataskala.
GraY BASKETBALL LEAGUE
Recreational Basketball League designed for boys and girls in grades K-8th. Teams are formed by the school the child attends. Teams will practice during the week working on fundamentals and skill development. Games are played on Saturdays. Registration begins Dec 30. League runs Jan 25-Mar 7, 2020

Team Divisions:
- Kindergarten League/ Grades 1-2/
- Grades 3-4/ Grades 5-6/ Grades 7-8

Cost: $60.00

FOR MORE INFORMATION PLEASE CONTACT:
Becky Weir, Event & Program Coordinator rebecca.weir@bvfymca.org • 740-454-4757

www.bvfymca.org • Page 15
MUSKINGUM COUNTY FAMILY YMCA
ZANESVILLE
AQUATICS - SWIM LESSONS

CLASS TIMES

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td>A–Water Discovery</td>
<td>Mon 5:00-5:30pm</td>
</tr>
<tr>
<td>B–Water Discovery</td>
<td>Mon 5:30-6:00pm</td>
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<tr>
<td>A/B–Water Discovery</td>
<td>Tues &amp; Thurs 12:00-12:30pm</td>
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<tr>
<td>1–Water Acclimation</td>
<td>Mon 6:00-6:30pm</td>
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<tr>
<td>2–Water Movement</td>
<td>Mon 6:00-6:45pm</td>
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<tr>
<td>3/4–Stamina/Stroke Intro</td>
<td>Mon 5:30-6:00pm</td>
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<tr>
<td>1/2–Water Acclimation &amp; Movement</td>
<td>Mon 6:00-6:30pm</td>
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<td>3–Water Stamina</td>
<td>Mon 5:00-5:30pm</td>
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<tr>
<td>4–Stroke Introduction</td>
<td>Mon 5:00-5:45pm</td>
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<tr>
<td>5–Stroke Development</td>
<td>Mon 6:00-6:45pm</td>
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<tr>
<td>6–Mechanics</td>
<td>Mon 11:00-11:45am</td>
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<tr>
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<th>Mon 5:00-5:30pm</th>
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<tbody>
<tr>
<td>B–Water Exploration</td>
<td>Tues &amp; Thurs 1:30-2:00pm</td>
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<tr>
<td>A/B–Water Discovery</td>
<td>Wed 5:00-5:30pm</td>
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<tr>
<td>1–Water Acclimation</td>
<td>Wed 5:30-6:00pm</td>
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<td>2–Water Movement</td>
<td>Sat 9:30-10:00am</td>
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FEES

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<tr>
<th>Class</th>
<th>Member</th>
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<tbody>
<tr>
<td>30 minute class</td>
<td>$35</td>
<td>$80</td>
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<tr>
<td>30 minute class (twice a week)</td>
<td>$60</td>
<td>$125</td>
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<tr>
<td>45 minute class</td>
<td>$45</td>
<td>$100</td>
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FOR MORE INFORMATION
PLEAS CONTACT:
Libby Hardwick, Aquatics Director
libby.hardwick@bvymca.org
Jackie Tellez, Aquatics Coordinator
jackie.tellez@bvymca.org

A–Water Discovery
Introduces parent/guardian & their infant &/ or toddler to the aquatic environment. Focuses on exploring body positions, blowing bubbles, & safety & aquatic skills with more emphasis on preparing the child for preschool lessons when they turn 3 years old.

1–Water Acclimation
Beginner – No swimming experience, may still be clingy. Children should be able to safely sit on the side of the pool, will follow a teacher’s instructions, will not decide to wander off randomly, can be away from a parent or guardian for 30 minutes, has no separation anxiety, and does well in a group situation.

2–Water Movement
Advanced Beginner – Some swimming experience and is comfortable in the water and in a group situation. Will put face in water, float on front and back with some assistance, & can glide about 5 feet unassisted. Goal is to swim width of pool unassisted.

3/4–Stamina & Strokes
Intermediate – Can swim width of pool, unassisted, in deep water, on front and back. Will consistently put face in water while swimming on front. Can float 10 seconds without assistance on front and back, and tread water 10.

1/2–Water Acclimation & Movement
Intermediate – Can swim length of pool (20 yards) front crawl & back crawl. Can tread water 1 minute and retrieve an object in chest-deep water. Goal is to improve endurance & technique.

3–Water Stamina
Advanced Beginner – Can swim 25 meters each, freestyle, back crawl, breaststroke kick, and butterfly kick. Tread water 90 seconds. Goal is to improve technique & endurance.

4–Stroke Introduction
Intermediate – Can swim 50 meters each, freestyle, back crawl, breaststroke, butterfly. Can tread water 2 minutes using scissor and whip kick. Goal is to improve technique & endurance.
MASTERS SWIMMING

Multiple coached practice opportunities for individuals wanting to participate in organized swim workouts, triathlon training, competition, or just for fun. Membership encouraged for United States Master’s swimming.

Registration begins Dec 30
Classes Jan 6-Mar 26
Practices Mon/Tues/Thurs 5:30-6:45am
Members: $15 Non-Member: $40

LIFEGUARDING

Are you interested in becoming a Lifeguard?
Pools and camps are always on the lookout for responsible, trained guards. Register today and earn your certifications in: American Red Cross Lifeguarding, CPR, AED, First Aid, and Emergency Oxygen Administration.

February Class
Registration Feb 2-9
Classes Feb 10,11,12,13,17,18,19,20
4:00-8:30pm

March Class
Registration Feb 23-Mar 1
Classes Mar 2,4,9,11,16,18,23,25
4:00-8:30pm
Members: $250 Non-Members: $300

MIDDLE SCHOOL SWIM TEAM

Do you have a student in 6-8th grade?
Come join the Buckeye Valley Family YMCA Middle school swim team. Team suit fitting and parent meeting will be held Tues, Jan 28 from 4:00-6:00pm in the gym lobby. The swimmers will practice and compete in 4 home swim meets. The season is 8 weeks long. Season begins March 2-April 17.

PARTY RENTAL

Check out the MCFYMCA for your next birthday pool party! We offer parties in both the lap and activity pool. Party includes a party area for refreshments. For more information, please contact Libby Hardwick at libby.hardwick@bvfymca.org.

LIFEGUARD RECERTIFICATION

Registration Feb 23-Mar 1
Classes Mar 2,3,4
4:00-8:30pm
Members: $150 Non-Members: $200

SCUBA

Have you ever wanted to try scuba diving? You can at the Muskingum County Family YMCA. Do you want to become PADI certified to scuba whenever you want—check out our dates for both programs.

Try Scuba
Sun, Jan 19 & Feb 16
1:00-2:30pm or 3:00-4:30pm
Register online at columbusscuba.com
Member promo code: TSMCFYMCA
Members: $44 Non-Members $49

Open Water Certification
Feb 8, 15, 22, & 29
1:00-5:00pm
Register online at columbusscuba.com
Member promo code: OWMCFYMCA
Members: $349 Non-Members $399

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.

Gym 1
Beginner
Tues & Thurs 9:30-11:30am
Beginner/Intermediate
Mon & Wed & Fri 1:00-3:30pm
Advanced
Mon & Wed & Fri 10:30am-1:00pm
Open To All Levels
Sun 12:00-6:00pm
Fri 3:30-7:00pm

FOR MORE INFORMATION PLEASE CONTACT:
Becky Weir, Event & Program Coordinator
rebecca.weir@bvfymca.org • 740-454-4757

WINTER FITNESS CHALLENGE
WINTER SHRED

Ready to shed off that Holiday weight? Includes: weekly at home workouts, recipes, basic nutrition information, two group exercise classes a week, and more! $200 cash prize for MOST weight loss
Jan 6-Feb 28
Kick-off Party: Jan 5 5:00-7:00pm
Registration: Dec 23-Jan 3, 2020
Members: $25 Non-Members: $100
(this includes a FULL membership to the YMCA during the Challenge)
For Information please contact Becky at: 740-454-4767 or becky.weir@bvfymca.org

HEALTHY LIVING
WINTER FITNESS CHALLENGE
WINTER SHRED

Ready to shed off that Holiday weight? Includes: weekly at home workouts, recipes, basic nutrition information, two group exercise classes a week, and more! $200 cash prize for MOST weight loss
Jan 6-Feb 28
Kick-off Party: Jan 5 5:00-7:00pm
Registration: Dec 23-Jan 3, 2020
Members: $25 Non-Members: $100
(this includes a FULL membership to the YMCA during the Challenge)
For Information please contact Becky at: 740-454-4767 or becky.weir@bvfymca.org

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TUESDAY DANCE GROUP

No formal instruction is offered, but dancers will help you with steps Fox Trot, Waltz, ChaCha, Rhumba, Swing, some line dances.
MCFYMCA Studio 2 Tues 7:00-8:30pm
Casual Dress, best to have a partner
$10 per couple per night
Ron or Betsy Thomas 740-819-5452
e-mail: betsy.thomas6@icloud.com

LINE DANCING

Enjoy some great country music and learn easy to follow line dancing lead by Tara Poorman.
Studio 2 second Fri of the month
Fri, Jan 10 11:00-11:30am
Fri, Feb 14 11:00-11:30am followed by potluck 11:30am
Potluck sign-up at the front desk Feb 1-13 come and enjoy social time and great food

WELLNESS CONSULTATIONS

Let our staff help you “find your fit” with a complementary Wellness Consultation. During your consultation you will meet with a certified fitness professionals to discuss your goals and make a plan to reach those goals. You’ll have the opportunity to learn about the equipment, get signed up for ActivTrax, and ask all your fitness related questions! The Y Wellness Staff can also help change up your routine when you’re bored, or provide modifications when you’re injured or coming out of physical therapy. Stop by the Front Desk to schedule your free one hour consultation today!

FOR MORE INFORMATION PLEASE CONTACT:
Becky Weir, Event & Program Coordinator
rebecca.weir@bvymca.org • 740-454-4757

GROUP FITNESS CLASSES

Pick up a current Group Exercise schedule at the Front desk, website, or mobile app. Registration dates will begin December

Active Adult Big Ball
Beginner to intermediate
A 30 minute slow paced class using the big ball for upper body, core and lower body strength and conditioning. Floor work is involved – but do not let that scare you. We will assist you down and up from the floor. Participants in the past have commented they gained the ability to get up and down. Give it a try.

Active Adult Cardio Dance
Beginner to intermediate
A great 30 minute workout for anyone who enjoys cardio movement to music. Dance to the beat of popular top 40, country, oldies, and other great music. Have fun and learn steps from every era in this great cardio workout.

Survive the Extreme Cold
Intermediate to advance
This class will incorporate both cardio and strength conditioning. A great workout for anyone who enjoys working on their heart and their muscles. This class is open to everyone from beginner to advance.

Arthritis Foundation Aquatics Program
A warm water aquatics class focusing on flexibility and range of motion, muscular strengthening and endurance, cardiorespiratory endurance, balance and coordination, and relaxation techniques. Instructional elements will include: health education, posture and body mechanics, body awareness, and breathe awareness. Optional activities include, but are not limited to weight-bearing activities, games, neurobics, and socialization.

CARDIO STRENGTH

All levels
A heart pumping cardio training with the simple and basic use of various fitness equipment; i.e. Step, 360, calisthenics and boot camp style executions combined with strength and muscle training using free weights, kettlebells, barbells and various pieces of strength training equipment.

RESISTANCE TRAINING AND EDUCATION WORKOUT 101

Have you always wanted to use the strength training equipment but just not sure where to start? Join Kenzie on the fitness floor for a great workout as she introduces you to a strength training workout using free weights, resistance bands, kettlebells, barbells and various pieces of strength training equipment.

Open to members with little or no experience with strength training.

Thurs, Feb 20 10:30-11:30am 5:30-6:30pm
Ages 12-15
Sat, Feb 22 10:30-11:30am

MCFYMCA Fitness Floor
Space is limited
registration is required
at the front desk
Feb 1-18
Free

CONSULTATIONS

During your consultation you will meet with a certified fitness professional to discuss your goals and make a plan to reach those goals. You’ll have the opportunity to learn about the equipment, get signed up for ActivTrax and ask all your fitness related questions! The Y Wellness Staff can also help change up your routine when you’re bored, or provide modifications when you’re injured or coming out of physical therapy. Stop by the Front Desk to schedule your free one hour consultation today!

Fitness Floor Strength
Intermediate to advance
45 minutes of strength training work using the upper and lower body equipment.

HIIT- (High Intensity Interval Training)
Intermediate to advance
Using different intervals timed of strength for upper and lower body work as well as cardio mixed in for a complete upper and lower body workout to torch calories and build muscle endurance.
KETTLE BELL BOOT CAMP
All levels
Incorporating kettle bells to challenge your entire body, working your core, promoting increased strength, and challenging your cardiovascular system. Kettle bells are a great tool to use for any fitness level. This class will use interval training with bouts of boot camp cardio along with kettle bell strengthening. The unique design of the kettle bell creates a great workout for your arms, legs, and core.

Y STRONG
All levels
This class combines body weight, muscle conditioning, dumbbells, cardio and plyometric training moves. Gain confidence in muscular strength and endurance.

CARDIO SHRED
Intermediate to advance
All modalities of fitness: strength, speed, power, flexibility, stability, etc. Cardio Shred is formatted with three minutes of Strength, two minutes of Cardio, and one minute of core repeated interval training.

CARDIO DANCE FUZE (CDF)
All levels
45 to 60 minute booty busting workout combining dance moves, straight up cardio and some targeted toning exercises. Come join the FUN filled music blasting workout!

DANCE PARTY 30/ TLC 30
All levels
Dance for 30 minutes to some of your favorite dance party dances such as “The Electric slide or Cha Cha slide.” After you are nice and warmed up stay for 30 minutes of Tush, Legs and Core. This is a complete workout and fun for all.

REFIT®
All levels
REFIT® will boost your best self through dance, toning, balance, and flexibility. This one hour, energetic class is easy to follow and perfect for beginners and all levels of fitness! The REFIT® journey began in 2009 with a passion for people and a desire to see fitness evolve into a life-changing fitness experience. Founders Angela Beeler, Catherine Ballas and Emily Field decided that “community” was the missing piece in the fitness industry, and that connection was the key to lasting internal and external change. The trio built REFIT on a foundation of higher values, turning a fitness class into a revolutionary movement that transforms lives beyond the workout. (for more information visit refitrev.com)

TGIF
All levels
Thank Goodness It’s Friday! A fun cardio class, anything goes, just an energetic cardiovascular workout with friends and good music.

POUND
All levels
Incredibly exciting fusion of movement and music! Participants drum along to a slammin’ rock soundtrack using Ripstix – lightly weighted drumsticks designed to transform drumming into a kick-butt, fat burning, and full body workout!

ZUMBA®
All levels
Zumba is a dance fitness party to music combining Latin, Radio Hits, and other World Rhythms! Come join the party!

CYCLING
All levels
Our instructors will help you with proper bike set-up and the basic cycling techniques so you can be on your way to becoming an indoor cyclist. All levels are welcome and are able to monitor your work effort with several features on The Keiser bike including: RPM (Revolutions per Minute) | Power Output Displays in Watts (currently generating) | Heart Rate (Polar compatible) | Pedaling Time | Gear [Resistance] (1 to 24 gears) | Odometer / Trip Distance.

Intermediate to advance
Mon & Wed 5:30-6:30pm

CYCLING EXPRESS
All levels
45 minute class for all levels who need less time to get a great workout.

BARRE
All levels
45 minutes to tone every inch and get ready for swim suit season with the full body BARRE workout. You don’t need to be a ballerina to attend this class. Just be ready to perform a variety of sculpting moves toning at the BARRE, sculpting every muscle with a variety of weights, small ball or band. This can improve posture, flexibility, and muscle tone.

PILATES EXPRESS
40-45 minutes of a mat based Pilates workout. Exercises will incorporate standing as well as seated sculpting exercises using the upper and lower body. Pilates develops much of what exercisers need - strength, flexibility, muscular endurance, coordination, balance, and good posture. Learn the importance of body alignment, core stability and proper breathing. All of these will enhance your overall fitness performance.

TOTAL BODY CONDITIONING- (TBC)
60 minute strength routine, incorporating spri bands, dumb bells, and strength training equipment for upper and lower body using resistance. The exercises may be standing or seated exercises with varying degrees of resistance.

TLC (TUSH, LEGS, CORE)
All floor work. You will work your legs, gluteal muscles and your abdominals using a mat on the floor to strengthen and tone your TUSH, LEGS AND CORE.

STEP/CORE
30 minute step class and 15 minutes of core abdominal work for a great workout!

STEP STRENGTH
60 minute step class combining stepping and strength moves with choreographed step patterns for intermediate to advanced steppers. Combinations will be challenging yet fun.

STEP VARIATIONS
This class is geared towards the intermediate to advanced stepper. The variations may include but are not limited to box step (use of 4 platforms for stepping), quick step, and 2-step use (two platforms). This class will utilize the step platform with many interesting combinations and variety.

HOT YOGA
Moderately paced class where students continue to build awareness, strength, skill and focus. Yoga experience is encouraged. Students should have a basic foundation of yoga poses and an awareness of their own body including any limitations and necessary modifications. Expect the room temperature to be around 90 degrees.

POWER YOGA EXPRESS
Prior yoga experience is highly recommended. Students will learn poses and transitions that require more strength and may be introduced to arm balances and inversions. At this level, we assume you can practice within your own limitations while approaching more complicated poses in a safe way. Expect the room temperature to be warm.

SUNRISE YOGA EXPRESS
40 minutes of yoga practices incorporating traditional yoga poses and gentle stretch and flow. If weather allows this class could also be held outside. All levels are welcome.

VINYASA YOGA LEVEL 1-2
This is a moderately paced class geared toward students with some yoga experience. Participants will build on the yoga principals of awareness, strength and breath-work. Postures may be held for longer periods of time and will flow from basic to more complex poses throughout the class.

WARM YOGA FLOW
All levels
A wonderful combination of traditional yoga poses in a warm environment. Flow Yoga will usually begin with gentler movements to warm up the body, then into progressively more challenging flowing sequences. They may include balancing, light inversions such as downward facing dog or dolphin. Flow usually ends with calmer, deeper stretches, and floor based asana practice. This class is meant for all levels of yoga.

YOGA/CORE
All levels
Warm yoga with emphasis on core strength and stability.

YOGA MIX
All levels
Any of the above combinations of Vinyasa and Flow. You will experience different styles and different instructors.

WATER AEROBICS
All levels
A mixture of Hi-Lo impact workout moves to tone the body. This class uses various pieces of equipment to give you the resistance needed to get your muscles working and your heart pumping!

AQUA HIIT
Intermediate to advanced
Water exercise – full body water workout incorporating water dumbbells and high intensity interval training sections.

WATER FUSION
All levels
A low impact water class incorporating some toning work with Pilates, Yoga, and gentle stretching in the warm water activity pool. This is a good class for those who need low impact exercise that focuses on building core strength along with leg strength and flexibility.
BUCKEYE VALLEY FAMILY YMCA
Three convenient locations to serve you

LICKING COUNTY FAMILY YMCA
NEWARK
470 West Church Street
Newark, OH 43055
740-345-9622
www.bvfymca.org

WEST LICKING COUNTY FAMILY YMCA
PATASKALA
355 West Broad Street
Pataskala, OH 43062
740-964-6522
www.bvfymca.org

MUSKINGUM COUNTY FAMILY YMCA
ZANESVILLE
1425 Newark Road
Zanesville, OH 43701
740-454-4767
www.bvfymca.org

OUR MISSION
To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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