BUCKEYE VALLEY FAMILY YMCA
SPRING 2020

SPRING I SESSION
Feb 24–April 11
Registration:
Member: Mon, Feb 17
Non-Member: Wed, Feb 19

SPRING II SESSION
April 13–May 30
Registration:
Member: Mon, April 6
Non-Member: Wed, April 8
HERE TO SERVE YOU

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.

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

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.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

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.

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
AQUATICS – SWIM LESSONS

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>
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<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 2–3 yrs)
Sat 10:00–10:30am

A/B–Water Discovery & Exploration
(Parent & Child 6 mos–3 yrs)
Tues & Thurs 11:00–11:30am
Sat 12:00–12:30pm

1–Water Acclimation (3–5 yrs)
Mon 5:30–6:00pm
6:30–7:00pm
Tues & Thurs 10:30–11:00am
6:00–6:30pm
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
6:00–6:30pm
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@bvymca.org • 740-345-6631

Kris Miller, Swim Lesson Coordinator
kris.miller@bvymca.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 6:00–6:30pm
Sat 10:00–10:30am
11:00–11:30am

1–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

2–Water Movement (3–5 yrs)
Mon 6:00–6:30pm
Tues & Thurs 11:00–11:30am
5:30–6:00pm
6:00–6:30pm
Wed 6:15–6:45pm
Fri 6:00–6:30pm
Sat 9:00–9:30am
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 (stroke improvement) 8:00–8:30am
Sat (water acclimation) 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 8/ 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: (6 yrs 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.
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

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.

March 30 Swim Assessment
April 6–8, 13–15, 20–22 5:45–9:15pm
Registration Member Services Desk
Member: $150 Non-Member: $200

YOUTH TRIATHLON
Practice days will vary, swim sessions will be in conjunction with LCFY Sharks swim team on select days
Session period is from Mar 30 - Aug 2
Members: $400

JUNIOR TRIATHLON
Program focuses on older athletes at the High School level and performance based athletes looking to compete regionally and nationally
Practice days will vary, swim sessions will be in conjunction with LCFY Sharks swim team on select days
Athletes will be introduced to individual practice sessions to facilitate improved skills and fitness
Session period is from Mar 30 - Aug 2
Members: $500

SUMMER SWIM TEAM
The Y Swim Team is designed to develop youth into competitive swimmers with a fun and principled approach. Swimmers learn skills and techniques to improve their strokes. Coaches focus on dry land and in-water activities. We focus on teamwork, sportsmanship and commitment to developing our athletes. The Y Swim Team participants are eligible to swim at both YMCA Swim Events and USA Swim events. Join us as commitment grows confidence and be an LCYMCA Shark!

WHO: Anyone interested in taking their swimming to the next level. Registration is open year round.
Dates April 20–July 17
Level 1 $250  Mon, Wed, Thurs 6:00-7:00pm
Level 2 $300  Mon–Thurs
Level 3 $375  Mon–Fri 4:00–6:00pm
Level 3 $500  (morning & evening practice)

POOLS OPENING
Outdoor Pool: May 30 12:00–7:00pm
Hollander: June 6 12:00–7:00pm
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

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<thead>
<tr>
<th></th>
<th>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>
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<td>$91</td>
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<tr>
<td>1 hour</td>
<td>$58</td>
<td>$102</td>
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<tr>
<td>1 1/2 hour</td>
<td>$90</td>
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<tr>
<td>1 1/2 hour (twice a week)</td>
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<td>$152</td>
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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, USAG Sanctioned Meets, State, Regional and National Level Championships.

HOT SHOTS (Level 1) Coach Recommended

This class is a preteam class that meets once a week. The 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 Men’s Competitive Team.

Tues 7:00-8:00pm

ADULT OPEN GYM

Ages 18 and up

This class is an opportunity for you to try anything you have ever wanted to do regarding gymnastics. Handstands, cartwheels, round offs, dive rolls, front tucks, uneven bars, balance beam, rings, parallel bars and our 60 ft tumble trak, etc. You can also use this as a part of your training for the Fitness Challenge. If you can’t commit to an entire session, we offer weekly classes that you can work into your busy schedule. We have staff present to assist you. You work at your own pace and on what you want.

Tues 7:30-9:00pm

A class may be cancelled due to low enrollment

FOR MORE INFORMATION PLEASE CONTACT:
Dianne Hodge, Gymnastics Director
dianne.hodge@bvfymca.org
740-349-9585
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

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>Class</th>
<th>Days</th>
<th>Time</th>
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<td>Young Basics</td>
<td>Tues</td>
<td>5:30-6:30pm</td>
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<td>6:45-7:45pm</td>
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<td>Thurs</td>
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<tr>
<td>Rollers</td>
<td>Tues</td>
<td>7:30-8:30pm</td>
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**FLIPPERS** 5-8 yrs Intermediate

& **SWINGERS/KIPPERS** 9 yrs & up Intermediate & Advanced

This is a one hour class for intermediate level gymnasts to explore their potential in gymnastics.

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<td>Flippers</td>
<td>Tues</td>
<td>6:30-7:30pm</td>
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<td>Thurs</td>
<td>6:00-7:00pm</td>
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<tr>
<td>Swingers/Kippers</td>
<td>Thurs</td>
<td>5:00-6:00pm</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, flexibility, and self-confidence.

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<td></td>
<td>Thurs</td>
<td>4:00-5:00pm</td>
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**MINI STUNTMEN** 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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<td></td>
<td>Tues</td>
<td>6:00-7:00pm</td>
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FOR MORE INFORMATION PLEASE CONTACT:
Dianne Hodge, Gymnastics Director
dianne.hodge@bvfymca.org
740-349-9585

**ADAPTIVE GYMNASTICS**

(ages 5-12 yrs) School age with special needs.

This half-hour adaptive gymnastics class may require parent participation and will introduce your child to the wonderful world of gymnastics in a structured and safe environment. The emphasis in this class is on motor skills development, body awareness, eye-hand coordination, building confidence and social skills while exploring basic gymnastics.

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<th>Class</th>
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<td></td>
<td>Wed</td>
<td>4:00-4:30pm</td>
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**SPECIAL PROGRAMS**

**TUMBLE CHEER** 6-13 yrs

These classes are offered to both boys and girls and focus on jumps, cheers & tumbling that can be incorporated into cheerleading.

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<th>Class</th>
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<td>Thurs</td>
<td>5:00-6:00pm</td>
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**BEGINNER TUMBLING** 6 & up

This tumbling class is for those that do not have any experience or very little experience with tumbling. Students will be working on cartwheels, handstands, bridges, bridge kickover and roundoffs.

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<tr>
<th>Class</th>
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<td>Thurs</td>
<td>6:00-7:00pm</td>
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**INTERMEDIATE 2 TUMBLING** 6 yrs & up

This tumbling class will build on the previous skills learned in the Beginner Tumbling class. Students will continue to work on running roundoffs, walkovers front and back, front limbers and begin working aerials and standing back hand springs.

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<td>Thurs</td>
<td>7:00-8:00pm</td>
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**INTERMEDIATE 1 TUMBLING** 6 yrs & up

This tumbling class will build on the previous skills learned in the Intermediate 2 Tumbling class. Students will continue to work on standing or connected back hand springs, front and back walkovers, aerials, front handsprings, front bounders, front and back tuck and layouts.

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<th>Class</th>
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<td>Thurs</td>
<td>8:00-9:00pm</td>
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**ADVANCED TUMBLING**

This class is by coach recommendation only.

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<th>Class</th>
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<tr>
<td></td>
<td>Tues</td>
<td>7:30-8:30pm</td>
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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.

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<tr>
<th>Class</th>
<th>Days</th>
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<td></td>
<td>Fri</td>
<td>12:30-1:15pm</td>
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A class may be cancelled due to low enrollment.
NEWARK PRESCHOOL

The Newark program is a year-round, 4 star – High Quality Preschool. This program provides care and promotes cognitive development and Kindergarten readiness for children ages 0-5 years. Children participate in early childhood educational programming planned through an approved curriculum. This program provides a variety of developmentally appropriate activities, including gymnastics classes and swim lessons. This full day program also provides healthy meals and snacks for all participants.

REGISTER NOW FOR FALL 2020

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

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!

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

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

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Need a sitter while you work out?
ages 8 weeks-11 years old

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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!

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

SUMMER CAMP- SUMMER UNPLUGGED

Register now for Summer Camp- Summer Unplugged! Registration begins March 9.
SPRING 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 40 participants. The cost is $45 and will include a T-shirt. Registration includes one hour per week with a trainer for 8 weeks. Body Fat percentage lost will determine the challenge winners.

Informational Meeting April 16 at 5:00pm in the Conference Room
Initial Assessments April 18 at 9:00am in the Reese Fitness Center
Fitness Challenge Begins April 20–May 30

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 online.

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.

GROUP FITNESS CLASSES

Check the schedule on our website or mobile app. All classes except Reformer Pilates are drop-in. Sign-up is required for Reformer Pilates due to limited space/equipment.

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

CERTIFICATIONS

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

Wed, Feb 26 full course no online 10:00am-2:00pm
Sun, Mar 1 online & classroom 4:00-6:00pm
Tues, Mar 10 online & classroom 10:00am-12:00pm
Wed, Mar 25 full course no online 10:00am-2:00pm
Sun, Apr 5 online & classroom 4:00-6:00pm
Tues, Apr 14 online & classroom 10:00am-12:00pm
Wed, Apr 29 full course no online 10:00am-2:00pm
Sun, May 3 online & classroom 4:00-6:00pm
Tues, May 12 online & classroom 10:00am-12:00pm
Wed, May 27 full course no online 10:00am-2:00pm

Cost for Adult, Child, Infant CPR, First Aid and AED $60

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
Mon–Fri 8:30-9:30am English Gym
Mon–Fri 1:00-4:00pm English Gym
Fri 7:00-9:00pm English Gym
Sat 8:00-10:00am English Gym

Pickle Ball – no rules
Mon–Fri 7:00-8:30am English Gym

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 create your account and take your initial strength test!

PICKLEBALL LESSONS

Starting Wednesday April 8-May 2020. Come learn Pickleball or improve your game. Lessons are from 3:00-4:00pm every Wednesday and taught by instructor Bob Pierce. Pickleball is a game of a life time.

GROUP FITNESS CLASSES

Check the schedule on our website or mobile app. All classes except Reformer Pilates are drop-in. Sign-up is required for Reformer Pilates due to limited space/equipment.
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.

**PERSONAL TRAINERS**

**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

**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

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

**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 & Fitness Nutrition Specialist

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.

BARBELL BASICS
Barbell basics will meet you where you are on your fitness journey. Whether you are just getting started or have been lifting for years, barbell basics will teach you the safest, most effective ways to utilize the barbell and free weights. Enjoy the benefits of strength training effectively and safely at any age!

Every Thurs 6:00pm
Reese Family Wellness Center

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

LICKING COUNTY FAMILY YMCA NEWARK
HEALTH AND WELLNESS

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!!

Second Fri of the month 5:30pm in Aerobics Studio 1

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 of the month 12:00pm in the English Gym

SILVER TAPPERS
Beginner to Intermediate
The Silver Tappers are a group of senior ladies and gentlemen ranging from ages 55 to 82 who have always had a desire to learn how to tap dance. Under the direction of Mary Ann Green, the group was initiated in 2018 when she moved back to Ohio from Florida where she had taken 9 years of tap classes herself. When she was unable to find an adult tap class like the one she enjoyed in Florida, Mary Ann decided to create a group herself.

The Silver Tappers class has tripled in size since 2018 with amazing ladies dancing to the tunes of Old Broadway! If you are a senior and would like to experience the fun of learning basic tap steps, join her on for an unforgettable experience!

Tues & Thurs 12:00pm upstairs multipurpose room

YMCA RUN CLUB
Come join us at 5:15am for a run.

The club does a short distance run Monday-Thursday and a long distance run on Friday. The Run Club meets in the front entrance of the YMCA main doors.

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

www.bvymca.org • Page 9
FOR MORE INFORMATION
PLEASE CONTACT:
Adam Jenkins, Sports Director
adam.jenkins@bvfymca.org • 740-349-9678

ADULT VOLLEYBALL
This spring The Licking County Family YMCA is offering volleyball for adults beginning February 11th – April that will take place inside at our Mitchell Center. Then we will be hosting a sand volleyball league at Don Edwards Park beginning in June! Please see the flyer for information on pricing and registration. We have two leagues one for beginners and another for advance players.

Tues 8:00–9:00pm
Member: $45 Non-Member: $90

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

ADDITIONAL SPORTS
This coming spring we will be releasing information for spring youth basketball. In addition we will be releasing information for flag football registration opens in June!

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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.
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Member: $45 Non-Member: $90

DON EDWARDS PARK
Registration is now open for spring and summer baseball leagues 13U-18U. Our first session begins in March and runs into May. The summer session begins in May and runs until the first week in July. Our leagues are open play meaning any school team, or rec level team or individual is welcome to participate. Team registration is $550 and $175 for an individual registration for a single session. Check the flyer for pricing information on both sessions.

Are you interested in a free summer movie? Go to donedwardspark.com and check out our Flick at the Field schedule to see the dates for all of our free family nights happening in 2020!
The Ohio Bison Baseball Program has released the 2020 collegiate schedule! They have a lot of exciting promotions including dollar nights, superhero and first responder night, arcade night and bark at the park and fireworks! For information regarding FREE tickets contact Adam Jenkins at adam.jenkins@lcfymca.org

Be sure to check the Don Edwards Park Facebook and website for information regarding everything happening this summer at the park! We have a full list of events including Ballpark Boom and visits from Cincinnati Reds Legend George Foster!

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Tues 7:00–8:00pm
Member: $45 Non-Member: $90
GYMNASTICS

PRESCCHOOL 3-4 yrs
This 30-minute program is for the child who is ready to participate without a parent.
Tues 5:00-5:30pm
Member: $32  Non-Member: $76

PRESCCHOOL PLUS 3-4 yrs
This 45-minute program is for the child who has had 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.
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 Rollers) 6:30-7:30pm
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) 6:30-7:30pm
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

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
Member: $46  Non-Member: $104
Wed 6:30-7:30pm
Sat 9:00-10:00am

Youth 6-12 yrs
Mon 6:30-7:30pm
Member: $46  Non-Member: $104
Wed 6:30-7:30pm
Sat 9:00-10:00am

Adults 13+
Mon 7:30-8:45pm
Member: $46  Non-Member: $104
Wed 7:30-8:45pm
Sat 9:00-10:00am

Black Belt Class (Invitation Only)
Sat 10:00-11:30am
Member: $46  Non-Member: $104

More information about Fitness in the Park and The Movement can be found on the West Licking County Family YMCA Facebook page, at https://www.pataskalaparksandrecreation.com/, and at the Y Pataskala Front Desk.
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. We offer Fitness Assessments, Full Hour 1-on-1, 30 Minute 1-on-1, and semi-private training sessions. See the front desk or our website for the latest information.

NUTRITIONAL SERVICES

West Licking 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, Follow-up Accountability Sessions, Family Nutritional Counseling, and Super Market Tours. Packages are available. See the front desk or our website for the latest information.

CHILD WATCH

Need a sitter while you work out?
ages 8 weeks-9 years old

Let us care for your little one 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!
Mon-Fri 8:30am-1:00pm
Mon-Thur 4:00-9:00pm
Sat 8:00am-noon

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

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:
Barbara Michael, Preschool Director
740-927-3268 option 2

Before/After School Childcare:
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 life-long 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.

PRESCHOOL

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

ALL CLASSES ARE FOR ALL FITNESS LEVELS

TOTAL BODY KNOCKOUT
This high intensity, low impact class alternates kickboxing cardio intervals with strength moves targeting large muscle groups to keep your heart rate up and calories burning throughout.

YOGA
Regardless of age, experience or level of flexibility everyone can benefit from Yoga. Yoga integrates the mind and body to create a sense of well-being. Yoga can lead to an increase in strength, improved balance and flexibility.

 ACTIVE ADULT CLASSES
Active Adult classes are geared toward members ages 50 and up.

ACTIVE ADULT STRENGTH AND CARDIO
This class is designed to help you get fit and stay fit no matter your age. This goal can be achieved by increasing flexibility and muscle strength and endurance through exercise. Join your instructor in our intimate aerobics room to focus on each person’s individual needs.

ACTIVE ADULT CIRCUIT
A weight training class for Active Adults. Instructors will assist in the teaching of proper exercise technique, weight training and resistance selection. Weight training helps prevent the deterioration of muscle mass that commonly occurs over the age of 50. Keep your body strong and have fun getting to know how you can be a better you! Meets in the Wellness Center.

SILVER SNEAKERS™ MUSCULAR STRENGTH & RANGE OF MOTION
Have fun and move to the music with strength moves targeting large muscle groups to keep your heart rate up and calories burning throughout.

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
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.

*U.S. Census Bureau
**Scripps Gerontology Center, Miami University
MIGHTY MITE MARTIAL ARTS
boys and girls ages 4-7
Learn fundamentals of self-defense. Tues and/or Thurs 6:45-7:15pm Studio 3, 159 A
1 class a week $35 (7 classes) 2 classes a week $50 (14 classes)

TAE KWON DO
boys and girls ages 8 & up
Learn fundamentals of Tae Kwon Do and self-defense. Participants are tested periodically for promotion to different belt levels. Tues and/or Thurs 7:30-8:30pm Studio 3, 159 A
1 class a week $50 (7 classes) 2 classes a week $65 (14 classes)

KIDS NINJA FITNESS
ages 8-12
Each week a new Ninja Warrior style workout from jump rope, obstacle courses and more. Be a kid have fun and move. (in the warmer months kids will go outside. Dress accordingly for the weather) all levels. Wed 5:30-6:15pm
Members: Free Non-Member: $40 Registration is required space limited to the first 20 registrations.

FOR MORE INFORMATION PLEASE CONTACT:
Becky Weir, Event & Program Coordinator rebecca.weir@bvfymca.org • 740-454-4757
Tyler McDade, Sports Director tyler.mcdade@bvfymca.org • 740-454-4767

THE HEALTHY OUTCOMES PROGRAM (HOP)
HOP is made possible, in part, by the Robert E. Fellers and Leona L. Fellers Foundation
Healthy Outcomes Program (HOP) is a grant funded 12-week class for Adults with Developmental Disabilities that is run quarterly throughout each year. To qualify for this program, applicant must fall under the category of clinically overweight/obese and needs a healthier lifestyle. Program participants choose between a group aquatics or land program class held twice weekly to increase the level of physical activity for individuals with developmental disabilities. Supplementing the program choices, participants attend a nutrition session held once a week to educate individuals on how to make healthier choices and take away the necessary skills and knowledge to continue a healthy lifestyle after completion of the program.

CHILD WATCH
Need a sitter while you work out? ages 6 weeks-11 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.
Mon-Fri 8:00am-1:00pm Mon-Thurs 4:00-8:00pm Sat 8:00am-1:00pm

YMCA MEMBERSHIP FOR ALL
The Buckeye Valley Family YMCA believes in providing membership and program services to all who desire to participate. The YMCA’s financial assistance program uses all available resources to provide support to those who have financial need and qualify for assistance.

Schedules and Registration forms for YMCA Zanesville Branch programs available at the Member Services desk or online at www.bvfymca.org.

MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE YOUTH DEVELOPMENT

SPORTS

YOUTH BASKETBALL
This basketball program is for children in grades PreK-6th. This is a semi-competitive league that places a strong emphasis on fun, fair play, equal participation, and learning the fundamentals of basketball. This is a co-ed league. Each player will receive a YMCA game shirt.
Register: Feb 3-Mar 4 Season: Mar 16-May 9

NFL FLAG FOOTBALL
This league is for children in grades kindergarten – 6th grade. The program places a strong emphasis on fun, fair play, equal participation, and learning the fundamentals of football. Each player will receive an NFL reversible jersey.
Register: Mar 30-Apr 27 Season: May 10-Jun 27

YOUTH SOCCER
This is a co-ed league for children ages 3-10. The program places a strong emphasis on fun, fair play, equal participation, and learning the fundamentals of soccer. Each player will receive a YMCA game shirt.
Register: Mar 30-Apr 27 Season: May 10-Jun 27

YOUTH VOLLEYBALL
This league is for children in grades 1st – 8th. The program places a strong emphasis on fun, fair play, equal participation, and learning the fundamentals of volleyball. Each player will receive a YMCA game shirt.
Register: Mar 30-Apr 27 Season: May 10-Jun 27

CROSS COUNTRY
This is a co-ed program for children ages 5-11 years old. Children will compete within their age groups (5-6, 7-8, & 9-11). The program places a strong emphasis on fun, fair play, equal participation and learning the fundamentals of running. Each player will receive a YMCA shirt for meets.
Register: Mar 30-Apr 27 Season: May 10-Jun 27

FOR MORE INFORMATION PLEASE CONTACT:
Becky Weir, Event & Program Coordinator rebecca.weir@bvfymca.org • 740-454-4757
Tyler McDade, Sports Director tyler.mcdade@bvfymca.org • 740-454-4767
www.bvfymca.org • Page 15
A–Water Discovery
B–Water Exploration
(Parent & Child 6 mos–3 yrs)
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 (3-5 yrs)
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 (3-5 yrs)
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 (4-6 yrs)
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 (6–12 yrs)
Beginner – No swimming experience. Goal is to become comfortable in the water & float, tread water, and swim width of pool unassisted.

3–Water Stamina (6–12 yrs)
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.

4–Stroke Introduction (6–12 yrs)
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/6–Mechanics (6–12 yrs)
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 (6–12 yrs)
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.
**SUMMER MAKO TCAL SWIM TEAM**

Try Outs Sat, May 9  9:00-10:00am
Open House team suit fitting Wed, May 6  4:00-6:00pm
Parent meeting  5:00pm
Practices: First practice Tues, May 26
10 & under Mon/Tues/Thurs  3:30-4:30pm
11 & over  Mon/Tues/Thurs  4:30-6:00pm
Cost: Members $125 for first swimmer, $105 for the second, $90 for the third, and $35 for each additional swimmer. Non-Members $175 for the first swimmer, $135 for the second, $115 for the third, and $50 for each additional eight swim meets; four at the MCFYMCA
Scholarships available for those in need. Contact Libby Hardwick Aquatics Director at 740-454-4767 or email rebecca.hardwick@bvfymca.org

**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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Registration:</th>
</tr>
</thead>
<tbody>
<tr>
<td>March</td>
<td>Feb 23-Mar 1</td>
</tr>
<tr>
<td>Apr 2-25</td>
<td>4:00-8:30pm</td>
</tr>
<tr>
<td>April Class</td>
<td>Apr 5-12</td>
</tr>
<tr>
<td>Apr 13-16 &amp; 20-23</td>
<td>4:00-8:30pm</td>
</tr>
<tr>
<td>May Class</td>
<td>May 3-10</td>
</tr>
<tr>
<td>May 11-14 &amp; 18-21</td>
<td>4:00-8:30pm</td>
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<tr>
<td>Members:</td>
<td>$250</td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$300</td>
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**LIFEGUARD RECERTIFICATION**

<table>
<thead>
<tr>
<th>Class</th>
<th>Registration:</th>
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</thead>
<tbody>
<tr>
<td>March</td>
<td>Feb 23-Mar 1</td>
</tr>
<tr>
<td>Mar 2-4</td>
<td>4:00-8:30pm</td>
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<tr>
<td>April Class</td>
<td>Mar 29-Apr 5</td>
</tr>
<tr>
<td>Apr 6-8</td>
<td>4:00-8:30pm</td>
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<tr>
<td>May Class</td>
<td>April 26-May 3</td>
</tr>
<tr>
<td>May 4-6</td>
<td>4:00-8:30pm</td>
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<tr>
<td>Members:</td>
<td>$150</td>
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<tr>
<td>Non-Members:</td>
<td>$200</td>
</tr>
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</table>

**MIDDLE SCHOOL SWIM TEAM**

Open House team suit fitting Tues, Jan 28  4:00-6:00pm
Parent Meeting  5:00pm
For middle school kids  6th-8th gr
All Muskingum County or MVL schools permitted.
Swim Season begins Mon, Mar 2 & ends Fri, April 17, 2020
Practices are Mon/Tues/Thurs  4:45-6:00pm
Swim Meets will be held at the MCFYMCA
Fri, Mar 13, 20, Apr 3 & 17
Warm ups are at 4:30pm & meet start 5:30pm
Members $75 Non-members $115
Scholarships available for those in need. Contact Libby Hardwick Aquatics Director at 740-454-4767 or email rebecca.hardwick@bvfymca.org

**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.

<table>
<thead>
<tr>
<th>Try Scuba</th>
<th>Sun, Feb 16</th>
<th>Sun, Mar 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>2:30pm &amp; 4:30pm</td>
<td>1:00pm &amp; 3:00pm</td>
</tr>
<tr>
<td>Register online</td>
<td>columbusscuba.com</td>
<td>columbusscuba.com</td>
</tr>
<tr>
<td>Member promo code</td>
<td>TSMCFYMCA</td>
<td>OWMCYMCA</td>
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<tr>
<td>Members:</td>
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<td>$49</td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$49</td>
<td>$69</td>
</tr>
</tbody>
</table>

**REFIT KIDS**

High-energy dance fitness for kids. Burn off some energy in 30 minutes of fun and learn some cool dance moves!
Sat  9:15-9:45am
Members: Free Non-Member: $40
Registration is required space limited to the first 20 registrations.

**FOR MORE INFORMATION PLEASE CONTACT:**
Becky Weir, Health & Wellness Director
rebecca.weir@bvfymca.org • 740-454-4757

**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 rebecca.hardwick@bvfymca.org.

www.bvfymca.org
LINE DANCING
Lead by Tara Poorman held in Studio 2 the second Friday of the month. Enjoy some great country music and learn easy to follow line dancing.

Studio 2  second Fri of the month
Fri, Mar 13  11:00-11:30am
Fri, Apr 10  11:00-11:30am
Fri, May 8  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

TUESDAY DANCE GROUP
No formal instruction is offered, but dancers will help you with steps to 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

WELLNESS CONSULTATIONS
Let our staff help you “find your fit” with a complimentary Wellness Consultation. During your consultation you will meet with a certified fitness profession 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, Health & Wellness Director
rebecca.weir@bvfymca.org • 740-454-4757

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, Mar 26 10:30-11:30am
5:30-6:30pm
Ages 12-15
Sat, Mar 28 10:30-11:30am
MCFYMCA Fitness Floor
Space is limited, registration is required at bvymca.org under program tab/resistance training & education workout 101 or at front desk
$10 per person, members only

GROUP FITNESS CLASSES
Check out our Group Fitness Schedule on our website or through our mobile app.

ACTIVE ADULT BIG BALL
Beginner to intermediate - Slow paced 30 minutes of 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.

ACTIVE ADULT DRUMMING
Beginner to intermediate - Have some fun doing standing drumming core exercises using drum sticks to drum rhythmically on a stability ball. This exercise will help your core muscles engage and give you a great upper and lower body workout. This will be incorporated with the regular Cardio Circuit workout.

ACTIVE ADULT STEP/TONE
Beginner to intermediate - Toning exercises utilizing weights, Spri-bands, and small balls, and 30 minutes of stepping up and down to music on a 4 inch platform. Participant must be able to stay standing for 30 minutes, and have good balance.

ACTIVE ADULT YOGA
- We’ll move through basic yoga poses and sun salutation sequences in their modified versions to enable you to move the body in a safe and supported environment. This class focuses on the importance of breath, proper alignment and safe movement while building strength and flexibility for all levels of students. This class will be held in a warm environment. Please bring plenty of drinking water and come to class well hydrated. Beginner to intermediate

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 breath awareness. Optional activities include but are not limited to weight-bearing activities, games, and socialization.

CARDIO & STRENGTH

CARDIO/CORE
All levels - A series of cardio exercises, core strength, and balance work. Through repetition and minimal rest your strength and aerobic fitness will be improved.

CARDIO STRENGTH
All levels - 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, kettle bells, body weight, Spri Bands, & Body Bars. This is a basic class that encompasses the entire body for a complete body workout suitable and adaptable for all ages and fitness levels. This class is designed to target strength building & muscular 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 - combines body weight, muscle conditioning, dumbbells, cardio and plyometric training moves. Gain confidence in muscular strength and endurance.

CARDIO SHRED
Intermediate to advanced - 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.

FUN CARDIO TONING, DANCE, & MOVEMENT TO MUSIC CLASSES

CARDIO DANCE FUZE (CDF)
All levels - 45 to 60 minute booty busting workout combining dance fitness moves, straight up cardio and some targeted toning exercises. 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 - 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 refitree.com)

TGI¢ (Thank Goodness It’s Friday!)
All levels - 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!

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

INDOOR CYCLING
Group CYCLING
Looking for a cardio challenge unlike the rest? Indoor Cycling is just that. Whether it is an endurance climb or a series of short strength intervals, indoor cycling classes are designed to add a great cardiovascular challenge to anyone’s weekly workouts. Bring your water because no one leaves this class without sweating!

STRENGTH AND TONING (NO CARDIO)
BARR
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.

TBC (TOTAL BODY CONDITIONING)
60 minute strength routine, incorporating sprint 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
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 of (two platforms). This class will utilize the step platform with many interesting combinations and variety.

YOGA CLASSES
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 postures 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
All levels - 40 minutes of yoga practices incorporating traditional yoga poses and gentle stretch and flow. If weather allows this class could also be held outside.

VINAYASA 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.

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

WATER CLASSES
WATER AEROBICS
All levels - 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
740-964-5522
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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