

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUCKEYE VALLEY FAMILY YMCA SUMMER 2021 ACTIVITIES

BEGINS JUNE 1, 2021

Registration:

Member: Monday, MAY 10, 2021

Non-Member: Wednesday, MAY 12, 2021

WELCOME TO YOUR BUCKEYE VALLEY FAMILY YMCA

MEMBER BENEFITS



As a member of the Buckeye Valley Family YMCA, you have access to a variety of health and wellness services as part of your membership. Offerings and schedules may vary by location, so be sure to contact your local branch for more information.

LICKING COUNTY FAMILY YMCA NEWARK

Hours of Operation:

Mon–Thurs: 5:00am–8:00pm
Fri: 5:00am–6:00pm
Sat: 7:00am–12:00pm
Sun: 1:00pm–5:00pm

WEST LICKING COUNTY FAMILY YMCA PATASKALA

Hours of Operation:

Mon–Thurs: 5:00am–8:00pm
Fri: 5:00am–6:00pm
Sat: 7:00am–12:00pm
Sun: 1:00pm–5:00pm

MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE

Hours of Operation:

Mon–Thurs: 5:00am–8:00pm
Fri: 5:00am–6:00pm
Sat: 7:00am–12:00pm
Sun: 1:00pm–5:00pm



OUR MISSION

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

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 bvfyymca.org.

STAYING SAFE TOGETHER

Please be aware that our programs continue to look differently as we follow local, state and CDC guidelines regarding participant safety.

- Only one parent/guardian can accompany a child to lessons and indoor sporting activities, such as volleyball & basketball practices/games
- Instructors and participants will maintain a 6-foot distance as much as possible
- Class size may be reduced for social distancing
- Participants will be asked to wash hands prior to lessons & utilize hand sanitizer prior to using equipment
- Instructors, with the expectation of swim instructors, will be required to wear a mask except when actively participating in physical activity at a safe, social distance

CHECK OUT THE Y'S WEBSITE at bvfyymca.org

For the most current information regarding schedules, class information, employment opportunities and much more, find it all on the Y website. You can also download the BVFYMCA app!



BUCKEYE VALLEY FAMILY YMCA

HEALTH AND WELLNESS

LOOKING FOR MORE PERSONALIZED SERVICES?

The Y offers personal trainers, the fitness challenge and nutrition services for those more looking for more personalized guidance. Fees and availability vary by branch and by trainer. Please, contact your local branch for more information.

PERSONAL TRAINERS

Personal Trainers help you to establish realistic and attainable goals specific to your individual needs, health status, limitations and interests. Trainers teach proper exercise technique, progression and how to avoid common mistakes and exercise related injuries. Our trainers provide variety in your exercise routine, help you avoid boredom and encourage, motivate and hold you accountable to your goals.

NUTRITIONAL SERVICES

The YMCA offers a variety of Nutritional Services to help you in reaching your nutrition and physical activity goals. Options include one-on-one education and consultation, seminars, classes, and events! Please, contact your local branch for more information.

CHILD WATCH (8 wks-12 y)

Need a sitter while you work out? Let us care for your little ones!

Registration is mandatory, 24 hours in advance. Register online at bvfyymca.org
Parental sign-in/sign-out mandatory. Limit of three 30-minute sessions per day.

WELLNESS CONSULTATIONS

Let our staff help you "find your fit" with a complementary Wellness Consultation. During your consultation you will meet with a member of our fitness staff to discuss your health and wellness 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 you choose the best classes for your current fitness level and interests, change up your routine when you're bored, or provide modifications when you're injured or coming out of physical therapy.

EQUIPMENT ORIENTATION

Meet with a member of the fitness staff to learn about the equipment available in our wellness center. Staff can explain the features and usage of our cardio equipment, determine seat settings and appropriate weights for the selectorized machines, and answer general training questions. Free weight usage is not generally covered in this appointment. For more information or to schedule your appointment see a member of the fitness staff or contact the front desk.

GROUP FITNESS

There are a variety of Group Fitness Classes available at the YMCA. Our classes include cardio, strength, mind/body, active adult, water classes, and more. Reservations are required for all group fitness classes. Schedules and class registration are available on the Buckeye Valley Family YMCA app or on our website, bvfyymca.org by selecting schedules and your Branch.

WORKSHOPS & SEMINARS

The YMCA offers workshops or seminars on special topics of interest to our members for free or for a nominal fee. Past programs include yoga, weight training basics, running instruction and nutritional education. Watch our monthly newsletter, Facebook, and website for upcoming sessions.



Free computer personal trainer. The ActivTrax system provides you with a custom workout for each visit including:

- Which exercises to perform
- What equipment to use
- How many sets and repetitions
- How much weight to lift
- How long to rest between each set

As you log your workouts through the ActivTrax app or website, the computer tracks your progress and automatically adjusts future workouts to challenges you on your own personal level! See a staff member to activate your account and complete your initial strength test today!

FITNESS CHALLENGE

We have big plans for the FALL FITNESS CHALLENGE, but we aren't quite ready to break the news. Keep an eye on our website for all of the details in the coming months.

We are working on something that will build your spirit, mind and body!

Licking County Family YMCA
Constance Cunningham
Health & Wellness Coordinator
constance.cunningham@bvfyymca.org
740-349-9675

Muskingum County Family YMCA
Stephani Needles
Wellness Coordinator - Fitness
Stephani.Needles@bvfyymca.org
740-454-4767 ext. 311

West Licking County Family YMCA
Jamie Goudy
Health & Wellness Director
Jamie.Goudy@bvfyymca.org
740-964-6522 ext. 507

LICKING COUNTY FAMILY YMCA Newark GYMNASTICS

TEAM PREPARATION GYMNASTICS

Coach Recommended

These coach recommended 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 and 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

ADAPTIVE GYMNASTICS

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

This 30-minute adaptive gymnastics class will 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.

Wed 4:15-4:45pm

PRIVATE LESSONS

One-Hour Lesson

Member: \$30 Non-Member: \$50

1/2-Hour Lesson

Member: \$25 Non-Member: \$40

SEMI-PRIVATE LESSONS

One-Hour Lesson

Member: \$30 Non-Member: \$50

1/2-Hour Lesson

Member: \$25 Non-Member: \$40

CLASSES

30 Minute Class

Member: \$35 Non-Member: \$68

45 Minute Class

Member: \$40 Non-Member: \$73

60 Minute Class

Member: \$50 Non-Member: \$80

90 Minute Class (once per week)

Member: \$70 Non-Member: \$102

90 Minute Class (twice per week)

Member: \$90 Non-Member: \$116

TRAMPOLINE & TUMBLING

TUMBLING BEGINNERS

(5 yrs & up)

The beginner level class is for those wanting to learn about tumbling for gymnastics and cheer. Students will learn handstands, cartwheels, bridges, front limbers and walkovers.

Thurs 5:00-6:00pm

TUMBLING INTERMEDIATE 1

This class is designed to build on what your child has previously learned. They will work on roundoffs, front & back walkovers and front and back handsprings (with a spot). *Must have cartwheel/bridge kickover, handstand

Thurs 6:00-7:00pm

TUMBLING INTERMEDIATE 2 Advanced

This class is designed to work on connecting roundoff back handsprings, front handsprings (together and step outs), front tucks and working on drills to learn their back tuck. *Must have roundoff, walkovers

Thurs 7:00-8:00pm



LICKING COUNTY FAMILY YMCA

Newark

GYMNASTICS

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.

All classes are designed with the gymnast in mind. Each class includes self-esteem building and positive reinforcement. Registration is required for each session. Gymnasts are not guaranteed a spot in the next session.



For more classes and offerings, Scan the QR code to visit bvfyymca.org

A class may be canceled due to low enrollment. No make up classes will be provided due to illness, vacations or other outside activities.

PRESCHOOL GYMNASTICS

MOM, POP & ME (1-3 yrs)

This 30-minute class is designed for the child and parent.

Tues	5:15-5:45pm
Thurs	5:00-5:30pm 6:00-6:30pm
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.

Tues	4:45-5:15pm 5:45-6:15pm
Thurs	5:30-6:00pm 6:30-7:00pm
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.

Tues	5:30-6:15pm
Thurs	5:15-6:00pm
Fri	11:00-11:45am

SUPERSTARS (4-6 yrs)

experienced preschool +

This 45-minute class is for girls who have advanced through our basic preschool skill set.

Tues	6:15-7:00pm
Thurs	7:00-7:45pm
Fri	11:45am-12:30pm

R.A.T. PACK

(Rowdy Athletic Training) (4-5 yrs Boys)

This 45 minute class involves running, jumping, hanging and swinging for preschool age boys only. It is an introduction to boys gymnastics.

Tues	6:15-7:00pm
Thurs	7:00-7:45pm

FOR MORE INFORMATION PLEASE CONTACT:

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

PROGRESSIVE YOUTH GYMNASTICS

YOUNG BASICS (5-8 yrs) Beginner & ROLLERS (8 yrs & 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.

Young Basics

Tues	7:00-8:00pm
Thurs	5:00-6:00pm 6:00-7:00pm

Rollers

Tues	7:00-8:00pm
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FLIPPERS (5-8 yrs)

Intermediate

& SWINGERS/KIPPERS (8 yrs & up) Intermediate & Advanced

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

Flippers

Tues	6:30-7:30pm
Thurs	6:00-7:00pm

Swingers/Kippers

Thurs	7:00-8:00pm
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MINI STUNTMEN (6 yrs & up/Boys only)

This is a one hour boy's class introducing the basics of men's gymnastics emphasizing flexibility, strength building, agility, and safe landings.

Tues	6:00-7:00pm
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BOYS SELECT (6 yrs & up/Boys only)

Coach Recommended

This class meets once a week for one hour and is a prerequisite for our Competitive Team.

Tues	7:00-8:00pm
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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.

Thurs	4:00-5:00pm
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LICKING COUNTY FAMILY YMCA Newark CHILDCARE/HEALTH AND WELLNESS

BEFORE/AFTER SCHOOL CARE

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, Stevenson and Garfield. Details are coming soon!

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



NEWARK PRESCHOOL

The 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, 7:00am to 5:30pm. 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. For more information please contact the Child Care Office at 740-345-9628. Register today!

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



PERSONAL TRAINERS

Personal Trainers help you to establish realistic and attainable goals specific to your individual needs, health status, limitations and interests. Trainers teach proper exercise technique, progression and how to avoid common mistakes and exercise related injuries. Our trainers provide variety in your exercise routine, help you avoid boredom and encourage, motivate and hold you accountable to your goals.

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. To look at the schedule please go to bvfymca.org and click on schedules and register for Pickleball.

CERTIFICATIONS

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

Mon, June 14 at 9:00am

Mon, July 12 at 9:00am

Sat, July 17 at 9:00am

Mon, Aug 9 at 9:00am

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

FOR MORE INFORMATION CONTACT:

Constance Cunningham,
Health & Wellness Director
Constance.Cunningham@bvfymca.org
740-345-9675

OUTDOOR CLASSES

Outdoor circuit classes will begin when the weather breaks. These classes will take place North the Mitchell Center. Please look at our website to get the latest updates on when they will begin.



For more classes and offerings, Scan the QR code to visit bvfymca.org

ACTIVE ADULT CHAIR YOGA

May 3rd Monday 6pm (one chair will be provided) Sherry Steinman is the teacher.

YOGA

Every week in June-Saturday 9am (must bring your own mat) Cindy Houpt is the teacher.



YMCA RUN CLUB

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

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! Class takes place at 12:00PM in the English Gym.



ACTIVE ADULT STRENGTH – Beginner to Intermediate

This class offers something for everyone, regardless of fitness level. The class can help improve overall strength, flexibility, and balance, helping you to stay healthy and maintain your independence.

BODY SHOCK – Advanced

This high-impact class incorporates cardio and strength using mainly body-weight exercises while adding in a few weights to make the movement harder or easier. The class might not always be one hour in length. The goal is to have members get a good workout in but not do too much because working out is not their full-time job and they must be able to move the next day to keep coming back. Participants do what they can do and nothing more and don't worry about keeping up with anyone else. This may mean not completing the entire workout and that is okay! Improving by even one rep each time is still an accomplishment!



BOOTCAMP – Advanced

Bootcamp training often commences with dynamic stretching and running, followed by a wide variety of interval training including lifting weights/objects, pulling rubber TRX straps, push-ups/sit-ups, plyometrics, and various types of intense explosive routines. Many other exercises using weights and/or body-weight are used to lose body fat, increase cardiovascular efficiency, increase strength, and help people get into a routine of regular exercise.

BOXING BOOT CAMP – Intermediate to Advanced

This class uses boxing to provide a cardio and strength workout. Using normal boxer's exercises, such as shadow boxing, jump rope, and road work, you will learn how to correctly throw jabs, crosses, and hooks on a heavy punching bag. NO KICKBOXING.



LOW-IMPACT AEROBICS – Beginner to Intermediate

This class is a great way to start to exercise and/or for a low-impact workout. Set to music, this uplifting workout helps build your aerobic base, strengthen your heart, and burn calories. The instructor will keep you coming back.

PILATES AND YOGA – Beginner to Intermediate

The first 30-minutes of this class is Pilates and the second 30-minutes is yoga. This class is designed to provide you with the best of both worlds in a shorter amount of time.

SILVERSNEAKERS® – Beginner to Intermediate

This program is designed to provide a fun and challenging way for you to continue the lifelong journey of holistic health. The program is easily personalized to address multiple fitness levels and differences in health needs. A variety of equipment and techniques will be used. Chairs will be used for some of the exercises and will be available to you as necessary to work toward improved strength and endurance. If you use a wheelchair, you will find this program adaptable to your specific needs.



LICKING COUNTY FAMILY YMCA

Newark

AQUATICS-Swim Lessons



PRESCHOOL SWIM STARTERS

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

A/B–Water Discovery & Exploration

Introduces parent/guardian & their infant &/or toddler to the aquatic environment. Focuses on exploring body positions, blowing bubbles, & safety & aquatic skills.

3/4–Stamina & Stroke 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.

SWIM BASICS

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

1–Water Acclimation

Beginner – 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.

SCHOOL AGE 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.

4–Stroke Introduction

Intermediate – can swim length of pool, front crawl, & back crawl. Goal is to improve endurance & technique.

5/6–Stroke Development & Mechanics

Advanced intermediate/Advanced – can swim 25–50 meters each, freestyle, back crawl, breaststroke, butterfly. Goal is to improve technique & endurance.

FOR MORE INFORMATION CONTACT:

Kris Read, Swim Team Head Coach
kris.read@bvfymca.org • 740-345-6631
Todd Ricketts tricoachtodd@outlook.com



For more classes and offerings, Scan the QR code to visit bvfymca.org

TRIATHLON

Youth & Junior triathlon is back for Spring/Summer 2021 to introduce and grow kids in triathlon! This program will prepare kids to compete in age/experience specific triathlon events across Ohio with LCFY coach support. Swim, bike, and run practices will be held outside at the LCFY facility (indoors if weather is poor). New for 2021 will be custom team triathlon suit/gear for purchase (Youth and Adult sizes!). Orders will be in March so that we can receive the gear before events start in late May. Contact Coach Todd Ricketts (tricoachtodd@outlook.com) for interest in custom suit/gear orders or any questions on the program. Visit bvfymca.org in the coming weeks for details!

YOUTH TRIATHLON

Ages 7-12

Practice days will vary, with 3–4 sessions per week from April 5 – August 1 – Fees: \$400

JUNIOR TRIATHLON

Ages 13-17

Program focuses on older athletes at the High School level and/or performance based athletes looking to compete regionally and nationally. Practice days will vary, with 4 sessions per week. Athletes will be introduced to individual practices sessions they will do on their own to facilitate improved skills and fitness.

Session period is from April 5 – August 1
Fees: \$500

* PRICE WILL BE PRORATED

LICKING COUNTY FAMILY YMCA

Newark

AQUATICS-Swim Lessons

MORNING OUTDOOR POOL CLASS TIMES PRESCHOOL

A/B-Water Discovery & Exploration

(Parent & Child 6-24 mos)

Mon-Thurs 11:00 - 11:30am

1-Water Acclimation (3-5 yrs)

Mon-Thurs 9:30 - 10:00am (SUMMER 4 & 5)
10:30 - 11:00am
11:00 - 11:30am

2-Water Movement (3-5 yrs)

Mon-Thurs 9:30am - 10:00am (SUMMER 4 & 5)
10:00 - 10:30am
10:30 - 11:00am

3/4 Stamina/Stroke Introduction (4-6 yrs)

Mon-Thurs 10:00 - 10:30am

SCHOOL AGE

1/2-Water Acclimation & Movement (6-12 yrs)

Mon-Thurs 10:00 - 10:30am
11:00 - 11:30am

3-Water Stamina (6-12 yrs)

Mon-Thurs 10:30 - 11:00am

4-Stroke Introduction (6-12 yrs)

Mon-Thurs 10:00 - 10:30am

5/6-Stroke Development (6-12 yrs)

Mon-Thurs 10:30 - 11:00am

EVENING INDOOR POOL CLASS TIMES PRESCHOOL

1-Water Acclimation (3-5 yrs)

Mon & Wed 5:30-6:00pm
6:00-6:30pm

Tues & Thurs 5:00-5:30pm
6:00-6:30pm

2-Water Movement (3-5 yrs)

Mon & Wed 5:00-5:30pm
6:30-7:00pm

Tues & Thurs 5:30-6:00pm

3/4 Stamina/Stroke Introduction (4-6 yrs)

Mon & Wed 5:30-6:00pm

Tues & Thurs 5:00-5:30pm

SCHOOL AGE

1/2-Water Acclimation & Movement (6-12 yrs)

Mon & Wed 5:00-5:30pm

Tues & Thurs 5:30-6:00pm
6:30-7:00PM

3-Water Stamina (6-12 yrs)

Mon & Wed 6:30-7:00pm

Tues & Thurs 6:00-6:30pm

4-Stroke Introduction (6-12 yrs)

Mon & Wed 6:00-6:30pm

5/6-Stroke Development (6-12 yrs)

Tues & Thurs 6:30-7:00pm

SATURDAY INDOOR POOL CLASS TIMES PRESCHOOL

A/B-Water Discovery & Exploration

(Parent & Child 6-24 mos)

Sat 9:30 - 10:00am

1-Water Acclimation (3-5 yrs)

Sat 10:00 - 10:30am
11:00 - 11:30am

2-Water Movement (3-5 yrs)

Sat 10:30 - 11:00am

3/4 Stamina/Stroke Introduction (4-6 yrs)

Sat 10:30 - 11:00am

SCHOOL AGE

1/2-Water Acclimation & Movement (6-12 yrs)

Sat 9:30 - 10:00am
11:00 - 11:30am

3-Water Stamina (6-12 yrs)

Sat 10:30 - 11:00am

4-Stroke Introduction (6-12 yrs)

Sat 10:00 - 10:30am

5/6-Stroke Development (6-12 yrs)

Sat 9:00 - 9:30am

Adult (18 yrs & up)

Sat (all levels) 9:00 - 9:30am

*A1 - JUNE 7 - 30 & B1 - JULY 5-28

**A2 - JUNE 8 - JULY 17 B2 - JULY 6 - 29

SUMMER DATES:

Monday through Thursday

Summer 1 June 7 - June 17

Summer 2 June 21 - July 1

Summer 3 July 5 - July 15

Summer 4 July 19 - July 29

Summer 5 August 2 - August 12

FOR MORE INFORMATION

PLEASE CONTACT:

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

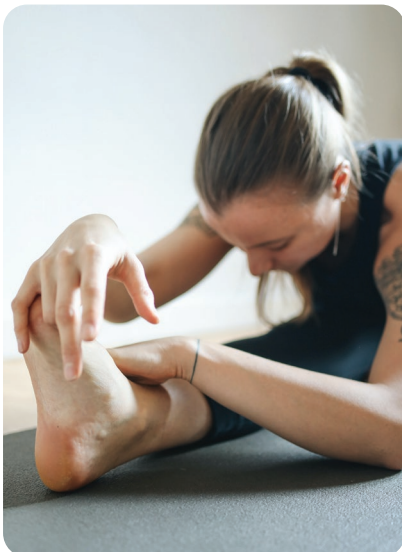
Kris Miller, Swim Lesson Coordinator
kris.miller@bvfyymca.org • 740-345-6631



FEES

	Member	Non-Member
30 minute class once a week (8 lessons)	\$45	\$100

MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE HEALTH AND WELLNESS



Warm Yoga Flow

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. All levels

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.

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 student. This class will be held in a warm environment. Please bring plenty of drinking water and come to class well hydrated. Beginner to intermediate

CARDIO & STRENGTH

HIIT (High Intensity Interval Training)

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. Intermediate to advance

KETTLE BELL BOOT CAMP

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. All levels

Y STRONG

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

CARDIO STRENGTH

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, and 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 and muscular endurance. All levels



STRENGTH AND TONING

BARRE

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. All levels

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), TLC (Tush, Legs, Core) and much more!

MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE CHILDCARE/HEALTH AND WELLNESS

STEP CLASSES

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 will utilize the step platform with many interesting combinations and variety and is geared towards the intermediate to advanced stepper. 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).

FUN CARDIO TONING, DANCE, AND MOVEMENT TO MUSIC CLASSES

CARDIO DANCE FUZE (CDF)

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

REFIT®

This class 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! For more info visit refitrev.com! All levels

ZUMBA®

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



GROUP FITNESS CLASSES

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 incorporate with the regular Cardio Circuit workout.

FOR MORE INFO CONTACT:

Stephani Needles, Wellness Coordinator
Stephani.Needles@bvfymca.org
740-454-4767 ext. 311

MacKenzie Brune, Wellness Coordinator
MacKenzie.Brune@bvfymca.org
740-454-4767 ext. 304



BEFORE/AFTER SCHOOL CHILDCARE

The YMCA offers child care for children kindergarten through 6th grade. In our Before-school program at West Muskingum Elementary, 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.

Registration is now open!

FOR MORE INFO CONTACT:

Megan Wells, School Age
& Camp Coordinator
740-454-4767 ext. 303
megan.wells@bvfymca.org



For more classes and offerings, Scan the QR code to visit bvfymca.org

MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE YOUTH SPORTS AND DEVELOPMENT

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

SPORTS



YOUTH BASEBALL CLINIC

This youth baseball clinic is to teach kids the fundamentals of the sport. This will take place at the YMCA and will be for ages 7-12. This program will be 7 weeks starting 5/31/2021 – 8/11/2021. This clinic will take place Monday and Wednesday evenings for one hour starting at 5:15pm. Pricing for 2 evenings a week is Member \$70 / Non-member \$100 (14 classes), pricing for 1 class a week is Member \$35 / Non-member \$60 (7 classes)

SPORTS OF ALL SORTS CAMP

This camp will teach children (ages 3-5) the fundamentals of soccer, basketball, volleyball, football, and t-ball. They will learn a different sport each day of the week. This will take place Monday June 28th – Thursday July 1st each day from 9am-11:30am. This class focuses on the physical and social development of our youngest athletes. Prices: Member \$40 / Non-member \$80

CHAMPION SPORTS

This is a multi-sports program for special needs children from ages 7-17. We will meet every 1st and 3rd Tuesday of the month (starting in May) from 2pm-3pm. The program will start the 3rd Tuesday in April and continue indefinitely! Parent / Guardian / Caretaker must be present and are encouraged to help out. You can call the member service desk at the Y to register for the days you would like to participate (up to a month in advance). Spots are limited to 20 participants per day. This class requires a Membership to participate. This is a great opportunity to be active and have fun all at the same time! Participants will meet in the gymnasium lobby at the Y before program starts. Dress appropriately for the weather, the sport may be in the gymnasium or outside.

FOR MORE INFORMATION PLEASE CONTACT:

Tyler McDade, Sports Director
tyler.mcdade@bvfyymca.org • 740-454-4767

MIGHTY MITE MARTIAL ARTS

Boys and girls ages 4-7

Learn fundamentals of self-defense.

Mon and/or Wed 6:00-6:30pm

Gymnasium

1 class a week (7 classes)

Member \$35 / Non-member \$60

2 classes a week (14 classes)

Member \$50 / Non-member \$75

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.

Mon and/or Wed. 6:45-7:45pm

Gymnasium

1 class a week (7 classes)

Member \$50 / Non-member \$75

2 classes a week (14 classes)

Member \$65 / Non-member \$90

TINY TUMBLERS

This is an instructional class that will teach the fundamentals of gymnastics. The kids will learn forward rolls, hand stands, balance beam, toe-touch, cartwheel, backbend and much more!

GRASSHOPPERS - Ages 2-3
(PARENT/CHILD CLASS)

Mon 5:30-6:00pm

Member \$25 / Non-member \$50

BUNNIES - Ages 3-4 (CHILD ONLY)

Mon 6:00-6:30pm

Member \$25 / Non-member \$50

KANGAROOS - Ages 5-6 (CHILD ONLY)

Mon 5:30-6:00pm

Member \$25 / Non-member \$50

KIDS NINJA FITNESS ages 8-12

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

Member \$25 / Non-member \$50

Registration space is limited!

MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE AQUATICS-Swim Lessons

American Red Cross Lifeguard Class

April 20 to May 12 3:30pm-8pm
May 17 to June 7 3:30pm-8pm
Cost: \$250 for members \$300 for non-members
Must pass a swim test to complete the course.

American Red Cross Lifeguard Renewal Course

May 8 from 8am-4pm
June 8-10 3:30pm-8pm
Cost: \$150 for members \$200 for non-members
Must have current certification.

Junior American Cross Lifeguard Class (Ages 11-14)

Designed to guide youth to build a foundation of knowledge, attitudes, and skills for a future lifeguard. Students will learn techniques and build stamina. This is NOT a certification course in CPR/AED, first aid, or lifeguarding. June 16-July 23, M/W/F 5pm-7pm
Cost: \$30 for members \$65.00 for non-members -
Maximum registration: 10 participants

CPR

For members, non-members and staff!

April 26 - Classes offered at 7am & 12pm
May 17 - Classes offered at 7am & 12pm
June 21 - Classes offered at 7am, 12pm & 6pm
July 19 - Classes offered at 7am & 12pm
Aug 16 - Classes offered at 7am, 12pm & 6pm
Cost: \$60 Members \$120 Non-members

Intro to Boating (Ages 12+)

Thurs May 13 and 20th, 2021 6pm-8pm
Learn the basics and safety of canoeing, kayaking, and paddle boarding. Canoes to be provided. Bring your own CLEAN kayak and paddleboard.
Cost: \$50 for members \$100 non-members

SCUBA

Open Water Certification April 10-11, April 17-18, April 24-25 Cost: \$429
Discover Scuba Wed May 5 and May 12 6pm Cost: \$60
Register with Pneuma Scuba at 740-868-8635

Swim Challenge

May 1, 2021 to May 11, 2022
Select your challenge!
Tier 1) Muskingum River (111 mi./20 laps a day)
Tier 2) Scioto River (231 miles/42 laps a day)
Tier 3) Wabash River (503 miles/91 laps a day)
Tier 4) Ohio River (981 miles/178 laps a day)
\$20 for members only. Finishers will receive a medal and T-shirt. For more information visit bvfyymca.org or contact troyriffle@bvfyymca.org.



CLASS SCHEDULE PRESCHOOL

A/B-Water Discovery/Exploration

(Parent/Guardian & Child 6 mos-3 yrs)

Tues	5:45-6:15pm
Sat	10:00-10:30am 10:45-11:15am

1-Water Acclimation (3-5 yrs)

Mon-Fri	9:00-9:30am
Sat	8:30-9:00am 9:15-9:45am 10:00-10:30am

1-Water Acclimation (4-6 yrs)

Mon-Fri	9:00-9:30am
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2-Water Movement (3-5 yrs)

Mon-Fri	10:30-11:00am
Sat	10:00-10:30am 11:30am-12:00pm

3-Water Stamina (3-5 yrs)

Mon-Fri	9:45-10:15am
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3 Water Stamina (4-6 yrs)

Sat	9:15-9:45am
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4-Stroke Introduction (4-6 yrs)

Mon-Fri	11:15-11:45am
Sat	8:30-9:00am 9:15-9:45am

SCHOOL AGE

1-Water Acclimation (6-12 yrs)

Sat	8:30-9:00am 9:15-9:45am 10:45-11:15am 11:30am-12:00pm
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2-Water Movement (6-12 yrs)

Tues	5:45-6:15pm
Sat	11:30am-12:00pm

3-Water Stamina (6-12 yrs)

Mon-Fri	9:45-10:15am
Tues	5:00-5:30pm
Sat	8:30-9:00am 10:00-10:30am 10:45-11:15am

4-Stroke Introduction (6-12 yrs)

Mon-Fri	10:30-11:00am
Sat	11:30-12:00pm

5-Stroke Development (6-12 yrs)

Mon-Fri	11:15-11:45am
Tues	5:00-5:30pm
Sat	10:45-11:15am

GROUP SWIM LESSONS

Sat Morning & Tues Evening Fees

Member: \$45 Non-Member: \$100

Two Week Lesson Fees

Member: \$50 Non-Member: \$125

FOR A DETAILED DESCRIPTION

OF THE CLASSES ABOVE, PLEASE VISIT PAGE 8.



For more classes and offerings, Scan the QR code to visit bvfyymca.org

FOR MORE INFO CONTACT:

Libby Hardwick, Aquatics Director
rebecca.hardwick@bvfyymca.org

Troy Riffle, Aquatics Coordinator
troy.riffle@bvfyymca.org

WEST LICKING COUNTY FAMILY YMCA
Pataskala
GYMNASTICS/MARTIAL ARTS

GYMNASTICS



ROLLERS 7 yrs & up

Rollers is a beginning level class for gymnasts who want to have fun while learning basic gymnastics skills.

Tues 6:45-7:30pm

Member: \$35 Non-Member: \$70

SWINGERS 7 yrs & up

Swingers/Kippers is an intermediate/advanced level class for gymnasts to build on previous learned skills.

Thurs 7:00-7:45pm

Member: \$35 Non-Member: \$70

FOR MORE INFORMATION CONTACT:

Dana Moore, Executive Director
 dana.moore@bvfymca.org

Jamie Goudy, Health & Wellness Director
 jamie.goudy@bvfymca.org • 740-964-6522

PRESCHOOL 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: \$64

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 5:00-5:45pm

Member: \$35 Non-Member: \$70

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 5:45-6:30pm

Thurs 6:00-6:45pm

Member: \$35 Non-Member: \$70

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 5-12

Intermediate Level: 8th Orange and above

Mon 6:30-7:15pm

Member: \$35 Non-Member: \$70

Beginner Level: Foundations of Tang Soo Do

Wed 6:30-7:15pm

Member: \$35 Non-Member: \$70

All Levels Youth 5-12

Sat 9:00-10:00am

Member: \$46 Non-Member: \$104

Adults 13+

Mon 7:15-8:00pm

Wed 7:15-8:00pm

Member: \$35 Non-Member: \$70

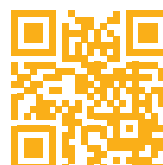
Sat 9:00-10:00am

Member: \$46 Non-Member: \$104

Black Belt Class (Invitation Only)

Sat 10:15-11:15am

Member: \$46 Non-Member: \$104



For more classes and offerings, Scan the QR code to visit bvfymca.org

WEST LICKING COUNTY FAMILY YMCA

Pataskala

CHILDCARE/HEALTH AND WELLNESS

FITNESS IN THE PARK

The West Licking County Family YMCA is once again partnering with Pataskala Parks and Recreation to bring FREE fitness classes to the community. Join us for some fresh air and a great class!



Classes will be held at Foundation Park the 2nd and 4th Saturdays of each month May through September. Classes are 9:00-9:45 am unless otherwise noted. Class are Free and open to the community, but pre-registration is required. For more information or to register visit bvfyymca.org/bvfyymca-schedule, the WLCFYMCA Facebook page or pataskalaparksandrecreation.com

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|--|-------------------------------------|
| 5/8 Group Cycling with Shelly (indoor bikes) | 7/24 Body Blast with Genia |
| 5/22 Strength and Core with Danielle | 8/14 Cardio Dance Family with Heidi |
| 6/12 Yoga with Jenny @ 12-1pm | 8/28 Yoga with Mary |
| 6/26 20/20/20 with Deb | 9/11 Knockout HIIT with Margie |
| 7/10 Cardio Kids with Margie | 9/25 Group Cycling (indoor bikes) |

SILVERSNEAKERS@ CLASSIC AT KARR PARK

Grab your sneakers! We hope to see you at Karr Park on the third Friday in June, July and August at 9:00am. Dates: 6/18, 7/16 and 8/20!



HEALTHY KIDS DAY 2021

Saturday, May 15th 1-3pm

Start your family adventure at the West Licking County Family YMCA where you will pick up supplies for your quest, including your map! Then travel to several local business for fun physical and mental activities, games and snacks before return to the Y within the two-hour time limit to claim your prize!



This is a FREE community event, but pre-registration is required through our mobile app or by going to bvfyymca.org/bvfyymca-schedule.

BUILDING TOGETHER – A MOTHER-SON EVENT

Saturday, July 17th 12-2 pm

The Factory at the West Licking County Family YMCA

Boys and their moms are invited to the Y for a day of fun! Enjoy a pizza picnic and catch a fun, family friendly movie while working together on your own building project to take home!

More information will be available on our Facebook page and at the front desk as the date approaches. This is a FREE community event, but pre-registration is required through our mobile app or by going to bvfyymca.org/bvfyymca-schedule.

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 currently offered at the Licking Heights Central Middle School. These quality programs provide scheduled activities with approved curriculum. Our program collaborates with the school district to work towards kindergarten readiness and a life-long love of learning. Serving Pataskala area children ages 3-5 years; who MUST be completely potty trained.

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.

FOR MORE INFORMATION CONTACT:

Carrie Rocco, Program Registrar
740-927-3365 ext. 30251

Jessica Calvelage, Child Care Coordinator
740-927-3365 ext. 50909
jessica.calvelage@bvfyymca.org



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
bvfyymca.org

WEST LICKING COUNTY FAMILY YMCA

PATASKALA

355 West Broad Street
Pataskala, OH 43062
740-964-6522
bvfyymca.org

MUSKINGUM COUNTY FAMILY YMCA

ZANESVILLE

1425 Newark Road
Zanesville, OH 43701
740-454-4767
bvfyymca.org

OUR MISSION

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

