

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUCKEYE VALLEY FAMILY YMCA

FALL 1 ACTIVITIES SEPT. 7 - OCT. 23

FALL 2 ACTIVITIES OCT. 25 - DEC. 18

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–9:00pm

Fri: 5:00am–7:00pm

Sat: 7:00am–3:00pm

Sun: 1:00pm–5:00pm

WEST LICKING COUNTY FAMILY YMCA PATASKALA

Hours of Operation:

Mon–Thurs: 5:00am–9:00pm

Fri: 5:00am–7:00pm

Sat: 7:00am–3:00pm

Sun: 1:00pm–5:00pm

MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE

Hours of Operation:

Mon–Thurs: 5:00am–9:00pm

Fri: 5:00am–7:00pm

Sat: 7:00am–3:00pm

Sun: 1:00pm–5:00pm

HOURS ARE SUBJECT TO CHANGE.



WELCOME TO YOUR BUCKEYE VALLEY FAMILY YMCA

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

VISIT OUR WEBSITE, [BVFYMCA.ORG!](http://BVFYMCA.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.



FALL FITNESS CHALLENGE

THE GREAT PUMPKIN CHALLENGE

Participants will complete one workout a week with their coach in a small group setting and an additional pre-programmed workout individually. Running/Walking 101 and nutritional seminars will be available. You'll also have access to the association wide private Facebook group for general nutritional information, virtual accountability and coach/peer motivation. Multiple challenge groups are offered each week, so there is one to fit your schedule!

WHO: Members at all fitness levels

WHEN: Sept. 11 – Oct. 30*

*Day and time chosen at registration, options vary by branch.

INFORMATIONAL MEETINGS: September 9

Licking County Family YMCA – 5:00 pm

Muskingum County Family YMCA – 6:00 pm

West Licking County Family YMCA – 6:00 pm

Assessments: varies by branch

FINAL EVENTS: The Great Pumpkin Challenge
Saturday, October 30

FEES: Members \$65

REGISTRATION: Registration opens August 15th online and at the front desk.

Watch for details on Facebook, bvfyymca.org and in our email newsletter.

ActivTrax
Strengthening The Movement

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!

LICKING COUNTY FAMILY YMCA

Newark GYMNASTICS

TRAMPOLINE & TUMBLING

TUMBLING BEGINNER

(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

(6 yrs & up)

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

(7 yrs & up) **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 to participate.

Thurs 7:00-8:00pm



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: \$44 Non-Member: \$90

45 Minute Class

Member: \$50 Non-Member: \$95

60 Minute Class

Member: \$61 Non-Member: \$107

90 Minute Class (once per week)

Member: \$94 Non-Member: \$139

90 Minute Class (twice per week)

Member: \$108 Non-Member: \$159

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

TEAM PREPARATION GYMNASTICS

Coach Recommended

These classes are designed for gymnasts of all ages who possess the desire and ability to compete. 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 Pre-team class for children with previous experience in gymnastics who are preparing for Pre-team.

Tues 5:00-6:30pm

GIRL'S PRE-TEAM (Level 2)

Coach Recommended

This class is the next step after Hot Shots for children with previous experience in gymnastics who are preparing for the competitive team.

Mon & Wed 5:00-6:30pm

BOY'S SELECT (Level 3)

Coach Recommended

This class focuses on the skill set for recreational gymnastics including horizontal swings, inverted pike straight to a German hang, pancake with elbows on floor, splits, cartwheel step in, backward roll to a pike stand, multiple swings in a row with a half turn and a ¼ circle on the mushroom.

Wed 5:00-6:30pm

NOTE: Any class may be canceled due to low enrollment

**Must be recommended by coach to participate in this class.

LICKING COUNTY FAMILY YMCA

Newark

GYMNASTICS

PROGRESSIVE YOUTH GYMNASTICS

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

This one hour class focuses on coordination, strength and flexibility and is an intro to basics on vault, bars, balance beam and floor.

Young Basics

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

Rollers

Tues	7:00-8:00pm
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FLIPPERS (Intermediate 5-8 yrs) & SWINGERS/KIPPERS**

(Intermediate & Advanced 8 yrs & up)

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 1

(Beginner – Level 1 for boys 6 yrs & up)

The boys will develop skills for all 6 of the men's competitive events such as handstands, cartwheel, forward and backward rolls to their feet and jumps. On the rings, parallel bars and men's high bar, students will learn pullovers & casting, swings, front support and Level 1 dismounts.

Tues	6:00-7:00pm
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MINI STUNTMEN 2

(Intermediate – Level 2 for boys 6 yrs & up)

A progressive class that builds on previously learned skills from Mini Stuntmen 1 and focuses on handstand holds, round off, backward roll to a push up position, bridge, dive rolls along with chin-up pullovers, back hip circles, inverted hangs, skin the cat pull-ups, and Level 2 dismounts on the rings, parallel bars and men's high bar.

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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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	5:00-5:45pm
Fri	11:00-11:45am

SUPERSTARS (4-6 yrs)

experienced preschool for girls

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

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

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.

ADULT OPEN GYM (18 yrs and up)

This is an opportunity to try anything you ever wanted to do regarding gymnastics. Both women's and men's events as well as our tumble track. You can sign up for the session or for a week at a time. Registration can be done online or in person at the front desk. Staff is present to assist you. You can work at your own pace and on what you want. Weekly Rate- Member \$15.00 and Non-Member is \$22.00

Tues	7:30-8:30pm
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For more classes and offerings, Scan the QR code to visit bvfyymca.org

FOR MORE INFORMATION PLEASE CONTACT:

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

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 INFO 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:

Krista Romano, Preschool Director at krista.romano@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.

OUTDOOR CLASSES

These classes will take place North the Mitchell Center. Please look at our website to get the latest updates and schedules on the outdoor classes. TRX, Yoga and Strength classes.



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

FOR MORE INFORMATION CONTACT:

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

CERTIFICATIONS

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

August 9 at 9:00am
September 13 12 at 9:00am
October 11 at 9:00am
November 8 at 9:00am
Cost for Adult, Child, Infant CPR,
First Aid and AED FEE: \$60



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.

REFIT™ - Beginner to Intermediate

Refit will boost your best self through dance, toning, balance, and flexibility. This 45 minute 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.

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!

KICKBOXING - Intermediate to Advanced

This program sculpts your upper body with jabs and lower body with a variety of kicks. The class is for people who love a good cardiovascular workout. Kickboxing may also incorporate boxing gloves from time to time.

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® CIRCUIT Standing upper-body strength work alternated with low-impact cardio using a chair for standing support.

SILVERSNEAKERS® CLASSIC Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.



LICKING COUNTY FAMILY YMCA Newark AQUATICS-Swim Lessons



SWIM TEAM

SEPT. 13 - MARCH*

LEVEL 3: \$450

LEVEL 2: \$350

LEVEL 1: \$250

HIGH SCHOOL PRE-SEASON

SEPT. 13 - NOV. 1

\$100

* EXACT DATE IS DEPENDANT ON LEVEL

LIFEGUARD CLASS

A LIFEGUARD CLASS WILL BE OFFERED ONCE EVERY MONTH. THE CLASS FEE IS \$250 UNLESS YOU BECOME A YMCA LIFEGUARD AND THE CLASS IS FEE IS REFUNDED. LIFEGUARDS ARE IN HIGH DEMAND, SO IF YOU ARE LOOKING FOR A FUN OPPORTUNITY TO WORK AT THE YMCA, CONTACT OUR AQUATICS DIRECTOR, ELIJAH HARRIS AT ELIJAH.HARRIS@BVFYMCA.ORG TODAY!

FOR MORE INFORMATION CONTACT:

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

Todd Ricketts, Head Triathlon Coach
tricoachtodd@outlook.com



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

PRESCHOOL SWIM STARTERS

6 mos-6 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.

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.

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.

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.

SWIM LESSON FEES

SINGLE LESSON PER WEEK

\$40 FOR MEMBERS

\$90 FOR NON-MEMBERS

TWO LESSONS PER WEEK

\$80 FOR MEMBERS

\$180 FOR NON-MEMBERS

LICKING COUNTY FAMILY YMCA

Newark

AQUATICS-Swim Lessons



PRESCHOOL

A-Water Discovery

(Parent & Child 6-24 months)

Saturday 9:00 - 9:30am

B-Water Exploration

(Parent & Child 2-3 years)

Saturday 9:30 - 10:00am

A/B-Water Discovery & Exploration

(Parent & Child 6 months - 3 years)

Tues & Thurs 10:30 - 11:00am

1-Water Acclimation (3-5 yrs)

Monday 6:30-7:00pm

Tues & Thurs 6:00-6:30pm

Tues & Thurs 10:30-11:00am

Wednesday 5:30-6:00pm

Saturday 9:30-10:00am

Saturday 10:30-11:00am

2-Water Movement (3-5 yrs)

Monday 6:00-6:30pm

Tues & Thurs 11:00-11:30am

Tues & Thurs 5:30-6:00pm

Wednesday 6:00-6:30pm

Saturday 9:00-9:30am

Saturday 11:00-11:30am

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

Tues & Thurs 11:00-11:30am

Tues & Thurs 6:30-7:00pm

Saturday 9:00-9:30am

SCHOOL AGE PRESCHOOL

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

Monday 5:30-6:00pm

Tuesday 6:30-7:00pm

Wednesday 6:30-7:00pm

Thursday 6:30-7:00pm

Saturday 10:00-10:30am

Saturday 11:00-11:30am

3-Water Stamina (6-12 yrs)

Monday 6:00-6:30pm

Tuesday 6:00-6:30pm

Wednesday 6:00-6:30pm

Thursday 5:30-6:00pm

Saturday 10:30-11:00am

4-Stroke Introduction (6-12 yrs)

Monday 5:00-5:30pm

Tuesday 5:30-6:00pm

Thursday 6:00-6:30pm

Saturday 10:00-10:30am

5-Stroke Development (6-12 yrs)

Monday 5:30-6:00pm

Tuesday 5:00-5:30pm

Wednesday 5:30-6:00pm

Thursday 5:00-5:30pm

Saturday 11:00-11:30am

6-Stroke Mechanics (6-12 yrs)

Thursday 5:00-5:30pm

Saturday 9:30-10:00am

ADULT

(18 yrs and up)

Saturday (advanced) 8:00-8:30am

Saturday (beginner) 8:30-9:00am



FOR MORE INFORMATION PLEASE CONTACT:

Elijah Harris, Aquatics Director
elijah.harris@bvfymca.org • 740-345-6631

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

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.

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

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



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

FOR MORE INFO CONTACT:

Stephani Needles, Wellness Coordinator
Stephani.Needles@bvfyymca.org
740-454-4767 ext. 311
MacKenzie Brune, Wellness Coordinator
MacKenzie.Brune@bvfyymca.org
740-454-4767 ext. 304

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

TOTAL BODY CONDITIONING

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

**MUSKINGUM COUNTY FAMILY YMCA
ZANESVILLE
CHILDCARE/HEALTH AND WELLNESS**



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

POUND

An 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! 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 FOUNDATION AQUATIC PROGRAM

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

STEP CLASSES

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).

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



MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE YOUTH SPORTS AND DEVELOPMENT

SPORTS

FLAG FOOTBALL

This league is for children grades kindergarten – 6th. The program places a strong emphasis on fun, fair play, equal participation, and learning the fundamentals of football. Each player will receive a YMCA game shirt. Games on Saturdays. Price: member \$40 / non-member \$75

YOUTH SOCCER

This is a co-ed league for children grades Pre-k – 6th. 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. REGISTRATION: Price: member \$40 / non-member \$75

YOUTH VOLLEYBALL

This league is for children grades 3rd-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. Price: member \$40 / non-member \$75



FOR MORE INFORMATION PLEASE CONTACT:

Tyler McDade, Sports Director
tyler.mcdade@bvfymca.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 \$65

2 classes a week (14 classes)

Member \$65 / Non-member \$80

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 6:30-7:15pm

Member \$25 / Non-member \$50

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

Member \$30 / Non-member \$50

Registration space is limited!

KIDS REFIT

ages 8 & up

High-energy dance fitness for kids 8 years and older. Burn off some energy in 30 minutes of fun and learn some cool dance moves!

Sat 9:15-9:45am

Member \$25 / Non-member \$50

Registration space is limited!

YOUTH ART CLASSES

Ages 3-10

These classes are for any child who loves art, is looking for another way to express their creativity, or just wants to learn new art mediums. Each week students participate in projects that explore various art mediums.

Wednesday 6:00-7:00pm

Member: \$20/month

Non-member: \$40/month

Monthly Sign Up

MUSKINGUM COUNTY FAMILY YMCA ZANESVILLE AQUATICS-Swim Lessons



TWO WEEK EVENING CLASS SCHEDULE* PRESCHOOL

1-Water Acclimation (3-5 yrs)
Mon-Fri 5:00pm-5:30pm

1-Water Acclimation (4-6 yrs)
Mon-Fri 5:00pm-5:30pm

2-Water Movement (3-5 yrs)
Mon-Fri 6:30pm-7:00pm

3-Water Stamina (3-5 yrs)
Mon-Fri 5:45pm-6:15pm

4-Stroke Introduction (4-6 yrs)
Mon-Fri 7:15pm-7:45pm

SCHOOL AGE

3-Water Stamina (6-12 yrs)
Mon-Fri 5:45pm-6:15pm

4-Stroke Introduction (6-12 yrs)
Mon-Fri 6:30pm-7:00pm

5-Stroke Development (6-12 yrs)
Mon-Fri 7:15pm-7:45pm

*GROUP SWIM LESSONS

Class description can be found on page of this brochure.

**Saturday Morning Schedule & Fees
Sept. 18 - Oct. 30**

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

Two Week Lesson Schedule & Fees

Sept. 13 - Sept. 23

Sept. 27 - Oct. 7

Oct. 11 - Oct. 21

Nov. 1 - Nov. 11

Nov. 15 - Nov. 26

(No lessons on Nov. 25)

Nov. 29 - Dec. 9

Dec. 13 - Dec. 23

Member: \$50

Non-Member: \$125

SATURDAY CLASS SCHEDULE* PRESCHOOL

A/B-Water Discovery/Exploration
(Parent/Guardian & Child 6 mos-3 yrs)
Saturday 10:00-10:30am
10:45-11:15am

1-Water Acclimation (3-5 yrs)
Saturday 8:30am-9:00am
9:15am-9:45am
10:00am-10:30am

1-Water Acclimation (4-6 yrs)
Saturday 9:15am-9:45am

2-Water Movement (3-5 yrs)
Saturday 10:00am-10:30am
11:30am-12:00pm

4-Stroke Introduction (4-6 yrs)
Saturday 8:30am-9:00am
9:15am-9:45am

SCHOOL AGE

1-Water Acclimation (6-12 yrs)
Saturday 8:30am-9:00am
9:15am-9:45am
10:45am-11:15am
11:30am-12:00pm

2-Water Movement (6-12 yrs)
Saturday 8:30am-9:00am
11:30am-12:00pm

3-Water Stamina (6-12 yrs)
Saturday 10:00am-10:30am
10:45am-11:15am

4-Stroke Introduction (6-12 yrs)
Saturday 11:30-12:00pm



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

CPR

For members, non-members and staff!

August 16 - Classes offered at 7am, 12pm & 6pm
September 20 - Classes offered at 7am, 12pm & 6pm
October 18 - Classes offered at 7am, 12pm & 6pm
November 15 - Classes offered at 7am, 12pm & 6pm
December 20 - Classes offered at 7am, 12pm & 6pm
Cost: \$60 Members \$120 Non-members

Swim Challenge

May 1, 2021 to May 11, 2022

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. You can join the Facebook group, track distances, and log swims on the daily log at MCFYMCA. For more info visit bvfyymca.org or contact troyriffle@bvfyymca.org.

High School Swim Conditioning

September 20 to October 29

Monday thru Friday from 4:00pm - 5:00pm

\$275 for members \$500 for non-members

YMCA Swim Team

Must be a Y member to participate.

Season: September 13 to March 12

Level One (6-11 year olds): \$300

Level Two (10-14 year olds): \$400

Level Three (13-18 year olds): \$500

USA Club Team participation is an additional \$250 per swimmer and guarantees 4 USA Club meets.

Practices are Monday thru Friday

5:00pm - 6:00pm for novice & beginner

6:00-7:00pm for advanced

Official schedule is yet to be determined but will include both home and away meets.

Open House: Join us August 23 from 4:00pm - 6:00pm and meet our coaches, discuss the season and obtain suit and team apparel information.

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 & MORE

GYMNASTICS

PRESCHOOL 3-4 yrs

This 30-minute program is for the child who is new to gymnastics and 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: \$36	Non-Member: \$72

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	5:45-6:45pm
Thurs	6:00-7:00pm
Member: \$46	Non-Member: \$92

ROLLERS/SWINGERS 7 yrs & up

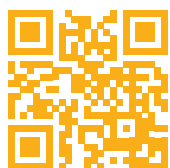
Rollers/Swingers is a beginning level class for gymnasts who want to have fun while learning basic gymnastics skills.

Tues	7:00-8:00pm
Member: \$46	Non-Member: \$92

SWINGERS/KIPPERS 7 yrs & up

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

Thurs	7:15-8:15pm
Member: \$46	Non-Member: \$92



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

FOR MORE INFORMATION CONTACT:

Dana Moore, Executive Director

dana.moore@bvfyymca.org

Jamie Goudy, Health & Wellness Director

jamie.goudy@bvfyymca.org • 740-964-6522

MARTIAL ARTS

TANG SOO DO

Youth 5-12

Intermediate Level: 8th Orange and above

In this class, the 8th Orange and higher ranks will continue to develop their Tang Soo Do knowledge in advanced applications and forms designed to build excellent martial technique, self-confidence, and will strive to develop and perfect one's character.

Mon	6:30-7:30pm
Member: \$46	Non-Member: \$92

Foundations: All levels

This class is designed to introduce new students to Tang Soo Do, but also to aid advanced students in building strength, structure, and a foundation on which to continue building their Tang Soo Do knowledge.

Wed	6:30-7:30pm
Member: \$46	Non-Member: \$92

Adults 13+ Teens and Adults

This class is designed to build strong character and martial technique. Tang Soo Do aims to teach self-defense along with the confidence in oneself. Through building mental, physical, and spiritual strength, our goal is to develop and perfect one's character.

Mon & Wed	7:45-8:45pm
Member: \$46	Non-Member: \$92

All Ages - 5 and up Youth / Teens / Adults

This class is designed to build strong character and strong martial technique. Tang Soo Do aims to teach self-defense along with the confidence. Through building mental, physical, and spiritual strength, our goal is to develop and perfect one's character.

Sat	9:00am-10:00am
Member: \$46	Non-Member: \$92

Black Belt Class (Cho Dan Bo and higher)

Achieving one's Black Belt, while a huge accomplishment, is but a step in life-long journey to strive for perfection. In this class, a Cho Dan Bo or Black Belt will not only continue to advance their Tang Soo Do knowledge but will also build leadership qualities and teaching techniques to be able to pass on Tang Soo Do to new generations.

Sat	10:15-11:15am
Member: \$46	Non-Member: \$92

PARENTS NIGHT OUT

Have a date night and we'll take care of the kids! Drop your kids off at the Y for a night of games, crafts, snacks and a movie. Registration is required. Snack will include popcorn, fruit snacks, juice boxes and water. Parents can provide their own snack for their own child if preferred.

WHO: Y Members & Non Members 3-12 years

All children must be potty-trained

FEES: \$10 for Members/ \$25 for Non Members for each Parent's Night Out

REGISTRATION: Required and space is limited. Register online or at the Member Services Desk

WHEN: 6:00-10:00pm on Friday, September 17, Friday, October 22 and Friday, November 12

PARENTS DAY OUT

Take some time to yourself this holiday season! Wrap presents, bake cookies, go shopping or just get a break from the kids! Drop your kids off at the Y for an afternoon of games, crafts, PIZZA, snacks and a movie with a Christmas theme. Snack will include pizza, popcorn, fruit snacks, juice boxes and water. Parents can provide their own snack for their own child if preferred.

WHO: Y Members & Non Members 3-12 years

All children must be potty-trained

WHEN: December 18, 2021-4:00-9:00pm

Drop off begins at 3:45pm and all children need to be picked up by 9:00pm.

FEES: \$15 for Members/ \$35 for Non Members for each Parent's Day Out

REGISTRATION: Required and space is limited. Register online or at the Member Services Desk

MINI MITES

FLAG FOOTBALL by Bally Sports

We are excited to partner with Bally Sports to offer Mini Mites Flag Football. The program introduces players to the fundamentals of football using fun games and drills appropriate for this age group. Athletes will practice running the ball, pass routes, catching, throwing, blocking and game concepts during game play. In addition to the instructional activities, each week will include a modified game. Game play incorporates an equal amount of playing time and a rotation of positions. Although our instructors will lead the program, parent assistance is welcomed. Instructors aid in keeping game play smooth, while emphasizing sportsmanship with positive attitudes.

WHO: Boys & Girls ages 5-7

WHEN: Wednesdays, September 15 - October 20 from 5:30 PM - 6:45 PM

REGISTRATION: Online at bvfyymca.org

FEE: \$75, Includes Team Shirt

INFO CONTACT: Bally Sports at 614-505-6532 or at ABally@BallySportsGroup.com

WEST LICKING COUNTY FAMILY YMCA

Pataskala

CHILDCARE/HEALTH & WELLNESS



ACTIVE ADULT FITNESS CLASSES

ACTIVE ADULT CLASSES ARE GEARED TOWARD MEMBERS AGES 50 AND UP.
VIEW THE FULL SCHEDULE ON OUR APP AND AT BVFYMCA.ORG

ACTIVE ADULT STRENGTH AND CARDIO WITH VICKI 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.

DELAY THE DISEASE WITH PATASKALA OAKS A fitness and mobility program designed to improve mobility, posture, balance, handwriting, speech volume, and reduce daily functional challenges of those with Parkinson's Disease. The class is led by certified OhioHealth Delay the Disease instructors with the Pataskala Oaks Care Center.

SILVERSNEAKERS® CIRCUIT WITH TINA Standing upper-body strength work alternated with low-impact cardio using a chair for standing support.

SILVERSNEAKERS® CLASSIC WITH SANDRA Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

YOUTH FITNESS CLASSES

CARDIO KIDS WITH MARGIE A 45-minute, high energy class of strength, stretch & cardio for kids ages 5 to 10! They will enjoy upbeat music and learn how to incorporate fitness into everyday activities!

YOUTH STRENGTH AND CONDITIONING WITH KAHLA

This FUN yet challenging class is designed specifically to get youth ages 10-13 moving while learning and mastering the basics of exercise. Participants will build strength and stamina utilizing both weights and bodyweight, giving them the knowledge and skills they'll need to safely and effectively utilize the Wellness Center weight equipment.

With instructor permission, youth under the age of 14 may participate in other Group Fitness classes when accompanied by a parent or guardian. Youth 14 years and up may participate in Group Fitness classes without a parent or guardian's supervision.

SPOOKTACULAR

Saturday, October 16th 6:30-8:00 pm

Join us at Foundation Park and enjoy FREE carnival style games and air-brush tattoos for the kids, a Monster Mash Dance Party featuring popular dances led by our fabulous Y fitness instructors, and a Spooktacular family selfie spot. The evening includes a SPOOKTACULAR 5K, ZOMBIE RUN, and LITTLE MONSTER DASH.

We will finish the night with a costume contest at 7:30 pm! Entry into the costume contest is a donation of 2 non-perishable food items to benefit our Holiday Food Drive. Awards will be given for Best Costume, in the following age categories – 5 & under, 6-10, 11-15, and 16+, and for the Best Family Costume as determined by our panel of celebrity judges. We request that all costumes be family friendly. More information is available at bvfyymca.org and on our Facebook page.

PRESCHOOL

The Buckeye Valley Family YMCA provides a year-round Preschool Program for the Pataskala area in partnership with the Licking Heights district. 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. 30255
carrie.rocco@bvfyymca.org

Jessica Calvelage, Child Care Coordinator
740-927-3365 ext. 30256
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.

