

YMCA of Ross County

100 Mill Street

Chillicothe, Ohio 45601

740.772.4340

www.rosscountyyymca.org



**REGISTER FOR CLASSES
ONLINE OR THROUGH OUR
MOBILE APP**



HOURS OF OPERATION

Holiday Closings: New Years Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving Day, and Christmas Day.

Hours: October -April

Mon - Thurs	5am - 9pm
Fri	5am - 7pm
Sat	7:30am - 7pm
Sun	1pm - 7pm

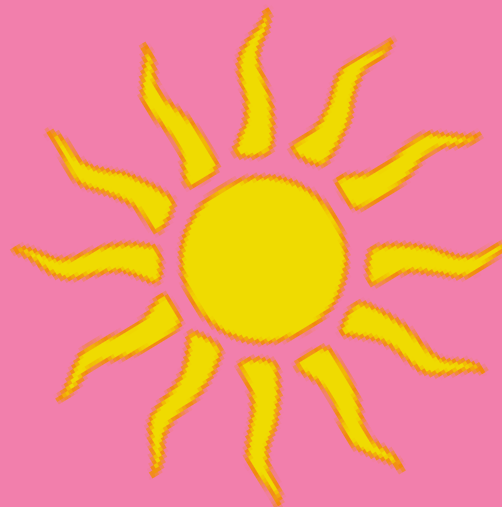
Hours: May - September

Mon - Thurs	5am - 9pm
Fri	5am - 7pm
Sat	7:30am - 7pm
Sun	Closed

BEST SUMMER EVER!



2019 YMCA PROGRAM GUIDE



SUMMER I SESSION

Registration: Open Now!
Session: June 2 — July 13

SUMMER II SESSION

Registration: Open June 14
Session: July 14 — Aug. 24

FALL SESSION

Registration: Opens July 26
Session: Sep. 8 — Oct. 26

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA OF ROSS COUNTY

What is the YMCA: The YMCA is a 501(c)(3) charitable not-for-profit organization.

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

Our Cause: Our cause is to strengthen our community through programs focused on Youth Development, Healthy Living and Social Responsibility.

Our Y Today: Today, our YMCA serves over 100,000 visitors per year. Each year, over 350 young people learn to swim in our aquatics program. Over 250 children play sports in our Youth Basketball league. Nearly 100 children attend our summer camp program.

Our Caring Members & Supportive Staff: The YMCA is truly a place where all individuals are welcome. Our members come from all walks of life, all age groups, and all ethnicities. At the Y, we foster a community of caring members & supportive staff.

There is something for YOU at the YMCA: Members enjoy and participate in fun filled activities. From group fitness classes to team sports, from health education opportunities to community outreach events, from innovative preschool & afterschool programs to individualized work-out plans, there is something for everyone at the YMCA.

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POLICIES



STAY PLUGGED IN

We offer so many programs, not every one made it to this brochure. To stay informed, the YMCA of Ross County's website is regularly updated. Download our program guide, current schedules for the aerobics room, the pool and other programs. Also, visit our social media sites:

www.rosscountyyymca.org

[Facebook.com/rossymca](https://www.facebook.com/rossymca)

Mobile App on Apple and Android App Stores



POLICIES

Membership Details

As a full-facility member of the YMCA of Ross County, you are entitled to use the facility during all open hours. Members are also entitled to participate in all programs at reduced rates or at no additional charge. Membership may be purchased in full at the time of joining by cash, check, credit or debit card, or by monthly bank or card draft. Membership may be downgraded only after a six (6) month wait, per change. You must give 30 days notice to cancel your membership or to make any changes to your membership. Membership cards are required for admittance to the YMCA. Cards are non-transferable and may be not utilized by anyone other than the approved card holder.

Child Watch

Wanting to get in shape, but don't have a regularly sitter to watch your child while you do? Visit our Stay & Play room on the 2nd floor. Children ages 6 months to 8 years are eligible to stay for up to two hours in our nursery. Parents must remain in the YMCA while children are in Stay & Play. Child Watch hours vary from day to day, but generally cover morning and evening programs at the YMCA.

Nationwide Membership

Members of the YMCA are able to utilize all YMCA facilities across the United States free of charge. Your membership to the Y travels with you wherever you roam, travel or do business. With over 10,000 YMCA's in the US, you'll find a YMCA anywhere you go waiting for you.

Guest Passes

The YMCA welcomes guests to visit and participate in our facility and programs. Guests must be accompanied by a member and bring valid photo ID. Guests may participate in exercise classes, where space allows. Passes are priced as follows, but are subject to change:

Before 4pm:	\$10	After 4pm:	\$5
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Supervision of Children

Children ages 8 to 12 may use the facility for one (1) hour without parental supervision. If the child is left for greater than one hour, the parent or guardian may be notified. Children 7 and under must be supervised at all times. The YMCA reserves the right to amend this policy without notice.

Locker Rooms

Lockers may be reserved in each locker room for a small fee. Members and guests may use unreserved lockers on a daily basis with no fee. The Y is not responsible for lost or stolen items.

CERTIFICATIONS AND TRAININGS

LIFEGUARD CERTIFICATION

\$275 per person

Being a lifeguard can be a very challenging and rewarding job. The purpose of this class is to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies.

Participants must be 16 years of age and pass the physical competency test to be eligible. YMCA lifeguard certification is good for two (2) years. Price of program includes Lifeguard Manual (\$32), CPR Mask (\$14) and Certification Fees (\$37). Winter & Spring Classes Available.

FIRST AID CERTIFICATION

\$60 per person

The goal of this training is to teach individuals how to respond to common first aid emergencies, including cuts, burns, head and neck and back injuries and more. Upcoming Dates To Be Determined

CPR / AED CERTIFICATION

\$85 per person

The goal of this training is to help students develop the knowledge, skills and confidence to respond in medical emergencies. The class will teach how to respond effectively to cardiac and breathing emergencies with adults, children and infants. Additionally, it will teach the use of automated external defibrillators (AED). Contact the Y for Class dates.

My Y is Every Y

The Y movement is for youth development, healthy living and social responsibility. We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace or in another region. Now full facility / full privilege YMCA members have the flexibility to use other Y facilities throughout the United States, at no extra charge.



Expulsion Policy

Members or guests of the YMCA may be permanently excluded from our facility and programs for reasons necessary for the protection of our other members. Reasons for expulsion include, but are not limited to, physical harm to another person; sexually offensive actions or threats; being a register sex offender; any violent or improper behavior against another person. Permanent expulsion is reserved for situations where suspension will not adequately protect YMCA members, volunteers, program participants and staff.

MEMBERSHIP

MEMBERSHIP DETAILS

What's Included?

- Fully-equipped 2,300 square foot fitness center with treadmills, elliptical machines, bikes, Stair Masters, and weight machine
- Youth, women's & seniors fitness center
- Two basketball court gymnasium
- Men's, Women's, and Family locker rooms
- Child Watch, Rookies Sports FREE with membership
- Indoor heated pool
- Indoor running /walking track
- Aerobic classes included FREE with membership
- Free instruction and support on equipment
- Access to all YMCA's across the United States
- Convenient hours throughout the year
- Great location close to downtown & the city park

MEMBERSHIP RATES

Our YMCA prides itself on maintaining extremely high value and affordable membership rates for our community. Our current rates are listed below:

	Monthly Rate	Annual Rate (Pay 10 months, get 2 free)
Youth:	\$23/mon	\$230/year (\$46 off)
Young Adult:	\$25/mon	\$250/year (\$46 off)
Adult:	\$36	\$360 (\$72 off)
Couple:	\$50	\$500 (\$100 off)
Senior:	\$33	\$330 (\$66 off)
Senior Couple:	\$46	\$460 (\$92 off)
Family:	\$57	\$570 (\$114 off)
Single Parent Family:	\$48	\$480 (\$96 off)
Young Family:	\$45	\$450 (\$96 off)

**All memberships are subject to the additional local tax rate, which is currently 7.25%. There may be a \$30 fee on returned monthly drafts.*

OTHER MEMBERSHIP TYPES

In addition to our standard membership types, there are several other categories of membership we recognize. These include:

P.A.C.E.

Providing Assistance and Christian Enrichment. Our PACE program strives to serve everyone, regardless of their ability to pay. Memberships are not free, but are discounted and subsidized thanks to our annual charitable campaign and other fundraising efforts.

WELLNESS

Group Exercise Classes are Included in your Membership.
Classes are open to ages 14-17 attending with parent.

GROUP FITNESS CLASSES

Strength & Cardio

Suitable for all levels, the class provides weight training techniques to build, strengthen and develop all of your muscle groups. You also improve bone density and burn calories as you do interval training.

Spin

Pedal yourself to amazing energy and health in this group cycling class. Combining music with unique workouts, cycle exercise delivers great workout experiences and incredible results.

Zumba®

Zumba fitness fuses international music and rhythm with easy to follow dance moves. This class is for all fitness levels, ages and people. Lose yourself in the music and find yourself in shape!

Try Zumba®, Zumba® Toning, or Aqua Zumba®

HIIT

Designed to provide interval cardio bursts for the ultimate calorie burner. Everyone sets their own pace and level. Improve your endurance and strength with this class.

Total Strength

Instructed by a Personal Trainer, with the feel of a one-on-one experience. Exercises built to your fitness level.

Core

Walk taller, feel stronger! Designed to build core muscle groups while improving posture. Perform a variety of exercises that strengthen the abdomen and back muscles and increases flexibility. Class may include a variety of equipment!

Total Fitness

This class combines cardio and strength exercises for a full body workout. The class incorporates both medium intensity and high intensity timed intervals in order to improve endurance, build strength and burn a greater amount of calories.

Yoga (\$)

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment.

Chair Yoga

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair yoga is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness. *Please check monthly calendar for class schedules at the reception desk.

YMCA PRESCHOOL

\$105 per week /Members

\$125 per week /Guests

Ages 3 - 5 Years

The YMCA of Ross County offers preschool for children between the ages of 3 and 5. Our state-licensed program is rooted in the concept that learning and play are interconnected. We provide a safe, engaging and consistent environment for all children.

Our program has year-round availability. We have adapted the Creative Curriculum® for preparing the children for Kindergarten. We also believe in the importance of creative activity, play and recreation. Children in the Y Preschool frequently have opportunities for free play, field trips to the park, swimming in our pool and structured recreation in the gymnasium.

Our teachers and aides seek to help children gain confidence, explore their surroundings, collaborate with other children, improve their self esteem, to learn and have fun. The Y Preschool is state-licensed by the Ohio Department of Job and Family Services. Children in our preschool must be 3 years old before enrolling and must be potty trained.

Children in the program have included access to our before school and after school programs, for working parents who start their day before 9am or end after 3pm.

YMCA SUMMER CAMP

\$105 per week /Members

\$125 per week /Guests

*ODJFS subsidies accepted

Summer just wouldn't be the same without the excitement and adventure of a YMCA Day Camp. For over 30 years, central Ohio children have come together for a summer full of nature, water fun, games, cookouts, arts & crafts and new friendships! A wide variety of programs are offered for children ages 3 to 14.

Camp is at the heart of the Y, so make your child's summer the Best Summer Ever by enrolling today!

Register Now for Summer Camp 2019!



CHILD CARE

TODDLER CARE

\$135* per week /Members, \$150* per week /Guests

*Financial assistance may be available through ODJFS

Ages 18-36 Months

Our toddler care program is designed to meet the developmental needs of toddlers. It provides experiences that enrich and enhance each child's cognitive, language, social, emotional, physical and creative development. Within the center's daily schedule, each child has opportunities to create, explore the environment, learn problem solving and personal interaction skills, and learn concepts through first-hand experiences. Children develop a positive self-concept through a balance of self-directed and teacher directed activities.

Opportunities for solitary play, as well as group activities, are provided. Through play, children learn important lessons, such as how to manage feelings, emotions and relationships, cooperation, sharing and listening to others. We introduce a formal classroom learning routine which includes circle time, stories, songs, reading and gross motor development. Basic language, math, and social skills are reinforced daily.

YMCA AFTER SCHOOL PROGRAM

\$45* per week /Members, \$60* per week /Guests

*Financial assistance may be available through ODJFS

Grades K - 8

We offer state licensed After School care for children in K through 8th grades at **Chillicothe, Unioto and Bishop Flaget**. While our program allows for activity choice, they provide educationally based focus and homework assistance. Our program also allows children the opportunity for skill development, through swimming, sports play, gymnastics activities and more! We also provide snacks and lots of fun for children.

Hours

Our After School program operates from the time buses arrive at the YMCA of Ross County (roughly 2:45pm) until we close all child care programs at 6:00pm.

HUNTINGTON & SOUTHEASTERN SCHOOL AGE PROGRAMS

Before or After (\$35/week), or Both (\$55/week)*

Grades K - 4

The YMCA partners with public schools to serve the needs of children grades K-4 in the before and after school latch-key program. The program provides tutoring, recreational activities, learning experiences and healthy snacks for the students. Program located at Huntington or Southeastern Elementary.

Hours

The Before & After School program operates from 6:15am to 9:00 am, and 3:15pm until 6:00pm.



WELLNESS

FOR STARTERS

New Member Orientation:

Free

The Y offers introductory services for new members. Gym orientation provides an overview of the facility at your pace, answering all of your questions.

Free T-shirt included!

PERSONAL TRAINING

\$30/forty-five minute session. \$135/five-session package

Male/Female Trainer

Provides one-on-one support for an individual's fitness goals. ACE Certified personal trainers guide clients through an assessment of their fitness level, develop/coach each person through their designed fitness activities.

SILVER SNEAKERS

Muscle Strength / Range of Motion (MSROM)

Silver Sneakers classes are designed for older adults who are looking to improve their muscle strength, range of motion and overall well being. The classes are designed to operate at each person's own pace, with the support of instructors and friends.

ENHANCE FITNESS

Geared toward older adults of all fitness levels with a focus on strength, flexibility, movement and balance. Each new participant will take a fitness assessment when starting the program and again after 16 weeks in order to track progress. It is an evidenced-based class that has been proven to positively impact those with arthritis or other chronic conditions.

DIABETES PREVENTION PROGRAM

12-Month Lifestyle Change Class

\$429

The YMCA's Diabetes Prevention Program is a group-based lifestyle intervention for adults at high risk for developing type 2 diabetes, and has been shown to reduce the number of new cases of diabetes by 58 percent overall and by 71 percent in adults over 60.

Livestrong

GYMNASTICS

GYMNASTICS TEAM

Ages Up to 18

The YMCA Gymnastics team is a competitive group who competes across Ohio and annually at the national meet. All team members must be members of the YMCA of Ross County. Participation is by try-out only, for ages up to 18 years old.

Level 2
\$90

Level 3—9, xCel
\$100

PRIVATE LESSONS

We offer private gymnastics lessons for those who wish to work with our instructors one-on-one or in smaller groups. Schedule 30 or 60 minute sessions as an individual or group by contacting Coach Gretchen at gwalburn@rosscountyyymca.org

1/2 Hour
\$15

One Hour
\$25

Group Lesson
\$20/pp



OPEN TUMBLING

Ages 12 & Up

Open to tumblers who are able to tumble on their own. This class does not offer instruction and is not coached. All participants are supervised. Participants are given use of the floor and TumbleTrak ONLY during this class.

MOMMY / DADDY & ME

Ages 12 Months– 3 Years

This class is designed for parents and children, ages 18 months to 3 years. Boys and girls will be accompanied by one or both parents and will run, climb, jump and swing! Parents will stretch with kids and help them with rolls and other gymnastic movements. Kids learn structure, bonding and social skills. This class promotes exercise and fun to create healthy, happy children!

SPORTS

YOUTH SPORTS

Rookies Sports

Free /Members

\$60 /Guests

Ages 3–5 Years

Rookies sports is designed to give children an introductory experience into a variety of sports. From basketball to soccer, t-ball to golf, children get exposed to fun, interactive games with their same-age peers. The program is guided by knowledgeable adults who excel in working with younger children on skill development. Each child will receive personalized time to meet their own needs and skill development. Parents are encouraged to participate in the program with children.

NEXT Level Sports

Free /Members

\$60 /Guests

Ages 6–8 Years

Building on the foundation of Rookies Sports, NEXT Level is aimed to give children enhanced skills in a variety of sports. Instructors will use advanced drills to prepare athletes for future league sports.

Rookies & NEXT Level Schedule

Jan/Feb	Basketball
Mar/Apr	Soccer
May/June	T-Ball
July/Aug	T-Ball
Sept/Oct	Sports of All Sorts
Nov/Dec	Basketball

Youth Basketball Camp

Grades K–9

Our skills camps help young people learn the basics and develop their more advanced skills in preparation for competitive play. Classes will teach ball handling, footwork, defense and shooting.



SPORTS

YOUTH BASKETBALL LEAGUE

Age Groups: 5/6 Years, 7/8 Years, 9/10 Years, 11-13 Years

We believe an important component of YMCA Youth Sports is fair play, respect for oneself, one's opponent and others involved in competition. Players, volunteer coaches, officials, and spectators share a responsibility for fair play and good sportsmanship. Through YBL youth learn to play competitive basketball with and against their peers, while living the value fundamental to good character. This league is offered twice a year— winter and summer.

Registration thru early November. Practices in Dec. Games Jan-Feb.

TEEN STRENGTH CERTIFICATION

Free/Members

Ages 12-15 Years

This certification course teaches young people how to properly exercise, use equipment, & get healthier. Certification required for children 12-15 to use the fitness center equipment.

ADULT BASKETBALL LEAGUE

All of our sports emphasize teamwork and cooperation, and adult basketball is a great example of that. The YMCA offers recreational leagues for men and women who want to have fun in the camaraderie of others while getting an excellent workout. Bring your team together! Begins March 5th

ADULT VOLLEYBALL LEAGUE

Come together with the crew again and play our fun adult volleyball league. Co-ed teams play games on Sunday afternoons here at the YMCA during the winter, and at the outdoor courts by the city pool in the summer. Games are played 4v4. Next season begins March 31st.

HOME SCHOOL P.E.

Free /Members
\$40 /Guests
(Individual)

Free /Members
\$60 /Guests
(Family)

This program focuses on helping home schooled children obtain a strong physical education and social experience with peers. Classes involve one hour recreational activities in the gym, followed by 45 minute swim activities. Children will learn new games, build new relationships and have fun in a values-focused environment!

RECREATIONAL GYMNASTICS

All classes are session based, 7-weeks long.

Twinkle, Twinkle Little Stars Ages 3-4 Years

Children are introduced to basic gymnastic skills, verbal cues and body movement. Focus is on cartwheels, balancing and bouncing.

Little Stars Ages 4-5 Years

This is the next-level gymnastics class. Children begin to use the entire gym and will learn how to safely approach each apparatus.

Bronze Stars Ages 5-8 Years

This class is for beginner gymnasts. Focus on basic gymnastics skills, coordination and gaining strength.

Silver Stars School Age Children

Intermediate level class focused on skills and coordination, children learn the essentials for gymnastics.

Junior Elite Stars (Invitation Only)

Ages 4-7 Years

This will prep gymnasts with skills that it takes to become a member of the Competitive Team.

All Stars (Invitation Only) School Age Children

In the past, this program was known as Pre-Team. It is a 90-minute class, and is the final step for those looking to compete across the country!

Mini Stunt Men School Age Children

Gymnastics class for boys ages 6 to 12, which will teach an array of agility and strength skills targeted to boys skill sets.

**Check Out Our Website and App
for Our Latest Info!**

**We host gymnastics
birthday parties!**



AQUATICS

PARENT / CHILD SWIM

\$30/Members, \$60/Guests

Ages 6 Months – 2 Years

This 30-minute class is a water adjustment class. The child will learn water safety, basic stroke development, such as kicking and floating, and will also enjoy games and songs that reinforce water skills. Parents will learn how to handle their young swimmer while in the water, as well as, balance and towing.



SWIM LESSONS

\$49/Members, \$99/Guests

Water Discovery Ages 0 – 5 Years

This stage introduces infants and toddlers to the aquatic environment. As you develop youth at this stage, focus on the following important milestones:

- Encouraging parents to set developmentally appropriate expectations for infants and toddlers enrolled in swim lessons
- Introducing and emphasizing basic water safety to parents and providing a positive family aquatic experience
- Building relationships among and between parents and children by providing opportunities for fun and interaction in the water

Water Exploration Ages 0 – 5 Years

In this stage, children focus on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. As you develop youth at this stage, focus on the following important milestones:

- Encouraging children to move purposefully in the water in response to visual and verbal cues and using toys and flotation devices
- Emphasizing basic aquatic safety to parents
- Building relationships among and between parents and children by providing opportunities for fun and interaction in the water

Water Acclimation Ages 3+

This stage increases students' comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. As you work with students at this stage, focus on the following important milestones:

- Exploring the aquatic environment and personal skills with instructor help
- Developing basic skills to propel and glide through the water with instructor help
- Learning basic aquatic safety and accepting some of the responsibility for safe practices

Water Stamina Ages 3+

In this stage, students focus on forward movement in water and basic self-rescue skills performed independently. As you work with students at this stage, focus on the following important milestones:

- Exploring the aquatic environment and personal skills without instructor

help

- Developing basic skills to propel and glide through the water without instructor help
- Learning basic aquatic and boating safety and accepting some of the responsibility for safe practices

Stroke Introduction Ages 3+

This stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. As you work with students at this stage, focus on the following important milestones:

- Developing the front crawl and back crawl
- Introducing components of the breaststroke and butterfly
- Practicing safety techniques in deep water

Stroke Development Ages 3+

Teaching This Stage This stage introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. As you work with students at this stage, focus on the following important milestones:

- Developing stamina in the front crawl and back crawl
- Developing the breaststroke and butterfly
- Building endurance techniques for deep-water safety

Stroke Mechanics Ages 3+

This stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. As you work with students at this stage, focus on the following important milestones:

- Developing endurance in the competitive strokes
- Developing skills related to competitive swimming like flip turns
- Enhancing skills and building endurance in deep water

LEARN TO SWIM (ADULT)

Ages 18+

This program teaches the 1/3 of adults who do not know how to swim the basics of swimming. The class is based on 3:1 ratios and is personalized to the needs of the adult.

WATER FITNESS

\$25/Members (per month)
\$55/Guests

This 45-minute class is designed to meet the criteria of the Arthritis Foundation's recommendations for water based activity for adults. The class focuses on flexibility, safe water exercise and strength.

Perfect for
Seniors!

SWIM TEAM (MARLINS)

Ages 4–18 Years

The Marlins swim program has been a staple of the YMCA since the 1960's. The Marlins compete against YMCA's across the state in a host of swim distances. Our team is founded on the notion that teamwork, support and effort are the foundations of lifelong success. Team consists of 35 swimmers.

OPEN / RECREATIONAL SWIM All Ages

We offer over 35 hours per week of open swim or recreational swim time in our pool for members and guests. This time is designed to enjoy the water, participate in enjoyable water activities and to increase your overall fitness strategies. Children under the age of 16 must pass a swim aptitude test to utilize the deep end of the pool.

PRIVATE SWIM LESSONS

This class is designed as one-on-one instruction. Your instructor will assess your skill level and implement appropriate instruction tailored to your goals. Sessions are 30 minutes long and scheduled with your instructor at your convenience.