

# Hilliard/Ray Patch Family YMCA

Winter 2009

register online: [ymcacolumbus.org/hilliard](http://ymcacolumbus.org/hilliard)



**4515 Cosgray Road  
Hilliard, OH 43026  
614-334-9622**

### Branch Hours

M-F 5:30 am-10:00 pm  
Sat 7:00 am-8:00 pm  
Sun 12:00 pm-8:00 pm

### Holiday Hours

Thanksgiving Day Closed  
Christmas Eve 5:30am-4:00pm  
Christmas Day Closed  
New Years Eve 5:30am-6:00pm  
New Years Day 8:00am-6:00pm

### Branch Staff

Greg Cottrill Executive Director  
Nicole Douglas Aquatics Director  
Christopher Feenstra Fitness & Sports Director  
Meredith Hadley Membership Director  
Steve Hiller Youth & Family Director  
Larry Lake Facilities Director

### Branch Consulting Board

Sue Zason Metropolitan General Board Chair  
John E. Bickley President & Chief Executive Officer  
Johnetta Carey Chair  
Scott Baker Associate Chair

Michael Stoner, *Chair*  
Don Adams  
John Bachmann  
Bill Heitman  
Bob Labadie  
Steven LeClair  
Robert Maruniak  
Gretchen McKay  
Dale McVey  
Michelle Weadock  
Curt Wellington

### Metro Membership

As a YMCA Metropolitan Member, you may enjoy full access to all YMCA facilities and programs:

- 11 full-facility YMCA branches
- Free Fitness Center orientation.
- FitStart program for beginning exercisers.
- Priority registration for classes and programs.
- Unlimited land aerobic classes.
- Y-Tribes Program for parents and children.
- Membership in the YMCA AWAY program. Your membership will be honored at most YMCAs across the country.
- Substantial discounts on facility rentals at Hoover Y-Park.

In addition, you can take advantage of these special value added privileges available exclusive to Metropolitan Members:

- Y-Cycling classes at the Pickaway, Liberty/Powell, Downtown, North, Garver, and Gahanna branches.
- Unlimited access to racquetball facilities at the North, Downtown and Pickaway County branches.
- \$100 off the total cost of one week of overnight camp for one child at YMCA Camp Willson (Metropolitan Family Members only).

### Program Membership

A Program Membership is a limited membership allowing participation in YMCA classes and programs only; full use of facilities is restricted. An active Program Membership may be upgraded to a Metropolitan Membership at any time, with the cost of the Program Membership credited to the cost of the Metropolitan Membership. Program Memberships may only be purchased on an annual basis—no monthly bank draft arrangements are available for Program Memberships.

### People Helping People Scholarship Program

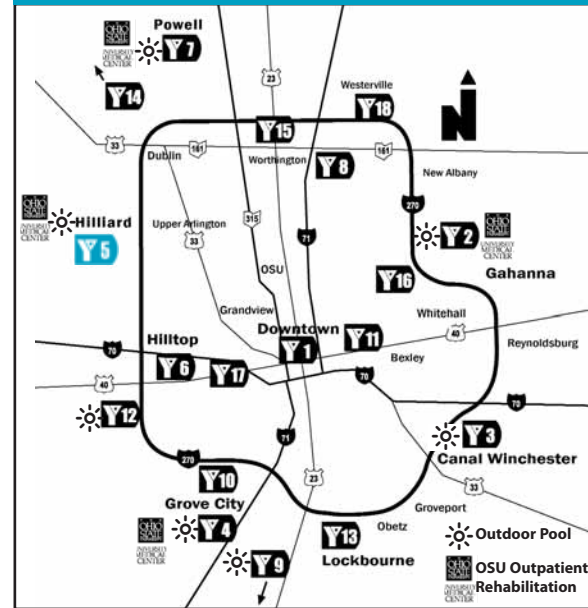
The financial policies of the YMCA of Central Ohio are consistent with the Association's Mission. It is the goal of the YMCA of Central Ohio to provide educational, social and physical development services to people regardless of their ability to pay. Within its financial capability, the YMCA of Central Ohio will provide sponsorship assistance for YMCA memberships and program participation based on financial need.

### Our Mission

To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind and body

Note: Monday classes may be prorated for Martin Luther King, Jr. Day, please contact member services for more information.

### YMCA of Central Ohio Branch Locations



1. Downtown YMCA (614) 224-1131  
40 West Long Street, Columbus, OH 43215
2. Gahanna YMCA (614) 416-9622  
555 YMCA Place, Gahanna, OH 43230
3. Jerry L. Garver YMCA (614) 834-9622  
6767 Refugee Road, Canal Winchester, OH 43110
4. Grove City YMCA (614) 871-9622  
3600 Discovery Drive, Grove City, OH 43123
5. Hilliard/Ray Patch Family YMCA (614) 334-9622  
4515 Cosgray Road, Hilliard, OH 43026
6. Hilltop YMCA (614) 276-8224  
2879 Valleyview Drive, Columbus, OH 43204
7. Liberty Township/Powell YMCA (614) 839-9622  
7798 North Liberty Road, Powell, OH 43065
8. North YMCA (614) 885-4252  
1640 Sandalwood Place, Columbus, OH 43229
9. Pickaway County YMCA (740) 477-1661  
440 Nicholas Drive, Circleville, OH 43113
10. YMCA Southwest Community Center (614) 539-1770  
3500 First Avenue, Urbancrest, OH 43123
11. Eldon & Elsie Ward Family YMCA (614) 252-3166  
130 Woodland Avenue, Columbus, OH 43203
12. Hilltop/Cherry Creek (614) 878-7260  
600 Fox Ridge Street, Columbus, OH 43228
13. Hoover Y-Park (614) 491-0980  
1570 Rohr Road, Lockbourne, OH 43137
14. YMCA Camp Willson (800) 423-0427  
2732 County Road 11, Bellefontaine, OH 43311
15. Early Childhood Resource Network+ (ECRN+) (614) 543-9000  
6877 N. High St., Worthington, OH 43085
16. YMCA Early Learning Center (614) 342-5836  
2879 Johnstown Road, Columbus, OH 43219
17. Hilltop/ODOT Educare Center (614) 752-8877  
1952 West Broad Street, Columbus, OH 43223
18. St. Ann's Educare Center (614) 898-8687  
495 Cooper Road, Ste. 115, Westerville, OH 43081

### General Policies

- Members must present their membership card at the Member Service Desk each time they visit the YMCA.
  - Inappropriate language and fighting are prohibited.
  - Children under 9 years of age\* must be actively supervised by a parent or guardian, or must be enrolled in a supervised program. When children are participating in a program, a parent or guardian must remain on the property (excludes child care and camp programs).
  - Child Watch is available for children ages 6 weeks to kindergarten.
  - Children between the ages of 9 and 15 are permitted to be at the YMCA up to 3 hours without parent/guardian supervision.
  - Specific policies are posted in each area of the YMCA.
  - Schedules are subject to change.
- \*Under 14 years of age at the Downtown YMCA.

- Children over the age of 5 must use gender-appropriate locker rooms. The YMCA offers family changing rooms for those with disabilities as well as children who are old enough to use the gender-appropriate locker rooms, but still need assistance.

### Class Policies

- Any class without a minimum number of participants may be subject to cancellation. Classes cancelled by the YMCA will be made up or credits will be issued.
- Credits must be submitted to and approved by the director of the program.
- Refunds will only be given with a doctor's written notice and approval of a program director.
- Any other class missed by a participant cannot be made up. Schedules are subject to change.

### Fitness Center Policies

- Please sign up for cardiovascular equipment before use.
- Time is limited to 30 minutes per machine; your scheduled time slot will be forfeited if you are more than 5 minutes late.
- Youth ages 9 and 10 may utilize the Fitness Center with adult supervision after completing the YMCA Youth Conditioning Class. Youth ages 11-15 may utilize the Fitness Center with adult supervision. After completing the Iron Teens class, youth ages 11-15 may utilize the Fitness Center and free weight rooms without adult supervision.
- The branch supervisors reserve the right to determine any time and equipment limitations to ensure the safety of participants and member service.
- Please return all weights and dumbbells to the storage racks when finished.

### Pool Policies

Please see Pool Policies on Aquatics page.

### Guest Policies

- Members of the YMCA may bring in guests at their convenience.
- Guests are limited to 3 visits per calendar year and must be accompanied by the member.
- A maximum of 1 guest may be brought in at any time.
- Guest passes are valid for one day only.
- Guests over the age of 16 are required to present a current photo ID. Guests under the age of 18 must be accompanied by an adult member.
- Advance notice is not required.
- Ask about guest restrictions.

### Locker Room Policies

- Clothing and other personal belongings not in use shall be stored in the lockers provided by the YMCA.
- The YMCA is not responsible for personal items brought into the building. We recommend that you bring a lock for your locker, but locks must be removed by the end of the day.



Hey Mom,  
Teen Basketball  
sign up begins  
December 6

### Winter I Jan 5-Feb 22

REGISTRATION begins:  
Metro members Dec. 6  
Program members Dec. 13

### Winter II Feb 23-Apr 12

REGISTRATION begins:  
Metro members Feb. 7  
Program members Feb. 14

## Winter Session Highlights

### AQUATICS

CPR/AED Certification Class

### KIDS & FAMILY

Family Movie Swim

### HEALTH & FITNESS

Cycling

### SPORTS & LEISURE

Adult Volleyball

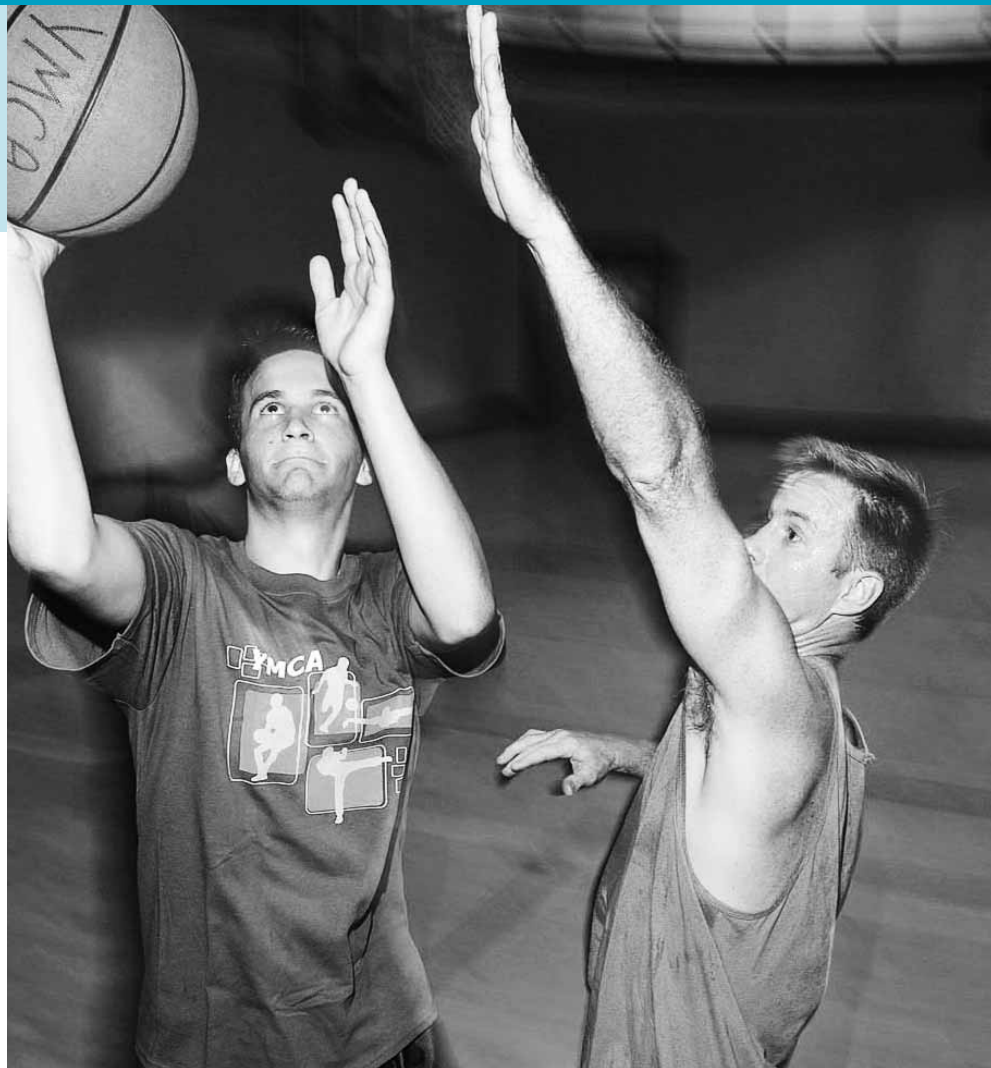
**4515 Cosgray Road  
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614-334-9622**

# Sports & Leisure

## SPORTS & LEISURE CONTACT

**Chris Feenstra**

Fitness & Sports Director, CFEENSTRA@YMCACOLUMBUS.ORG



### ADULT SPORTS

#### Adult Co-Ed Volleyball

Bring your volleyball skills to the YMCA for a fun, competitive league of adult volleyball. **This program is offered Winter II session only.**

Per Team \$200.00

#### Over 25 Basketball League

Team registration for over 25 basketball league starts Jan. 1. Games will begin in February. **This program is offered Winter I session only.**

Per Team \$300.00

### DANCE

#### Ballet

Ages 6-8  
This class will provide instruction on basic ballet postures and positions, fundamental movements and basic ballet vocabulary and then build these basics into ballet steps and combinations. Children will continue to explore the fun of dance.

Metro \$20.00  
Program \$32.00

#### Beginner Ballroom Dancing

This beginner course for ages 16 & up will introduce the basics of Swing, Cha-Cha, Fox Trot, and Waltz. Smooth soled shoes and comfortable attire are highly encouraged.

Metro \$50.00  
Program \$75.00

### GYMNASTICS

#### Tumbleweeds

Ages 3-5  
Basic gross motor development is emphasized as youth learn the fundamentals of gymnastic moves.

Metro \$25.00  
Program \$68.00

#### Tumbling

Ages 6-9  
Basic body positions, balance and coordination will be covered as well as rolls, carwheels and roundoffs.

Metro \$25.00  
Program \$68.00

### MARTIAL ARTS

#### Tae Kwon Do

Ages 6-Adult  
Youth and adults learn the basic skills and discipline of Tae Kwon Do. There is an additional fee for testing and uniforms.

Metro \$25.00

### SELF DEFENSE

#### Self Defense

This class will help you be prepared to avoid dangerous situations and defend yourself if necessary. Look to our bulletin board for specific dates, times, and fees. All ages are welcome, children under 16 must be accompanied by an adult. **This program is offered Winter I session only.**

### TEEN SPORTS

#### Teen Basketball League

Grades 7-12  
This co-ed league focuses on basic basketball skills and emphasizes the Four Core Values of the YMCA. This is a competitive league and some travel throughout central Ohio is required. **This program is offered Winter I session only.**

Metro \$40.00  
Program \$60.00

Adult Sports	Code	Su	M	Tu	W	Th	F	Sa
Adult Co-Ed Volleyball	-	-	-	-	7:15P-10:00P	-	-	-
Over 25 Basketball League	-	-	-	-	-	-	-	4:00P-8:00P
Arts	Code	Su	M	Tu	W	Th	F	Sa
Knitting	-	-	-	7:00P-9:00P	-	-	-	-
Sign Language	-	-	-	-	-	6:30P-7:30P	-	-
Spanish	-	-	-	7:00P-8:00P	-	-	-	-
Gymnastics	Code	Su	M	Tu	W	Th	F	Sa
Tumbling	-	-	-	-	5:30P-6:15P	-	-	-
Tumbleweeds	-	-	-	-	-	-	-	12:30P-1:15P
Tumbleweeds	-	-	-	-	6:30P-7:15P	-	-	-
Martial Arts	Code	Su	M	Tu	W	Th	F	Sa
Tae Kwon Do	-	-	-	-	-	-	-	12:15P-1:45P
Tae Kwon Do	-	-	-	-	7:00P-8:30P	-	-	-

YOUR PARTNER IN TOTAL HEALTH



## Exercise is Medicine

What if there was one prescription that could prevent and treat dozens of diseases?

Physical inactivity is a fast-growing public health problem in this country and contributes to a variety of chronic diseases and health complications, including obesity, coronary artery disease, diabetes, high blood pressure, cancer, depression and anxiety, arthritis and osteoporosis. In addition to improving a patient's overall health, increasing physical activity has proven effective in the treatment and prevention of chronic disease.

A recent survey conducted of the public by the American College of Sports Medicine found that nearly two-thirds of patients (65%) would be more interested in exercising to stay healthy if advised by their doctor and given additional resources. Four out of 10 physicians (41%) talk to their patients about the importance of exercise, but don't always offer suggestions on the best ways to be physically active. Patients (25%) look to their doctor first for advice on exercise and physical activity. They turn next to fitness and health Web sites (24%).

The field of Sports Medicine has a vital role to play in the Nation's overall health and wellness. At the OSU Sports Medicine Center, we see an important role for exercise and physical activity in the promotion of health, and treatment and prevention of disease and injury. Our entire staff is dedicated to the concept that 'Exercise is Medicine'. Beyond the care of active individuals and those who want to be more active, we are engaged in research and education that promotes health and wellness and safety in sport and physical activity. We invite you to join our team as we share with you how we incorporate exercise into a personalized care program for you.

[www.sportsmedicine.osu.edu](http://www.sportsmedicine.osu.edu)

The following program is now being offered at your YMCA!

## Learn To Be a Safe Sitter

Are you 11 years old or older and interested in babysitting?

Safe Sitter, a nationally certified babysitting class offered by The Ohio State University Medical Center's Department of Women & Infants, teaches safe and nurturing childcare techniques, behavior management skills, appropriate responses to medical emergencies and more. Program instructors are RN perinatal educators and CPR certified. Developed by a pediatrician, Safe Sitter is recognized by the American Academy of Pediatrics for educational excellence.

**Date:** January 24

**Time:** 9:00 am - 4:00 pm

**Cost:** \$45 per person. Payment due upon registration by check only.

**Class size:** Advanced registration required five days (Monday) prior to class date. Minimum of 6 to maximum of 16 people

**Requirements:** Pick up your information packet from the front desk staff at the time of registration. Participants must be 11 years of age or older by class time.

**Earn your certificate! Don't delay, call and schedule today.**



# Kids & Family

## KIDS & FAMILY CONTACT

**Stephen Hiller**

Youth and Family Director, SHILLER@YMCACOLUMBUS.ORG

### ARTS Knitting

Introductory knitting classes. Bring standard yarn and size 9 or 10 needles.

Metro	\$15.00
Program	\$30.00

### Sign Language

Learn and explore a new and unfamiliar language--Sign Language! You'll have the opportunity to learn about the Deaf Culture, how to fingerspell and conversational American Sign Language (ASL).

Metro	\$20.00
Program	\$40.00

### Spanish

Learn the basics of the Spanish language.

Metro	\$20.00
Program	\$40.00

### CHILD CARE School Days Off

In this state-licensed program, kids will participate in planned arts & crafts activities, organized and open recreational time, field trips, swimming, special events and more! Pre-registration is required. Minimum of 12 children per day required to offer program.

Metro	\$27.00	Per Day
	\$10.00	Annual Registration
Program	\$30.00	Per Day
	\$15.00	Annual Registration

### Child Watch

Ages 6 weeks-Pre-kindergarten Child Watch is available for parents who would like to bring their children to the YMCA while using the facility. Children from 6 weeks to 6 months may stay in Child Watch up to one hour, and children from 6 months to Pre-k may stay in the nursery up to 2 1/2 hours per day. Children must have at least one parent in the building while in Child Watch.

<b>Family Metro Members:</b>	Free
1 or 2 Adults + Child(ren)	
<b>Other Members</b>	\$3/hr. per child

### WEATYS

**Weekday Evenings at The YMCA**  
Grade K-5  
Looking for something to do while mom and dad are at the YMCA? Check out the YMCA WEATYS program. Play games, swim, create art projects and more. Check out the WEATYS schedule for daily activities.

<b>Family Metro Members:</b>	Free
1 or 2 Adults + Child(ren)	
<b>Other Members</b>	\$3/hr. per child

### PRESCHOOL Explore With Me

Ages 18 mon-3 yrs  
This class offers toddlers and a parent or caregiver the opportunity to spend an hour together in a small group setting. Activities will be age-appropriate and will include songs, finger plays, stories, sensory exercises all exploring a weekly theme.

Metro	\$32.00
Program	\$75.00

### Music & Movement

Ages 3-5  
Dance and dramatic movement are utilized to help a child improve balance, coordination, rhythm and creativity.

Metro	\$25.00
Program	\$68.00

### One, Two and You

Ages 12 mon-2 yrs  
**Gym Only** --Parent and child participate in activities that promote large motor development. Activities include circle time and parachute games.  
**Swim & Gym**--Parent and child participate in activities that promote large motor development. Activities include circle time and parachute games. The last 30 minutes is a swim lesson with parent and child.

Metro	\$20.00	Gym Only
	\$32.00	Swim & Gym
Program	\$64.00	Gym Only
	\$75.00	Swim & Gym

### Three, Four and More

Ages 3-5 yrs  
**Gym Only** --Parent and child will participate in a variety of gross motor development activities. Activities include circle time and parachute games.  
**Swim & Gym**--Same as above, final 30 minutes of class child will be swimming without their parent in the water.

Metro	\$20.00	Gym Only
	\$32.00	Swim & Gym
Program	\$64.00	Gym Only
	\$75.00	Swim & Gym

### Skill Builders

Ages 3-5 yrs  
Class includes large motor skill and social development through group activities, art, songs, and gym time. Parents are expected to remain in the building.

Metro	\$36.00	One day a week
	\$31.00*	Prorated Cost
Metro	\$72.00	Two days a week
	\$67.00*	Prorated Cost
Metro	\$108.00	Three day a week
	\$103.00*	Prorated Cost

\*Prorated for Jan 19 & 28, Feb 13 & 16

### FAMILY Birthday Parties

Check out the Hilliard YMCA for your next Birthday Party! We offer packages that include a private room, swimming, gym time, an indoor Climbing Wall, and a complimentary selection of party music! Birthday Party reservations are open to YMCA Members AND Non-Members.  
**Contact: Stephen Hiller.**

### Movie & Swim Nights

Join us every month at the Y for our Movie & Swim Family Nights. Enjoy some family fun in the pool and then relax in the movie room with a blanket, pillow, popcorn and a movie. Movie & Swim Nights are offered on the 2nd Friday night of every month during the school year. Registration is required. **Time: 6:00P-9:00P**

Member	Free
Non-Member	\$5.00 Per Month

Active Older Adults	Code	Su	M	Tu	W	Th	F	Sa
AOA Fitness	-	-	12:00P-12:45P	-	-	-	12:00P-12:45P	-
Preschool	Code	Su	M	Tu	W	Th	F	Sa
Explore With Me	-	-	-	9:30A-10:15A	-	-	-	-
Explore With Me	-	-	-	10:30A-11:15A	-	-	-	-
Music & Movement	-	-	-	10:00A-10:30A	-	-	-	-
Music & Movement	-	-	-	4:45P-5:15P	-	-	-	-
One, Two and You - Swim & Gym	-	-	-	-	-	-	9:30A-11:00A	10:00A-10:30A
One, Two and You - Gym Only	-	-	-	-	-	-	9:30A-10:15A	9:30A-10:15A
Skill Builders	-	-	9:30A-11:30A	-	9:30A-11:30A	-	9:30A-11:30A	-
Three, Four and More- Swim & Gym	-	-	-	-	-	-	10:30A-12:00P	8:30A-10:00A
Three, Four and More- Gym Only	-	-	-	-	-	-	10:30A-11:15A	8:30-9:15A
Teen	Code	Su	M	Tu	W	Th	F	Sa
After School Club	-	-	2:10P-6:00P	2:10P-6:00P	2:10P-6:00P	2:10P-6:00P	2:10P-6:00P	-
Child Care	Code	Su	M	Tu	W	Th	F	Sa
Child Watch	-	-	8:30A-12:30P	8:30A-12:30P	8:30A-12:30P	8:30A-12:30P	8:30A-12:30P	8:00A-3:00P
Child Watch	-	-	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	-
WEATYS	-	-	-	-	-	-	-	8:30A-12:30P
WEATYS	-	-	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	-

# Health & Fitness

## Health & Fitness Contact

**Christopher Feenstra**

Fitness & Sports Director, cfeenstra@ymcacolumbus.org

### ACTIVE OLDER ADULTS AOA Fitness

This class recognizes the range of physical abilities in the older adult. The exercises performed help develop and maintain muscular strength, endurance, balance and coordination.

Member	Free
Program	\$45.00

### AOA Luncheon

Come join us for lunch! We will be having a luncheon for our older adults on Thursday, January 15 at noon. Check our bulletin board by the member services desk for more details.

### GROUP EXERCISE Body Sculpt

Use rubber tubes and bands, weights, medicine balls, and your body weight to strengthen and tone the entire body.

### Cardio Kickboxing

A cardiovascular program incorporating martial arts and boxing moves followed by a muscle conditioning session.

### Circuit Training

This cross training aerobic class alternates between cardiovascular and muscle conditioning stations/exercises to provide a complete workout. This is an excellent way to maintain a healthy lifestyle.

### Cycle

Get ready for the ride of your life! This class has it all: hills, sprints, intervals and more. Come ready to sweat and have a good time! All aspiring Lance Armstrong's welcome.

### Dance Fusion

Combining dance, fun music and high energy, this class will give any participant a great workout! Good for beginners and advanced.

### Hi/Lo

A multi-impact workout for participants that want a challenge without the step.

### Kids Fit

Participants will build their spirit, mind and body through a series of fitness stations. Stations include: jump roping, push-ups, sit-ups, sprints, jumping jacks, etc.

### Step & Sculpt

This step aerobics class follows a more advanced step routine and concludes with strengthening exercises for the abdominals and upper body for a complete workout.

### HEALTH & FITNESS Adapted Fitness

This class is designed to help those with physical or visual impairments to learn how to most effectively use our exercise equipment to improve their fitness levels.

Metro	\$25.00
Program	\$50.00

### Fitness Evaluation

Test your fitness levels! During the first Saturday of each month, you have the opportunity to take part in a free complete fitness evaluation. Contact a Fitness Center staff person to sign up for an appointment.

### Climbing Wall

Reach new heights at the YMCA. The Climbing Wall is open for all members to enjoy during open wall times. Schedule will be posted in the gym and will also be available at the Member Services Center. Children must be able to fit into our smallest harness to participate.

### FitStart

This is a free program designed for YMCA Metropolitan Members new to fitness needing help staying with a program. A YMCA FitStart Counselor works with you to design a wellness plan and exercise program and meets with you for an hour each week for motivation and direction. Register at the Member Services Desk.

### Iron Teens

Grades 7-12  
This class emphasizes cardiovascular fitness and includes intervals of low and high intensity exercise.

Metro	\$25.00
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### Personal Training

Certified YMCA Personal Trainers prepare, motivate, and coach you through a safe and appropriate program to help meet your health and fitness goals. Call the branch to schedule an appointment.

### Triathlon Training

Are you interested in total body fitness? Do you want to be lean and fit, and in the best shape of your life? Maybe you should consider triathlon training! It may not be as difficult as you think! Please plan to attend the information meeting to be held here at the Y on **Thursday evening, January 29, at 7:30 PM.**

### Teen Nights

Ages 11-15  
Teen Nights are a chance for teens to come to the YMCA to swim, play gym and other recreational games, have some late night snacks, and meet new friends in a positive and safe atmosphere! Teen Nights are the 3rd Saturday of every month during the school year from 8:30-11:00pm. Certain months may be subject to change. Contact the YMCA for more details.

Metro	\$2.00
Program	\$4.00

### Leaders Club

This prestigious club provides teens with the opportunity to develop leadership skills and promotes community involvement of club members. Leaders Club members hold office, participate in ceremonies, attend rallies and community events, facilitate volunteer projects, and hold weekly meetings.

Member	\$10.00	Joiners Fee
Program	\$15.00	Joiners Fee

This class offers toddlers and a parent or caregiver the opportunity to spend an hour together in a small group setting. Activities will be age-appropriate and will include songs, finger plays, stories, sensory exercises all exploring a weekly theme.

Member	\$75.00	Per Month
Program	\$95.00	Per Month

Member	Free
Non-Member	\$5.00 Per Month

Active Older Adults	Code	Su	M	Tu	W	Th	F	Sa
AOA Fitness	-	-	12:00P-12:45P	-	-	-	12:00P-12:45P	-
Preschool	Code	Su	M	Tu	W	Th	F	Sa
Explore With Me	-	-	-	9:30A-10:15A	-	-	-	-
Explore With Me	-	-	-	10:30A-11:15A	-	-	-	-
Music & Movement	-	-	-	10:00A-10:30A	-	-	-	-
Music & Movement	-	-	-	4:45P-5:15P	-	-	-	-
One, Two and You - Swim & Gym	-	-	-	-	-	-	9:30A-11:00A	10:00A-10:30A
One, Two and You - Gym Only	-	-	-	-	-	-	9:30A-10:15A	9:30A-10:15A
Skill Builders	-	-	9:30A-11:30A	-	9:30A-11:30A	-	9:30A-11:30A	-
Three, Four and More- Swim & Gym	-	-	-	-	-	-	10:30A-12:00P	8:30A-10:00A
Three, Four and More- Gym Only	-	-	-	-	-	-	10:30A-11:15A	8:30-9:15A
Teen	Code	Su	M	Tu	W	Th	F	Sa
After School Club	-	-	2:10P-6:00P	2:10P-6:00P	2:10P-6:00P	2:10P-6:00P	2:10P-6:00P	-
Child Care	Code	Su	M	Tu	W	Th	F	Sa
Child Watch	-	-	8:30A-12:30P	8:30A-12:30P	8:30A-12:30P	8:30A-12:30P	8:30A-12:30P	8:00A-3:00P
Child Watch	-	-	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	-
WEATYS	-	-	-	-	-	-	-	8:30A-12:30P
WEATYS	-	-	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	4:30P-8:30P	-



### YOGA & PILATES Pilates

This ultimate mind-body exercise is for all fitness levels. Techniques focus on strengthening the core muscles, realigning the body, and increasing flexibility, while combining the key elements of Yoga and stress reduction.

### Yoga

The class to center the self, stretch and strengthen the body, and calm the mind. Strength training, cardiovascular conditioning, and flexibility are combined using traditional Yoga postures. Wonderful fitness for all levels.

# Aquatics



## American Red Cross CPR-PR and AED

Ages 15 & Up  
This class certifies participants in CPR for the Professional Rescuer and AED. For more information please contact Nicole Douglas at the Hilliard / Ray Patch Family YMCA.

Dates: Jan 22, Feb 26, Mar 26

Metro	\$50.00
Program/Non-Member	\$78.00

## American Red Cross Lifeguard Training

Ages 15 & Up  
Learn the skills needed to become a certified lifeguard. First-Aid, CPR for the Professional Rescuer, and AED training certifications are also included. Attendance is mandatory at all sessions in order to be certified. Participant must show proof that he/she will turn 15 yrs old before completion of class. Participant must be able to swim 500yds using the Front Crawl stroke and the Breaststroke. Participant must be able to retrieve a 10 lb. diving brick from 8ft. of water and swim 20 yds. with it.

Metro	\$175.00
Program	\$225.00

## Aqua Aerobics

Participants use the water for resistance for a surprisingly intense cardiovascular and muscular workout. Perfect for any fitness level. Participants can control their own intensity. Water fitness classes offer a non-impact environment.

Metro	\$21.00
Program	\$49.00

## Arthritis & Injury Water Exercise

Exercise is done in the pool to relieve stiffness and pain in the body. Taught by a certified Arthritis Association Instructor.

Metro	\$21.00
Program	\$49.00

## Masters Swim Team

Tri-athlete? Swam in high school? A fitness swimmer who'd like to try the next level? We'll help you plan your workouts and work on your technique. Endurance, stroke technique, competitive strategies, and discussion of fitness and nutrition for swimmers are all a part of our Masters team. Workouts are flexible and there will be opportunities to compete within your age bracket, if you choose.

Metro	\$40.00
Program	\$80.00

## Stroke Clinic

Participants will refine their competitive stroke technique and build endurance.

## Stroke Technique

Participants who already know basic stroke techniques will advance their breathing, stroke and kicking skills.

## Synchronized Swimming

Learn the fundamental skills of synchronized swimming and gain an understanding of the sport. Must be a Minnow level or higher in YMCA swim lessons.

Metro	\$28.00
Program	\$78.00

## SWIM LESSONS

### Adult / Teen Instruction

Ages 13-Adult  
**Basic**—Adults/Teens learn basic swim and safety skills. Techniques for overcoming fear of water are also covered.  
**Intermediate**—Adults/Teens work to refine strokes for better efficiency while lap swimming.

Metro	\$28.00
Program	\$78.00

### Parent Child Swim Lessons

Ages 6 mon-3yrs  
Parent and child perform activities based on developmental abilities of the child. Parent helps the child become more comfortable in the water  
**Shrimp** (Ages 6mos - 2 yrs) This class is designed for younger swimmers to become accustomed to the water. They will learn safety and basic skills.  
**Perch** (Ages 2yrs - 3 yrs) This class is designed to help children to prepare for preschool age swimming lessons. They will learn basic skills and develop independency in the water.

Metro	\$28.00
Program	\$78.00

### Preschool Swim Lessons

Ages 3-5  
Preschool swim lessons focus on basic swim skills and pool safety. Children move through progressive levels as they increase swimming distance, endurance, and ability with each level.

### Pike

Students develop safe pool behavior, practice independent movement, and practice getting faces wet/in water. Recommended for beginning swimmers.

### Eel

Reinforces Pike skills. Students work on front and back strokes also begin to work without floatation.

### Ray

Students review, improve and expand on stroke skills. Students are working completely without floatation. They begin to learn diving as well.

### Starfish

Students should be proficient in the Front Crawl w/side breathing and back crawl swimming at least half the length of the pool.

Metro	\$28.00
Program	\$78.00

### Special Needs Lessons

Working at a comfortable pace and designed for special populations, youth will learn to swim, develop their swim stroke and develop their personal safety skills.

Metro	\$28.00
Program	\$78.00

## Youth Swim Lessons

Ages 6-12  
Swim lessons build on stroke development, rescue, personal growth, personal safety, water sports, and games. Child moves through progressive levels as they increase swimming distance, endurance and ability with each level.

### Polliwog

Beginner level for school age children to become acquainted with the water and begin to learn front and back strokes as well as comfort with putting face in the water.

### Guppy

Students should be able to swim front and back stroke for 20 ft. independently with face in the water. Students also begin to work on rudimentary breathing and swimming the length of the pool.

### Minnow

Students should be able to swim 25 yards of the Front Crawl with side-breathing as well as 25 yards of Backstroke. Students also begin working on the Breaststroke, Elementary Backstroke, and Sidestroke.

### Fish

Students should have a strong grasp of the following strokes: Front Crawl w/side-breathing, Breaststroke, Elementary Backstroke, Back Crawl, and sidestroke. Students will begin to learn the Butterfly stroke, diving, and flip turns in this level.

### Flying Fish

Students work on refining their strokes and increasing their endurance.

### Shark

Students should have a strong grasp of all strokes. In this level the student is working on perfecting strokes and gaining endurance.

Metro	\$28.00
Program	\$78.00

## Pool Policies

- Please enter and exit through the locker rooms only.
- Children ages 5 and under must be accompanied by an adult/guardian (age 18 or older) in the water within arms reach.
- Children ages 6, 7 and 8 must have an adult actively supervising them in the pool area.
- Children/youth who need assistance or a flotation device must have an adult in the water with them and will not be permitted in the deep end.
- Non-swimmers of any age are not permitted in the deep end.
- Lifeguards reserve the right to test swimming competency of any participant at any time.
- Children who aren't potty-trained must wear swim diapers in the pool.
- Street shoes are not permitted on the pool deck.
- Any class without a minimum of 4 participants may be subject to cancellation.
- Pool schedule is subject to change.
- Please see additional rules in pool and hot tub area prior to using the aquatic areas of the facility.

Thunderstorms  
The pool will be closed during all thunderstorms, and will reopen 30 minutes after the last trace of thunder and/or lightning.

## Aquatics contact

Nicole Douglas

Aquatics Director, ndouglas@ymcacolumbus.org

Aqua Aerobics	Code	S	M	Tu	W	Th	F	Sa
Aqua Aerobics	AA 001	-	10:00A-11:00A	-	-	-	-	-
Aqua Aerobics	AA 002	-	7:15P-8:15P	-	-	-	-	-
Aqua Aerobics	AA 003	-	-	9:30A-10:30A	-	-	-	-
Aqua Aerobics	AA 004	-	-	7:15P-8:15P	-	-	-	-
Aqua Aerobics	AA 005	-	-	-	7:15P-8:15P	-	-	-
Aqua Aerobics	AA 006	-	-	-	-	9:30A-10:30A	-	-
Aqua Aerobics	AA 007	-	-	-	-	7:15P-8:15P	-	-
Aqua Aerobics	AA 008	-	-	-	-	-	9:30A-10:30A	-
Aqua Aerobics	AA 009	-	-	-	-	-	-	7:45A-8:45A
Swim Lessons	Code	S	M	Tu	W	Th	F	Sa
Adult Instruction								
Adult/Teen-Int.	AQ001	-	6:45P-7:15P	-	-	-	-	-
Adult/Teen-Basic	AQ002	-	-	-	-	6:10P-6:40P	-	-
Adult/Teen-Int.	AQ003	-	-	-	-	-	-	9:15A-9:45A
Adult/Teen-Basic	AQ004	-	-	-	-	-	-	11:20A-11:50A
Parent Child Swim Lessons								
Shrimp	AQ005	-	9:30A-10:00A	-	-	-	-	-
Perch	AQ006	-	-	6:10P-6:40P	-	-	-	-
Shrimp	AQ007	-	-	-	-	-	-	9:15A-9:45A
Perch	AQ008	-	6:45P-7:15P	-	-	-	-	-
Shrimp	AQ009	-	-	-	9:30A-10:00A	-	-	-
Perch	AQ010	-	-	-	-	6:10P-6:40P	-	-
Shrimp	AQ011	-	-	-	-	-	-	11:20A-11:50A
Preschool Swim Lessons								
Pike	AQ012	-	9:30A-10:00A	-	-	-	-	-
Pike	AQ013	-	10:05A-10:35A	-	-	-	-	-
Pike	AQ014	-	5:35P-6:05P	-	-	-	-	-
Pike	AQ015	-	6:10P-6:40P	-	-	-	-	-
Pike	AQ016	-	-	10:05A-10:35A	-	-	-	-
Pike	AQ017	-	-	10:40A-11:10A	-	-	-	-
Pike	AQ018	-	-	4:25P-4:55P	-	-	-	-
Pike	AQ019	-	-	5:35P-6:05P	-	-	-	-
Pike	AQ020	-	-	6:10P-6:40P	-	-	-	-
Pike	AQ021	-	-	-	9:30A-10:00A	-	-	-
Pike	AQ022	-	-	-	10:05A-10:35A	-	-	-
Pike	AQ023	-	-	-	4:25P-4:55P	-	-	-
Pike	AQ024	-	-	-	5:00P-5:30P	-	-	-
Pike	AQ025	-	-	-	5:35P-6:05P	-	-	-
Pike	AQ026	-	-	-	-	9:30A-10:00A	-	-
Pike	AQ027	-	-	-	-	10:05A-10:35A	-	-
Pike	AQ028	-	-	-	-	5:00P-5:30P	-	-
Pike	AQ029	-	-	-	-	5:35P-6:05P	-	-
Pike	AQ030	-	-	-	-	-	-	9:00A-9:30A
Pike	AQ031	-	-	-	-	-	-	11:55A-12:25P
Eel	AQ032	-	10:05A-10:35A	-	-	-	-	-
Eel	AQ033	-	10:40A-11:10A	-	-	-	-	-
Eel	AQ034	-	4:25P-4:55P	-	-	-	-	-
Eel	AQ035	-	5:35P-6:05P	-	-	-	-	-
Eel	AQ036	-	-	9:30A-10:00A	-	-	-	-
Eel	AQ037	-	-	5:35P-6:05P	-	-	-	-
Eel	AQ038	-	-	-	10:05A-10:35A	-	-	-
Eel	AQ039	-	-	-	10:40A-11:10A	-	-	-
Eel	AQ040	-	-	-	5:00P-5:30P	-	-	-
Eel	AQ041	-	-	-	6:10P-6:40P	-	-	-
Eel	AQ042	-	-	-	-	9:30A-10:00A	-	-
Eel	AQ043	-	-	-	-	10:05A-10:35A	-	-
Eel	AQ044	-	-	-	-	4:25P-4:55P	-	-
Eel	AQ045	-	-	-	-	6:45P-7:15P	-	-
Eel	AQ046	-	-	-	-	-	-	9:35A-10:05A
Eel	AQ047	-	-	-	-	-	-	11:55A-12:25P
Ray	AQ048	-	10:40A-11:10A	-	-	-	-	-
Ray	AQ049	-	-	10:05A-10:35A	-	-	-	-
Ray	AQ050	-	-	5:35P-6:05P	-	-	-	-
Ray	AQ051	-	-	-	10:40A-11:10A	-	-	-
Ray	AQ052	-	-	-	6:10P-6:40P	-	-	-
Ray	AQ053	-	-	-	-	10:40A-11:10A	-	-
Ray	AQ054	-	-	-	-	5:35P-6:05P	-	-
Ray	AQ055	-	-	-	-	-	-	9:35A-10:05A
Starfish	AQ056	-	-	5:00P-5:30P	-	-	-	-
Starfish	AQ057	-	-	-	-	10:40A-11:10A	-	-
Starfish	AQ058	-	-	-	-	-	-	11:55A-12:25P
Special Needs Swim Lessons								
Special Needs	AQ097	-	6:30P-7:00P	-	-	-	-	-
Special Needs	AQ098	-	-	-	5:00P-5:30P	-	-	-
Youth Swim Lessons								
Polliwog	AQ059	-	5:00P-5:30P	-	-	-	-	-
Polliwog	AQ060	-	6:45P-7:15P	-	-	-	-	-
Polliwog	AQ061	-	-	10:40A-11:10A	-	-	-	-
Polliwog	AQ062	-	-	5:00P-5:30P	-	-	-	-
Polliwog	AQ063	-	-	6:10P-6:40P	-	-	-	-
Polliwog	AQ064	-	-	-	5:00P-5:35P	-	-	-
Polliwog	AQ065	-	-	-	5:35P-6:05P	-	-	-
Polliwog	AQ066	-	-	-	-	5:00P-5:30P	-	-
Polliwog	AQ067	-	-	-	-	6:10P-6:40P	-	-
Polliwog	AQ068	-	-	-	-	-	-	10:10A-10:40A
Polliwog	AQ069	-	-	-	-	-	-	11:20A-11:50A
Guppy	AQ070	-	5:35P-6:05P	-	-	-	-	-
Guppy	AQ071	-	6:10P-6:40P	-	-	-	-	-
Guppy	AQ072	-	-	9:30A-10:00A	-	-	-	-
Guppy	AQ073	-	-	4:25P-4:55P	-	-	-	-
Guppy	AQ074	-	-	6:45P-7:15P	-	-	-	-
Guppy	AQ075	-	-	-	5:35P-6:05P	-	-	-
Guppy	AQ076	-	-	-	6:10P-6:40P	-	-	-
Guppy	AQ077	-	-	-	-	5:00P-5:30P	-	-
Guppy	AQ078	-	-	-	-	6:45P-7:15P	-	-
Guppy	AQ079	-	-	-	-	-	-	10:10A-10:40A
Minnow	AQ080	-	4:25P-4:55P	-	-	-	-	-
Minnow	AQ081	-	6:10P-6:40P	-	-	-	-	-
Minnow	AQ082	-	-	5:00P-5:30P	-	-	-	-
Minnow	AQ083	-	-	-	6:45P-7:15P	-	-	-
Minnow	AQ084	-	-	-	-	4:25P-4:55P	-	-
Minnow	AQ085	-	-	-	-	5:35P-6:05P	-	-
Minnow	AQ086	-	-					