



**7798 N. Liberty Road
Powell, OH 43065
614-839-9622**

Branch Hours

M-F 5:30 am-10:00 pm
Sat 7:00 am-9:00 pm
Sun 12:00 pm-9:00 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

Steve Gorman Executive Director
Dawn Patterson Associate Executive Director
Michele Cannel Program Director
Jodye Carmen Health & Wellness
Lolita Haverlock Office Manager
Lynnette Hudnell Program Director
George Peto Youth & Sports
Program Director - Aquatics
Facilities Director

Branch Consulting Board

Sue Zason Metropolitan General Board Chair
John E. Bickley President & Chief Executive Officer

Greg Georgic, Chair
Greg Van Schaik, Associate Chair
Jeff Chrissis
Heidi DeNoi
Dr. Patricia Francis
Deb Guyot
Stephen Hrytzik
Dr. Charles Kerr
Russ Martin
Steve Meeker
Dan Newman
David Palo
Ray Schultz
Jeff Smith
John Ustaszewski

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

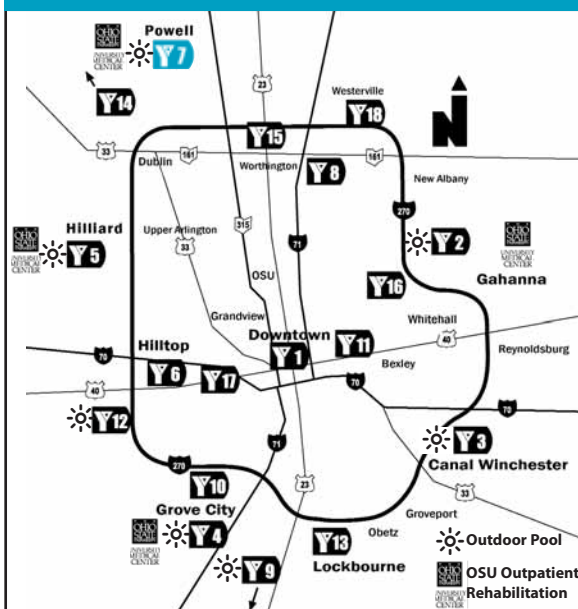
The financial policies of the YMCA of Central Ohio are consistent with the Association's Mission. It is the goal of the YMCA of Central Ohio to provide educational, social and physical development services to people regardless of their ability to pay. Within its financial capability, the YMCA of Central 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

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 Cosgrig 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.
- Please keep in mind that appropriate attire is required in all areas of the YMCA. Branch Supervisors reserve the right to determine appropriate attire as needed.

- 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.
- Children ages 5 and over 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

- 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

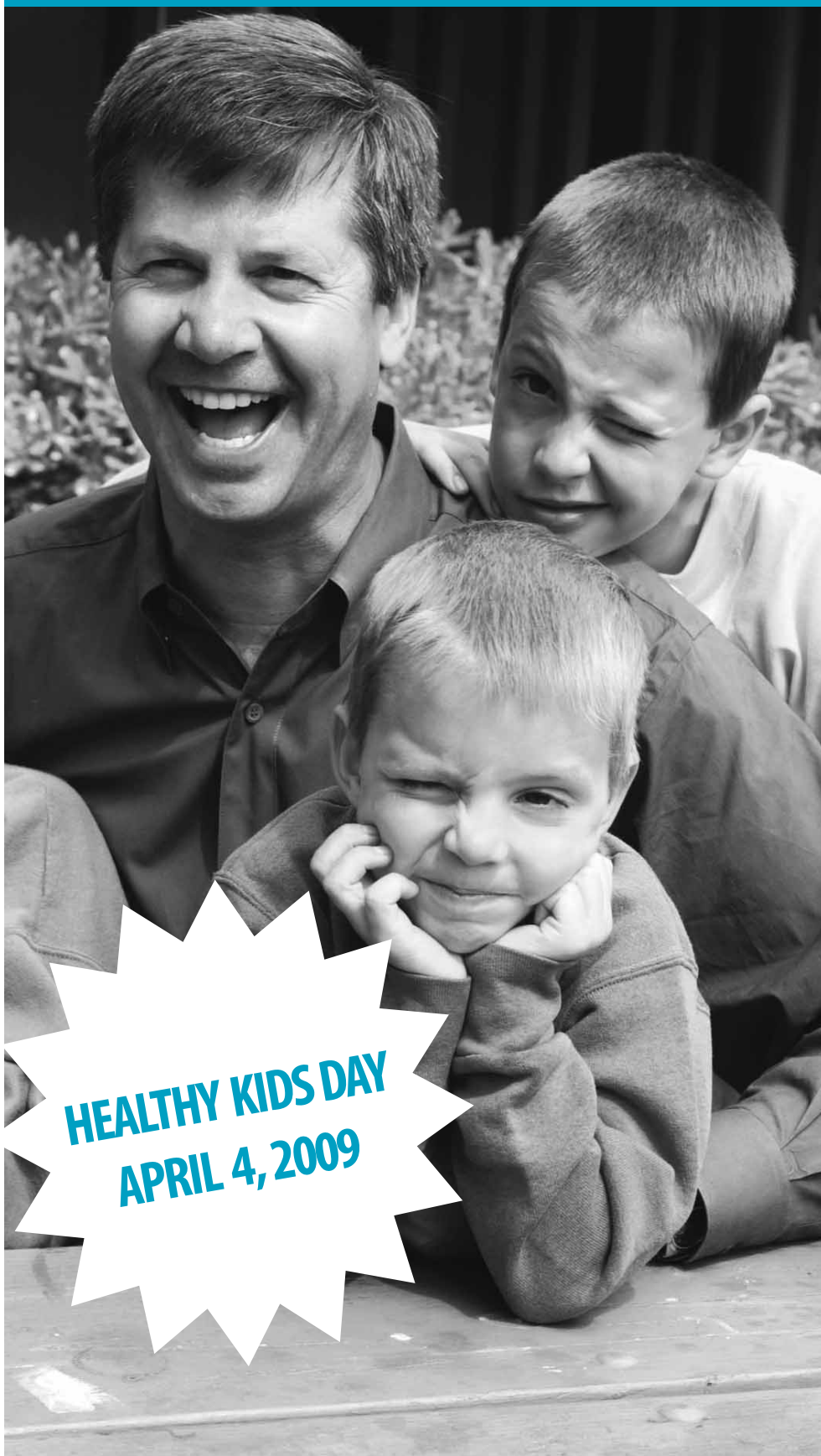
Please see Pool Policies on Aquatics page.

Locker Room Policies

- Clothing and other personal belongings not in use shall be stored in the lockers provided by the YMCA.

**Liberty Township/Powell YMCA
Winter 2009**

register online: ymcacolumbus.org/liberty



**HEALTHY KIDS DAY
APRIL 4, 2009**

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

Swim lessons
Water Fitness

KIDS & FAMILY

Family Nights
Movie Nights

HEALTH & FITNESS

Y-Kids R Fit
Y-Running Club

SPORTS & LEISURE

K-2 Basketball League
Teen Basketball League

**7798 North Liberty Road
Powell, OH 43065
614-839-9622**

Sports & Leisure

Sports & Leisure Contact Lolita Haverlock

Program Director—Youth & Sports, Lhaverlock@ymcacolumbus.org

DANCE Ballet

Ages 5-7
This class will provide instruction on basic postures, positions, fundamental movements, and basic ballet vocabulary. Build these basics into ballet steps and combinations.

Metro	\$25.00
Program	\$65.00

Ballroom Dance

Learn the East Coast Swing, Waltz, Cha-Cha & so many more! You can dance like the stars in our aerobic room. Join for the entire session, or pay a nightly drop-in rate. Fridays at 7pm.

Contact: Michele Cannell.

Metro	\$65.00	Couple
	\$35.00	Individual
Program	\$95.00	Couple
	\$50.00	Individual

Drop-in Metro	\$15.00	Couple
	\$8.00	Individual

Drop-in Program	\$20.00	Couple
	\$12.00	Individual

GYMNASTICS Tiny Tots

Ages 1-2
Parent participation class. Child will participate in activities that promote gross motor skills and social interaction.

Prerequisite: Child must be able to walk on his/her own.

Metro	\$25.00
Program	\$65.00

Tumbleweeds

Ages 3-4
Youth participate in floor, balance beam, as well as trampoline exercises. Participants will learn beginning apparatus techniques and basic tumbling skills.

Metro	\$25.00
Program	\$65.00

Rollers

Ages 5-7
Youth participate in floor, balance beam, and mini-tramp exercises. Participants will continue to build on apparatus techniques and tumbling skills.

Metro	\$25.00
Program	\$65.00

Swingers

Ages 8-10
Youth participate in floor, balance beam and springboard exercises. Participants learn more advanced apparatus techniques and tumbling skills.

Metro	\$25.00
Program	\$65.00

ADULT SPORTS Adult Basketball League

Ages 18 & Older
Grab a couple of friends or make some new ones. You can register for this league as a team or an individual and we will place you on a team. There are two divisions: 18 & older; and over 30. For the 18 & older, you must be out of high school. The games are 4 on 4, played on the width side of one court. Games are played on Monday nights, starting at 6:30 pm. Come join the fun.

Metro	\$25.00
Program	\$65.00

YOUTH SPORTS K-2 Basketball League

Your child can learn to play the sport of basketball in a fun, friendly, non-competitive environment. All games will be held on Sundays. Teams will also have one weekly practice. This is a coed league, but we will separate the Kindergartners from grades 1 & 2. If there is not enough registered for the Kindergarten division, grades will be combined.

Beginning Pee Wee Basketball

Ages 3-5
The focus of this program is learning basic skills of dribbling, passing, and shooting. Parent participation is suggested.

Metro	\$25.00
Program	\$65.00

Advanced Pee Wee Basketball

Ages 3-5
This class is for those who have taken PW Basketball in the past and are ready for the next level.

Metro	\$25.00
Program	\$65.00

Indoor Hockey

Ages 6-8
Come experience the fun of street hockey! This class will teach basic hockey skills in a fun & team-oriented environment.

Metro	\$25.00
Program	\$65.00



Sports of all Sorts

Ages 6-8
Your child will learn the basic skills & techniques of a variety of sports such as basketball, soccer and t-ball.

Metro	\$25.00
Program	\$65.00

Youth Basketball

Ages 6-8
Youth will learn the basic skills, techniques and strategies of basketball.

Metro	\$25.00
Program	\$65.00

Teen Basketball League

Grades 7-12
Teens can learn and play the sport of basketball in a fun, friendly, and team-oriented environment. All games will be held on Saturdays. Teams will also have one weekly practice. This league is only offered to youth currently enrolled in 7th-12th grade. There will be a separate boys and girls divisions. If there is not enough registered, the league will be coed.

Metro	\$25.00
Program	\$65.00

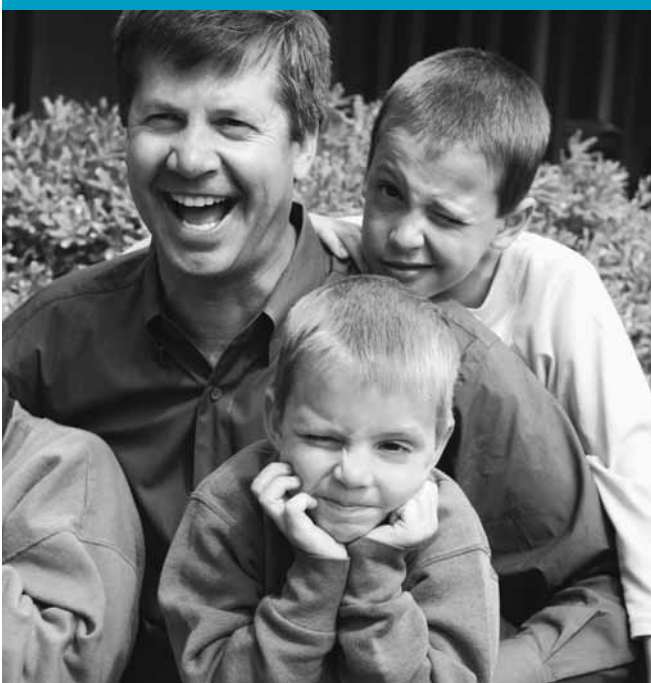
MARTIAL ARTS Tae Kwon Do

Ages 7 & Up
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
Program	\$65.00

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

Dance	Code	Su	M	Tu	W	Th	F	Sa
Ballet	-	-	-	12:00P-12:30P	-	-	-	-
Ballroom Dance	DANCEF	-	-	-	-	-	7:00P-8:00P	-
Gymnastics	Code	Su	M	Tu	W	Th	F	Sa
Tiny Tots	L301A	-	11:00A-11:30A	-	-	-	-	-
Tiny Tots	L301B	-	-	-	-	-	-	11:30A-12:00P
Swingers	L302A	-	-	-	-	-	-	1:45P-2:15P
Rollers	L304A	-	-	5:30P-6:00P	-	-	-	-
Rollers	L304C	-	-	-	-	-	-	1:00P-1:30P
Rollers	L304B	-	-	-	-	4:45P-5:15P	-	-
Tumbleweeds	L303A	-	-	4:45P-5:15P	-	-	-	-
Tumbleweeds	L303B	-	-	-	-	5:30P-6:00P	-	-
Tumbleweeds	L303C	-	-	-	-	-	-	12:15P-12:45P
Youth Sports	Code	Su	M	Tu	W	Th	F	Sa
PW Bball Adv	L306A	-	-	-	-	5:45P-6:30P	-	-
PW Bball Beg	L306B	-	-	-	-	5:00P-5:45P	-	-
Indoor Hockey	L309A	-	5:45P-6:30P	-	-	-	-	-
Sport of All Sorts	L308A	-	5:45P-6:30P	-	-	-	-	-
Youth Bball	L306C	-	-	-	-	6:30P-7:15P	-	-
Marial Arts	Code	Su	M	Tu	W	Th	F	Sa
Tae Kwon Do Beg	L307A	-	-	-	-	-	-	10:00A-11:00A
Tae Kwon Do	L307B	-	-	7:00P-8:00P	-	-	-	-
Tae Kwon Do Adv	L307C	-	-	-	-	-	-	11:00A-12:00P



Kids & Family

Kids & Family Contact Lolita Haverlock

Program Director—Youth & Sports, Lhaverlock@ymcacolumbus.org

FAMILY Family Activity Center

Enjoy our soft play space with your youngsters in our Family Activity Center. Families enjoy this special space together. The Family Activity Center is not staffed by YMCA employees. Please do not leave children unattended in the Family Activity Center.

Family Night

Spend quality time with your family at the YMCA. Organized activities that the family can enjoy together are the feature of these themed evenings. Join us as we build strong kids, strong families, and strong communities. This program is offered on the first Friday of every month.

Metro	Free	Per Family
Program	\$5.00	Per Family
Non-members	\$10.00	Per Family

Themes	Date	Activity
Jan 2	College Football	
Feb 6	Father/Daughter Dance	
	Mother/Son Dance	
Mar 6	March Madnes	
Apr 3	Healthy Families	

Movie Night

Spend a night at the movies with the YMCA! Bring your blankets, pillows, and & even your pj's on the third Friday of every month for a family movie in the gymnasium. All movies will be rated either G or PG. Come join us for popcorn, friends, and fun! Gym doors open at 7pm, movie starts promptly at 7:15 pm.

Metro	Free	Per Family
Program	\$5.00	Per Family
Non-members	\$10.00	Per Family

Dates
Jan 16, Feb 20, Mar 20, Apr 17

Parents' Night Out

Ages 6 & Older
Leave the kids with us while you enjoy an evening out. We will keep them busy with games, crafts, gym activity, and a movie. Ages 6 & older can go swimming. We provide a pizza dinner and snacks, also. Our theme for Feb. 13 is Valentine Date Night.

Metro	\$25.00	One Child
	\$20.00	Per Child (2)
	\$15.00	Per Child (3+)

Dates
Feb 13

Scrapbooking

Ages 6 & Older
Join us for one of the following Saturdays for an evening of creativity and fun, as well as a 'make and take' project. We will spend an evening of making memories and learning new techniques with fellow scrapbookers. Fee is \$25/person (includes snack & a \$5 gift certificate to Creative Memories with Melissa Brant). Feb 7 and Apr 25 6pm - Midnight.

Metro	\$25.00	Per Person
Dates	Time	
Feb 7, Apr 15	6:00P-12:00A	

ADDITIONAL SERVICES Climbing Wall

Ages 5 & Up
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.

YOUTH SPACE Social Physical Aquatics & Cultural Education

Ages 4-15
Kids will learn how to be active in a fun, interactive, game-like setting. Participants are divided into appropriate age groups.

Metro	\$35.00
Program	\$75.00

CHILD CARE School Age Child Care

YMCA School Age Child Care programs are state licensed programs that offer a number of different activities including arts and crafts, building and science, large motor activities, drama, music and a quiet homework & literacy time. Our programs promote a warm and caring environment where children are encouraged to use their imagination while building social and interactive skills. The fees for this program are due on a bi-monthly basis. This program follows the Olentangy Local Schools schedule.

Child Watch

Ages 6 weeks-6 years
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 6 years 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.

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

WEATY's Weekday Evenings at The YMCA Ages 6-11

WEATY's is available for parents who would like to bring their children to the YMCA while using the facility. Children from 6 to 11 years old may stay in WEATY's up to 2 1/2 hours per day. Children must have at least one parent in the building while in WEATY's.

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

School Days Off

In this state-licensed program, youth participate in arts and crafts, games, sports, field trips, special events and more. This program follows the Olentangy Local Schools schedule.

Health & Fitness

Health & Fitness contact: **Michelle Cannell**
Program Director—Health/Wellness, Mcannell@ymcacolumbus.org

GROUP EXERCISE Basic Training Max

Getting back to the basics! This class incorporates a variety of high intensity, conditioning exercises that will not only challenge your physical strength, but your mental strength with added weights and abs at the end.

Cardio Challenge

Everything from Step to Kickbox to Circuit! This class will keep you moving with a variety of moves and fun!

Interval Class

We use a combination of weights and cardio to give you a high intensity cardio and strength training workout all in one

Kickboxing

A cardiovascular program that incorporates martial arts and boxing moves, followed by a muscle conditioning session.

Progressive Step

This class will use one or two steps. We incorporate more choreography for a fun and energetic workout.

Step & Sculpt

A full workout that involves 30 minutes of Step followed by 20 minutes of muscle conditioning exercises.

Step Circuit

This class is a Circuit Training class that uses Step as the cardiovascular segment.

Step Interval

This is a class that uses Step as the cardio portion, alternating with a strength portion for an overall workout.

Strength & Tone

We use a combination of bands, dumbbells, body bars, stability balls, and our imagination to give you a total body strength training workout.

Triple Challenge

We use a combination of resistant training techniques with a floor and step style cardio.

Y Cycling

Whether you're a beginner to cycling or an advanced rider, Y Cycling is for you! Our instructors lead you through a safe cycling experience. Class size is limited and participation cannot be guaranteed.

HEALTH & FITNESS Fitness Orientation

Each YMCA Metropolitan Member may receive one free Fitness Orientation to become acquainted with YMCA equipment, programs, and services. A YMCA fitness staff member will help identify wellness goals and assist in designing a fitness plan to achieve those goals.

FitStart

This is a free program designed for YMCA Metropolitan Members new to fitness or in need of 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.

Personal Assessments

Do you know how physically fit you are? Our trainers will take you through a personal assessment. You will know where you stand with flexibility, posture, strength, weight, BMI - just to name a few. Cost is \$35 for 1 hour appointment.

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. Ask Member Services for a "Trainer Reference" card to get you started. Purchase 5 sessions and get 1 free!

Metro	\$35.00/hr	1 on 1
	\$30.00/hr	2 or more

Run for Fun

Adults, whether you are just learning how to run or you want to train for a 5K or a Marathon, this class is for you.

Metro	\$25.00
Program	\$65.00

Senior Strength Training

This class will take the participant through a program using the machines on the fitness floor geared specifically for them.

Metro	\$25.00
Program	\$65.00

WOW

Women On Weights

This class is designed with the woman in mind. Participants are educated on the myths and trends in the fitness industry, women's wellness issues, and general nutrition concepts. All of this combined with a total body workout to build a healthy spirit, mind and body.

Metro	\$25.00
Program	\$65.00



Power WOW

Completion of WOW required for participation. Participants will learn advanced training techniques that will take their programs and bodies to the next level of fitness.

Metro	\$25.00
Program	\$65.00

Extreme WOW

Completion of Power WOW required for participation. A class for the serious fitness member. Be ready to push through your plateau with a variety of high intensity cardio sessions and motivating strength training.

Metro	\$25.00
Program	\$65.00

ZUMBA

Do you like Latin Style dancing? Well, give Zumba a try. The class combines Latin dance steps line Salsa and Merengue, but with a Hip-Hop and fitness flair. Join for the entire session, or pay a daily drop-in fee of \$4/Metro or \$10 / Program.

Metro	\$25.00
Program	\$65.00

SPECIALIZED Break Through Fitness I

Your barrier might be unique, but you can still exercise in your own way at the YMCA. Learn what the YMCA can offer you. We will help you reach your goals even though you may have muscular-skeletal issues.

Metro	\$30.00
Program	\$75.00

Break Through Fitness II

Your barrier might be unique, but you can still exercise your own way at the YMCA. Learn what the YMCA can offer you. We will help you reach your goals even though you have a chronic condition of MS, Fibromyalgia, etc.

Metro	\$30.00
Program	\$75.00

YOGA Hatha Yoga

Hatha Yoga is a 60-minute gentle to mid-level yoga program focusing on the development and practice of Asana, alignment, anatomy, and breath. Vinyasa Yoga is a mid-to-advanced yoga focusing on building heat through breath, linked with movements.

Metro	\$25.00
Program	\$65.00

Pilates

A mat-based class which will teach you the fundamentals of body awareness.

Power Pilates

A mat-based class which will include aerobic bars, weights, bands and resistant balls.

YogaFit

This YogaFit incorporates weights with the Yoga poses. Yoga stances are held for longer periods of time and are more advanced in nature. The moves are taken from a variety of Yoga styles.

Metro	\$25.00
Program	\$65.00

YOUTH FITNESS IRON TEENS

Ages 11 & Up
You will learn how to use cardiovascular and strength machines safely, structure a workout, and safe stretching techniques. Class completion is a requirement prior to using the fitness center without a parent. 100% attendance is mandatory to successfully complete this program. Youth must be 11 years of age at beginning of class session. **Contact: Michele Cannell.**

Metro	\$25.00
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Kids Boot Camp

A class for 9 year olds and above which will teach them the proper technique of bootcamp moves and introduce them to a more aggressive cardiovascular workout.

Metro	\$25.00
Metro	\$65.00

Self Defense For Kids

Learn self-defense moves you can use in every day life.

Metro	\$25.00
Metro	\$65.00

Y Kids R Fit

Ages 6-9
Children aged 6-9 are introduced to healthy exercise and eating habits through exciting interactive games. Class presents information in a way that is fun for the child to learn.

Metro	\$25.00
Metro	\$65.00

Y Run Club

Ages 10-15
Kids aged 10-15 will complete an Endurance which could be a marathon, a 50-miler, etc. They will learn how to set their own goals to achieve their own Endurance.

Metro	\$25.00
Metro	\$65.00

Y Tots R Fit

Ages 3-5
Children aged 3-5 are introduced simple exercises and simple interactive games. This is a fun way to incorporate exercise into your toddler's daily life.

Metro	\$25.00
Metro	\$65.00

Youth Conditioning

Ages 9 & Up
This class will teach you how to safely use the cardiovascular and strength equipment, structure a workout, and stretching techniques. 100% attendance is mandatory to successfully complete this program. Class completion is required prior to using the Fitness Center with adult supervision. Youth must be 9 years old at beginning of class session.

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

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: February 7

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.

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

Health & Fitness	Code	Su	M	Tu	W	Th	F	Sa
Extreme WOW	L114A	-	9:15A-10:15A	-	9:15A-10:15A	-	-	-
FitStart	L105A	-	-	11:00A-12:00P	-	-	-	-
FitStart	L105B	-	10:00A-11:00A	-	-	-	-	-
FitStart	L105C	-	7:00P-8:00P	-	-	-	-	-
FitStart	L105D	-	-	7:00P-8:00P	-	-	-	-
Run for Fun	L127A	-	-	-	6:15P-7:15P	-	-	-
Run for Fun	L127B	-	-	-	-	-	9:15A-10:15A	-
Power WOW	L113A	-	9:15A-10:15A	-	9:15A-10:15A	-	-	-
Senior Strength Training	L119A	-	10:00A-11:00A	-	-	-	10:00A-11:00A	-
WOW	L112A	-	9:15A-10:15A	-	9:15A-10:15A	-	-	-
WOW	L112B	-	-	7:00P-8:00P	-	7:00P-8:00P	-	-
ZUMBA	ZUMBAF	-	-	-	-	-	10:45A-11:30A	-
ZUMBA	ZUMBAT	-	-	6:15P-7:00P	-	-	-	-
Specialized	Code	Su	M	Tu	W	Th	F	Sa
Break Thru Fit I	L128A	-	10:00A-11:00A	-	-	-	-	-
Break Thru Fit II	L128B	-	11:00A-12:00P	-	-	-	-	-
Yoga	Code	Su	M	Tu	W	Th	F	Sa
Hatha Yoga	L110A	-	-	-	-	7:00P-8:30P	-	-
Hatha Yoga	L110E	-	-	8:55A-9:55A	-	8:55A-9:55A	-	-
Level 1 Yoga	L110C	-	-	-	7:00A-8:00A	-	-	-
YogaFit	L110B	-	-	-	-	-	-	7:15A-8:15A
Youth Fitness	Code	Su	M	Tu	W	Th	F	Sa
Iron Teens	L107A	-	-	5:00P-6:30P	-	-	-	-
Iron Teens	L107B	-	-	-	-	-	-	9:00A-10:30A
Youth Condition	L108A	-	5:00P-6:00P	-	-	-	-	-
Kids Bootcamp	L117B	-	-	-	-	5:00P-5:45P	-	-
Kids Self Defense	L121A	-	-	5:00P-6:00P	-	-	-	-
Y Kids R Fit	L123A	-	6:00P-6:30P	-	-	-	-	-
Y Run Club	L124A	-	-	-	5:00P-6:30P	-	-	-
Y Tots R Fit	L125A	-	5:15P-5:45P	-	-	-	-	-



Aquatics

Aquatics Contacts Lynnette Hudnell

Program Director—Aquatics, lhudnell@ymcacolumbus.org

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

Aquatics	Code	Su	M	Tu	W	Th	F	Sa
Aqua Aerobics	AQUATA	-	-	9:00A-10:00A	-	-	-	-
Aqua Aerobics	AQUATP	-	-	5:30P-6:30P	-	-	-	-
Aqua Aerobics	AQUARA	-	-	-	-	9:00A-10:00A	-	-
Aqua Aerobics	AQUARP	-	-	-	-	5:30P-6:30P	-	-
Arthritis Aquatics	ARTHRA	-	-	-	-	9:45A-10:30A	-	-
Arthritis Aquatics	ARTHRA	-	-	-	-	12:00P-12:45P	-	-
Arthritis Aquatics	ARTHRA	-	-	-	-	5:30P-6:15P	-	-
Arthritis Aquatics	ARTHSA	-	-	-	-	-	-	12:00P-12:45P
Arthritis Aquatics	ARTHSA	-	-	9:45A-10:30A	-	-	-	-
Arthritis Aquatics	ARTHSA	-	-	12:00P-12:45P	-	-	-	-
Arthritis Aquatics	ARTHSA	-	-	5:30P-6:15P	-	-	-	-
Low Impact	LOWRA	-	-	-	-	10:45A-11:45A	-	-
Low Impact	LOWTA	-	-	10:45A-11:45A	-	-	-	-
Pre Swim Team	PRESTA	5:35P-6:05P	-	-	-	-	-	-
Ultra Water Workout	ULTRAMA	-	9:00A-10:00A	-	-	-	-	-
Ultra Water Workout	ULTRAMP	-	5:30P-6:30P	-	-	-	-	-
Ultra Water Workout	ULTRAWA	-	-	-	9:00A-10:00A	-	-	-
Ultra Water Workout	ULTRAWP	-	-	-	5:30P-6:30P	-	-	-
Ultra Water Workout	ULTRASA	-	-	-	-	-	-	8:30A-9:30A

Swim Lessons

Adult Instruction

Code	Su	M	Tu	W	Th	F	Sa
Adult (Beg)	ADULTB	-	-	-	-	-	10:10A-10:40A
Adult (Int/Adv)	ADULTI	-	-	-	-	-	10:45A-11:15A

Parent Child Swim Lessons

Code	Su	M	Tu	W	Th	F	Sa
Parent/Child	PCMA	-	9:00A-9:30A	-	-	-	-
Parent/Child	PCWA	-	-	-	9:00A-9:30A	-	-
Parent/Child	PCRA	-	-	-	6:40P-7:10P	-	-
Parent/Child	PCSA	-	-	-	-	-	9:00A-9:30A
Parent/Child	PCSB	-	-	-	-	-	9:35A-10:05A
Parent/Child	PCTA	-	-	6:40P-7:10P	-	-	-

Preschool Swim Lessons

Code	Su	M	Tu	W	Th	F	Sa
Eel	EELMA	-	9:30A-10:00A	-	-	-	-
Eel	EELMB	-	10:05A-10:35A	-	-	-	-
Eel	EELMC	-	5:30P-10:00P	-	-	-	-
Eel	EELMD	-	6:40P-7:10P	-	-	-	-
Eel	EELRA	-	-	-	9:30A-10:00A	-	-
Eel	EELRB	-	-	-	6:05P-6:35P	-	-
Eel	EELSAA	-	-	-	-	-	10:10A-10:40A
Eel	EELSAB	-	-	-	-	-	10:10A-10:40A
Eel	EELTA	-	-	9:30A-10:00A	-	-	-
Eel	EELTB	-	-	5:30P-6:00P	-	-	-
Eel	EELTC	-	-	6:40P-7:10P	-	-	-
Eel	EELWA	-	-	-	9:30A-10:00A	-	-
Eel	EELWB	-	-	-	10:05A-10:35A	-	-
Eel	EELWC	-	-	-	5:30P-6:00P	-	-
Eel	EELWD	-	-	-	6:40P-7:10P	-	-

Code	Su	M	Tu	W	Th	F	Sa
Guppy	GUPPYMA	-	6:05P-6:35P	-	-	-	-
Guppy	GUPPYRA	-	-	-	5:30P-6:00P	-	-
Guppy	GUPPYRB	-	-	-	6:05P-6:35P	-	-
Guppy	GUPPYSAA	-	-	-	-	-	9:35A-10:05A
Guppy	GUPPYSAB	-	-	-	-	-	10:45A-11:15A
Guppy	GUPPYTA	-	-	6:05P-6:35P	-	-	-
Guppy	GUPPYWA	-	-	-	6:05P-6:35P	-	-
Minnow	MINNOWMA	-	6:40P-7:10P	-	-	-	-
Minnow	MINNOWRA	-	-	-	5:30P-6:00P	-	-
Minnow	MINNOWSAA	-	-	-	-	-	10:45A-11:15A
Minnow	MINNOWTA	-	-	6:05P-6:35P	-	-	-
Minnow	MINNOWWA	-	-	-	6:40P-7:10P	-	-

Code	Su	M	Tu	W	Th	F	Sa
Pike	PIKEMA	-	9:30A-10:00A	-	-	-	-
Pike	PIKEMB	-	10:05A-10:35A	-	-	-	-
Pike	PIKEMC	-	5:30P-6:00P	-	-	-	-
Pike	PIKEMD	-	5:30P-6:00P	-	-	-	-
Pike	PIKERA	-	-	-	6:05P-6:35P	-	-
Pike	PIKESAA	-	-	-	-	-	9:00A-9:30A
Pike	PIKESAB	-	-	-	-	-	9:35A-10:05A
Pike	PIKESAC	-	-	-	-	-	11:20A-11:50A
Pike	PIKESUA	5:00P-5:30P	-	-	-	-	-

Code	Su	M	Tu	W	Th	F	Sa
Pike	PIKETA	-	9:30A-10:00A	-	-	-	-
Pike	PIKETB	-	5:30P-6:00P	-	-	-	-
Pike	PIKETC	-	5:30P-6:00P	-	-	-	-
Pike	PIKEWA	-	-	-	9:30A-10:00A	-	-
Pike	PIKEWB	-	-	-	10:05A-10:35A	-	-
Pike	PIKEWC	-	-	-	5:30P-6:00P	-	-
Pike	PIKEWD	-	-	-	5:30P-6:00P	-	-
Ray	RAYMA	-	6:40P-7:10P	-	-	-	-
Ray	RAYRA	-	-	-	9:30A-10:00A	-	-
Ray	RAYRB	-	-	-	6:05P-6:35P	-	-
Ray	RAYSAA	-	-	-	-	-	10:10A-10:40A
Ray	RAYTA	-	-	6:40P-7:10P	-	-	-
Ray	RAYWA	-	-	-	6:40P-7:10P	-	-

Youth Swim Lessons

Code	Su	M	Tu	W	Th	F	Sa
Polliwog	POLLIWOGMA	-	6:05P-6:35P	-	-	-	-
Polliwog	POLLIWOGMB	-	6:05P-6:35P	-	-	-	-
Polliwog	POLLIWOGRA	-	-	-	5:30P-6:00P	-	-
Polliwog	POLLIWOGRB	-	-	-	6:40P-7:10P	-	-
Polliwog	POLLIWOGSAA	-	-	-	-	-	9:35A-10:05A
Polliwog	POLLIWOGSAC	-	-	-	-	-	11:20A-11:50A
Polliwog	POLLIWOGSU	5:00P-5:30P	-	-	-	-	-
Polliwog	POLLIWOGT	-	-	6:05P-6:35P	-	-	-
Polliwog	POLLIWOGWA	-	-	-	6:05P-6:35P	-	-
Polliwog	POLLIWOGWB	-	-	-	6:05P-6:35P	-	-

WATER FITNESS 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	\$14.00
Program	\$34.00

Arthritis Aquatics

Trained personnel lead participants through a series of specially designed exercises that use buoyancy and resistance to help improve joint flexibility. Class is held in a heated pool.

Metro	\$14.00
Program	\$34.00

Low Impact Water Aerobics

Participants use the water for resistance for this cardiovascular and muscle conditioning workout.

Metro	\$14.00
Program	\$34.00

Pre Swim Team

Ages 3-5 Swimmers must have passed Pike and Eel swim levels.

Metro	\$40.00
Program	\$75.00

Ultra Water Workout

Higher endurance cardio workout to burn calories and build endurance with stretching and toning to improve flexibility and range of motion. Medium/high impact.

Metro	\$14.00
Program	\$34.00

Pricing for Swim Lessons

1 DAY/WEEK CLASSES \$28 Metro / \$68 Program

SWIM LESSONS Adult Instruction

Ages 12-Adult Adults learn basic swim and safety skills. Techniques for overcoming fear of water are also covered. Please specify level upon registration.

Parent Child Swim Lessons

Ages 6 mon-3 yrs Parent and child perform activities based on the developmental abilities of the child. Parent helps child become comfortable in the water.

Preschool Swim Lessons

Ages 3-5 Children move through progressive levels (Pike-Eel-Ray) as they increase swimming distance, endurance, and ability with each level. Child must be potty-trained (none in swim diapers).

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

Eel
Reinforces Pike skills. Children are taught to kick, dive, float, and perform the progressive paddle stroke.

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

Aquatics Personal Training

Instruction is offered to Metro Members only. Please see our Member Services Staff to register. Instruction vouchers are sold on a complete hour basis.

Metro	\$30.00	Per Hour
	\$150.00	6 Hours

Youth Swim Lessons

Ages 6-11 Children move through progressive levels (Polliwog-Guppy-Minnow) 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.

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

Water Slide Rules

- All riders must be at least 48" tall.
- No flotation devices are allowed.
- One rider at a time.
- Feet first at all times.

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 participant competency of any participant at any time.
- 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.