



440 Nicholas Drive  
 Circleville, OH 43113  
 740-477-1661

**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 CLOSED  
 Christmas Eve 5:30 am–4:00 pm  
 Christmas Day CLOSED  
 New Years Eve 5:30 am–6:00 pm  
 New Years Day CLOSED  
 Martin Luther King Jr. Day NO CLASSES

**Branch Staff**

Paul Westenheffer Executive Director  
 Doug Stickle Senior Program Director  
 Marty Delamatre Child Care Director  
 Angela Kane Aquatics Director  
 Greg Neville Program Director–Youth & Family  
 Ed Hatfield Facility Director

**Branch Consulting Board**

Sue Zason Metropolitan General Board Chair  
 John E. Bickley President & Chief Executive Officer  
 Jeff Philips Chair  
 James Edman  
 Tony Eichstadt  
 Amy Elsea  
 Asa Elsea  
 Dannie Fouts  
 Robert Gregory  
 Jeff Harr  
 Shelly Harsha  
 Robert Johnson  
 Jerry Jones  
 William Lyle  
 Drexel Poling  
 Teri Roese  
 Debbie Scherer  
 Dave Sealock  
 Brian Serafy  
 Marilyn Spence  
 Steve Stevenson  
 Rick Upchurch  
 Don Vinkovich  
 Louise Warner  
 Norm Wilson  
 Kent Wolfe  
 Rojanne Woodward  
 Debby Wright  
 Vince Yaniga

**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.

**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.

**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 Downtown, Gahanna, Jerry L. Garver, Liberty Township/Powell, North, and Pickaway 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).

**Facility Membership**

Valid at this location only. A Facility Membership entitles you to full use of this facility only, including the fitness center, weight room, indoor pool and gymnasium, and a free fitness evaluation.

**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.

- 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.

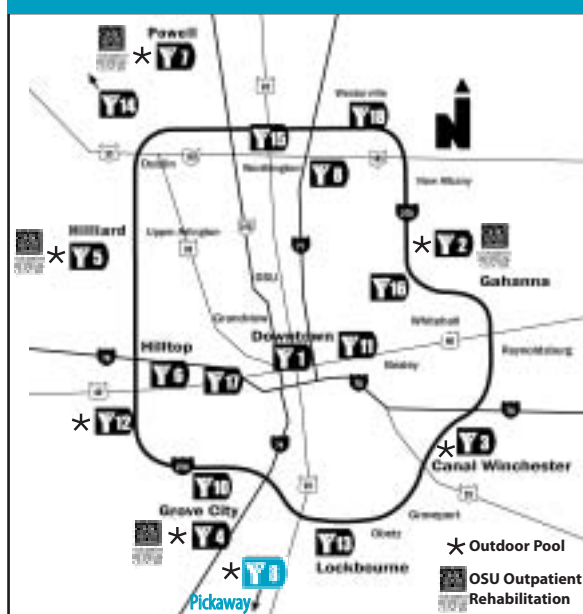
**Pool Policies**

Please see Pool Policies on Aquatics page.



**Our mission:** To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind and body. Financial assistance is available.

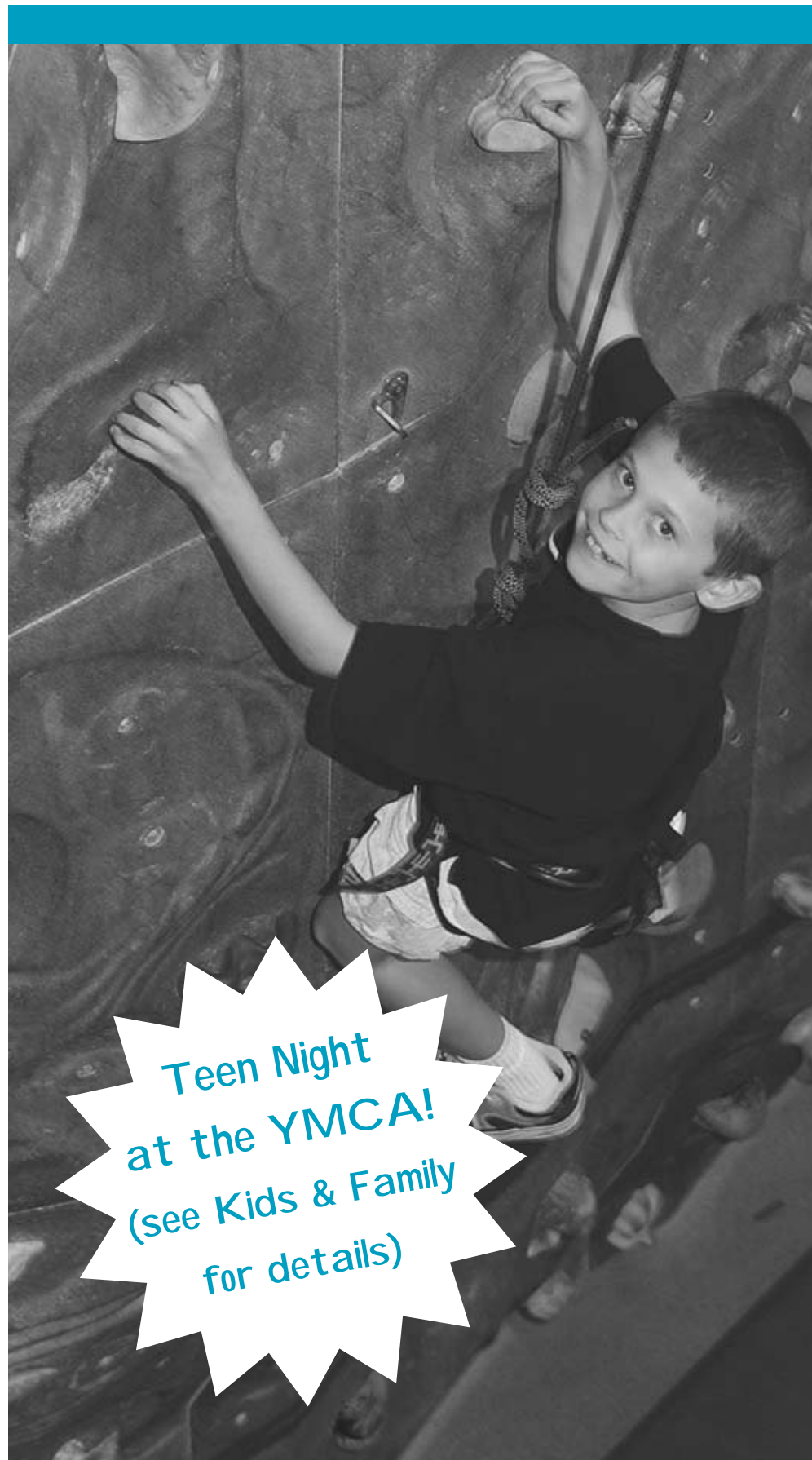
**YMCA of Central Ohio Branch Locations**



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

# Pickaway YMCA

Winter 2009



**Teen Night at the YMCA!**  
 (see Kids & Family for details)

<b>Winter I</b>	<b>Jan 5–Feb 22</b>
REGISTRATION begins:	
Metro members	Dec. 6
Program members	Dec. 13
<b>Winter II</b>	<b>Feb 23–Apr 12</b>
REGISTRATION begins:	
Metro members	Feb. 7
Program members	Feb. 14

## Winter Session Highlights

**AQUATICS**

High Intensity Aqua Aerobics

**KIDS & FAMILY**

Teen Nights

**HEALTH & FITNESS**

Cardio Kickboxing

**SPORTS & LEISURE**

Street Jackets Hockey League, ages 6–12

444 Nicholas Drive  
 Circleville, OH 43113  
 740-477-1661

# SPORTS & LEISURE

Sports & Leisure Contact: Greg Neville  
Program Director Youth & Family, gneville@ymcacolumbus.org

**“I love the YMCA because the entire family can have fun in a positive, enriching atmosphere.”**

## YOUTH SPORTS Coach Pitch Baseball League

**Ages 7-9**  
This is the next step up from T-Ball. All children will learn the basics and build on skills already learned. Pitching is provided by the coaches.

Metro/Facility \$35.00  
Program \$55.00

Date  
Apr 18-Jun 27

## Middle School Basketball League

**Grades 6-8**  
This co-ed league focuses on basic basketball skills and enforces the four core values of the YMCA. Practices are held weekday evenings at local schools, and games are played on Saturdays.

Metro/Facility \$35.00  
Program \$55.00

Date  
Feb 07-Mar 28

## Pee Wee Basketball

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

Metro/Facility \$30.00  
Program \$50.00

Date  
Jan 08-Feb 19

## Pee Wee Indoor Soccer

**Ages 3-5**  
Young athletes will be introduced to the basic skills of indoor soccer as well as the basic social skills involved in youth sports. Parent participation is required. Space is limited. **This program is offered Winter II session only.**

Metro/Facility \$30.00  
Program \$50.00

Date  
Feb 26-Apr 09

## Pee Wee T-Ball

**Ages 3-4**  
Parent participation is required for this basic instruction of hitting, catching, and throwing.

Metro/Facility \$30.00  
Program \$50.00

Date  
Apr 23-Jun 04

## Street Jackets Hockey League

**Ages 6-12**  
Sponsored by the Columbus Blue Jackets, experience the hottest sport today! Participants learn to play hockey in a safe and controlled environment. Some travel throughout Central Ohio is required.

Metro/Facility \$35.00  
Program \$55.00

Date  
Feb 07-Mar 28

## Tee Ball League

**Ages 5-7**  
Learn the basics of hitting, fielding, throwing, catching, and running in a non competitive atmosphere.

Metro/Facility \$35.00  
Program \$55.00

Date  
Apr 18-Jun 27

## Teen Basketball League

**Grades 9-12**  
This co-ed league focuses on basic basketball skills and emphasizes the Four Core Values of the YMCA. Some travel throughout Central Ohio required.

Metro/Facility \$35.00  
Program \$55.00

Date  
Feb 07-Mar 29

## Teen Volleyball Clinic

**Ages 11-15**  
This 7 week clinic focuses on enhancing volleyball skills and knowledge of the game. **This program is offered Winter II session only.**

Metro/Facility \$30.00  
Program \$50.00

## Youth Indoor Soccer League

**Ages 6-12**  
This co-ed league focuses on basic soccer skills, sportsmanship, and teamwork. Practices are held weekday evenings and games are played on Saturdays.

Metro/Facility \$30.00  
Program \$50.00

Date  
Feb 07-Mar 28

## Youth Volleyball

**Ages 9-10**  
Learn the skills, rule and strategies of volleyball.

Metro/Facility \$30.00  
Program \$50.00

## ADULT SPORTS Co-ed Recreational Volleyball

Adult members are encouraged to participate in open play times. Schedules will be posted in the gym and will also be available at the Member Services Desk.

## GYMNASTICS Gymnastics Pre-Team/Team

**Ages 5-7**  
A competitive program for those who possess the skills, values and desire to participate in a team environment. Team activities are year-round with the competitive season running October through April.

Metro/Facility \$35.00 Monthly Fee  
Program \$65.00 Monthly Fee

## Rollers

**Ages 6-12**  
Emphasis is placed on basic body mechanics and gymnastics on the beam, floor and vault.

Metro/Facility \$25.00  
Program \$65.00

## Swingers/Kippers

Youth begin advanced level gymnastic training with emphasis on flexibility and strength.

Metro/Facility \$25.00  
Program \$65.00

## Tremendous 2's & 3's

**Ages 2-3**  
Parents learn how to lead their child as they develop movement and sensory skills.

Metro/Facility \$17.00  
Program \$48.00

## Tumbleweeds

**Ages 4-5**  
Basic gross motor development is emphasized as youth learn the fundamentals of gymnastic moves.

Metro/Facility \$19.00  
Program \$53.00

## MARTIAL ARTS Adult Karate

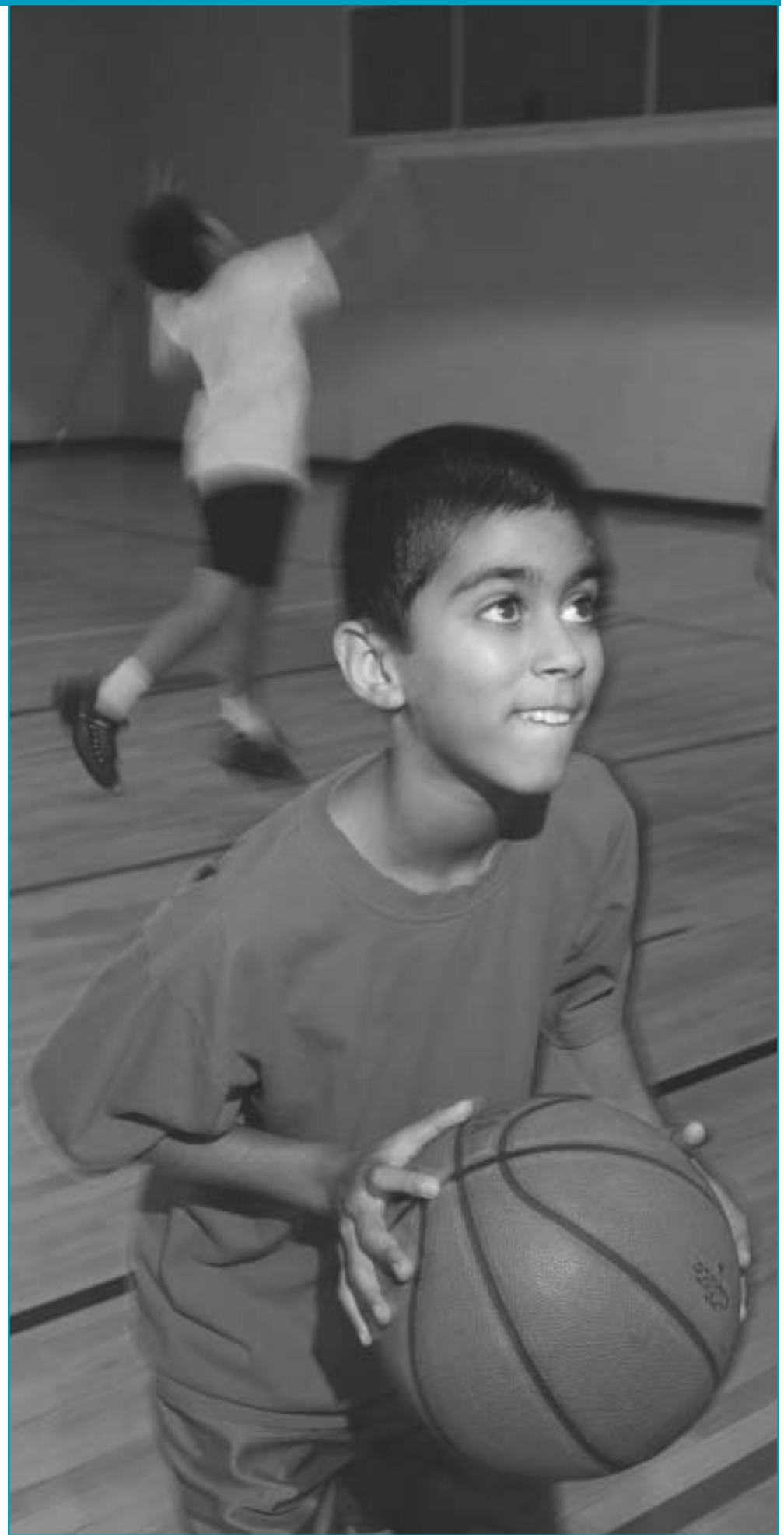
**Ages 13-Adult**  
This class teaches basic Karate movements in a fun and relaxed environment. Belt adjustments and Karate Tournaments are regularly scheduled but not required.

Metro/Facility \$28.00  
Program \$60.00

## Karate

**Ages 5-12**  
Fundamentals of proper technique and skills are covered in this martial arts program.

Metro/Facility \$28.00  
Program \$60.00



\* Monday Classes will be prorated for Martin Luther King, Jr. Day. Please contact member services for more information.

Youth Sports	Code	Su	M	Tu	W	Th	F	Sa
Teen Volleyball Clinic	P303	-	6:00p-7:00p	-	-	-	-	-
Youth Volleyball	PVOLLEY1	-	-	-	-	7:00p-8:00p	-	-
Adult Sports	Code	Su	M	Tu	W	Th	F	Sa
Co-ed Recreational Volleyball	P348	-	8:00p-10:00p	-	-	-	-	-
Gymnastics	Code	Su	M	Tu	W	Th	F	Sa
Rollers	P321	-	-	5:30p-6:30p	-	-	-	-
Rollers	P321A	-	-	-	-	-	-	8:30a-9:30a
Swingers/Kippers	P323	-	-	-	6:00p-7:30p	-	-	-
Tremendous 2's & 3's	P342	-	-	7:15p-7:45p	-	-	-	-
Tremendous 2's & 3's	P342A	-	-	-	-	-	-	10:15a-10:45a
Tremendous 2's & 3's	P342B	-	-	-	-	10:15a-10:45a	-	-
Tumbleweeds	P331	-	-	6:30p-7:15p	-	-	-	-
Tumbleweeds	P331A	-	-	-	-	-	-	9:30a-10:15a
Tumbleweeds	P331B	-	-	-	-	9:30a-10:15a	-	-
Martial Arts	Code	Su	M	Tu	W	Th	F	Sa
Adult Karate	P301A	-	7:00p-8:00p	-	-	-	-	-
Karate	P301	-	6:00p-7:00p	-	-	-	-	-

# AQUATICS

Aquatics contact: Angela Kane  
Aquatics Director, akane@ymcacolumbus.org

## AQUATICS 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/Facility \$24.00 Class Pass  
Program \$66.00

## Aqua Flex

Participants practice low-impact conditioning and strengthening exercises using the water as resistance.

Metro/Facility Free  
Program \$66.00

## Aqua Jog

Participants use the water for resistance as they move at their own pace. Class structure is less strenuous than a water fitness class.

Metro/Facility \$24.00 Class Pass  
Program \$66.00

## High Intensity Aqua Aerobics

Participants will use the water for a high intensity cardiovascular and muscular conditioning workout.

Metro/Facility \$24.00 class pass  
Program \$66.00

## Lifeguarding

**Ages 15-Adult**  
Learn the skills needed to become a certified lifeguard. First Aid, CPR, and rescue techniques are covered. Attendance is mandatory at all sessions in order to be certified.

### Program Requirement

- Must be at least 15 years of age
- Ability to swim 500 yards
- Ability to retrieve a 10 lb. brick from 8 ft of water and swim 20 yards with it.

Facility \$125.00  
Program \$175.00

## Pickaway County Aquatics Class Pass

Metropolitan and Facility Members may purchase an aquatic class pass and have access to all water aerobic classes.

Metro/Facility \$24.00

## Swim Team

Calling all YMCA members! Join a competitive group of swimmers who work towards goals and stroke technique. Swim Team members should be at Minnow Level or above.

## SWIM LESSONS Adult/Teen Instruction

### Ages 13-Adult

Adults and teens learn basic swim and safety skills. Techniques for overcoming fear of water are also covered. Please specify current skill level upon registration.

Metro/Facility \$25.00  
Program \$60.00

## Parent Child 1 Swim Lessons

### Ages 6 mo-3 yrs

Parent and child perform activities based on the developmental abilities of the child. Parent helps child become comfortable in the water.

Metro/Facility \$15.00  
Program \$45.00

## 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

Children develop safe pool behavior and practice independent movement in the water. Recommended for beginning swimmers.

### Eel

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

### Ray

Children review and improve stroke skills, as well as expand on stroke technique and dive skills.

### Starfish

Children review previously learned skills and refine their strokes as well as their personal safety, rescue and floating skills.

Metro/Facility \$25.00  
Program \$60.00

## Youth Swim Lessons

### Ages 5-12

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 using a flotation device.

### Guppy

Children continue to practice and build upon basic skills, without the use of a flotation device.

### Minnow

Children refine the strokes learned in previous lessons as their skills become more like those used in regular swimming.

### Fish

Students work to perform the crawl, elementary backstroke, back crawl and sidestroke, with turns. Introduction to Butterfly stroke is included.

### Flying Fish

Students work on refining their strokes and increasing their endurance.

### Shark

Students continue to improve their strokes, with starts and turns, and are introduced to a variety of strokes.

### Porpoise

Students are exposed to a wide range of aquatic experiences through a class.

### Pike

Metro/Facility \$25.00

Program \$60.00

## 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 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.
- 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.



\* Monday Classes will 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	P215	-	-	9:00a-10:00a	-	9:00a-10:00a	-	-
Aqua Flex	P223	-	8:45a-9:45a	-	8:45a-9:45a	-	8:45a-9:45a	-
Aqua Flex	P223A	-	1:00p-2:00p	-	1:00p-2:00p	-	1:00p-2:00p	-
Aqua Jog	P214	-	7:45a-8:45a	-	7:45a-8:45a	-	7:45a-8:45a	-
Aqua Jog	P214A	-	-	6:30p-7:30p	-	6:30p-7:30p	-	-
Aqua Jog	P214B	-	-	-	-	-	-	8:30a-9:30a
High Intensity Aqua Aerobics	P215	-	-	10:00a-11:00a	-	10:00a-11:00a	-	-
High Intensity Aqua Aerobics	P215A	-	-	6:45p-7:45p	-	6:45p-7:45p	-	-
Swim Lessons	Code	Su	M	Tu	W	Th	F	Sa
Adult/Teen Instruction								
Adult/Teen Instruction	P217	-	-	-	-	-	-	9:30a-10:15a
Parent Child Swim Lessons								
Parent Child Swim Lessons	P226	-	-	6:30p-7:00p	-	-	-	-
Parent Child Swim Lessons	P226A	-	-	-	-	-	-	11:00a-11:30a
Preschool Swim Lessons								
Preschool Swim Lessons	P202A	-	-	6:30p-7:15p	-	-	-	-
Preschool Swim Lessons	P202C	-	-	-	-	-	-	10:15a-11:00a
Youth Swim Lessons								
Guppy	P203	-	-	-	-	6:15p-7:00p	-	-
Guppy	P203A	-	-	-	-	-	-	10:15a-11:00a
Polliwog	P205	-	-	-	-	6:15p-7:00p	-	-
Polliwog	P205A	-	-	-	-	-	-	10:15a-11:00a
Minnow/Fish	P206	-	-	-	-	6:15p-7:00p	-	-
Minnow/Fish	P206A	-	-	-	-	-	-	10:15a-11:00a
Flying Fish /Shark	P207A	-	-	-	-	-	-	11:00a-11:45a

Questions? Call the Pickaway County YMCA at 740-477-1661.

# HEALTH & FITNESS

# KIDS & FAMILY

Health & Fitness contact: Doug Stickel  
Senior Program Director, dstickel@ymcacolumbus.org

Kids & Family contact: Marty DeLamatre  
Childcare Director, mdelamatre@ymcacolumbus.org



Members of participating Medicare health plans... Enjoy all the benefits of SilverSneakers at the Pickaway YMCA! Visit the Member Service desk for registration and information.

**SilverSneakers® Muscular Strength & Range of Motion**  
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

## GROUP EXERCISE Boot Camp

Participants perform push ups, sit ups, agility drills, plyometrics and a variety of cardio and strength training exercises for a challenging, fun workout.

Facility	\$25.00	Class Pass
Metro	Free	
Program	\$65.00	

## Cardio Kickboxing

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

Facility	\$25.00	Class Pass
Metro	Free	
Program	\$65.00	

## Circuit Training

This cross training aerobic class alternates between cardiovascular and muscle conditioning stations/exercises to provide a great workout. This is a great way to maintain the healthy lifestyle you're committed to!

Facility	\$25.00	Class Pass
Metro	Free	
Program	\$65.00	

## JAB!

Basic combination involving jabs, punches, and kicks, are thrown into a free-standing heavy weight bag. Music and jump ropes are added to make this a high-energy interval training workout class. Class space is limited to 10 participants..

Facility	\$25.00	Class Pass
Metro	Free	
Program	\$65.00	

## Pickaway Land Class Pass

Facility members may purchase a land class pass, which allows full access to all land aerobics classes (except Yoga & Body Xpress).

Facility	\$25.00
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## Step Aerobics

A low-impact class using adjustable step platforms and flexible exercises for a complete workout.

Facility	\$25.00	Class Pass
Metro	Free	
Program	\$65.00	

## Y Cycling

Our instructors lead you through a safe cycling experience on Precision cycles. Class size is limited and participation cannot be guaranteed. Classes are available daily.

Facility	\$25.00	Class Pass
Metro	Free	

## Y Walkers

Walk towards a healthy lifestyle in the comfort of a YMCA environment.

Metro/Facility	Free
Program	\$5.00 2 day (T-Th) Monthly
	\$7.00 3 day (M-W-F) Monthly
	\$12.00 5 day (M-TW-Th-F) Monthly

## 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. For more information or to schedule an appointment please contact the front desk.

## Personal Training

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

Metro/Facility	\$35.00	1hr session
	\$180.00	Six 1hr sessions

## 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.

Facility	\$25.00	class pass
Metro	Free	
Program	\$65.00	



## CHILD CARE School Age Child Care

**Grades K-5**  
YMCA School Age Child Care programs offer a number of different activities including arts and crafts, building and science, large motor activities, drama, music, and a quiet homework time. Our program promotes 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 bimonthly basis. This program serves the following schools: Circleville elementaries, all Teays Valley elementaries, and Washington elementaries.

Member	Full-time (4-5day/wk)	Part-time (1-3 days/wk)
A.M. Only (6am-start)	\$35.00	\$25.00
A.M. & P.M.	\$68.00	\$48.00
Registration Fee	\$35.00	\$35.00

Program	Full-time (4-5day/wk)	Part-time (1-3 days/wk)
A.M. Only (6am-start)	\$45.00	\$36.00
A.M. & P.M.	\$87.00	\$69.00
Registration Fee*	\$65.00	\$65.00

\*Fee include a program membership cost of \$30. If you are already a program member you may deduct \$30 from the registration fee.

## School Days Off

**Grades K-6**  
In this state-licensed program, youth participate in arts and crafts, games, sports, field trips, special events, and more. This program follows the Circleville City Schools schedule.

Facility	\$20.00	per day
Program	\$25.00	per day

## PRESCHOOL Pre-Kindergarten

**Grades 4-5**  
This full day program prepares children academically, physically and socially for Kindergarten. This program is offered Monday through Friday.

Facility	\$40.00	Registration Fee
	\$103.00	Full Time 4.5 days
Program	\$70.00	Registration Fee
	\$140.00	Full Time 4.5 days

## Preschool

**Ages 3-4**  
Children become academically, physically and socially prepared for Kindergarten during this full day program. This program is offered Monday through Friday.

Facility	\$40.00	Registration Fee
	\$103.00	Full Time 4.5 days
Program	\$70.00	Registration Fee
	\$140.00	Full Time 4.5 days

## YOUTH Grade School Fun Nights

**Grades K-5**  
Designed for the youth of our community, Grade School Fun Nights help kids build new friendships, enjoy the YMCA and have fun in a safe, supervised setting.

Metro/Facility	\$3.00
Non-Member	\$5.00
Date	Time
Mar 21	6:30p-9:00p

## WEATYs

**Weekday Evenings at The YMCA Ages 6-10**  
Looking for something to do while mom and dad are at the YMCA? Play games, swim, create art projects and more! See front desk for daily activities.

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

## Youth Conditioning

**Ages 9-15**  
This class will teach youth 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.

Metro/Facility	\$10.00
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## TEENS Leaders Club

**Ages 11-17**  
This prestigious club provides teens with the opportunity to develop leadership skills and promotes the 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.

## Teen Nights

**Ages 11-17**  
Teen night is a chance for teens to come to the YMCA and meet new friends and socialize in a positive atmosphere.

Full Facility	\$3.00
Non-Member	\$5.00
Date	Time
Jan 10	8:00p-10:30p
Feb 07	8:00p-10:30p
Mar 07	8:00p-10:30p

## FAMILY Y-Tribes

This national YMCA program fosters the understanding and companionship between a parent and child. Neighborhood based groups participate in camping, canoeing, horseback riding and other special outings to strengthen family bonds.

Metro Family	Free
Members	
Tribes	Grades
Guides (Parent+Son)	K-3
Princesses (Parent+Daughter)	K-3
Trailblazers (Parent+Child)	4-6

## ADDITIONAL SERVICES Child Watch

**Ages 6 wk-6 yrs**  
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)	Free
Other Members	\$3/hr per child

\* Monday Classes will be prorated for Martin Luther King, Jr. Day. Please contact member services for more information.

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Group Exercise	Code	Su	M	Tu	W	Th	F	Sa
Boot Camp	P104	-	6:00p-7:00p	-	6:00p-7:00p	-	-	-
Boot Camp Alternating Saturdays	P104	-	-	-	-	-	-	9:00a-10:00a
Cardio Kickboxing	P129A	-	-	6:30p-7:30p	-	6:30p-7:30p	-	-
Cardio Kickboxing	P129A	-	-	-	-	-	-	10:00a-11:00a
Circuit Training	P103	-	7:00a-7:45a	-	7:00a-7:45a	-	7:00a-7:45a	-
Circuit Training	P103A	-	-	5:30p-6:15p	-	5:30p-6:15p	-	-
JABI TAG included	-	-	10:15a-11:15a	-	10:15a-11:15a	-	-	-
Silver Sneakers-Muscular Strength & Range of Motion	SILVER SNEAKERS	-	-	-	-	-	8:30a-9:30a	-
Silver Sneakers-Muscular Strength & Range of Motion	SILVER SNEAKERS	-	9:00a-10:00a	-	9:00a-10:00a	-	-	-
Silver Sneakers-Muscular Strength & Range of Motion	SILVER SNEAKERS	-	-	11:00a-12:00p	-	11:00a-12:00p	-	-
Step Aerobics	P105D	-	-	9:15a-10:15a	-	9:15a-10:15a	-	-
Step Aerobics Alternating Saturdays	P105B	-	-	-	-	-	-	9:00a-10:00a
Y Cycling	PCYCLING	-	9:00a-10:00a	-	9:00a-10:00a	-	9:00a-10:00a	-
Y Cycling	PCYCLING	-	10:00a-11:00a	-	10:00a-11:00a	-	10:00a-11:00a	-
Y Cycling	PCYCLING	-	-	6:30p-7:30p	-	6:30p-7:30p	-	-
Y Cycling	YCYCLING	-	-	5:30p-6:30p	-	5:30p-6:30p	-	-
Y Walkers	P101	-	8:00a-9:00a	-	8:00a-9:00a	-	8:00a-9:00a	-
Y Walkers	P101A	-	-	8:00a-9:00a	-	8:00a-9:00a	-	-
Y Walkers	P101B	-	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a	-
Yoga & Pilates	Code	Su	M	Tu	W	Th	F	Sa
Pilates	P109	-	-	-	-	-	9:30a-10:30a	-
Pilates	P109	-	7:15p-8:15p	-	7:15p-8:15p	-	-	-
Pilates	P109B	-	-	4:30p-5:30p	-	4:30p-5:30p	-	-

Preschool	Code	Su	M	Tu	W	Th	F	Sa
Pre-Kindergarten	FULL DAY	-	6:30a-6:00p	6:30a-6:00p	6:30a-6:00p	6:30a-6:00p	6:30a-6:00p	-
Preschool	FULL DAY	-	6:30a-6:00p	6:30a-6:00p	6:30a-6:00p	6:30a-6:00p	6:30a-6:00p	-
Youth	Code	Su	M	Tu	W	Th	F	Sa
WEATYs	-	-	-	-	-	-	-	9:00a-11:30a
WEATYs	-	-	5:00p-8:30p	5:00p-8:30p	5:00p-8:30p	5:00p-8:30p	-	-
Youth Conditioning	P108	-	-	5:00p-6:00p	-	5:00p-6:00p	-	-
Teens	Code	Su	M	Tu	W	Th	F	Sa
Leaders Club	P108A	-	6:30p-7:30p	-	-	-	-	-
Additional Services	Code	Su	M	Tu	W	Th	F	Sa
Child Watch	-	-	8:30a-11:30a	8:30a-11:30a	8:30a-11:30a	8:30a-11:30a	8:30a-11:30a	-
Child Watch	-	-	5:00p-8:00p	5:00p-8:00p	5:00p-8:00p	5:00p-8:00p	5:00p-8:00p	-
Child Watch	-	-	-	-	-	-	-	9:00a-11:00a

Remember, you can register for programs online at [WWW.YMCACOLUMBUS.ORG](http://WWW.YMCACOLUMBUS.ORG)