

Kids & Family

Kids & Family Contact
Michelle Howell, Child Care Coordinator
 asmith@ymcacolumbus.org

TEENS Iron Teens

Ages 11-15
 Youth will learn how to use the 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 old at the beginning of class session.

Contact: Sharon Marshall.
 Metro/Facility \$22.00

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.

Contact: Zachary Couch.

YOUTH Youth Conditioning

Ages 9-10
 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.

Contact: Sharon Marshall.

ADDITIONAL SERVICES Child Watch

Ages 6 wks-6 yrs
 Child Watch is available for parents 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. A parent must remain in the building while their children are in Child Watch.

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

Teens	Su	M	Tu	W	Th	F	Sa
Leaders Club	-	-	-	6:00p-7:30p	-	-	-
Additional Services	Su	M	Tu	W	Th	F	Sa
Child Watch	-	5:30p-8:00p	5:30p-8:00p	5:30p-8:00p	5:30p-8:00p	5:30p-8:00p	-

Active Older Adults

Active Older Adults (A.O.A.)

Active Older Adults (AOA) is a fun-filled program designed to allow for a social gathering for senior adults ages 55 and older (and/or persons with physical disabilities). The program includes three exercise classes and use of the fitness center and hot tub during AOA hours. On Wednesdays, a nurse is on staff from 9:00A - 12:00P. This service is available to all and is free to members and the public.

Contact: Sharon Marshall.

Metro/Facility Free
 Program \$15.00

Arthritis Foundation YMCA Aquatic Program

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 and follows curriculum approved by the Arthritis Foundation.

Metro/Facility \$14.00 Winter I
 \$34.00 Winter II
 Program \$28.00 Winter I
 \$68.00 Winter I

Senior Strength Training

This class is for active older adults looking to increase strength, flexibility, and endurance. Participants will learn safe and effective ways to elevate their fitness levels and learn how to increase their energy for daily activities.

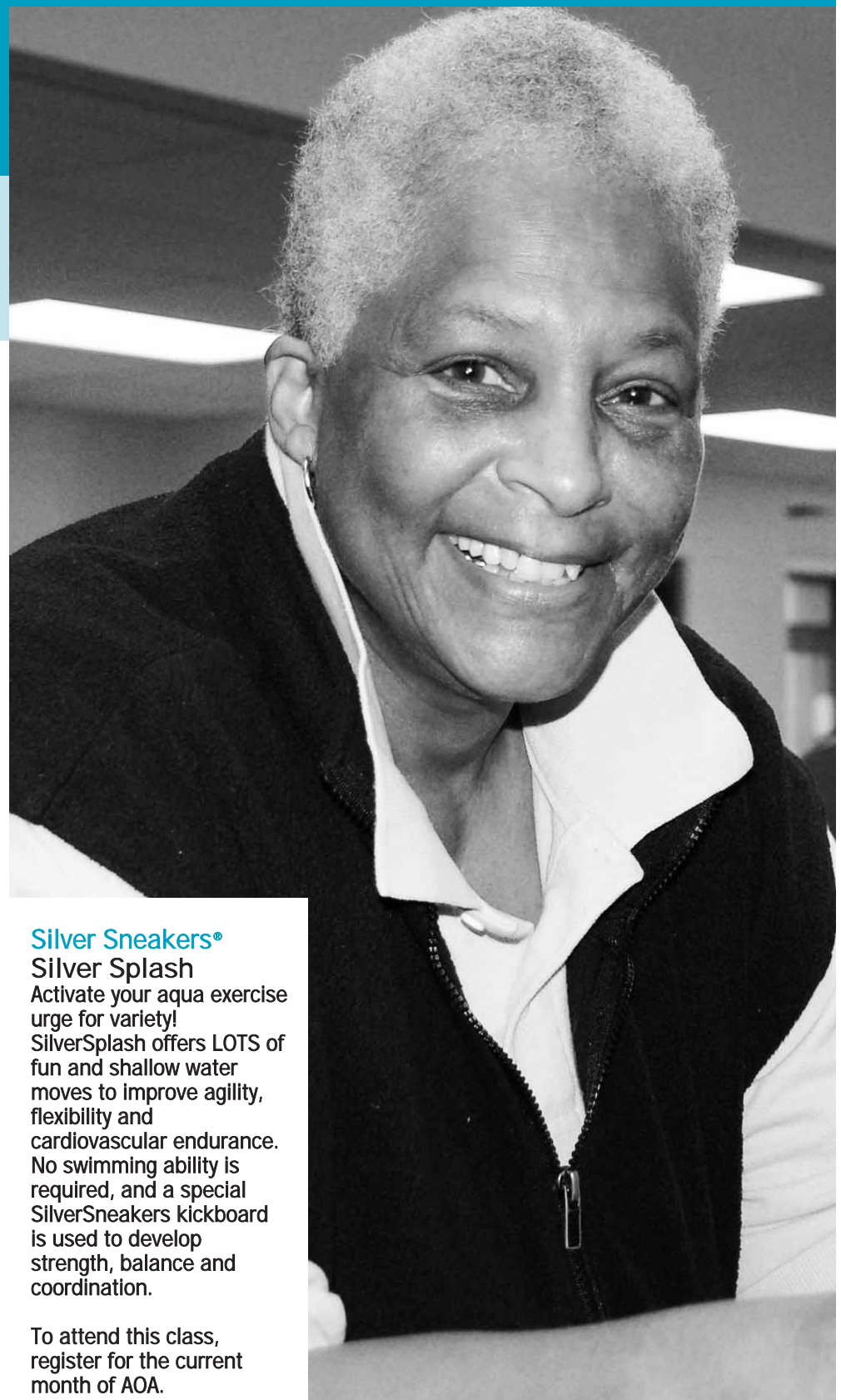
Active Older Adult Contact
Sharon Marshall
 Program Director—Health & Wellness
 smarshall@ymcacolumbus.org



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

Silver Sneakers® Cardio Circuit
 Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Silver Sneakers® 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.



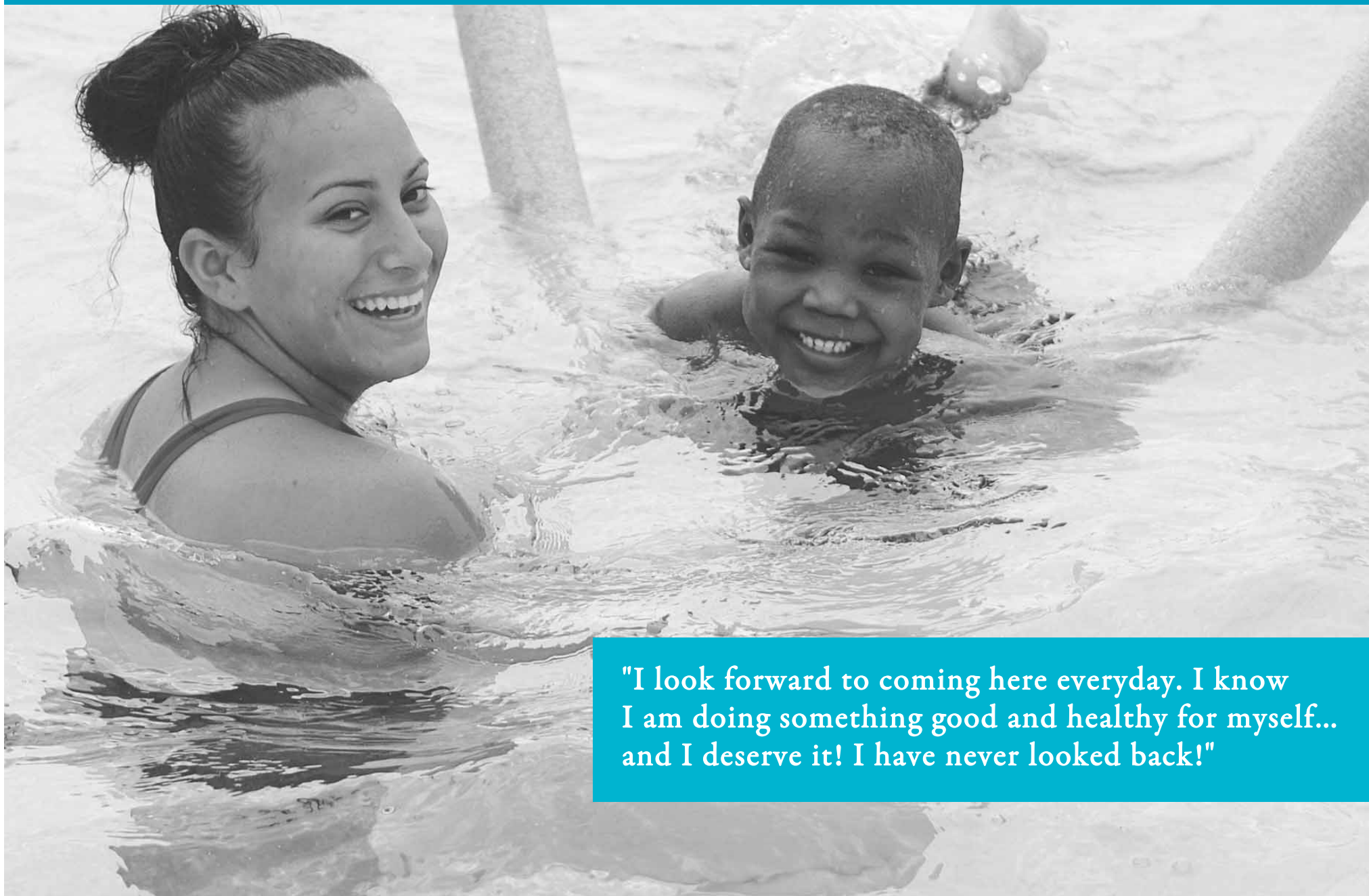
Silver Sneakers® Silver Splash
 Activate your aqua exercise urge for variety! Silver Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

To attend this class, register for the current month of AOA.

Active Older Adults	Code	Su	M	Tu	W	Th	F	Sa
Arthritis Foundation YMCA Aquatic Program - Winter I	09W1	-	-	11:00a-12:00p	-	-	-	-
Arthritis Foundation YMCA Aquatic Program - Winter II	09W2	-	-	11:00a-12:00p	-	11:00a-12:00p	-	-
Ward YMCA AOA Program	-	-	9:45a-12:00p	-	9:45a-12:00p	-	9:45a-12:00p	-
SilverSneakers® Cardio Circuit	-	-	9:45a-10:30a	-	9:45a-10:30a	-	-	-
SilverSneakers® Muscular Strength & Range of Motion	-	-	10:30a-11:15a	-	10:30a-11:15a	-	10:30a-11:15a	-
Silver Splash	-	-	11:15a-12:00P	-	11:15a-12:00P	-	11:15a-12:00P	-

Questions? Call the Eldon & Elsie Family Ward YMCA at 614-252-3166.

Aquatics



"I look forward to coming here everyday. I know I am doing something good and healthy for myself... and I deserve it! I have never looked back!"

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 \$28.00
Program \$68.00

SWIM LESSONS Adult Instruction

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

Metro/Facility \$28.00
Program \$68.00

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.

Metro/Facility \$28.00
Program \$68.00

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, improve, and expand on stroke skills, 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 \$28.00
Program \$68.00

Stroke Technique
Swimmers knowledgeable in basic stroke techniques will receive individual attention to advance their breathing, stroke and kicking skills. **Contact: Becky Brown.**

Metro/Facility \$30.00 1 Session
\$150.00 6 Sessions

Young Adult Swim Lessons

Ages 13-17
Swim lessons build on stroke development, rescue, personal growth and safety, water sports and games. Participants move through progressive levels as they increase swimming distance, endurance and ability with each level.

Metro/Facility \$28.00
Program \$68.00

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, increasing 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 throughout this class.

Metro/Facility \$28.00
Program \$68.00

Aquatics Contact

Katie Powell, Aquatics Director
BBROWN@YMCACOLUMBUS.ORG

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.

Aquatics	Code	Su	M	Tu	W	Th	F	Sa
Arthritis Foundation YMCA Aquatic Program					11:15a-12:00p			
Aqua Aerobics	AQUAMW		6:30p-7:30p		6:30p-7:30p			
Silver Splash			11:15A-12:00P				11:15A-12:00P	
Swim Lessons	Code	Su	M	Tu	W	Th	F	Sa
Adult Instruction								
Adult Instruction	ASWIMSAT							9:00A-9:35A
Parent Child Swim Lessons								
Parent Child Swim Lessons	PCSWIMSAT							10:20A-11:15A
Preschool Swim Lessons								
Preschool Swim Lessons	PSSWIMSAT							9:40A-10:15A
Young Adult Swim Lessons								
Young Adult Swim Lessons	YASWIMWED				5:40P-6:15P			
Youth Swim Lessons								
Youth 6-8	68SWIMSAT							10:20A-11:15A
Youth 6-8	68SWIMWED				5:00p-5:35p			
Youth 9-12	912SWIMSAT							9:40A-10:15A

Remember, you can register for programs online at WWW.YMCACOLUMBUS.ORG