



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



IT'S GOOD TO BELONG

WINTER/SPRING 2018
YMCA OF WOOSTER

www.woosterymca.org

VISIT US AT THESE LOCATIONS

GYMNASICS CENTER
1660 Enterprise Pkwy.
Wooster, Oh 44691
(330) 262-1153

WOODLAND PROGRAM CENTER
680 Woodland
Wooster, Oh 44691
(330) 264-3131

Hours: Mon.-Fri. 5:30 am-9:00 pm;
Sat. 8:00 am-5:00 pm;
Sun. 11:00 am-5:00 pm

ELLEN SHAPIRO NATATORIUM
515 Oldman Road
Wooster, Oh 44691
(330) 345-3131

WINTER HOURS
(through Apr. 1, 2018)

Mon./Wed./Fri. 5:30 am-7:30 pm
Tues./Thurs. 9:00 am-7:30 pm
Saturday 10:00 am-2:00 pm
Sunday 2:00 pm-5:00 pm

*We will be closing April 1, 2018 for our renovation project. Times and dates for future schedules will be posted on our Facebook page

THE SPOT!

101 W. Bowman St.
Wooster, Oh 44691
(330) 465-6921

Hours: Mon.-Fri. 2:30pm-6:30pm

THE LEARNING ACADEMY
3401 Old Airport Road
Wooster, Oh 44691
(330) 202-6107

NURTURING HEARTS
10235 Wooster Pike
Creston, Oh 44217
(330) 435-6100

BABYSITTING AT WOODLAND

Mon.-Fri. 9:00 am-11:30 am
Mon.-Thurs. 5:00 pm - 8:00 pm

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MEMBERSHIP RATES

Membership Categories	*Monthly	Yearly	**Joiners Fee
Adult	\$38	\$456	\$50
Couple	\$53	\$636	\$75
Family	\$60	\$720	\$100
Single Parent Family	\$50	\$600	\$75
Youth	\$24	\$288	\$25
College	\$29	\$348	\$50
Senior	\$30	\$360	\$50
Senior Couple	\$45	\$540	\$75

[Rates do not include Tax]

* Monthly payments are automatic debits from a checking or savings account or from a credit card (Visa, Mastercard, American Express or Discover) **This is a one time fee for new members only.

Benefits of Membership

Free Babysitting for Members at our Woodland Program Center • Free Fitness Classes for our Members • Full use of the Fitness Center and a free equipment orientation • Full use of our Natatorium • Members receive preferred rates for all our programs • A.W.A.Y Program (Always Welcome At the YMCA) most Y's across the country honor your membership on a limited time basis • Free Family Nights • Over 50 Classes offered per week ranging from beginners level to more advance levels • Youth Fitness Center • Spinning Studio • Indoor Gymnasium • Use of Two Racquetball Courts • Dry Sauna for Both Men and Woman - Located at Woodland • State-of-the-art Aerobics Studio • Gymnastics Center • Silver Sneakers

Access to all Y facilities and programs is limited to registered participants and active members, All members are required to present a current, valid membership card or valid photo ID when using Y facilities and programs. Membership cards are not transferable.

GROUP EXERCISE

FULL BODY BLAST

A full body toning class designed to work large muscles with smaller muscles. This class will focus on body weight and dumbbells as our main tools. From cardio to leg, arms and abs, this class will be a full body blast.

Tue/Thurs 8:00 – 8:45am
Members FREE, Nonmembers \$64

TABATA

Tabata is an interval class for men and women, high in intensity, interval training and FUN.

Mon/Fri 10:30
Members FREE, Nonmembers \$64

ZUMBA

Zumba uses a variety of dances in its routines including: meringue, salsa, mambo, rumba, and flamenco. Zumba uses interval training and a combination of fast and slow rhythms to help burn a maximum amount of calories and tone and sculpt the body.

Tue/Thurs 9:00 am
Members FREE, Nonmembers \$64
 Wed 6:45 pm
 Saturday 8:30 am
Members FREE, Nonmembers \$32

SPINNING

A workout designed to simulate real road cycling technique, whether you are a beginner or a seasoned cyclist. Spinning will take you to the next level. Tempo ride, race simulations, hill climbing and interval training will help you meet your fitness goals.

Tue/Thurs 6:00 am - 1/2 Spin, 1/2 Tone
 Tue/Thurs 9:15 am, 6:15 pm
 Mon/Wed 6:00 pm
Members FREE, Nonmembers \$64
 Saturday 8:15 am, 9:30 am
Members FREE, Nonmembers \$32
 Mon/Wed/Fri 8:00am
Members FREE, Nonmembers \$96

SILVER SNEAKERS

Silver Sneakers offers an innovative blend of physical activity, healthy lifestyles and socially oriented programming that allows older adults to take greater control of their health.

MSROM Mon/Wed 2:00 pm
 Cardio Circuit Tue/Thurs 10:15 am
 Silver Stretch Mon/Wed 1:00 pm
 Silver Spin Fri 10:30 am
 Cardio Fit Fri 1:30 pm



FITNESS FUSION

Fitness Fusion combines high intensity with simplicity and lots of variety: total body toning, strength training, plyometrics and cardio. This class fuses many workouts into a 65 min. class.

Mon/Wed/Fri 9:15 am-10:20 am
Members FREE, Nonmembers \$96

SUPER FIT

A terrific way to cross train or simply get an all around strength, cardio and core workout. This intense class will challenge you using weights, bands, steps and balls, mixed with high impact cardiovascular segments to sculpt your muscles and train your heart. It's a great way to burn calories while toning your abs, butt and legs.

Tues/Thurs 7:00 pm
Members FREE, Nonmembers \$64

BATTLE ROPES

The basics of battling ropes can be broken down into three main categories: the velocity or wave method. Individual or partner training. The pole or push/pull method. Vertical or horizontal Multi-plain strength component. Great cardio & strength class.

Tue/Thurs 12:15 pm
Members FREE, Nonmembers \$64

STRETCH IT OUT

This is a yoga-pilates blend class. Yoga positions and Pilates techniques. The majority of the class will focus on stretching.

Fridays 10:30 am
Members FREE, Nonmembers \$32

PILATES

This pilates mat class will help develop core strength, improved posture and prevent injury. Great stress reliever.

Tue/Thurs 9:15 am
Members FREE, Nonmembers \$64
 Wed 10:30 am
Members FREE, Nonmembers \$32

WERQ

WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

Monday 6 pm
Members FREE, Nonmembers \$32

PERSONAL TRAINING

The YMCA has personal trainers available for individual sessions or for a group. Please contact the fitness director for details or to schedule an appointment.

1 Session **Members \$30 Nonmembers \$50**
 4 Sessions **Members \$100 Nonmembers \$200**
 8 Sessions **Members \$200 Nonmembers \$400**

CIRCUIT TRAINING

Imagine the rigors of boot camp. Add music. Then throw in the latest cross-training exercises, weights, bars, and other props, and you've got the ultimate workout for the cross-trainer – that will challenge your agility, speed, strength, and endurance.

Mon/Wed 12:15- 12:45pm
Members FREE, Nonmembers \$64

KETTLEBELLS/BATTLE ROPES

This class consists of half Battling Ropes and half Kettlebells. Kettlebell training is different than other forms of weight training because many parts of the body are exercised simultaneously, and in addition kettlebell training elevates the heart rate for effective cardiovascular training. Battle ropes offer full body strength training as well as cardio. They're especially great for targeting your core and upper body, since those are your primary movers in battle rope training.

Mon/Wed 5:30 – 6:00pm
Members FREE, Nonmembers \$64

JUST 4 KICKS

An addictive high intensity work out that combines cardio step, kickboxing, strength and resistance training and floor work. This class is fast and fun!

Tue/Thurs 5:30 pm
Members FREE, Nonmembers \$64

PIYO

Unleash your power with Pilates Yoga and nonstop movement! You'll sweat, stretch and strengthen all in one workout! Define exactly how you want to look and feel. No weights, no bulk, just hard core results — ready to make your power move??

Mon/Wed 4:30pm
Members FREE, Nonmembers \$64



AQUATICS

SWIM LESSONS

CLASS CANCELLATION POLICY

If a single class is cancelled due to inclement weather the class will not be rescheduled. If more than one class is cancelled a make-up class will be offered.

SWIMMING LESSONS SESSIONS:

Session I January 2 - January 26
 Session II January 29 - February 22
 Session III February 26 - March 22

Preschool

Monday & Wednesday 10-10:30 am & 1-1:30 pm

Tuesday & Thursday 5:30 - 6:00 pm
 Members \$25.00 Nonmembers \$50.00

Progressive

Monday & Wednesday 1:30-2:15 pm
 Tuesday & Thursday 6- 6:45 pm
 Members \$30.00 Nonmembers \$55.00

SATURDAY LESSONS

Session I February 3 - February 24
 Session II March 3 - March 24

Preschool

Members \$25.00 Nonmembers \$45.00

Progressive

Members \$30.00 Nonmembers \$55.00

Adult lessons

Members \$30.00 Nonmembers \$55.00

Parent/Child

Session I January 18, 15, 22 & 29
 5:30 - 6:00 pm

Session II February 7, 14, 21 & 28
 9:30 - 10:00 pm

Session III March 5, 12, 19 & 26
 5:30 - 6:00 pm

Members \$20.00 Nonmembers \$40.00

Y-Splash

March 26 - 30

Pre-school 10:00 - 10:30 am
 4:00 - 4:30 pm

Progressive 10:30 - 11:00 am
 4:30 - 5:00 pm

Members \$10.00 Nonmembers \$15.00

LIFEGUARD CERTIFICATION CLASS

(Must be 15 years old)

March 26 - 29 1:00 - 4:00 pm

Members \$200.00 Nonmembers \$250.00

INFANT & TODDLER / PRESCHOOL SKILL CONTINUUM

This continuum outlines the skills taught at each stage for infants, toddlers, and preschool-age children. Though school-age children, teens, and adults also learn the skills listed in stages 1-4, they achieve distinct milestones compared to preschool-age children. As a result, their skills are presented in a separate skill continuum.

	A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction
Breath control	Blow bubbles on surface, assisted	Blow bubbles mouth & nose submerged, assisted	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water	
Swim on front	Front tow chin in water, assisted Front float chin in water, assisted	Front tow blow bubbles, assisted Front float blow bubbles, assisted	Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently	Front glide 5 ft. Front float 10 secs.	Swim on front 10 yd.	Front crawl rotary breathing, 15 yd. Breaststroke kick, 15 yd. Butterfly kick, 15 yd.
Swim on back	Back float assisted, head on shoulder Back tow assisted, head on shoulder	Back float assisted, head on chest Back tow assisted, head on chest	Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft.	Back float 10 secs. Back glide 5 ft.	Swim on back 10 yd.	Back crawl 15 yd.
Water safety	Roll assisted, back to front & front to back Wall grab assisted	Roll assisted, back to front & front to back Monkey crawl assisted, on edge, 5 ft.	Water exit independently Roll assisted, back to front & front to back	Water exit independently Roll back to front & front to back Tread water 10 secs., near wall, & exit	Water exit independently Roll back to front & front to back Tread water 30 secs. & exit	Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min.
Benchmark	Water exit parent & child together Water entry parent & child together	Water exit assisted Water entry assisted	Jump, push, turn, grab assisted Swim, float, swim assisted, 10 ft.	Jump, push, turn, grab Swim, float, swim 5 yd.	Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 15 yd.	Endurance any stroke or combination of strokes, 25 yd.

SCHOOL-AGE / TEEN & ADULT SKILL CONTINUUM

This continuum outlines the skills taught at each stage for school-age children, teens, and adults. Though preschool-age children also learn the skills listed in stages 1-4, they achieve distinct milestones compared to school-age children, teens, and adults. As a result, their skills are presented in a separate skill continuum.

	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
Breath control	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water			
Swim on front	Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently	Front glide 10 ft. Front float 20 secs.	Swim on front 15 yd.	Front crawl rotary breathing, 15 yd. Breaststroke kick, 15 yd. Butterfly kick, 15 yd.	Front crawl bent-arm recovery, 25 yd. Breaststroke 25 yd. Butterfly simultaneous arm action & kick, 15 yd.	Front crawl flip turn, 50 yd. Breaststroke open turn, 50 yd. Butterfly 25 yd.
Swim on back	Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft.	Back float 20 secs. Back glide 10 ft.	Swim on back 15 yd.	Back crawl 15 yd.	Back crawl pull, 25 yd.	Back crawl pull & flip turn, 50 yd.
Water safety	Water exit independently Roll assisted, back to front & front to back	Water exit independently Roll back to front & front to back Tread water 10 secs., near wall, & exit	Water exit independently Roll back to front & front to back Tread water 1 min. & exit	Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min.	Dive kneeling Resting stroke sidestroke, 25 yd. Tread water scissor & whip kick, 2 mins.	Dive standing Resting stroke elementary backstroke or sidestroke, 50 yd. Tread water retrieve object off bottom, tread 1 min.
Benchmark	Jump, push, turn, grab assisted, 10 ft. Swim, float, swim assisted, 10 ft.	Jump, push, turn, grab Swim, float, swim 5 yd.	Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 25 yd.	Endurance any stroke or combination of strokes, 25 yd.	Endurance any stroke or combination of strokes, 50 yd.	Endurance any stroke or combination of strokes, 150 yd.

WATER FITNESS

SILVER SPLASH

Tuesday and Thursday - 9:00am
 Splash Class is a low/moderate intensity class designed for improving flexibility while toning, strengthening and improving the function of the heart and lungs. **Silver Sneaker Class**
Members FREE, Nonmembers \$40

AQUACISE

M/W/F 9:00am Aquacise class is an intense aerobic aquatics class in the shallow end of the pool. All major muscle groups are utilized. Interval, circuit training, plyometrics and choreography and motivating music are all part of this class.
Members FREE, Nonmembers \$60

Tues /Thurs. 5:30 pm - 6:30 pm
Members FREE, Nonmembers \$40

AQUAJOG

AquaJog is a high intensity workout with no impact. This class is held in the deep water with flotation belts worn as support. You need to be comfortable in deep water. Water resistance helps to tone and strengthen muscles while burning calories. The flotation belts are provided by the YMCA and are required for this class
 Mon/Wed/Fri 9:15am
Members FREE, Nonmembers \$60

GYMNASTICS

WEEKLY CLASSES

Winter I Session

January 2 - February 2
 Registration begins December 20

Winter II

February 12 - March 16
 Registration begins January 31

Spring I - Spring Show Session

Spring Show April 29
 March 26 - April 27
 Registration begins March 14

Spring II - 4 Week Mini Session

April 30 - May 25
 Registration begins April 18

SATURDAY CLASSES

8 CLASS SESSIONS

Winter Session I

January 13th - March 10th
 No Classes February 10th
 Registration Begins - December 20th

Spring Session 1

April 7 - May 26
 Registration begins March 14

PRESCHOOL GYMNASTICS

TINY TUMBLERS - 1 & 2 yr. olds

Parent/child class - 30 minutes
 Fridays 9:30am \$23/\$35
 Saturdays 11:30am \$33/\$50

POWER HOUR - 2 to 5 year olds

Parent/child class - 60 minutes
 Fridays 10:15am \$28/\$50

MAT MUNCHKINS - 3 to 5 year olds

30 Minute Class
 Fridays 11:30am \$26/\$37

LITTLE ROLLERS 1 - 3 & 4 yr. olds

30 Minute Class
 Mon/Wed 9:15am \$52/\$98
 Tue/Thurs 9:15am \$52/\$98
 Tue/Thurs 5:45pm \$52/\$98
 Saturdays 10:30am \$42/\$79

LITTLE ROLLERS 2 - 3 to 5 yr. olds

45 Minute Class
 Mon/Wed 9:45am \$62/\$113
 Tue/Thurs 9:45am \$62/\$113
 Tue/Thurs 5:45pm \$62/\$113
 Saturdays 10:30am \$50/\$91

LITTLE ROLLERS 3 - 3 to 5 yr. olds

45 Minute Class
 Mon/Wed 10:30am \$62/\$113
 Tue/Thurs 10:30am \$62/\$113
 Tue/Thurs 5:45pm \$62/\$113

NEW

PEE WEE CHEERNASTICS - 4 to 7 year olds

60 Minute Class
 This class is for girls or boys who want to learn cheers, chants, jumps, rolls, cartwheels and much more.
 Tuesdays 5:15pm \$25/\$40



PROGRESSIVE LESSONS (AGES 6 - 13)

SWINGERS - Beginners

Tue/Thurs - 45 Minute Class
 4:15pm \$62/\$113
 6:30pm \$62/\$113
 7:15pm \$62/\$113

Saturday - 60 Minute Class
 9:30am \$66/\$117

KIPPERS - Advanced beginners

Tue/Thurs - 45 Minute Class
 5:00pm \$62/\$113
 6:30pm \$62/\$113
 7:15pm \$62/\$113

Saturdays - 60 Minute Class
 9:30am \$66/\$117

FLYERS - Advanced

60 minute class
 Tue/Thurs 6:15pm \$70/\$118
 7:15pm \$70/\$118

PRE-TEAM - 90 minute class

Tue/Thurs 4:15pm \$77/\$128

FIRECRACKERS - Coach Selected

5 to 7 Year Olds 90 Minute Class
 Tue/Thurs 4:15pm \$77/\$128

MIDDLE SCHOOL GYMNASTICS

90 minute class

Middle School 1

Mon/Wed 5:30pm \$77/\$128

Middle School 2 - Coach Selected

Mon/Wed 7:00pm \$77/\$128

TUMBLING & FITNESS

Tumbling - 8 to 18 year olds

This 60 minute class is for all levels of tumbling. Each participant will be divided up by their abilities. We will also be working on strength and flexibility.
 Tue/Thurs 6:15pm \$65/\$110
 Saturdays 8:30am \$52/\$88

IRON BOYS AND GIRLS

These classes are designed for boys and girls who want to get fit and strong in a noncompetitive and encouraging environment. They will incorporate the Gym, Climbing Wall and the Warrior Obstacle Course.

Iron Boys - 6 to 12 year olds

60 minute class
 Mon/Wed 4:30pm \$54/\$86

Iron Girls - 6 to 12 year olds

45 Minute Class
 Mon/Wed 5:30pm \$40/\$72

HOME SCHOOL GYMNASTICS

60 minute class

Grades K - 3rd

Wednesdays 1:00pm \$16/\$26

Grades 4th - 8th

Wednesdays 2:00pm \$16/\$26

Open Climbs

Mon/Thurs 5:30 - 7:30pm
 Saturdays 10:30am - 12:30pm

FREE to anyone with a Family Membership
 Members \$4/visit Nonmembers \$6/visit

BREAK WEEK CLINICS

60 minute clinics
 Ages 6 - 18
 Members \$8 Nonmembers \$12

March 20th Bar Clinics

4:30pm - Firecrackers and PreTeam Level
 5:30pm - Swingers and Kippers Level
 6:30pm - Flyers Level

March 22nd Beam Clinics

4:30pm - Firecrackers and PreTeam Level
 5:30pm - Swingers and Kippers Level
 6:30pm - Flyers Level

HOLIDAY HAPPENINGS AT THE PROGRAM CENTER

Holiday Gymnastics Camp
 Ages 6 – 13 All Progressive levels
 During this camp we will work on every piece of equipment, use the climbing walls, the warrior obstacle course and play some holiday games. All gymnastics levels are welcome!
 Registration begins November 1.
 December 27, 28 & 29
 1:00 – 4:00pm \$30/\$40

Holiday Tumbling Clinic
 Ages 6-13 All Levels are welcome
 Registration begins November 1
 December 27, 28 & 29
 10:30am – 12pm \$15/\$25
Holiday Open Gyms
 Working Skills/Tumbling Equipment
 December 22, 26 & 28
 4:00 – 5:30pm \$5/\$10 per visit

Holiday Family Open Gyms
 December 22, 26 & 28
 5:30 – 7:00pm
 Family Members \$10/Family
 Members \$15/Family
 Nonmembers \$18/Family
 *Family includes up to 4 children from the same household, each additional child will be \$3.

CHILDCARE



The SPOT Before & After School Program

The Spot Before and After School Program will be housed at the YMCA of Wooster for the 2017-2018 school year! The Spot Activities Club program is a licensed program that will provide morning and afternoon childcare, serving all Wooster City Schools for children K-8th. Transportation to and from school will be provided. The morning program opens at 6:30am and dismisses children to school at the appropriate time. The afternoon session buses from WCS and is available until 6:30pm. Some of the daily activities at The Spot will include but not be limited to: Tutoring, Sports and Fitness Activities, STEM, Cooking, Character Development, Arts & Crafts, Gymnastics, Swimming, Community Service, Climbing Wall Access, Computer Labs, and more! A healthy snack is provided each afternoon. Our program will also be open for all Wooster City School delays and is included within The Spot program! Stop by to check out our Youth Center or contact lgilmore@woosterymca.org for more information!

COST OF THE PROGRAM

*This year the YMCA will be using a sliding scale. If you are not on JFS and feel that you cannot afford this program, please fill out the scholarship application portion.

Grades K-8th • ODJFS ACCEPTED

Part Time: ONLY morning or ONLY afternoon	Full Time: BOTH Morning & Afterschool
Members: \$26.25 per week (\$105 Monthly)	Members: \$48 per week (\$192 Monthly)
Nonmembers: \$32.50 per week (\$130 Monthly)	Nonmembers: \$55 per week (\$220 monthly)

**SCHOLARSHIPS AVAILABLE – PLEASE FILL OUT
 SCHOLARSHIP PORTION IF NECESSARY!**

MOMMY & ME

Mommy & Me is an early childhood class where children are able to do activities with their mom! In this class Mom's and children will be able to make music, sing songs, do arts and crafts and much more! These activities will build self-esteem, encourage curiosity and creativity, build listening skills, and can impact the ability to learn to read. Children learn about themselves and the world around them as they express themselves through the activities that will be done by them and their mother.

Wednesdays, January 24 – February 14
11:15-11:45 am
Ages 1.5 – 3 years
Members \$35.00/Nonmembers \$45.00

SCHOOL'S OUT CAMPS

When school is out, the Y is OPEN! Come join us at the YMCA for School's Out Fun Days! Our day will be jam packed with activities that may include: fun field trips, sports and fitness activities, cooking, character development, arts & crafts, gymnastics, swimming, climbing wall access, and more! Camp runs from 6:30 a.m. to 6:00 p.m. and activities will vary each day! **Please pack a lunch. Snacks are provided!** Please contact Laney Gilmore at lgilmore@woosterymca.org for questions. Call the Y to register!

Members: \$25/day per child
Nonmembers: \$35/day per child
ODJFS ACCEPTED!

January 15; February 19; March 2
March 26, 27, 28, 29

SNOW DAY CAMPS

When school is out, camp is IN! As the weather gets worse, stay tuned to the YMCA of Wooster Facebook page for Snow Day Camps held from 7:30am-6:00pm when

school is cancelled. Snacks are provided.
*Participants must pack a lunch.

Members: \$25/day per child
Nonmembers: \$35/day per child
ODJFS ACCEPTED!

FAMILY NIGHTS

Valentine's Parent's Night Out

RSVP by calling the Y by February 7

Family Members: \$10/ family

Nonmembers: \$20/ family

Easter Egg Hunt and Pancake Breakfast

Date TBD

Healthy Kids Day- April 21 10am-Noon
at the Y

Healthy Kids Day Race 9:30am

WINTER SPECIALTY CAMP

Lego Camp!

December 26 - 29 9:00 am-12:00 pm

Ages 5-12

Members \$45/ Nonmembers \$65

*Minimum 5 Participants

YOUTH & TEEN PROGRAMS

Leader's Club: Leaders Clubs provide teens with extensive leadership training, offering opportunities for service to the YMCA and the community. Leaders Clubs also serve as a recruiting program for future Y professionals. Teens between the ages of 12 and 18 are developed as leaders, fostering within them a culture of service in addition to knowledge and training that will help them better serve others and shape a healthy and productive life for themselves.

Contact Laney Gilmore for more information.
lgilmore@woosterymca.org

Youth in Government: In YMCA Youth and Government, students identify social issues and problems and select those they wish to resolve by writing legislative bills. This creates the major content of club program and leads into a

process of research and debate. It also makes it necessary for students to examine many of their values, beliefs and attitudes while confronting the practical demands of freedom. On the state level, students conduct election conventions and mock sessions as steps leading to a Model Legislature and Administration Convention in Columbus, OH. Each spring, they literally take over the State Capitol for three days and conduct a model government. Here, their bills and leadership skills meet the test, and they confront the reality of the legislative process. Bills passed into law are shared with those who make the real laws and govern our Commonwealth.

Contact Laney Gilmore for more information.
lgilmore@woosterymca.org

HIP HOP

Hip-Hop has become the dance expression for today's youth for both boys and girls. Participants will learn the latest dance moves through fun choreographic movements and family-friendly music in an upbeat environment. In this class students will feel as though they are part of a team. Dancers will be able to grow individually by gaining self-confidence while learning a new skill. There will potentially be optional performances at the end of each session where dancers will be able to show off what they learned in a public setting. T-Shirts are included for each session!

Mini Hip Hop

Grades K-4th

Tuesdays: 5:30pm-6:15pm

Session I: January 16th- Feb 27th

Session II: March 13th- April 24th

Members \$35/Nonmembers \$65

Hip Hop

Grades 5th-12th

Thursdays: 5:15pm-6:15pm

Session I: January 18th- March 1st

Session II: March 15th- April 26th

Members \$35/Nonmember \$65



SPORTS

HIGH SCHOOL FALL BALL TOURNAMENT

Saturday, December 9 9am Start
The Wooster YMCA is hosting a Fall Ball Tournament for high school aged players! Come play for a Saturday morning to get prepared for Y-Ball starting in January! Minimum of 7 players on a roster, maximum of 15. All games are officiated. Team names must be appropriate. All players must be enrolled in high school full time and CANNOT be currently playing for their high school team. Stop in at the YMCA to pick up a registration packet. Every player must submit an emergency medical form or they cannot play.
\$50 per team
DEADLINE: November 30th

JUNIOR HIGH 3 ON 3 BASKETBALL

Monday and Wednesday nights
December 4-20 6-8pm
The Wooster YMCA is hosting a 3 on 3 league for any male or female in grades 7 or 8! Any child is welcome to play as long as they are not currently playing for a school team. Games will be played on Monday and Wednesday nights at the Woodland Facility. Team Rosters can have up to 9 participants. Team names must be appropriate.
\$40 per team
DEADLINE: November 27th

MEN'S 3 ON 3 BASKETBALL

Tuesday and Thursday nights
December 5-21 6-8pm
The Wooster YMCA 3 on 3 league is back! Any male 16+ is welcome to play, as long as they are not currently playing for a school team. Games will be played on Tuesday and Thursday nights at the Woodland facility. Team rosters can have up to 9 participants. Teams must have matching color t-shirts. Team names must be appropriate.
\$50 per team
DEADLINE: November 28th

REINDEER RUN AT CHRISTMAS RUN PARK

December 16 at 9am
Join Santa and Rudolph as they prepare for the biggest day of the year. Come dressed as your favorite holiday character and be ready to have a Jolly Ole Time. 5K Walk/Run will start at the YMCA of Wooster. Please bring a canned food to donate to a local charity.
Members \$20, Nonmembers \$25, Family of 4 or more \$50

VOLLEYBALL CLINICS

Tuesday, December 26
Preschool 1-1:45pm
1st-3rd Grade 9-10:15am
4th-6th Grade 10:30-12pm
Join us over Christmas break as we learn and develop our passing, setting, hitting and serving skills. Any experience level, boys or girls, come join us as we learn and have fun!
Members \$10, Nonmembers \$20

SOCCER CLINICS

Wednesday December 27
Preschool 1-1:45pm
1st-3rd Grade 9-10:15am
4th-6th Grade 10:30-12pm
When it's cold and snowy, we can still play soccer! Come to our indoor clinic as we work on foot skills, dribbling, passing, shooting and more! Girls and boys are both welcome!
Members \$10, Nonmembers \$20

BASKETBALL CLINICS

Thursday December 28
Preschool 1-1:45pm
1st-3rd Grade 9-10:15am
4th-6th Grade 10:30-12pm
Girls and boys, join us for our basketball clinic where we will be focusing on the fundamentals of basketball including: dribbling, passing, shooting, defense, and having fun!
Members \$10, Nonmembers \$20



Y-BALL

Date: League runs January 6th- March 3rd
Games played on Saturdays at the YMCA Woodland Facility. All games are officiated. Minimum of 7 players on a roster, maximum of 15. Every team must have an adult coach, over the age of 21, present. Teams are required to provide shirts with numbers on the back, no tape. Team names must be appropriate. All players must be enrolled in high school full time and cannot be currently playing for their high school team. Stop in at the YMCA to pick up a registration packet. Every player must submit an emergency medical form or they cannot play.
\$320 per team
DEADLINE: December 24th

YOUTH VOLLEYBALL

This league places an emphasis on developing the skills of the players and teaching them the basics while having fun!
January 2nd-February 22nd
1st-3rd Grade Tuesdays 5:00-6:00pm
4th-6th Grade Thursdays 5:00-6:30pm
Family Memberships \$60, Member \$75, Nonmembers \$90
DEADLINE: December 25th

HOME SCHOOL P.E.

Class runs for one month sessions on Tuesday/Thursday from 1:30pm-3:00pm
Session 1: January 2nd-25th
Session 2: January 30th-February 22nd
Session 3: February 27th-March 22nd
Session 4: April 3rd-26th
Session 5: May 1st-24th
Ages: K-6th grade
Join us at the Woodland Facility every Tuesday for phys. ed. class, and Thursdays at the Gymnastics Center for gymnastics, rock wall climbing, and ninja warrior-like obstacles. We'll play games such as tag, red rover, parachute and more. We will learn different sports; basketball, volleyball, soccer, football, etc. Depending on class size, the class may not run. You will be contacted if the program is canceled.
Members \$24, Nonmembers \$34, -\$4 for every additional child

MINI VOLLEYBALLERS

Wednesdays 5:00-5:45pm
Session I: January 3rd-24th
Session II: April 4th-25th
Is your child between ages 3-6? Would you love for them to be introduced to the game of volleyball? Well we have just the program for you! Join us as we introduce our preschoolers to the game of volleyball through fun games and short drills.
Family Members \$16, Members \$20, Nonmembers \$30

CO-ED ADULT INDOOR SOCCER

Sundays January 7th-28th 2:00-4:00pm
Any adult 16+ is welcome to play, unless they are currently playing for a school team. Games will be 6 on 6 and will be played at the Woodland gymnasium. Teams may play with less than 6 players if need be. Team rosters can have up to 9 participants.
Team \$60, Individual \$10
DEADLINE: December 31st

TINY KICKERS

Mondays 5:00-5:45pm
Session I: January 8th-29th
Session II: April 2nd-23rd
If you want your 3-6 year old to be introduced to the game of soccer, this is the session to do it! Join us at the Woodland Gymnasium as we play games and do simple drills to introduce kids to soccer! It will be fun and informative!
Family Members \$16, Members \$20, Nonmembers \$30

DRILLS FOR SKILLS

Mondays 6-7pm
Session 1: January 22nd-February 12th
Session 2: April 2nd-23rd
Session 3: April 30th-May 21st
These weekly clinics are not sport specific. The drills are designed to develop overall skills for all athletes ages 10-18. We will do drills to improve the skills of speed, agility, power and more!

SPORTS

CO-ED ADULT VOLLEYBALL

Sundays February 4th-25th 2:00-4:00pm

Co-ed adult volleyball is back! Any adult 16+ is welcome to play, unless they are currently playing for a school team. Games will be 6 on 6, played at the Woodland gymnasium. You may play with less players if need be. Team rosters can have up to 9 participants.

Cost: Team \$60, Individual \$10

DEADLINE: January 28th

LITTLE DRIBBLERS

Wednesdays 5:00-5:45PM

Session I: February 7th-28th

Session II: May 2nd-23rd

If your child is between ages 3-6 and likes to dribble, but doesn't know much about basketball, sign them up for this program! We will introduce the game to them through games and fun drills. They will learn about basketball while having a lot of fun!

Family Members \$16, Members \$20, Nonmembers \$30

RESOLUTION RUN

Saturday, February 24th 9am

Everyone sets their New Year's Resolutions, but they don't always last. Well, we want to help you set a goal and reach that goal! The Resolution Run will be 8 weeks after New Years, which gives you 8 weeks to work hard and train for this 2 mile run. Join us at the YMCA Saturday morning for our 2 mile adventure!

Family Memberships \$10, Members \$15, Nonmembers \$20

MARCH MADNESS FITNESS CHALLENGE

February 25th-March 31st

March Madness has arrived and you love keeping your basketball bracket up to date hoping you predicted it all correctly!? Well, why not keep your workouts up to date also with our new March Madness Fitness Challenge! Earn points in different rounds for every workout you complete, all in competition with other members of the Y! This fitness program is sure to challenge you and keep you accountable, while getting a nice reward at the end! Stop in at the front desk to ask how you can participate!

Cost: \$6.00

A shirt is given to every participant, and the winner of the entire challenge will receive one month membership for FREE!!

MEN'S BASKETBALL

March 4th-25th

Sundays 2:00-4:00pm

The Wooster YMCA 3 on 3 league is back! Any male 16+ is welcome to play, as long as they are not currently playing for a school team. Games will be played at the Woodland gymnasium. Team rosters can have up to 6 participants. Teams must

have matching color t-shirts. Team names must be appropriate.

Cost: Team \$60, Individual \$10

DEADLINE: February 25th

PRESCHOOL SPORTS EXPLORATION

Mondays and Wednesdays 5:00-5:45pm March 5th-21st

Do you have a child aged 3-6 that enjoys being active and wants to learn? This may be the class for you! In Preschool Sports Exploration we will discover and learn a new sport every week, all while having fun! Join us in the Y Gymnasium every Monday and Wednesday for a fun experience!

Fees: Family Members \$24, Members \$30, Nonmembers \$45

YOUTH BASKETBALL

February 26th-April 28th

The league will be divided into age groups: 1st-2nd, 3rd-4th, 5th-6th. This league is for both new and experienced players. Practices will be Monday-Friday for 1-2 hours depending on the coaches' schedules. All games will be played on Saturday mornings March 10th-April 28th. All teams and times are TBD. Coaches and volunteers needed, please fill out a Volunteer Application at the Y! MANDATORY Skills Evaluation/Meeting: Sunday, Feb. 25th 12:00-2:00pm at Woodland Gymnasium Family Memberships \$60, Members \$75, Nonmembers \$90
DEADLINE: February 17th



SPRING BREAK SPORTS CAMPS

Monday March 26th-Thursdays March 29th

Monday - Volleyball

Tuesday - Soccer

Wednesday - Basketball

Thursday - Flag Football

Preschool: 2-2:45pm

1st-3rd: 9-10am

4th-6th: 10:30am-12pm

Members \$5/Day or \$18 for EVERY DAY

YOUTH INDOOR SOCCER

April 3rd-May 24th

Join us as our soccer leagues continue to grow! We will practice the basics of soccer through drills and games. All experience levels are welcome!

1st-3rd Grade Tuesdays 5:00-6:00pm

4th-6th Grade Thursdays 5:00-6:30pm

Family Memberships \$60, Members \$75, Nonmembers \$90

DEADLINE: March 26th

KARATE

Tuesdays & Thursdays

Beginners: 6:30 pm-7:30 pm

Advanced: 7:30 pm-8:30 pm

Winter Session I: January 2nd-25th

Winter Session II: January 31st-February 22nd

Winter Session III: February 27th-March 22nd

Spring Session I: April 3rd-26th

Spring Session II: May 1st-24th

Members \$50/session, Nonmembers \$70/session

*MINIMUM OF 7 KIDS FOR SESSION TO RUN

FREE SPORTS CLINICS

Monday January 15th

Monday February 19th

Volleyball: Pre K-2nd grade 9-10am, 3rd-6th grade 10-11am

Basketball: Pre K-2nd grade 11:30-12:30pm, 3rd-6th grade 12:30-1:30pm

Soccer: Pre K-2nd grade 2-3pm, 3rd-6th grade 3-4pm

Fees: **FREE**

T-BALL AND COACH PITCH AT GRACE CHURCH

April 30th-June 23rd

Practices: Days and Times TBD based on coaches' schedules

Games: Saturday mornings May 5th-June 23rd

Times: 9, 10 or 11am

Join us this summer for T-Ball and Coach Pitch!

Kids will be taught the basics of throwing, catching, batting, fielding, and base running.

T-Ball is available for any child ages 4-6 and

Coaches Pitch is available for any child ages 7-9.

Coaches and volunteers are needed!! Please fill out a Volunteer Application at the YMCA if you are interested in helping.

Family Memberships \$45, Member \$60,

Nonmembers \$75

DEADLINE: April 23rd

CO-ED ADULT SOFTBALL AT GRACE CHURCH

Sundays May 6th-27th 2-5pm

Join us for our first co-ed softball league! Each

team will have 10 on the field and 10 batting.

Rosters can have up to 15 participants.

Cost: Team \$60, Individual \$10

DEADLINE: April 29th

OUR PARTIES

It's time to celebrate, so choose the package that best fits your interests. Each package is based on 12 guests: there are fees based on package for additional guests. Each package includes: Access to a party room, YMCA staff party host, and use of facility.

POOL PARTY

Celebrate your big day with a swim! Invite your friends to splash around in our Olympic size pool located at 515 Oldman Rd.

Basic package:

Members \$125, Nonmembers \$150

Deluxe package:

Members \$150, Nonmembers \$175

Extreme package:

Members \$190, Nonmembers \$215

SPORTS PARTY

Basketball, Volleyball, Soccer, Sports drills...

Use your imagination and the YMCA party planner can set up the gym your way for your party. These are located at 680 Woodland Ave.

Basic package:

Members \$125, Nonmembers \$150

Deluxe package:

Members \$150, Nonmembers \$175

Extreme package:

Members \$190, Nonmembers \$215

CLIMBING ROOM PARTY

Climb on our 20 Foot tall wall with auto-belay system. Climb across the traverse wall and use your ninja skills on the warp walls.

Basic package:

Members \$160, Nonmembers \$185

Deluxe package:

Members \$185, Nonmembers \$210

Extreme package:

Members \$225, Nonmembers \$250

GYMNASTICS PARTY

Jump down the tumble track, flip on the mats, and tumble all over the floor.

Basic package:

Members \$160, Nonmembers \$185

Deluxe package:

Members \$185, Nonmembers \$210

Extreme package:

Members \$225, Nonmembers \$250

COMBO PARTY

Spend time on the Gymnastics floor and time in the Climbing Room. For the Combo Party there will be a specific time in each

area. If you would like both areas to be available for the party's duration there will be extra fees.

Basic Package:

Members \$185, Nonmembers \$210

Deluxe package:

Members \$210, Nonmembers \$235

Extreme package:

Members \$250, Nonmembers \$275

UPGRADED PACKAGES

DELUXE PACKAGE

This package includes all of the paper products, tablecloths, plastic ware, and balloon centerpieces. Everything will be set up for you. Just bring your own food and drinks and VOILA!

EXTREME PACKAGE

This is our "NO WORK FOR YOU" package. All of the paper products, tablecloths, plastic ware, and balloon centerpieces will be set up for you. We also provide 2 one-topping large pizzas, 2 gallon jugs of punch, a **CUSTOM MADE** Birthday Cake that you design and party invitations!!!

PROGRAM CENTER

20FT CLIMBING WALL WITH BELAY SYSTEM AND TRAVERSE WALL

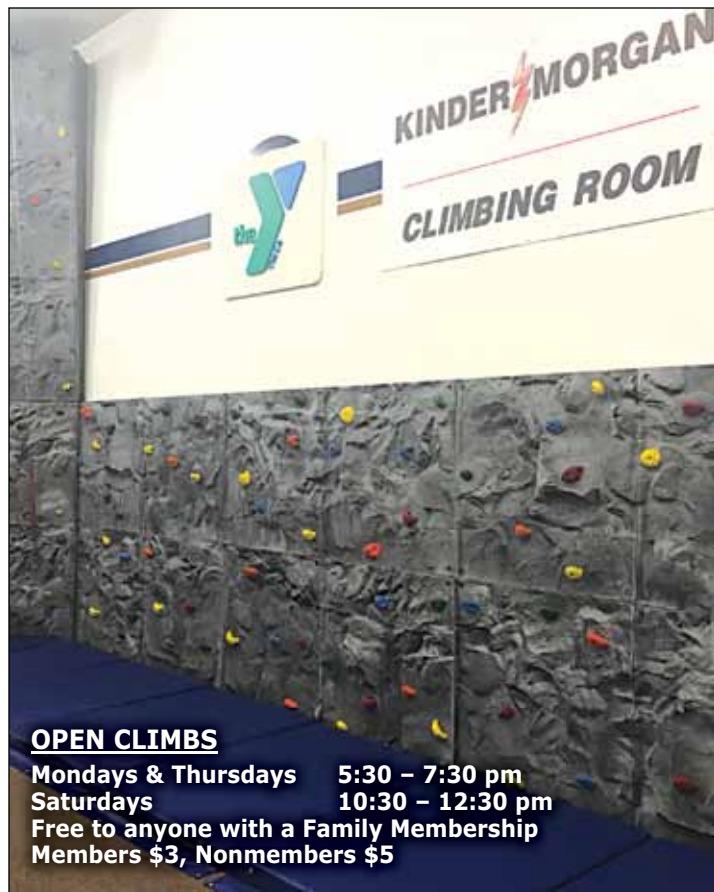
Come check out our new climbing wall with Belay System and a Traverse Wall. The wall will be available for Birthday Parties, Open Climbs and Pre-Teen Nights.

CHALLENGING OBSTACLE COURSE

Also new, a Challenging Obstacle Course based on the American Ninja Warrior TV Show. This will also be available for birthday parties, programs and Pre-Teen nights.

PRE-TEEN NIGHTS — SEPTEMBER-MAY

Our Program Center will be open to kids in 3rd – 8th grade on Sunday Nights from 5:00 – 6:30 pm for a supervised night just for Pre-Teens. Kids will be able to tumble, climb on the new climbing wall or traverse wall, challenge themselves on an obstacle course or socialize with friends at the snack bar. \$5/kid



OPEN CLIMBS

Mondays & Thursdays 5:30 – 7:30 pm
Saturdays 10:30 – 12:30 pm
Free to anyone with a Family Membership
Members \$3, Nonmembers \$5

KIDS IN MOTION

KIDS IN MOTION SPORTS

Class runs for one month sessions on Fridays from 2:00-3:00pm

Session I: January 5-26
Session II: February 2-23
Session III: March 2-23
Session IV: April 6-27

Ages: K-6th grade

Join us at the Woodland Facility every Friday for Kids in Motion. This program is designed for children with special needs, learning difficulties, physical disability, or emotional

and behavioral difficulties. We'll play games such as tag, red rover, parachute and more. We will learn different sports and recreational activities.

\$20 per person/\$30 per family

KIDS IN MOTION SWIM LESSONS

Preschool Wed. 4:00 pm – 4:30 pm
Progressive Wed. 4:30 pm – 5:00 pm
Members \$20.00 Non-members \$40.00

Session I January 2 – January 26
Session II January 29 – February 22
Session III February 26 – March 22

AWAY program - This program allows members who are traveling to another city outside a 60-mile radius to use the local Y free, or at a reduced rate. If using a visiting pass more than three times a month, a Wooster YMCA membership should be purchased.

Day Passes - Day passes, which entitle you to use the pool, gym, weight room, and racquetball courts may be purchased at either building. A waiver must be signed by a parent for members under 18.

"My Y is Every Y" - Through the My Y is Every Y program, full facility/full privilege members will have access rights to all YMCAs in Ohio. Today's families are more mobile than ever. Whether for work or play, the Y is committed to providing a YMCA opportunity to people as they travel the state. Members should bring their YMCA ID card and a photo ID card to access a partner Y. Some restrictions may apply depending on the YMCA, so members are encouraged to check with the Y they plan to visit ahead of time to learn the specifics.

Babysitting - Babysitting is a free service for members. The Woodland Avenue Program Center has babysitting available Mon - Fri mornings 9:00 - 11:30 a.m. and Mon -Thurs evenings 5:00 - 8:00 p.m for infants through age six. This service is to be used when the adult bringing the child will be using the workout facility or taking a class on the premises of the YMCA - Woodland Avenue. Nonmembers may purchase a babysitting card at the front desk.

Weather Closing Policy - If Wooster City Schools close for weather involving dangerous road conditions all YMCA classes are cancelled until Noon. All YMCA facilities will remain open for walk in use only, but there will be no babysitting provided. If there is a level 3 emergency all YMCA facilities will be closed.

Concealed Weapon - It is illegal to carry a firearm, deadly weapon, or dangerous ordnance anywhere on the YMCA of Wooster's property. Unless otherwise authorized by law, no person shall knowingly possess, have under the person's control, convey, or attempt to convey a deadly weapon or dangerous ordnance onto these premises.

FINANCIAL ASSISTANCE

The YMCA of Wooster is committed to providing assistance through "scholarship" programs and memberships to any youth or family with a true financial need. Funds made available for financial assistance are provided through United Way, YMCA fundraising, and grants.

PROGRAM REFUND POLICY

Request made prior to the first class -- 100%
Request made after first class -- 50%
Request made after the second class -- No Refund
Cancelled Programs —100% refund or amount may be credited towards another course. Once credit is chosen, no refunds are made.





YMCA of Wooster
680 Woodland Ave.
Wooster, OH 44691

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UPCOMING EVENTS

YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at high risk for developing type 2 diabetes reduce their risk by improving their overall health and well-being. Research by the National Institutes of Health have shown programs like this reduce the new cases of type 2 diabetes by 58%.

58% OF NEW
CASES OF
TYPE 2
DIABETES
CAN
BE PREVENTED
THROUGH PROGRAMS LIKE THE
YMCA'S DIABETES
PREVENTION PROGRAM

This is a year-long program.
Start date is January 2, 2018
Price \$429

Scholarships are available
YEAR LONG YMCA
MEMBERSHIP INCLUDED

THE GREAT ADVENTURE RACE

(Formerly the Urban Adventure)
Saturday, June 16, 2018 • 8:00am

The YMCA of Wooster and The Viola Startzman Clinic are joining forces to put on The Great Adventure Race. The Race will include Running, Biking, Hiking, Climbing, conquering mental and physical challenges. Teams of 2 - 3 participants must solve clues, complete challenges and find check points in and around the City of Wooster.



Watch for more information coming January 2018.