



WINTER-SPRING 2023/24

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET HEALTHY BE CONFIDENT STAY CONNECTED



FIND SEASONAL  
YOUTH  
PROGRAM  
FEATURES  
ON BACK PAGE!

**ASHLAND FAMILY YMCA**

# ALL ABOUT THE Y

## Our Mission

The Ashland Family YMCA exists to fulfill human potential and to enrich the quality of life of those we serve through youth development, healthy living, and social responsibility.

## Facilities

Our beautiful facility includes a fitness center, three health & wellness studios, locker rooms, saunas, showers, the Meese Family Aquatic Center, therapy pool, SPIN studio, full size multi-use gym, gymnastics area & equipment, multi-purpose room, outdoor soccer fields, and a playground.

Wireless internet access is available in the lobby and fitness center for Y members.

The Y will be closed on New Year's Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas. Additional closure dates may be necessary for building maintenance or repairs. Your low monthly membership fee takes these closures into account.

## Membership Privileges

Your membership includes use of the fitness center, wellness studio, and aquatic center. In addition, participation in fitness and aquatic classes, use of the basketball, pickleball and volleyball courts during scheduled hours is free of charge. Use of the locker rooms, saunas, and showers is also included in a Y membership. Reduced fees are available for specific programs. Members can sign up for a FREE Wellness Consultation/Orientation with a staff member.

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA (special memberships are not eligible for Nationwide Membership). To be eligible, you must use your "home" YMCA at least 50% of the time.

Children under 13 must be accompanied by an adult or enrolled in a supervised YMCA program. Non-swimming children must be accompanied by an adult member while in the pool.

**All visitors and guests ages 18+ must provide a state or government issued ID.**

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

## Payment Policy

Membership fees are paid in full annually, semi-annually, or monthly via credit card bank electronic funds transfer (3-month min agreement). Memberships are non-refundable and non-transferable. Cancellation requires written notice and will take effect the month following notification.

## Military Outreach Program

The Ashland Family YMCA supports and honors our military members and their families by providing a warm supportive environment for families to spend quality time together. For eligibility and available programs, stop by the front desk, or give us a call.

## HOURS OF OPERATION

Beginning 1/2/2024, the Y opens at 5a, M-F

**MONDAY-FRIDAY.... 5:30a - 9:00p**

**SATURDAY..... 8:00a - 6:00p**

**SUNDAY..... 9:00a - 4:00p**

SEE PAGE 10 FOR AQUATICS/POOL SCHEDULE & HOURS

## 2024 MEMBERSHIP FEES

	Monthly	Join Fee	Annual/Semi
Youth (0-12)	\$15	\$10	\$180/90
Teen (13-17)	\$23	\$15	\$276/138
Adult (18-64)	\$48	\$60	\$576/288
Senior (65+)	\$43	\$50	\$516/258
Family		\$65	
1st Adult	\$48		
2nd Adult	\$34		
Kids under 18	\$15 each		

### Accident Insurance

The YMCA does not carry accident insurance on members or participants. All expenses incurred in the treatment of injuries are the responsibility of the member/participant.

### Termination for Cause

Members are subject to termination for cause, including verbal, physical or sexual harassment of any YMCA member, guest, or employee; illegal or unsafe acts; or violation of YMCA membership policies. We reserve the right to refuse service to a member or guest.

### Scholarships

We count on the generosity of our members and donors to support our Scholarship Campaign for Kids. The program focuses primarily on children and teens by providing scholarships to those experiencing hardship on a sliding scale basis. Assistance may depend on the availability of funds. Applications are available online and at the front desk.

### We Welcome Volunteers!

Our volunteers work in programs, lead classes, act as greeters, and help raise funds to support our work. Pick up an application at the front desk or online, and join us!

### Drop-in Child Watch

Y staff watch your kid(s) while you work out or take a class. Check at the front desk for schedule & rates.

### Our Volunteer Board of Directors Officers

President - Alan DeBoer

Vice President - Chris Hearn

Secretary - Marie Lange

Treasurer - Dwaine Dawson

### Members of Our Volunteer Board

Andrea Zundel

Barbara Saigo

Dave Dotterer

David Wilkerson

Diane Englehardt

Emily Stone Rydbom

Jeff Schlecht

John Maurer

Juli DiChiro

Ty Hisatomi



**VISIT OUR WEBSITE FOR  
CURRENT JOB LISTINGS**

Apply online or stop by our Front Desk to  
pick up an application!

### Staff

Heidi Hill - CEO/Executive Director

Laurie Schaaf - Administrative Services Manager

Broderick Lindeman - Senior Director of Staff  
& Member Experience

Haley Baumgardner - Member Services Manager

Dusty Bockus - Facilities & Maintenance Director

Naiya Budler - Sports & Volunteer Director

Gina Galardi - Health & Wellness Director

Jenny Gunter - Fitness Center Supervisor

Judy Hawley - Aquatics Director

Tammy Johnson - Gymnastics Director

Jen McCollum - Marketing & Development Director

Lisa Molnar - YMCA Camp DeBoer Administrator

Keysha Porter - Youth & Family Programs Director

Kelsey Rittenhouse - Senior Program Director

Suzie Sanders - Preschool & Childcare Director

Kim Senegal - Bookkeeper & Insurance Memberships

Will Robinson - Special Projects & Facilities Director

Travis Wills - Administrative Services Assistant



# HEALTH & WELLNESS

More than 65 weekly fitness classes are included free with your membership!

Class schedules with descriptions, dates, times, & instructor bios are available online.

## CLASSES HELD IN WELLNESS STUDIO (GROUND LEVEL)

**Pilates** – A workout for mind and body to improve flexibility, body shape and posture.

**Pilates/Yoga Blend** – A fusion of two revered movement practices: Pilates and yoga. This class focuses on the fundamentals of both.

**Yoga** – Classes will consist of asanas (postures) pranayama (breathing practice) and end with relaxation exercises.

**Gentle Yoga** – Ease into postures, breathing practice and relaxation exercises.

**Yin Yoga** – a slow deep contemplative practice for the fascia of the joints. Through long held postures on the floor, we slowly and mindfully stimulate joint tissue to grow more spacious, strong and resilient.

**Adaptive Chair Yoga \*** – The focus of chair yoga is to improve muscular strength, range of motion and agility in a low impact and pain free setting.

**Pelvic Floor & Barre** – Release, tone & revive with this unique practice designed specifically for women.

**Tai Chi \*** – Ancient martial art form with slow, repetitive movements for overall health and balance.

**Kung Fu** – An ancient Chinese martial and health art for mind-body.

## CLASSES HELD IN AEROBIC STUDIOS (LOWER LEVEL)

**Bones & Balance \*** – Learn how to create a stable framework for building bone density, balance & stability in every day life.

**Core & Strength** – Versatile and challenging fitness routine using heavy dumbbells and HIIT intervals.

**HIIT Class** – Quick & intense strength and cardio workout using a variety of equipment including body weight. Expect sweat, intensity, and fun.

**Low-Impact Aerobics \*** – Easy on the joints. Great for all ages and fitness levels.

**Step** – 45 minutes of non-stop movement, including a warm-up and cool-down.

**Workout with Weights** – Using a variety of exercise equipment (weights, dyna bands, stability balls, and more) ensures gains in strength, flexibility, and cardiovascular health.

**Zumba** – Combines Latin and international music with a fun and effective workout for all fitness levels.

## CLASSES HELD IN SPIN STUDIO (LOWER LEVEL)

**Spin** – Instructor guided, safe, intense indoor cycling fun!!! Great for all ages and fitness levels. Arrive 10 minutes early to set up bike.

## CLASSES HELD IN CIRCUIT AREA (GROUND LEVEL, FITNESS CENTER)

**Circuit Class** – Toning and strengthening, utilizing a variety of fitness equipment.

**Senior Circuit \*** – A safe, challenging, fun, and invigorating class using the circuit equipment.

\* Classes designed with those 55 and better in mind.

## SPECIALTY CLASSES ARE OFFERED AT A DISCOUNTED RATE TO MEMBERS

REGISTRATION IS REQUIRED. FEES ARE BASED  
ON 4 WEEKS PER MONTH

(Prices vary depending on number of classes per month)

**BellyFit Class** – Discover the power of belly dance with deep stretches, isolations, and rhythmic muscle work that burns calories and tones up key muscle groups; set to funky world dance beat.

T/TH 11:15a-12:15p

\$48 Member/\$68 Community

Drop-in: \$8 Y-members// \$12 Community

REGISTER  
OVER THE  
PHONE OR  
@ THE Y

**Cardio Kickboxing** – Build your cardio threshold, plus gain physical strength and confidence!  
M/W 4-5p

Per month: \$100 Member/\$130 Community

\$Drop-in \$13 Member/\$16 Community

**Enhance Fitness** – FUN never retires at the YMCA! This low cost, evidence-based group exercise program is helping older adults with arthritis and other chronic disease become more active, energized, and empowered to sustain independent lives.

M/W/F 11:00a-12:00p

\$15 Member/\$30 Community

**NIA** – Combining dance, martial arts and mindfulness, NIA conditions and strengthens your whole body. NIA is more than just a workout: it's a holistic fitness practice. This fitness class is inspiring, adaptable, and a full-body experience!

SUN 9:30-10:30a

\$30/Member \$45/Community

Drop-in: \$8 Member/\$12 Community

**TRX Suspension Training** – Join Certified Personal Trainer/TRX Certified Instructor Stephanie Kraft for a class that will help intensify and change up your workout for superior results!

M/W 6:45-7:45a

\$48 Member/\$68 Community

Minimum number of participants 4/max. 15

Drop-in \$8/\$12 prior TRX preferred

**CHAIR MASSAGE**  
\$20 for 15 minutes  
in our lobby

**Amelia Schaaf LMT#18014**

T/W 9:00a-12:00p

## Personal Trainers \$55/hr Y-Member

Our personal trainers are certified through nationally accredited organizations. Trainers provide excellence in program development, health & fitness screening, & nutrition for beginner, athlete, or senior exercisers. For more info:



## Body Composition Analysis \$17

Body fat percentage is calculated using skin fold calipers, and healthy goals are set.

## OPEN EVENTS FOR ADULT MEMBERS LOOKING FOR FRIENDLY COMPETITION

### Included with your membership

- **Pick-Up Basketball**

Full court, self regulated play; all skill levels

M 6:00 - 8:45p (ages 14 - 18)

W 6:00 - 8:45p (ages 18+)

- **Drop-In Volleyball**

All skill levels & first-timers welcome

T & TH 6:00 - 8:45p (ages 14+)

- **Drop-In Volleyball - Advanced**

Experienced or intermediate competitors

T & TH 6:00 - 8:45p (ages 14+)

- **Pickleball**

A combination of ping pong, tennis and badminton. The game is played by 2 or 4 people on a badminton-sized court using paddles and a wiffleball.

M-F 8:00a-12:00p

Sat 5:00-6:45p

Sun 2:15-3:45p

# CHILD CARE & YOUTH PROGRAMS

## AFTERSCHOOL CARE - WHERE KIDS PLAY AND EXCEL AFTER THE SCHOOL BELL!

Afterschool Care strives to keep youth active, busy, & engaged during the critical hours after school. The program is open to all children enrolled in the Ashland School District, in grades K-5<sup>th</sup>. We offer enriching activities including homework help, arts & crafts, active play, STEM projects and more!

**Fees:** 3 days/week: \$199 Y-Members/\$225 Community. 5 days/week: \$284 Y-Members/ \$310

**Locations:** On-site at Bellview, Helman & Walker Elementary Schools, & the Y. Activity service is available if you enroll your child in an activity at the Y! They will ride busses from one of the school sites listed above, and our Afterschool Care staff will take them to and from their lesson.

## Safe Sitter® Courses: February 28 & 29; March 28 & 29; \$60/Y-members; \$80/Community

Prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do in an emergency, how to change a diaper, and more. The lessons are filled with fun activities and role-playing exercises! Participants must attend one 2-day session to complete the course. Course is from 9a-1p on both days. Pack a water bottle and snacks!

## SCHOOL'S OUT DAYS - WHEN SCHOOL IS OUT, THE Y IS IN!

On early release, conference, in-service, and holidays, we offer School's Out Days from 7:30a-6p for K-6<sup>th</sup> grade and select dates for preschoolers ages 3-5 (*must* be potty trained). Drop off from 7:30a-9a and pick up from 4p-6p.

Activities may include: swimming, playing active games, making crafts, etc.! Please pack a water bottle, snack, lunch, swimsuit, towel & clothing for play outside.

**Fees:** A \$10 non-refundable, non-transferable deposit is due, for each day, at the time of registration.

\$45 Y-members/ \$70 Community *price per day, per child*

### Dates for K-6<sup>th</sup> grade:

- January 26
- February 28, 29
- March 1, 25, 26, 27, 28, 29

### Dates for children ages 3-5:

- February 28, 29
- March 1, 25, 26, 27, 28, 29

## KIDS NIGHT OUT - ENJOY AN EVENING WHILE WE WATCH THE KIDS!

Kids ages 4-12 will enjoy a night at the Y. Activities include: crafts, gymnastics floor obstacle course, swimming (kindergarten & older) and more. For certain activities children may be split into age groups. Dinner provided.

**Fees, per child :**  
\$34 Y-members/ \$50 Community (includes \$5 non-refundable/non-transferable deposit)

Saturdays, 4p-9p. Drop off from 4p-4:30p and pick up from 8:30p-9p

- January 20
- February 17
- March 16
- April 20
- May 18

REGISTER  
OVER THE  
PHONE OR  
@ THE Y



## CHILDWATCH

Ages 12 weeks - 6 years

Drop-in childcare while you enjoy a fitness class, swim laps in the pool or watch your other child in a class.

Mon - Sat  
9:00a - 12:00p

\$30 a month for 1 child,  
\$10 a month for each additional child

Drop-in:  
\$8/Y-members  
\$12/Community

Maximum of 2 hours per visit

# ASHLAND FAMILY YMCA

## PRESCHOOL ages 3-5



A licensed program located at Helman and Walker Elementary Schools with a curriculum that allows for dramatic and imaginative play, art, movement, science, math, and more!

Our preschool promotes active learning that incorporates acceptance and diversity.



Our goal is to provide our preschoolers with a strong foundation for their elementary years. They'll learn social and school-readiness skills, such as making friends and acceptance of others, sharing, and taking turns.

**Half-Day**  
7:30a-12:00p  
\$600 Y-member  
\$700 Community

**Full-Day**  
7:30a-6:00p  
\$1,100 Y-member  
\$1,200 Community

All families deserve access to quality, affordable child care and youth programs.

We offer financial program support to those who qualify!

Children must be 3 years old and potty trained by their preschool start date. Contact Y Preschool & Childcare Director Suzie Sanders by calling (541) 482-9622 ext. 305 or via email at [preschool@ashlandymca.org](mailto:preschool@ashlandymca.org)

# GYMNASTICS

Children who participate in YMCA gymnastics will develop coordination, body strength, and gymnastics skills. They will make friends, improve social skills, and build their self-esteem. Registration for the gymnastics/Ninja program is for the entire school year, Sept through May. Tuition is based on 4, 8 or 12 classes per month and will be pro-rated as needed.

Please refer to the tuition policy for gymnastics on our website.  
Program discounts may be available for Jackson Care Connect members.

## PRESCHOOL GYMNASTICS

**Busy Bees** Coed, 10-36 months, 1 day/week

Parent participation class. Open play on equipment with parent help.

W 9:00-9:45a

Purchase 1, 5 or 10 classes at a time

\$9.75 Y-members

\$14.75 Community

**Gym Explorers** Coed, 24-36 months, 1 day/week

Parent participation required. Half of the class we will learn gymnastics skills with parent help and the last half will be open play on the equipment.

T 9:00-9:45a

T 10:00-10:45a

W 10:00-10:45a

\$39 Y-members / \$59 Community

**Tumble Tots** Coed, age 3 years, 1 day/week

Introduction to gymnastics and the equipment. Emphasis on fun.

M 2:15-3:00p

W 11:00-11:45a

TH 11:00-11:45a

TH 5:15-6:00p

TH 5:45-6:30p

Sat 9:15-10:00a

\$39 Y-members / \$59 Community

**Kindergym** Coed, age 4 years, 1 day/week

Tumbling and motor development! Beginning gymnastics skills on equipment for kindergarten-aged gymnasts. Emphasis on fun.

M 11:00-11:45a

M 2:15-3:00p

TH 2:15-3:00p

TH 5:15-6:00p

TH 5:45-6:30p

Sat 9:15-10:00a

\$39 Y-members / \$59 Community

## RECREATION SCHOOL AGE

**Beginners** Coed, school age, 1 day/week

Beginning level gymnastics skills; rolls, handstands, cartwheels, round offs, pullovers, hip circles, straddle and squat on vault, etc.

**AGES 5-6**

M 3:15-4:15p

W 2:00-3:00p

TH 3:15-4:15p

TH 4:15-5:15p

F 3:15-4:15p

Sat 10:00-11:00a

**AGES 7-9**

M 3:15-4:15p

W 2:00-3:00p

TH 3:15-4:15p

TH 4:15-5:15p

Sat 10:00a-11:00a

**Beginner/Immediate**

Ages 10-13

TH 4:15-5:15p

\$47 Y-Members / \$67 Community

**Intermediates** Coed, school age, 1 day/week

Instructor approval required. Intermediate level gymnastics skills; back and front handsprings, walkovers, mill and sole circles on bars, handstands and cartwheels on beam, strength.

M 3:15-4:15p

W 3:15-4:15p

TH 3:15-4:15p

TH 4:15-5:15p

\$47 Y-members / \$67 Community

**Pro Rec** Coed, School age, 1 day/week

Instructor approval required. Non-competitive skill building class. The sky is the limit on skills.

M 4:15-5:45p

TH 4:15-5:45p

## COMPETITION TEAM

**Pre-Team** Coed, school age, 2 days/week

Instructor approval required. Learning to perfect advanced skills on gymnastic equipment. Preparing to advance to team.

M/TH 4:15-5:45p

\$105 Y-members

\$125 Community

**Team Level 2** 2 days/week

Tryout only

W / F 3:15-4:45p

\$105 Y-members

\$125 Community

**Team Level 3** 2 days/week

Tryout only

M W 4:15-7:15p

\$166 Y-members

\$186 Community

**Team Level 4-9** 3 days/week

Tryout only

M / W / F 4:15-7:15p

\$220 Y-members

\$240 Community

## NINJA CLASSES

Ninja Warrior style obstacle courses!

**AGES 3 - 4**

T 11:00 - 11:45a

T 2:15 - 3:00p

\$39 Y-member/\$59 Community

**AGES 5 - 6**

T 3:15 - 4:15p

**AGES 7 - 9**

T 4:15 - 5:15p

**Ages 10 - 12**

T 5:15 - 6:15p

\$47 Y-member/ \$67 Community





# YOUTH SPORTS & PROGRAMS



Register for classes & programs online or in person at [www.ashlandymca.org](http://www.ashlandymca.org)  
ALL SPORTS INCLUDE A \$10 NON-REFUNDABLE, NON-TRANSFERABLE DEPOSIT

## YOUTH SPORTS LEAGUES

Have fun, make friends, learn new skills, & gain confidence! Coed & age-appropriate teams. Financial assistance is available for those who qualify.

**Winter Basketball** All experience levels welcome. Teams practice twice a week for an hour. Practice days & times will be determined by the coach. Saturday games. All players must have a YMCA reversible jersey.

**Pee Wee 2.5 - 4** (Parent participation required)  
January 24, January 31, February 7, 14, 21, 28  
\$40 Members \$60 Community

**Preschool 4 - 5**  
January 27, February 10, 17, 24, March 2  
\$50 Members / \$70 Community

**K-6th**  
January 16- March 2  
Practices start the week of January 16  
First Game: January 27  
\$79 Members / \$99 Community

**Spring Soccer Pee Wee—6th grade**  
Teams practice twice a week for an hour. Practice days & times will be determined by the coach. Saturday games.

**Pee Wee** (Parent participation required)  
Wednesdays April 17 and 24, May 1 and 8  
\$30 Members / \$50 Community

**Preschool**  
Saturdays April 13, 20, 27, May 4, 11 and 18  
\$40 Members/\$60 Community

**K-6th Grade**  
April 1—May 18  
First Game: April 13  
\$83 Y-member / \$103 Community

**TAEKWONDO** at the Ashland Family YMCA is a fun, dynamic, and effective activity program. The unique combination of structured fun action tempered with discipline and good manners provides children with an appropriate environment to apply and release their boundless energy. We provide a safe place, a quality curriculum, and experienced guidance.  
Ages 6 - 8, M&W 3:30-4:15p  
Ages 9 -12, M&W 4:30-5:15p  
Fee: \$68 Y-members / \$88 Community *per month*

**WINTER GOLF** Led by Jessica Young, golf coach for West Coast Golf Academy.  
Ages 3-5 Wednesdays 3-3:45  
Ages 5-8 Wednesdays 4-4:45  
\$50 Members / \$70 Community (for 4 sessions)

**FENCING** Fencing at the Ashland Family YMCA is primarily recreational. Students will learn the technique, rules & etiquette of fencing with the standard (non-electric) foil, as well as skills that are fundamental to safety, & success in each of the fencing weapons (foil, saber and epee). Our program emphasizes respect, fun, and camaraderie.

**Youth Fencing, 8-12 years, 1 day/week**  
T 4:00-4:45p

**Fencing, 13 + years, all levels, 1 day/week**  
T 5:00-5:45p  
\$37 Y-members/\$52 Community Monthly  
A \$5 non-refundable deposit per month is collected at registration. Equipment may be rented through the YMCA.

**FENCING PRACTICE**  
Non-Instructional practice. Must be enrolled in a Tuesday Class or with instructor approval.  
T 5:45-7:00p  
F 5:00-7:00p  
\$17 Y-members / \$27 Community Monthly  
Drop-in \$6 / \$8

# AQUATICS

The Meese Family Aquatic Center features a 45' x 75' pool with 3' to 9' depths and an attached 20' x 20' alcove that is 3' feet deep. Our warm saline pool is set at a temperature ideal for children and seniors. The UV filtration system reduces chlorine and makes the pool and aquatic center cleaner and healthier. Hydraulic lift chairs are available. Children under 13 must be accompanied by an adult or enrolled in a supervised program while at the YMCA. Non-swimming children must be accompanied by an adult member or wear a life jacket in the pool.

## WATER FITNESS CLASSES

**Fit-N-Flex** - Shallow to deep water, moderately paced workout that integrates a variety of cardiovascular movements, strength training and flexibility exercises for agility, coordination, balance & fun.

**Aqua Cardio & Tone** - Beginner to advanced shallow water workout with time-efficient exercises for muscle toning & strengthening, balance, posture, coordination, flexibility & more! No swimming skills required.

**Aqua Beatdown** - A great physical conditioning workout for both men and women.

**Swimming 101** - From beginners to triathletes this adult class is designed to teach adults to swim or improve technique and become a better, more efficient and injury free swimmer. 17+

**Joyful Joints \*** - A water-based exercise program made for people with arthritis and fibromyalgia. Program exercises were developed by physical therapists to address pain, fatigue & decreased strength.

**Pool Part Jam** - All skill levels move to dance music in shallow water.

**Adult Competitive Swim** - This class has limited space available, so come early as this is on a first come basis. Interests range from lap swimmers to fitness swimmers to triathletes and competitive swimmers. Stroke correction, workouts and drills are supervised.

**Fluid Fusion** - End your day with the perfect blend of strength training, cardio & camaraderie: work out in shallow to deep water incorporates the use of barbells & noodles to tone and raise the heart rate. For moderate to active individuals; low to medium impact; can be modified for individual needs.

**Aqua Cardio & Strength** - For everyone from beginners to triathletes! This adult class is designed to teach adults to swim or improve technique and become a better, more efficient and injury free swimmer. 17+

**Mindful Strength** - Class focus on making mindfulness into real strength. Perfect for those with arthritis.

**Aqua Fitness Variety \*** - A shallow water workout that challenges anyone with fun, time-efficient exercises for muscle toning & strengthening, balance, posture, coordination, agility, flexibility and more! No swimming skills required. Great for beginners as well as advanced.

\*Classes designed with those 55 and better in mind.

## POOL HOURS

MONDAY-FRIDAY.....	5:30a to 8:30p
SATURDAY.....	8:00a to 5:30p
SUNDAY.....	9:00a to 3:30p

Youth Swim Team practice begins January 8!

For more information:

<https://ashlandymca.org/aquatics-youth/>



# SWIM LESSONS

REGISTER  
OVER THE  
PHONE OR  
@ THE Y

## YOUTH SWIM LESSONS month-long sessions (Mon/Wed or Tues/Thurs)

Swim Lesson Sessions are for the month, twice a week for 30 minutes; tuition is based on 8 classes and will be prorated as needed. Lessons focus on water safety, skill development, having fun, & gaining confidence in and around the water. If you are unsure of your child's skill level call the Aquatics Office to set up a free placement test. Scholarships are available to those who qualify. *Classes include a \$5 non-refundable, non-transferable fee*

## SESSION & REGISTRATION DATES

January 2-31: Registration begins December 18 (No lessons January 15)

February 1-29: Registration begins January 22 (No lessons February 19)

March 4-21: Registration begins February 19 (No lessons March 25-29)

April 1-30: Registration begins March 18

May 1-30: Registration begins April 22 (No lessons May 27)

## LEVEL TIMES

3:30p Pike

4:00p Eel, Ray, Polliwog, Guppy

4:30p Eel, Ray, Polliwog, Guppy

5:00p Minnow, Fish/Shark

## 30-minute lessons, \$47 Y-Members/ \$68 Community

### Pike ages 3-5 yrs

Water adjustment and safe pool behavior are the main emphasis at this beginning level. Blowing bubbles, kicking, and floating on the back are all introduced through games and a variety of fun activities. Max class size: 4 students

### Eel ages 3-5 yrs

This class builds on the basic swimming skills learned in the Pike class. Learning to float, kick, and swim on the front and back without any assistance are the main goals of the Eel class. Prerequisite: swim independently 5-10 feet. Max class size: 5 students

### Ray ages 3-5 yrs

At this level, children continue to practice swimming freestyle and are introduced to backstroke and breaststroke kick. Students are exposed to the deep water and begin learning to tread water and diving positions. Prerequisite: swim independently 3-5 yards. Max class size: 5 students

### Polliwog ages 6-11 yrs

Beginner level for swimmers who are not comfortable in the water. At this level, students will learn to kick, blow bubbles, float/swim on back, and fundamentals of freestyle. Prerequisite: none. Max class size: 6 students

### Guppy ages 6-11 yrs

Beginner to intermediate level. Swimmers will continue to develop freestyle and backstroke. Introduction to treading water and dives with more exposure to the deep end. Prerequisite: swim freestyle 15 yards. Max class size: 6 students

### Minnow ages 6-11 yrs

Intermediate level. Swimmers will improve on endurance and technique in freestyle and backstroke. They will be introduced to breaststroke kick, flip-turns, diving skills and side breathing. Prerequisite: swim freestyle 25 yards. Max class size: 8 students

### Fish/Shark ages 6-11 yrs

Intermediate to advanced level. A variety of drills designed to help build endurance and work on technique for all of the strokes. An introduction to butterfly kick and bilateral breathing. Prerequisite: swim freestyle with side breathing and backstroke 25 yards each. Knowledge of breaststroke kick. Max class size: 8 students

## BIRTHDAY PARTIES @ THE Y!

- \* GYMNASTICS
- \* NINJA
- \* BOUNCE HOUSE
- \* POOL & WIBIT

MORE INFO:

[birthday@ashlandymca.org](mailto:birthday@ashlandymca.org)



## REGISTER NOW FOR SEASONAL YOUTH SPORTS & AQUATICS:

### SWIM TEAM

Practice begins January 8!



### SPRING LACROSSE CLINIC

SOU Coach Mark Brown teaches basic skills & game strategy. Build strength, speed, agility & coordination.

Ages 7 - 15

Mon March 25 - Thu March 28

9:00-12:00a

Fee: \$65 Y-members / \$85 Community

### COMING SOON:

- Youth Boxing
- Volleyball Clinic



### SAVE THE DATE:

Summer Day camp and summer program registration opens April 1, 2024!

[WWW.ASHLANDYMCA.ORG](http://WWW.ASHLANDYMCA.ORG)  
ASHLAND FAMILY YMCA  
540 YMCA Way  
Ashland, Oregon 97520

- Like us on Facebook @ashlandfamilyY
- Follow us on Instagram @ashlandfamilyymca
- Email us: [info@ashlandymca.org](mailto:info@ashlandymca.org)
- Or call: 541-482-9622



## FREE MEMBERSHIP DO YOU QUALIFY?

You may be eligible for free or reduced membership using your insurance company benefits. We contract with several organizations to bill for monthly membership dues.



allcare advantage



Ages 55+



allcare cco



Regence

Ages 55+



Ages 55+



Health Net<sup>®</sup>  
A Better Decision

Ages 55+

If you have insurance coverage with these providers...check in with us to see if you qualify!  
Must be Medicare eligible to qualify for AllCare Advantage, MODA and Regence benefits.

**ASHLAND FAMILY YMCA**

## DONATE

### Y'S SCHOLARSHIP PROGRAM

*Give Today, Build Tomorrow and Help Us Reach Our Goal:*

Ensuring everyone has the ability to participate in our programs and activities regardless of financial constraints.

Join our generous donors who demonstrate they care about the health and well-being of youth, families and seniors in our community.

Call for details or give online:



[ashlandymca.org/donate](http://ashlandymca.org/donate)