



Fall 2024 Program Guide

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET HEALTHY BE CONFIDENT STAY CONNECTED



ASHLAND FAMILY YMCA

INFORMATION SUBJECT TO CHANGE - LAST UPDATE 8.7.24

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

Fitness center, three health & wellness studios, YFIT DEN with 24ft squat pull-up rig, locker rooms, saunas, showers, the Meese Family Aquatic Center, therapy pool, SPIN studio, Art Bernard Memorial Gymnasium, gymnastics area & equipment, multi-purpose room, outdoor soccer fields, and a playground.

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 staff trainings and building maintenance or repairs. Your low monthly membership fee takes these closures into account.

Membership Privileges

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. 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

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

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

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

SEE PAGE 10 FOR AQUATICS/POOL SCHEDULE & HOURS

VISIT OUR WEBSITE FOR CURRENT JOB & VOLUNTEER LISTINGS

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

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. 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, 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.

Staff

- Heidi Hill- CEO/Executive Director
- Brandon Bruce- Fitness Director
- Broderick Lindeman- Senior Staff & Member Experience Director
- Dusty Bockus- Facilities & Maintenance Director
- Gina Galardi- Senior Health & Wellness Director
- Haley Baumgardner- Member Services Director
- Jenny Gunter- Fitness Center Director
- Judy Hawley- Aquatics Director
- Kelsey Rittenhouse- Senior Program Director
- Keysha Porter- Youth Activities Director
- Kim Senegal- Finance Director
- Laurie Schaaf- Administrative Services Manager
- Naiya Budler- Sports & Volunteer Director
- Suzie Sanders- Preschool & Childcare Director
- Tammy Johnson- Gymnastics Director
- Travis Wills- Administrative Services Director
- Will Robinson- Senior Operations Director

Our Volunteer Board of Directors Officers

- President - Alan DeBoer
- Vice President - Chris Hearn
- Secretary - Juli DiChiro
- Treasurer - Dwaine Dawson

Members of Our Volunteer Board

- Andrea Zundel
- Barbara Saigo
- Dave Dotterer
- David Wilkerson
- Diane Englehardt
- Emily Stone Rydbom
- Jeff Schlecht
- Ty Hisatomi



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		

HEALTH & WELLNESS

Up to 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)

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.

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

Hatha 1 - Centering, pranayama, warm ups, standing postures, balancing, backbends, forward bends, twists, gentle inversions and savasana. Modifications are offered; no experience required.

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

NIA* - Combining dance, martial arts and mindfulness, NIA conditions and strengthens your whole body.

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

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.

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

Yoga - Classes will consist of asanas (postures) pranayama (breathing practice) and end with 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.

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.

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.

Pilates Plus - Moderate to high intensity - uses stability, balls, weights and core mat work.

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 Y-member/\$68 Community

Drop-in: \$8 Y-members/\$12 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 Y-member/\$30 Community



REGISTER OVER THE PHONE OR @ THE Y

CHILDWATCH

Ages 12 weeks – 6 years

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

Maximum of 2 hours per visit

Summer Hours: Mon – Fri 9a – 12p

Fall Hours, Start September 3, TBD

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

Hours are subject to change

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

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 scan the QR code.



Body Composition Analysis \$17

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

CHAIR MASSAGE \$20 for 15 minutes in our lobby

Amelia Schaaf LMT#18014

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

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

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

Drop-In Volleyball T & TH

6-7:30p Mixed play advanced, beginners, adults and youth all mixed, ages 14+ *starting 6:30p during youth basketball season

7:30-8:45p Separate play advanced and beginners on different courts

Advanced Volleyball F 6-8p

A drop in volleyball option for players with more experience. A more competitive option, if you are a beginner or intermediate player please attend on Tuesdays and Thursdays.

Pickleball

A combination of ping pong, tennis & badminton. Played by 2 or 4 people on a badminton-sized court using paddles & a wiffleball.

M-F 8a-12p

Sat 4p-5:45p

Sun 2:15p-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 and engaged during the critical hours after school. Afterschool Care is for children enrolled in the Ashland School District, in grades K-5. Our program offers homework help, STEAM, indoor and outdoor play, games and more! An afterschool snack is provided!

LOCATIONS: On-site at Bellview, Helman, Walker and the Y!

SCHEDULE & FEES:

3 days/week: \$230 Y-member/\$270 Community

5 days/week: \$325 Y-member/\$365 Community

Afterschool Care PLUS plan: 5 days a week and enrollment in all School's Out Days

\$375 Y-member/\$415 Community

2 day/week option available for those enrolled in Activity Service only



Activity Service is also offered if you enroll your child in an activity at the Y! They will ride a bus from one of the school sites listed above and our Afterschool Care staff will take them to and from their lesson.

Safe Sitter® Courses grades 6-8

Prepares students 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 only need to attend one class to complete the course. Pack a water bottle and snacks. There will be a one-hour lunch break; participants are welcome to bring a lunch and eat at the Y, or they may go off-site for this hour.

October 14 or November 11
9a-5p

\$75 Y-members/ \$100 Community
(includes \$10 non-refundable/non-transferable deposit)



KIDS DAY/NIGHT OUT

ENJOY TIME TO YOURSELF WHILE WE WATCH THE KIDS!

ages 4-12

Activities include games, swimming for grades K+, crafts and more!

Pizza and veggies provided

KIDS DAY OUT, 12p-4p

October 19 & December 14

KIDS NIGHT OUT, 5p-9p

September 20 & November 15

Fees, per child : \$34 Y-members/ \$50 Community *(includes \$10 non-refundable/non-transferable deposit)*

SCHOOL'S OUT DAYS

On early release, conference, in-service, and holidays, we offer care from 7:30a-6p for K-6 graders. Activities may include: swimming, games, STEAM, etc.! Please pack a water bottle, snack, lunch, swimsuit, towel & clothing for play outside.

\$45 Y-members/ \$75 Community price per day, per child
\$10 non-refundable, non-transferable deposit for each day

October 11, 14, 28, 29, 30, 31**

November 1, 11

December 23, 27, 30, 31**

*** Times will vary for these dates*

School's Out Days are included for those enrolled in our Afterschool Care PLUS plan.

ASHLAND FAMILY YMCA

PRESCHOOL IN ASHLAND & TALENT

ages 3, 4 & 5



A licensed program located at Helman, Walker & Talent Elementary with a curriculum that allows for imaginative play, movement, STEAM, and more! Our preschool promotes active learning that incorporates acceptance and diversity.

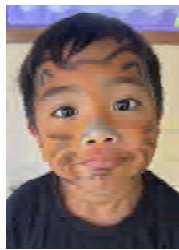
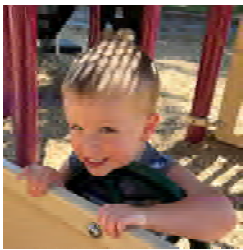
2024-2025 School Year: Sept 3, 2024 - May 22, 2025

Half-Day from 7:30a-12p, Half-Day
Tuition is \$1,125 per child, per month

Full-Day from 7:30a-6p, Full-Day
Tuition is \$1,500 per child, per month

Materials Fee is \$150

- Swim Lessons Included
- Academic Play Based Curriculum
- Kindergarten Readiness
- Small Class Sizes
- Bilingual Staff
- Lunch Provided for Full Day Kids
- Financial Assistance To All Who Apply



ALL FAMILIES DESERVE ACCESS TO QUALITY, AFFORDABLE CHILD CARE.

We accept ERDC and YMCA Financial Assistance at all our Preschool locations!

Contact our Preschool Director, Suzie, by email at preschool@ashlandymca.org for more information.

If you do not qualify for DHS / ERDC, the Y offers scholarships

Submit a Membership and Program Support application with the required documents to the Y. Applications available at our website ashlandymca.org.

YMCA PRESCHOOL TUITION ASSISTANCE

HOUSEHOLD GROSS INCOME		How many in household			
Annual	Monthly	2	3	4	5 or
\$36,636 or less	\$3,053	50%	55%	60%	60%
\$46,080	\$3,840	45%	50%	55%	60%
\$55,512	\$4,626	40%	45%	50%	55%
\$64,956	\$5,413	30%	40%	45%	50%
\$73,440	\$6,120	20%	30%	35%	45%
\$83,832	\$6,986	10%	20%	25%	35%
\$93,276	\$7,773	0%	10%	10%	15%

Scan the QR Code below to apply for YMCA Financial Assistance



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.

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

\$10 Y-members *per class*

\$15 Community *per class*

Gym Explorers Coed, 24–36 months, 1 day/wk

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.

W 10:00–10:45a

TH 10:00–10:45a

\$41 Y-members / \$61 Community

Tumble Tots Coed, age 3 years, 1 day/wk

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

Sat 9:15–10:00a

\$41 Y-members / \$61 Community

Kindergym Coed, age 4 years, 1 day/wk

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

M 2:15–3:00p

TH 2:15–3:00p

TH 5:15–6:00p

TH 5:45–6:30p

F 11:00–11:45a

Sat 9:15–10:00a

\$41 Y-members / \$61 Community

RECREATION SCHOOL AGE

Beginners Coed, school age, 1 day/wk
Beginning level gymnastics skills; rolls, handstands, cartwheels, pullovers, hip circles, 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

F 4:15–5:15p

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

F 3:15–5:15p

F 4:15–5:15p

Sat 10:00a–11:00a

Beginner/Immediate

Ages 10–13

M 4:15–5:15p

\$49 Y-Members/ \$69 Community

Intermediates Coed, school age, 1 day/wk

Instructor approval required. Intermediate gymnastics skills; back & front handsprings, walkovers, mill & 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

F 3:15–5:15p

F 4:15–5:15p

\$49 Y-members/ \$69 Community

Pro Rec Coed, School age, 1 day/week

Instructor approval required.

Non-competitive skill building class.

M 4:15–5:45p

TH 4:15–5:45p

\$71 Y-members/ \$91 Community

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

\$110 Y-members

\$130 Community

Team Level 2 2 days/week

Tryout only

W/F 3:15–4:45p

\$110 Y-members

\$130 Community

Team Level 3 2 days/week

Tryout only

W/F 4:15–7:15p

\$167 Y-members

\$187 Community

Team Level 4–9 3 days/week

Tryout only

M/W/F 4:15–7:15p

\$231 Y-members

\$251 Community

NINJA CLASSES

Ninja Warrior style obstacle courses!

2 year old Parent-Tot

T 10:00–10:45a

\$41 Y-member/\$61 Community

AGES 3–4

T 11:00–11:45a

T 2:15–3:00p

\$41 Y-member/\$61 Community

AGES 5–6

T 3:30–4:30p

AGES 7–8

T 4:30–5:30p

AGES 9–12

T 5:30–6:30p

\$49 Y-member/ \$69 Community

YOUTH SPORTS & PROGRAMS



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.

NFL FLAG FOOTBALL GRADES K-8

September 3 – October 12

Saturday Games: Sept 14, 21, 28, October 5, 12

\$114 Y-members / \$134 Community *jersey included*

Teams practice 2x a week for an hour. Days and times of practices will be determined by volunteer coaches. Games on Saturdays.

FALL SOCCER: GRADES K-6

Season: October 14 – December 7

Saturday Games: Oct 26, Nov 2, 9, 16, 23, Dec 7

\$83 Y-members / \$103 Community

Teams practice 2x a week for an hour. Days and times of practices will be determined by volunteer coaches. Games on Saturdays.

FALL PRESCHOOL SOCCER

Saturdays: Oct 26, Nov 2, 9, 16, 23, Dec 7

9-10a OR 10-11a

\$38 Members/\$58 Community

PEE-WEE SPORTS AGES 2.5-4

Learn the basics of sports and be active in a fun, comfortable environment that concentrates on skill development and progress toward actual game play. Staff members direct activities, and parents participate in one-on-one instruction that introduces movement and enhances coordination.

- **Soccer**

Saturdays: Oct 26, Nov 2, 9, 16

9-9:45a OR 10-10:45a

\$26 Y-members/ \$46 Community

Parent participation is required.

YOUTH WRESTLING CLINIC

Lead by the 2x national champion wrestler & Ashland High School Coach, Erik Schwark & Athletes.

November 12-15 from 6-7:30p

Grades 4-8

\$60 Y-members / \$80 Community

@ Ashland Middle School



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 3:45-4:30p

Ages 9 -12, M&W 4:30-5:15p

Fee: \$70 Y-members / \$90 Community *per month*

Uniforms for purchase with the Y, \$35

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. 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

\$39 Y-members/\$54 Community *monthly*

A \$5 non-refundable deposit per month is collected at registration. Equipment may be rented through the YMCA \$11/month after a refundable \$80 deposit.

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

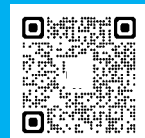
\$18 Y-members / \$28 Community *per month*

Drop-in \$6 / \$8

VOLUNTEER COACHES NEEDED

Did you know all of our youth sports leagues are made possible by VOLUNTEER COACHES?!

- Make a difference!
- Your child will play for FREE!



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

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

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 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.

Balance & Alignment - Designed for all fitness levels, this class leverages the natural resistance and support of water to enhance your balance, improve alignment, and strengthen your core. The buoyancy of water reduces the impact on your joints, making it an ideal workout for individuals looking for a low-impact, high-benefit exercise routine.

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.

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.

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 Party Jam - All skill levels move to dance music in shallow water.

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

Swim & Strength - 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.

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+

**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

WIBIT DAYS

Obstacle course in the pool!

Fridays from 4:30p-8p

September 27

October 25

November 22

December 27

\$9 Y-member/ \$13 Community

\$20 Y-member family rate

SWIM LESSONS

REGISTER
OVER THE
PHONE,
ONLINE, OR
@ THE Y

YOUTH SWIM LESSONS month-long sessions (Mon/Wed or Tues/Thurs unless stated otherwise)

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 deposit.*

SESSION & REGISTRATION DATES

September 3-30: Registration begins August 1

October 1-30: Registration Y-members September 6/
Community September 18 *(No lessons Oct. 14)*

November 4-26: Registration Y-members October 21/
Community October 23 *(No lessons Nov. 11)*

December 2-19: Registration Y-members November 18/
Community November 20

LEVEL TIMES

10:30a Parent Tot *W - starting Sept 11*

3:30p Pre-K Level 1

4p Pre-K Level 2, 3 **School Age** Level 1, 2

4:30p Pre-K Level 2, 3 **School Age** Level 1, 2

5p **School Age** Level 3, 4

5:30p Swim Team *M/W - \$108 Y-members/
\$148 Community*

30-minute lessons, \$54 Y-members/ \$74 Community

Parent Tot ages 6-36 months

Introduce your little one to the water in a fun and safe environment! This class focuses on building water comfort and foundational swimming skills through playful activities and songs. Parent participation required.

Pre-K

Level 1 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

Level 2 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

Level 3 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

School Age

Level 1 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

Level 2 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

Level 3 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

Level 4 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

Non-Competitive Swim Team ages 6-18 yrs

A friendly and supportive environment. Designed for swimmers who want to improve their skills without the pressure of competition, program focuses on technique development, fitness, and fun.

CPR/AED CLASSES

American Red Cross Certification
Ages 15+

Monday, September 9, 12p-4p

Thursday, October 17, 5p-7:30p
Blended Learning

Saturday, November 9, 10a-2p

Wednesday, December 11, 5p-7:30p
Blended Learning

\$50 Y-member/ \$65 Community
includes a \$20 non-refundable, non-transferable deposit

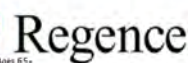


FREE MEMBERSHIP DO YOU QUALIFY?

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



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

LET'S TEXT!

Text AFYMCA to 54539 to opt in

Stay in touch with
important facility
updates, urgent
announcements and
other reminders
from the Y!

Message and data rates may apply.
Message frequency varies. Text HELP
for help. Text STOP to cancel.



**The Ashland Family YMCA
will be CLOSED on Sunday,
September 8 for a company
wide picnic celebrating our
Y staff! We thank you for
your support.**

BIRTHDAY PARTIES @ THE Y!

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

MORE INFO:

birthday@ashlandymca.org



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