



Fall 2025 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 10.6.25

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, First Saturday in February, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas. The pool will be closed December 1-31, 2025 for annual maintenance and cleaning. Additional closure dates may be necessary for staff trainings, building maintenance or repairs, or unforeseen events. If the Y or programs close or cancel due to weather or unforeseen circumstances, no refund will be issued for those days. Your low monthly membership fee and program rates take 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 12 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 or electronic funds transfer. 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..... 8:00a - 5:00p

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

Included with a Family Membership, Y staff watch your kid(s) while you work out or take a class.

2025 MEMBERSHIP FEES

ALL MEMBERSHIPS HAVE A \$100 JOINING FEE

Membership Type	Monthly Fee	Family Membership Types	Monthly Fee
Teen (12-18)	\$27	1 Adult + 1 Dependent	\$75
Adult (19-64)	\$52	1 Adult + Dependents	\$95
Senior (65+)	\$47	2 Adults	\$90
		2 Adults + Dependents	\$115

YMCA Financial Assistance Available To Those Who Qualify

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
Jami Hanna- Health and Wellness Coordinator
Jenny Gunter- Fitness Center Director
Judy Hawley- Aquatics Director
Karin Onkka- YMCA Camp DeBoer Outdoor Education Director
Kelsey Rittenhouse- Senior Director of Systems and Development
Keysha Porter- Youth Activities Director
Kim Senegal- Finance Director
Laurie Schaaf- Administrative Services Manager
Naiya Budler- Sports Director
Suzie Sanders- Preschool & Childcare Director
Tammy Johnson- Gymnastics Director

VOLUNTEER BOARD OF DIRECTORS OFFICERS

President - Ty Hisatomi
Vice President - Chris Hearn
Secretary - Juli DiChiro
Treasurer - Dwaine Dawson

Members of Our Volunteer Board

Alan DeBoer
Andrea Zundel
Carl Thomas
Dave Dotterer
David Wilkerson
Diane Englehardt
Emily Stone Rydbom
Jeff Schlecht
Kelly Madding

FOR A UNITED US.



HEALTH & WELLNESS

Up to 75 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*– Improve muscular strength, range of motion and agility in a low impact and pain free setting.

Beginning Pilates – For those new to pilates or looking to refresh their fundamentals.

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 – This class focuses on the fundamentals of both pilates and yoga.

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.

Yoga Level I/II – designed for those seeking an intermediate practice that includes full Sun Salutations, Vinyasa Flow, Hatha holds, and balance challenges. This class is not recommended for those seeking a gentle practice.

Yin Yoga – 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)

Boot 4 Breakfast– Jumpstart your day with this all ages bootcamp.

Bones & Balance*– Learn how to create a stable framework for building bone density, balance.

HIIT Class – Quick & intense strength and cardio workout using a variety of equipment including body weight.

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.

TRX – Elevate your fitness journey with TRX Suspension Training, led by certified YMCA Personal Trainers.

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)

Pedaling for Parkinson's – Ride an indoor stationary bike and build community.

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

Yoga for Every Body in Talent

Discover how yoga supports balance, posture, and a strong mind-body connection – at any age! Join our welcoming community at the Talent Community Center and feel the difference.

\$FREE / Y Members
\$8 per class / Community

*Prepay or CARD only, NO CASH.

Scan here for the latest class schedule – be sure to select Talent C.C. as the LOCATION!



CHILDWATCH

INCLUDED WITH MEMBERSHIP!

Mon – Fri 8:30a – 1p

Tues & Thurs 4p-7p

Sat 9a – 1p

Ages 12 weeks – 11 years

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

Maximum of 2 hours per visit. *ChildWatch may fill. Hours are subject to change*

Community drop in \$12, per visit, per child

Personal Trainers \$60/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.



SECA 554 Body Composition Analyzer

19 Data Points in Total! Get a holistic view of your body!
\$30 Y-member/ \$45 Community/ \$15 Current PT Clients

CHAIR MASSAGE

\$20 for 15 minutes in our lobby

Amelia Schaaf

LMT#18014

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

Angeline Corey

LMT#22618

W 1:30p-5:00p/
TH 9:30a-12:30p

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 – Hours resume September 2, 2025

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

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. Participants will have opportunities to do homework, participate in indoor and outdoor play, explore the arts, experience STEAM, and have free choice with small and large group activities. We also provide an afterschool snack!

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

SCHEDULE & FEES:

2 days/week: \$199 Y-member/\$239 Community — *option only available for those enrolling in Activity Service*

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



Activity Service is offered if you enroll your child in an activity at the Y! They will ride a bus from one of our school sites (Bellview, Helman and Walker) and our Afterschool Care staff will take them to and from their lesson. *MUST be enrolled in Afterschool Care to participate in Activity Service.* Cost: \$10 a month, in addition to Afterschool Care tuition and class fee

SCHOOL'S OUT DAYS – WHEN SCHOOL IS OUT THE Y IS IN

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

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

October: 13

November: 11, 24, 25

December: 22, 23, 29, 30, 31**

January: 2, 23

February: 16, 17, 18, 19, 20

March: 23, 24, 25, 26, 27

** 12/31 School's Out Day will go from 7:30a-2p

KIDS DAY/ NIGHT OUT

ENJOY TIME TO YOURSELF WHILE WE WATCH THE KIDS!

ages 4-10

KIDS NIGHT OUT, 5p-9p

Activities may include games, crafts, and more! Pizza and veggies provided

September 20: DIY fairy or bird houses

October 18: Halloween extravaganza- bounce house, pumpkin bowling and more!

November 15: Make your own no bake mini pie

Fees, per child : \$35 Y-members/ \$55 Community (*includes \$10 non-refundable/non-transferable deposit*)

KIDS DAY OUT, 12-5p

Activities include gingerbread house decorating, holiday crafts, gymnastics floor obstacle course and more! Pizza and veggies provided. *Our aquatics center is closed and we will not go swimming.*

December 13

Fees, per child : \$45 Y-members/ \$65 Community (*includes \$10 non-refundable/non-transferable deposit*)

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!

Active participation in the class is required to complete the course. Participants should pack a water bottle and snacks. There will be a 30-minute lunch break; participants are welcome to bring a lunch and eat at the Y, or they may go off-site.



November 11 from 9a-4p

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

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.

Registration for the 2025-2026 School Year

Half-Day from 7:45a-12p, Half-Day
Tuition is \$1,125 *per child, per month*

Full-Day from 7:45a-5:30p, 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
- Breakfast & Lunch Provided
- 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!
We accept Preschool Promise at our Talent Location!

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

\$43 Y-members / \$63 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

F 11:00-11:45a

Sat 9:15-10:00a

\$45 Y-members / \$65 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

W 11:00-11:45a

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

\$45 Y-members / \$65 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

\$52 Y-Members/ \$72 Community

AGES 7-9

M 3:15-4:15p

W 2:00-3:00p

TH 3:15-4:15p

TH 4:15-5:15p

F 3:15-4:15p

F 4:15-5:15p

Sat 10:00a-11:00a

\$52 Y-Members/ \$72 Community

Beginner/Intermediates

Ages 10-13

M 4:15-5:15p

\$52 Y-Members/ \$72 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 3:15-4:15p

F 4:15-5:15p

\$52 Y-members/ \$72 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

\$75 Y-members/ \$95 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

\$120 Y-members

\$140 Community

Team Level 2 2 days/week

Tryout only

W/F 3:15-4:45p

\$120 Y-members/ \$140 Community

Team Level 3 2 days/week

Tryout only

W/F 4:15-7:15p

\$175 Y-members

\$195 Community

Team Level 4-9 3 days/week

Tryout only

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

\$241 Y-members

\$261 Community

NINJA CLASSES

Ninja Warrior style obstacle courses!

2 year old Parent-Tot

T 10:00-10:45a

\$43 Y-member/\$63 Community

AGES 3 - 4

T 11:00 -11:45a

T 2:15- 3:00p

\$45 Y-member/\$65 Community

AGES 5 - 6

T 3:30 - 4:30p

AGES 7 - 8

T 4:30 - 5:30p

AGES 9 - 12

T 4:30 - 5:30p

\$52 Y-member/ \$72 Community

ADULT TUMBLING

T 5:45-6:45p

TH 11a-12p

\$52 Y-member/ \$72 Community *per month*

\$15 Y-member/ \$20 Community *drop in fee*

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.

CHEERLEADING: GRADES 1-8

Season: October 20 - December 13

Cheer for our NFL Flag Football Season!

Mondays and Wednesdays

4:30p-5:30p

Cheer for games on Saturdays!

\$110 Y-members / \$130 Community

Uniform is included!

NFL FLAG FOOTBALL: GRADES K-8

Season: October 20 - December 13

Saturday Games

\$120 Y-members / \$140 Community

Teams practice 2x a week for an hour. Mon/Wed OR Tues/Thurs practices. Days and times of practices will be determined by volunteer coaches.

Price includes an NFL Flag Football Jersey



YOUTH GOLF CLASSES

Classes at the Golf Garage

Beginners - Wednesdays 4p-5p

Intermediates - Wednesdays 4:45p-5:30p

Classes at the Golf Garage

\$45 Y- members/\$65 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 3:45-4:30p

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

Fee: \$72 Y-members / \$92 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

\$40 Y-members/\$60 Community *monthly*

A \$10 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

Drop-in \$7 Y-member/ \$9 Community

BIRTHDAY PARTIES @ THE Y!

- * GYMNASTICS
- * NINJA
- * POOL & WIBIT

MORE INFO:

birthday@ashlandymca.org



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!

Email sports@ashlandymca.org to sign up



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	8:00a to 4:30p



October 24th, 4:30p–7p

WIBIT Friday with a Spooky Twist!

- *Floating Pumpkin Patch
- *Open Swim
- *Wibit Obstacle Course
- *Goodie Bags (1 per child, while supplies last)
- *Pumpkins (1 per person, while supplies last)

**FREE for
Y-Members**
\$20 Community Family
Rate
(up to 4 people; \$13
each additional person)

540 YMCA Way ashlandymca.org 541.482.9622 info@ashlandymca.org

www.ashlandymca.org

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.*

LEVEL TIMES

10:30a Parent Tot *Tuesdays Only*

3:30p Pre-K Level 1

4:00p Pre-K Level 2, 3 **School Age** Level 1, 2

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

5:00p **School Age** Level 3, 4

5:30p Swim Team *M/W* - \$112 Y-members/\$152 Community

SESSION & REGISTRATION DATES

30-minute lessons

\$56 Y-members/ \$76 Community

September 2-30: Registration begins August 1

October 1-30: Registration Y-members Sept. 17/ Community Sept. 19 (*no lessons October 13*)

November 3-20: Registration Y-members October 22/ Community October 24

December: No lessons, pool closed in December for maintenance

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 BLENDED LEARNING CLASSES

American Red Cross Certification
Ages 15+

October 10: 8a-12p
November 12: 2p-6p
December 6: 10a-2p

\$55 Y-member/ \$75 Community
includes a \$20 non-refundable, non-transferable deposit

ADULT GOLF CLASSES @ the Golf Garage

Thursdays
12p-12:50p

\$129 Y-member/ \$149 Community
Classes begin in August

Location:
Golf Garage
3336 Grove Road
Suite A
Phoenix, OR 97535

BEGINNING PICKLEBALL CLASS

October 18 & 19 from 12p-3:30p

- Prerequisite for advanced beginners class.
- Taught by Cori Franks and volunteers.
- Bring your own paddle or borrow one from the Y!

\$50 Y-member/ \$70 Community

ADVANCED BEGINNERS PICKLEBALL CLASS

November 1 & 2 from 12p-3:30p

- Must have taken a beginning class before as this is the next level of play.
- Taught by Cori Franks. Abd volunteers.
- Bring your own paddle or borrow one from the Y!

\$50 Y-member/ \$70 Community



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



allcare cco



Regence
Ages 65+



Health Net
A Better Decision
Ages 65+

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.



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.



ashlandymca.org/donate