



PROGRAM REGISTRATION - CENTRAL YMCA - WINTER 1 SESSION 2024

WINTER SESSIONS

WINTER 1 Jan 7-Feb 17
WINTER 2 Feb 18-Mar 30

Winter 1
Winter 2

REGISTRATION BEGINS

Members	Others	Late Fee
Nov 27	Dec 4	Jan 7
Feb 5	Feb 18	Feb 17

SWIM LESSONS

NAME OF CLASS	STAFF	AGE	DAY	TIME	WINTER 1 Members/Others	WINTER 2 Members/Others
Swim Starters-Parent/Child B: Water Exploration	Lou	6-36 mo	Sunday	2:30-3:00 pm	\$35/\$70	\$35/\$70
Swim Basics-Preschool 1: Water Acclimation	Lou	3-5 yrs	Wednesday	4:00-4:40 pm	\$35/\$70	\$35/\$70
			Sunday	1:00-1:40 pm	\$35/\$70	\$35/\$70
Swim Basics-Preschool 2: Water Movement	Lou	3-5 yrs	Wednesday	4:00-4:40 pm	\$35/\$70	\$35/\$70
			Sunday	1:00-1:40 pm	\$35/\$70	\$35/\$70
Swim Basics-Preschool 3: Water Stamina	Lou	3-5 yrs	Wednesday	4:00-4:40 pm	\$35/\$70	\$35/\$70
			Sunday	1:00-1:40 pm	\$35/\$70	\$35/\$70
Swim Basics-Youth 1: Water Acclimation	Lou	6-12 yrs	Wednesday	4:45-5:25 pm	\$35/\$70	\$35/\$70
			Sunday	1:45-2:25 pm	\$35/\$70	\$35/\$70
Swim Basics-Youth 2: Water Movement	Lou	6-12 yrs	Wednesday	4:45-5:25 pm	\$35/\$70	\$35/\$70
			Sunday	1:45-2:25 pm	\$35/\$70	\$35/\$70
Swim Basics-Youth 3: Water Stamina	Lou	6-12 yrs	Wednesday	4:45-5:25 pm	\$35/\$70	\$35/\$70
			Sunday	1:45-2:25 pm	\$35/\$70	\$35/\$70
Swim Basics -Teen/Adult	Lou	13+ yrs	Wednesday	12:00-12:40 pm	\$35/\$70	\$35/\$70
			Sunday	2:30-3:10 pm	\$35/\$70	\$35/\$70
Diverse Abilities Adaptive Swim Lessons (DAASL) for children with Special Needs	Lou	3-12 yrs	Sunday	2:30-3:00 pm	\$35/\$70	\$35/\$70
Swim Basics -Family Group (Up to 4 members) Children under 3 must have adult	Lou	All	Sunday	2:30-3:00 pm	\$125/\$175	\$125/\$175

AQUATIC SPECIALTY PROGRAMS (Not on 6-week session schedule)

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Lifeguard Training	Lou	16+	Mar 11-23	M/W/F 4:30pm-8:00pm Sat 8:30am-4:00 pm Sun 12:30pm-4:00pm	\$225 (\$250 within 10 days of the training) Meets at Davis & Central
Private Swim Lessons	Lou	3 +	Varies	Schedule with Instructor	1 Session \$20/\$30 Semi-Private (2 people) \$17/\$25 each

HEALTH & WELLNESS

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Blood Pressure Self Monitoring Program	Meri	18+	4 Month Program Virtual Call to register	Varies	\$10/\$25 Monthly mfetkovich@youngstownymca.org 330-742-4788
LIVESTRONG AT THE YMCA	Meri	18+	Ongoing Registration	Registering for January 2024	\$0/\$0 Registration Required Contact mfetkovich@youngstownymca.org or 330-742-4788
Personal Training (1 Person) or (2 People)	Meri	14 +	Participant's Choice	Schedule with Trainer	1 Person 1 Session \$35/\$55 4 Sessions \$133/\$209 8 Sessions \$252/\$396 12 Sessions \$357/\$561 2 People 1 Session \$30/\$50 each 4 Sessions \$114/\$190 each 8 Sessions \$216/\$360 each 12 Sessions \$306/\$510 each
Veteran Training Program	Meri	18+	Mon Thurs/Tues	10:30-11:30 am 5:30p-6:30pm	Free Must Show Proof of Veterans Status Register by contacting Meri mfetkovich@youngstownymca.org 330-742-4788
Nutrition Counseling	Meri	All	Now Registering	1- 1hr Session 2- 30 min follow Ups	\$120/\$180

ATHLETIC PERFORMANCE CENTER PROGRAMS

NAME OF CLASS	STAFF	AGE	DATES	TIME	REGISTRATION FEE Member/Others
12 Rounds	Meri	14+	Mon, Wed, Friday	6:00-7:00pm	Free/\$66 Per Month
Jump Stretch	Meri	10+	Mon or Wed Tue or Thu Sat	4:00-5:00 pm 5:15-6:15 pm 9:00-10:00 am	Monthly Rate \$10/\$44 per chosen day
Boot Camp	Meri	10+	Tue/Thu/Sat	10:30-11:30 am	Free/\$66 Per Month
Olympic Weightlifting	Meri	13+	Mondays or Wednesdays	5:00-5:45pm	\$35/\$70 Per 6 wk session
Olympic Weightlifting For Kids	Meri	6-12	Mondays or Wednesdays	5:00-5:45pm	\$35/\$70 Per 6 wk session
Youngstown Barbell Club (must take 1-2 Olympic weightlifting classes or be invited by a coach)	Meri	13+	Tues and Thurs	4:15- 5:00pm	\$35/\$70 Per 6 wk session
Speed and Agility Training	Meri	8-12	Friday	5:00-5:45pm	\$35/\$70 Per 6 wk session
Kickboxing	Meri	14+	Mondays Fridays	5:00-5:45pm 10:15-11:00am	\$35/\$70 Per 6 wk session

SPORTS & REC PROGRAMS (Not on 6-week session schedule)

NAME OF CLASS	STAFF	AGE	DATES	TIME	REGISTRATION FEE
Winter Basketball League	Mike	4-15yrs	Practice Jan 20,27 Feb 3,10 Games	Varies	\$100 Members \$120 Non-Members
Basketball Clinics	Mike	6-15 yrs.	Mon/ Wed/Thurs Tues/Fri	Beginners 6:00-7:00pm Competitive 7:00-8:00pm Advanced 6:00-7:00pm	Registration Required* Free to members/\$50 per month or \$11 per day
Volleyball Open Play	Mike	14+ CO-ED	Fridays Feb 2- Mar 1	6:00-8:00 pm	Free/\$5 Per Night Minors must be accompanied by an adult
Four Leaf Clover Volleyball Tournament	Mike	14+ CO-ED	March 15	6:00pm	\$10 Members \$15 Non-members

YOUTH-SPECIAL PROGRAMS

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE
Youth Night	Keith	6-13 yrs	Second Friday of every month	5:00-8:00 pm	\$0/\$10
Off School Camp	Keith	6-13 yrs	Jan-15 Feb-16, 19 Mar -15,28th &29	9:00-4:00 pm 7-9 am / 4-6 pm (Extended Hours)	\$40/\$45 \$5 Extended Hours

AFTER SCHOOL PROGRAM (Transportation available for Valley Christian, Horizon Science and Youngstown Community Schools)

NAME	STAFF	AGE	LOCATION	DAY	TIME	Member/ Other
After School Program	Keith	Grades K-8	Central	Mon-Fri	3:00-6:30pm	Registration Fee \$30 \$70/\$75 Weekly** \$60/\$65 4-Days** \$235/\$260 Monthly**

CERTIFICATION/JOB TRAINING

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
CPR for Healthcare Provider	Chris	16 +	January 15 or March 16(Blended)	9:00am-1:00pm	\$80 Davis Training Room
CPR/AED for Adult/Child/Infant	Chris	16+	February 19	4:00pm-9:00pm	\$50 Davis Training Room
First Aid	Chris	16+	February 20	4:00p-9:00pm	\$50 Davis Training Room
Lifeguard Training	Lou	16+	Mar 11 -23	M/W/F 4:30pm-8:00pm Sat 8:30am-4:00pm Sun 12:30pm-4:00pm	\$225 (\$250 within 10 days of the training) Meets at Davis & Central

FACILITY RENTALS

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Birthday Party Rentals	Lou	All	Saturday or Sunday	2:00-4:00 pm	\$250 (Plus \$100 Security Deposit) Visit YMCAyo.org for add-on options
Room Rentals	Lou	All	Varies	Varies	Starting at \$100 per hour Plus Security Deposit Call 330-480-5655 for availability

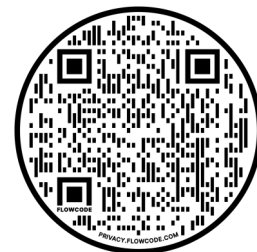
SPECIAL EVENTS

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
HOLIDAY CHALLENGE: Maintain No Gain	Larry Meri	14+	Nov 13-Jan 6	All Day	Free/Members Only
Four Leaf Clover Volleyball Tournament	Mike	14+ CO-ED	March 15	6:00pm	\$10 / \$15

CONTACT INFORMATION:

Lou Grieco	330-742-4791 lgrieco@youngstownymca.org
Mike Brown	330-744-8411 ext.125 mbrown@youngstownymca.org
Jenna Benson	330-480-5656 ext. 250 jbenenson@youngstownymca.org
Meri Fetkovich	330-742-4788 mfetkovich@youngstownymca.org
Keith Lindsay	330-744-8411 ext.153 klindsay@youngstownymca.org
Chris Hughes	330-480-5655 chughes@youngstownymca.org

Financial Assistance for program registration is available, you may also qualify for Free Youth Programming. Scan the QR Code for the application.



ONLINE REGISTRATION

Visit ymcayo.org and click "Register". Click the login tab, then select "click here to get a password". Enter your email address. A link will be emailed to create a password for your account. If your email address has changed or you didn't give us one when you joined, contact the Y and ask for your record

This Program Registration Sheet only lists programs that require registration and payment. There are many more activities that are FREE and included in your membership.

YMCAyo.org