



PROGRAM REGISTRATION – CENTRAL YMCA – WINTER 1 & 2 SESSION 2026

WINTER 1 SESSIONS

WINTER 1 Jan 5– Feb 15
WINTER 2 Feb 16 – Mar 29

REGISTRATION Members Non-Members Late Fee

WINTER 1 Nov 24 Dec 1 Jan 5
WINTER 2 Feb 2 Feb 9 Feb 16

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 mos	Sunday	2:30pm–3:00pm	\$37/\$74	\$37/\$74
Swim Basics–Preschool 1: Water Acclimation	Lou	3–5 yrs	Wednesday	4:00pm–4:40pm	\$37/\$74	\$37/\$74
			Sunday	1:00pm–1:40pm	\$37/\$74	\$37/\$74
Swim Basics–Preschool 2: Water Movement	Lou	3–5 yrs	Wednesday	4:00pm–4:40pm	\$37/\$74	\$37/\$74
			Sunday	1:00pm–1:40pm	\$37/\$74	\$37/\$74
Swim Basics–Preschool 3: Water Stamina	Lou	3–5 yrs	Wednesday	4:00pm–4:40pm	\$37/\$74	\$37/\$74
			Sunday	1:00pm–1:40pm	\$37/\$74	\$37/\$74
Swim Basics–Youth 1: Water Acclimation	Lou	6–12 yrs	Wednesday	4:45pm–5:25pm	\$37/\$74	\$37/\$74
			Sunday	1:45pm–2:25pm	\$37/\$74	\$37/\$74
Swim Basics–Youth 2: Water Movement	Lou	6–12 yrs	Wednesday	4:45pm–5:25pm	\$37/\$74	\$37/\$74
			Sunday	1:45pm–2:25pm	\$37/\$74	\$37/\$74
Swim Basics–Youth 3: Water Stamina	Lou	6–12 yrs	Wednesday	4:45pm–5:25pm	\$37/\$74	\$37/\$74
			Sunday	1:45pm–2:25pm	\$37/\$74	\$37/\$74
Swim Basics–Teen/Adult	Lou	13+ yrs	Wednesday	12:00pm–12:40pm	\$37/\$74	\$37/\$74
			Sunday	2:30pm–3:10pm	\$37/\$74	\$37/\$74
Diverse Abilities Adaptive Swim Lessons (DAASL) for children with Special Needs	Lou	3–12 yrs	Sunday	2:30pm–3:00pm	\$37/\$74	\$37/\$74
Swim Basics–Family Group (Up to 4 members) Children under 3 must have adult accompaniment in the water	Lou	All	Sunday	2:30pm–3:00pm	\$125/\$175	\$125/\$175

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Lifeguard Training	Kelsey	15+	January 9–18	Friday 4:30– 9:30pm Sat 8:30am–4:00pm Sun 1:00pm– 5:30pm	\$175 (\$200 within 7days of the training) Meets at Davis & Central
Private Swim Lessons	Lou	3 +	Varies	Schedule with Instructor	1 Session \$22/\$32 Semi-Private (2 people) \$17/\$27 each
Masters Swim Team	Lou	18+	Sept– Apr	Times vary based on location	\$60 Members Only Visit ymcayo.org/aquatics for more information

HEALTH & WELLNESS

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
LIVESTRONG AT THE YMCA	LARRY	18+	Ongoing Registration	TBD 12-Week Program For Cancer Survivors	\$0/\$0 Registration Required
Personal Training (1 Person) or (2 People)	Carl	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

ATHLETIC PERFORMANCE CENTER PROGRAMS

NAME OF CLASS	STAFF	AGE	DATES	TIME	REGISTRATION FEE Member/Others
Athletic Performance Training	Carl	10+	Mon or Wed Tue or Thu Saturday	4:00pm-5:00pm 5:15pm-6:15pm 10:30am-11:30am	Monthly Rate \$10/\$44 per chosen day

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	Kelsey	Grades K-8	Central	Mon-Fri	3:00pm-6:30pm	Registration Fee \$30 \$75/\$80 Weekly** \$65/\$70 4-Days** \$250/\$275 Monthly**

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

NAME OF CLASS	STAFF	AGE	DATES	TIME	REGISTRATION FEE Member/Others
Winter Basketball League	Mike	4 – 15 yrs	Practice January 17,24,31 & Feb 7 Games Feb 14, 21,28 March 7,14 &21	Varies	\$100/\$120 *\$20 late fee
Basketball Clinics	Mike	6– 15 yrs	Mon/Wed/Thurs	Beginners – 6:00pm–7:00pm Competitive 7:00pm–8:00pm Advanced 5:00pm–6:00pm	Registration Required Free to members/\$50 per month or \$11 per day
Recreational Volleyball	Mike	12:00pm	Thursday Sunday	12:00pm 1:30pm	Free to members / \$5 per session
Volleyball Open Play	Mike	14+ CO-ED 10 – 17	Fridays Feb 2—Feb 28	6:00pm–8:00pm	Free/\$10 Per Night

YOUTH-SPECIAL PROGRAMS

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
Youth Night	Kelsey	6–13 yrs	1st Friday of the Month	5:00pm – 8:00pm	\$0/\$15
Off School Camp	Kelsey	6–13 yrs	Jan 16, 19 & 26 Feb 13 & 16 March 13	9:00am – 4:00pm	\$45/\$50

CERTIFICATION/JOB TRAINING

NAME OF PROGRAM	STAFF	AGE	Location	DAY	TIME	REGISTRATION FEE Member/Others
Basic Life Support provided by HSI	Kelsey	14+	Central/Davis	Mon Jan.19	9:00am—12:00pm Central	\$75 Must complete an online training before attending
				Mon. Feb 16	5:00pm–8:00pm Davis	
				Sat. Mar. 14	9:00am–12:00pm Davis	
First Aid by ASHI	Kelsey	14+	Central/Davis* Must complete an online training before attending	Mon Jan.19	12:00pm–2:00pm Central	\$50 First Aid Online and Class room
				Tues. Feb 17	5:00pm–8:00pm Davis	
				Sat. Mar . 14	9:00am–2:00pm Davis	

SPECIAL EVENTS

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
HOLIDAY CHALLENGE: Maintain No Gain	Larry / Brittany	14+	Nov 17–Jan 10	All Day	Free/Members Only
Win the Last One Win 'Em All	Mike	Age 18+ CO-ED	December 31	Please arrive by 9am 9:30am start	\$16/\$24 T-shirt deadline December 21st

CONTACT INFORMATION:

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Kelsey Manley	330-742-4792 kmanley@youngstownymca.org
Kelsey Lyda	330-480-5655 klyda@youngstownymca.org
Erica McElroy	330-744-8411 ext.139 emcelroy@youngstownymca.org
Carl LaRosa	330-744-8411 ext.152 clarosa@youngstownymca.org
Larry Jensen	330-480-5656 ext.219 ljensen@youngstownymca.org

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

