



CENTRAL YMCA FALL MONTHLY PROGRAM REGISTRATION

September 1 – 30, 2026 • October 1– 30, 2026 • November 1 – 30, 2026

MEMBER REGISTRATION: AUGUST 1

NON-MEMBER REGISTRATION: AUGUST 8

*MONTHLY REGISTRATION CLOSES ON THE 1ST DAY OF THE PROGRAM MONTH

*NO CLASSES WILL BE HELD ON LABOR DAY OR THANKSGIVING AND NO AQUATIC CLASSES HELD FROM NOV.23– 30

* NO REFUNDS WILL BE ISSUED FOR MONTHLY FLUCTUATION

SWIM LESSONS

NAME OF CLASS	STAFF	AGE	DAY	TIME	MONTHLY FEE MEMBERS/OTHERS
SWIM STARTERS–PARENT/CHILD A: WATER DISCOVERY B: WATER EXPLORATION	LOU	6–36MOS	THURSDAY	5:30 –6:00 PM	\$25/\$50
SWIM BASICS–PRESCHOOL 1: WATER ACCLIMATION	LOU	3–5YRS	WEDNESDAY SUNDAY	4:25 – 5:25 PM 1:00–1:40 PM	\$25/\$50
SWIM BASICS–PRESCHOOL 2: WATER MOVEMENT	LOU	3–5YRS	WEDNESDAY SUNDAY	4:25–5:25 PM 1:00–1:40 PM	\$25/\$50
SWIM BASICS–PRESCHOOL 3: WATER STAMINA	LOU	3–5YRS	SUNDAY	1:00–1:40 PM	\$25/\$50
SWIM BASICS–YOUTH 1: WATER ACCLIMATION	LOU	6–12YRS	SUNDAY WEDNESDAY	1:45– 2:25 PM 4:00–4:40PM	\$25/\$50
SWIM BASICS–YOUTH 2: WATER MOVEMENT	LOU	6–12YRS	SUNDAY WEDNESDAY	1:45–2:25 PM 4:00–4:40 PM	\$25/\$50
SWIM BASICS–YOUTH 3: WATER STAMINA	LOU	6–12YRS	SUNDAY WEDNESDAY	1:45–2:25 PM 4:00–4:40 PM	\$25/\$50
SWIM BASICS– YOUTH 4: STROKE INTRODUCTION	LOU	6–12YRS	SUNDAY WEDNESDAY	1:45–2:25 PM 4:00–4:40 PM	\$25/\$50
SWIM BASICS– YOUTH 5: STROKE DEVELOPMENT	LOU	6–12YRS	SUNDAY	1:45–2:45 PM	\$25/\$50
SWIM BASICS– YOUTH 5: STROKE MECHANICS	LOU	6–12YRS	WEDNESDAY	4:00–4:40 PM	\$25/\$50

AQUATIC SPECIALITY PROGRAMS

NAME OF CLASS	STAFF	AGE	DAY	TIME	MONTHLY FEE
TEEN/ADULT: SWIM BASICS	LOU	13+	THURSDAY	6:05–6:45 PM	\$25/\$50
TEEN/ADULT: STROKE MECHANICS					
DAASL FOR CHILDREN WITH SPECIAL NEEDS GUIDED GROWTH	LOU	6–12YRS	THURSDAY	5:30– 6:00 PM	\$25/\$50
DAASL: 1 ON 1	LOU	6–12 YRS	THURSDAY	6:05– 6:45 PM	\$25/\$50

AQUATIC SPECIALITY PROGRAMS CONT.

NAME OF	STAFF	AGE	DAY	Time	LOCATION	REGISTRATION FEE
NEPTUNES	KELSEY	5-18YRS	VARIES	VARIES	CENTRAL	\$375 YMCA MEMBERSHIP REQUIRED
MASTERS SWIM TEAM	KELSEY	18+	VARIES	VARIES	CENTRAL/DAVIS	\$60

HEALTH & WELLNESS

NAME OF CLASS	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
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	MONTHLY FEE Members/ Others
JUMP STRETCH	CARL	10+	MON OR WED TUES OR THURS SATURDAY	4:00-5:00 PM OR 5:15-6:15 PM 10:30-11:30 AM	MONTHLY RATE \$10/\$44 PER CHOSEN DAY

AFTER SCHOOL

NAME OF	STAFF	AGE	DAY	TIME	REGISTRATION FEE
AFTER SCHOOL	KELSEY	6-13YRS	MON-FRI	3:00-6:00 PM	\$40 ENROLLMENT FEE \$80/\$85 PER DAY

YOUTH AND TEEN- SPECIAL PROGRAMS

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE MEMBER/OTHERS
YOUTH NIGHT	KELSEY	6-12YRS	OCT 9 NOV 13	5:30-8:00 PM	\$0/\$15
OFF- SCHOOL	KELSEY	6-12YRS	OCT 9 OCT 26 NOV 25&27	9:00-4:00 PM	\$40 ENROLLMENT FEE \$45/\$50 PER DAY

SPORTS & REC PROGRAMS

NAME OF CLASS	STAFF	AGE	DATES	TIME	MONTHLY FEE Member/Others
FALL BASKETBALL LEAGUE	MIKE	PRE K- GRADE 9	PRACTICE: SEPT 12-OCT 3 GAMES: OCT 10- NOV 10	VARIES	\$100 MEMBERS/ \$120 NON-MEMBERS COACH/VOLUNTEERS CLINIC AUG 29* COACH/PARENTS MEETING SEPT 9*
BASKETBALL CLINICS	MIKE	6-15 YRS.	MON/ WED/THURS TUES/FRI	BEGINNERS 6:00PM-7:00 PM COMPETITIVE 7:00PM-8:00 PM	REGISTRATION REQUIRED* FREE TO MEMBERS/\$50 PER MONTH OR \$11 PER DAY
SPEED AND AGILITY TRAINING CLINIC	MIKE	6-10YRS	TUES/FRI	6:00-7:00 PM	\$11 PER SESSION/ \$50 PER MONTH
RECREATIONAL VOLLEYBALL	MIKE	14+ CO-ED	SUNDAYS THURSDAYS	2:30-5:00 PM 12:00 PM	FREE/ \$5.00
TURKEY TOURNAMENT (TEAMS OF 4)	MIKE	14+	NOVEMBER 22	10:00 AM	\$10/\$20

CERTIFICATION/JOB TRAINING

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE MEMBER/OTHERS
LIFEGUARD TRAININGS	KELSEY	15+	SEPT 11-20	FRI. 4:30PM-9:00 PM SAT. 8:30AM-4:00 PM SUN. 1PM-5:30 PM CENTRAL/DAVIS	\$175 (\$25 LATE FEE IF REGISTERING WITHIN 1 WEEK OF CLASS START)
LIFEGUARD TRAININGS	KELSEY	15+	NOV 5 - 8	THURS & FRI 4:30 PM-9 PM SAT. 8 AM-5 PM, SUN. 11 AM-6 PM	\$175 (\$25 LATE FEE IF REGISTERING WITHIN 1 WEEK OF CLASS START)
BLS (INCLUDING CPR/AED)	KELSEY	14+	SEPT 21 & 22	5:00-8:00 PM DAVIS	\$50 EACH OR \$75 FOR BOTH
BLS (INCLUDING CPR/AED)	KELSEY	14+	OCT 12	9:00-5:00 PM CENTRAL	\$50 EACH OR \$75 FOR BOTH
BLS (INCLUDING CPR/AED)	KELSEY	14+	NOV 7	9:00-5:00 PM DAVIS	\$50 EACH OR \$75 FOR BOTH

SPECIAL EVENTS / OTHER PROGRAMS

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE Member/Others
SEASONAL SWIM CHALLENGE : LAST LEG OF THE TRIPLE CROWN: IN SEARCH OF MEMPHRE ON LAKE	LOU	14+	OCT 1- NOV 20	N/A	\$20 MEMBERS ONLY (SWIM CHALLENGE DOES NOT REQUIRE A MONTHLY FEE. THIS IS A ONE TIME FEE.)
SECOND ANNUAL CENTRAL YMCA GALA A BETTER FUTURE STARTS WITH YOU	LESLIE	21+	THURSDAY SEPT 24,2026	5:00-9:00 PM	TICKETS: \$79.00 TABLES:\$600 SEE THE SERVICE DESK FOR MORE DETAILS OR VISIT YMCA.YO.ORG/GALA
21ST ANNUAL POOCH PENTAHALON	KELSEY	N/A	SUNDAY SEPT 20	1:00-3:00 PM AT THE DAVIS FAMILY YMCA OUTDOOR POOL	\$5 PER DOG BEFORE 9/1 \$10 PER DOG AFTER
DUNK IN FOR PUMPKINS	KELSEY	3+ YEARS	SUNDAY OCT 18	12:00-3:00 PM AT THE DAVIS FAMILY YMCA POOL	\$5 / \$10 PER CHILD 4 OR MORE SIBLINGS \$15/\$30

FACILITY RENTALS

NAME OF PROGRAM	STAFF	AGE	DAY	TIME	REGISTRATION FEE MEMBER/OTHERS
BIRTHDAY PARTY RENTALS	LOU	ALL	SATURDAYS	VARIES	\$250 (PLUS \$100 SECURITY DEPOSIT) VISIT YMCA.YO.ORG FOR ADD-ON OPTIONS
ROOM RENTALS	LOU	ALL	VARIES	VARIES	STARTING AT \$100 PER HOUR PLUS SECURITY DEPOSIT CALL 330-742-4791 FOR AVAILABILITY

CONTACT INFORMATION:

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