Fayette County Family YMCA
P.O. Box 1021
Washington Court House 43160

PRE-SORTED
STANDARD
NON-PROFIT
U.S. POSTAGE PAID
PERMIT NO 33

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

the YMCA®

WHERE GREAT THINGS HAPPEN EVERYDAY

HOURS OF OPERATION

Monday-Friday	4:30 AM – 10:00 PM
Saturday	7:00 AM - 7:00 PM*
Sunday	8:00 AM - 5:00 PM

*Close at 5:00 p.m. on Saturday Memorial Day weekend – Labor Day weekend.

HOLIDAY SCHEDULE

Labor Day	Open 4:30AM – 12:00 PM
Thanksgiving	Closed
Christmas Eve	7:00 AM -1:00 PM
Christmas Day	Closed

PROGRAM HIGHLIGHTS

Turkey Trot
Before and After School Child Care
Mother-Son and Daddy Daughter Dances

Fall 2016

Fayette County Family YMCA
100 Civic Drive, Washington CH
740-335-0477
www.faycoymca.org

Schedules Everywhere!
Mobile Web
Available on the App Store
Google play

100 Civic Drive, P.O. Box 1021
Washington C.H., OH
740-335-0477
www.faycoymca.org

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GYM & POOL SCHEDULES ARE AVAILABLE AT THE FRONT DESK, OUR WEBSITE WWW.FAYCOYMCA.ORG and our mobile app.

Youth Sports Sponsors

i'm lovin' it · Walters Buildings · DONATOS PIZZA SUBS SALADS

Collaborative Partners

United Way · Southern State Community College · Healthways SilverSneakers Fitness Program

MEMBERSHIP

JOINING FEES

No Joining Fee for paying annually There will be a one-time joining fee charged to new members paying through monthly bank draft and also to members who have allowed their membership to lapse for a period of 30 days or more.

BENEFITS OF MEMBERSHIP

- Youth Sports Included with Single Parent Family & Family Membership
- Free Group Exercise Classes
- Free Child Watch Service
- Free Orientation With A YMCA Instructor
- Free Access To ActivTrax Fitness and Nutrition Software
- Reduced Fees On All Programs

Type	Definition	Monthly	Annual	Joining Fee For Monthly Memberships
Youth	Ages Infant – 17 yrs & Still in High School	$22.71	$272.52	$30
Young Adult	Ages 18-25	$29	$348	$30
Adult	Ages 26 – 59 yrs	$43.16	$517.92	$50
Couple	A married couple	$51.11	613.32	$60
Family	Includes a married couple and all IRS allowable dependents living in the same residence	$55	$660	$80
Single Parent Family	Includes IRS allowable dependents living in the same residence	$49	$588	$60
Senior	Age 60+ yrs	$38.61	$463.32	$40
Senior Couple	Husband & Wife /One or both being 60 yr or older	$46.56	$558.72	$10
Plus One	For a person living in a household that does not fit one of the definitions above they may be added to the membership for an additional $15 per month (sales tax applies)	$15	$180	$0

***Membership fees are subject to 7.25% sales** tax

Youth 8 and under must be accompanied by an adult when using YMCA facilities.

PLUS ONE MEMBERSHIP

Due to varying family circumstances we have created a Plus 1 membership opportunity. For a person living in a household that does not fit one of the definitions above they may be added to the membership for an additional $15 per month (sales tax applies). Documentation of residency will be required.

For example, if you have a parent living with an adult child's family the parent can be added for an additional $15 per month. Another example is if you have a child that is no longer in high school or college but still living at home they may be added to the membership for $15 per month.

BANK DRAFT PAYMENT PLAN

Memberships on the Bank Draft Plan are perpetual and continue until the Y receives a written 30 day notice.

We're committed to providing compassionate, comprehensive veterinary CARE to every pet.

FAYETTE
VETERINARY HOSPITAL
335-6161
1974 Columbus Ave., Washington C.H.
www.fayetteveterinaryhospital.com
Like us on
Gary D. Junk, D.V.M. Daryl L. Waits, D.V.M.
MEMBER HOSPITAL AAHA AMERICAN ANIMAL HOSPITAL ASSOCIATION
40865981

Monthly drafts may be set up through a credit card, checking, or savings account. We cannot accept debit cards as a monthly payment method.

ANNUAL PAYMENT PLAN
Memberships on the Annual plan are paid in full at the time that the membership is activated. Payment may be in the form of cash, check, Visa or MasterCard. Prior to the anniversary date for annual renewals (those not on the Bank Draft Plan), a billing is mailed that reflects the renewal rate. Membership fees are nonrefundable and nontransferable.

COLLEGE MEMBERSHIPS
Special short-term memberships will be available for fulltime students (12+ hours) during the summer months, Christmas, Easter and Spring breaks.

Youth 8 and under must be accompanied by an adult when using YMCA facilities. Membership fees are subject to 7.25% sales tax.

SCHOLARSHIPS

Everyone is Welcome.
The Fayette County Family YMCA is a Membership Organization open to all people. Through the generosity of donors, we are able to provide programs and services to those who may not otherwise be able to participate. Financial assistance, to the extent possible, is available to those in need. You may ask for a confidential assistance application at the YMCA Service Center. All YMCA members receive the same membership benefits, regardless of scholarship assistance.

DISABLED VETERANS DISCOUNT
In appreciation to the sacrifices our disabled veterans have made, the YMCA is pleased to offer disabled veterans 10% off regular membership dues. Please present your disabled veterans identification in order to receive this discount.

Healthways SilverSneakers® Fitness Program

Silver&Fit®

SilverSneakers and Silver and Fit are comprehensive physical activity programs that addresses the needs of the Medicare (usually 65+) population. Members of sponsoring health plans receive full membership privileges, including the opportunity to participate in group exercise classes. The classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and all those who enjoy a positive, upbeat social environment.

Those enrolled in sponsoring health plans must complete appropriate enrollment paperwork at the YMCA and be approved through the provider.

Silver Splash
Mon, Wed, Friday 9:30am – 10:20 am

Silver Sneakers Muscle Strength and Range of Motion
Monday and Wednesday 10:30 am - 11:30 am Friday 9:30-10:20 a.m.

Check out these other classes under the Group Exercise section of the brochure.
Dancing at the Y, TRX Silver, Joints in Motion and Y-Walking.

Brain & Balance Personal Training for Successful Aging and Seniors On Strength Under Y-Health & Well-being Education.

FACILITY POLICIES

Please refer to our member handbook available at the front desk for facility usage policies. There are age restrictions for areas such as the pool.

CHILD WATCH

A FREE SERVICE FOR YMCA MEMBERS!
This is a benefit of membership and the child must be on the membership in order to utilize this service. In order to ensure the safety of your children, we reserve the right to limit the number of children permitted in our room at any one time.

CHILD WATCH HOURS
Monday - Friday
8:30 AM - 11:30 AM & 4:00 – 8:30 PM*
Saturday 8:00 AM - 12:00 Noon
Sunday Closed for family time
*Friday evenings available November-May
**Hours are subject to change based on usage.
No food is to be brought into child watch due to allergies of some children.

INFANT POLICY: Please make sure your child has been fed and has a new diaper on before leaving them in the room. The YMCA does not supply diapers. Please bring diapers with you.

YOUTH ROOM

Ages 8 and Up
Wii, foosball, table tennis, air hockey and other great activities.

ANNUAL COMMUNITY SUPPORT CAMPAIGN

Every day, the Fayette County Family YMCA gives our community the support it needs to learn, grow and thrive. From advocacy to food security, disease prevention to athletics, football to dance classes, everything we do helps strengthen our neighborhood and the people who live here. But keeping our community great is a full-time job. Every day, our community faces new challenges that create a greater need for the work we do. And we need your help to do it. Your gift can help our community and everyone in it shine.

For a better you. For a better community. For a better country.

THE Y. FOR A BETTER US.

Donate online at faycoymca.org or contact Doug Saunders, YMCA CEO at 740-335-0477 ext 104.

PLEASED TO SERVE

Doug Saunders, CEO/Executive Director
Jerrod Ralph, Sr. Program Director
Renee Whistler, Business Manager
Tosha Larch, Membership Specialist/ Child Watch Coordinator
Eric Gerber, Fitness Director
Kaleena Wiseman, Child Care Director
Amy Oakley, School Age Site Director
Scott Dunn, Facility and Property Manager

VOLUNTEERS

Board of Directors
Patty Griffiths, Chairperson
Stephen Farrens, Vice-Chair
Larry Morris, Treasurer
Nancy Hammond, Secretary
Craig Breedlove
Kim Bryant
Emily Johnson, MD
John "Buck" Minyo
Jerry Morris
Stephanie Ratliff
Ben Roby
Randy Silberman
Bridget Sollars
Andy Thompson
Peter Torgerson

VOLUNTEER OPPORTUNITIES
For more information on volunteer opportunities contact Tosha Larch, Membership Specialist, at the YMCA office, 740-335-0477 ext. 103.

Volunteer opportunities include:
Service Desk
Wellness Coaches
Youth Rooms
Gymnasium Monitor
Special Events
YMCA Ambassadors (Fitness Center)

FACILITY RENTAL

YMCA facilities are ideal for a birthday party, school outing, or youth group. Rent the pool, gymnasium or game room (tables and chairs included). Contact Jerrod at 740-335-0477 extension 105 to schedule your event.

WELLNESS EVENTS & PROGRAMS

Turkey Trot
Before you pack on the pounds this Thanksgiving, start your day with a family-friendly Turkey Trot. This is a non-competitive walk/run meant as an opportunity for everyone to get out and get a little exercise before that Thanksgiving feast. We will meet at the YMCA and go on a course that includes a go around the reservoir. (We will move indoors if the weather doesn't cooperate). Choose your distance, 1, 2, 3 miles or more. Everyone who pre-registers will receive a commemorative shirt. We will have a drawing for great door prizes.

Thursday, November 24 9:00 a.m.
Pre-registration required between October 1 and November 10 to guarantee a shirt.
Registration Fee: $10

HEALTH & WELL-BEING

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in their achievement of greater well-being. Our wellness initiatives include helping people achieve their wellness goals, addressing issues that lead to chronic disease, and helping people to regain their health. Look for these programs under each of the Wellness Areas of Focus:

FIT4ME
powered by ActivTrax

The first step is JumpStart, a one-on-one appointment with a fitness instructor. We'll get to know you and your goals and develop an exercise plan just for you. We'll also walk you through ActivTrax, our online exercise and nutrition tracker. As a reward for attending and completing your first appointment, we'll give you two free one-week passes to give your friends. Sound like a good deal so far?

ACHIEVE YOUR WELLNESS GOALS

We know that getting started is the hardest part. That's why Fitness 4 Me, a 90-day program free with your membership, is designed to jumpstart your wellness journey and reward you as you make progress. The program combines the expertise of our instructors with ActivTrax technology, proven to make you four to six times more likely to achieve your wellness goals.
All new members will have access to this program. We'll help you make that first step, and we'll be there every step after to keep you on the path to success. Let's get started! Stop by your local Y today.

1 JumpStart

Meet with a Wellness Coach + Develop a personalized fitness and nutrition plan = Receive 2 one-week passes for your friends

2 TestDrive

Walkthrough a workout with your Wellness Coach › Get 10 Y Bucks

Y Bucks can be used toward any program or service (ex. Personal training) or item in the YMCA store (i.e. shirts, locks, towels).

Step two of the program is TestDrive, when a fitness instructor will walk you through a workout created by ActivTrax. Each time you visit the Y, ActivTrax will have a new workout ready for you to keep things fresh and interesting. It will tell you which pieces of equipment to use, how to set the weights and how long to rest between sets. There's even an online exercise library that shows you how to perform the exercises correctly. ActivTrax takes the guesswork out of getting fit and makes sure you're making progress each time you visit.
After your TestDrive, you'll get 10 Y bucks that you can use toward any other service or program you'd like to try at the Y.

› Receive Fast Breaks incentives just for logging workouts in ActivTrax.

MONTH	NUMBER OF LOGGED WORKOUTS	REWARD
1	8 = 2 WORKOUTS PER WEEK	$8 FastBreak
2	10 = 2-3 WORKOUTS PER WEEK	$10 FastBreak
3	12 = 3 WORKOUTS PER WEEK	$12 FastBreak

WITH ACTIVTRAX YOU ARE FOUR TO SIX TIMES MORE LIKELY TO REACH YOUR GOALS

Once you've got a handle on things, you'll continue to log your workouts into ActivTrax. To keep you motivated and accountable for the full 90 days of the program, we set up a rewards system. Check out the table above, and you'll see that you'll get FastBreaks incentives as long as you continue to log your workouts. FastBreaks can be used toward a YMCA program, service or item at the YMCA store.

Achieve Your Wellness Goals

FIT4ME powered by ActivTrax

- Incentive Programs
- Smart Start: Pre-Teen Fitness Class
- Military Readiness
- Women On Weights
- Seniors On Strength
- Nutrition 101
- Speed and Agility Training
- Personal Training
- Specialized Personal Training
- Sports Conditioning
- Fitness Assessments
- Group Fitness
- Southern State CC HPER Courses

Chronic Disease Prevention

- Brain & Balance Personal Training for
- Successful Aging

Reclaim Your Health

Your Prescription for Health
ExeRxcise is Medicine™
www.ExerciseIsMedicine.org

- Phase 4 Cardiac Health
- Y-Diabetes Exercise Maintenance
- Program Y-Joints In Motion
- Neuromuscular Defense

Smart Start: Pre-Teen Fitness Class

The Smart Start: Pre-Teen Fitness Class is an introductory class to the Wellness Center for 10, 11 and 12 year olds to learn how to exercise and use the equipment safely.

- Parents are required to attend and participate in the first class to learn basic safety precautions and pre-teen policy and procedures.
- The length of the program is determined by the pre-teen instructor and the fitness director.
- Class minimum is four participants. If the minimum number of participants is not reached a modified class will be held.
- Once a pre-teen has graduated the class, a parent can pick up a Pre-teen ID Card at the front desk and both the parent and the pre-teen can go workout in the Wellness Center together.
- Parents are required to monitor their pre-teen in the Wellness Center.

Class Series E:
Monday Sept. 12th, 2016 7:00pm-8:00pm
Saturday Sept. 17th, 2016 11:00am-Noon

Class Series F:
Monday Nov. 7th, 2016 7:00pm-8:00pm
Saturday Nov. 12th, 2016 11:00am-Noon

Stop by the front service desk to fill out an Smart Start Pre-Teen application and have the front desk register your son or daughter for the best class for your families schedule.

MILITARY READINESS

Fit to Serve Orientations

Fit to Serve is a FREE one hour orientation to the wellness center along with a general fitness program that reflects the military branch boot camp in which you have committed to serve.

Stop by the Front Service Desk to request a specialized orientation with Roger Wilson CPT or Chris Richardson for your Military Readiness Orientation. Both Roger & Chris have served their country in the armed services and have first-hand experience to what a new recruit will need to make it through boot-camp.
Free to our future service men and women.

Fit to Serve Personal Training is also available

More extensive Military Readiness Small Group Fitness Instruction or One-on-One Personal Training is available for groups of 4 individuals at a 50% discount. One-on-One personal training is regular priced.

Check out the Personal Trainer Request Form to request personal training from Roger Wilson.

"WOW" WOMEN ON WEIGHTS

Powered by ActivTrax

Wednesdays 11:30a-12:30p

This is a specialized class that is designed to introduce, educate and familiarize women on how to properly use weight training exercises to effectively improve:

- Strength
- Coordination
- Balance
- Core Control

For further information and to register at the front service desk.
If you question your capability to participate or just have questions about the program, contact Eric Gerber the Y's Fitness director to schedule a FREE consultation before your register for the program.

If you have a health an issue or just concerned before you get started; touch base with your physician and have your physician provide a physician referral to the Y before you get started. Y-referrals are available at the front desk.

"SOS" SENIOR'S ON STRENGTH

Powered by ActivTrax

Mondays 11:30a-12:30p

Seniors on Strength is a specialized class to engage, and introduce seniors (individuals 60 years of age or older) to the wellness center and the benefits of progressive resistance training. The SOS class will create a safe environment where seniors can receives encouragement and get assistance that they need to receive all of the benefits of progressive resistance training.

For for further information and to register at the front service desk.

Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health. Seniors on Strength is designed to educate and familiarize seniors on how to properly use weight training exercises to effectively improve:

- Arthritis
- Diabetes
- Osteoporosis

- Obesity
- Back pain
- Depression

If you have a health issue or just concerned before you get started; touch base with your physician before you get started and have your physician provide a physician referral to the Y before you get started. Y-referrals are available at the front desk.

If you questions your capability to participate and benefit for this program contact Eric Gerber the Y's Fitness director to schedule a FREE consultation before your register for the program.

Nutrition 101 Powered by ActivTrax
Nutrition 101 is a seminar on how to take advantage of the nutrition component of our ActivTrax on-line exercise and nutrition program.

Register at the Front Service Desk.

Speed and Agility Training (S.A.T.)
See Youth Sports section for more details.

PERSONALTRAINING

For any of the training options below, check out the Personal Trainer Request Form or see Eric Gerber, the Y's Fitness Director for further information.

Personal Training Policies
Personal training services may require a physician referral form.

A 24-hour notice of cancellation is required; without talking with trainer 24 hours ahead of time the client will be charged for missed session. Warmed-up and Ready to go is the expectation that you will be here and warmed-up prior to the beginning of the session. Hour sessions are 50minutes and 30 minute sessions will be 25 minutes of active training.
A one-time personal consultation is free to members. After the consultation, the following fees apply and are due prior to the start of a new or continuing package.

PERSONAL TRAINING SESSIONS:

Member:
1 session $30
10 sessions $275
20 sessions $500

Non-Member:
1 session $40
10 sessions $370
20 sessions $700

1/2 hour Personal Training Sessions
YMCA Members Only
The expectation is that you will be here and warmed-up prior to the beginning of the session.

Member:
1 session $17
10 Sessions $150
20 Sessions $280

Non-Member:
1 session $30
10 sessions $275
20 sessions $500

Fit-Start Program^
Custom orientation program: Two - 1 hour sessions $53
12% Savings – members only

Fit-Start Plus Program^
Custom orientation program with a couple extra sessions to guarantee you get the most out of your customized orientation.
Four -1 hour sessions $100.00
16% Savings - members only

^ Not intended for on-going weekly training sessions. Check out the Personal Trainer Request Form or see Eric Gerber, the Y's Fitness Director, or for further information and program availability.

Aquatic Personal Training
Aquatic personal training is great for people with arthritis, joint issues, those recovering from injuries and people who require low-impact rehabilitation. Aquatic personal training provides the same benefits as land-based sessions, but water adds resistance to tone and strengthen muscles as it gives buoyancy to reduce impact on joints. Athletes can also benefit from cross training in the water.

The Y's aquatic personal trainer is Loretta Flora who is also an adult swim instructor and certified life guard.

Aquatic personal training policies and prices are consistent with our other personal training programs.

Check out the Personal Trainer Request Form or see Eric Gerber, the Y's Fitness Director for further information about Aquatic personal training.

GROUP PERSONAL TRAINING

A cost effective way to fitness instruction and accountability, so that you can get all of the benefits of personal training without the costs of one-on-one personal training.

3 participants are required to be considered small group personal training*.
•3 participants = $10.00 per person
•4 participants = $7.50 per person
•5 participants = $6.00 per person
•6-8 participants = $5.00 per person
*Two participants are considered a "couple" and share a session by splitting the session in two ½ sessions.

SPECIALTY GROUP PERSONAL TRAINING

Sports Conditioning Optimal Sports Performance Academy
Under the direction of trainers, Roger Wilson and Marlin Ellis athletes will utilize sport/position specific training to increase power, speed, endurance, and flexibility. Utilizing various modes of exercise, athletes will be grouped with others with similar goals. Individual and team rates available.

Check with the front desk for further information.

Other Specialty Personal Training: TRX Personal Training, Cave Man Training, FatBlaster Hybrid Program, Metabolic Resistance Training, and Couples Training. See the Personal Training Request Form for Personal Training prices and descriptions.

Y-Fitness Assessments

Body Composition Analysis:
Three site skin fold method.
Determine your percent body fat with 3 to 4% accuracy and how it compares with other individuals who are the same age. Minors require a parent to be present while testing is being performed; also please bring a pair of shorts.

$6.00 for members and $12.00 for non-members

GROUP FITNESS OFFERINGS

All Group X Classes Are Included with your membership!

Full class schedules and descriptions can be found on our website faycoymca.org, mobile app, or on the schedule available through the front desk.

GROUP FITNESS OFFERINGS

Class Type	Class Names		
Aquatics	Silver Splash	Deep Water X	Ultimate Water Aerobics
	Joints in Motion		
Youth Fitness	Run, Jump, Play	Youth Caveman	Hip Hop Dance Fusion
Cardio	Y Cycle	Y Cycle: The Spin Cycle	Y-Walking
Cardio and Sculpt	Legz for Dayzz	Ball Blast	Hardcore Hallway: The Gym Edition
	Caveman Circuit	Y-Kick	30 Min Extreme HIIT
	30 Min Blitzrieg Boot-Camp	Sunz Out Gunz Out	Suprise Sweat Session
Strength and Tone	CORE Class		
Dance Fitness	Dancing at the Y	Zumba	
Functional Fitness	SilverSneakers I - Muscular Strength & Range of Movement (MSROM)	SilverSneakers - Cardio Circuit	Bodyworks
TRX	TRX Silver (older adults)	TRX Challenge Circuit	
Mind/Body Spirit	Yoga	Active Yoga	

Court House Manor
555 North Glenn Avenue,
Washington C.H., OH
740.335.9290
CourtHouseManor.com

St. Catherine's Manor
250 Glenn Avenue,
Washington C.H., OH
740.335.6391
StCatherinesCourtHouse.com

Washington Court House's
Premier Rehab & Skilled Nursing Center
Stop in for a tour today!

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First State BANK
You're at home with us!

Ask us about our lending options:
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• Commercial • Agricultural

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740.335.3771
Washington Court House

Stop in or visit us online to find out how we can help you today!

FDIC www.fsb4me.com EQUAL HOUSING LENDER

409020666

Health, Physical Education & Recreation Classes offered at the Fayette County Family YMCA
Fall 2016 Semester Starts August 22nd

For Complete Class Descriptions Go To www.sscc.edu

HPER 2251
M & W 6:00pm – 6:50pm

How to register for these classes: Stop in at the SSCC Fayette Campus Southern State Community College, 1270 US Route 62 South West Washington CH, 43160 and go to main entrance in the rear of the building. Go to the main information desk for class registration.

CHRONIC DISEASE PREVENTION

Brain & Balance Personal Training for Successful Aging

Brain & Balance Personal Training for Successful Aging is a specialty personal training program that not only focuses on physical strength, stamina and postural stability, but also brain health and fall prevention.

*Brain & Balance Personal Training for Successful Aging is not physical therapy and cannot be billed to insurance. Brain & Balance Personal Training for Successful Aging requires a physician and/or physical therapist referral.

RECLAIM YOUR HEALTH

Phase 4 Cardiac Health
A supervised exercise class for individuals who have completed cardiac rehab and have been released be their physician to exercise on their own, but want the consistency and convenience of a regular program. A physicians referral & heart rate monitor will be required. Look for more information to come.

Y-Diabetes Exercise Maintenance Program
Specialized Fit4Me facility introduction with our Exercise is Medicine credentialed fitness instructor.
Physician referral required; have your primary care provider refer you to the Y- Diabetes Exercise Maintenance Program by filling out our physician referral form and turn it in to our front desk and the EIM provider will contact you to set up an appointment to get you started with the Fit 4 Me Facility introduction.

Stop by the Front Service Desk to request an appoint from Eric Gerber Fitness Director

Y-Joints in Motion
The Y-Joints in Motion is an aquatics program designed specifically for individuals of all ages with arthritis and related diseases. A flexible class format allows you to individualize the exercises to your capabilities and needs. Participants will improve their joint flexibility and reduce painful joints and stiffness in joints while supported by the water's buoyancy and resistance. The classes will provide a friendly, fun atmosphere in which participants can make new friends and try a new way to exercise.
Tuesday 10:15am - 11:00am

Neuromuscular Defense
A free small group exercise class, that address complications associated with Parkinson's Disease, stroke, or neuromuscular disorders. Exercise has been shown to improve self-confidence and independence, decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility

The goal of this program is to motivate participants to develop a habit of consistent exercise routines best suited to their individual needs.
Each class includes exercises to improve cardiovascular endurance, strength, flexibility and balance.
Eric Gerber Instructor

For for further information and to register at the front service desk.

Exercise Is Medicine
Exercise is Medicine is a specialty personal training offered by the Fayette County Family YMCA that requires a referral from a medical professional (physician, physical therapist etc.) that outlines specific medical goals, recommendations and restrictions pertaining to gaining functional cardiovascular endurance, functional muscular strength & endurance, along with increasing functional range of motion. While this specialized personal training is not a substitution to proper medical care or physical therapy; with a medical referral we can work in conjunction with your physician or physical therapist to prepare you for a medical procedure or assist

in your recovery beyond insurance covered services.

+ Exercise is Medicine is not physical therapy and cannot be billed to insurance and requires out-of-pocket fees. No physical therapy protocols are used, nor will any physical therapy modalities such as stim or ice or heat therapy etc. be used during these sessions. Only American College of Sport Medicine standards will be used during these sessions based upon the recommendations and restrictions dictated by the referring medical professional.

Exercise is Medicine participation requires a physician and/or another medical professional to provide a medical referral.

Stop by the Front Service Desk to request an appointment from Eric

Gerber Fitness Director

YOUTH/PRETEEN

See Also
•Pre-Teen Fitness Class under Health & Well- Being Section
•Speed and Agility Training Under Youth Sports
•YMCA Tsunami Swim Team under Aquatics

Run Jump Play
An exciting class for those 6 to 13 years of age. The class will be segmented with a variety of exercises, in the first portion and group games (skatterball, basketball, kick ball etc.) during the second portion.

Tuesday 4:30 – 5:20 pm in the Gymnasium

HALLOWEEN AT THE Y

Ages 6-12
Round up your cowboys. Summon your princesses. Capture your ghouls and goblins. Gather the rest of your costumed children and have them plan to spend an evening at the YMCA. Kids will enjoy swimming, games, crafts, snacks, and movie. Tennis shoes and swimsuits are required.

Pre-registration is required.

Date: Saturday, October 29, 2016
Time: 7:45 p.m. - 7:00 a.m.

Members: $20.00
Non-Members: $30.00

ADULT SPORTS

Adult Recreational Volleyball
Adults 18 and over

Winter Season
DATES: January 10 – March 14
Registration: November 14 – January 2
Join us for another season of 6 on 6 recreational volleyball! Open to any teams in the Fayette County area.

This eight (8) week season ends with a double elimination tournament. Begin assembling your team of friends, co-workers or family members now for this exciting league. Spaces fill quickly.

Program Days: Tuesday evenings
Coaches Meeting: Tuesday, January 3 at 6:30 p.m.
Cost: $175

YOUTH SPORTS

YOUTH SPORTS FREE WITH SINGLE PARENT FAMILY & FAMILY MEMBERSHIP

(Also includes karate and sports camps. Does not include sports academies, swim lessons, or swim team) A YMCA reversible youth sports shirt must be purchased for $16 for sports indicated. The same shirt can be used for all sports.

Sports Conditioning
Optimal Sports Performance Academy
Under the direction of trainers, Roger Wilson and Marlin Ellis athletes will utilize sport/position specific training to increase power, speed, endurance, and flexibility. Utilizing various modes of exercise, athletes will be grouped with others with similar goals.

Individual and team rates available. Check with the front desk for further information.

Youth Sports Conditioning Program:

SPEED AND AGILITY TRAINING (S.A.T.)

Get the Edge- YMCA Speed and Agility Training (S.A.T.)
Designed to help those athletes who need to sharpen their abilities or for those between sports. The S.A.T. class

will focus on the following: Speed / Agility / Quick starts / Quick feet /

Front / Back / Lateral Movements / Basic Cone / Ladder/Hurdle Drills / Cardiovascular Conditioning / Basic Plyometrics and Flexibility. Lead by Jerrod Ralph, former McClain High School varsity basketball and baseball team captain and current YMCA Program Director.

This class will return in January 2017
Days: Mondays and Wednesdays
Time: 4:00-5:00p.m.
Where: YMCA Gymnasium
Fees: Member: $25.00
Non-Members: $45.00
Space is limited!

Youth Flag Football (Ages 5-11)

Registration: July 25 – Aug. 29, 2016
Dates: Sept. 6 – October 20, 2016 (7 Weeks)

The YMCA is excited to offer the action of flag football for youth ages 5-11. Basic skills, team building, and character development are emphasized as youth learn the positions and terminology of football. Contact is minimized. Season will consist of 2 preseason practices and 6 games.
Volunteer coaches needed!

Days: Tuesdays (5-7 yrs old.); Thursdays (8-11 years old)

Location: YMCA

Free with YMCA Single Parent Family and Family Membership

Cost: $20 With Youth Membership / $45 Non- Members (Includes Ball Cap)

*Youth Sports Reversible jersey required. Order at time of registration if you do not have one of the reversibles.

Rookies Flag Football (Boys and Girls ages 3-5)

Registration: July 25 –August 29

DATES: September 12- October 10 (5 Weeks)
Preschoolers are introduced to the basic skills of football in a fun, non-competitive environment. Rookie Sports are an excellent way to enhance motor development and social skills through sports. Parent participation is required. All learning takes place with age appropriate equipment.
Program Days: Mondays (5 weeks)

Time: 5:30-6:15

Location: YMCA

Cost: $20 With Youth Membership / $45 Non- Members

*Youth Sports Reversible jersey required. Order at time of registration if you do not have one of the reversibles.

Rookies Basketball (Boys and Girls ages 3-5)

Registration: September 5 -October 17

DATES: October 31-November 28

Preschoolers are introduced to the basic skills of basketball in a fun, non-competitive environment. Rookie Sports are an excellent way to enhance motor development and social skills through sports. Parent participation is required. All learning takes place in the YMCA gym.
Program Days: Mondays (5 weeks)

Time: 5:30-6:15

Cost: $20 With Youth Membership / $45 Non- Members
***Youth Sports Reversible jersey required. Order at time of registration if you do not have one of the reversibles.**

INSTRUCTIONAL YOUTH BASKETBALL LEAGUES

(K-3rd Grade)
This league is for boys and girls ages in grades K-3. Children will be placed in divisions according to age and enrollment. Kids will learn basic skills and drills of the game of basketball in a safe, fun environment. All teams will practice one day during the week and play a game on Saturday. This is a seven week program. Price includes team shirt for ALL kids.

Fall Session

Registration: Sept. 7 – Oct. 19
Season: October 31 – Dec. 19, 2015 (7 Weeks!)
Coaches Meeting: Monday Oct. 26, 6:30 PM at the YMCA
YMCA Members $25 (Includes Shirt)
Non Members $49 (Includes Shirt)

Winter Session

Registration: Dec. 7 – Jan. 4, 2015
Season Begins January 9 – February 27 (Seven Weeks)
Coaches Meeting: Wednesday, January 6, 6:30 p.m.
YMCA Members $25 (Includes Shirt)
Non Members $49 (Includes Shirt)

COMPETITIVE BASKETBALL LEAGUES

New Structure
3-6 Grade
Registration: Dec. 5 – Jan. 2, 2017
Dates: October 31 - January 23

Location: YMCA

Cost: $20 With Youth Membership / $45 Non- Members
*Youth Sports Reversible jersey required. Order at time of registration if you do not have one of the reversibles.

Practices will be held during the

week and games on Saturday mornings.

HOLIDAY SPORTS CAMPS

FREE with YMCA Single Parent Family and Family Membership

Basketball Camp
Monday-Thursday
December 26-29
Ages 6-9 9:00-11:00
Ages 10-12 12:00-2:00

A highlight of the camp includes a T-Shirt, daily skill prizes, offensive and defensive instruction, games and team contests.
The YMCA Skills Basketball Camp will emphasize individual skill work and team play. Our goal will be to improve ball handling, shooting techniques, individual defense and offensive fundamentals. The skills learned in camp will be further developed in 3-on-3 and 5-on-5 competitions. Camp Competitions, such as hot shot, knock out, 1-on-1, and free thrown competition give players an opportunity to showcase their individual skills.
Cost: $20 With Youth Membership
$45 Non- Members

YMCA SUMMER SWIM TEAM

See Aquatics page for further information

YOUTH ROOM

Ages 7 and Up
Ages 7-12
Try out the Wii, bumper pool, foosball, table tennis, air hockey and other great activities

FAMILY

MOTHER SON SUPER HEROES DANCE
September 10, 2016
Pictures start at 6:00 p.m.
Gym opens at 6:30 p.m. and the dance will last until 9:00 p.m.
Enjoy a memorable night together in our super hero themed venue. You won't want to miss this special evening with our Super guests hosts!

A DJ will be on hand providing music for this special evening.

$15 per couple
$5 for each additional son.

9th ANNUAL DADDY DAUGHTER DANCE
BACK TO THE 80'S
February 4, 2017
Pictures start at 6:00 p.m.
Gym opens at 6:30 p.m. and the dance will last until 9:00 p.m.
Enjoy a memorable night together in our country themed venue. You won't want to miss this special evening with fathers, grandfathers, and daughters.

A DJ will be on hand providing music for this special evening.

$15 per couple
$5 for each additional daughter.

MARTIAL ARTS

Kinder Karate
The program will begin to give kids (Ages 4-7) an appreciation of the martial arts and develop social skills and body awareness. Students learn basic strikes, kicks, and beginning kata. Kinder Karate will be offered one day a week.

Payments are due on a monthly basis
Thursday: 6:30-7:00 p.m.

FREE with YMCA Single Parent Family and Family Membership

With YMCA Youth Membership: $15
Non Members: $30

Karate
Youth age 8+ and adults. Each class will begin with a devotion and prayer.
Beginner Monday 7:00pm – 8:30pm*
Intermediate Monday 7:00pm – 8:30pm*

Payments are due on a monthly basis.

***May choose to participate only 45 minutes per class if you choose.**

FREE with YMCA Single Parent Family and Family Membership

Individual-
YMCA Youth Members: $26
Non-member: $37

Non-Member Families
$48 for two $12 each additional person in same household.

AQUATICS
Full class descriptions and complete pool schedule are available at the YMCA Service Center and our website www.faycoymca.org

Y-Joints in Motion
The Y-Joints in Motion is designed specifically for individuals of all ages with arthritis and related diseases. A flexible class format allows you to individualize the exercises to your capabilities and needs. Participants will improve their joint flexibility and reduce painful joints and stiffness in joints while supported by the water's buoyancy and resistance. The classes will provide a friendly, fun atmosphere in which participants can make new friends and try a new way to exercise.
Tuesday 10:15am to 11:00am

Ultimate Water Aerobics
A low-impact aquatic class that packs a wallop. This class uses functional exercises for the upper and lower body, while targeting your abs, glutes, and oblique's. All levels and ages welcomed. Shallow or deep water options are offered in Ultimate Water aerobics.

Monday & Wednesday 5:30pm – 6:30pm

SilverSneakers® SilverSplash®
Activate your aqua exercise urge for variety!
SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Monday, Wednesday, Friday 9:30-10:20 a.m.

Adult Swim Lessons
Beginner: This class is designed for adults who can not swim at least 25 feet (about 1/3 of the length of the lap pool) on their own but would like to work on getting adjusted to the water. Focus is on the basics of elementary backstroke and freestyle. Swimmers will continue to work on endurance, confidence, and treading water. Ideal for those that are afraid of the water but have never had any formal training.
Intermediate: For adults who can already swim 25 yards (1 lap) on their own. Focus on the development of strength and endurance as well as improving freestyle, elementary backstroke, and breaststroke. Instructor will also provide stroke analysis and specific training techniques.

6:00p – 7:00 p.m. Tuesday
8:00a – 9:00 a.m. Saturday

Fall 1 September 15- October 22
Fall 2 November 3- Dec 17

YMCA Member: $30
Non-Member: $50

YMCA Tsunami Swim Team
Competing In The Southeast Ohio West Virginia League
Join the Fayette County Family YMCA swim team. Youth ages 18 and under who can swim at least one lap of the pool are welcome to participate. All practices and home meets will be held at the YMCA. The emphasis is on personal development, teamwork, and fun.
Coach: Katie Kasburg
Practices: Starting September 12

5:00p-6:00p (Mondays, Wednesdays, and Fridays)
YMCA Member: $25 per month + Invitational and Championship meet fees (must be a YMCA member for this program)

PRIVATE SWIM LESSONS

To schedule private lessons, contact Jerrod Ralph at 740-335-0477 ext 105 for specific day and time.

Member:
3 30-Minute Sessions $45.00
10 Lesson Package $140.00

Non-Member:
3 30-Minute Sessions $70.00
10 Lesson Package $220.00

SWIM LESSONS

Class sizes for Pike, Eel, Polliwog and Guppy classes limited to 4:1 ratio.

Full class descriptions for each level, including skills learned, are available at faycoymca.org

Fall 1 September 15- October 22
- Registration Members: September 1
Non-Members September 8
Fall 2 November 3- Dec 17
- Registration Members: October 20
Non-Members: October 27

YMCA Member: $30
Non-Member: $50

Skips Parent/Child Swim
(6 months-3 1/2 years old)
Parent/child Swim: This class is designed to teach participants ages 6 months to 3 ½ years of age self confidence while developing their water skills. Our swim instructors encourage water safety, personal growth, stroke development, and fun. Parents must accompany their to each swim lesson, and in certain classes parent participation is required in the pool.

Thursdays - 6:00-6:30 pm

PRESCHOOL LEVELS (ages 3-5)
Beginner To Advanced Levels

Thursday 6:00-6:45 p.m.
Saturdays 10:00-10:45 am

PROGRESSIVE LEVELS (ages 6+)
Beginner To Advanced Levels

Thursdays 7:00-7:45 p.m.
Saturdays 11:00-11:45 a.m.

WITH A PURPOSE
YMCA KID'S WORLD OF LEARNING & SCHOOL AGE CHILD CARE

Kid's World of Learning
2101 ½ Kenskill Avenue
Washington Court House, Ohio 43160
(740) 333-3959

Hours: Monday through Friday 5:15 a.m. -2:00 a.m.
* OFFERING 2ND SHIFT CARE *

Infant Care 6 weeks-18 months
Toddler Care 18 months-3 years
Preschool Care 3 years-4 years
PreKindergarten Care 4 years-5 years

OUR PROGRAM
This allows for your child to be cared for in a consistent environment as they develop.
YMCA Early Learning programs help children grow physically and mentally, while emphasizing and modeling the character development values of Caring, Honesty, Respect and Responsibility.

WHAT WE DO
The first years of a child's life are the time of most rapid learning, when attitudes are developed, patterns formed, and when one's self concept is being established. The programs offered at KWOL are specifically designed to be age-appropriate and provide for social, emotional, physical, and cognitive development.
It is the teaching staff's role to encourage, assist, and guide each child in reaching his/her fullest potential by recognizing each stage of development and creating a curriculum that will nurture and facilitate each child's growth.

We provide breakfast, lunch, and afternoon snack. Dinner and snack for 2nd shift.
Our facility includes a video surveillance system and secured access.

SCHOOL AGE CHILD CARE

Fayette County Family YMCA SACC
100 Civic Drive
Washington Court House, Ohio 43160

Hours: Monday through Friday 5:45am to 6:15pm during the school year.

School Age Child Care is available at the Fayette County Family YMCA facility. The schools provide transportation to and from Washington Court House and Miami Trace Schools.
Daily activities include arts and crafts, large motor play, group games/activities, music, and free play. The children will also have times to play in the youth game room and on the YMCA playground. They also have access to the YMCA gymnasium and on school days out they will swim. We provide a light breakfast and afternoon snack as part of the cost of tuition.
We provide extended care for school delays and school cancellations.

Fee schedule:
School Year SACC AM & PM
YMCA Members: $75
Community Non-Member Rates: $85

School Year SACC AM OR PM
YMCA Members: $40
Community Non-Member Rates: $50

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740-335-2000
www.jimvandyke.com
40905565

At McDonald's,® we're on a journey

What's important to you is important to us.

We're taking steps to ensure the food you love is food you're happy to eat. All while introducing new tastes and ingredients that can make the entire food industry better.

We announced recently that we removed artificial preservatives from our iconic Chicken McNuggets®, along with several favorites on our breakfast menu including the pork sausage patties and omelet-style eggs served on our breakfast sandwiches, and the scrambled eggs enjoyed on our breakfast platters. The buns featured on our national menu no longer have high fructose corn syrup and roll out this month, and we completed a commitment to only source chickens not treated with antibiotics that are important to human medicine* this month – nearly a year ahead of schedule.

We're working hard to improve every day. Why? Because it's the right thing to do, and we care about your changing needs.

Our burgers are made with 100% real beef and perfectly seasoned with just a pinch of salt and pepper. Every egg in every Egg McMuffin® is freshly cracked right in our restaurant kitchens. And our salads now feature baby spinach, kale, Tuscan red leaf lettuce, and carrots in addition to fresh romaine. We use real buttermilk in our Buttermilk Crispy Chicken, and our Artisan Grilled Chicken is made with 100% grilled chicken breast filet and simple pantry ingredients. Our low-fat milk in our milk jugs and Go-GURT® is sourced from cows not treated with rbST**, an artificial growth hormone, and we served 59 million Cuties® California clementines as a seasonal choice, adding to the 2 billion sides of fruit and low fat dairy served in Happy Meals since 2012.

At McDonald's, we have made a commitment to source responsibly. It's why we source 100% of our espresso beans from Rainforest Alliance Certified™ farms, and why all our wild-caught Alaskan Pollock is certified sustainable by the Marine Stewardship Council. It's also why we're moving toward serving only cage-free eggs by 2025, a commitment that is now having a ripple effect well beyond our restaurants.

There's still more to do. Our journey isn't over, because we're always striving to be better.

It's our heritage and our promise to you. It's that simple. At McDonald's, we believe the simpler the better.

The simpler the better.™

*Farmers still use ionophores, a class of antibiotics that are not prescribed to people, to help keep chickens healthy.

**No significant difference shown between milk from rbST-treated and non-rbST treated cows.

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