

Serving West Chester and Liberty Townships

Lakota Family YMCA

WINTER/SPRING 2012

Winter
Swimming
FUN

*Unlimited
Classes
and
Babysitting
See Inside!*

PLUS!

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We build strong kids,
strong families,
strong communities.

REGISTRATION & ANNOUNCEMENTS



The SilverSneaker Fitness Program is a unique physical activity program designed to encourage Medicare-eligible members to increase their physical activity. Based upon fitness, fun and friends, the fitness center-based program incorporates fun, social programming with an exercise program that enhances independent living skills. The target market of SilverSneakers is Medicare-eligible population, primarily age 65 and older with activity levels ranging from active to semi-sedentary.

Muscular Strength & Range Movement

Older adult group land fitness Class that will utilize stretch bands, balls, dumbbells, and chairs, to target muscular strength and mobility.

Tues. & Thur. 8:30-9:15 AM

Silver Sneakers Splash - Older adult group water fitness program that will utilize the physical properties of the water to enhance agility, range of motion and cardiovascular conditions. No Swimming ability required.

Mon. & Wed. 12:00-12:45 PM

SCHOOLS-OUT DAY CAMP

The Lakota Family YMCA offers childcare on most of the days that the Lakota Schools are closed. The camps are held at the Lakota YMCA on Yankee Road. Camp is held on the following days:

Friday, January 16, 2012 Martin Luther King Day
 Monday, January 20, 2012 No School
 Monday, February 17, 2012 President's Day
 Tuesday, February 20, 2012 In-Service Day
 Mon-Fri, April 2-6, 2012 Spring Break

Schools-Out Day Camp Schedule

7:00-9:00 a.m. Arrival, check-in, free gym, centers
9:00-9:15 a.m. AM snack
9:15-10:00 a.m. Clean up, Circle Time – Theme and rules for the day, Morning Ice Breaker
10:00-11:00 a.m. Craft and Center choices
11:00-12:00 Outside play choices - Park, Field games, Roller Hockey (weather permitting)
12:00-1:00 p.m. Lunch and quiet games
1:00-2:00 p.m. Afternoon craft choices and centers
2:00-3:00 p.m. Group game activities – Indoor or Outdoor options
3:00-5:00 p.m. Movie and snack, free choice
5:00-6:00 p.m. Closing, clean up

EMPTY NESTER GAME DAY

Join us on the third Friday of every month from 10am-12pm. Games like euchre, monopoly, ping pong and the Wii will be set up. Bring your own favorite game. Feel free to bring a guest.

BIRTHDAY PARTIES

Hold your child's next birthday party at the YMCA. Parties are scheduled on Saturdays & Sundays. You provide food, settings and decorations. Call the front desk for additional information.

BABYSITTING HOURS

Monday-Friday 9:30am-12:30pm
 Monday thru Thursday 5:30-8:30PM
 Saturday 9:00 - Noon

COST:

1 Child \$1.50 per hour
 2nd Child \$1.00 per hour

HELP WANTED

Volunteers are always needed to help out with special events, office work, campaigns, membership services, building, grounds and more. Please take the opportunity to volunteer your time and talent to the "Y". Contact John F. Schaller, Executive Director, if interested in helping us help others.

YMCA SITE:

6703 Yankee Rd., Liberty Township, OH 45044

MAILING ADDRESS:

P.O. Box 692, West Chester, OH 45071

PHONE NO.:(513)779-3917

WEB ADDRESS: LakotaYMCA.com

FACILITY HOURS:

M thru F 5:30AM-10:00PM

Sat 8:00AM-9:00PM

Sun Noon-6:00PM

*HOURS SUBJECT TO CHANGE

STATEMENT OF PURPOSE

The purpose of this Association shall be to establish a fellowship of people who seek to follow the way of life set forth in the teachings of Jesus Christ; to develop Christian character through activities and services which contribute to physical, mental and spiritual growth; to encourage people to help one another and to enlist people in this worldwide fellowship.

REGISTRATION DATES

Advanced registration with full payment is required for all programs. Because the YMCA is a member organization, members shall be given priority through an earlier registration period.

Walk-in Registrations: Doors open at 6:00 a.m. on Registration day. **Registration begins at 8:00 a.m.** Receive priority registration by coming in-person. Present your **Lakota Family YMCA** identification card and your registration will be handled in order. Drop-offs, faxes, phone and mail-in registrations will be recorded at noon, on the day of registration. This method of registration will be recorded based on availability; date and time of receipt. We take Money Orders, Visa, MasterCard or Check. **No cash please!**

Registration continues until the program or class is full or discontinued by the YMCA

PROGRAM DATES & Registration Dates

Session Dates	Member Registration	Non-Member Sign-UP
Jan. 2, thru Feb. 19, 2012	Dec. 19, 2011	Dec. 21, 2011
Feb. 20, thru Apr. 8, 2012	Feb. 13, 2012	Feb. 15, 2012
Apr. 9, thru May 27, 2012	Apr. 2, 2012	Apr. 4, 2012
May 29, thru July 15, 2012	May 14, 2012	May 16, 2012
July 16, thru Sept 2, 2012	July 9, 2012	July 11, 2012
Sept 10, thru Oct. 28, 2012	Sept 4, 2012	Sept. 6, 2012
Oct 29, thru Dec. 23, 2012	Oct. 22, 2012	Oct. 24, 2012

SWIM SESSION DATES & Registration Dates

Session Dates	Member Registration	Non-Member Sign-Up
Jan. 5, thru Feb. 15, 2012	Dec. 27, 2011	Dec. 29, 2011
Feb 20, thru Mar. 31, 2012	Feb. 14, 2012	Feb. 16, 2012

*Sign-up Dates Do Not Include Tiny Tot Registration/Lil Driblers

YOUTH PROGRAMS

KIDS NIGHT OUT

(Parents Night Out, Too!!)

Come let the YMCA take the kids off your hands while you enjoy a fun evening on the town. Events include swimming, gym time, and a movie to end the night. A snack will be provided for each child. Ages 3 to 12 must be potty trained.

Dates: Jan 21, Feb, 25, Mar 24, Apr 28
Time: 6:00- 10:00pm
Ages: For Boys and Girls 3 - 12
Fee: \$12 first child, \$7 second child

**Please remember to sign up early. Registration closes the Thursday prior to program. Minimum 10 Children.*

MOM'S DAY OUT

Come join the staff and your friends and give your Mom and Dad a couple hours off! There will be games, arts and crafts and fun for everyone. A pizza lunch will be provided. Ages 3-5

Dates: Jan. 20, Feb. 24, Mar. 23, Apr. 27
Time: 10:30 am - 1:30 pm
Ages: For Boys and Girls 3 - 5
Fee: \$10.00 Members/\$20.00 NonMembers
(Per workshop)

TINY TOT SOCCER

Tiny Tot Soccer is a program designed for 3, 4, and 5 year olds.



Instruction will concentrate on basic skills such as dribbling, trapping and shooting. The program runs for six weeks in the Lakota YMCA's gymnasium. Practices will be held once a week during the first three weeks. The season will conclude with three scrimmages on the last three weeks of the program. Scrimmages will be played during class time. All children need to have shin guards, and their own #3

ball.

Dates: Practices begin the week of April. 11th. Scrimmages will begin the week of May. 2nd.

Cost: Members \$45.00 /Non-Members \$60.00 (Includes T-Shirt)

Registration: Members-March 20, 2012/Non-Member-March 22, 2012

TINY TOT T-BALL

Tiny Tot T-Ball is a program designed for 3, 4, and 5 year olds. Instruction will concentrate on basic skills such as hitting, fielding and throwing. The program runs for seven weeks at the Lakota YMCA. Practices will be held once a week during the first three weeks. The season will conclude with three games on the last three weeks of the program. Games will be played during class time. All children need to have a glove clearly marked with their name.

Dates: Session 1 Practices begin the week of June 6th. Games will begin the week of June 27th.

Cost: Members \$45.00/Non-Members \$60.00 (Includes T-Shirt)

SESSION 1---REGISTRATION BEGINS

Members: May 14th, 2012/Non-Members: May 16th, 2012

SESSION 2---REGISTRATION BEGINS

Members: June 25, 2012/Non-Members: June 27nd, 2012

DAY CAMP PROGRAM

FOR BOYS AND GIRLS ENTERING INTO THE
1ST GRADE THROUGH 7TH GRADE



DAY CAMP

The Day Camp program is designed for children entering 1st grade-7th grade. The hours for Day Camp are Monday through Friday 9:00am-4:00 pm.

DAY CAMP ACTIVITIES

Camp Arrowhead is designed to provide campers with a variety of experiences in a well supervised camp setting. Each week will include a special theme for the week. Each day campers will participate in recreational activities including: Archery, crafts, group games, climbing wall, nature, swimming, sports, creaking, hiking, drama and much more.

Week #1	June 4-8	Week #5	July 2-6	Week #9	July 30-Aug.3
Week #2	June 11-15	Week #6	July 9-13	Week #10	Aug. 6-10
Week #3	June 18-22	Week #7	July 16-20	Week #11	Aug. 13-17
Week #4	June 25-29	Week #8	July 23-27		

EXTENDED CARE

Available for Day Camp and C.I.T. programs. During these periods, campers will participate in supervised activities. All campers, regardless of age MUST be registered in Extended Care if the child will be on our premises prior to 9:00 am and/or after 4:00 pm. Enrollment is limited to 144 children.

PRE-CAMP 7:00 AM - 9:00 AM POST-CAMP 4:00 PM - 6:00 PM

REGISTRATION

Members--Feb. 22, 2012 NonMembers--Mar. 15, 2012

Bricks 4 Kidz LEGO® Bricks!

Bricks 4 Kidz is an exciting new program that exposes elementary-aged students to science, technology, engineering, and mathematics (STEM) concepts in a hands-on, interactive way using LEGO® bricks! Each week, students will learn a concept and work together to build a model that illustrates that concept. Lessons are designed around students' interests with themes like inventions, animals, transportation, and sports. Qualified instructors lead each class and all materials are provided.* (ages 6-11)

Wednesdays: 6-7pm, 6 week session

Cost: \$60 for members, \$72 for non-members

WEBBY DANCE

Welcome all boys and girls age 3-5 years. Children will be introduced to fun and creative warm-ups, exciting dances with a variety of props, basic tumbling and fun obstacle courses. Tap is also included.

Day/Time Fri 10:30 - 11:15am
Fee: \$55.00 Member/\$70.00 NonMember

SOUND IT OUT

Music Classes for Children

Children will be singing from many different genres of music. They will also receive an introduction to playing piano and other musical instruments. In addition to exploring music history and basic history, we will also have some very special musical guests that will perform, teach, and encourage children to pursue their love of music.

Thursdays:

Home Schoolers: Ages 5-8 1:30-2:30pm / 9-12 2:45-4:00pm

After Schoolers: Ages 5-8 4:30-5:30pm / 9-12 5:45-7:00pm

Fee: \$70.00 Member/\$85.00 NonMember

ANNOUNCEMENTS

American Red Cross Lifeguard Training

15 years and older
Tuesday - Thursday
April 10 - April 26, 2012
4:00PM-8:00PM

Learn how to prevent and respond to aquatic emergencies as a professional lifeguard. Course content and activities include decision-making skills, interacting with the public, recognizing and responding to all types of emergencies, equipment-based rescue skills, spinal injury management, and other current topics. Successful participants will receive certificates in Lifeguard Training, First Aid, and CPR for the Professional.

TO REGISTER CONTACT:
Cincinnati American Red Cross
(800) 733-2767 Option 3
or www.CincinnatiRedCross.org

Prerequisite: Participant must be 15 years old by the completion of the class. Attendance at all classes, along with successful completion of water skills and written test, are necessary for successful completion of the course.

Crayon Club



Our Full Day Childcare program challenges children in all developmental areas: our daily routine is designed to develop social skills, stimulate learning with hands-on activities, encourage speech and language with hands-on activities, encourage speech and language development, and challenge motor skills.



Our curriculum is theme-based: the children learn pre-reading and pre-math skills through such themes as community helpers, nutrition, transportation, and multi-cultural holidays. Art, science, cooking, and music/movement activities are also an important part of our program. For more information on Crayon Club contact the front desk.

Cost: \$135.00 per week-- Member
\$145.00 per week--Non-Member
Kindergartners
Cost: \$140.00 per week-- Member
\$150.00 per week--Non-Member

PRE-SCHOOL Sports of all Sorts
The Sports of All Sorts Class Is designed for children aged 3-5. A variety of sports and games will be used to develop social skills, while promoting coordination and motor skill development. Classes will be divided by age group and are co-ed.

Day/Time Tue 10:00 - 10:45 or Wed 1:30 - 2:15
Fee: \$25.00 Member
\$45.00 Non Member
(Add on swim Tue 11:00-11:30/\$10)

AMERICAN RED CROSS BABYSITTING TRAINING COURSE

An instructional course on the basics of babysitting to include age characteristics, emergency procedures, role playing situations, parent expectations, to assist in the preparation of babysitting. This class is designed for boys and girls ages 11 - 14.

Dates: April---TBA
Time: 8:30-4:30pm
Ages: For Boys and Girls 3 - 12
Fee: \$55.00 Members
\$65.00 Non Members

PERSONAL TRAINING

Whether you are 15 or 75, an experienced or beginning exerciser, personal training can help you reach your health and fitness goals. Your trainer will develop a personalized program that is perfect for you and will support you with knowledge, coaching and motivation to help you look, feel and live better.

The YMCA offers members a program that provides individualized exercise training, and basic health and nutritional information. Dual and/or group training is also available. Sessions are approximately 30-60 minutes in length.

Program features include:

- ⇒ Training by Certified Personal Trainer
- ⇒ A comprehensive evaluation to assess the client's specific needs and goals
- ⇒ Short term (1-5= sessions) and/or long term training
- ⇒ Strength, cardiovascular endurance, flexibility, and motor skill development.
- ⇒ Programs for basic and advanced fitness
- ⇒ Maintenance programs available

For more information contact:
Joe Ayers at Joe.Ayers@LakotaYMCA.com

Are you interested in attending a cooking class? Contact the front desk so we can see the interest for forming a class.

No
Joining Fee

Membership Rates

MEMBERSHIPS ARE
NON-REFUNDABLE/NON-TRANSFERABLE

Family

Annual Dues.....\$615 \$59.00 Monthly

Family membership includes husband and wife and any legal dependents are included. Children older than 18 must show proof of same residency prior to being added to a Family membership. If the child has their own child(ren) and/or spouse, they cannot qualify for the Family Membership but can sign up for the Household Plus membership

HouseHold Plus

Annual Dues.....\$795 \$74.00 Monthly

Available for three or more related adults (father, mother, brother, sister) living in the same household including dependent children up to 18 or full time student.

Single

Annual Dues.....\$436 \$42.00 Monthly

Available to any person over 18 years of age.

Empty Nester Single

Annual Dues.....\$325 \$34.50 Monthly

Available to single persons 55 years and older

Empty Nester Couple

Annual Dues.....\$455 \$45.50 Monthly

Available to husband and wife with at least one 55 years of age and over.

AQUATICS

Lakota Family YMCA Swim Lessons

	Session Dates	Registration Dates Begin
Winter 1 (6 Weeks)	Jan 5th– Feb 15th	Member: Dec 27th Non Member: Dec 29th
Winter 2 (6 Weeks)	Feb 20th– Mar 31st	Member: Oct 25th Non Member: Oct 27th
Spring (7 Weeks)	April 9th– May 26th	Member: March 27th Non Member: March 29th

Swim Lessons Progression System

AquaBabies– Water acclimation and survival skills. Child must be 6 to 36 months old. Parents will be in the water!

3 years and older:

Shrimp– Students learn to put their face into the water and blowing bubbles, floating on their fronts, and floating on their backs. To advance, students must be able to do ten relaxed bobs with air exchange..

Pike– Students learn to glide on his/her front and back in streamline position. Swimmers will also be learning kicking skills for the front float and back float. To advance, students must push off the wall and glide on their front and back for 5 seconds in a streamline position.

Eel– Students are introduced to a rollover from a front glide. Swimmers will work on streamline kicking on front and back and beginning front crawl. To advance, students must streamline kick on front and back for 15 feet and front crawl with arms for 15 feet.

Starfish– Students begin side gliding and front crawl stroke. To advance, students must side glide 20 feet and front crawl without breathing 20 feet.

Polliwog– Students will work on Freestyle with rotary breathing and Backstroke. To advance, swimmers must front crawl with rotary breathing a minimum of 4 breathes, Back stroke 1/2 length of pool, 10 relaxed nose bubble bobs, and side glide kick 25 yards.

Guppy– Students will learn to swim Freestyle with rotary breathing 25 yards, treading water, swimming 25 yards Backstroke, and standing dives. To advance, swimmer must complete 1 minute of treading water, 25 yards Freestyle with rotary breathing, and 25 yards backstroke.

DEVELOPMENTAL STROKE PROGRAM (DSP)

DSP is a combined class of **Minnow, Fish, & Shark** for students who are ready to advance their swimming skills to all 4 swimming strokes, Butterfly, Backstroke, Breaststroke, & Freestyle. In this level the students must have already completed Guppy requirements.

Students will be working on Butterfly kick & swim for 25 yards, Breaststroke kick and swim for 25 yards, building endurance in Freestyle to swim 100 yards, and building endurance for Backstroke swimming 50 yards. The Students will also be learning basic survival skills such as, Elementary Backstroke, Side Stroke, & treading water for 2 minutes.

Adult Swim Lessons

This program is structured for both beginning and advanced swimmers. The group will be separated into beginning and advanced levels. Each session is op to students of all abilities.

Each lesson lasts 45 minutes long. Beginner/Advanced Saturday 9:00a-9:45am

For Swim Lessons Schedules please check out our website at www.lakotaymca.com

After swimmers have completed the Lakota Family YMCA Swim Lessons Program, we recommend continuing your swimming with our Stingrays Swim Teams.

For more information please contact our Aquatics Director.

If you have any questions or would like a FREE evaluation please contact

Sara Matchison @ 513-779-3917 or sara.matchison@lakotaymca.com

Lakota Winter Stingrays Swim Team

Your YMCA Swim Team is truly a family activity. While your children (ages 6-18) do the swimming, parents help run swim meets and participate in fundraising events to help the kids.



The team offers a competitive experience for members and an outstanding swim challenge. Check out our website at www.lakotastingrays.com for registration information or stop by the Front Desk at the Lakota Family YMCA!

Aqua Aerobics

SilverSplash- Join us in the pool for a variety of exercises that can help you build strength and increase your range of movement. A

SilverSneakers® kickboard is provided for bal-ance support, and you don't even need swimming skills.

Mon/Wed 12:00p-12:45p

H2O Fitness to the Max

Tuesday 11:15a-12:00p

Amped up H2O

Thursday 6:30p-7:20p



Arthrons

(Arthritis Foundation Aquatic Program)

This class is designed for men and women who suffer from the aches and pains of arthritis, immobility, and flexibility problems. This class is co-sponsored by the American Arthritis Foundation and the YMCA, it is taught by a certified instructor.

Time: Mon/Wed 9:00am-10:00am

Members: 1 day/wk \$23.00 2 days/wk \$45.00

Non-members: 1 day/wk \$45.00 2 days/wk \$70.00

SWIMFIT



Coming January 9, 2012

SwimFit will provide the fitness swimmer, triathlete, and master swimmer a place to help reach their swimming goals.

Meets Monday Nights 7:45p-8:45p starting 1/9/2012

LEAGUES AND SPORTS

Fit Fore Golf

March 7, 14, 21, 28
Wednesday @ 6:30pm

Are you ready for the golf course?



This four week class is designed for you to improve your flexibility using fun, relaxing and easy stretching techniques to benefit your golf game.

Proper stretching will result in a better trunk turn and a more fluid swing, with less muscle tension and a decreased chance of injury. Bring a couple of clubs to swing and hit balls into a net to get your swing in groove for the season.

COST: Member \$20.00
Non-Member \$40.00

RACQUETBALL LEAGUES

Register at the front desk for leagues. Raise the level of your game by facing off with a different opponent every week.

Days and Times:

Open Schedule Men's B & C league
Open Schedule Women's B & C league
Open Schedule Men's B+ league

League Start Date: Feb. 13th, 2012

League Fees: \$25.00 Members Only
\$50.00 Non-Members Only

RACQUETBALL NEWS

PLAYERS BOARD - Please check the players board for the latest information on racquetball. All members interested in challenge play should post their name and number with skill level for challenge play.

LEAGUE PLAYERS - Please notify the front desk as well as your opponent when cancelling a match. By cancelling your court, you open court time for other members. Failure to cancel your court will result in a match forfeit due to lost court time.

KARATE

We teach our students using a basic philosophy of positive reinforcement to build Self Esteem, Confidence, Discipline, Positive Attitude, and Values. We realize that although the ability to defend ones self is important, there are many additional benefits to be gained from involving your child in a martial arts program. Our unique method of training is fun and is designed to instill a positive attitude, teach the importance of strong values and good character, and instill respect for themselves and others. Stephanie Combs, 5th Degree Black Belt, Certified Instructor
Former USA Team Member, National & Pan-American Champion

Schedule

Monday & Wednesday
5:30-6:00 Karate Tots
6:00-7:00 Beginner/Novice
Tuesday & Thursday
5:00-5:30 Kobudo Long Weapons
5:30-6:00 Kobudo Short Weapons
6:00-7:00 Beginner/Novice
7:00-8:00 Karate Intermediate and Advanced

MENS' 30 AND OVER BASKETBALL MONDAY NIGHT 6:00-9:00PM

GAMES WILL BE HELD AT THE
LAKOTA YMCA
ON THE FOLLOWING DATES

JANUARY: 23, 30
FEBRUARY: 6, 13, 20, 27
MARCH: 5, 12, 19, 26

COST: MEMBER: \$45.00
NON-MEMBER: \$75.00

FORMAT: 6 MAN ROSTER WILL BE FORMED, PLAY WILL BE 4 ON 4 ROUND ROBIN MONDAY NIGHT- 6:00PM, 7:00PM or 8:00pm GAME, NOTIFICATION OF TEAM AND FIRST GAME BY PHONE

Tiny Tot Basketball

Tiny Tot Basketball is a program designed for 4, 5, and 6 year olds. Instruction will concentrate on basic skills such as dribbling, passing and shooting. The program runs for six weeks in the Lakota YMCA's gymnasium. Practices will be held once a week during the first three weeks. The season will conclude with three games on the last three weeks of the program. Games will be played during class time. The YMCA will provide a junior basketball for each child.

Dates:

Session 2
Jan. 11 - Feb. 15

Cost:

Members \$45.00 (Includes basketball)
Non-Members \$60.00 (Includes Basketball)

Group 1 Wed 6:00-6:45PM
Group 2 Wed 7:00-7:45PM

LITTLE DRIBBLERS

A national YMCA basketball program for 1st and 2nd grade children. The program will cover dribbling, passing, the rules of the game, shooting and skill development. Games may be played in the class time. Each child will receive their own youth basketball with sign-up. Space is limited. (One ball per child)

Cost: \$35/\$65 Member
\$70/\$130 NonMember

SESSION 2

JANUARY 28
FEBRUARY 4, 11, 18, 25
MARCH 3/
TIME
SATURDAY
Group 1 9:00AM-9:50AM
Group 2 10:00AM-10:50AM

Registration: Members Dec. 12, 2012 / NonMembers Dec. 14, 2012

Fitness FLEX Pass

Pay one price (\$25.00 per session/per membership) and attend any of the over 20 classes listed in the "Fitness FLEX Pass" schedule and in the brochure (baby-sitting is included)*. These drop in classes will meet for 7 week sessions from Jan 2, 2012 thru Feb 19, 2012. Just show your "Fitness FLEX Pass" and your membership ID card when you enter the class. This session the schedule will include the following classes: **Body Sculpt, Spin, Spin, Low Impact Aerobics, Cardio Camp, Zumba, Pilates, YOGA, Aqua Boot Camp, Amped Up To H2) Fitness, H2O Fitness To The Max**

**BABYSITTING
INCLUDED***

See Program Brochure or visit www.LakotaYMCA.com for class descriptions

MONDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>	<u>Cost</u>
Body Sculpt <i>(Members Only)</i>	9:30-10:30 am	Aerobics Room	Free
Power Yoga	11:00-12:00 am	Aerobics Room	Fitness Flex
Silver Splash	12:00 - 12:45pm	Pool	Silver Sneakers
Cardio Camp <i>(Members Only)</i>	6:00-7:00 pm	Aerobics Room	Free
Spin	7:05-8:05 pm	Aerobics Room	Fitness Flex
Swim Fit	7:05-8:05 pm	Pool	Free

TUESDAY

Muscular Strength/Range Movement	8:30-9:15 am	Aerobics Room	Silver Sneakers
Spin	9:30-10:30 am	Aerobics Room	Fitness Flex
Aerobics	10:35-11:05 am	Aerobics Room	Fitness Flex
H2O Fitness To The Max (shallow)	11:15 am-12:00 pm	Pool	Fitness Flex
Zumba	6:00-7:00 pm	Aerobics Room	Fitness Flex
H2O Fitness To The Max (shallow)	6:30-7:30 pm	Pool	Free
Yoga	7:10-8:40 pm	Aerobics Room	Fitness Flex

WEDNESDAY

Spin	5:45 - 6:30am	Aerobics Room	Fitness Flex
Body Sculpt <i>(Members Only)</i>	9:30-10:30 am	Aerobics Room	Free
Kickboxing	10:35-11:20 am	Aerobics Room	Fitness Flex
Silver Splash	12:00 - 12:45pm	Pool	Silver Sneakers
Cardio Camp <i>(Members Only)</i>	6:00-7:00 pm	Aerobics Room	Free
Spin	7:10-8:10 pm	Aerobics Room	Fitness Flex

THURSDAY

Muscular Strength/Range Movement	8:30-9:15 am	Aerobics Room	Silver Sneakers
Spin	9:30-10:30 am	Aerobics Room	Fitness Flex
Aerobics	10:35-11:05 am	Aerobics Room	Fitness Flex
Boot Camp	10:30 - 11:15am	Gym	Fitness Flex
Yoga	11:10 am-12:40 pm	Aerobics Room	Fitness Flex
Amped Up to H2O (Deep)	11:15 am-12:00 pm	Pool	Fitness Flex
Zumba	6:00-7:00 pm	Aerobics Room	Fitness Flex
Amped Up to H2O (Deep)	6:30-7:30 pm	Pool	Free
Pilates	7:05-8:05 pm	Aerobics Room	Fitness Flex

FRIDAY

Body Sculpt	9:30-10:30am	Aerobics Room	Free
Zumba	10:35-11:35am	Aerobics Room	Fitness Flex

SATURDAY

Spin	8:00 - 9:00 am	Aerobics Room	Fitness Flex
Water Aerobics	9:00-9:50 am	Pool	Free
Aqua Boot Camp	10:00-10:50 am	Pool	Fitness Flex
Boot Camp	10:00-11:00 am	Aerobics Room	Fitness Flex

Look Inside For Family Fun !

NONPROFIT ORG.
U.S. POSTAGE
PAID
WEST CHESTER, OHIO
PERMIT #103

Lakota Family YMCA
P.O. Box 692
West Chester, OH 45069



Special

*Fitness
FlexPass
Unlimited
Classes
and
Babysitting*

Calendar of Events

January

- 1-Closed New Years Day
- 2 - Winter Session 1 Begins
- 11- Tiny Tot Basketball Session 2 Begins
- 16- School's Out Camp
- 20 - School's Out Camp
- 21 - Kid's Night Out
- 23 - Men's Basketball begins
- 28 - Lil Dribbler Session 2 Begins

February

- 14 - Swim Session Registration (Member)
- 16- Swim Session Registration (NonMember)
- 13 - Program Registration (Member)
- 15 - Program Registration (NonMember)
- 17 - School's Out Camp
- 20 - Winter Session 2 Begins
- 20 - School's Out Camp
- 22 - Camp Arrowhead Registration (Member)
- 25 - Kid's Night Out

March

- 15 - Camp Arrowhead Registrarion(NonMember)
- 20 - Tiny Tot Soccer Registration (Member)
- 22 - Tiny Tot Soccer Registration (NonMember)
- 23 - Mom's Day Out
- 24 - Kid's Night Out

April

- 2 - Spring 1 Registration (Members)
- 2-6 - Spring Break Camp
- 6 - Closed at 3:00PM Good Friday
- 4 - Spring 1 Registration (NonMembers)
- 8 - Closed Easter
- 9 - Spring Session 1 Begins
- 10 - Lifeguarding Class Begins
- 27 - Mom's Day Out
- 28 - Kid's Night Out