



COUNTRYSIDE YMCA

**SUMMER 2024**

**PROGRAM GUIDE**

**JUNE 3 – AUGUST 18**

# GENERAL INFORMATION

## Carry Your Membership ID Card

It is necessary to present your membership ID card for admittance to the YMCA. If you forget your card, you will be required to sign in. Membership cards are non-transferable. Any member who lends his/her card or assists a non-member in unauthorized use of the facility subjects their membership to revocation. Replacement cards are \$3 each.

## YMCA Multimedia Policy

YMCA programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included in YMCA promotional materials, please indicate this to YMCA event and/or program staff.

## Member Get a Member Program

Current members will receive one month of membership for each friend you refer who joins the Y and stays for 3 months.

## Member Price

In order to receive member prices on programs, you must be a member for the entire session.

## Programs & Classes

Registration operates on a first-come, first-serve basis. If you are a full member, you may register at the member listed price two days prior to open registration. Program members may register during open registration at the program member rate as long as the program member annual fee is up to date. Choose the class or program you would like to participate in and register in person or online at [www.countrysideymca.org/activities-and-more/search-our-classes](http://www.countrysideymca.org/activities-and-more/search-our-classes). No phone registrations will be accepted. No registration will be processed without payment. All times listed are subject to change based upon enrollment and usage. Instructors listed are subject to change or substitution.

## Cancellation and Refund Policy

Classes are filled on a first-come, first-serve basis. Classes may be canceled if minimum enrollments are not met. Class sizes may be limited. Credits will be given if the class is canceled because of limited enrollment. Otherwise, class must be canceled before the session begins and credits are at the discretion of the department head. However, there will be a \$5 non-refundable processing fee for each class canceled or transferred.

## Class Make-up Policy

In order to provide a safe, quality teaching environment and to protect class ratios, making up a missed class is not permitted.

## Special Needs Inclusion/Accommodation for Children:

Countryside YMCA believes that all children, including those with special needs diagnoses or disabilities, should be able to, whenever reasonably possible, participate in our programs and activities. We strive to create programs and services where all children feel welcomed and valued. To assist our staff in providing the best possible experience for your child, we ask that during the registration period, before classes begin, you share any pertinent information with our program staff about your child and her/his unique needs, including what helps her/him be successful in different activities at home and at school. We may ask you to provide additional information so that program staff can have detail about your child that will help them serve and support her/him. All requests for accommodations will be considered respectfully by staff with considerations to the health and safety of all involved. We welcome interactive dialogue to determine reasonable, appropriate and effective accommodations.

## Nationwide Membership

### Another great reason to belong to the YMCA

We want to encourage members to use the Y as often as they can. Sometimes, it's more convenient for members to visit a YMCA in a different location when traveling, near a workplace, or in another region.

Now, full members have the flexibility to use other YMCA facilities throughout country at no extra charge.

### How It Works

Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access.

### Program Details

- The Nationwide Membership Program is valid for full members only.
- Program members may upgrade to a full membership at any time to qualify.
- Countryside YMCA does not have SilverSneakers memberships.
- Youth memberships will not be accepted at Countryside YMCA without a paying adult.
- Visitors to other YMCAs must present a valid YMCA membership card and photo ID and complete a visiting member waiver or standard membership application form with liability waiver.
- Members must use their home branch at least 50% of the time to be eligible for reciprocal membership.
- Program discounts do not apply.
- Participating YMCAs reserve the right to restrict facility or program access. Please visit that specific YMCA's website for details.
- Reciprocal members pay the program member price for classes.
- Reciprocal members may not bring guests.
- Other restrictions may apply.

### Financial Assistance

Anyone who is a member of the Y, but is struggling financially to pay for classes, can apply annually for financial assistance. Recipients receive at least \$300\* that can be used during the calendar year to take classes. You would pay for 50% of the course fee, and the Y will cover the other 50% until the total amount has been spent.

\*This financial assistance is used for children. This does not include specialty classes, camps or private lessons.

**THIS BOOK IS SUBJECT TO CHANGE**

## Summer Hours

### Countryside YMCA | Lebanon

<b>Monday – Friday</b>	<b>5:00a – 9:00p</b>
<b>Saturday</b>	<b>7:00a – 7:00p</b>
<b>Sunday</b>	<b>12:00p – 6:00p</b>

#### Child Watch

Monday - Friday	9:00a-1:00p 4:00p-7:00p
Saturday	8:30a-12:00p
Sunday	Closed

#### Climbing Wall

Monday - Friday	6:00p-9:00p
Saturday	10:00a-6:00p
Sunday	Closed

#### Motion Zone

Monday - Friday	9:00p-1:00p 4:00p-7:00p
Saturday	9:00a-12:00p
Sunday	Closed

#### Hewitt P. Mulford Nature Trail

APR-OCT	Monday - Friday	8:00a-8:00p
	Saturday	7:00a-7:00p
	Sunday	12:00p-6:00p
NOV-MAR	Monday - Friday	8:00a-5:00p
	Saturday	7:00a-5:00p
	Sunday	12:00p-5:00p

### Countryside YMCA | Landen

<b>Monday - Thursday</b>	<b>5:00a – 9:00p</b>
<b>Friday</b>	<b>5:00a – 8:00p</b>
<b>Saturday</b>	<b>7:00a – 7:00p</b>
<b>Sunday</b>	<b>12:00p – 6:00p</b>

#### Child Watch

Monday-Thursday	9:00a-12:00p 5:00p-8:00p
Friday	9:00a-12:00p
Saturday	9:00a-12:00p
Sunday	Closed

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## Find more online!

Visit our website to find detailed **pool and gym schedules** and a full list of facility hours.  
[countrysideymca.org](http://countrysideymca.org)

## Registration Format

Our monthly programs and classes are reoccurring, so you will not have to register your child every month. You can sign your child up for a class and they will stay in that class until the end of the summer (August 18, 2024). If at any time you wish to cancel registration you will fill out a digital cancellation form by the 20th of the month. Your child's enrollment will then expire at the end of that month. After May 22, 2024 anyone can register at any time throughout the 2024 summer session (June-August) & when there is an opening in the class, you will start right away. No more waiting for the next session to start. We will prorate & offer make up classes as needed but there will not be a way to sign up in advance for future months until after 25th of the current month. For more information go to [countrysideymca.org/programs](http://countrysideymca.org/programs) or scan the this QR Code



## In This Guide

### 2024 Summer

June 3 - August 18, 2024

Registration Dates:

Members - May 20, 7:00a

Program Members - May 22, 8:30a

## Coming Soon

### 2024-2025 School Year

September 2, 2024 - May 25, 2025

Registration Dates:

Members - August 12, 7:00a

Program Members - August 14, 8:30a

Members can register either online or in person at the front desk.

To register online:

1. Go to [countrysideymca.org](http://countrysideymca.org)
2. If you access the site from a desktop or laptop, click on the MY ACCOUNT tab in top right corner of the Home Page.  
If you access the site from a phone, click on the three bars to the left of the logo to see the menu and select MY ACCOUNT at the bottom of that list.
3. Log in to your account.
4. Click REGISTER FOR PROGRAMS to search for the class or event.
5. You can find your class by typing in the name, or any keywords in the search bar, or by clicking on the department it is under.
6. Scroll through results and click on the class you want to register for. There you will see all the info about that class.
7. To register click REGISTER.
8. You will see a list of the family members who are on your membership. Select which member to register. (You may get an alert that a member is not eligible to register for a class likely due to age restrictions.)
9. You'll see your cart with the class you registered for. Click NEXT.
10. From there you can register for more classes or proceed to PAYMENT.
11. If you continue to payment you will see the amount owed and payment method options.
12. From the drop down you can click on a previous credit card on your account or enter in a NEW CREDIT CARD. Enter in your credit card information.
13. Click PAY.

# OUTDOOR POOL

## Hours of Operation

For Countryside YMCA members, the normal hours of operation at the outdoor pool (weather permitting) are:

**Monday - Friday** 11:00a-8:00p  
**Saturday** 11:00a-6:45p  
**Sunday** 12:00p-5:45p

\*Holiday weekends (Saturday, Sunday, Monday) 12:00pm-5:00pm

Nationwide Members (Reciprocal Members) are welcome at 1:00p

Pool hours can be affected by special events and weather.  
Limited Hours June 14-16, 2024 for Polar Bear Swim Meet

- Children under age 5 must have an adult 18 years or older in the water within arms reach and actively involved in the supervision of the child.
- Children between the ages of 6-9 years old must have an adult 18 years or older providing supervision at any pool.
- Members ages 10 and up are welcome.
- Full Countryside YMCA members can use a guest pass to bring a guest. Guests must be accompanied by the member.

### Guest Pass Prices:

Youth 1-Day Pass: \$7  
Adult 1-Day Pass: \$10  
Family 1-Day Pass: \$15

## Smart Start with Member Coaching

Not sure where to start? Learn about the Y and yourself through our complimentary Member Coaching. On a one-on-one basis, you will collaboratively develop a personalized wellness plan that fits your goals, interests, and lifestyle. During periodic check-ins with your Member Coach, you will discuss a variety of wellness topics, including programs and opportunities at your YMCA, that will give you the guidance and support to comfortably move forward on your own.

To get started, please contact one of our Member Coaches at 513 932 1424 ext 185 or email Jane Kuhnell at [jane.kuhnell@ymcastaff.org](mailto:jane.kuhnell@ymcastaff.org).

Learn More at [countrysideymca.org/membership/benefits](http://countrysideymca.org/membership/benefits)

**SMART  
START**  
COUNTRYSIDE YMCA

Free wellness coaching for members.

Talk with a Member Coach today!



## Countryside Y Outreach Initiatives

Funds raised through our Annual Campaign are used to fund outreach programs throughout Warren County. In this guide you will find just some of the programs we support, with many more not listed. Want to learn more about our other outreach programs and our Annual Campaign? Visit [countrysideymca.org](http://countrysideymca.org)

Begin to Swim - Veterans Connect - LiveStrong at the YMCA  
Early Learner Literacy Program - Financial Assistance Program  
Blessed Respite Care - Kinship Care - Traveling Through Grief



**HOPE  
GROWS  
HERE**

**COUNTRYSIDE YMCA  
ANNUAL CAMPAIGN**

## Child Watch

Experienced, trained, and caring staff provide free child care for members for up to two hours while you're on site at Countryside YMCA | Lebanon or Countryside YMCA | Landen. Non-members and program members pay \$5 an hour per child.

## Participation Guidelines

Check-in and Check-out Procedures

To ensure your child's safety, please follow these procedures:

Sign-in will happen inside of Child Watch.

The Team Leader signs in your child using: child's name and age; parent or adult's name; parent's location in the facility; a secondary person designated to sign out child; the time of sign-in.

No one can pick up a child unless their name was provided during check in, they have a photo ID, and are at least 16.

Thank you for respecting the following rules for Child Watch:

Child Watch is available to Countryside YMCA members. Non-members and reciprocal members who are participating in a YMCA program, have a fee of \$5 per child per hour.

Child Watch currently only cares for infants to children 9 years old. We will not be diapering any children.

There is a two-hour limit per day.

Food and drinks are not permitted in Child Watch for allergy and safety reasons. Please do not bring toys, valuables, medications, bags, or other items from home.

If your child has any allergies or medical conditions that staff need to be aware of, please fill out an "Intake Form."

There is a \$5 per child late fee for every 15 minutes over the limit. Staff members are not permitted to negotiate this rule with members at any time. If multiple late pickups occur, Child watch privileges may be suspended.

## Motion Zone

This facility is filled with Exergame equipment and X Box Kinect systems. It's a unique active space for youth ages 7 to 13 that provides a revolutionary opportunity to experience exercise, increase agility and improve hand-eye coordination all while having fun. Go ahead, let your kids enjoy video games in a way that provides overall physical, psychological, and social benefits.

Questions? Contact Julie Groh  
Director of Outreach Services & Family Programs  
513 932 1424 ext. 142, [Julie.Groh@ymcastaff.org](mailto:Julie.Groh@ymcastaff.org)

# DIRECTORY

Chris Johnson  
President & CEO  
513 932 1424 ext 122  
chris.johnson@ymcastaff.org

Trish Kitchell  
Chief Operating Officer  
513 932 1424 ext 187  
trish.kitchell@ymcastaff.org

Matt Bruns  
Chief Development Officer  
513 932 1424 ext 115  
matt.bruns@ymcastaff.org

Amy Rose  
Membership  
513 932 1424 ext 182  
amy.rose@ymcastaff.org

Khea Jones  
Gymnastics Director  
513 932 1424 ext 136  
khea.jones@ymcastaff.org

Carrie Anders  
Aquatics & Risk Management  
513 932 1424 ext 177  
carrie.anders@ymcastaff.org

Tony DiMario  
Lifeguards & Pool Operations  
513 932 1424 ext 116  
tony.dimario@ymcastaff.org

Julie.Fennessey  
Stolle Center  
513 932 1424 ext 148  
julie.fennessey@ymcastaff.org

Karla Toyé  
Swim Lessons & Water Fit  
513 932 1424 ext 243  
karla.toye@ymcastaff.org

JaMarcus Gibson  
Camp Director  
513 932 1424 ext 149  
jamarcus.gibson@ymcastaff.org

Jaime Spurlock  
Arts & Education  
513 932 1424 ext 226  
jaime.spurlock@ymcastaff.org

Jason Williams  
Landen Facility  
513 583 5580  
jason.williams@ymcastaff.org

Zach McCollum  
Programs, Otterbein, & Landen Facilities  
513 932 1424 ext 174  
zach.mccollum@ymcastaff.org

Chuck Wene  
Health & Wellness/CSC  
513 932 1424 ext 139  
chuck.wene@ymcastaff.org

Jacob Hurley  
Sports Director  
513 932 1424 ext 190  
jacob.hurley@ymcastaff.org

Debbie Parshall  
Otterbein  
513 696 8590  
debbie.parshall@ymcastaff.org

Jenny Poling  
Youth & Family  
513 932 1424 ext 127  
jenny.poling@ymcastaff.org

Nikki Strokes  
The Children's Center  
513 932 1424 ext 131  
nikki.strokes@ymcastaff.org

Joe Gilmore  
Prime Time  
513 228 2092  
Joe.Gilmore@ymcastaff.org

Carrie Noel  
Preschool Enrichment  
513 228 2092  
Carrie.Noel@ymcastaff.org

Julie Groh  
Child Watch Center  
513 932 1424 ext 142  
julie.groh@ymcastaff.org

Michelle Wood  
Clinton-Massie  
937 289 9081  
michelle.wood@ymcastaff.org

Stephanie Sizemore  
Maineville  
513 677 3702  
stephanie.sizemore@ymcastaff.org



# YMCA CAMP

COUNTRYSIDE



# FIND YOUR JOY

## Summer Camp at Countryside YMCA



ONLINE  
REGISTRATION  
AVAILABLE  
MARCH 4TH  
AT 11:00AM

**PRESCHOOL CAMPS**  
1:00PM – 4:00PM

**FULL DAY CAMPS**  
9:00AM – 4:00PM

**BEFORE CAMP**  
7:00AM – 9:00AM

**AFTER CAMP**  
4:00PM – 5:30PM

### SCHOLARSHIP INFORMATION

The Y accepts state assistance & offers financial scholarships to qualifying families.

### OVER 30 CAMPS TO CHOOSE FROM

Weekly summer camps start May 28th and run through August 15th right here in Lebanon.

#### PRESCHOOL

- Gymnastics
- Ninja Warrior

#### HIGH ADVENTURE

- Climbing
- Paintball
- Kayaking
- Go Karts and more!

#### SPORTS CAMPS

- Archery
- Basketball
- Bowling
- Dodgeball
- Judo
- Jump Rope
- NERF
- NEW PICKLEBALL!
- Soccer
- Volleyball and more!

#### SPECIALTY CAMPS

- Horseback Riding
- Jr. Police Academy
- Ninja Warrior

#### CORE CAMPS

- Aquatics
- Discover
- Gymnastics
- Sports of All Sorts
- Voyager

#### ARTS & EDUCATION

- Baking & Cooking
- Drawing
- Pottery
- Robotics
- American Girl Doll
- Slimy Science
- LEGO
- Take It Apart



# AQUATICS & SWIM

## Monthly Reoccurring Classes

You will not have to register your child every month. You can sign your child up for a class and they will stay in that class until your child is moved up to the next class. If at any time you wish to cancel registration you will fill out a cancellation form by the 20th of the month. Your child's enrollment will then expire at the end of that month. **\*1 week summer swim lessons are not reoccurring and this does not apply to 1 week summer swim lessons.**

## Swim Lessons

With a 150-year history of helping people learn to swim, the Y's swimming classes are designed to teach this lifelong skill to people of all ages and skill levels in a safe environment. Whether you're learning to swim, developing skills, or seeking a competitive swim environment, we offer a range of swimming, diving, and water adventure programs. Swim lessons help students learn the basics, improve skills, practice safety and rescue skills, and have fun. Lessons are progressive and class sizes are small so students get the personalized instruction they need to build vital skills and prepare for the next program level.

### Preparing for Lessons

- Clothes, street shoes, diaper bags, and other personal items can be stored in the locker rooms; bring your own lock and leave your valuables at home.
- Plan to arrive with enough time to change into swimming attire.
- Come to class dressed and ready for the pool.
- A family-appropriate and clean swimsuit is required for all class and lesson participants.
- Swim diapers are required for children who are not yet potty-trained.
- All pools are heated, but those who chill easily may benefit from a swim shirt or ear bands.
- Goggles are permitted and preferred in the pool; masks and snorkels are not, unless otherwise noted.
- Please bring a towel to class.
- All class and lesson participants must shower with soap before entering the pool.
- Participants should use the restroom before class; staff are not permitted to take students to the restroom.
- If you or your child has a fear of water or has had a bad experience with water, arrive at your class or lesson early to inform the instructor. Please let the instructor know of any information you think will help your child succeed.
- Parents of children age six and under must remain in the pool area with their children during lessons.
- The pool might be available to Y members before or after lessons for open swimming; check the pool schedule online for the most current information.

If you aren't sure which lesson is the best match for you or your child, contact Karla Toye at 513 932 1424 ext 243 or Karla.Toye@ymcastaff.org to schedule a **free skill level assessment**. If you sign up for the wrong class there is a \$5 charge to switch classes.

**We do not offer make-up lessons.**

### Accommodation Process

Please inform the Swim Lessons Director before enrolling if you or a family member requires any special accommodation. This information helps us better meet your needs or those of a family member with available resources and to the extent reasonable. All staff that will be working with you or a family member with special needs will be informed of how to meet those needs.

## Parent & Child Swim Lessons

This program promotes aquatic readiness for children from 6 months to 6 years. Parents will accompany their child in the water during the lessons and will learn ways to help their child become more comfortable in and around water. A parent or guardian at least 18 years of age must be in the water. Each swimmer needs their own adult. We do not offer make-up lessons.

### Parent and Child Stage A Water Discovery

In this water discovery parent-child swim lesson, infants and toddlers are introduced to the aquatic environment and parents gain insights on developing their child's pre-swimming ability. Children build pre-swimming skills through songs, games, and play. Both parent and child benefit from learning and having fun together during this swim lesson. Each swimmer needs their own adult.

**AGE REQUIREMENT:** 6 months - 1 year 6 months

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Tue	6:20p-6:50p
Sat	9:40a-10:10a

### 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:40a-10:10a	June 3 - June 7
Week 2	9:40a-10:10a	June 10 - June 14
Week 3	9:40a-10:10a	June 17 - June 21
Week 4	9:40a-10:10a	June 24 - June 28
Week 5 *prorated \$28/M, \$49/PM	9:40a-10:10a	July 1 - July 3 (Mon, Tue, & Wed)
Week 6	9:40a-10:10a	July 8 - July 12
Week 7	9:40a-10:10a	July 15 - July 19
Week 8	9:40a-10:10a	July 22 - July 26
Week 9	9:40a-10:10a	July 29 - Aug 2
Week 10	9:40a-10:10a	Aug 5 - Aug 9



# AQUATICS & SWIM

## Parent and Child Stage B

### Water Exploration

In this water exploration parent-child swim lesson, children blow bubbles and learn fundamental water safety and aquatic skills, including body placement in the water. Parents receive guidance on developing their child's swimming ability, and children build pre-swim skills through songs, games, and play, which builds their confidence in the water. Both parent and child benefit from learning and having fun together during this swim lesson. Each swimmer needs their own adult.

**AGE REQUIREMENT:** 1 year 6 months - 3 years

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	6:20p-6:50p
Sat	10:20a-10:50a

## 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:40a-10:10a	June 3 - June 7
Week 2	9:40a-10:10a	June 10 - June 14
Week 3	9:40a-10:10a	June 17 - June 21
Week 4	9:40a-10:10a	June 24 - June 28
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Week 6	9:40a-10:10a	July 8 - July 12
Week 7	9:40a-10:10a	July 15 - July 19
Week 8	9:40a-10:10a	July 22 - July 26
Week 9	9:40a-10:10a	July 29 - Aug 2
Week 10	9:40a-10:10a	Aug 5 - Aug 9

## Parent and Child Stage C

### Water Acclimation with Parents

In this water acclimation parent-child swim lesson, parents and swim instructors prepare swimmers for independence and skill development. Participants learn all aspects of water safety, appropriate class behavior, listening skills, and independence in the water. Swimmers will practice bobs, proper water exit, jump into water over their head, push off the bottom, turn, and grab the side of the pool (jump-push-turn-grab), front & back float, and swim-float-swim. Parents will participate, but the swim class focuses on preparing children for swim independence. Each swimmer needs their own adult.

**AGE REQUIREMENT:** 2 years 5 months - 6 years

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Tue	5:40p-6:10p
Wed	6:20p-6:50p
Thu	6:20p-6:50p
Sat	9:00a-9:30a

## 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:40a-10:10a	June 3 - June 7
Week 2	9:40a-10:10a	June 10 - June 14
Week 3	9:40a-10:10a	June 17 - June 21
Week 4	9:40a-10:10a	June 24 - June 28
Week 5 *prorated \$28/M, \$49/PM	9:40a-10:10a	July 1 - July 3 (Mon, Tue, & Wed only)
Week 6	9:40a-10:10a	July 8 - July 12
Week 7	9:40a-10:10a	July 15 - July 19
Week 8	9:40a-10:10a	July 22 - July 26
Week 9	9:40a-10:10a	July 29 - Aug 2
Week 10	9:40a-10:10a	Aug 5 - Aug 9

## Preschool Swim Lessons

This progressive program teaches basic swimming skills for children 3 years of age through Kindergarten. Children progress through three levels and are grouped by ability. We do not offer make-up lessons.

## Preschool Stage 1

### Water Acclimation

This swim class focuses on water acclimation and is for the beginner preschool swimmer who has advanced out of the parent & child swim classes or has completed a swim evaluation. Participants learn all aspects of water safety, appropriate class behavior, listening skills, and independence in the pool. To advance children must master the following swim skills: bobs, proper water exit, jump into water over their head, push off the bottom, turn, and grab the side of the pool (jump-push-turn-grab); float on both front and back for 10 seconds; and swim-float-swim for 15 feet without flotation. Mastering these skills is the benchmark for progressing to the next swim lesson level.

**AGE REQUIREMENT:** 3 - 7 (First Grade)

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	5:00p-5:30p
Mon	6:20p-6:50p
Mon	7:00p-7:30p
Tue	5:40p-6:10p
Tue	7:00p-7:30p
Wed	4:15p-4:45p
Wed	6:20p-6:50p
Thu	5:40p-6:10p
Thu	6:20p-6:50p
Sat	9:00a-9:30a
Sat	9:40a-10:10a
Sat	10:20a-10:50a

# AQUATICS & SWIM

## 1 WEEK SUMMER SWIM LESSONS (M-F) FEE: Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:00a-9:30a	June 3 - June 7
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 2	9:00a-9:30a	June 10 - June 14
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 3	9:00a-9:30a	June 17 - June 21
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 4	9:00a-9:30a	June 24 - June 28
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 5 *prorated \$28/M, \$49/PM	9:00a-9:30a	July 1 - July 3 (Mon, Tue, & Wed only)
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 6	9:00a-9:30a	July 8 - July 12
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 7	9:00a-9:30a	July 15 - July 19
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 8	9:00a-9:30a	July 22 - July 26
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 9	9:00a-9:30a	July 29 - Aug 2
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	
Week 10	9:00a-9:30a	Aug 5 - Aug 9
	9:40a-10:10a	
	10:20a-10:50a	
	11:00a-11:30a	

## Preschool Stage 2 Water Movement

This swim class focuses on water movement and is for the preschool swimmer who has advanced out of Stage 1 preschool swim lessons or has completed a swim evaluation. Participants learn forward movement in the water and basic water self-rescue skills. Swimmers increase their endurance and distance and learn the skill of treading water. To advance, children must master the following swim skills and demonstrate them without any assistance: jump into water over their head, push off the bottom, turn, and grab the side of the pool (jump-push-turn-grab); front and back float for 20 seconds; swim-float-swim for 15 feet front and 15 feet back glides; and tread water for 20 seconds. Mastering these skills is the benchmark for progressing to the next swim lesson level. Must have passed Preschool Stage 1 or tested with the swim director.

**AGE REQUIREMENT:** 3 - 7 (First Grade)

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	5:40p-6:10p
Tue	6:20p-6:50p
Wed	5:00p-5:30p
Wed	5:40p-6:10p
Wed	7:00p-7:30p
Thu	5:00p-5:30p
Thu	6:20p-6:50p
Sat	9:40a-10:10a
Sat	10:20a-10:50a

## 1 WEEK SUMMER SWIM LESSONS (M-F) FEE: Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:00a-9:30a	June 3 - June 7
	10:20a-10:50a	
	11:00a-11:30a	
Week 2	9:00a-9:30a	June 10 - June 14
	10:20a-10:50a	
	11:00a-11:30a	
Week 3	9:00a-9:30a	June 17 - June 21
	10:20a-10:50a	
	11:00a-11:30a	
Week 4	9:00a-9:30a	June 24 - June 28
	10:20a-10:50a	
	11:00a-11:30a	
Week 5 *prorated \$28/M, \$49/PM	9:00a-9:30a	July 1 - July 3 (Mon, Tue, & Wed only)
	10:20a-10:50a	
	11:00a-11:30a	
Week 6	9:00a-9:30a	July 8 - July 12
	10:20a-10:50a	
	11:00a-11:30a	
Week 7	9:00a-9:30a	July 15 - July 19
	10:20a-10:50a	
	11:00a-11:30a	

# AQUATICS & SWIM

WEEK	TIME	DATES
Week 8	9:00a-9:30a	July 22 - July 26
	10:20a-10:50a	
	11:00a-11:30a	
Week 9	9:00a-9:30a	July 29 - Aug 2
	10:20a-10:50a	
	11:00a-11:30a	
Week 10	9:00a-9:30a	Aug 5 - Aug 9
	10:20a-10:50a	
	11:00a-11:30a	

## Preschool Stage 3

### Water Stamina

This swim class focuses on stamina in the water and is for the preschool swimmer who has advanced out of Stage 2 preschool swim lessons or has completed a swim evaluation. Swimmers develop intermediate water self-rescue skills and increase their endurance and distance while mastering freestyle and backstroke. To advance, children must master the following swim skills; retrieve an object off the bottom of the pool, demonstrate swim-float-swim for 15 yards, jump-swim-turn-swim for 10 yards, tread water for 30 seconds, and swim freestyle and backstroke for 10 yards each. Mastering these skills is the benchmark for progressing to the next swim lesson level. Must have passed Preschool Stage 2 or tested with the swim director.

**AGE REQUIREMENT:** 3 - 7 (First Grade)

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	5:40p-6:10p
Tue	7:00p-7:30p
Wed	6:20p-6:50p
Thu	5:40p-6:10p
Sat	9:00a-9:30a

## 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:00a-9:30a	June 3 - June 7
	11:00a-11:30a	
Week 2	9:00a-9:30a	June 10 - June 14
	11:00a-11:30a	
Week 3	9:00a-9:30a	June 17 - June 21
	11:00a-11:30a	
Week 4	9:00a-9:30a	June 24 - June 28
	11:00a-11:30a	
Week 5 *prorated \$28/M, \$49/PM	9:00a-9:30a	July 1 - July 3 (Mon, Tue, & Wed only)
	11:00a-11:30a	
Week 6	9:00a-9:30a	July 8 - July 12
	11:00a-11:30a	
Week 7	9:00a-9:30a	July 15 - July 19
	11:00a-11:30a	

WEEK	TIME	DATES
Week 8	9:00a-9:30a	July 22 - July 26
	11:00a-11:30a	
Week 9	9:00a-9:30a	July 29 - Aug 2
	11:00a-11:30a	
Week 10	9:00a-9:30a	Aug 5 - Aug 9
	11:00a-11:30a	

## Preschool Stage 4

### Stroke Introduction

This swim class provides swim stroke introduction and is for the preschool swimmer who has advanced out of Stage 3 preschool swim lessons or has completed a swim evaluation. Swimmers are introduced to breaststroke, butterfly, and elementary backstroke. This swim lesson reinforces endurance and water safety through treading water and elementary backstroke. To advance, children must master the following swim skills: tread water using 2 different kicks for 1 minute, swim 15 yards each using freestyle with rhythmic breathing, backstroke, elementary backstroke, and breaststroke and butterfly for 15 yards each; and demonstrate that they can swim any stroke for 25 yards. Mastering these skills is the benchmark for progressing to the next swim lesson level. Must have passed Preschool Stage 3 or tested with the swim director.

**AGE REQUIREMENT:** 3 - 7 (First Grade)

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	5:40p-6:10p

## 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	10:20a-10:50a	June 3 - June 7
Week 2	10:20a-10:50a	June 10 - June 14
Week 3	10:20a-10:50a	June 17 - June 21
Week 4	10:20a-10:50a	June 24 - June 28
Week 5 *prorated \$28/M, \$49/PM	10:20a-10:50a	July 1 - July 3 (Mon, Tue, & Wed only)
Week 6	10:20a-10:50a	July 8 - July 12
Week 7	10:20a-10:50a	July 15 - July 19
Week 8	10:20a-10:50a	July 22 - July 26
Week 9	10:20a-10:50a	July 29 - Aug 2
Week 10	10:20a-10:50a	Aug 5 - Aug 9

# AQUATICS & SWIM

## School Age Lessons

This youth program teaches water adjustment and basic swimming skills for children 1st grade through 12 years. Children will progress through 3 levels in a student-centered program, allowing each child to progress at their own pace. Students are grouped by ability.

### School Age Stage 1

#### Water Acclimation

This swim class focuses on water acclimation and is for the beginner school-age swimmer. If you're unsure of the proper swim lesson placement for your child, please schedule a swim evaluation. In this class, swimmers learn all aspects of water safety, appropriate class behavior, listening skills, and independence in the pool. To advance, children must master the following swim skills: bobs; proper water exit; jump into water over their head, push off from the bottom, turn, and grab the side of the pool (jump-push-turn-grab); float on both front and back for 10 seconds; and swim-float-swim for 10 feet. Mastering these skills is the benchmark for progressing to the next swim lesson level.

**AGE REQUIREMENT:** 6 - 13

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	5:00p-5:30p
Tue	6:20p-6:50p
Wed	5:40p-6:10p
Thu	5:00p-5:30p
Thu	7:00p-7:30p
Sat	11:00a-11:30a

### 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:00a-9:30a	June 3 - June 7
	9:40a-10:10a	
	11:00a-11:30a	
Week 2	9:00a-9:30a	June 10 - June 14
	9:40a-10:10a	
	11:00a-11:30a	
Week 3	9:00a-9:30a	June 17 - June 21
	9:40a-10:10a	
	11:00a-11:30a	
Week 4	9:00a-9:30a	June 24 - June 28
	9:40a-10:10a	
	11:00a-11:30a	
Week 5 *prorated \$28/M, \$49/PM	9:00a-9:30a	July 1 - July 3 (Mon, Tue, & Wed only)
	9:40a-10:10a	
	11:00a-11:30a	
Week 6	9:00a-9:30a	July 8 - July 12
	9:40a-10:10a	
	11:00a-11:30a	

WEEK	TIME	DATES
Week 7	9:00a-9:30a	July 15 - July 19
	9:40a-10:10a	
	11:00a-11:30a	
Week 8	9:00a-9:30a	July 22 - July 26
	9:40a-10:10a	
	11:00a-11:30a	
Week 9	9:00a-9:30a	July 29 - Aug 2
	9:40a-10:10a	
	11:00a-11:30a	
Week 10	9:00a-9:30a	Aug 5 - Aug 9
	9:40a-10:10a	
	11:00a-11:30a	

### School Age Stage 2

#### Water Movement

This swim class focuses on water movement and is for the school-age swimmer who has advanced out of Stage 1 school-age swim lessons or has completed a swim evaluation. This class encourages forward movement in the water and basic water self-rescue skills. Swimmers increase their endurance and distance and learn the skill of treading water. To advance, children must master the following swim skill benchmarks: jump into water over their head, push off from the bottom, turn, and grab the side of the pool (jump-push-turn-grab); front and back float for 20 seconds; swim-float-swim 5 yards; front and back glides for 10 feet; and tread water for 10 seconds. Must have passed School-Age Stage 1 or tested with the swim director.

**AGE REQUIREMENT:** 6 - 13

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	6:20p-6:50p
Mon	7:00p-7:30p
Tue	5:40p-6:10p
Wed	5:40p-6:10p
Thu	5:40p-6:10p
Thu	7:00p-7:30p
Sat	10:20a-10:50a
Sat	11:00a-11:30a

### 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:00a-9:30a	June 3 - June 7
	10:20a-10:50a	
	11:00a-11:30a	
Week 2	9:00a-9:30a	June 10 - June 14
	10:20a-10:50a	
	11:00a-11:30a	
Week 3	9:00a-9:30a	June 17 - June 21
	10:20a-10:50a	
	11:00a-11:30a	

# AQUATICS & SWIM

WEEK	TIME	DATES
Week 4	9:00a-9:30a	June 24 - June 28
	10:20a-10:50a	
	11:00a-11:30a	
Week 5 *prorated \$28/M, \$49/PM	9:00a-9:30a	July 1 - July 3 (Mon, Tue, & Wed only)
	10:20a-10:50a	
	11:00a-11:30a	
Week 6	9:00a-9:30a	July 8 - July 12
	10:20a-10:50a	
	11:00a-11:30a	
Week 7	9:00a-9:30a	July 15 - July 19
	10:20a-10:50a	
	11:00a-11:30a	
Week 8	9:00a-9:30a	July 22 - July 26
	10:20a-10:50a	
	11:00a-11:30a	
Week 9	9:00a-9:30a	July 29 - Aug 2
	10:20a-10:50a	
	11:00a-11:30a	
Week 10	9:00a-9:30a	Aug 5 - Aug 9
	10:20a-10:50a	
	11:00a-11:30a	

## 1 WEEK SUMMER SWIM LESSONS (M-F) FEE: Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:40a-10:10a	June 3 - June 7
	10:20a-10:50a	
	11:00a-11:30a	
Week 2	9:40a-10:10a	June 10 - June 14
	10:20a-10:50a	
	11:00a-11:30a	
Week 3	9:40a-10:10a	June 17 - June 21
	10:20a-10:50a	
	11:00a-11:30a	
Week 4	9:40a-10:10a	June 24 - June 28
	10:20a-10:50a	
	11:00a-11:30a	
Week 5 *prorated \$28/M, \$49/PM	9:40a-10:10a	July 1 - July 3 (Mon, Tue, & Wed only)
	10:20a-10:50a	
	11:00a-11:30a	
Week 6	9:40a-10:10a	July 8 - July 12
	10:20a-10:50a	
	11:00a-11:30a	
Week 7	9:40a-10:10a	July 15 - July 19
	10:20a-10:50a	
	11:00a-11:30a	
Week 8	9:40a-10:10a	July 22 - July 26
	10:20a-10:50a	
	11:00a-11:30a	
Week 9	9:40a-10:10a	July 29 - Aug 2
	10:20a-10:50a	
	11:00a-11:30a	
Week 10	9:40a-10:10a	Aug 5 - Aug 9
	10:20a-10:50a	
	11:00a-11:30a	

## School Age Stage 3

### Water Stamina

This swim class focuses on stamina in the water and is for the school-age swimmer who has advanced out of Stage 2 school-age swim lessons or has completed a swim evaluation. Swimmers develop intermediate water self-rescue skills and increase their endurance and distance while mastering freestyle and backstroke. To advance, children must master the following swim skill benchmarks: retrieve an object from the bottom of the pool; swim-float-swim for 15 yards; jump-swim-turn-swim-grab for 10 yards; tread water for 1 minute; and swim freestyle and backstroke for 15 yards each. Must have passed School-Age Stage 2 or tested with the swim director.

**AGE REQUIREMENT:** 6 - 13

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	7:00p-7:30p
Tue	6:20p-6:50p
Tue	7:00p-7:30p
Wed	5:40p-6:10p
Thu	7:00p-7:30p
Sat	9:00a-9:30a

# AQUATICS & SWIM

## School Age Stage 4

### Stroke Introduction

This swim class provides swim stroke introduction and is for the school-age swimmer who has advanced out of Stage 3 school-age swim lessons or has completed a swim evaluation. This swim lesson reinforces endurance and water safety through treading water and elementary backstroke. Swimmers are introduced to breaststroke, butterfly, and elementary backstroke. To advance, children must master the following swim skill benchmarks: tread water using 2 different kicks for 1 minute; swim 15 yards each using freestyle with rhythmic breathing, backstroke, and elementary backstroke; breaststroke and butterfly for 15 yards each; and demonstrate that they can swim any stroke for 25 yards. Must have passed School-Age Stage 3 or tested with the swim director.

**AGE REQUIREMENT:** 6 - 13

**MONTHLY FEE:** Member: \$36 / Program Member: \$63

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	6:20p-6:50p
Tue	5:40p-6:10p
Tue	7:00p-7:30p
Wed	5:00p-5:30p
Wed	7:00p-7:30p
Thu	6:20p-6:50p
Sat	9:00a-9:30a

### 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:00a-9:30a	June 3 - June 7
	10:20a-10:50a	
Week 2	9:00a-9:30a	June 10 - June 14
	10:20a-10:50a	
Week 3	9:00a-9:30a	June 17 - June 21
	10:20a-10:50a	
Week 4	9:00a-9:30a	June 24 - June 28
	10:20a-10:50a	
Week 5 *prorated \$28/M, \$49/PM	9:00a-9:30a	July 1 - July 3 (Mon, Tue, & Wed only)
	10:20a-10:50a	
Week 6	9:00a-9:30a	July 8 - July 12
	10:20a-10:50a	
Week 7	9:00a-9:30a	July 15 - July 19
	10:20a-10:50a	
Week 8	9:00a-9:30a	July 22 - July 26
	10:20a-10:50a	
Week 9	9:00a-9:30a	July 29 - Aug 2
	10:20a-10:50a	
Week 10	9:00a-9:30a	Aug 5 - Aug 9
	10:20a-10:50a	

## School Age Stage 5

### Stroke Development

This swim class provides swim stroke development and is for the school-age swimmer who has advanced out of Stage 4 school-age swim lessons or has completed a swim evaluation. Swimmers are refining freestyle, backstroke, breaststroke, butterfly, and elementary backstroke. To advance, children must master the following swim skill benchmarks: tread water using 2 different kicks for 90 seconds; breaststroke and butterfly for 25 yards each; and swim for 50 yards with any combination of swim strokes. Must have passed School-Age Stage 4 or tested with the swim director.

**AGE REQUIREMENT:** 6 - 13

**MONTHLY FEE:** Member: \$48 / Program Member: \$84

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	6:20p-7:00p
Wed	7:05p-7:45p

### 1 WEEK SUMMER SWIM LESSONS (M-F)

**FEE:** Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:40a-10:10a	June 3 - June 7
Week 2	9:40a-10:10a	June 10 - June 14
Week 3	9:40a-10:10a	June 17 - June 21
Week 4	9:40a-10:10a	June 24 - June 28
Week 5 *prorated \$28/M, \$49/PM	9:40a-10:10a	July 1 - July 3 (Mon, Tue, & Wed)
Week 6	9:40a-10:10a	July 8 - July 12
Week 7	9:40a-10:10a	July 15 - July 19
Week 8	9:40a-10:10a	July 22 - July 26
Week 9	9:40a-10:10a	July 29 - Aug 2
Week 10	9:40a-10:10a	Aug 5 - Aug 9

## School Age Stage 6

### Stroke Mechanics

Who has advanced out of Stage 5 school-age swim lessons or has completed a swim evaluation. This swim class refines stroke techniques on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Flip and open turns are introduced. To advance, children must master the following swim skill benchmarks: tread water for 2 minutes; swim freestyle 100 yards, swim backstroke or elementary backstroke 100 yards; swim breaststroke and butterfly for 50 yards each. After completion of this course, swimmers are invited to explore our other aquatic programs to further their swimming careers. Must have passed School-Age Stage 5 or tested with the swim director.

**AGE REQUIREMENT:** 6 - 13

**MONTHLY FEE:** Member: \$48 / Program Member: \$84

**LOCATION:** Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Mon	7:05p-7:45p
Wed	6:20p-7:00p

# AQUATICS & SWIM

## 1 WEEK SUMMER SWIM LESSONS (M-F)

FEE: Member: \$46 / Program Member: \$81

WEEK	TIME	DATES
Week 1	9:40a-10:10a	June 3 - June 7
Week 2	9:40a-10:10a	June 10 - June 14
Week 3	9:40a-10:10a	June 17 - June 21
Week 4	9:40a-10:10a	June 24 - June 28
Week 5 *prorated \$28/M, \$49/PM	9:40a-10:10a	July 1 - July 3 (Mon, Tue, & Wed)
Week 6	9:40a-10:10a	July 8 - July 12
Week 7	9:40a-10:10a	July 15 - July 19
Week 8	9:40a-10:10a	July 22 - July 26
Week 9	9:40a-10:10a	July 29 - Aug 2
Week 10	9:40a-10:10a	Aug 5 - Aug 9

## Adult & Teen Swim Lessons

### Adult Swim Lessons

Adult swim lessons are an opportunity for older teens and adults to learn to swim in a smaller class setting. You'll learn to swim at your own pace, so you can advance from basic swimming skills to more advanced swimming skills during this swim instruction. We do not offer make-up lessons.

AGE REQUIREMENT: 13 & up

MONTHLY FEE: Member: \$36 / Program Member: \$63

LOCATION: Countryside YMCA | Lebanon - Competition Pool

DAY	LEVEL	TIME
Sun	Adult Advanced	3:40p-4:10p
Sun	Adult Intermediate	4:15p-4:45p
Sun	Adult Beginner	4:50p-5:20p

## Specialty & Private Lessons

### Sea Turtles

Sea Turtles is the name of our unique swim lesson program designed for swimmers with special needs. One certified swim instructor will work with swimmers with special needs for a 30-minute private lesson. These swim lessons are a good way to help special needs swimmers focus on a particular swim skill, or to help them overcome a fear of the water. All Sea Turtle swim lessons are held on Sundays between 12:00p and 5:00p. After registration, the Swim Lessons Coordinator will contact you via the phone number listed on your membership to schedule your time slot. You can contact the Swim Lessons Coordinator at 513 932 1424 x243 or via email at Kathy.Petersen@ymcastaff.org to learn more.

AGE REQUIREMENT: 3 & up

MONTHLY FEE: Member: \$145 / Program Member: \$222

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Sun	12:00p-5:00p

## Friends & Family Group Private Swim Lessons

We have blocked out time in the Instructional Pool Monday and Wednesday for private lessons for up to 3 family members. You'll receive 4 30-minute private lessons. With limited pool space there will be no make up classes. Pay for 4 lessons it is like getting 1 free. PLEASE DO NOT SHOW UP MORE THAN 10 MINUTES BEFORE CLASS.

AGE REQUIREMENT: 3 & up

MONTHLY FEE: Member: \$145 / Program Member: \$222

LOCATION: Countryside YMCA | Lebanon - Competition Pool

DAY	TIME
Mon	4:00p-4:30p
Mon	4:30p-5:00p

## Sunday Block Private Swim Lessons

This series of four private swim lessons allows the participant to work at a personalized level to achieve swim goals. Block private swim lessons are thirty minutes each. Participants pay for three classes and the fourth class is free. You cannot make up or reschedule any missed block swim lessons. These swim lessons are a good way to help swimmers focus on a particular swim skill, or to help overcome a fear of the water. After registration, the Swim Lessons Coordinator will contact you via the phone number listed on your membership to schedule your instructor and time slot. You can contact the Private Swim Lessons Coordinator at 513 932 1424 x243 or via email at Kathy.Petersen@ymcastaff.org to learn more.

AGE REQUIREMENT: 3 & up

MONTHLY FEE: Member: \$145 / Program Member: \$222

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

DAY	TIME
Sun	12:10p-1:55p
Sun	2:30p-4:15p

## Summer Weekly Block Private Swim Lessons

We have blocked time in the Competition/Instructional Pools Monday-Thursdays. With these private lessons you will receive 4 30-minute lessons. These lessons are like paying for 3 getting 1 free. We do not offer make ups for a missed private lesson. If you have questions please call 513 932 1424 ext 243 or email karla.toye@ymcastaff.org.

AGE REQUIREMENT: 3 & up

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

## 1 WEEK SUMMER SWIM LESSONS (MONDAY-THURSDAY)

FEE: Member: \$145 / Program Member: \$222

WEEK	TIME	DATES
Week 1	11:35a-12:05p	June 3 - June 6
	12:10p-12:40p	
	12:45p-1:15p	

# AQUATICS & SWIM

WEEK	TIME	DATES
Week 2	11:35a-12:05p	June 10 - June 13
	12:10p-12:40p	
	12:45p-1:15p	
Week 3	11:35a-12:05p	June 17 - June 20
	12:10p-12:40p	
	12:45p-1:15p	
Week 4	11:35a-12:05p	June 24 - June 27
	12:10p-12:40p	
	12:45p-1:15p	
Week 5 *prorated \$109/M, \$167/PM	11:35a-12:05p	July 1 - July 3 (Mon, Tue, & Wed only)
	12:10p-12:40p	
	12:45p-1:15p	
Week 6	11:35a-12:05p	July 8 - July 11
	12:10p-12:40p	
	12:45p-1:15p	
Week 7	11:35a-12:05p	July 15 - July 18
	12:10p-12:40p	
	12:45p-1:15p	
Week 8	11:35a-12:05p	July 22 - July 25
	12:10p-12:40p	
	12:45p-1:15p	
Week 9	11:35a-12:05p	July 29 - Aug 1
	12:10p-12:40p	
	12:45p-1:15p	
Week 10	11:35a-12:05p	Aug 5 - Aug 8
	12:10p-12:40p	
	12:45p-1:15p	

## Springboard Diving

### Springboard Diving

Participants learn 1-meter diving board skills including how to use the diving board safely and beginner competitive dives. Participants must have at least Stage 3 Water Stamina level swimming skills, be comfortable in deep water, and be able to swim 25 yards.

Masters Diving is for adults 18 years or older and have graduated from High School. This is for those former high school or college competitive divers who wishes to continue diving or start this sport again. Your experience does not need to be recent.

Contact Kathy Petersen at 513 932 1424 ext 243 or at [kathy.petersen@ymcastaff.org](mailto:kathy.petersen@ymcastaff.org) to learn more and sign up.

**AGE REQUIREMENT:** 5 & up

**FEE:** Member: \$65/month / Program Member: \$95/month

**LOCATION:** Countryside YMCA | Lebanon - Competition Pool

LEVEL	DAY	TIME
Beginner	Sun	12:00p-1:00p
Intermediate	Sun	1:00p-2:00p
Masters	Sun	2:00p-3:00p

## Swim Team

The Countryside YMCA Torpedo Swim Team serves the youth in the area through a competitive swim program dedicated to Christian ideals and excellence. The swim team is a family-oriented organization committed to a well-constructed and well-executed program in which athletes can excel, both in and out of the water. The swim team facilitates a positive, supportive environment for swimmers who compete in the sport of swimming. Through our Junior(10&under), Age Group(11-14) and Senior(15-18) swimming programs we provide year-round training and a training group for the novice competitor to the elite levels of competitive swimming. For more information, contact Brett Burns at [Brett.Burns@ymcastaff.org](mailto:Brett.Burns@ymcastaff.org)

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 6 - 18



**COUNTRYSIDE YMCA**  
**Torpedoes**

## Swim Team Placements

Please call 513 932 1424 ext 117 or email Brett Burns at [Brett.Burns@ymcastaff.org](mailto:Brett.Burns@ymcastaff.org) to schedule a time.

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 6 - 18

## PreCompetitive Torpedoes

Precompetitive Torpedoes - This program is a bridge for individuals between swim lessons and our competitive program using elements of both programs. Participants will gain a basic understanding of swim team working on stroke mechanics, racing starts, turns, pace clock reading, and many other swim team activities. Prerequisites: Swimmer must be 6 years of age, swim at or beyond Stage 3 swim lessons, or be able to swim 25 yards on front with rotary breathing, 25 yards of backstroke, have a working knowledge of breaststroke, and butterfly. Try-outs are required to be on the team. Tryout dates are March 19th and April 11th. Email [Krista.Montgomery@ymcastaff.org](mailto:Krista.Montgomery@ymcastaff.org)

**AGE REQUIREMENT:** 6 - 14

**SPRING/SUMMER SEASON FEE:** Member: \$250

**LOCATION:** Countryside YMCA | Lebanon - Competition Pool

**TRY OUTS MARCH 19 & APRIL 11 7:00P-7:30P**

DAY	DATES	TIME
Tue/Thu	April 23 - July 18	5:45p-7:00p



# CREATIVE ARTS

## Monthly Reoccurring Classes

You will not have to register your child every month. You can sign your child up for a class and they will stay in that class. If at any time you wish to cancel registration you will fill out a cancellation form by the 20th of the month. Your child's enrollment will then expire at the end of that month.

## Arts & Crafts Hands On: Kids Art!

Using a variety of fun, tactile materials, this class offers developmentally appropriate, expressive art projects for children. As each child learns new artistic techniques, they access their own creativity while crafting different ways of seeing the world around them. This class encourages self confidence and individuality so that children will take pride in their own work and find inspiration from the work of others.

**LOCATION:** Countryside YMCA | Lebanon - Crafts/Kitchen

DAY	TIME	AGES	FEE
Mon	5:15p-6:00p	5-8 years old	\$45/\$60

## Cooking Cooking: Creative Cooking

Children love to help in the kitchen and this class teaches them basic cooking skills and terms. Terri creates a fun and educational environment making soups, pizza, cookies, and much more!

**LOCATION:** Countryside YMCA | Lebanon - Crafts/Kitchen

**AGE REQUIREMENT:** 3 - 6

**FEE:** Member: \$50 / Program Member: \$65

DAY	TIME
Thu	5:15p-6:15p

## Cooking: Kids Cooking

Kids will have so much fun learning basic cooking skills in this fun age appropriate cooking class.

**LOCATION:** Countryside YMCA | Lebanon - Crafts/Kitchen

**AGE REQUIREMENT:** 6 - 9

**MONTHLY FEE:** Member: \$60 / Program Member: \$75

DAY	TIME
Wed	5:00p-6:00p

## Cooking: Tween Baking

Tweens will have fun learning to bake a variety of different yummy desserts. They will bake cakes, cupcakes, donuts, pies, and much more. Tweens will get to be creative while decorating their delicious treats.

**LOCATION:** Countryside YMCA | Lebanon - Crafts/Kitchen

**AGE REQUIREMENT:** 9 - 15

**MONTHLY FEE:** Member: \$60 / Program Member: \$75

DAY	TIME
Wed	6:15p-7:45p

## Dance

Summer dance classes are a great time to start dance, or continue on to work on building strength and skills. Class levels may be combined due to registrations. Please contact Jaime Spurlock with any programming questions at [jaime.spurlock@ymcastaff.org](mailto:jaime.spurlock@ymcastaff.org) or 513-932-1424 ext 226.

## Ballet: Pre-Ballet 1

Start learning ballet off right! This class will introduce ballet and creative movement through age-appropriate terms and fun activities. This class starts with a ballet book and ends with 5 mins of free dance.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Studio

**AGE REQUIREMENT:** 3 - 4

**MONTHLY FEE:** Member: \$45 / Program Member: \$60

DAY	TIME
Thu	6:20p-6:50p
Sat	10:00a-10:30a

## Ballet: Pre-Ballet 2

This class is for younger school-aged children, introducing and building ballet terms and knowledge, while working on strength, turn-out and flexibility. This class starts work on the barre, and ends with 5 mins of free dance.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Studio

**AGE REQUIREMENT:** 5 - 7

**MONTHLY FEE:** Member: \$50 / Program Member: \$65

DAY	TIME
Thu	5:30p-6:15p
Sat	9:15a-10:00a

# CREATIVE ARTS

## Ballet: Classical Ballet 1&2

This class is for older school-aged children, introducing and building ballet terms and knowledge, while working on strength, turn-out and flexibility. This class does work on the barre, and ends with 5 mins of free dance. This class is combined levels 1&2 for the summer.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Studio

**AGE REQUIREMENT:** 7 - 18

**MONTHLY FEE:** Member: \$55 / Program Member: \$70

DAY	TIME
Thu	6:50p-7:50p
Sat	10:35a-11:35a

## Clogging

Clogging is "called" much like square dancing is, so you don't have to memorize dance routines - you learn lots of individual steps like the Outhouse, the Turkey, the Cowboy, and the Rocking Chair, and when the music starts, you listen to the caller, and voila! Learn a whole new dance in a few short minutes! Line dancing, and Zumba, move over - clogging is the next level of fun! (Wear tap shoes, jingle-tap clogging shoes, or smooth-soled shoes that don't grip the floor.

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 4 & up

LEVEL	AGES	DAY	TIME	LOCATION	FEE
Beginner	4 & up	Tue	4:45p-5:15p	Lower Level Studio	\$25/\$35
Intermediate	6 & up	Tue	5:15p-6:15p	Lower Level Studio	\$30/\$40
Intermediate & Advanced	6 & up	Mon	7:50p-8:50p	Lower Level Studio	\$30/\$40

## Tap 1

Tap gives dancers the amazing opportunity to be musicians and dancers at the same time. Pulling steps from Broadway gives our tappers a more modern class, while honing classic steps to improve confidence and skill.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Studio

**AGE REQUIREMENT:** 7 - 15

**MONTHLY FEE:** Member: \$45 / Program Member: \$55

CLASS	DAY	TIME
Tap 1	Tue	7:30p-8:15p

## HipPOP!

Hip Hop? How about HipPOP! Blending old school hip hop styles and new more contemporary dance moves and music, our HipPOP! classes are fun, high energy and a great place to improv. Our dancers get to infuse their personality into their dances, freeing them to enjoy class and learning HipPOP!

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Studio

**AGE REQUIREMENT:** 7 - 15

**MONTHLY FEE:** Member: \$55 / Program Member: \$70

CLASS	DAY	TIME
HipPOP	Tue	6:30p-7:15p

## Music

### Private Piano Lessons

Work one-on-one with our piano teachers to develop your piano skills! Whether you're a beginner looking to learn how to play or an experienced player who wants to refine their skill, you'll work together with your teacher to set and accomplish your goals. Please place the student on our waitlist. Once a spot opens up we will work off of the waiting list.

**LOCATION:** Countryside YMCA | Lebanon - Music Lessons Room

**AGE REQUIREMENT:** 5 & up

**FEE:** Member: \$95 / Program Member: \$125

**Schedule with instructor call 513 932 1424 ext 226**

## Pottery

Thank you for your interest in our pottery classes. We ask that you pick up your pieces in a timely manner. Any pieces left after 6 weeks will be considered the property of the Countryside YMCA and may no longer be available to pickup.

### Pottery for Kids

This pottery class is for children ages 6 and up. Using hand-building techniques, our instructor will help guide pottery students in learning how to work with clay.

**LOCATION:** Countryside YMCA | Lebanon - Pottery Room

**AGE REQUIREMENT:** 6 - 15

**MONTHLY FEE:** Member: \$60 / Program Member: \$80

DAY	TIME
Wed	4:45p-6:15p
Thu	4:45p-6:15p
Sat	9:00a-10:30a

# CREATIVE ARTS

## Pottery for Tweens

Using hand-building techniques, our instructor will help guide pottery students in learning how to work with clay.

**LOCATION:** Countryside YMCA | Lebanon - Pottery Room

**AGE REQUIREMENT:** 8 - 16

**MONTHLY FEE:** Member: \$60 / Program Member: \$80

DAY	TIME
Mon	6:00p-7:30p

## Wheel Pottery For Kids & Adults

This pottery class will focus on working clay on the wheel to make cups, bowls and vases...Or whatever you wish to make! Adult (18+) registration in this class will include access to our Adult Pottery Studio Time, Weds 8:00p-9:00p. Daytime classes will be prorated during pottery camp weeks.

**LOCATION:** Countryside YMCA | Lebanon - Pottery Room

**AGE REQUIREMENT:** 10 & up

**MONTHLY FEE:** Member: \$75 / Program Member: \$100

DAY	TIME
Tue	9:30a-11:00a
Tue	5:30p-7:00p
Wed	6:30p-8:00p

## Handbuilding Pottery

This pottery class will focus on working clay with the hands and not using the wheel. Adults 18+. Daytime classes will be prorated during pottery camp weeks.

**LOCATION:** Countryside YMCA | Lebanon - Pottery Room

**AGE REQUIREMENT:** 18 & up

**MONTHLY FEE:** Member: \$60 / Program Member: \$80

DAY	TIME
Thu	10:00a-11:30a

## Table Top Activities

### LEGO Clubs

LEGO Club is an enjoyable peer activity that stimulates and develops spatial intelligence. Weekly themes will guide instruction as we work to create masterpieces with our own imaginations. Classes may be combined due to registration.

**LOCATION:** Countryside YMCA | Lebanon - Crafts/Kitchen

**AGE REQUIREMENT:** 6 - 10

**MONTHLY FEE:** Member: \$30 / Program Member: \$40

LEVEL	DAY	TIME
LEGO Club	Sat	9:25a-10:10a
LEGO Club	Sat	10:15a-11:00a



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# KIDS IN THE KITCHEN

**AGES 3-7**

**WEDNESDAY, AUGUST 21ST @ 10:30AM – 12:00PM**

Do you like to play tic-tac-toe? Well, this time is Tic-Tac- TACO! Calling all taco lovers for Tic Tax Taco Time! Whether you like your tacos spicy and hot or crunchy or soft, this one is for you! In this workshop, we will be making walking tacos and dirt-y dessert while learning some basic cooking skills. Students will practice their counting, use several cooking utensils, practice measuring and learn basic cooking terms. This hands-on learning yields a tasty lunch and fun memory. So come and bring friend and join us for tasty tacos and dessert. Storytime included, ages 3-7.

**Members: \$20      Non-Members: \$25**



Contact: Jaime Spurlock  
513-932-1424 ext. 226  
jaime.spurlock@ymcastaff.org

**COUNTRYSIDE YMCA**

1699 Deerfield Rd | 513.932.1424 | countrysidelymca.org

## Health & Safety Safe Sitter®

Safe Sitter is a nationally-recognized program that gives kids ages 11-16 the skills and knowledge needed to safely care for children infants through school age. In this 1-day workshop, participants will learn choking rescue skills, how to handle life-threatening emergencies, how to keep themselves safe, when and how to call for help, and child development knowledge to help them become a safer and better sitter. Registration fee includes the Safe Sitter workbook.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Board Room

**AGE REQUIREMENT:** 11 - 16

**FEE:** Member/Program Member/Non-Member: \$115

DAY	DATE	TIME
Sat	June 15	8:00a- 1:30p
Sat	August 24	8:00a- 1:30p

**NEW SAFE SITTER CLASSES OFFERED AT COUNTRYSIDE YMCA LANDEN SATURDAY JULY 14TH, 12:30PM-6:00PM. SEE PAGE 44 FOR MORE INFO**

## YMCA Lifeguard Certification

In this YMCA Lifeguard program, participants can earn certification in lifeguarding, CPR, first aid, and oxygen administration. Paying for this class does not guarantee certification. There will be a physical competency swim test on the first day of class, made up of 3 phases. If the student cannot pass one of the 3 phases, they will be asked to leave the class and a prorated refund will be given. The student may also apply at another class time if they feel they have mastered the 3 phases. Must attend all classes.

**LOCATION:** Countryside YMCA | Lebanon - Aquatic Training Room

**AGE REQUIREMENT:** 15 & up

Contact **Tony DiMario** at 513 932 1424 ext 116

We will have several classes this Spring & Summer. Scan the QR Code below to complete an interest form to learn more about open lifeguard positions this summer & upcoming certification classes or check our website [countrysideymca.org](http://countrysideymca.org) for details & registration.





# GET PAID TO PLAY COUNTRYSIDE YMCA

## Lifeguard

**Ages 15+**

YMCA-certified lifeguards are physically trained, mentally alert, and have the maturity to safely guard a pool. Fun work environment, flexible schedule, and free Y membership! Keep guests safe, maintain skills to be ready to act quickly, and respond during emergency situations.



## Gymnastics/Ninja Instructor

**Ages 15+**

As a Gymnastics and Ninja Instructor, you are responsible for providing a fun & engaging environment for children while displaying a positive attitude that encourages children's self-esteem.



## Camp Counselor

**Ages 16 +**

Energetic, enthusiastic, and creative counselors promote positive character values in a caring environment while leading youth activities such as arts & crafts, games, sports, and swimming. Enjoy your summer being outside, with nights and weekends off.



# COUNTRYSIDE YMCA

1699 Deerfield Rd | 513.932.1424 | [countrysideymca.org](http://countrysideymca.org)



# GYMNASTICS

## Monthly Reoccurring Classes

You will not have to register your child every month. You can sign your child up for a class and they will stay in that class until your child is moved up to the next class. If at any time you wish to cancel registration you will fill out a cancellation form by the 20th of the month. Your child's enrollment will then expire at the end of that month.

Classes are separated by age and ability. Youth who participate in gymnastics experience:

- » Increased coordination skills
- » Better flexibility
- » Development of strength
- » Sharpened motor skills
- » Self esteem and confidence
- » Improved social interaction
- » Better listening skills
- » Attention to detail
- » Learning the fundamentals of movement



Gymnastics training provides an excellent foundation in physical fitness, emphasizing the development of strength, flexibility, and coordination. Students develop self-discipline, self-confidence, and enthusiasm as well as gymnastics skills.

**FOR ALL GYMNASTICS PROGRAMS, PLEASE WEAR A LEOTARD OR ELASTIC WAIST SHORTS WITH A T-SHIRT (NO ZIPPERS, BELTS, BUCKLES, SKIRTS OR JEAN SHORTS). NO JEWELRY EXCEPT POST EARRINGS.**

## Parent & Child

### Toddler Time (Strong Walkers)

Toddlers will develop a greater understanding of "self" and experience feelings of independence! They are ready to learn problem solving and perform on their own through group activities. Toddlers can explore and observe with a focus on locomotor skills, jumping off raised platforms onto their feet, and creative movement challenges. Adult must attend class with the child.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center  
**AGE REQUIREMENT:** 1 year

**MONTHLY FEE:** Member: \$41 / Program Member: \$59

DAY	TIME
Sat	10:15a-10:45a

## Mat Rats

Bring your child and burn off some energy in a positive, safe environment while building a foundation for all future gymnastics programs. An introduction to basic tumbling skills for your child, spotting techniques and vocabulary for parents. Your child will build strength, spatial awareness, balance, overall body coordination and self confidence. Ages 24-35 months. Adult must attend class with the child.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 2 years

**MONTHLY FEE:** Member: \$48 / Program Member: \$69

DAY	TIME
Sat	10:50a-11:35a

## Preschool

The YMCA preschool gymnastics program will provide a fun, safe environment for children ages 3-6 years to learn and explore all gymnastics equipment: floor, bars, beam, and vault. Each class emphasizes gymnastic skills like balance, strength, spatial awareness, and flexibility. For these younger budding gymnasts, we make sure the classes are also high-energy, fun, and age specific.

## Weebles

This is an introduction to all gymnastics equipment. The emphasis is on preschool gymnasts exploring and having fun in a structured atmosphere. Must be potty trained: no pull-ups, please.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 3 years

**MONTHLY FEE:** Member: \$48 / Program Member: \$69

DAY	TIME
Tue	4:30p-5:15p
Thu	5:20p-6:05p
Thu	7:00p-7:45p
Sat	9:15a-10:00a

## Tumbleweeds

Preschool gymnasts will work on basic gymnastics and tumbling skills such as rolls & flexibility, along with cartwheels as they are ready. Good form will be stressed on the vault, beam, floor, and bars for preschool age gymnasts.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 4 years

**MONTHLY FEE:** Member: \$48 / Program Member: \$69

DAY	TIME
Tue	5:20p-6:05p
Thu	4:30p-5:15p
Sat	10:05a-10:50a

# GYMNASTICS

## Tiny Rollers

Preschool gymnasts build on the skills they learned in Tumbleweeds. Preschool gymnasts will work on cartwheels, bridges, backbends, and handstands on floor. New skills will be introduced on vault, balance beam, floor, and bars. Emphasis is on technique and form.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 5 years

**MONTHLY FEE:** Member: \$48 / Program Member: \$69

DAY	TIME
Tue	6:10p-6:55p
Thu	6:10p-6:55p
Sat	10:55a-11:40a

## Recreational

Gymnastics training provides an excellent foundation in physical fitness emphasizing the development of strength, flexibility, coordination and sharpened motor skills while also learning the fundamentals of movement. All gymnasts will grow at their individual pace with encouragement and positive reinforcement from YMCA experienced teaching staff. Besides gymnastic skills, gymnasts in the YMCA program gain self-esteem and confidence, better listening skills, attention to detail, and friendship.

## Beginner 1 Gymnastics

Beginner gymnasts will work on rolls, cartwheels, bridges and handstands on floor. Bar work includes front supports, forward roll dismount, and proper swing techniques. Beam will work on basic balance skills. Vaulting includes running techniques and spring board approach with proper body form and safety on all equipment.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 6 - 14 years

**MONTHLY FEE:** Member: \$53 / Program Member: \$76

DAY	TIME
Tue	4:30p-5:30p
Tue	5:35p-6:35p
Tue	6:40p-7:40p
Thu	4:30p-5:30p
Thu	5:35p-6:35p
Thu	6:40p-7:40p
Sat	9:00a-10:00a

## Beginner 2 Gymnastics

Gymnasts will build on all Beginner 1 gymnastics skills, increasing skill difficulty on all equipment. Floor skills will include backbends, kick overs, and round-offs. Bar work includes pullovers and casts. Teacher approval and Mastery of Beginner 1 gymnastics required to participate at this level.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 6 - 14 years

**MONTHLY FEE:** Member: \$53 / Program Member: \$76

DAY	TIME
Tue	4:30p-5:30p
Tue	5:35p-6:35p
Thu	4:30p-5:30p
Thu	5:35p-6:35p
Sat	10:05a-11:05a

## Intermediate Gymnastics

Increased skill difficulties in all areas. Gymnasts are required to demonstrate a pull over and back hip circle on bars. Teacher approval and mastery of Beginner 2 Gymnastics required to participate at this level.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 6 - 14 years

**MONTHLY FEE:** Member: \$78 / Program Member: \$111

DAY	TIME
Tue	6:40p-8:10p
Thu	6:40p-8:10p
Sat	9:00a-10:30a

## Tumbling

### Tumbling 1

Learn and improve level 1 tumbling techniques for cartwheels, handstands, forward & backward rolls, round-off with rebound, and backbends. All gymnasts will grow at their individual pace with appropriate skills taught to the gymnast by our experienced staff.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 6 - 14 years

**MONTHLY FEE:** Member: \$53 / Program Member: \$76

DAY	TIME
Tue	5:00p-6:00p



# GYMNASTICS

## Tumbling 2

Learn and improve level 2 tumbling techniques for limbers, backbend kick overs, walkovers, back handspring drills, and more. All gymnasts will grow at their individual pace with appropriate skills taught to the gymnast by our experienced staff. Mastery of Tumbling 1 skills is required before taking this level.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 6 - 14 years

**MONTHLY FEE:** Member: \$53 / Program Member: \$76

DAY	TIME
Tue	6:05p-7:05p

## Tumbling 3

Learn and improve tumbling techniques for back handsprings, round off back handsprings, tucks, and more. Mastery of tumbling 2 skills is required before taking this level.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 6 - 16 years

**MONTHLY FEE:** Member: \$53 / Program Member: \$76

DAY	TIME
Tue	7:10p-8:10p

## Specialty & Private Lessons Gymnastics Evaluation

For those who don't know what the appropriate class would be for their child we do offer evaluations. Please call the gymnastics office at 513-932-1424 EXT 104 to schedule an evaluation.

## Private Lessons

Students may take private lessons on an individual basis by scheduling with an instructor. Your lessons will focus on learning and improving any gymnastic technique or skill. To schedule a 30 minute lesson, call 513 932 1424 x136. Note: Adult must remain present in the gym during private appointments. Prices are per lesson.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 6 - 18 years

TYPE	AGES	DAYS	FEE
Gymnastics	6 & up	Varies	\$33/\$47
Ninja	6 & up	Varies	\$33/\$47

## Specialty Gymnastics Private Lessons

Gymnasts can get their competitive routines choreographed by experienced choreographers. Please allow approximately 1.5 hours for appointment, though depending on the length of the routine, it may take more or less time. Adult must remain present in the gym during private appointments. Prices are per lesson.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 7 & up

TYPE	DAYS	FEE
Choreography - Beam	Varies	\$44
Choreography - Floor	Varies	\$122

## Ninja Warrior Ninja Warrior

Our Ninja program is a fun, fast moving, athletic training program which is designed to develop participants strength, coordination, balance, speed, and power as well as their self-confidence. We utilize speed training equipment and drills, plyometric training, and body weight strength training to prepare the athletes, of all abilities, for obstacle courses set up in the gym. Real Life Ninja Equipment features Ninja Warrior obstacles like the 14ft warped wall and salmon ladder.

**LOCATION:** Countryside YMCA | Lebanon - Gymnastics Center

**AGE REQUIREMENT:** 6 & up

AGE	DAY	TIME	MONTHLY FEE
Little Ninjas: Coed 5-6 years	Tue	5:00p-5:45p	\$53/\$75
	Sat	9:15a-10:00a	\$53/\$75
Ninja Kid: Coed 7-9 years	Tue	5:50p-6:50p	\$70/\$100
	Thu	6:15p-7:15p	\$70/\$100
Ninja Warrior: Coed 10+ years	Thu	7:20p-8:20p	\$70/\$100

## Competitive Team

Countryside YMCA's Competitive Team Program provides gymnasts the opportunity to take their gymnastic experience to a competitive level. The goal of this program is for every gymnast to reach their individual potential through competitive gymnastics. The team competes at local, state, regional, and national levels. The gymnasts range in age from 6-18. The team follows the USA Gymnastics Development Program. Participation is open to members only.

For more information, contact Khea Jones via email at [khea.jones@ymcastaff.org](mailto:khea.jones@ymcastaff.org) or via phone at 513 932 1424 x 136.

# HEALTH & FITNESS

## Fitness Orientation

A member coach will introduce you to our strength and cardiovascular equipment whether in the Starter Fitness Center or Cardio Strength Center – member will be shown proper use of strength and cardio equipment. Free InBody compositions included during orientation. Individual orientations are by appointment only – schedule today by stopping by the Member Coaching office or calling 513 932 1424 ext 185.

**FREE: Members Only**

## Body Composition

Our InBody device uses a method called Bioelectrical Impedance to measure body composition, which divides your weight into different components, such as lean body mass and fat mass, to assess your health and help guide interventions. The test will be conducted in private. One-time test are by appointment only. You can schedule your appointment by stopping by the CSC desk or by calling 513 932 1424 ext 175.

**FEE: 1 Time Test Members: \$24 / Non-Members \$61  
Lifetime Test: \$94 (Members Only)**

## Personal Training

Looking for greater results or need additional motivation? A certified YMCA Personal Trainer can coach you to new levels of fitness. Please sign up for Personal Training using the tear off form or by calling 513 932 1424 ext 163. Training sessions are offered in ½ hour sessions.

**CANCELLATION POLICY:** A client may cancel directly with the trainer without penalty by giving 2 hours notice. If notice is not given within 2-hour period, the client will be charged for the session.

## One-on-One Training

Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

Package	Price for Members	Price per half hour
2 session package	\$56	\$28.00
6 session package	\$152	\$25.33
10 session package	\$239	\$23.90
20 session package	\$415	\$20.75
30 session package	\$568	\$18.93
40 session package	\$755	\$18.88

**POLICIES:** The Fitness Center can be used by teens ages 15 and older and adults. Those ages 7-14 may also use the StarterFitness Center when accompanied by an adult. Gym shoes or workout shoes required. (No sandals or open toed shoes.) Wear fitness appropriate attire. (No jeans or belts.) There is a 30-minute limit on all cardio equipment. Towels are provided to wipe off equipment. Only Countryside YMCA personal trainers can work as personal trainers in the facility. Personal Training appointments are scheduled individually with the personal trainer. Required 2-hour notification prior to appointment cancellation. Failure to give notice will result in loss of that session. Misuse of equipment will result in suspension of Fitness Center

## Group Fitness

### AO (All Out) HIIT

High volume isolated weight lifting designed to build muscle and burn fat.

**LOCATION:** Countryside YMCA | Lebanon – Studio 1

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Tue	9:15a-10:15a
Tue	6:00p-6:50p

## Barre

Isometric strength training using ballet barre and yoga mat to develop lean muscles and sculpt and strengthen your entire body.

**LOCATION:** Countryside YMCA | Lebanon – Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Thu	10:30a-11:30a
Fri	10:30a-11:30a

## Boxing Fitness

HIIT Training with a kickboxing twist including a workout that changes everyday. Whether you've never thrown a punch, or you've been boxing for years, this full-body kickboxing circuit workout is fit for you.

**LOCATION:** Countryside YMCA | Lebanon – Studio 3

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$24/month

DAY	TIME
Tue	10:30a-11:00a
Thu	10:30a-11:00a



# HEALTH & FITNESS

## Cardio Core

Use the stability ball to tone and strengthen the whole body. Increase core strength for better balance and stability. Added cardio will strengthen the heart and lungs, and burn more calories.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Tue	5:15a-6:00a
Fri	5:15a-6:00a

## Cardio Kickbox Strength

High energy advanced class that combines aerobic kickboxing moves, balance work, weights and intense drills.

**LOCATION:** Countryside YMCA | Lebanon - Studio 1

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Thu	9:15a-10:15a
Thu	6:00p-6:50p

## Core De Force

Empowering, core focused workout inspired by mixed martial arts. Contains combinations broken into 3-minute rounds of punches, kicks and jabs. Incorporates body weight moves for resistance training and cardio spikes for high intensity calorie burn.

**LOCATION:** Countryside YMCA | Lebanon - Studio 1

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	5:30p-6:15p

## Cross Training

Combines cardio, strength training, plyometric exercises and stretching for a well-rounded workout.

**LOCATION:** Countryside YMCA | Lebanon - Studio 1

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	9:15a-10:05a
Wed	9:15a-10:05a
Fri	9:15a-10:05a

## Cycle Spin

Improve cardiovascular endurance and strength with varying intensity levels achieved by increasing or decreasing tension and speed.

**LOCATION:** Countryside YMCA | Lebanon - Studio 3

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Mon	5:15a-6:00a
Mon	9:15a-10:00a
Mon	6:30p-7:15p
Tue	9:15a-10:00a
Tue	6:00p-6:45p
Wed	5:15a-6:00a
Thu	9:15a-10:00a
Thu	6:00p-6:45p
Fri	9:15a-10:00a
Sat	7:45a-8:30a

## Gentle Pilates

Beginner level Pilates class that uses Pilates based exercises and movements that stretch and tone your body. Increase muscle strength and flexibility, correct posture and create body awareness.

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME	LOCATION
Mon	9:45a-10:45a	Lower Level Studio
Wed	10:30a-11:30a	Spirit Studio

## Hi/Lo Aerobics

Aerobic class with energetic and fun movements. Work at your own intensity level.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	10:30a-11:20a
Wed	10:30a-11:20a
Fri	10:30a-11:20a
Sat	10:15a-11:05a

# HEALTH & FITNESS

## Intro to Muscle Max

Learn the basic elements of muscle max. You will be educated on what equipment to use and how much weight you will need. Learn proper form and technique on commonly performed exercises and go through a basic version of muscle max class.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	8:00a-8:50a

## Intro to Spin

Learn proper bike setup, correct form and terminology used during spin classes. We will take you through various drills and give you a better understanding of what indoor cycling is all about.

**LOCATION:** Countryside YMCA | Lebanon - Studio 3

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Sat	9:00a-9:30a

## NEW Intro to Youth Weight Training

Participants will learn how to properly use strength and cardio machines as well as free weights. Participants will also learn proper warm up routines and how to create full body workouts. Learn proper gym etiquette as well

**LOCATION:** Countryside YMCA | Lebanon - Starter Fitness

**AGE REQUIREMENT:** 12 - 15

**FEE:** Member: \$30/month Program Member: \$40/month

DAY	TIME
Tue	4:30p-5:30p

## Muscle Max

Choreographed class to increase strength and tone, and to condition every muscle.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	6:00a-6:50a
Mon	9:15a-10:05a
Mon	7:00p-7:50p
Tue	9:15a-10:05a
Tue	7:15p-8:05p
Wed	9:15a-10:05a
Wed	7:00p-7:50p
Thu	6:00a-6:50a
Thu	9:15a-10:05a
Fri	9:15a-10:05a
Sat	9:00a-9:50a

## P90X Live!

A total body workout that will keep your body guessing and transforming with a variety of strength training moves, cardio conditioning, and core work.

**LOCATION:** Countryside YMCA | Lebanon - Studio 1

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Wed	5:30p-6:30p

## Pound

Pound is the world's first cardio jam session inspired by drumming. This exhilarating full body workout combines cardio, conditioning and strength training with yoga and pilates inspired movements. Designed for all fitness levels.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Thu	7:00p-8:00p

# HEALTH & FITNESS

## Power Core on Ball

Using a variety of fitness equipment to tone & strengthen the whole body. Increase core strength for better balance and stability.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Tue	10:30a-11:15a
Thu	10:30a-11:15a

## Shape with Weights & Cardio

Brief cardio segment followed by total body sculpting. Class uses variety of fitness equipment.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Tue	6:00p-6:50p
Thu	6:00p-6:50p

## Spin Circuit

Circuit based class utilizing the spin bike for cardio and various pieces of equipment for strength workout. The class is interval based, consisting of a series of rounds of exercise where you will work for a specific period of time followed by a recovery period. You will work your entire body with cardio, lower body, upper body, and core exercises. \*Please arrive 5 minutes early to class for proper bike set up.

**LOCATION:** Countryside YMCA | Lebanon - Studio 3

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Wed	6:30p-7:15p

## Stretch, Tone, & Balance

Increase flexibility and strength through various stretches and weight work.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	9:00a-9:30a
Wed	9:00a-9:30a
Fri	9:00a-9:30a

## Strong

This HITT class combines body weight, muscle conditioning, cardio and plyometric training exercises synced to music that has been specifically designed to match every single move. Options for intensity and modifications provided

**LOCATION:** Countryside YMCA | Lebanon - Studio 1

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	6:30p- 7:15p
Sat	9:30a-10:15a

## Strong Core & Body

Using a variety of fitness equipment to tone & strengthen the whole body. Increase core strength for better balance and stability.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	5:30p-6:15p
Wed	5:30p-6:15p

## Time to Stretch

This class provides a full body stretching regimen that will improve your range of motion, posture, and mobility by performing energizing stretches.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	8:00a-8:30a
Wed	8:00a-8:30a
Fri	8:00a-8:30a

## Total Body Conditioning

Incorporates the circuit training equipment with various moderate to intense cardio activities to give you a complete workout.

**LOCATION:** Countryside YMCA | Lebanon - Starter Fitness Room

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Tue	9:15a-10:15a
Thu	9:15a-10:15a

# HEALTH & FITNESS

## TRX

TRX is a workout system that uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance. This class is adjustable for all levels and abilities. Be prepared for your strongest self to surface!

**LOCATION:** Countryside YMCA | Lebanon - Studio 1

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Tue	5:00p-5:45p
Thu	5:30a-6:15a

## Yoga: Active Flow Yoga

Combines fitness moves with yoga poses, linking them together in a flowing format. Using various muscle groups to work against gravity, participants hold or sustain poses for an extended time, improving strength and muscular endurance along with balance, posture, flexibility, and range of motion.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Mon	6:00p-7:15p

## Yoga: Gentle Yoga

This class will combine pranayama (breath work) with soft movement and deep stretches, allowing the body to unfold and relax. Class begins with gentle movements and transitions to movements that will invigorate you inside and out. Great complement to your daily physical activity, whether that is golfing, tennis, walking, running or to maintain flexibility.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Fri	9:15a-10:15a

## Yoga: Renew Yoga

A slower paced yoga class for individuals with chronic injuries, disease or experience limited mobility for any reason. Focus will be on breath (pranayana), gentle movement, relaxation and meditation.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Mon	9:15a-10:15a

## Yoga: Slow Flow Yoga

Class is designed to guide one through yoga poses slowly and mindfully. The goal is to restore mobility, increase flexibility, and relax the body and mind. Use of props to modify poses will be encouraged. Meditation and breathing work will be utilized to help increase one's mind-body connection.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Tue	5:45p-6:45p
Thu	9:15a-10:15a

## Yoga: Yin Yoga

Class is dedicated to stillness while actively accessing the deeper tissues such as the connective tissues and fascia. Postures are practiced using bolsters, blankets, blocks and straps which help practitioners feel completely supported, allowing for deep relaxation.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Tue	9:15a-10:15a

## Yoga: Yoga Flow

Class is about finding balance that combines the strength of held postures and breath-directed movement. Hatha flow is based around the fluid movements of the sun salutation and breath-directed poses.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$47/month

DAY	TIME
Sat	8:45a-9:45a

## Yoga for Flexibility & Strength

Designed to help you engage the correct muscles in each pose, while placing a strong emphasis on aligning your joints and body structures. You will embark on a journey to increase flexibility and enhance overall body strength using fundamental yoga poses and flow.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: free / Program Member: \$47/month

DAY	TIME
Thu	6:00p-7:00p

# HEALTH & FITNESS

## Yoga: Yogalates

Combination of yoga and pilates. Yoga to stretch, lengthen & strengthen. Pilates for core targeted sequences to create muscle tone and stabilize other major muscle groups. Light hand weights can be incorporated.

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: free / Program Member: \$47/month

DAY	TIME
Tue	6:00a-7:00a
Wed	6:30p-7:30p
Thu	6:00a-7:00a

## Zumba®

Energizing dance routines that feature aerobic/fitness interval training with fast and slow rhythms that tone & sculpt.

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME	LOCATION
Mon	8:00p-9:00p	Studio 1
Tue	9:15a-10:15a	Lower Level Studio
Tue	4:45p-5:45p	Studio 2
Tue	7:15p-8:15p	Studio 1
Thu	9:15a-10:15a	Lower Level Studio
Thu	4:45p-5:45p	Studio 2
Thu	7:15p-8:15p	Studio 1
Fri	6:00p-7:00p	Studio 2
Sun	2:15p-3:15p	Studio 2

## Zumba® Basics

Modified, low impact Zumba class with simple to follow steps, less complicated patterns and more repetition.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	11:30a-12:15p
Wed	11:30a-12:15p

## Zumba® Toning

Combines cardio of zumba with dynamic resistance exercises utilizing the addition of toning sticks or light weights.

**LOCATION:** Countryside YMCA | Lebanon - Studio 2

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Sun	1:15p-1:45p

## Senior Sit-&-Tone

Increase flexibility and strength through various stretches and weight work.

**LOCATION:** Countryside YMCA | Lebanon - Studio 1

**AGE REQUIREMENT:** 50 & up

**FEE:** Free for Members

DAY	TIME
Mon	10:45a-11:15a
Wed	10:45a-11:15a
Fri	10:45a-11:15a

## Water Fitness

Search under the category Aquatics to find Water Fit classes to view online. Water Fitness classes are free to full members. Members must reserve a spot using the Countryside Y app on your smartphone. Program Members must register and pay for Water Fitness classes through the Front Desk.

## Aquasize

Moderate intensity water workout, focusing on cardiovascular health, muscle endurance, strength, and flexibility. This shallow water fitness class uses water resistance techniques and a variety of equipment to add intensity and challenge fitness levels. Make this invigorating water workout a highlight of your active senior day.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Pool

**AGE REQUIREMENT:** 50 & up

**FEE:** Member: Free / Program Member: \$32

DAY	TIME
Mon	9:00a-9:50a
Tue	9:00a-9:50a
Wed	9:00a-9:50a
Thu	9:00a-9:50a
Fri	9:00a-9:50a

## Aqua Stretch-N-Tone

In the water, improve range of motion, flexibility, and balance with exercises that stretch and tone all muscle groups. Excellent pairing with our Aquasize class.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Pool

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: Free / Program Member: \$24

DAY	TIME
Tue	10:00a-10:30a
Thu	10:00a-10:30a

# HEALTH & FITNESS

## Community Arthritis Aquatics Plus

Warm water arthritis program working on range of motion, flexibility, and mobility. Class will also include beginning level cardiovascular training. Please consult a doctor first.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Pool

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: Free / Program Member: \$32

DAY	TIME
Mon	12:00p-12:45p
Wed	12:00p-12:45p

## Community Arthritis Aquatics Release

Warm water arthritis program working on range of motion, flexibility, and mobility. Please consult a doctor first.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Pool

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: Free / Program Member: \$32

DAY	TIME
Tue	12:00p-12:45p
Thu	12:00p-12:45p

## Hydro Burn

A fun shallow water cardiovascular training session followed by high energy strength training and toning. Equipment will be used and exercises are easy to follow. Challenge your workout and improve overall fitness. Burn and tone in this power hour.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Pool

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: Free / Program Member: \$32

DAY	TIME
Tue	6:15p-7:15p
Thu	6:15p-7:15p

## Intro to Water Fitness

Beginning level, moderate intensity water workout, focusing on cardiovascular health, muscle endurance, strength, and flexibility. Perfect for water fitness beginners.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Pool

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: Free / Program Member: \$32

DAY	TIME
Mon	8:00a-8:45a
Tue	8:00a-8:45a
Wed	8:00a-8:45a
Thu	8:00a-8:45a
Fri	8:00a-8:45a

## Liquid Cardio

High Intensity cardio workout in shallow, transitional, and deep water. Class incorporates cardiovascular fitness, endurance, and muscle toning. Great cross-training for land-based exercisers.

**LOCATION:** Countryside YMCA | Lebanon - Competition Pool

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$32

DAY	TIME
Mon	10:15a-11:15a
Tue	10:15a-11:15a
Wed	10:15a-11:15a
Thu	10:15a-11:15a
Fri	10:15a-11:15a

## Sunrise Splash

Start your morning with a splash in this medium intensity water fitness class. Promote joint flexibility, range of motion and agility while building cardiovascular endurance, muscle strength. We keep it fun and focused for the full 45 minutes.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Pool

**AGE REQUIREMENT:** 13 & up

**FEE:** Member: Free / Program Member: \$32

DAY	TIME
Wed	6:50a-7:30a
Fri	6:50a-7:30a



## Rocking the Waves

This 60 minute upbeat workout set to music provides high intensity water work with low impact on your joints. The workout will build cardiovascular endurance, muscle strengthening, and flexibility. Top off your evening with our water fitness fun.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Pool

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: Free / Program Member: \$32

DAY	TIME
Mon	6:15p-7:15p
Wed	6:15p-7:15p

## Water Fitness Personal Training

Meet one-on-one with a certified water fitness instructor who will create a program tailored to your specific needs. Members can work one-on-one with a certified water fitness instructor to address issues ranging from: starting a water exercise program, strength training, toning, flexibility, weight loss, and pre/postnatal exercises. By appointment only; Please call Laura Roble at 513-932-1424 ext 243.

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 13 & up

**Schedule with instructor 513 932 1424 ext 152**

TIME	FEE
30 Minutes	\$30/\$45
1 Hour	\$60/\$90

## Wellness

### Nutrition Counseling

Exercise and nutrition go hand-in-hand in creating a healthy lifestyle. If you're working on increasing your fitness, don't overlook the value of changing your eating habits. Option 1 includes one 1-hour session for intake, and two 30-minute follow-up sessions. Option 2 includes one 1-hour session for intake, and four 30-minute follow-up sessions.

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 18 & up

**Schedule with instructor 513 932 1424 ext 174**

TIME	FEE
(1) 1 hour + (2) 30 minute	\$116/\$153
(1) 1 hour + (4) 30 minute	\$153/\$197

## Pilates Reformer

Increase your core strength, flexibility, and endurance with workouts on the Pilates Reformer. Workouts focus on controlled movements using the muscles of the body's core. Exercises are low impact and are modified according to personal flexibility and strength limitations. Whether you are rehabilitating from an injury or working to increase fitness levels, the Pilates Reformer may be exactly what you need. Instructors are available for individual sessions or duet sessions (with two clients).

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 18 & up

**Schedule with instructor 513 932 1424 ext 139**

PACKAGE	FEE
<b>Individual Sessions</b>	
1 Session	\$52/\$78
3 Sessions	\$143/\$215
5 Sessions	\$222/\$332
10 Sessions	\$383/\$577
15 Sessions	\$529/\$794
<b>Duet Sessions</b>	
1 Session	\$39/\$66
3 Sessions	\$106/\$177
5 Sessions	\$166/\$278
10 Sessions	\$288/\$480
15 Sessions	\$396/\$662

## Yoga Personal Training

Train with one of our yoga instructors in a private setting to gain better understanding of yoga poses and how they can improve your strength and muscular endurance along with balance, posture, flexibility and range of motion. Sessions are available for individual or duet (with two clients).

**LOCATION:** Countryside YMCA | Lebanon - Spirit Studio

**AGE REQUIREMENT:** 18 & up

**Schedule with instructor 513 932 1424 ext 139**

PACKAGE	FEE
<b>Individual Sessions</b>	
1 Session	\$52/\$78
3 Sessions	\$143/\$215
5 Sessions	\$222/\$332
10 Sessions	\$383/\$577
15 Sessions	\$529/\$794
<b>Duet Sessions</b>	
1 Session	\$39/\$66
3 Sessions	\$106/\$177
5 Sessions	\$166/\$278
10 Sessions	\$288/\$480
15 Sessions	\$396/\$662

# HEALTH & FITNESS

## LIVESTRONG® at the YMCA: A Cancer Survivor Exercise Program

LIVESTRONG® at the YMCA focuses on you – the whole person – not the disease. This free, 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back into fitness. You'll focus on: building muscle mass and strength, increasing flexibility and endurance, improving confidence and self-esteem. Plus, learn about wellness, nutrition, and how to continue healthful habits after the program has ended. Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community – a safe, comfortable place for you to build companionship, with others affected by cancer and share stories and inspiration. Pre-registration required. Contact Gale Kernitz at 513 932 1424 ext 185.

**LOCATION:** Countryside YMCA

**AGE REQUIREMENT:** 18 & up

**FREE, open to the public**

DATES	DAY	TIME	LOCATION
August 26 - November 13	Mon & Wed	10:30a-12:00p	Lebanon
August 27 - November 14	Tue & Thu	6:00p-7:30p	Lebanon

## LIVESTRONG® Alumni Workout

Take the next steps in your LiveStrong wellness journey. This 60-minute exercise class is for LIVESTRONG® at the YMCA alumni.

Alumni Workouts will include cardiovascular training, resistance training, flexibility, and opportunities to explore activities around the Y. Class is free for members. Register for this class at the front desk. LiveStrong graduates only.

**LOCATION:** Countryside YMCA | Lebanon – Starter Fitness Room

**AGE REQUIREMENT:** 18 & up Graduates Only

**FEE:** Member: Free

DAY	TIME
Tue	1:00p-2:00p



## Traveling Through Grief Class

When a loved one dies it can seem like life will never be normal again. The world can become a blur of flowers, relatives, cards, and well-meaning visitors. This 7 week study will guide participants through the grieving process with others who are experiencing the loss of a loved one.

**LOCATION:** Countryside YMCA

**AGE REQUIREMENT:** 18 & up

**FREE, open to the public**

DATES	DAY	TIME	LOCATION
September 12 - October 31	Thu	1:30p-3:00p	Lebanon - Henkle Board Room
September 18 - October 30	Wed	10:00a-11:30a	Landen - Studio D

## Veteran's Connect at the YMCA

FREE 12 week program consisting of age appropriate fitness programs, nutrition, mental health resources, team building, opportunities to bond with other Veteran's. This program will be delivered by fellow Veteran's on staff at the Y or with one of our collaborative partners.

**LOCATION:** Countryside YMCA

**AGE REQUIREMENT:** All Military Veteran's 18 & up

**FREE, open to the public**

DATES	DAY	TIME	LOCATION
August 12 - November 1	Mon, Wed, Fri	10:30a-12:00p	Lebanon - Lower Level Mini Gym
August 12 - November 1	Mon, Fri Wed	7:00p-8:30p 6:30p-7:30p	Lebanon - Lower Level Mini Gym
August 12- November 1	Thu	10:30a-12:00p 7:00p-8:30p	Landen - Studio B

## YMCA Parkinson's Wellness Class

The YMCA Parkinson's Wellness Class is a basic to intermediate level fitness class which includes stretching, balance, core, seated and standing exercises with a mild heart-rate elevation.

Driven by research, Premier Health and Countryside YMCA now offer a robust continuum of care for our community with Parkinson's Disease or Parkinson's type symptoms. Entry into this program begins at Premier Health's Sports Medicine and Physical Therapy clinic, located on the lower level of our YMCA. Depending on the level of ability, each client will either begin in formal Physical Therapy (PT) and/or in our Delay the Disease program.

**LOCATION:** Countryside YMCA | Lebanon – Studio 1

**AGE REQUIREMENT:** 13 & up

**FEE:** Member & Program Member: \$40

DAY	TIME
Tue/Thu	11:00a-11:45a

# SPORTS

## Monthly Reoccurring Classes

You will not have to register your child every month. You can sign your child up for a class and they will stay in that class until your child is moved up to the next class. If at any time you wish to cancel registration you will fill out a cancellation form by the 20th of the month. Your child's enrollment will then expire at the end of that month. \*Leagues are not reoccurring and this does not apply to sports leagues.

## All About Sports

This program gives children who are just starting group interactions the opportunity to experience multiple sports and activities. This will include fun skills and games related to the sport/activity of the week. The focus of the class is to teach good listening habits and basic skills and develop coordination.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Mini Gym

**AGE REQUIREMENT:** 4 - 5

**MONTHLY FEE:** Member: \$23 / Program Member: \$29

DAY	TIME
Mon	6:00p-6:30p

## Climb to Fitness

Kids ages 6-12 develop endurance and strength through climbing.

**LOCATION:** Countryside YMCA | Lebanon - Climbing Wall

**AGE REQUIREMENT:** 6 - 12

**MONTHLY FEE:** Member: \$32 / Program Member: \$41

TYPE	DAY	AGES	TIME
Beginner	Thu	6 & up	5:00p-5:45p (save \$3 on 45 min class)
Beginner	Thu	6 & up	6:00p-6:45p (save \$3 on 45 min class)
Intermediate	Wed	10 & up	6:00p-7:00p

## Fencing

Designed for beginners and experienced fencers ages 10 and up, this class teaches basic moves of this international competitive sport. Equipment is provided.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Studio

**AGE REQUIREMENT:** 10 & up

**MONTHLY FEE:** Member: \$33 / Program Member: \$43

LEVEL	DAY	TIME
Beginner	Wed	7:30p-8:15p
Intermediate	Wed	8:15p-9:00p

## Intro to Golf

Golf provides a place where kids can learn a life long game while having fun and burning off energy. This class will concentrate on the basics and fundamentals to get kids comfortable with the sport!

**LOCATION:** Countryside YMCA | Lebanon - Golf Center

**AGE REQUIREMENT:** 8 - 14

**MONTHLY FEE:** Member: \$44 / Program Member: \$57

AGES	DAY	TIME
6 - 9	Tue	6:00p-6:45p
10 - 14	Tue	7:00p-7:45p

## NEW Intro to Pickleball

Intro to pickleball class is a small group class where you learn the basics of Pickleball! You will also learn the proper scoring and etiquette.

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 10 & up

**MONTHLY FEE:** Member: \$15 / Program Member: \$20

DAY	TIME
Wed	12:30p-2:00p

## Introduction to Climbing

Develop body coordination through fun activities involving rock climbing in our indoor rock climbing wall.

**LOCATION:** Countryside YMCA | Lebanon - Climbing Wall

**AGE REQUIREMENT:** 6 - 11

**MONTHLY FEE:** Member: \$23 / Program Member: \$29

DAY	TIME
Mon	6:00p-6:30p

## Judo

Judo is a sport of unarmed combat derived from Jujitsu and intended to train the body and mind. It involves using holds and leverage to unbalance the opponent. Saturday's Class is 12pm-2pm

**LOCATION:** Countryside YMCA | Lebanon - Mini Gym

**AGE REQUIREMENT:** 5 & up

**MONTHLY FEE:** Member: \$45 / Program Member: \$59

DAYS	TIME
Tue, Thu, Sat	7:00p-8:00p 12:00-2:00p

# SPORTS

## Self Defense

The Self Defense class teaches how to react to and evade dangerous situations without years of training by using simple effective techniques. No equipment or uniform required.

**LOCATION:** Countryside YMCA | Lebanon - Racquetball Courts

**AGE REQUIREMENT:** 9 & up

**MONTHLY FEE:** Member: \$29 / Program Member: \$38

DAY	TIME
Sat	11:00a-12:00p

## Soccer: Tiny Tot Soccer

The Tiny Tot Soccer class is the next step in the YMCA soccer training. This class is designed to develop teamwork, independence and soccer skills in a non-competitive setting including passing, trapping, dribbling and shooting. New games are introduced each week to create a FUN environment. Soccer balls are provided.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Mini Gym

**AGE REQUIREMENT:** 3 - 4

**MONTHLY FEE:** Member: \$23 / Program Member: \$29

DAY	TIME
Mon	5:00p-5:30p
Mon	5:30p-6:00p
Tue	6:30p-7:00p

## Soccer: Soccer Ball Handlers

Participants develop fundamental soccer skills in non-competitive environment. Social development, rhythm of play, timing, body awareness and character development are emphasized.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Mini Gym

**AGE REQUIREMENT:** 5 - 12

**MONTHLY FEE:** Member: \$23 / Program Member: \$29

AGE	DAY	TIME
5 - 7	Tue	6:00p-6:30p
8 - 12	Mon	6:30p-7:00p

## Speed & Agility Training

Speed and Agility training is training for athletes. The class will teach speed, balance and core strength.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Mini Gym

**AGE REQUIREMENT:** 6 - 14

**MONTHLY FEE:** Member: \$29 / Program Member: \$38

AGES	DAY	TIME
6 - 10	Tue	5:00p-5:30p
11 - 14	Tue	5:30p-6:00p

## Tae Kwon Do

Students ages 6 and up learn a Korean-style martial art in a family-oriented program. Emphasis is placed on overall self-improvement, self-control, and discipline as well as physical fitness, self-defense, balance, flexibility, and strength. Instructors from the I.K. Kim Tae Kwon Do Centers teach

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 6 & up

**MONTHLY FEE:** Member: \$55 / Program Member: \$74

MONTH	LEVEL	DAY	TIME
September	Beginner	Mon & Wed	6:30p-7:30p
September	Intermediate & Advanced	Mon & Wed	6:30p-7:45p
October	Beginner	Mon & Wed	6:30p-7:30p
October	Intermediate & Advanced	Mon & Wed	6:30p-7:45p
November	Beginner	Mon & Wed	6:30p-7:30p
November	Intermediate & Advanced	Mon & Wed	6:30p-7:45p
December	Beginner	Mon & Wed	6:30p-7:30p
December	Intermediate & Advanced	Mon & Wed	6:30p-7:45p

## Pick Up/Open Gyms

### Basketball

Pick up Basketball is held Monday-Saturday. Inclement weather may effect gym time and space availability. Check [countrysideymca.org](http://countrysideymca.org) for the most up to date information.

**LOCATION:** Countryside YMCA | Lebanon - Main Gym

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: Free

DAY	TIME
Mon, Wed, Fri	11:30a-1:00p
Tue, Thu	5:30a-7:30a
Sat	7:00a-9:00a

### Table Tennis / Ping Pong

If you are looking for a way to improve your reflexes, hand-eye coordination, sense of balance, and keep you brain sharp while you burn calories with a fun group of people, come join the table tennis community at Countryside YMCA. Whether you are a beginner or a highly competitive player, you will meet others at Countryside YMCA who love and enjoy this sport for all ages. It is easy on your joints and known as "the world's best brain sport" which is why it is often recommended for those in early stages of Alzheimer's, Dementia, and Parkinson's disease. Come to the Mini Gym on Wednesday mornings from 7am to 10am, we'd love to meet and play with you. Call Doug at 513 368 1875 for more information.

**LOCATION:** Countryside YMCA | Lebanon - Mini Gym

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: Free

DAY	TIME
Wed	7:00a-10:00a

### Pickleball

Pickleball is played with a perforated plastic ball and large paddles. Limited paddles available, balls provided. Join the fun in our free coed recreational pick-up games. Arranged play must be reserved on our app.

**LOCATION:** Countryside YMCA | Lebanon - Multi-Sports Court

**AGE REQUIREMENT:**

**FEE:** Member: Free

TYPE	DAY	TIME
Arranged Play (reserve on app)	Tue & Thu	7:00a-9:00a
Open Play (Ages 50+ ONLY)	Mon, Wed, Fri	9:00a-11:00a
Open Play for All	Mon, Wed, & Fri	7:00a-9:00a 11:00a-3:00p
	Tue & Thu	1:00p-3:00p 7:00p-9:00p
	Sat	7:00a-7:00p
	Sun	12:00p-6:00p

## Rentals

### Golf Center Rental

Rentable space, the Golf Center. \$15/hour members can secure the space with the Countryside YMCA app and will pick up the key to unlock the door at the front desk when making their payment. Balls, Tees and clubs are available in the Golf Center upon renting the space. There is a Golf Simulator for practicing with the Drivers/Irons/Wedges and a putting green. Must give 48 hour notice.

**LOCATION:** Countryside YMCA | Lebanon - Golf Center

**AGE REQUIREMENT:** 18 & up

**FEE:** Member: \$15/hour / Program Member: \$25/hour

DAY	TIME
Mon - Fri	9:00a-8:00p
Sat-Sun	12:00p-5:00p

### Pickleball Rental

Members and Program members of Countryside YMCA Lebanon can rent a pickleball court in the Outdoor Multi-Sports Court. Rental Timeslots are Monday through Friday 3pm-5pm or 5pm-7pm. Single court rental for 2 hours costs \$30 and can be booked on our mobile app to guarantee court. We are also offering 2 hour complete multi-sports court rental (all 4 courts) for \$100. Please contact [jacob.hurley@ymcastaff.org](mailto:jacob.hurley@ymcastaff.org) for full multi-sports court rental (all 4 courts).

**LOCATION:** Countryside YMCA | Lebanon - Outdoor Multi-Sports Court

**AGE REQUIREMENT:** 18 & up

**FEE:** Member /Program Member: \$30

# SPORTS

## Sports Leagues

### Candy League Soccer

Indoor Coed Candy League is a great way to introduce your child to the sport of soccer. Teams are made up of a maximum of 8 players, with 3 on the field at a time during play. Each team is named after a different type of candy; join us for a sweet time playing soccer! Games are Saturdays only. Soccer balls are provided, shin guards and soccer socks are required. No outdoor cleats are permitted. Games will be one hour. Game times may be 9am, 10am, 11am or 12pm. Game times may vary.

**LOCATION:** Countryside YMCA | Lebanon - Lower Level Mini Gym  
**AGE REQUIREMENT:** 4 - 6

**FEE:** Member: \$55 / Program Member: \$77  
 Program Membership fee charged one time annually.

AGE	REGISTRATION DATES	DAY	GAME DATES	TIME
4 - 5	June 3 - July 27	Sat	Aug 3, 10, 17, 24, 31	9:00a-1:00p
5 - 6 Advanced	June 3 - July 27	Sat	Aug 3, 10, 17, 24, 31	9:00a-1:00p

### Coed Baseball

Co-ed Youth Baseball consists of 3 introductory levels for baseball skill development. Tee-Ball is for those players being introduced to baseball. Coach Pitch is for the experienced tee-ball player ready to learn additional skills. Coach pitch players will be introduced to having a ball pitched at the batter. Advanced Coach Pitch introduces players to more advanced drills developing speed and accuracy. Parent/child Program. Players may play up an age bracket, but not down. Program member fee is waived.

**LOCATION:** Countryside YMCA | Lebanon - Outdoor Baseball Fields  
**AGE REQUIREMENT:** 4 - 10

**FEE:** Member: \$88 / Program Member: \$124

Practices will be either Mon, Tue, Wed, or Thu starting June 6.

LEVEL	AGE	REGISTRATION DATES	DAY	GAME DATES	TIME
Tee Ball	4 - 5	March 4 - May 30	Sat	June 8, 15, 22, 29 July 13, 20, 27 *no game July 6	9:00a
Coach Pitch	6 - 7	March 4 - May 30	Sat	June 8, 15, 22, 29 July 13, 20, 27 *no game July 6	9:00a
Advanced Coach Pitch	8 - 10	March 4 - May 30	Sat	June 8, 15, 22, 29 July 13, 20, 27 *no game July 6	9:00a

### Coed Basketball League

This is a non-competitive co-ed league focusing on perfecting individual skills and learning team skills. We emphasize equal playing time and fun through caring, honesty, respect and responsibility. Players can play up an age bracket, but not down. Players can request only one other person to be placed on their team, siblings are automatically placed together. Practice will be Monday-Thursday and games on Saturday. Half court practices only. Practice and games will be one hour. Game times may vary.

**LOCATION:** Countryside YMCA | Lebanon - Mini Gym  
**AGE REQUIREMENT:** 6 - 8

**FEE:** Member: \$73 / Program Member: \$88  
 Program Membership fee charged one time annually.

AGE	REGISTRATION DATES	DAY	GAME DATES	TIME
4 - 8	March 4 - May 30	Sat	June 8, 15, 22, 29 July 13, *no game July 6	9:00a-2:00p

### NEW Pickleball Ladder League

Pickleball is the most fun when similarly skilled players play together and compete against each other. Unfortunately, in rec play that doesn't always happen. Think of a pickleball "ladder" as a graphical representation of a player's ranking (by performance) over a period of 8 weeks you will move up or down the ladder based on wins and losses.

This Co-ed pickleball league will be based on your own self-rating

**LOCATION:** Countryside YMCA | Lebanon - Outdoor Multi Sport Court  
**AGE REQUIREMENT:** 18 & up

**FEE:** Member: \$60 / Program or Non Member: \$80  
 Program Membership fee charged one time annually.

LEVEL	REGISTRATION DATES	DAY	GAME DATES	TIME
Beginner	May 15 - July 1	Mon	July 8, 15, 22, 29 Aug 5, 12, 19, 26	7:00p-9:00p
Advanced	May 15 - July 3	Wed	July 10, 17, 24, 31 Aug 7, 14, 21, 28	7:00p-9:00p

### Private Lessons

**ALL PRIVATE LESSONS ARE BY APPOINTMENT ONLY.  
 CALL 513 932 1424 EXT 190 FOR MORE INFORMATION.**

Athletes receive one-on-one lessons focusing on fundamentals and skills.

**LOCATION:** Countryside YMCA | Lebanon  
**AGE REQUIREMENT:** 6 & up

TYPE OF LESSON	FEE
Fast Pitch Softball Lesson (30 min)	\$25/\$25
Baseball Lesson (30 min)	\$30/\$35
Basketball Lesson (30 min)	\$30/\$35
Golf Lesson (30 min)	\$30/\$35
Judo Lesson	\$90/\$90
Pickleball Lessons (1-4 people)	\$40/\$40

# STOLLE CENTER

The Stolle Center at Countryside YMCA provides programming for active seniors who want to focus on fitness and fun. Programs are designed exclusively for men and women ages 50 and older. Members enjoy everything from fitness classes and warm water pool activities to social gatherings and day trips. Games, movies, and a comfortable poolside lounge provide even more entertainment.

**Visit the Stolle Center to find out about Trips, Events & more! Also check out the Stolle Calendar located in the Stolle Center or online at [countrysideymca.org](http://countrysideymca.org).**

## Games

### American Mahjong

Make new connections over a game of mahjong. Participants are welcome to bring their own snacks or sack lunch.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Activity Room  
**AGE REQUIREMENT:** 50 & up  
**Member Only (Free)**

DAY	DATES	TIME
Thu	Every Week	1:00p-3:00p

### Bingo

Make new connections over a game of bingo. Participants are welcome to bring their own snacks or sack lunch.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Activity Room  
**AGE REQUIREMENT:** 50 & up  
**Member Only (FEE: \$3)**

DAY	TIME
4th Wednesday of the Month	10:00a-11:30a

### Bridge Card Club

Bridge playing enthusiasts are welcome to join our bridge card club on Tuesdays in the Stolle Center Activity Room. Make new connections over a game of bridge. Participants are welcome to bring their own snacks or sack lunch.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Activity Room  
**AGE REQUIREMENT:** 50 & up  
**FEE: Member: Free / Program/Non-Member: \$22**

DAY	DATES	TIME
Tue	Every Week	9:00a-4:00p

### Euchre Card Club

Euchre playing enthusiasts are welcome to join our euchre card club on Thursdays in the Stolle Center Activity Room. Make new connections over a game of euchre. Participants are welcome to bring their own snacks or sack lunch.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Activity Room  
**AGE REQUIREMENT:** 50 & up  
**FEE: Member: Free / Program/Non-Member: \$22**

DAY	DATES	TIME
Thu	Every Week	9:00a-12:00p

### Game of Your Choice

On the first and third Monday of the month from 1-3pm please join us in the Stolle Center for Game of Your Choice. You choose what game you want to play. Maybe you'd like to play Yahtzee or Skip bo or Boggle or Scattagories, whatever looks like fun! Games provided or feel free to bring you own. Expect to meet new friends and laugh!

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Activity Room  
**AGE REQUIREMENT:** 50 & up  
**Member Only (Free)**

DAY	TIME
1st & 3rd Monday of the Month	1:00p-3:00p

### Mexican Train Dominoes

Make new connections over a game of Mexican Train Dominoes. Participants are welcome to bring their own snacks or sack lunch.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Activity Room  
**AGE REQUIREMENT:** 50 & up  
**Member Only (Free)**

DAY	TIME
2nd & 4th Monday of the Month	10:00a-12:00p

### Y-Sew Fun

Bring you sewing machine, snack and get ready for some fun. Expect to make new friends and laugh.

**LOCATION:** Countryside YMCA | Lebanon - Stolle Center Activity Room  
**AGE REQUIREMENT:** 50 & up  
**Member Only (Free)**

DAY	DATES	TIME
Wed	Every Week	12:00p-3:00p

# SPECIAL EVENTS

## Disc Golf Tournament

Compete in an 18 hole Disc Golf Tournament located at the Countryside YMCA in the Outdoor Recreation Center Disc Golf Course. Every participant will receive a t-shirt. Tournament team winners will receive a \$50 prize package. 2 Man Scramble.

**LOCATION:** Countryside YMCA | Lebanon -  
Outdoor Recreation Center Disc Golf Course  
**AGE REQUIREMENT:** 10 & up

**FEE:** Member: \$17 / Non-Member: \$22

DAY	DATE	TIME
Sat	June 8	10:00a



## Annual Golf Outing

Join us for an afternoon of golf, great food and fellowship with over 130 other community leaders. Your participation and support helps strengthen the community of Warren County. More information on our website [countrysideymca.org](http://countrysideymca.org). To register yourself or a team contact Anita Pelletier at [antia.pelletier@ymcastaff.org](mailto:antia.pelletier@ymcastaff.org) or call 513 932 1424 ext 123.

**LOCATION:** Mason Golf Center  
**AGE REQUIREMENT:** 18 & up

**FEE:** Proceeds support our Annual Campaign

DAY	DATE	TIME
Wed	September 18	11:30a-6:00p



## AppleFest 5K/10K/15K Run/Walk

This is our 34th Annual Applefest 10k/15k run and 5k run/walk are a part of the Lebanon, Ohio Applefest held each year. All 3 race distances will start near the outdoor pool pavilion. The 5k is mostly a flat route on Deerfield Rd sidewalk, then take a right onto Turtle Creek Union Rd, right on Natalie Lane to the end of the street, right onto the bike trail, right onto the sidewalk, right into the YMCA entrance and finish line. The 10k splits left onto the bike trail with a turnaround back to the YMCA following the same finish as the 5k. The 15k goes further out on the bike trail before turning around and heading back to the YMCA.

**LOCATION:** Countryside YMCA | Lebanon  
**AGE REQUIREMENT:** 6 & up

**FEE:** \$30 Early Bird price will run through August 31st  
\$35 Regular Registration September 1- 28 (race day)  
\$20 for Youth Age 6-16 (5 & under are free)

DAY	DATE	TIME
Sat	September 28	Check In at 7:30a Race Starts at 8:30a



\*Special events may be subject to change or cancellation. Visit our website or the front desk for more information about these events.



# YOUTH & FAMILY

## Blessed Respite Care

This free program allows the parents of children with special needs and kinship/foster children to enjoy time away knowing their child is being cared for by trained staff and volunteers. During Blessed Respite, children feel comfortable, loved, and secure. Parents can experience some peace of mind while their child will have a fun few hours playing with people who care about them. Food is provided. Siblings (up to 12 years old) are also welcome. Reservations and waivers must be made two weeks in advance. This program is made possible by generous donations to Countryside YMCA's Annual Campaign. To register, contact Sami Farmer at [samantha.farmer@ymcastaff.org](mailto:samantha.farmer@ymcastaff.org).

**LOCATION:** Countryside YMCA | Lebanon - Child Watch

**AGE REQUIREMENT:** 2 months & up

**FEE:** Member: Free / Program Member: Free

DAY	DATE	TIME
Sat	May 18	3:00p-6:00p
Sat	July 20	3:00p-6:00p
Sat	Aug 17	3:00p-6:00p
Sat	Sept 21	3:00p-6:00p

## Kids Night Out

Bring your kids to the Y so they can have fun in a safe, supervised environment. Food provided. Parents, there is no need to stay. Special activities like crafts and games will be planned to keep the entertainment going all evening long. Spots fill quickly, register early to guarantee a spot. Register at the Front Desk. Contact Jami Baumann at [jami.baumann@ymcastaff.org](mailto:jami.baumann@ymcastaff.org) or 513 932 1424 x233.

**LOCATION:** Countryside YMCA | Lebanon

**AGE REQUIREMENT:** 6 weeks - 12

**FEE:** Members: \$25 Per Child

DAY	DATE	TIME
Sat	May 11	3:00p-7:00p
Sat	June 8	3:00p-7:00p
Sat	August 10	3:00p-7:00p
Sat	September 14	3:00p-7:00p
Sat	October 12	3:00p-7:00p

## Christian Emphasis

### YMCA Chaplains

Our Chaplains demonstrate our commitment to incorporating Christian principles into all facets of our programs and offerings. Chaplains seek to make Christ and His values present throughout the Y by listening to people, helping to answer questions, providing spiritual guidance, praying for people, and leading in various ways throughout the community. To find out more about this program, speak to a chaplain, or submit a prayer request, contact any of the chaplains at [chaplains@ymcastaff.org](mailto:chaplains@ymcastaff.org). If desired, a time to meet with a chaplain individually can be arranged by stopping by the front desk or emailing the email address above.



## Group Fitness

### Active Seniors

Join this dance cardio style class for a slower pace, easy to follow routines that will increase muscle tone, improve mobility and coordination. Incorporates strengthening moves with easy to follow dance steps.

**LOCATION:** Countryside YMCA | Landen - Multipurpose Studio

**AGE REQUIREMENT:** 50 & up

**FEE:** Free for Members

DAY	TIME
Tue	9:15a-10:15a
Thu	9:15a-10:15a

### Barre

Utilizes ballet inspired isometric movements, Pilates and functional training elements to sculpt, strengthen and stretch your entire body. Class will focus on strong core, improved balance and increased flexibility.

**LOCATION:** Countryside YMCA | Landen - Studio A

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Tue	6:00p-7:00p
Thu	10:30a-11:30a

### Boot Camp

Incorporates traditional boot camp training, drills and intervals.

**LOCATION:** Countryside YMCA | Landen - Studio B

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Wed	5:30a-6:20a

### Cardio Mix

Enjoy a mix of different types of cardio workouts with a new class experience each week.

**LOCATION:** Countryside YMCA | Landen - Studio B

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	9:15a-10:05a
Wed	9:15a-10:05a
Fri	10:15a-11:05a

### Cardio Sculpt

Class includes cardio, strength training, core work and stretching.

**LOCATION:** Countryside YMCA | Landen - Studio B

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Tue	9:15a-10:05a
Thu	5:45p-6:35p

### Intervals

Class utilizes timed intervals where you will work for a specific period of time followed by a recovery period, allowing you to work at your own pace. Class will include a combination of cardio and strength training exercises using various equipment.

**LOCATION:** Countryside YMCA | Landen - Studio B

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Tue	5:30a-6:15a

### Muscle Max

Choreographed class to increase strength and tone, and to condition every muscle.

**LOCATION:** Countryside YMCA | Landen - Studio B

**AGE REQUIREMENT:** 13 & up

**FEE:** Free for Members

DAY	TIME
Mon	5:30a-6:20a
Mon	10:15a-11:05a
Mon	5:45p-6:35p
Wed	10:15a-11:05a
Wed	5:45p-6:35p
Thu	5:30a-6:20a
Thu	9:15a-10:05a
Sat	7:45a-8:35a
Sat	9:15a-10:05a

# COUNTRYSIDE YMCA | LANDEN

## Pound

Pound is the world's first cardio jam session inspired by drumming. This exhilarating full body workout combines cardio, conditioning and strength training with yoga and pilates inspired movements. Designed for all fitness levels.

**LOCATION:** Countryside YMCA | Landen - Studio B

**AGE REQUIREMENT:** 13 & up

**FEE: Free for Members**

DAY	TIME
Mon	4:30p-5:30p
Wed	4:30p-5:30p

## TRX

Use your own body weight and gravity to build strength, balance, coordination, flexibility, and core and joint stability.

**LOCATION:** Countryside YMCA | Landen - Studio A

**AGE REQUIREMENT:** 13 & up

**FEE: Member: Free / Program Member: \$47/month**

DAY	TIME
Tue	9:30a-10:15a
Thu	9:30a-10:15a

## Yoga: Gentle Yoga

This class will combine pranayama (breath work) with soft movement and deep stretches, allowing the body to unfold and relax. Class begins with gentle movements and transitions to movements that will invigorate you inside and out.

**LOCATION:** Countryside YMCA | Landen - Studio D

**AGE REQUIREMENT:** 13 & up

**FEE: Member: Free / Program Member: \$47/month**

DAY	TIME
Tue	10:30a-11:30a

## Yoga: Hot Active Flow Yoga

Practiced in a heated studio, this challenging yet modifiable yoga style combines fitness with yoga poses, linking them together in a flowing format, concentrating on the breath. Each class focuses on improving strength and muscular endurance along with balance, posture, elasticity, flexibility and range of motion.

**LOCATION:** Countryside YMCA | Landen - Multipurpose Studio

**AGE REQUIREMENT:** 13 & up

**FEE: Member: Free / Program Member: \$47/month**

DAY	TIME
Fri	9:15a-10:30a

## Zumba®

Energizing dance routines that feature aerobic/fitness interval training with fast and slow rhythms that tone & sculpt.

**LOCATION:** Countryside YMCA | Landen

**AGE REQUIREMENT:** 13 & up

**FEE: Free for Members**

DAY	TIME	LOCATION
Mon	9:15a-10:15a	Studio A
Mon	7:00p-8:00p	Studio B
Wed	7:00p-8:00p	Studio B
Fri	9:00a-10:00a	Studio B

## Judo

Judo is a sport of unarmed combat derived from Jujitsu and intended to train the body and mind. It involves using holds and leverage to unbalance the opponent

**LOCATION:** Countryside YMCA | Landen - Studio D

**AGE REQUIREMENT:** 5 & up

**MONTHLY FEE:** Member: \$45 / Program Member: \$59

DAY	TIME
Tue/Thu	5:00p-6:00p

## KidFit Club

Kid Fit Club is a program designed to instill healthy living habits into the lives of kids ages 5-12. Each class will include nutrition, physical fitness and a Bible verse that will create healthy habits in each Childs life. Our goal is to build a generation of healthy kids!

**LOCATION:** Countryside YMCA | Landen - Studio D

**AGE REQUIREMENT:** 5 - 12

**MONTHLY FEE:** Member: \$30 / Program Member: \$40

MONTH	DAY	TIME
June	Thu	10:30a-11:30a
July	Thu	10:30a-11:30a
August	Tue	6:00p-7:00p

## NEW Summer Recess

Get the kids moving and burn off some energy with our summer recess class. Kids will have fun while exercising with others.

**LOCATION:** Countryside YMCA | Landen - Studio B

**AGE REQUIREMENT:** 5 - 10

**FEE:** Free for Members

DAY	TIME
Tue	10:30a-11:00a

## NEW Safe Sitter®

Safe Sitter is a nationally-recognized program that gives kids ages 11-16 the skills and knowledge needed to safely care for children infants through school age. In this 1-day workshop, participants will learn choking rescue skills, how to handle life-threatening emergencies, how to keep themselves safe, when and how to call for help, and child development knowledge to help them become a safer and better sitter. Registration fee includes the Safe Sitter workbook.

**LOCATION:** Countryside YMCA | Landen - Studio D

**AGE REQUIREMENT:** 11 - 16

**FEE:** Member/Program Member/Non-Member: \$115

DAY	DATE	TIME
Sat	July 14	12:30p-6:00p



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Annual Healthy Kids Triathlon is an amazing event to get kids of all ages and stages the experience of a real triathlon!

Grouped into similar age ranges, kids will SWIM in our Olympic size outdoor pool, BIKE on the Countryside/Lebanon Bike Trail and RUN cross country on the Y's outdoor fields and Nature Trail.

All triathletes will be awarded a medal when they cross the finish line & get to celebrate with their family at our Family Fun Fest! Which includes Skyline Chili Dogs, Ice Cream, Blow Up Water Slide, and More!

- Ages 6-8: SWIM 50m, BIKE 5K, RUN 1K
- Ages 9-11: SWIM 100m, BIKE 7K, RUN 1.5K
- Ages 12-14: SWIM 150m, BIKE 10K, RUN 2.5K

# KIDS TRIATHLON

SATURDAY, AUGUST 17  
AGES 6-14



PROCEEDS SUPPORT  
COUNTRYSIDE YMCA'S  
ANNUAL CAMPAIGN  
COMMUNITY OUTREACH  
IN WARREN COUNTY.



**COUNTRYSIDE YMCA**  
1699 Deerfield Rd | 513.932.1424 | countrysidelymca.org

# FITNESS IN THE PARKS

All classes are free & open to the community

## MAY

- Trail Fitness with Carrie L.  
**May 11, 9:30 am** Miller Ecological Park
- Bodyweight Bootcamp  
**May 18, 11 am** Miller Ecological Park
- Zumba with Chiaki F.  
**May 21, 10:30 am** Harmon Park

## JUNE

- Yoga with BambooMoves Cincy  
**June 1, 9 am** Bicentennial Park
- Bodyweight Workout  
**June 1, 11 am** Bicentennial Park
- Yoga with Karen T.  
**June 8, 11 am** Harmon Park
- Cardio Blast  
**June 22, 9 am** Miller Ecological Park
- Dance Fitness with David L.  
**June 25, 7 pm** Harmon Park

## JULY

- Bootcamp with Jill P.  
**July 11, 7 pm** Harmon Park

- Yoga with BambooMoves Cincy  
**July 13, 9 am** Harmon Park

- Bodyweight Bootcamp  
**July 20, 9 am** Miller Ecological Park

- Zumba with Chiaki F.  
**July 23, 10:30 am** Harmon Park

## AUGUST

- Trail Fitness with Carrie L.  
**August 3, 9:30 am** Miller Ecological Park

- Yoga with BambooMoves Cincy  
**August 10, 9 am** Harmon Park

- Bootcamp with Jill P.  
**August 15, 7 pm** Harmon Park

- Dance Fitness with David L.  
**August 27, 7 pm** Harmon Park

## SEPTEMBER

- Family Strong with Tina  
**September 8, 12 pm** Harmon Park

Class taught by Countryside YMCA

Class taught by Revolution Fitness

Class taught by BambooMoves Cincy



*The City of Lebanon's Together We Thrive program is about creating a vibrant community through all aspects of healthy living. Together We Thrive Fitness in the Parks was made possible through a partnership between the City, the Countryside YMCA, Revolution Fitness and BambooMoves Cincy.*



**COUNTRYSIDE YMCA | LEBANON**

1699 Deerfield Road, Lebanon, OH 45036  
P 513 932 1424 F 513 933 9390  
[countrysideymca.org](http://countrysideymca.org)

**COUNTRYSIDE YMCA | LANDEN**

2894 US Route 22 & 3, Maineville, OH 45039  
P 513 583 5580 F 513 583 9581  
[countrysideymca.org](http://countrysideymca.org)

**COUNTRYSIDE YMCA | OTTERBEIN**

Otterbein Lebanon's Life Enrichment Center  
533 N State Route 741, Lebanon, OH 45036  
P1 513 696 8590 P2 513 696 8553  
[www.otterbein.org/lebanon/life-enrichment-center](http://www.otterbein.org/lebanon/life-enrichment-center)