



FALL 2023

COUNTRYSIDE YMCA PROGRAM GUIDE

Fall 1 & 2 Sessions
August 28 - December 17, 2023

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. 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

Fall Hours

Countryside YMCA | Lebanon

Monday – Friday	5:00a – 9:00p
Saturday	7:00a – 7:00p
Sunday	12:00p – 6:00p

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

Hewett 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

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

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

In This Guide

Fall 1 (8 weeks)

August 28 - October 22, 2023

Registration Dates:

Members - August 14, 7:00a

Program Members - August 16, 8:30a

Fall 2 (8 weeks)

October 23 - December 17, 2023

Registration Dates:

Members - October 16, 7:00a

Program Members - October 18, 8:30a

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

To register online:

1. Go to 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 NEW CREDIT CARD. Enter in your credit card information.
13. Click PAY

OUTDOOR POOL

Hours of Operation

The Outdoor Pool will be open Memorial Day weekend through Labor Day weekend. *Weather permitting.

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

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

Pool hours can be affected by special events and weather.

- 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 via email at elizabeth.doubet@ymcastaff.org.

Learn More at 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

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



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

DIRECTORY

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AQUATICS & SWIM

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 152 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.

Exciting Makeover News!

The Competition and Instructional Pools are undergoing a full renovation, with improvements to the aquatic environment, aesthetics and member experience! During the renovation, the Competition and Instructional Pools will be closed and swim lessons will be relocated to the Family Aquatic Center. We hope renovations will be completed in September. Be sure to check countrysideymca.org for updates.

Fall 1 swim lessons will take place in the Family Aquatics Center. Fall 2 swim lessons will take place in the newly renovated instructional pool.

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

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center

Fall 2: Instructional Pool

DAY	TIME
Mon	10:40a-11:10a
Tue	6:20p-6:50p
Wed	11:20a-11:50a
Sat	9:40a-10:10a

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

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: Instructional Pool

DAY	TIME
Mon	10:40a-11:10a
Mon	6:20p-6:50p
Wed	11:20a-11:50a
Sat	10:20a-10:50a

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

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: Instructional Pool

DAY	TIME
Mon	12:55p-1:25p
Tue	5:40p-6:10p
Wed	10:40a-11:10a
Wed	6:20p-6:50p
Thu	6:20p-6:50p
Sat	9:00a-9:30a

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 10 feet without flotation. Mastering these skills is the benchmark for progressing to the next swim lesson level.

AGE REQUIREMENT: 3 - 7 (First Grade)

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: Instructional Pool

DAY	TIME
Mon	10:00a-10:30a
Mon	11:20a-11:50a
Mon	12:15p-12:45p
Mon	5:00p-5:30p
Mon	6:20p-6:50p
Mon	7:00p-7:30p
Tue	10:00a-10:30a
Tue	5:40p-6:10p
Tue	7:00p-7:30p
Wed	10:00a-10:30a
Wed	10:40a-11:10a
Wed	11:20a-11:50a
Wed	12:15p-12:45p
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

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 10 seconds; swim-float-swim for 5 yards; front and back glides; and tread water for 10 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)

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center

Fall 2: Instructional Pool

DAY	TIME
Mon	10:00a-10:30a
Mon	12:55p-1:25p
Mon	5:40p-6:10p
Tue	10:40a-11:10a
Tue	6:20p-6:50p
Wed	10:00a-10:30a
Wed	10:40a-11:10a
Wed	12:50p-1:20p
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



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)

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center

Fall 2: Instructional Pool

DAY	TIME
Mon	10:40a-11:10a
Mon	1:35p-2:05p
Mon	5:40p-6:10p
Tue	7:00p-7:30p
Wed	11:20a-11:50a
Wed	6:20p-6:50p
Thu	5:40p-6:10p
Sat	9:40a-10:10a

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)

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center

Fall 2: Instructional Pool

DAY	TIME
Mon	1:35p-2:05p
Mon	5:40p-6:10p

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. We do not offer make-up lessons.

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

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: 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	9:00a-9:30a
Sat	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

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: 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

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

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: 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

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: 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	11:00a-11:30a

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

FEE: Member: \$81 / Program Member: \$137

LOCATION: Countryside YMCA | Lebanon

Fall 1&2: Family Aquatic Center

DAY	TIME
Mon	6:30p-7:10p
Wed	6:30p-7:10p

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

FEE: Member: \$81 / Program Member: \$137

LOCATION: Countryside YMCA | Lebanon

Fall 1&2: Family Aquatic Center

DAY	TIME
Mon	6:30p-7:10p
Wed	6:30p-7:10p

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

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: Instructional Pool

DAY	TIME
Mon	9:15a-9:45a
Sun	3:35p-4:15p
Sun	4:20p-5:00p

AQUATICS & SWIM

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 Private Lessons Coordinator at 513 932 1424 x152 or via email at Kathy.Petersen@ymcastaff.org to learn more. We do not offer make-up lessons.

AGE REQUIREMENT: 3 & up

FEE: Member: \$120 / Program Member: \$186

LOCATION: Countryside YMCA | Lebanon

DAY	DATES	LOCATION
Sun	Aug 20, 27, Sept 10, 17	Family Aquatic Center
Sun	Sept 24, Oct 1, 8, 15	Family Aquatic Center
Sun	Oct 22, 29, Nov 5, 12	Family Aquatic Center
Sun	Nov 19, Dec 3, 10, 17	Family Aquatic Center

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

FEE: Member: \$240 / Program Member: \$372

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: Instructional Pool

DAY	DATES	TIME
Mon	Fall 1: August 28 - October 22 Fall 2: October 23 - December 17	2:10p-2:40p
Mon	Fall 1: August 28 - October 22 Fall 2: October 23 - December 17	4:00p-4:30p
Mon	Fall 1: August 28 - October 22 Fall 2: October 23 - December 17	4:30p-5:00p
Wed	Fall 1: August 28 - October 22 Fall 2: October 23 - December 17	12:15p-12:45p
Wed	Fall 1: August 28 - October 22 Fall 2: October 23 - December 17	1:00p-1:30p
Wed	Fall 1: August 28 - October 22 Fall 2: October 23 - December 17	1:35p-2:05p
Wed	Fall 1: August 28 - October 22 Fall 2: October 23 - December 17	2:10p-2:40p

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 x152 or via email at Kathy.Petersen@ymcastaff.org to learn more.

AGE REQUIREMENT: 3 & up

FEE: Member: \$120 / Program Member: \$186

LOCATION: Countryside YMCA | Lebanon

DAY	DATES	TIME	LOCATION
Sun	August 20 - September 17	12:10p-1:55p	Family Aquatic Center
Sun	August 20 - September 17	2:30p-4:15p	Family Aquatic Center
Sun	September 24 - October 15	12:10p-1:55p	Instructional Pool
Sun	September 24 - October 15	2:30p-4:15p	Instructional Pool
Sun	October 22 - November 12	12:10p-1:55p	Instructional Pool
Sun	October 22 - November 12	2:30p-4:15p	Instructional Pool
Sun	November 19 - December 17	12:10p-1:55p	Instructional Pool
Sun	November 19 - December 17	2:30p-4:15p	Instructional Pool

Homeschool

Homeschool

Homeschool Beginner swim lessons are for children ages 4-8 who have never participated in swim lessons. This beginner swimming class will work on breath control, floating, freestyle and backstroke swimming fundamentals and water safety. A variety of flotation devices and water games will be used to build confidence and strength while maintaining a safe instructional environment in the pool. In order to progress to the intermediate/advanced swim level, swimmers must demonstrate the ability to jump into water over their head unassisted and swim the length of the instructional pool using correct freestyle and backstroke technique.

Homeschool Intermediate and Advanced swim lessons are for youth who have successfully demonstrated the swimming fundamentals of breath control, floating, freestyle and backstroke. In the intermediate level swim lessons, freestyle and backstroke will be refined with drills that focus on body position in the water, swim technique and rhythmic breathing. In the advanced swim lessons, swimmers will be introduced to breaststroke, elementary backstroke, and butterfly. Swim class will be held in both the instructional and competition pools. Swimmers will build their endurance to complete 25 yards of swimming or more. We do not offer make-up lessons.

AGE REQUIREMENT: 6 - 13

FEE: Member: \$60 / Program Member: \$106

LOCATION: Countryside YMCA | Lebanon

FALL 2

LEVEL	AGES	DAY	TIME	LOCATION
Beginner	6-10	Tue	11:20a-11:50a	Family Aquatic Center

AQUATICS & SWIM

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 152 or at kathy.petersen@ymcastaff.org to learn more and sign up.

AGE REQUIREMENT: 5 & up

FEE: Member: \$105 / Program Member: \$158

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

Water Adventures

Kayak Roll

Be ready for your next water adventure! Experienced kayakers work on roll techniques. Class are offered on Sundays from 3:00pm to 6:00pm, and registration is on a per-day basis.

AGE REQUIREMENT: 10 & up

FEE: Member: \$10 / Program Member: \$10

LOCATION: Countryside YMCA | Lebanon

DAY	DATES	TIME	LED BY
Sun	TBD	3:00p-5:00p	Bill C.

Scuba

Be ready for your next water adventure! Students learn how to SCUBA dive as they earn certification from the NAUI. Course taught by certified dive instructors. Call Tim Patton, dive master, at 937-974-2742 for more information. There will be an additional \$70 fee paid to instructor for equipment.

AGE REQUIREMENT: 12 & up

FEE: Member: \$145 / Program Member: \$165

LOCATION: Countryside YMCA | Lebanon

Fall 1: Family Aquatic Center Fall 2: Competition Pool

DAY	DATES	TIME	LED BY
Sat	January 9 - February 20	12:30p-3:00p	Tim P.

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 Head Coach Jason Roberts at jason.roberts@ymcastaff.org.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 6 - 18



COUNTRYSIDE YMCA Torpedoes

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 April 4th and 6th.

AGE REQUIREMENT: 6 - 14

FEE: Member: \$450

LOCATION: Countryside YMCA | Lebanon - Family Aquatic Center

TRY OUTS

SEPTEMBER 5, 6:00P-7:00P, FAMILY AQUATIC CENTER

DAY	DATES	TIME
Tue/Thu	September 19 2023 - March 7 2024	5:45p-7:00p

CREATIVE ARTS

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	\$80/\$100
Tues	9:15a-10:00a	5-12 years old	\$70/\$75
Fri	9:30a-10:15a	3-7 years old	\$80/\$100

Cooking

Cooking: Creative Cooking

Children love to help in the kitchen and this class teaches them basic cooking skills and terms. Terrie 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: \$90 / Program Member: \$115

DAY	TIME
Thu	10:15a-11:15a
Thu	5:15p-6:15p

Kids in the Kitchen

Don't be Chicken! Do you like to help in the kitchen? If so, you'll get your chance in this Preschool Cooking Workshop! Students in the workshop will make their own lunch (using chicken) and a light summer dessert. Students will practice their counting, use several cooking utensils, practice measuring and learn basic cooking terms and vocabulary. So don't be chicken and sign up to join us! Story time included, ages 3-7.

LOCATION: Countryside YMCA | Lebanon - Craft Room

AGE REQUIREMENT: 3 - 7

FEE: Member: \$25 / Program Member: \$30

DATE	TIME
August 15	10:30a-12:00p

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

FEE: Member: \$100 / Program Member: \$130

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

Cooking: The Tween Years

In this fun hands-on class for ages 9-15, you will learn the basics of working in the kitchen. In our class, you will prepare a variety of dishes, while learning about kitchen safety and nutrition. This class is designed to be taken once or multiple times to perfect your skills and find your inner chef!

LOCATION: Countryside YMCA | Lebanon - Crafts/Kitchen

AGE REQUIREMENT: 9 - 15

FEE: Member: \$100 / Program Member: \$130

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



Dance

Welcome to the 2023/2024 Countryside YMCA Dance Studio season! Fall classes are a great time to start dance or come back after summer break! Our Winter performance is scheduled for Saturday, December 16th (see class instructor for participation guidelines). Please contact Jaime Spurlock with any programming questions at 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

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

DAY	TIME
Mon	5:15p-5:45p
Thu	10:30a-11:00a
Thu	6:20p-6:50p
Sat	10:00a-10:30a

CREATIVE ARTS

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

FEE: Member: \$85 / Program Member: \$110

DAY	TIME
Mon	5:45p-6:30p
Thu	11:00a-11:45a
Thu	5:30p-6:15p
Sat	9:15a-10:00a

Ballet: Classical Ballet 1

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.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio

AGE REQUIREMENT: 7 - 12

FEE: Member: \$90 / Program Member: \$115

DAY	TIME
Mon	6:30p-7:30p
Thu	6:50p-7:50p
Sat	10:35a-11:35a

Ballet: Classical Ballet 2/Teens

This class is for tweens and teens. Ages 10-12 need instructor approval and at least 2 years of ballet experience. Beginners ages 13+ do not need instructor approval. This class works on the barre, working on strength, turnout and flexibility.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio

AGE REQUIREMENT: 10 - 18

FEE: Member: \$90 / Program Member: \$115

DAY	TIME
Thu	6:50p-7:50p
Sat	11:35a-12:35p

Beginner Hip Hop

Beginner Basic Hip Hop class for younger dancers. Class will be geared toward younger dancers with little/no hip-hop experience, using age-appropriate terms and music. This class will be taught by Ms. Jaime.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio

AGE REQUIREMENT: 5 - 7

FEE: Member: \$85 / Program Member: \$110

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

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, 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: 6 & up

LEVEL	AGES	DAY	TIME	LOCATION	FEE
Beginner	4 & up	Tue	4:45p-5:15p	Lower Level Studio	\$40/\$50
Intermediate	7 & up	Tue	5:15p-6:15p	Lower Level Studio	\$45/\$55
Intermediate & Advanced	7 & up	Mon	7:50p-8:50p	Lower Level Studio	\$50/\$60

Broadway & Rhythm Tap Dance 1

Bruce Lee's philosophy was "using no way as a way". His approach was "the form of no form". This class familiarizes students with many popular and classic disciplines and styles to develop self-awareness. By empowering self-expression and freeing them to simply dance free of form, they can adapt to any genre, style or setting.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio

AGE REQUIREMENT: 8 - 15

FEE: Member: \$70 / Program Member: \$75

CLASS	DAY	TIME
Tap 1	Tue	7:15p-8:00p

Pop & Hip Hop Freestyle Dance 1

Bruce Lee's philosophy was "using no way as a way". His approach was "the form of no form". This class familiarizes students with many popular and classic disciplines and styles to develop self-awareness. By empowering self-expression and freeing them to simply dance free of form, they can adapt to any genre, style or setting.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio

AGE REQUIREMENT: 8 - 15

FEE: Member: \$90 / Program Member: \$105

CLASS	DAY	TIME
Hip Hop 1	Tue	6:15p-7:00p

CREATIVE ARTS

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.

LOCATION: Countryside YMCA | Lebanon - Music Lessons Room

AGE REQUIREMENT: 5 & up

FEE: Member: \$160 / Program Member: \$210

Schedule with instructor call 513 932 1424 ext 226

Private Guitar Lessons

Private guitar lessons are 30 mins/week. Please have access to a guitar to practice and bring to lessons.

LOCATION: Countryside YMCA | Lebanon - Music Lessons Room

AGE REQUIREMENT: 8 & up

FEE: Member: \$160 / Program Member: \$210

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 - 18

FEE: Member: \$100 / Program Member: \$130

DAY	TIME
Wed	11:00a-12:30p
Wed	4:45p-6:00p
Thu	4:45p-6:00p
Sat	9:00a-10:30a

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

FEE: Member: \$100 / Program Member: \$130

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 7:45p-9:00p

LOCATION: Countryside YMCA | Lebanon - Pottery Room

AGE REQUIREMENT: 10 & up

FEE: Member: \$125 / Program Member: \$160

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

Wheel Pottery 101

Pottery Wheel 101 Class is perfect for those curious about throwing clay on a wheel. This beginner wheel class will teach the basic techniques of wheel throwing to create projects. This class is aimed at beginners and is a great way to try pottery making. Hand building is also an option. Adult registration (18+) includes access to our adult studio time, Wednesdays 7:45p-9:00p.

LOCATION: Countryside YMCA | Lebanon - Pottery Room

AGE REQUIREMENT: 10 & up

FEE: Member: \$125 / Program Member: \$160

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

Adult Pottery

Need to get your hands dirty? Always wanted to throw a bowl on the wheel? Our instructors will help you learn hand-building or wheel techniques to make whatever your heart desires. Pottery is Fun! Registration in this class will include access to our Adult Pottery Studio Time, Weds 7:45p-9:00p

LOCATION: Countryside YMCA | Lebanon - Pottery Room

AGE REQUIREMENT: 18 & up

FEE: Member: \$125 / Program Member: \$160

DAY	TIME
Thu	6:30p-8:00p

Handbuilding Pottery

This pottery class will focus on working clay with the hands and not using the wheel. Adults 18+

LOCATION: Countryside YMCA | Lebanon - Pottery Room

AGE REQUIREMENT: 18 & up

FEE: Member: \$100 / Program Member: \$130

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.

LOCATION: Countryside YMCA | Lebanon - Crafts/Kitchen

AGE REQUIREMENT: 6 - 15

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

LEVEL	AGE	DAY	TIME
LEGO Club	6 - 10	Sat	10:15a-11:00a
Advanced	10 - 15	Sat	9:25a-10:10a

Theatre

Theatre Auditions

Countryside YMCA Acting Troupe is looking for cast members. You only need to attend one audition time - everyone who auditions will be cast! Our show this year is a musical "Everything Groovy". Please be prepared to sing a song!

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 7 - 18

FEE: Free

DAY	DATE	TIME
Thu	September 28	6:30p-8:00p
Sun	October 1	2:00p-3:00p

Theatre

Our Countryside Acting Troupe Season runs from Mid-October through Early February. Meeting times are Monday & Thursdays from 6:30-8, and rehearsal times for smaller groups may vary this season. A tentative schedule will be available at auditions. Auditions are Sept 28th 6:30-8pm & Oct 1st 2-3pm, participants only need to come to 1 audition time and everyone who auditions will be cast in our show. Our show this year is a fun, hip journey to the music, beads, and flowers celebration. "Everything's Groovy" is a hilarious musical to get everyone movin' and groovin'

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 7 - 18

FEE: Member: \$180 / Program Member: \$235

Winter Break Classes

Winter Break Classes

Celebrate winter break with fun half day classes at the Y. Offered for ages 7+. Class offerings coming soon!

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 7 & up

EDUCATION

Foreign Languages

Spanish Private Lessons

Price is per 30 minute lesson.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 5 & up

FEE: Member: \$25 / Program Member: \$30

Schedule with instructor call 513 932 1424 ext 226

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: \$100

DAY	DATE	TIME
Sat	September 16	8:00a-1:30p
Sat	November 4	8:00a-1:30p

YASA

YASA (YMCA Aquatic Safety Assistant) is for 14-15 year olds who are interested in becoming lifeguards when they turn 16 years of age. There will be a physical competency swim test on the first day of class. Failure to pass either phase will result in the participant being asked to try at a later course offering when they can pass both phases of the test. 100% attendance and participation is required.

LOCATION: Countryside YMCA | Lebanon - Aquatic Training Room

AGE REQUIREMENT: 14 & up

Contact Tony DiMario at 513 932 1424 ext 116

We will have classes in November 2023. Dates and Times TBD. Please check our website countrysideymca.org for details & registration.

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: 16 & up

Contact Tony DiMario at 513 932 1424 ext 116

We will have classes in September & December 2023. Dates and Times TBD. Please check our website countrysideymca.org for details & registration.

Homeschool

Spanish for Homeschoolers

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 5 & up

FEE: Members: \$80 / Program Members: \$100

DAY	TIME
Tue	10:45a-11:45a

SWOH Music Academy

Would you like your homeschooled child to have their own band experience? The Southwest Ohio Homeschool Music Academy is a true school music experience for homeschoolers.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 8-18

Band

LEVEL	DAY	DATES	TIME	FEE
Beginner	Thu	Mid Sept 16- Mid Dec	2:30pa-3:15p	\$100/\$130

Strings

LEVEL	DAY	DATES	TIME	FEE
Beginner	Mon	Mid Sept - Mid Dec	4:00p-4:45p	\$100/\$130
Ensemble Intermediate/Advanced	Thu	Mid Sept - Mid Dec	1:00p-2:30p	\$125/\$165

Choir

LOCATION: Countryside YMCA | Lebanon - Crafts/Kitchen

AGE REQUIREMENT: 8-18

FEE: Member: \$90/Program Member: \$117

LEVEL	DAY	DATES	TIME	FEE
Beginner	Tue	Mid Sept - Mid Dec	1:00p-2:30p	\$125/\$165

GYMNASTICS

Monthly Classes

The start of the school year season will be August 28th. We will continue to run our recurring monthly registration format through the end of May. 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 cancelation form by the 20th of the month. For a more detailed explanation and Frequently Asked Questions please visit countrysideymca.org/activities-and-more/programs-classes/gymnastics or scan the QR Code below

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

School Year Registration

Registration for the school year will begin August 14th for monthly members and August 16th for program members. After August 16th anyone can register at any time throughout the school year (August-May).

Specialty

Low Sensory

We recognize some children have a hard time in big, bright, loud space. The class will provide a less stimulating learning environment for children to practice their gymnastics skills. Our low sensory classes will be in the Spirit Studio and not in the gymnastics gym, taught by our gymnastics staff.

LOCATION: Countryside YMCA | Lebanon - Spirit Studio (upstairs)

AGE REQUIREMENT: 3-14

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

AGES	DAY	TIME
Preschool (3-5)	Thu	4:30p-5:15p
Gradeschool (6-14)	Thu	5:20p-6:05p

Parent & Child

Early Walkers

Toddlers will explore their environment and, in the process, learn to problem solve, take "safe" risks, and establish a sense of independence. Increased dexterity and strength allow them to learn and perform more advanced physical skills through exploration of fun, colorful gym equipment. Parent 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	9:30a-10:00a

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. Parent 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
Mon	4:30p-5:00p
Sat	10:05a-10:35a

Mat Rats

Join us each week for 45 minutes over a 5 or 8 week session. 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. Bring your child and burn off some energy in a positive, safe environment while building a foundation for all future gymnastics programs. Ages 24-35 months. Parent must attend class with the child. No class 7/4.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 2 years

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

DAY	TIME
Mon	5:05p-5:50p
Tue	9:15a-10:00a
Sat	10:45a-11:30a



GYMNASTICS

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	9:30a-10:15a
Tue	6:10p-6:55p
Wed	9:30a-10:15a
Wed	5:20p-6:05p
Thu	4:30p-5:15p
Thu	5:20p-6:05p
Fri	10:20a-11:05a
Sat	9:15a-10:00a
Sat	10:05a-10:50a

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	9:30a-10:15a
Tue	5:20p-6:05p
Wed	10:20a-11:05a
Wed	5:20p-6:05p
Wed	6:10p-6:55p
Thu	4:30p-5:15p
Thu	6:10p-6:55p
Sat	10:05a-10:50a
Sat	10:55a-11:40a

Mighty Rollers

Preschool male 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, Pommel, floor, rings and bars. Emphasis is on technique and form.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 4-5 Boys Class

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

DAY	TIME
Mon	5:00p-5:45p

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

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

DAY	TIME
Tue	5:20p-6:05p
Tue	6:10p-6:55p
Wed	6:10p-6:55p
Thu	5:20p-6:05p
Thu	6:10p-6:55p
Fri	9:30a-10:15a
Sat	9:15a-10:00a
Sat	10:55a-11:40a



GYMNASTICS

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 through gymnastics. 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.

Boys Gymnastics

Male gymnasts will spend time hanging, swinging, and supporting themselves on the rings, high-bar, and parallel bars. Do pull-overs, inverted hangs and straddle travels. Repetition of swings on the pommel horse and walking circle drills on the mushroom. Vault will begin with proper running technique, skipping and hurdling drills, leading to squat ons.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 14

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

DAY	TIME
Mon	5:50p-6:50p

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

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

DAY	TIME
Tue	5:45p-6:45p
Tue	6:50p-7:50p
Wed	4:40p-5:40p
Wed	5:45p-6:45p
Wed	6:50p-7:50p
Thu	4:40p-5:40p
Thu	5:45p-6:45p
Thu	6:50p-7:50p
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 level 1 gymnastics required to participate at this level.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 14

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

DAY	TIME
Tue	5:45p-6:45p
Tue	6:50p-7:50p
Wed	4:40p-5:40p
Wed	5:45p-6:45p
Wed	6:50p-7:50p
Thu	4:40p-5:40p
Thu	5:45p-6:45p
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

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

DAY	TIME
Tue	5:00p-6:30p
Tue	6:30p-8:00p
Wed	6:30p-8:00p
Sat	9:00a-10:30a

Advanced Gymnastics

Gymnasts work on complex skills in all gymnastics areas at this pre-competitive level. Teacher approval and Mastery of Intermediate Gymnastics required to participate at this level.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 14

MONTHLY FEE: Member: \$156 / Program Member: \$222

DAY	TIME
Tue	5:00p-6:30pp
Thu	5:00p-6:30p

GYMNASTICS

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

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

DAY	TIME
Tue	4:40p-5:40p
Thu	4:40p-5:40p
Sat	9:30a-10:30a

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

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

DAY	TIME
Tue	5:45p-6:45p
Thu	5:45p-6:45p
Sat	10:35a-11:35a

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

MONTHLY FEE: Member: \$58 / Program Member: \$83

DAY	TIME
Tue	6:50p-7:50p

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 Ben Wissel 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: Parent must remain present in the gym during private appointments. Prices are per lesson.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center
AGE REQUIREMENT: 6 - 18

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. Parent 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/\$63
Choreography - Floor	Varies	\$122/\$175

GYMNASTICS

Homeschool

Homeschool Preschool Gymnastics

This class is designed for exploration in a fun and structured environment. Skills will be built to the child's ability level. Floor work: rolls, cartwheels, backbends and handstands. Bar work: intro to front supports, pullovers and proper swing techniques. Beam work: basic balance skills. Vault work: running techniques and spring board approach. Must be potty trained: no pull-ups, please.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 3 - 5

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

SPRING

DAY	TIME
Tue	11:10a-11:55a

Homeschool Gymnastics

This class is designed for exploration in a fun and structured environment. Skills will be built to the child's ability level. Floor work: rolls, cartwheels, backbends and handstands. Bar work: intro to front supports, pullovers and proper swing techniques. Beam work: basic balance skills. Vault work: running techniques and spring board approach.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 14

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

DAY	TIME
Tue	12:00p-1:00p

Homeschool Ninja Warrior

Our Ninja program is fun, fast moving, athletic training which is designed to develop participants strength, coordination, balance, speed, 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 Line features Ninja Warrior obstacles like the 14ft warped wall and salmon ladder.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 4 - 15

AGE	DAY	TIME	MONTHLY FEE
Little Ninjas: Coed 5-6	Fri	11:15a-12:15a	\$53/\$75
Ninja Warrior: Coed 7-15	Fri	12:10p-1:10p	\$70/\$100

Ninja Warrior

Ninja Warrior

Our Ninja program is fun, fast moving, athletic training which is designed to develop participants strength, coordination, balance, speed, 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 Line features Ninja Warrior obstacles like the 14ft warped wall and salmon ladder.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 & up (4-5 permitted if adult registers as well)

SPRING

AGE	DAY	TIME	MONTHLY FEE
Ninja Family: 5 + family member (at least two must register)	Tue	6:55p-7:55p	\$70/\$100
	Sat	10:05a-11:05a	\$70/\$100
Little Ninjas: Coed 5-6	Tue	6:05p-6:50p	\$53/\$75
	Wed	5:00p-5:45p	\$53/\$75
	Thu	6:30p-7:15p	\$53/\$75
	Sat	9:15a-10:00a	\$53/\$75
Ninja Kid: Coed 7-9	Tue	5:00p-6:00p	\$70/\$100
	Thu	5:25p-6:25p	\$70/\$100
	Sat	11:10a-12:10a	\$70/\$100
Ninja Warrior: Coed 10+	Wed	5:50p-6:50p	\$70/\$100
	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 Jr. Olympic Program. Participation is open to members only.

For more information, contact Becca Colemann via email at becca.colemann@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: \$22 / Non-Members \$55
Lifetime Test: \$85 (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	\$52	\$26.00
6 session package	\$141	\$23.50
10 session package	\$221	\$22.10
20 session package	\$384	\$19.21
30 session package	\$526	\$17.53
40 session package	\$699	\$17.48

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, with sets of high intensity cardio between sets.

LOCATION: Countryside YMCA | Lebanon – Studio 1

AGE REQUIREMENT: 13 & up

FEE: Free for Members

DAY	TIME
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 – Cardio Strength Center Studio

AGE REQUIREMENT: 13 & up

FEE: Member: Free / Program Member: \$40

DAY	TIME
Mon	6:00a-6:30a
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 Kick Boot Camp

This cardio kick box class incorporates traditional boot camp training, drills and intervals.

LOCATION: Countryside YMCA | Lebanon - Studio 1

AGE REQUIREMENT: 13 & up

FEE: Free for Members

DAY	TIME
Tue	9:15a-10:05a
Thu	9:15a-10:05a

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	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: \$79

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
Wed	9:15a-10:00a
Thu	9:15a-10:00a
Thu	6:00p-6:45p
Fri	9:15a-10:00a
Sat	7:45a-8:30a

HEALTH & FITNESS

Family Yoga

This class is for parents and children aged 10 years and up. *(Parent must participate with their child, no drop offs.) Yoga will improve both physical and mental health in adults and children through movement, breathing and meditation. This instructor-led class will connect movement and breath work to improve balance, strength and focus while working at your own pace. All levels are welcome for this yoga flow.

LOCATION: Countryside YMCA | Lebanon - Spirit Studio

AGE REQUIREMENT: 10 & up

FEE: Free for Members

DAY	TIME
Sun *Starts September 10th	2:00p-3:00p

Generation Pound

Family class for kids 7+ and their parents. This exhilarating full body workout combines cardio, conditioning, and strength training. Designed for all fitness levels.

LOCATION: Countryside YMCA | Lebanon - Studio 2

AGE REQUIREMENT: 7 & up

FEE: Free for Members

DAY	TIME
Sun *Starts September 10th	3:30p-4:15p

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: \$79

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

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: \$79

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

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	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

HEALTH & FITNESS

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

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: \$79

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 *Starts September 11th	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

HEALTH & FITNESS

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

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: \$79

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: \$79

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: \$79

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: \$79

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: \$79

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: \$79

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

HEALTH & FITNESS

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: \$79

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

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: \$79

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

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. For ages 50+

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

HEALTH & FITNESS

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.

Exciting Makeover Update!

The Competition and Instructional Pools are undergoing a full renovation, with improvements to the aquatic environment, aesthetics and member experience! During the renovation, the Competition and Instructional Pools will be closed and Water Fitness classes will be in the Stolle Center Pool & Family Aquatic Center during Fall 1 (noted online & in program guide). Be sure to check countrysideymca.org for updates.

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: \$52

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: \$38

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

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. Classes are sponsored by our annual campaign and open to the community!

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. Classes are sponsored by our annual campaign and open to the community!

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: \$52

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

HEALTH & FITNESS

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: \$30

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

FALL 1: Family Aquatics Center

FALL 2: Competition Pool

AGE REQUIREMENT: 13 & up

FEE: Member: Free / Program Member: \$52

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

FALL 1: Stolle Center Pool

FALL 2: Instructional Pool

AGE REQUIREMENT: 13 & up

FEE: Member: Free / Program Member: \$52

DAY	TIME
Mon FALL 2 ONLY	6:15a-7:00a
Wed	6:15a-7:00a
Fri	6:15a-7:00a

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: \$52

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 152.

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

PACKAGE	FEE
(1) 1 Hour + (2) 30 Minute Sessions	\$105/\$139
(1) 1 Hour + (4) 30 Minute Sessions	\$139/\$179

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
Individual Sessions	
1 Session	\$48/\$72
3 Sessions	\$132/\$199
5 Sessions	\$206/\$307
10 Sessions	\$355/\$534
15 Sessions	\$490/\$735
Duet Sessions	
1 Session	\$36/\$61
3 Sessions	\$98/\$164
5 Sessions	\$156/\$257
10 Sessions	\$267/\$444
15 Sessions	\$367/\$613

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
Individual Sessions	
1 Session	\$48/\$72
3 Sessions	\$132/\$199
5 Sessions	\$206/\$307
10 Sessions	\$355/\$534
15 Sessions	\$490/\$735
Duet Sessions	
1 Session	\$36/\$61
3 Sessions	\$98/\$164
5 Sessions	\$156/\$257
10 Sessions	\$267/\$444
15 Sessions	\$367/\$613

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

FEE: Member: Free

DATES	DAY	TIME	LOCATION
August 28th - November 15th	Mon & Wed	10:30a-12:00p	Lebanon
August 29th - November 16th	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	1:30p-2:30p

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

FEE: Member: Free

DATES	DAY	TIME	LOCATION
August 14th - November 3rd	Mon, Wed, Fri	10:30a-12:00p	Lebanon - Lower Level Mini Gym
August 14th - November 3rd	Mon, Fri Wed	7:00p-8:30p 6:30p-8:00p	Lebanon - Lower Level Mini Gym
August 14th - November 3rd	Thu	10:30a-12:00p 7:00p-8:30p	Landen - Studio A

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

DAY	TIME	FEE
Tue/Thu	11:00a-11:45a	\$80/\$104

SPORTS

Sports Classes

Soccer: Little Dribblers Soccer

Little Dribblers is the first step in the YMCA soccer program. The class is designed to develop social and motor skills in a non-competitive setting. Through play, children will learn passing, trapping, dribbling, and shooting. New games are introduced each week to create a fun environment. Parent/Child class. Soccer balls are provided.

LOCATION: Countryside YMCA | Lebanon - Lower Level Mini Gym

AGE REQUIREMENT: 2 - 3

FEE: Member: \$39 / Program Member: \$51

SPRING

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

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

FEE: Member: \$39 / Program Member: \$51

SPRING

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

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

FEE: Member: \$39 / Program Member: \$51

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

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

FEE: Member: \$39 / Program Member: \$51

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

FEE: Member: \$57 / Program Member: \$75

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

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

FEE: Member: \$79 / Program Member: \$102

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

Climb to Fitness

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

LOCATION: Countryside YMCA | Lebanon - Climbing Wall

AGE REQUIREMENT: 6 - 12

FEE: Member: \$55 / Program Member: \$72

TYPE	DAY	AGES	TIME
Homeschool	Tue	6-12	11:00a-11:45a (save \$5 on 45 min class)
Beginner	Thu	6 & up	5:00p-5:45p (save \$5 on 45 min class)
Beginner	Thu	6 & up	6:00p-6:45p (save \$5 on 45 min class)
Intermediate	Wed	10 & up	6:00p-7:00p

SPORTS

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

FEE: Member: \$39 / Program Member: \$51

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

Recreational Volleyball

This program gives players the opportunity to improve their game and have fun learning the fundamentals of volleyball. The clinic is taught by Karen Miranda, a former collegiate player and coach.

LOCATION: Countryside YMCA | Lebanon - Mini Gym

AGE REQUIREMENT: 6 - 12

FEE: Member: \$79 / Program Member: \$102

AGES	DAY	TIME
6 - 8	Mon	6:00p-6:45p
9 - 12	Mon	7:00p-7:45p

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

FEE: Member: \$50 / Program Member: \$66

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

FEE: Member: \$50 / Program Member: \$68

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

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

FEE: Member: \$77 / Program Member: \$100

AGES	DAY	TIME
5 - 7	Wed	5:30p-6:00p
8 - 9	Wed	6:15p-6:45p
10 - 14	Wed	7:00p-7:30p

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

FEE: Member: \$50 / Program Member: \$66

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

SPORTS

Pick Up/Open Gyms

Basketball

Pick up Basketball is held Monday-Saturday. Inclement weather may effect gym time and space availability. Check 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. Inclement weather may effect gym time and space availability. Arranged play must be reserved on our app.

LOCATION: Countryside YMCA | Lebanon - Lower Level Main Gym

AGE REQUIREMENT:

FEE: Member: Free

TYPE	DAY	TIME
Arranged Play (reserve on app)	Mon - Fri	7:00a-9:00a
	Tue & Thu	9:00a-11:00a
	Tue & Thu	11:00a-1:00p
Senior Open Play (45+ ONLY)	Mon & Wed	9:00a-11:00a
Open Play for All	Mon & Wed	11:00a-1:00p
	Tue & Thu	1:00p-3:00p
	Fri	9:00a-1:00p
	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 can rent a pickleball net/court in the Lower Level Gym. Requires 48 hour notice.

LOCATION: Countryside YMCA | Lebanon - Lower Level Main Gym

AGE REQUIREMENT: 18 & up

FEE: Member: \$20 / Program Member: \$40

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: \$72 / Program Member: \$94

Program Membership fee charged one time annually.

AGE	REGISTRATION DATES	DAY	GAME DATES	TIME
4 - 5 Candy League	August 21-October 15	Sat	Oct 28 Nov 4, 11, 18, 30 Dec 2, 9, 16 *no game Nov 25	9:00a-1:00p
5 - 6 Advanced Candy League	August 21-October 15	Sat	Oct 28 Nov 4, 11, 18, 30 Dec 2, 9, 16 *no game Nov 25	9:00a-1:00p

SPORTS

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: 4 - 10

FEE: Member: \$79 / Program Member: \$105

Program Membership fee charged one time annually.

AGE	REGISTRATION DATES	DAY	GAME DATES	TIME
4 - 5	August 21 - October 15	Sat	Oct 28 Nov 4, 11, 18, 30 Dec 2, 9, 16 *no game Nov 25	9:00a-2:00p
6 - 7	August 21 - October 15	Sat	Oct 28 Nov 4, 11, 18, 30 Dec 2, 9, 16 *no game Nov 25	9:00a-2:00p
8 - 10	August 21 - October 15	Sat	Oct 28 Nov 4, 11, 18, 30 Dec 2, 9, 16 *no game Nov 25	9:00a-2:00p

Coed Recreation Soccer League

The co-ed indoor pick-up recreational soccer league is for kids of all skill levels looking to have a great time playing soccer in a relaxed environment. Saturday pick-up games only. Shin guards and soccer socks are required. No outdoor cleats are permitted. Games will be one hour. Game times may vary. Players will be contacted with their game time the Thursday before the first game.

LOCATION: Countryside YMCA | Lebanon - Lower Level Mini Gym

AGE REQUIREMENT: 7 - 10

FEE: Member: \$72 / Program Member: \$94

Program Membership fee charged one time annually.

AGE	REGISTRATION	DAY	GAME DATES	TIME
7 - 10	November 21 - January 2	Sat	Jan 13, 20, 27 Feb 3, 10, 17, 24 Mar 2	1:00p-4:00p

Flag Football League

Flag Football is a coed recreational league that teaches the fundamentals of flag football in a fun, non-competitive environment. We emphasize equal playing time and fun through caring, honesty, respect, and responsibility. Players may play up an age bracket, but not down. Players may request only one other player to be placed on their team, siblings are automatically placed together. Games are played rain or shine. A mouth guard is required for practices and games; no pads. Games times may vary.

LOCATION: Countryside YMCA | Lebanon - Lower Level Flag Football Fields

AGE REQUIREMENT: 5 - 14

FEE: Member: \$77 / Program Member: \$105

Program Membership fee charged one time annually.

AGE	REGISTRATION	DAY	GAME DATES	TIME
5 - 7	June 1 - August 20	Sat	Aug 26 Sept 2, 9, 16, 23, 30 Oct 7, 14	9:00a-2:00p
8 - 10	June 1 - August 20	Sat	Aug 26 Sept 2, 9, 16, 23, 30 Oct 7, 14	9:00a-2:00p
11 - 14	June 1 - August 20	Sat	Aug 26 Sept 2, 9, 16, 23, 30 Oct 7, 14	9:00a-2:00p

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 fast pitch softball 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
Soccer Training (30 min)	\$30/\$35
Volleyball Lesson	\$40/\$40

Pickleball Lessons

Pickleball Private Lessons taught by Elizabeth Doubet.

LOCATION: Countryside YMCA | Lebanon - Lower Level Main Gym

AGE REQUIREMENT:

LESSON	FEE
Individual Lesson	\$25
Group Lesson	\$15

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.

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 Scattegories, 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 and lunch. Tournament team winners will receive a \$50 prize package. 2 Person 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	September 30	10:00a-1:00p



40th 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. To register yourself or a team contact Anita Pelletier at 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 20	11:30a



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

The 33rd 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. Registration includes t-shirt and finisher pin.

LOCATION: Countryside YMCA | Lebanon - Outdoor Pool

AGE REQUIREMENT: All Ages

FEE: Early Bird Registration \$30 (Before Aug 31)

Registration \$35 (After Aug 31)

Youth age 6-16 \$20 (5 & under are free)

DAY	DATE	TIME
Sat	September 23	Check-in starts at 7:30a



*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 Jami Baumann at jami.baumann@ymcastaff.org or 513 932 1424 x233.

LOCATION: Countryside YMCA | Lebanon - Child Watch

AGE REQUIREMENT: 2 months & up

FEE: Member: Free / Program Member: Free

DAY	DATE	TIME
Sat	September 16	3:00p-6:00p
Sat	November 18	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 or 513 932 1424 x233.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 6 weeks - 12

FEE: Members: \$25 Per Child

DAY	DATE	TIME
Sat	September 9	3:00p-7:00p
Sat	October 14	3:00p-7:00p
Sat	November 11	3:00p-7:00p
Sat	December 9	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. If desires, 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

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 *Starts September 13th	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: \$79

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 - Multipurpose Studio

AGE REQUIREMENT: 13 & up

FEE: Member: Free / Program Member: \$79

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: \$79

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

SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
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10:00p							



COUNTRYSIDE YMCA | LEBANON

1699 Deerfield Road, Lebanon, OH 45036
P 513 932 1424 F 513 933 9390
countrysideymca.org

COUNTRYSIDE YMCA | LANDEN

2894 US Route 22 & 3, Maineville, OH 45039
P 513 583 5580 F 513 583 9581
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