

# FALL 2022



## COUNTRYSIDE YMCA PROGRAM GUIDE

Fall 1 & 2 Sessions  
August 29 - December 18, 2022

# 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 you would like to participate in and register in person or online at [www.countrysideymca.org/activities-and-more/search-our-classes](http://www.countrysideymca.org/activities-and-more/search-our-classes). No phone registrations will be accepted. No registration will be processed without payment. All times listed are subject to change based upon enrollment and usage. Instructors listed are subject to change or substitution.

## Cancellation and Refund Policy

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

## Class Make-up Policy

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

## Special Needs Inclusion/Accommodation for Children:

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

## Nationwide Membership

### Another great reason to belong to the YMCA

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

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

### How It Works

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

### Program Details

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

### Financial Assistance

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

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

THIS BOOK IS SUBJECT TO CHANGE

## 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

Monday - Friday	8:00a-8:00p
APR-OCT 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, Wednesday	9:00a-1:00p
	4:00p-8:00p
Tuesday, Thursday, Friday	9:00a-1:00p
	4:00p-7:00p
Saturday	9:00a-12:00p
Sunday	Closed

### Find more online!

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

General Information	2
Nationwide Membership	2
Hours of Operation	3
Session Schedule	4
Online Registration	4
Member Coaching	5
Child Watch	5
Directory	6
Aquatics	7
Swim Lessons	7
Parent/Child	7
Preschool	8
School Age	9
Adult	11
Speciality & Private Lessons	11
Homeschool	12
Sprinboard Diving	12
Water Adventures	12
Scuba	12
Swim Team	13
Creative Arts	14
Arts & Crafts	14
Cooking	14
Dance	14
Music	16
Pottery	16
Table Top Activities	17
Theatre	17
Winter Break Classes	17
Education	18
Chirstian Emphasis	18
Foreign Languages	18
Health & Safety Classes	18
Gymnastics	21
Parent/Child	21
Preschool	21
Recreational	22
Tumbling	23
Speciality & Private Lessons	24
Clinics	24
Homeschool	24
Competitive Team	25
Ninja Warrior	25
Health & Fitness	28
Personal Training	28
Cardio Strength Center	28
Fitness	28
Free Group Fitness	28
Flex Cards	32
Speciality Fitness	32
Water Fitness	35
Free Water Fitness	35
Specialty Water Fitness	36
Wellness	37
Sports	36
Sports Group Classes	36
Pick Up/Open Gyms	38
Rentals	39
Sports Leagues	39
Private Lessons	40
Stolle Center	41
Special Events	42
Youth & Family	43
Countryside YMCA   Landen	
Fitness	44
Free Group Fitness	44
Flex Cards	45
Youth & Family	45

## In This Guide

### 2 Week Break

August 15 - August 28

### Fall 1 (8 weeks)

August 29 - October 23

Registration Dates:

Members - August 8, 7:00a

Program Members - August 10, 8:30a

### Fall 2 (8 weeks)

October 24 - December 18

Registration Dates:

Members - October 17, 7:00a

Program Members - October 19, 8:30a

## Coming Next:

### 2 Week Break

December 19 - January 1, 2023

### Winter 1 (8 weeks)

January 2 - February 26, 2022

Registration Dates:

Members - December 12, 7:00a

Program Members - December 14, 8:30a

### Winter 2 (8 weeks)

February 27 - April 23, 2022

Registration Dates:

Members - Feb 20, 7:00a

Program Members - Feb 22, 8:30a

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

To register online:

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

OR

1. Scan the QR code below using the camera on your smartphone
2. Log into your account
3. Complete steps 5-13 above



## 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 [membercoach@ymcastaff.org](mailto:membercoach@ymcastaff.org).

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

### SMART START COUNTRYSIDE YMCA

Free wellness coaching for members.

Talk with a Member Coach today!



## Countryside YMCA Outreach Initiatives

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

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



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

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

# DIRECTORY

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

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

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

Becca Coleman  
Gymnastics  
513 932 1424 ext 136  
becca.coleman@ymcastaff.org

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

Denise Evans  
Financial Assistance  
513 932 1424 ext 170  
denise.evans@ymcastaff.org

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

Genevieve Sanzi  
Events, Rentals & Parties Coordinator  
513 932 1424 ext 162  
genevieve.sanzi@ymcastaff.org

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

Jamie Spurlock  
Arts & Education  
513 932 1424 ext 226  
jamie.spurlock@ymcastaff.org

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

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

Jacob Hurley  
Sports Director  
jacob.hurley@ymcastaff.org

Christian Kallenberger  
Sports & Nutrition Programming  
513 932 1424 ext 190  
christian.kallenberger@ymcastaff.org

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

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

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

Karla Toye  
Swim Lessons & Water Fit  
513 932 1424 ext 152  
karla.toye@ymcastaff.org

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

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

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

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

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

# AQUATICS & SWIM

## Swim Lessons

With over 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. All YMCA swim instructors are nationally certified and have a minimum of 40 hours of training, including certification in CPR, AED, first aid, and oxygen administration.

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.

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](mailto: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.

### Accommodation Process

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

## Parent & Child Swim Lessons

This program promotes aquatic readiness for children from 6 months to 6 years. Parents will accompany their child in the water during the lessons and will learn ways to help their child become more comfortable in and around water. A parent or guardian at least 18 years of age must be in the water. Each swimmer needs their own adult.

### 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. Prorated 9/6

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 6 months - 1 year 6 months

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	10:40a-11:10a	Liz
Tue	6:20p-6:50p	Amy
Wed	11:20a-11:50a	Vic
Sat	9:40a-10:10a	Jim

### 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. Prorated 9/6

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 1 year 6 months - 3 years

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	10:40a-11:10a	Liz
Mon	6:20p-6:50p	Sue
Wed	11:20a-11:50a	Vic
Sat	10:20a-10:50a	Jim

### 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

# AQUATICS & SWIM

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. Prorated 9/6 & 11/25

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 2 years 5 months - 6 years

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	12:55p-1:25p	Sue
Tue	5:40p-6:10p	Amy
Wed	10:40a-11:10a	Vic
Wed	6:20p-6:50p	Sue
Thu	6:20p-6:50p	Emily S
Sat	9:00a-9:30a	Jim

## 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.



### 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. Prorated 9/6 & 11/25

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 3 - 6

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	10:00a-10:30a	Liz
Mon	11:20a-11:50a	Liz & Sue
Mon	12:15p-12:45p	Liz & Sue
Mon	5:00p-5:30p	Hannah
Mon	6:20p-6:50p	Hannah & Megan
Mon	7:00p-7:30p	Hannah
Tue	10:00a-10:30a	Des
Tue	5:40p-6:10p	Amelia
Tue	7:00p-7:30p	Amelia
Wed	10:00a-10:30a	Sue
Wed	10:40a-11:10a	Liz
Wed	11:20a-11:50a	Liz
Wed	12:15p-12:45p	Liz
Wed	4:15p-4:45p	Sue & Kathleen
Wed	6:20p-6:50p	Lynn & Hannah
Thu	5:40p-6:10p	Stacy/ Susan/ Megan
Thu	6:20p-6:50p	Susan
Sat	9:00a-9:30a	Staff
Sat	9:40a-10:10a	Staff
Sat	10:20a-10:50a	Staff

### 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. Prorated 9/6 & 11/25

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 3 - 6

FEE: Member: \$55 / Program Member: \$96



# AQUATICS & SWIM

DAY	TIME	LED BY
Mon	10:00a-10:30a	Sue
Mon	12:55p-1:25p	Liz
Mon	5:40p-6:10p	Hannah
Tue	10:40a-11:10a	Des
Tue	6:20p-6:50p	Amelia
Wed	10:00a-10:30a	Liz
Wed	10:40a-11:10a	Sue
Wed	12:50p-1:20p	Liz
Wed	5:00p-5:30p	Kathleen
Wed	5:40p-6:10p	Kathleen
Wed	7:00p-7:30p	Hannah
Thu	5:00p-5:30p	Stacy
Thu	6:20p-6:50p	Caitlin
Sat	9:40a-10:10a	Staff
Sat	10:20a-10:50a	Staff

## 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. Prorated 9/6 & 11/25

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 3 - 6

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	10:40a-11:10a	Sue
Mon	1:35p-2:05p	Liz
Mon	5:40p-6:10p	Liz
Tue	7:00p-7:30p	Hannah B
Wed	11:20a-11:50a	Sue
Wed	6:20p-6:50p	Kathleen
Thu	5:40p-6:10p	Emily
Sat	9:40a-10:10a	Susan

## 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. Prorated 9/6

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 3 - 6

FEE: Member: \$55 / Program Member: \$96

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

## School Age Lessons

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

## School Age Stage 1

### Water Acclimation

This swim class focuses on water acclimation and is for the beginner school-age swimmer. If you're unsure of the proper swim lesson placement for your child, please schedule a swim evaluation. In this class, swimmers learn all aspects of water safety, appropriate class behavior, listening skills, and independence in the pool. To advance, children must master the following swim skills: bobs; proper water exit; jump into water over their head, push off from the bottom, turn, and grab the side of the pool (jump-push-turn-grab); float on both front and back for 10 seconds; and swim-float-swim for 10 feet. Mastering these skills is the benchmark for progressing to the next swim lesson level. Prorated 9/6 & 11/25

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 6 - 12

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	5:00p-5:30p	Sue
Tue	6:20p-6:50p	Amy
Wed	5:40p-6:10p	Hannah S
Thu	5:00p-5:30p	Emily S
Thu	7:00p-7:30p	Caitlin
Sat	9:00a-9:30a	Staff
Sat	11:00a-11:30a	Staff

# AQUATICS & SWIM

## 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. Prorated 9/6 & 11/25

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 6 - 12

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	6:20p-6:50p	Iz G
Mon	7:00p-7:30p	Christi
Tue	5:40p-6:10p	Hannah B
Wed	5:40p-6:10p	Sue
Thu	5:40p-6:10p	Caitlin
Thu	7:00p-7:30p	Susan
Sat	10:20a-10:50a	Staff
Sat	11:00a-11:30a	Staff

## 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. Prorated 9/6 & 11/25

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 6 - 12

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	7:00p-7:30p	Liz G/ Sue/ Megan
Tue	6:20p-6:50p	Jen
Tue	7:00p-7:30p	Amy
Wed	5:40p-6:10p	Lynn/ Megan
Thu	7:00p-7:30p	Lydia
Sat	9:00a-9:30a	Staff

## 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. Prorated 9/6 & 11/25

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 6 - 12

FEE: Member: \$55 / Program Member: \$96

DAY	TIME	LED BY
Mon	6:20p-6:50p	Christi
Tue	5:40p-6:10p	Jen
Tue	7:00p-7:30p	Jen
Wed	5:00p-5:30p	Sue
Wed	7:00p-7:30p	Lynn
Thu	6:20p-6:50p	Lydia
Sat	11:00a-11:30a	Staff

## 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. Prorated 9/6

LOCATION: Countryside YMCA | Lebanon - Family Aquatic Center

AGE REQUIREMENT: 6 - 12

FEE: Member: \$74 / Program Member: \$124

DAY	TIME	LED BY
Mon	6:30p-7:10p	Aaron
Wed	6:30p-7:10p	Aaron

# AQUATICS & SWIM

## 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. Prorated 9/6

LOCATION: Countryside YMCA | Lebanon - Family Aquatic Center

AGE REQUIREMENT: 6 - 12

FEE: Member: \$74 / Program Member: \$124

DAY	TIME	LED BY
Mon	6:30p-7:10p	Aaron
Wed	6:30p-7:10p	Aaron

## 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. Prorated 9/6

LOCATION: Countryside YMCA | Lebanon - Competition Pool

AGE REQUIREMENT: 13 & up

FEE: Member: \$55 / Program Member: \$96

DAY	TIME
Mon	9:15a-9:45a
Sun	3:30p-4:15p
Sun	4:20p-5:00p

## 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 small groups of two or three special needs swimmers during a 30-minute semi-private lesson. If we cannot place you in a semi private lesson, we will need to move you to a 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 12:15p and 5:00p. After registration, the Swim Lessons Coordinator will contact you via the phone number listed on your membership to schedule your time slot. You can contact the Swim Lessons Coordinator at 513 932 1424 x152 or via email at Kathy.Petersen@ymcastaff.org to learn more.

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 3 & up

FEE: Member: \$108 / Program Member: \$168

DAY	DATES	TIME
Sun	August 21 - September 18 (No class 9/4)	12:00p-5:00p
Sun	September 25 - October 16	12:00p-5:00p
Sun	October 23 - November 13	12:00p-5:00p
Sun	November 20 - December 18 (No class 11/27)	12:00p-5:00p

## Friends & Family Group Private Swim Lessons

We have blocked out time in the Instructional Pool Monday through Wednesday for private lessons for up to 3 family members. You'll receive Five 30-minute private lessons. With limited pool space there will be no make up classes. Pay for 7 lessons it is like getting 1 free. PLEASE DO NOT SHOW UP MORE THAN 10 MINUTES BEFORE CLASS. Prorated 9/6

LOCATION: Countryside YMCA | Lebanon - Competition Pool

AGE REQUIREMENT: 13 & up

FEE: Member: \$216 / Program Member: \$336

DAY	TIME
Mon	2:15p-2:45p
Mon	4:15p-4:45p
Mon	4:30p-5:00p
Wed	1:00p-1:30p
Wed	1:35p-2:05p
Wed	2:05p-2:45p

## 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.

# AQUATICS & SWIM

LOCATION: Countryside YMCA | Lebanon - Instructional Pool

AGE REQUIREMENT: 3 & up

FEE: Member: \$108 / Program Member: \$168

DAY	DATES	TIME
Sun	August 21 - September 18 (No class 9/4)	12:00p-5:00p
Sun	September 25 - October 16	12:00p-5:00p
Sun	October 23 - November 13	12:00p-5:00p
Sun	November 20 - December 18 (No class 11/27)	12:00p-5:00p

## Private Swim Lessons

These thirty-minute private swim lessons allow the participant to work at a personalized level to achieve swim goals. Private swim lessons are a good way to help swimmers focus on a particular swim skill, or to help overcome a fear of the water. Private swim lessons are available by appointment only. Contact Karla Toye to schedule 513-932-1424 extension 152.

FEE: Member: \$36 / Program Member: \$56

## 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.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 6 - 13

FEE: Member: \$53 / Program Member: \$90

LEVEL	AGES	DAY	TIME	LED BY	LOCATION
Beginner	4-10	Tue	11:20a-11:50a	Des	Instructional Pool

## 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. No diving Sun, December 5.

Contact Kathy Petersen at 513 932 1424 ext 152 or at [kathy.petersen@ymcastaff.org](mailto:kathy.petersen@ymcastaff.org) to learn more and sign up.

LOCATION: Countryside YMCA | Lebanon - Competition Pool

AGE REQUIREMENT: 5 & up

FEE: Member: \$95 / Program Member: \$140

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. Classes are offered on Sundays from 3:00pm to 6:00pm, and registration is on a per-day basis.

LOCATION: Countryside YMCA | Lebanon - Competition Pool

AGE REQUIREMENT: 10 & up

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

DAY	DATES	TIME	LED BY
Sun	TBD	3:00p-5:00p	Bill C.
Sun	TBD	3:00p-6:00p	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 the instructor for equipment.

LOCATION: Countryside YMCA | Lebanon - Competition Pool

AGE REQUIREMENT: 12 & up

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

# AQUATICS & SWIM

DAY	DATES	TIME	LED BY
Sat	September 11 - October 23	12:30p-3:00p	Tim P.
Sat	October 30 - December 11	12:30p-3:00p	Tim P.
Sat	January 8 - February 19	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](mailto:jason.roberts@ymcastaff.org).

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

## Swim Team Placements

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

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

## PreCompetitive Torpedoes

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

LOCATION: Countryside YMCA | Lebanon  
AGE REQUIREMENT: 6 - 14

**FEE: Member: \$450**

DAY	TIMES
Tue/Thu	5:45 - 7:00p
Tryouts	August 9 & 10 5:30p - 6:30p



# 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

FEE: Member: \$76 / Program Member: \$99

DAY	TIME	AGES
Mon	5:30p-6:15p	5-8 years old
Tues	9:30a-10:15a	7-12 years old
Fri	9:30a-10:15a	3-7 years old

## Doll/Stuffie & Me

Make some totally awesome things for your American Girl Doll or your Build-A-Bear in this fun workshop! You'll make some jewelry and shoes and some other wearable accessories for your doll or your bear to enjoy!

LOCATION: Countryside YMCA | Lebanon - Crafts/Kitchen

AGE REQUIREMENT: 6 - 12

FEE: Member: \$25 / Program Member: \$32

DAY	DATE	TIME
Sat	October 8	2:00p-4:00p

## Cooking

### Cooking: Creative Cooking

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

LOCATION: Countryside YMCA | Lebanon - Crafts/Kitchen

AGE REQUIREMENT: 3 - 6

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

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

## Kids in the Kitchen

Do you like chocolate? Then this workshop is for you! We will be making a tasty entrée as well as a chocolate dessert, followed by a story too! Children will get hands-on experience with a variety of cooking utensils, following directions, and more.

LOCATION: Countryside YMCA | Lebanon - Crafts/Kitchen

AGE REQUIREMENT: 3 - 7

FEE: Member: \$25 / Program Member: \$32

DAY	DATE	TIME
Mon	August 15	11:00a-12:30p

## 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: \$95 / Program Member: \$125

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

## Cooking: Kids 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: \$95 / Program Member: \$125

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

## Dance

Welcome to the Countryside YMCA Dance Studio 2022/2023 Season. Fall is a great time to catch up on the basics or start dance for the first time. A Winter performance is tentatively scheduled for December and more information will be available in September/October. Contact Jaime Spurlock at [jaime.spurlock@ymcastaff.org](mailto:jaime.spurlock@ymcastaff.org) with any programming questions.

### 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. No class 9/6.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio

AGE REQUIREMENT: 3 - 4

# CREATIVE ARTS

**FEE: Member: \$74 / Program Member: \$96**

DAY	TIME
Mon	5:25p-5:55p
Thu	10:30a-11:00a
Thu	6:20p-6:50p
Sat	10:00a-10:30a

## Ballet: Pre-Ballet 2

This class is for younger school-aged children, introducing and building ballet terms and knowledge, while working on strength, turn-out and flexibility. This class starts work on the barre, and ends with 5 mins of free dance. No class 9/6.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio  
AGE REQUIREMENT: 5 - 7

**FEE: Member: \$82 / Program Member: \$107**

DAY	TIME
Mon	6:00p-6:45p
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. No class 9/6.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio  
AGE REQUIREMENT: 7 - 12

**FEE: Member: \$88 / Program Member: \$114**

DAY	TIME
Mon	6:45p-7:45p
Thu	6:50p-7:50p
Sat	10:30a-11:30a

## Ballet: Classical Ballet 2/Teens

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. Ages 9-12 require instructor approval.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio  
AGE REQUIREMENT: 9 - 18

**FEE: Member: \$82 / Program Member: \$107**

DAY	TIME
Sat	11:30a-12:30p

## 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	6 & up	Thu	4:15p-4:45p	Studio 1	\$42/\$55
Intermediate	7 & up	Thu	4:45p-5:45p	Studio 1	\$52/\$67
Intermediate & Advanced	7 & up	Mon	7:50p-8:50p	Lower Level Studio	\$52/\$67
Intermediate & Advanced	7 & up	Fri	6:00p-7:00p	Lower Level Studio	\$52/\$67

## Clogging Clinics

2-hour clogging clinics...beginner steps and routines taught the 1st half hour, intermediate follows for 1 hour, and a "fun dance" taught the last half hour!

LOCATION: Countryside YMCA | Lebanon - Studio 1  
**FEE: \$5**

DAY	DATE	TIME
Fri	August 12, 19, 26	6:00p-8:00p

## Dance: Broadway & Rhythm Tap Dance 1 & 2

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. Tap 2 requires instructor approval.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio  
AGE REQUIREMENT: 8 - 15

**FEE: Member: \$82 / Program Member: \$107**

CLASS	DAY	TIME
Tap 1	Tue	5:30p-6:15p
Tap 2	Tue	7:30p-8:15p

# CREATIVE ARTS

## Dance: Pop & Hip Hop Freestyle Dance 1 & 2

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. Hip Hop 2 requires instructor approval.

LOCATION: Countryside YMCA | Lebanon - Lower Level Studio

AGE REQUIREMENT: 8 - 15

FEE: Member: \$82 / Program Member: \$107

CLASS	DAY	TIME
Hip Hop 1	Tue	6:30p-7:15p
Hip Hop 2	Tue	4:35p-5:20p

## 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: \$157 / Program Member: \$205

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. No class 9/6.

LOCATION: Countryside YMCA | Lebanon - Music Lessons Room

AGE REQUIREMENT: 8 & up

FEE: Member: \$157 / Program Member: \$205

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

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

## Pottery: 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!

LOCATION: Countryside YMCA | Lebanon - Pottery Room

AGE REQUIREMENT: 10 & up

FEE: Member: \$114 / Program Member: \$150

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

## Pottery: 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!

LOCATION: Countryside YMCA | Lebanon - Pottery Room

AGE REQUIREMENT: 18 & up

FEE: Member: \$114 / Program Member: \$150

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

## Pottery: Pottery for Tweens

LOCATION: Countryside YMCA | Lebanon - Pottery Room

AGE REQUIREMENT: 6-15

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

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



# CREATIVE ARTS

## Pottery: Handbuilding Pottery

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

LOCATION: Countryside YMCA | Lebanon - Pottery Room

AGE REQUIREMENT: 18 & up

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

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 - Craft Room

AGE REQUIREMENT: 6 - 15

FEE: Member: \$48 / Program Member: \$62

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!

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 7 - 18

FEE: Free

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

## Theatre

Countryside YMCA Acting Troupe Season registration. Rehearsals start October 17 on Mondays & Thursdays. Our show will be in late January/ Early February. A full schedule will be available at auditions.

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

## Christian Emphasis

### YMCA Chaplains

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

## Foreign Languages

### German Private Lessons

Price is per lesson.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 5 & up

FEE: Member: \$20 / Program Member: \$26

Schedule with instructor call 513 932 1424 ext 226

### Spanish Private Lessons

Price is per lesson.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 5 & up

FEE: Member: \$20 / Program Member: \$26

Schedule with instructor call 513 932 1424 ext 226

### Private Sewing Lessons

Sewing is fast becoming a lost art form. Have you ever wanted to learn how to sew or do you need to brush up on your skills? Nancy is here to help! A wonderful, experienced seamstress, Nancy can guide you through whatever projects you want or help you learn the basics of sewing. Bring your own sewing machine for maximum learning opportunity!

LOCATION: Countryside YMCA | Lebanon - Craft Room

AGE REQUIREMENT: 7 & up

FEE: Member: \$26 / Program Member: \$31

Schedule with instructor call 513 932 1424 ext 226

## Homeschool

### Spanish for Homeschoolers

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 5 & up

FEE: Member: \$76 / Program Member: \$99

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. We offer all levels of instruction, and our Director will place your child at the first class of the semester. Parent meeting August 22 at 10:00a in the Party Room.

LOCATION: Countryside YMCA | Lebanon - Crafts/Kitchen

AGE REQUIREMENT: 8 - 18

#### Band

LEVEL	DAY	DATES	TIME	FEE
Beginner	Fri	Sept 12 - Mid Dec	2:30p-3:15p	\$90/\$117

#### Strings

LEVEL	DAY	DATES	TIME	FEE
Beginner	Mon	Sept 12 - Mid Dec	3:30p-4:15p	\$90/\$117
Ensemble Intermediate/Advanced	Tue	Sept 12 - Mid Dec	3:30p-4:30p	\$105/\$137

### Choir

LOCATION: Countryside YMCA | Lebanon - Crafts/Kitchen

AGE REQUIREMENT: 8 - 18

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

LEVEL	DAY	DATES	TIME	FEE
Beginner	Thu	Sept 12 - Mid Dec	3:30p-4:30p	\$90/\$117

## 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.

# EDUCATION

LOCATION: Countryside YMCA | Lebanon - Lower Level Board Room

AGE REQUIREMENT: 11 - 16

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

DAY	DATE	TIME
Sat	September 17	8:00a-1:30p
Sat	November 5	8:00a-1:30p

## YASA

YASA (YMCA Aquatic Safety Assistant) is for 14-15 year old adolescents 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. A prorated refund will be offered back. 100% attendance and participation is required. Pick up the YASA folder at the Front Desk and follow all instructions.

LOCATION: Countryside YMCA | Lebanon - Aquatic Training Room

AGE REQUIREMENT: 14 & up

Contact Tony DiMario at 513 932 1424 ext 116

## YMCA Lifeguard Certification

In this YMCA Lifeguard program, participants can earn certification in lifeguarding, CPR, first aid, and oxygen admin. 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

FEE: Member: \$195 / Program Member: \$245

Contact Carrie Anders at 513 932 1424 ext 177

## Infant, Child, & Adult CPR & AED

Instruction for the adult, child, and infant are offered in this class. The focus is on breathing emergencies, obstructed airway management, and CPR and AED applications. Skills are practiced in a group setting using mannequins and AEDs with real-life scenarios. A written test is given and a 2-year certification is earned. This course is available for the individual or in a corporate format. Contact Nate Brestelli at 513 932 1424 x116 for corporate arrangements.

LOCATION: Countryside YMCA | Lebanon - Aquatic Training Room

AGE REQUIREMENT: 14 & up

FEE: Member: \$52 / Program Member: \$70

Contact Carrie Anders at 513 932 1424 ext 177

## Pediatric & Adult CPR, AED, & First Aid

This class offers an ideal training solution for child care providers, foster families, schools, youth sport coaches, and Boy Scout and Girl Scout leaders focusing on the infant, child, and adult. Training includes recognizing and responding to emergencies including obstructed airway management, CPR and AED applications, sudden injury (bleeding, shock, spinal injury, concussion, and broken bones), environmental emergencies, and bites and stings. Skills are practiced in a group setting using mannequins and AEDs with real-life scenarios. A written test is given and a 2-year certification is earned. This course is available for the individual or in a corporate format.

LOCATION: Countryside YMCA | Lebanon - Aquatic Training Room

AGE REQUIREMENT: 14 & up

FEE: Member: \$54 / Program Member: \$73

Contact Carrie Anders at 513 932 1424 ext 177

## Adult & Child CPR & AED

This class offers instruction for breathing emergencies, obstructed airway management, and CPR and AED applications for both the adult and child. Skills are practiced in a group setting using mannequins and AEDs with real-life scenarios. A written test is given and a 2-year certification is earned. This course is available for the individual or in a corporate format. In order to register for a renewal class, you must possess a current and unexpired certification in either adult & child CPR & AED, adult CPR & AED, or child CPR & AED.

LOCATION: Countryside YMCA | Lebanon - Aquatic Training Room

AGE REQUIREMENT: 14 & up

FEE: Member: \$40 / Program Member: \$62

Contact Carrie Anders at 513 932 1424 ext 177

## Adult CPR & AED

This class addresses breathing emergencies, obstructed airway management, and CPR and AED applications for the adult victim. Skills are practiced in a group setting using mannequins and AEDs with real-life scenarios. A written test is given and a 2-year certification is earned. This course is available for the individual or in a corporate format. In order to register for a renewal class, you must possess a current and unexpired certification in this discipline.

LOCATION: Countryside YMCA | Lebanon - Aquatic Training Room

AGE REQUIREMENT: 14 & up

FEE: Member: \$40 / Program Member: \$62

Contact Carrie Anders at 513 932 1424 ext 177

## Basic First Aid

This course provides instruction and skills practice in a group setting to recognize emergencies for obstructed airway management, sudden

injury (bleeding, shock, spinal injury, broken bones, and concussion), sudden illness (altered mental status, breathing difficulty, and pain/discomfort in the chest), compression-only CPR, environmental emergencies, and bites and stings. A 2-year certification is earned. This course is available for the individual or in a corporate format.

LOCATION: Countryside YMCA | Lebanon - Aquatic Training Room

AGE REQUIREMENT: 14 & up

**FEE: Member: \$40 / Program Member: \$62**

**Contact Carrie Anders at 513 932 1424 ext 177**

## Basic Life Support

This training provides instruction in recognizing emergencies of sudden illness, performing CPR and AED applications, 2-person team rescue, obstructed airway management, and emergency oxygen administration for the adult, child, and infant. Skills are practiced in a group setting using mannequins and AEDs with real-life scenarios. A written test is given and a two-year certification is earned. This course is available for the individual or in a corporate format. In order to register for a renewal class, you must possess a current and unexpired certification in this discipline.

LOCATION: Countryside YMCA | Lebanon - Aquatic Training Room

AGE REQUIREMENT: 14 & up

**FEE: Member: \$60 / Program Member: \$82**

**Contact Carrie Anders at 513 932 1424 ext 177**

# GYMNASTICS

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

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

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

## Parent & Child

### Wee Wigglers

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 - 1 years 6 months

FEE: Member: \$71 / Program Member: \$102

DAY	TIME
Sat	9:30a-10:00a

### Toddler Time

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. Prorated 9/5

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 1 year 7 months - 2 years 6 months

FEE: Member: \$71 / Program Member: \$102

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. Prorated 9/5

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 2 years

FEE: Member: \$83 / Program Member: \$119

DAY	TIME
Mon	5:05p-5:50p
Tue	11:10a-11:55a
Sat	10:45a-11:30a

## 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. Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 3 years

FEE: Member: \$83 / Program Member: \$119

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

# GYMNASTICS

## 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. Prorated 11/24.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 4 years

FEE: Member: \$83 / Program Member: \$119

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
Sat	10:05a-10:50a
Sat	10:55a-11:40a

## Mighty 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, Pommel, floor, rings and bars. Emphasis is on technique & form. Boys class. Prorated 9/5

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 5 - 6 Boys Class

FEE: Member: \$83 / Program Member: \$119

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. Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 5 - 6

FEE: Member: \$83 / Program Member: \$119

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

## 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.

## 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. Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 15

FEE: Member: \$92 / Program Member: \$132

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

# GYMNASTICS

## 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. Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 15

FEE: Member: \$92 / Program Member: \$132

DAY	TIME
Tue	5:45p-6:45p
Tue	6:50p-7:50p
Wed	4:40p-5:40p
Wed	5:45p-6:45p
Thu	4:40p-5:40p
Thu	5:45p-6:45p
Sat	10:05a-11:05a

## Boys Gymnastics

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. Boys class. Prorated 9/5

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 15

FEE: Member: \$92 / Program Member: \$132

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

## 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 - 15

FEE: Member: \$135 / Program Member: \$192

DAY	TIME
Tue	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. Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 15

FEE: Member: \$269 / Program Member: \$385

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

## 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. Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 15

FEE: Member: \$92 / Program Member: \$132

DAY	TIME
Tue	4:40p-5:40p
Thu	4:40p-5:40p
Sat	10:35a-11:35a

### 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. Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 15

FEE: Member: \$92 / Program Member: \$132

DAY	TIME
Tue	5:45p-6:45p
Thu	5:45p-6:45p

# GYMNASTICS

## 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: 7 - 15

FEE: Member: \$92 / Program Member: \$132

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

## Specialty & Private Lessons Gymnastics Evaluation

Children will be evaluated and placed in the appropriate class. Parent must remain present.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 & up

FEE: Member: Free / Program Member: Free

DAY	DATE	TIME
Sat	August 7	12:30p
Sat	October 16	12:30p
Sat	December 11	12:30p

## 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	\$30/\$42
Ninja	6 & up	Varies	\$36/\$52

## Specialty Gymnastics Private Lessons

Gymnastics 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	\$40/\$57
Choreography - Floor	Varies	\$110/\$160

## Recreation Gymnastics Open Gym

Come in for open use of all gymnastics equipment. Work skills into the foam pit from a tumbling strip, tumble trak, high bar, beam and vault table. This is not an instructional class, but staff will provide supervision.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 7 & up

FEE: Member: \$11 / Program Member: \$16

DATE	TIME
Sat 8/13	11:30a-12:30p

## 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: \$83 / Program Member: \$119

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

## Beginner to Advanced

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 - 15

FEE: Member: \$92 / Program Member: \$132

DAY	TIME
Tue	12:10p-1:10p



# GYMNASTICS

## 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. Prorated 9/5 & 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center  
AGE REQUIREMENT: 4 & up

AGE	DAY	TIME	FEE
Little Ninjas: Coed 4-5	Fri	11:15a-12:00p	\$91/\$130
Ninja Warrior: Coed 9-12	Fri	12:10p-1:10p	\$121/\$173



## Clinics

### Back Handspring Clinic

Work with staff on lead up drills and back hand springs.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center  
AGE REQUIREMENT: 6 - 15

FEE: Member: \$17 / Program Member: \$24

DAY	DATE	TIME
Thu	August 18	5:00p-6:00p

### Cartwheel/Round Off Clinic

Staff will be on hand to help with led up drills and cartwheels and round-offs.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center  
AGE REQUIREMENT: 6 - 15

FEE: Member: \$17 / Program Member: \$24

DAY	DATE	TIME
Tue	August 16	6:00p-7:00p

## Gymnastics Open Gym

Staff will be on hand to spot skills on events in the gym.

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center

AGE REQUIREMENT: 6 - 15

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

DAY	DATE	TIME
Tue	August 16	6:00p-7:00p
Thu	August 18	6:00p-7:00p

## 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. Prorated 9/5 & 11/24

LOCATION: Countryside YMCA | Lebanon - Gymnastics Center  
AGE REQUIREMENT: 4 & up

AGE	DAY	TIME	FEE
Ninja Family: 5 + family member (at least two must register)	Tue	6:55p-7:55p	\$121/\$173
	Sat	10:05a-11:05a	\$121/\$173
Little Ninjas: Coed 4-5	Tue	6:05p-6:50p	\$91/\$130
	Wed	5:00p-5:45p	\$91/\$130
	Thu	6:30p-7:15p	\$91/\$130
	Sat	9:15a-10:00a	\$91/\$130
Ninja Kid: Coed 6 - 8	Tue	5:00p-6:00p	\$121/\$173
	Thu	5:25-6:25p	\$121/\$173
Ninja Warrior: Coed 9-12	Wed	5:50p-6:50p	\$121/\$173
	Thu	7:20p-8:20p	\$121/\$173
	Sat	11:10a-12:10p	\$121/\$173

## 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](mailto: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 wither in teh Starter Fitness Center or Cardio Strength Center- will put together sample personal workout based on goals of member - session also includes free body compositions and blood pressure testing. 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

Consultations include body fat and lean muscle weight analysis using our Futrex infrared body composition machine. Please wear a short sleeve shirt as we need to access the upper arm for the test. The test will be conducted in private. You can schedule your body composition by stopping by the CSC desk or by calling 513 932 1424 ext 175.

Members: \$10 / Non-Members: \$13

## 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	\$45	\$22.50
6 session package	\$122	\$20.33
10 session package	\$191	\$19.10
20 session package	\$332	\$16.60
30 session package	\$455	\$15.17
40 session package	\$605	\$15.13

\* If you are ready to increase your consistency, we have added a subscription or reccuring monthly personal training package for up to 6 hours of training per month, for \$175 per month.

For more information, or to schedule a personal training appointment, call Kim Schwieger at 513 932 1424 ext 163.

## Group Personal Training

This progressive group personal training program connects friends with similar fitness levels as participants progress through three levels of training. Training focuses on flexibility, cardio, core strength, balance and resistance. \$310 for 32 sessions. Maximum of 8 participants per group. For more information or to schedule call 513 932 1424 ext 163.

## Group Fitness

### Abs & Glutes

Class with focus on strengthening and conditioning the abdominals, lower back, hips, and glutes using a variety of fitness equipment. Benefits include improved core strength, posture, and development and strengthening of the glutes and hips.

LOCATION: Countryside YMCA | Landen - Spirit Studio

AGE REQUIREMENT: 13 & up

FEE: Free for Members

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

### 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

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 privileges.

# HEALTH & FITNESS

## 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. Prorated 9/5 & 11/24

LOCATION: Countryside YMCA | Lebanon - Cardio Strength Center Studio  
AGE REQUIREMENT: 14 & up

FEE: Member: FREE / Program Member: \$36

DAY	TIME
Mon	6:00a-6:30a
	5:00p-5:30p
	5:30p-6:00p
Tue	10:30a-11:00a
	11:00a-11:30a
Wed	6:00a-6:30a
Thu	10:30a-11:00a
	11:00a-11:30a
Fri	6:00a-6:30a



## 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

# HEALTH & FITNESS

## Cycle Spin

Improve cardiovascular endurance and strength with varying intensity levels achieved by increasing or decreasing tension and speed. Prorated 9/5 & 11/24

LOCATION: Countryside YMCA | Lebanon - Studio 3

AGE REQUIREMENT: 13 & up

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

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

## Gentle Pilates

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

LOCATION: Countryside YMCA | Lebanon - Spirit Studio

AGE REQUIREMENT: 13 & up

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

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

## Hi/Lo Aerobics

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

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 13 & up

FEE: Free for Members

DAY	TIME	LOCATION
Mon	10:30a-11:20a	Studio 2
Mon	6:30p-7:20p	Studio 1
Wed	10:30a-11:20a	Studio 2
Fri	10:30a-11:20a	Studio 2
Sat	10:15a-11:05a	Studio 2

## 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: Free for Members

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
Thu	7:15p-8:05p
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

## 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

## 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
Sat	9:30a-10:15a

## Strong Core & Body

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

LOCATION: Countryside YMCA | Lebanon - Studio 2

AGE REQUIREMENT: 13 & up

FEE: Free for Members

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

## Time to Stretch

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

LOCATION: Countryside YMCA | Lebanon - Spirit Studio

AGE REQUIREMENT: 13 & up

FEE: Free for Members

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

## Total Body Conditioning

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

LOCATION: Countryside YMCA | Lebanon - Starter Fitness Room

AGE REQUIREMENT: 13 & up

FEE: Free for Members

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

# HEALTH & FITNESS

## TRX

TRX is a workout system that uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance. This class is adjustable for all levels and abilities. Be prepared for your strongest self to surface! Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Studio 1  
 AGE REQUIREMENT: 13 & up  
**FEE: Member: FREE/ Program Member: \$72**

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

## Yoga: Active Flow Yoga

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. Prorated 9/5

LOCATION: Countryside YMCA | Lebanon - Spirit Studio  
 AGE REQUIREMENT: 13 & up  
**FEE: Member: FREE/ Program Member: \$72**

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

## 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 to complement 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: \$72**

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. Prorated 9/5

LOCATION: Countryside YMCA | Lebanon - Spirit Studio  
 AGE REQUIREMENT: 13 & up  
**FEE: Member: FREE/ Program Member: \$72**

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

## Yoga: Warm Yoga Mixed Levels

Hatha yoga style designed to enhance balance, motor skills, and functional living with vinyasa flow. Benefits of both Hot & Yoga are to improve circulation, increase immune system, improve circulation, increase flexibility and improve endurance.

LOCATION: Countryside YMCA | Lebanon - Spirit Studio  
 AGE REQUIREMENT: 13 & up  
**FEE: Member: FREE/ Program Member: \$72**

DAY	TIME
Tue	5:45p-6:45p

## 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: \$72**

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



# HEALTH & FITNESS

## 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 breath work will be utilized to help increase one's mind-body connection. Prorated 11/24

LOCATION: Countryside YMCA | Lebanon - Spirit Studio

AGE REQUIREMENT: 13 & up

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

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

## Yoga: Yoga Flow

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

LOCATION: Countryside YMCA | Lebanon - Spirit Studio

AGE REQUIREMENT: 13 & up

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

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: \$72

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

Introductory class for zumba that goes at a slower pace giving you a chance to learn the various rhythms.

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



# HEALTH & FITNESS

## 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

## Senior Strive Circuit Training

An easy 1-2-3 routine that exercises each muscle on three different resistance curves. Each machine works a different muscle group. For ages 50+.

LOCATION: Countryside YMCA | Lebanon - Starter Fitness Room

AGE REQUIREMENT: 50 & up

FEE: Free for Members

DAY	TIME
Mon	8:30a-9:00a
Wed	8:30a-9:00a
Fri	8:30a-9:00a

## Water Fitness for Members

Search under the category Aquatics to find Water Fit classes for online registration, members must reserve a spot using the Myzone app. Use a Water Fit Flex Card for Specialty Classes.



## Liquid Cardio

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

LOCATION: Countryside YMCA | Lebanon - Competition Pool

AGE REQUIREMENT: 13 & up

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

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 - Instructional Pool

AGE REQUIREMENT: 13 & up

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

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

## 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: \$48

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



## 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 you evening with our water fitness fun.

LOCATION: Countryside YMCA | Lebanon - Stolle Center Pool

AGE REQUIREMENT: 18 & up

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

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

## 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: \$35

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: \$30

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: \$30

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: \$48

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

## 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. \*Members may register for Intro to Water Fitness or Aquasize but not both.

LOCATION: Countryside YMCA | Lebanon - Stolle Center Pool

AGE REQUIREMENT: 50 & up

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

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

## 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	\$25/\$38
1 Hour	\$50/\$76

## 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	\$95/\$126
(1) 1 Hour + (4) 30 Minute Sessions	\$126/\$163



## Pilates Reformer

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

LOCATION: Countryside YMCA | Lebanon - Spirit Studio

AGE REQUIREMENT: 18 & up

Schedule with instructor 513 932 1424 ext 139

PACKAGE	FEE
<b>individual sessions</b>	
1 Session	\$44/\$65
3 Sessions	\$120/\$181
5 Sessions	\$187/\$279
10 Sessions	\$323/\$485
15 Sessions	\$445/\$668
PACKAGE	FEE
<b>duet sessions</b>	
1 Session	\$33/\$55
3 Sessions	\$89/\$149
5 Sessions	\$140/\$234
10 Sessions	\$243/\$404
15 Sessions	\$336/\$557

## 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 and help you maintain a healthy weight. You'll focus on: building muscle mass and strength, increasing flexibility and endurance, improving confidence and self-esteem. Plus, learn about wellness, stress reduction techniques 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 | Lebanon - Starter Fitness Room

AGE REQUIREMENT: 18 & up

FEE: FREE, open to the public

DAY	DATE	TIME
Mon & Wed	August 29 - November 21	10:30a-12:00p
Tue & Thu	August 30 - November 17	6:00p-7:30p

# HEALTH & FITNESS



## Specialty Wellness Veterans Connect at the YMCA

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

LOCATION: Countryside YMCA | Lebanon  
AGE REQUIREMENT: 18 & up Veterans Only  
FEE: FREE, open to the public

DAY	TIME
Mon	10:30a-12:00p
Tue	6:30p-8:00p
Thu	6:30p-8:00p
Fri	10:30a-12:00p

## LIVESTRONG® Alumni Workout

Take the next steps in your LiveStrong wellness journey. This 60-minute exercise class is for LIVESTRONG® at the YMCA alumni. You'll continue to pursue your wellness goals with the physical activity component of 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
Mon	10:30a-12:00p
Tue	6:30p-8:00p
Thu	6:30p-8:00p
Fri	10:30a-12:00p



## Live Large with Parkinson's

Countryside YMCA along side Atrium Sports Medicine and Physical Therapy offer personal and group fitness programs for people living with Parkinson's disease. We are committed to delaying the progression of Parkinson's disease for all fitness levels. The Living Large with Parkinson's fitness program starts with a FREE fitness evaluation to determine your fitness level to identify which class or Phase is best for you. Evaluations are by appointment only. For your Free evaluation, contact Debbie Parshall at [debbie.parshall@ymcastaff.org](mailto:debbie.parshall@ymcastaff.org)

LOCATION: Countryside YMCA | Lebanon - Studio 1  
AGE REQUIREMENT: 13 & up

LEVEL	DAY	TIME	FEE
Fitness Evaluation	Varies	TBD	Free
Phase 1	Varies	TBD	
Phase 2	Tue/Thu	11:00a-11:45a	\$67/\$80
Phase 3	Tue/Thu	11:00a-11:45a	\$67/\$80

# 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: \$35 / Program Member: \$46

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

### 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: \$35 / Program Member: \$46

DAY	TIME
Mon	5:00p-5:30p
Mon	5:30p-6:00p
Tue	9:30a-10:00a
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: \$35 / Program Member: \$46

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: \$35 / Program Member: \$46

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: 5 & up

FEE: Member: \$52 / Program Member: \$68

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: \$72 / Program Member: \$93

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: \$45 / Program Member: \$60

DAY	TIME
Thu	5:00p-5:45p
Thu	6:00p-6:45p

# 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 - 12

FEE: Member: \$35 / Program Member: \$46

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

## Climb to Fitness- Intermediate

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

LOCATION: Countryside YMCA | Lebanon - Climbing Wall

AGE REQUIREMENT: 6 +

FEE: Member: \$35 / Program Member: \$46

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

## 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: \$72 / Program Member: \$93

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 - Mini Gym

AGE REQUIREMENT: 6 - 14

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

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: \$48 / Program Member: \$65

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 - 15

FEE: Member: \$70 / Program Member: \$91

AGES	DAY	TIME
5 - 7	Tue	5:30p-6:00p
8 - 9	Tue	6:15p-6:45p
10 - 15	Tue	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: \$45 / Program Member: \$60

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

## Pick Up/Open Gyms

### Basketball

Pick up Basketball is held Monday-Saturday.

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.

LOCATION: Countryside YMCA | Lebanon - Lower Level Main Gym

AGE REQUIREMENT:

FEE: Member: Free

DAY	TIME
Mon, Wed, Fri	9:00a-1:00p

## Rentals

### Golf Center Rental

Rentable space, the Golf Center. \$15/hour members can secure the space via MyZone 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

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: 45 & 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. Players will be contacted with their game time the Thursday before the first game.

LOCATION: Countryside YMCA | Lebanon - Lower Level Mini Gym

AGE REQUIREMENT: 4 - 5

**FEE: Member: \$65 / Program Member: \$85**

Program Membership fee charged one time annually.

DAY	GAME DATES	TIME
Sat	Sept. 10, 1,24 Oct. 1, 8, 15, 22	9:00a-1:00p
Sat	Oct. 29 Nov. 5,12, 19 Dec. 3, 10, 17 *no game Nov. 27	9:00a-1:00p



### Youth 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. There will be one practice a week set by the coach. Please note if there is a day you cannot practice on the registration form. 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: \$72 / Program Member: \$95**

Program Membership fee charged one time annually.

Session 1 & 2 | Session 1: Practice starts week of October 17, 2022

Session 2: Practice starts week of January 9, 2023

AGE	REGISTRATION DATES	DAY	GAME DATES	TIME
4 - 5	August 1 - October 24	Sat	Oct. 24, 31 Nov. 7, 14, 21 Dec. 5, 12 *no game Nov. 28	10:00p-2:00p

### Fall Youth 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: \$70 / Program Member: \$95**

Program Membership fee charged one time annually.

Practices: Starts September 12, 2021

AGE	REGISTRATION DATES	DAY	GAMES DATES	TIME
5 - 7	June 1 - September 3	Sat	Sept. 10,17,24 Oct. 1, 8, 15, 22	9:00a-2:00p
8 - 10	June 1 - September 3	Sat	Sept. 10,17,24 Oct. 1, 8, 15, 22	9:00a-2:00p
11 - 14	June 1 - September 3	Sat	Sept. 10,17,24 Oct. 1, 8, 15, 22	9:00a-2:00p

### Youth 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. Games time may be 12pm or 1pm. Game time 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: 6 - 10

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

Program Membership fee charged one time annually.

# SPORTS

AGE	DAY	GAME DATES	TIME
6-8	Sat	Sept. 10,17,24 Oct. 1, 8, 15, 22 *no game Nov. 27	1:00p-4:00p
9-10	Sat	Sept. 10,17,24 Oct. 1, 8, 15, 22 *no game Nov. 27	1:00p-4:00p

## Esports League

The YMCA Esports Gaming League is a competitive gaming league for ages 8-18 years of age that is an eight-week league. There will be two different brackets for under 13 and over 13 years of age. We will be playing Super Smash Bros Ultimate and Rocket League on the Nintendo Switch here in the Countryside Motion Zone. You can play virtually, in person, or a mix of both. You must have a Nintendo Switch and the appropriate games at home to participate virtually, or in the hybrid mix. All players will need to make an account on LeagueSpot for more information you can contact [ymca@leaguespot.gg](mailto:ymca@leaguespot.gg).

LOCATION: Countryside YMCA | Lebanon - Motion Zone

AGE REQUIREMENT: 8 - 18

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

Program Membership fee charged one time annually.

Practices start the week of Sept. 12-16, 2022

AGE	REGISTRATION	PRACTICE	GAME DAYS	TIME
8-13	June 1 - September 3	Mon	Wed	5:30p-9:00p
13-18	June 1 - September 3	Tue	Thu	5:30p-9:00p

## Private Lessons

ALL PRIVATE LESSONS ARE BY APPOINTMENT ONLY.  
CALL 513 932 1424 EXT 174 FOR MORE INFORMATION.

## Fast Pitch Softball Lessons

Athletes receive one-on-one lessons focusing on fast pitch softball fundamentals and skills.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 5 & up

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

## Baseball Lessons

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

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 6 & up

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

## Basketball Lessons

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

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 6 & up

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

## Soccer Lessons

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

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 6 & up

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

## Judo Lessons

Athletes receive one-on-one lessons from a judo instructor.

LOCATION: Countryside YMCA | Lebanon - Mini Gym

AGE REQUIREMENT: 6 & up

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

## Belay Lessons

Basic belay and safety course. Learn info & skills to be self-sufficient while top-roping at the Summit.

LOCATION: Countryside YMCA | Lebanon - Climbing Wall

AGE REQUIREMENT: 13 & up

FEE: Member: \$10 / Program Member: \$15

## Volleyball Lessons

Athletes receive one-on-one lessons from a volleyball instructor.

LOCATION: Countryside YMCA | Lebanon - Mini Gym

AGE REQUIREMENT:

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

## Pickleball Lessons

Pickleball Private Lessons taught by Elizabeth Doubet.

LOCATION: Countryside YMCA | Lebanon - Lower Level Main Gym

AGE REQUIREMENT:

LESSON	FEE
Individual Lesson	\$25/\$25
Group Lesson	\$15/\$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](http://countrysideymca.org).

## Games

### 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

FEE: Member: \$3 / Program/Non-Member: \$4

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: \$20

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

### Game of Your Choice

Choose a game of your choice. Board games, card games, or dice games. You choose!

LOCATION: Countryside YMCA | Lebanon - Stolle Center Activity Room  
AGE REQUIREMENT: 50 & up

Member Only (Free)

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

### 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: \$20

DAY	DATES	TIME
Thu	Every Week	9:00a-1:00p

### Y-Sew-Fun

Make new connections. Participants are welcome to bring their own snacks or sack lunch.

LOCATION: Countryside YMCA | Lebanon - Stolle Center Activity Room

AGE REQUIREMENT: 50 & up

Members Only (Free)

DAY	DATES	TIME
Wed	Every Week	12:00p-2:00p

### 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

FEE: Member: Free / Program/Non-Member: \$10

DAY	TIME
2nd & 4th Monday of the Month	10:30a-12:30p



# SPECIAL EVENTS

## Healthy Kids Triathlon

Healthy Kids Triathlon: Swim, Bike & Run. Race Day Registration begins 7:00a, Race at 8:30a.

LOCATION: Countryside YMCA | Lebanon - Event Center

AGE REQUIREMENT: 6 - 14

FEE: \$35

DAY	DATE	TIME
Sat	August 20	7:00a-2:00p

## Annual Golf Outing

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

LOCATION: Mason Golf Center: NOW CALLED THE GRIZZLY

AGE REQUIREMENT: 18 & up

Proceeds support our Annual Campaign

DAY	DATE	TIME
Wed	September 21	11:30a-6:00p

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

The 32nd 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. Check in time starts at 7:15am, race starts at 8:30am for 15K, race starts at 9:00am for 5K/10K. Drift shirts \$15, must order by Sep 7. Register online at [runsignup.com/Race/OH/Lebanon/Applefest5K10K15KRunWalk](http://runsignup.com/Race/OH/Lebanon/Applefest5K10K15KRunWalk)

LOCATION: Countryside YMCA | Lebanon - Outdoor Pool Pavilion

AGE REQUIREMENT: 10 & up

FEE: Early Bird Registration \$20 (Before Aug 19)

Registration \$30 (After Aug 19) / Day Of Registration \$35

DAY	DATE	TIME
Sat	September 24	Starts at 8:30a

## 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, dew fly towel, reusable scorecard, Innova sticker and a disc upon registering. That's a \$35 retail value! Tournament team winners will receive a \$50 prize package. 2 Man Scramble.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 13 & up

Registration: Members \$25 / Non-Members: \$20

DAY	DATE	TIME
Sat	September 24	Starts at 7:15a

## Veterans Connect 5K Trail Run

All proceeds go to the Annual Campaign which helps fund the Veterans Connect at the YMCA program benefiting military Veterans. 5k race through the YMCA's Hewett P. Mulford Nature Trail and surrounding area. Racers start every 5 minutes. Chip timing provided by GHG Timing 1st place male and female medals for each age group: 13-17, 18-29, 30-39, 40-49, 50-59, 60+

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 13 & up

FEE: Registration \$25

DAY	DATE	TIME
Sat	November 5	Starts at 8:00a

## Veteran's Day Celebration & Luncheon

Full military protocol event with support from the community honoring our veterans. This event is free and open to the community and will begin at noon followed by lunch at 1:00m.

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 13 & up

Free to the Community

DAY	DATE	TIME
Fri	November 12	Starts at 12:00p

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. Dinner is provided. Siblings 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](mailto: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	August 20	1:00p-4:00p
Sat	September 17	5:00p-8:00p
Sat	October 22	1:00p-4:00p
Sat	November 19	1:00p-4:00p

## Kids Night Out

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

LOCATION: Countryside YMCA | Lebanon

AGE REQUIREMENT: 6 weeks - 12

FEE: \$20 per Child

DAY	DATE	TIME
Sat	August 13	1:00p-5:00p
Sat	September 10	4:00p-8:00p
Sat	October 8	4:00p-8:00p
Sat	November 12	4:00p-8:00p
Sat	December 10	4:00p-8:00p



## Free Group Fitness at Landen for Members

### 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
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

### 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

### 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 - Multipurpose Studio B

AGE REQUIREMENT: 13 & up

FEE: Free for Members

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

# COUNTRYSIDE YMCA | LANDEN

## Senior Sit-&Tone

Increase flexibility and strength through various stretches and weight work. For ages 50+

LOCATION: Countryside YMCA | Landen - Multipurpose Studio

AGE REQUIREMENT: 50 & up

FEE: Free for Members

DAY	TIME
Tue	9:30a-10:00a

## Total Body HIIT

Quick intense bursts of exercise followed by short recovery periods to get the heart rate up and keeping it there using body weight and dumbbells.

LOCATION: Countryside YMCA | Landen - Studio B

AGE REQUIREMENT: 13 & up

FEE: Free for Members

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

## TRX

Use your own body weight and gravity to build strength, balance, coordination, flexibility, and core and joint stability. Prorated 11/24

LOCATION: Countryside YMCA | Landen - Studio A

AGE REQUIREMENT: 13 & up

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

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: \$72

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: \$72

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

## Youth & Family

### Kids Movie Night

Parents, enjoy a night out and leave entertaining the kids to us! Drop off your child in comfy clothes - PJs are acceptable - and bring a sleeping bag and pillow. Pizza and snack before the movie, popcorn during and the movie! Please bring your own water bottle. Ask a staff member for this month's movie selection. For children 3-yr old and up. Must be potty trained. For members and non-members.

LOCATION: Countryside YMCA | Landen

AGE REQUIREMENT: 3 - 8

FEE: \$15 per child

DAY	DATE	TIME
Fri	September 16 (Finding Dory)	6:00p-8:00p
Fri	November 18 (Minions)	6:00p-8:00p

## Coming Soon

EVENT	DATE	TIME
Back to School Bash	August 26	5:00p-7:00p
Trunk or Treat	October 21	5:00p-8:00p
Crafts with Santa	December 17	2:00p-5:00p

# NOTES

# NOT A PLACE. A PURPOSE.





**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