



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE MAKING A DIFFERENCE

PROGRAM BROCHURE
COFFMAN FAMILY YMCA



www.daytonymca.org

November/December 2019



KEEP YOURSELF IN CHECK
THROUGH THE HOLIDAYS...

InBody
2 ASSESSMENTS
FOR \$30



GET YOUR
InBody Test
— SEE WHAT YOU'RE MADE OF —

EASY
Change the way you see your weight. Understand your health by seeing how much muscle, fat, and water you have instead of relying on a number on a scale.

QUICK
In less than one minute, see how your diet and exercise are affecting your health. Monitor your progress and reach your goals on your full-page results sheet.

PRECISE
InBody uses the latest patented and cutting-edge technology to provide you with the most accurate results in the industry.



www.inbodyusa.com



Personal Training & InBody Assessments

An Effective Tool for Training



According to InBody.com, any opportunities to increase physical activity leads clients in a positive direction. However, the most common reason for stopping these changes lies with **lack of motivation and feedback**. Strategies that provide **immediate feedback are essential to ensure success**; therefore monitoring progress is vital for establishing a baseline, setting appropriate and attainable goals, and tracking changes over time. Monitoring changes with a *simple weight scale or Body Mass Index* provides limited ability to accurately track changes as they only highlight changes in weight and thus fail to encompass progress in muscle gain or fat loss. To support ongoing success through physical activity, understanding **body composition with InBody** is key. In less than 45 seconds, the InBody provides personal trainers with easy-to-understand, accurate and objective measurements to evaluate a member's body composition:

- Assess muscle distribution and target areas weakened by injury
- Identify muscle and fat imbalances in each segment of the body
- Monitor changes to determine efficacy of an exercise program and diet plans to ensure long-term success

Personal Training Testimonials

"I love training with Daron. He has pushed me to get out of my comfort zone and work on form and conditioning, which has translated to being stronger overall in the gym. He designs challenging workouts and knows how to push me. Daron is really knowledgeable, and I leave every session knowing more than when I went in."

"Jen Johnson she has inspire me to do more. I had her in LiveStrong and Move2 Lose. Now have her as a personal trainer. She has help me to gain so much that I lost due to cancer. She has improve me physically and emotionally."

"My sincere thanks to Clay for his expertise in helping me regaining my strength and confidence. Each session new exercises were introduced. He worked with me identifying my strengths and weaknesses. He not only helped me physically but mentally. I recommend Clay as an outstanding personal trainer and will be continuing with him."

YMCA Mission

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental and physical well being for all.



Guest Pass Policy

Members will receive guest passes when they initially join for use by friends and relatives. To receive additional guest passes, please contact the Membership Director. Guests over 18 must present a current photo ID. Guest passes for guests under 18 must be purchased by an adult who is remaining in the building. Each guest is limited to three visits in a 12 month period. Only one guest may accompany a member at a time.

Daily Pass Fees: Adult \$10, Youth \$5

YMCA Extra Hands

The YMCA of Greater Dayton does not turn anyone away due to the inability to pay. Financial assistance is available for a Y membership and for YMCA programs. For an application, please stop by the Membership Desk. All membership and program scholarships are provided through our Annual Campaign.

Has your contact information changed?

Please let us know by stopping by the Membership Desk to update your address, phone number, or email address.

Membership

FOCUSED ON HEALTHY LIVING

Congratulations to the following members who visited our Y the most in Sept. & Oct.

	<u>Members</u>	<u>Silver Sneakers</u>	<u>Silver & Fit</u>	<u>Renew Active</u>
July	Owen Reid	Roger Gollihugh	Matthew Cleary	Veronica Meyer
August	William Mitchell	Roger Gollihugh	Matthew Cleary	Veronica Meyer

FOR YOUTH DEVELOPMENT Coffman YMCA Child Watch Hours of Operation

Monday - Thursday
8am to 1:30pm
4pm to 8:30pm

Friday
8am to 1:30pm
4pm to 8pm

Saturday
8am to 12:30pm

Sunday
CLOSED

Our Child Watch Program has a time limit of 1.5 hours per day. Members with a Family Membership may use our Child Watch at no additional charge. Members with an individual membership will be charged \$2 per child.

See pages 12 & 13 for more Child Watch details and upcoming activities.

Facility Age Guidelines

Please remember that children under the **age of 10** must be supervised by a parent or guardian (at least 16 years of age) when in our YMCA facility. Youth of all ages are not permitted to be left in the building over 3 hours each day. Some areas of the facility may have different age guidelines or schedules, so please ask the at the Membership Desk if you are unsure. Thank you for your cooperation with these guidelines, these were created to help keep all of our members safe.

Health & Wellness

CHALLENGE YOURSELF. BE BETTER THAN EVER. PERSONAL TRAINING & InBody TESTING

EVOLUTION PT

This option is for those who are new to working out and want to take their a steady, progressive approach toward their fitness goals. Work one on one with a certified Personal Trainer to develop a program that will help you evolve into a new you.

EXTREME PT

This option is for those who are looking for a push to reach the next level. With this level of personal training, you know what you want and you want to be challenged to get there. Work with a certified Personal Trainer to develop a program that focuses on HIIT principles and intense workout programs.

Individual Session Pricing						
# of Sessions	1	4	8	12	18	24
Price	\$50	\$185	\$330	\$485	\$690	\$840

Group (2) Session Pricing						
# of Sessions*	1	4	8	12	18	24
Price	\$75	\$276	\$520	\$700	\$1116	\$1440

1 PT session = 1 hour

* Sessions are valid 6 months from purchase date.

InBody

Advanced Body Composition Analysis

Body Composition Analysis is a method of describing what the body is made of, including fat protein, minerals and body water. It's also describes weight more accurately than BMI. Body composition analysis can accurately show changes in fat mass, muscle mass and body fat percentage.



Packages for InBody Testing ONLY:

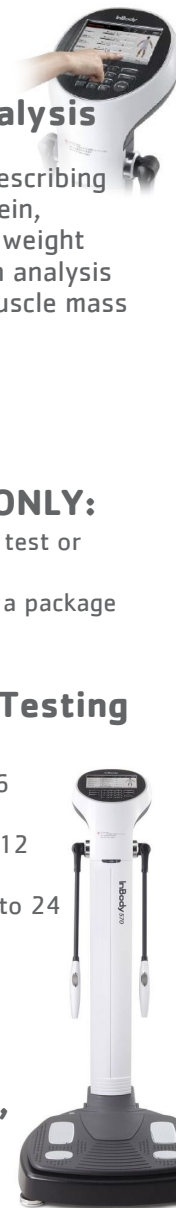
- YMCA of Greater Dayton Members: \$20 per test or \$100 for a package of six (6) tests
- Non-Member Fee: \$50 per test or \$250 for a package of six (6) tests

Personal Training and InBody Testing Combined Packages:

- One complimentary InBody Test when 4 to 6 Personal Training sessions are purchased
- Two complimentary InBody Test when 8 to 12 Personal Training sessions are purchased.
- Three complimentary InBody Test when 18 to 24 Personal Training sessions are purchased.

*Only offered at Coffman YMCA

For more information or to schedule an appointment, contact Clay Giuffre, Healthy Living Specialist
cgiuffre@daytonymca.org



HIIT

High Intensity Interval Training *Formerly CrossXTraining

Take your workout to the next level in our HIIT classes. These classes are held in our HIIT Room with equipment designed to meet the needs of those looking for a more creative way to reach their physical and athletic goals.

Cost: \$3 per class - or - register for a class for the month

Class Time:

*These classes are 45 minutes and on a first come, first serve basis. Note: registering monthly ensures participants a spot.

Class Schedule:

5:30am - T/TH

9:15am - F



What is ActivTrax?

ActivTrax is a tool that creates customized workouts around your goals, strength, and fitness experience. When you enroll in ActivTrax, each time you visit the Y, you will receive a new workout that tells you exactly what you need to do in order to get in shape or lose those last five pounds. ActivTrax takes the guess work out of your workout. It is simple to use and is a proven tool used to achieve health and wellness results.

ActivTrax Tools:

- A professionally designed plan, built around the equipment at our Y, fully customized and different each time.
- No more guess work with easy to follow workouts.
- Personalized training whenever and wherever you need it.
- Detailed analysis of your current fitness progress.
- Ask us about ActivTrax Nutrition.

"How do I get started?"

Stop by the Membership Desk to set up an appointment to meet with one of our Wellness Coaches.

ActivTrax

SPIVI INDOOR CYCLE

Specialty lighting, an amazing sound system, and video display technology are combined to create an indoor cycling experience like no other! Our elevated stage for easy view of the instructor, microphone to hear clearly, and Kiser Mp3 bikes provide a smooth, comfortable enjoyable ride.

Did you know you can register for this class online ahead of time? Set up a personal account through SPIVI at www.spivi.com.

Members can register for classes on our website www.daytonymca.org. Click on Programs and Classes-Cycling-Scroll down to SPIVI Cycling at the Coffman YMCA then click on "See SPIVI schedule here". On this page, you will be able to select your class using your SPIVI login information.



Please note the registration window for 5:15am and 5:30am classes open 12 hours prior. Any class offered after 5:30am will have a sign up window of 2 hours.

KID FIT

Created as a fun way to get kids ages 9 - 11 introduced to an active lifestyle in the Wellness Center. This group orientation is designed to educated kids on age approved workout machines, learn the basics of weight lifting, reps and sets, learn proper form and gym etiquette. A personalized program will be created to help them reach their goals using ActivTrax and to teach them safe and effective ways to exercise.

Register with our Member Services Desk or online.

Tuesdays & Fridays 4:30pm (Limit 6)
Saturdays 10am (Limit 6) Sundays 2pm (Limit 6)

Kids ages 12 years and older are strongly encouraged to schedule a fitness orientation. Please schedule your session with our Member Services Desk.



Health & Wellness

MOVE 2 LOSE

SHOW RESULTS WITH SUPPORT

RUNS FOR 10 WEEKS

COST: \$115 Mem/\$150 NM

REGISTRATION OPENS DECEMBER 26TH!

Starts February 2020



Pump & Pull Contest

Max bench press and max pull up will win an InBody Assessment, a T-shirt, & Cryo Cooling Chamber Session!!!

Saturday, November 9th
at 11am



Register in October, there will be 6 categories to compete in. 3 attempts each.
\$20 registration

New! Cardio Kick

Coming soon: Cardio Kick will be offered in the evenings!!

Tuesdays and Wednesdays
7:30PM



MARK YOUR CALENDARS:

Zumba All The Way

December 27th at 7pm



LIVESTRONG AT THE Y

JOIN US
FOR A **FREE** **12**
WEEK PROGRAM
LIVESTRONG® AT THE Y CANCER SURVIVOR PROGRAM

LIVESTRONG is a 12-week program designed to empower cancer survivors to take an active role in their health by engaging in a strength and conditioning program. Register today!

Session starts
January 2020

Registration is opens December 26th

LIVESTRONG AT THE YMCA
THIS 12-WEEK PROGRAM IS FREE FOR PARTICIPATING CANCER SURVIVORS

 BUILD MUSCLE STRENGTH	 INCREASE FLEXIBILITY	 STRENGTHEN ENERGY LEVELS	 IMPROVE ENDURANCE	 BETTER MOOD
REGAIN.		RENEW.	RECOVER.	

Your Coffman YMCA is now a provider of the nationally recognized LIVESTRONG at the Y. This 12 week physical activity and well-being initiative helps people affected by cancer to reach their holistic health goals. This program is provided at no cost to any cancer survivor in our community. Additionally, programs like LIVESTRONG at the YMCA are part of the Y's overall commitment to help cancer survivors recover in a safe and supportive environment.

 **Premier Health**

THE SPIRIT OF OPPORTUNITY

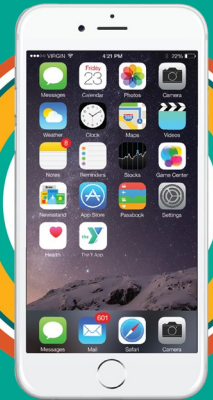
The YMCA of Greater Dayton Mobile App - Get it NOW!

Forget Your Membership Card? Wonder If There's A Zumba Class This Evening?

With the Y's mobile app, all this and more is just a download away! The Y's mobile app is available now for FREE! Download the Apple or Android version and say "OK" to Push Notifications. This will allow you to stay up to date about facility updates, events, and programs.

The Y App allows you to:

- Choose your Y
- View group exercise, water aerobics, and gym schedules
- Scan into the Y without your membership card
- Stay connected to the Y wherever you are!



GROUP EXERCISE SCHEDULES

Step 1: Stop by the Membership Desk to pick up the latest copy of our Group Exercise schedule.

Step 2: Circle the classes you want to try, the ones you plan to attend, and at least one that you wouldn't have tried normally.

Step 3: Tack the schedule up somewhere you will see it daily and make the commitment to healthy living and an active lifestyle.

Step 4: Join us for the classes you circled!

GROUP EXERCISE CLASS DESCRIPTIONS

Stop by the Membership Desk to pick up the latest copy of our Group Exercise Class Descriptions.

Age Guidelines

Children over the age of 12 are permitted to participate in our Group Exercise classes.

Group Exercise

CLASS DESCRIPTIONS & TIMES

ARTHRITIS PLUS

This class is designed especially for adults with arthritis. An instructor will lead the class through gentle exercises which increase flexibility and endurance. This class is held in our Therapeutic Pool.

M/W/F: 8am & 12:m

M/W: 7pm **T/TH:** 12pm

NEW! Saturday: 8am

One hour class

DEEP WATER AEROBICS

Improve flexibility, increase cardiovascular fitness, and build muscle tone. Aqua Jogger float belts are used to help stabilize buoyancy while taking stress away from joints. Swimming skills are not necessary to participate in this class.

M/W: 9:00am **F:** 9am

One hour class

H2O STEP AEROBICS

Try a step class in the pool. Join this cardiovascular class with a toning component.

T/TH: 10:15am

Half hour class

ULTIMATE SHALLOW

A vigorous water exercise program to improve cardiovascular fitness and muscle tone.

T/TH: 9:15am



Senior Activities

STAY ACTIVE STAY HEALTHY

ACTIVE OLDER ADULT PROGRAMS

POTLUCK LUNCHEONS:

November:

Thursday, 21st at 12:15pm

December:

Thursday, 19th at 12:15pm

ACTIVE OLDER ADULT LUNCHEONS:

Fridays at 11:30am

November 1,8,15,22,29

December 6,13,20,27

SILVER SNEAKERS CLASSIC

M/W: 1:15pm

T/TH: 11:20am

AOA

M/W/F: 8:15am

EUCHRE

M/TH: 9am

BEGINNER PICKLEBALL

M/W: 10:30am-12:30pm

T/TH: 11am-3pm

F: 10:45-12:30pm

BASKETBALL

M: 9am

BEACH VOLLEYBALL

T/TH: 12pm-2pm

TEXAS HOLD 'EM

FIRST Thursday
of the Month:

Nov 7th & Dec 5th

PICKLEBALL

M/F: 12:30pm-3:30pm

W: 12:30pm-4pm



SPORTSMANSHIP DETERMINATION DISCIPLINE

YMCA MARTIAL ARTS TRADITIONAL JAPANESE KARATE



Build self-confidence, coordination, and physical fitness while training in traditional Japanese karate. Image yourself training to develop the skills to be a Karate black belt in the traditional empty- hand' styles of Okinawa. This program, sponsored by the HSKK, can help you achieve your goals of becoming a Karate Blackbelt. The HSKK Karate program emphasizes traditional Japanese standards of strong moral character (Tokuiku), mental development (Chiiku), and physical fitness (Taiiku) through the Shotokan karate style. The program is especially designed for ages 7 and up with challenging exercises for all ages. Formerly a program of Rand Jennings' Karate Clubs, this program is continued through the efforts of graduate black belts Sensei Terry Happensack and Sensei Nicholas Roberts former students of Sensei Rand Jennings through the formation of a black belt club: Hokubei Shotokan Kuro-Obi Kai (a.k.a. North America Shotokan Blackbelt Club). The club's website www.hskk-karate.com provides the latest information of this time tested program.

New students to this program begin with a nine-week beginner course that prepares students with all the basic knowledge and skills needed to earn their first rank. Intermediate courses may follow and students may then participate in Kobudo weapons study with the instructors approval. All courses are quarterly.

Class Information:

Members: \$60 per quarter
Non-Members: \$90 per quarter
*All courses are quarterly

BEGINNERS CLASSES

T/TH 6:30-7:30PM
Start Dates:
Fall Classes begin-
October 1st

FAMILY CLASSES

T/TH 6:30pm-7:30pm
Start Dates:
Fall Classes begin-
October 1st

ADULT CLASSES (ages 14+)

T/TH 8pm-9pm
Start Dates:
Fall Classes begin-
October 1st

FRIENDSHIP & GROWTH DEDICATION & DISCIPLINE

COFFMAN YMCA SWIM TEAM



The Coffman team is doing well with a lot of fresh faces and fast swimmers. We have expanded from two to three sites. We are now working out of the new Xenia YMCA as well and are able to provide a quality swimming program to over 248 swimmers and their families. Check out our monthly newsletters that are posted to the swim team website at: www.cfyswimming.com.

For more detailed information, you can visit the team website at: www.cfyswimming.com or contact **Toby Boedeker, Swim Team Coach** at tboedeker@daytonymca.org. We will be holding evaluations for new swimmers in the spring and encourage anyone that might be interested to reach out to us.

The Coffman YMCA Swim Team is a wonderful way to give your child an opportunity to explore a competitive experience, learn self-discipline, become engaged with other athletes in team-oriented activities and have a fun time.



Youth, Teen, & Adult Sports

COFFMAN YMCA YOUTH SPORTS

The Y's philosophy on Youth Sports is for kids to have fun and learn new skills. There are no tryouts for teams and everyone is guaranteed equal playing time. We will teach your child the fundamentals of sports, and just as importantly, we focus on the Y's character development traits of: Caring, Honesty, Respect, and Responsibility.

Our sports program fees are \$50 for members and \$90 for program members. For more information, please contact **Adam Wilhelm, Sports Director**, at 937.886.9622 or awilhelm@daytonymca.org

Winter Youth Sports

Youth Basketball

- Registration is OPEN
- Open to boys and girls ages 3 to 12
- Begins on November 23rd with a basketball clinic from professional shooting coach Thom Townsley. Season runs December 7th-January 18th
- Once games start, there will be 1 practice during the week.
- There will be a parent meeting November 2nd at 10am.
- Coaches training on November 9th at 10am
- **Coaches, Assistant Coaches, and Sponsors** have first priority on special request.

High School Basketball

- Registration is OPEN
- Open to all high school students
- Players register as a team
- Runs December 5th-January 23rd

Adult Basketball

- Registration is OPEN
- Ages 18+
- Season starts November 13th
- All games will be played on Wednesdays
- Register as a team



YMCA SWIM LESSONS

Member Swim Lesson Price: \$17 one class per week, \$34 two classes per week
Non-Member Swim Lesson Price: \$34 one class per week, \$68 two classes per week

Session	Session Start Date	Session End Date	Member Registration	Non-Member Registration
Nov	Oct 28	Nov 24	Now Open	Oct 21
Dec	Dec 2	Dec 22	Now Open	Nov 18

OUR PROMISE

We strive to meet your family's needs.
 Contact our Aquatics Director for scheduling assistance.
Aquatics Director: Sarah Terrill
 sterrill@daytonymca.org

Parent/Child Swim Lessons

Level A: Water Discovery

Introduces infants and toddlers to the aquatic environment. A parent or guardian at least 16 years of age must be in the water. 30 min class.

Class Ratio: 1 Instructor to 10 Parent/Child Pairs

November/December	
Mon	5:45-6:15p
Wed	6:20-6:50p
Sat	10:10-10:40a

Level B: Water Exploration

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. A parent or guardian at least 16 years of age must be in the water. Children MUST pass Level A: Water Discovery to register for this class. 30 min class.

Class Ratio: 1 Instructor to 10 Parent/Child Pairs

November/December	
Mon	6:20-6:50p
Wed	5:45-6:15p
Sat	10:45-11:15a

**STRONG SWIMMERS
CONFIDENT KIDS**



Preschool Swim Lessons

Level 1: Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Skills taught: Bobs, front and back float, jump, push, turn, grab, and swim float swim. 30min class.

Class Ratio: 1 Instructor to 4 Students

November/December			
Mon	1:45-2:15p	5:10-5:40p	5:35-6:05p
Tues	9:30-10:00a	6:20-6:50p	
Wed	1:45-2:15p	5:10-5:40p	5:35-6:05p
Thurs	9:30-10:00a	6:20-6:50p	
Fri	10:40-11:10a	5:15-5:45p	
Sat	9:35-10:05a	10:45-11:15a	
Sun	1:30-2:00p		

Level 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently. Must successfully demonstrate all Level 1 skills prior to moving to Level 2. New Skills: Submerging to look at an object and treading water. 30 min class **Class Ratio:** 1 Instructor to 4 Students

November/December			
Mon	1:10-1:40p	5:45-6:15p	
Tues	10:05-10:35a	5:45-6:15p	6:20-6:50p
Wed	1:10-1:40p	5:45-6:15p	
Thurs	10:05-10:35a	5:45-6:15p	6:20-6:50p
Fri	10:05-10:35a	5:50-6:20p	
Sat	10:10-10:40a		
Sun	2:05-2:35p		

Level 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than previous stages. Must successfully demonstrate all Level 2 skills prior to moving to Level 3. New Skills: swim on front, swim on back, submerge & retrieve and object. **Class Ratio:** 1 Instructor to 4 Students

November/December			
Mon	12:35-1:05p	5:10-5:40p	
Tues	10:40-11:15a	5:10-5:40p	6:55-7:15p
Wed	12:35-1:05p	5:10-5:40p	
Thurs	10:40-11:15a	5:10-5:40p	6:55-7:15p
Fri	9:30-10:00a	6:25-6:55p	
Sat	9:35-10:05a		
Sun	2:40-3:10p		

Level 4: Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl, and reinforces water safety through treading water and elementary backstroke. Must successfully complete Level 3 prior to advancing to level 4. New skills: Swimming 25 yards of each stroke, rotary breathing, diving, breaststroke, resting strokes and butterfly.

Class Ratio: 1 Instructor to 4 Students

November/December		
Mon	12:00-12:30	7:00-7:30p
Tues	11:15-11:45a	
Wed	12:00-12:30	7:00-7:30p
Thurs	11:15-11:45a	
Fri	7:00-7:30p	
Sat	9:00-9:30a	
Sun	3:15-3:45p	

School Age Swim Lessons

Level 1: Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Skills taught: Bobs, front and back float, jump, push, turn, and grab, and swim float swim. 30 min class.

Class Ratio: 1 Instructor to 5 Students

November/December	
Mon	5:30-6:00p
Wed	5:30-6:00p
Fri	5:15-5:45p
Sat	10:45-11:15a
Sun	1:30-2:00p

Level 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently. Participants must successfully demonstrate all Level 1 skills prior to moving to Level 2. New Skills: Submerging to look at an object and treading water. 30 min class.

Class Ratio: 1 Instructor to 5 Students

November/December	
Mon	6:05-6:35p
Wed	6:05-6:35p
Fri	5:50-6:20p
Sat	10:10-10:40a
Sun	2:05-2:35p

Level 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than previous stages. Participants must successfully demonstrate all Level 2 skills prior to moving to Level 3. New Skills: swim on front, swim on back, submerge and retrieve and object.

Class Ratio: 1 Instructor to 5 Students

November/December	
Mon	6:40-7:10p
Wed	6:40-7:10p
Thurs	7:05-7:35p
Fri	6:25-6:55p
Sat	9:35-10:05a
Sun	2:40-3:10p

Level 4: Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl, and reinforces water safety through treading water and elementary backstroke. Must successfully complete Level 3 prior to advancing to level 4. New skills: Swimming 25 yards of each stroke, rotary breathing, diving, breaststroke, resting strokes, and butterfly.

Class Ratio: 1 Instructor to 5 Students

November/December	
Mon	7:15-7:45p
Tues	5:10-5:40p
Wed	7:15-7:45p
Thurs	5:10-5:40p
Fri	7:00-7:30p
Sat	9:00-9:30a
Sun	3:15-3:45p



Level 5: Stroke Development

Introduces breaststroke & butterfly, and reinforces water safety through treading and sidestroke. Must successfully complete Level 4 prior to enrolling in Level 5. New skills: sidestroke and swimming 50 yards of each stroke.

Class Ratio: 1 Instructor to 5 Students

November/December	
Mon*	7:50-8:20p
Tues	5:45-6:15p
Wed*	7:50-8:20p
Thurs	5:45-6:15p
* Level 5/6 Combo Class	

Level 6: Stroke Mechanics

Refines stroke techniques on all major competitive strokes and encourages swimming as part of a healthy lifestyle. New skills: flip and open turns, and swimming 150 yards of each stroke.

Class Ratio: 1 Instructor to 5 Students

November/December	
Tues	6:20-6:50p
Thurs	6:20-6:50p

Private Swim Lessons

Private Swim lessons are available for both members & non-members of the Coffman Y! Two options are available to best meet your needs: Individual Private Lessons or Buddy Lessons. To register, stop by our Member Services Desk & pick up a registration form, once submitted you will be contacted for scheduling by the Aquatics team.

- **Individual Private Lessons** (5 half hour lessons)
Members: \$110 | Non-Members: \$160
- **Buddy Private Lessons** (8 half-hour lessons/2 participants)
Members: \$60 | Non-Members: \$80
*both participants pay this price

Adult Swim Lessons

Introducing our new Adult Swim Lessons! Find the level that best fits your goals and come join us in the pool!

Adult Level 1

Increases comfort with water acclimation and introduces basic swim skills performed with instructor guidance and assistance. Skills introduced: Front and back float, kicking, and acclimation to comfort in the water (including ability to blow bubbles, put face in water & water suspension).

Class Ratio: 1 Instructor:3 Students | Cost: \$34 member \$68 non-member

Adult Level 2

Develops further water acclimation and encourage forward movement in the water as well as introducing basic rescue skills with instructor guidance and assistance. Skills introduced: Front and back glide, emphasis on kicking, treading, basic swim stroke introduction.

Class Ratio: 1 Instructor:3 Students | Cost: \$34 member \$68 non-member

Adult Level 3

Introduces basic stroke technique as well as stamina. Skills introduced: Swimming 25 yards of front crawl, back crawl & breaststroke.

Class Ratio: 1 Instructor:6 Students | Cost: \$17 member \$34 non-member

November/December		
Level 1	Tues 7:05-7:35p	Sat 9:00-9:30a
Level 2	Tues 7:40-8:10p	Sat 9:00-9:30a
Level 3	Thurs 7:40-8:10p	Sat 8:30-9:00a

JUMP IN. MAKE A SPLASH.



ABC Art Parent & Child

Come join us as we dive into pictures books and improve fine motor skills in an entertaining way while working on a variety of crafts with support from an adult. Creativity starts here!
Ages 1-3 \$20mem/\$40nm

Wed	9:30AM-10:00AM
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Art Studio

FUN FUN FUN!!!!

Kids can come and explore different media types of Art. Expand your art skills by creating appropriate new activities projects with teacher assistance.

Ages 7 years and up \$40mem/\$60nm

Mon	6:30PM-8:00PM
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Preschool Art Skills

Provides opportunities for children to engage with picture books and participate in a craft through a variety of projects while encouraging a love of reading. Come join us as we read, craft, and maybe even sing & dance!

Ages 3-6 \$30mem/\$50nm

Wed	10:15AM-11:00AM
Wed	6:15PM-7:00PM
Wed	7:15PM-8:00PM

I Can Do It

Fine Motor Skill development Let us help your little one be Kindergarten ready! This class will help with their fine motor skills in a way that is fun and creative. This includes letter and sight word recognition, scissor skills, counting, and much more. Your child will make new friends and build relationships with other children while learning in a safe environment with skilled instructors. Using a scissors properly can be difficult for young children. They will practice skills such as scissor use, play dough, stringing beads, sorting materials, lacing, stacking blocks, clothespins, paper clips, & tweezers.

Ages 3-6.

Mon	9:15-10:00AM
Mon	10:15-11:00AM
Thurs	10:30-11:30AM



Gym and Swim

The first half is spent in the mat-room working on various physical tasks. These include building strength, coordination, and balance through obstacle courses and other activities. The second half of this class is spent participating in a YMCA swim lesson.

Ages 1-3 \$25mem/\$50nm

Tues	10:00AM-11:00AM
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Ages 3-6 \$25mem/\$50nm

Thurs	10:00AM-11:00AM
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Tumbling

Learn basic tumbling through games and dancing; including cartwheels, backbends, balance, proper stretching and more.

Ages 3-6 \$30mem/\$50nm

Wed	11:00AM-11:45AM
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Home School Phys Ed.

Let the YMCA help your children accomplish their goals with our curriculum based home school Physical Education. Your Child will be able to successfully complete the requirements for the home school credit. This will run with the Springboro school schedule.

\$25mem/\$50nm

Tues	1:30PM-2:30PM
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Toddler Time - Parent & Child

Make friends, have a play date, bring a friend, enjoy structured play! This class is instructional and will help your child learn how to share and follow directions. Your child will learn basic gross motor skills, color recognition, music skills, all while having fun and making friends!

Ages 1-3 \$25mem/\$50nm

Tues	10:30-11:15AM
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At the Coffman YMCA, we are dedicated to the healthy development of today's youth. Our Arts & Humanities classes are designed to inspire creativity, build confidence, and encourage friendship in a fun and supportive environment.

For more information, please contact **Debbie Schock**, our Child Watch and Arts & Humanities Coordinator at **937.886.9622** or by email at **dschock@daytonymca.org**

LEARN LIFESAVING SKILLS

ASHI CPR/ AED

Wed Nov 20th 5:30pm-8:30pm \$60mem/\$80nm
Wed Dec 18th 5:30pm-8:30pm \$60mem/\$80nm

ASHI First Aid

Wed Nov 6th 5:30pm-9:00pm \$60mem/ \$80nm
Wed Dec 4th 5:30pm-9:00pm \$60mem/ \$80nm

ASHI Basic Life Support

Wed Nov 27th 5:30pm-9:30pm \$75mem/\$95nm

Special rates available for group certification for ASHI
& American Heart classes

Child & Babysitting Safety CABS Ages 11-16

9:00am-3:00pm \$45mem/\$65nm

Contact Debbie Schock at dschock@daytonymca.org

YMCA Lifeguard Certification

- Nov 19-23 T-Sat T/Fri 4-10p Sat 8a-6p
 - Dec 10-14 T-Sat T/Fri 4-10p Sat 8a-6p
- \$190mem/\$240nm

YMCA Lifeguard Recertification

(Must currently be a YMCA certified lifeguard)

- Sat Nov 23rd 8a-6p
 - Sat Dec 14th 8a-6p
- \$75mem/\$125nm



Beginning Ballet

Ballet class we focus on placement, alignment, flexibility and musicality through a blend of traditional ballet techniques and contemporary movement theory. Basic ballet concepts, vocabulary and skills are introduced through standard combinations at the barre and in the center. \$35mem/\$68nm

Mon	5:00-6:00PM	Ages 5-7
Tues	4:30-5:30PM	Ages 3-4
Wed	5:00-6:00PM	Ages 3-4
Thurs	4:30-5:30PM	Ages 3-4
Sat	9:00-10:00AM	Ages 3-5

Mon	6:00-7:00PM	Ages 6-8
Tues	5:30-6:30PM	Ages 5-7
Wed	6:00-7:00PM	Ages 7-12
Thurs	5:30-6:30PM	Ages 5-7
Sat	10:00-11:00AM	Ages 6-9

Parent's Night Out

We'll watch the kids! You enjoy a night out!

Parents Night Out is 6:30-10:00pm one Saturday night a month. Parents enjoy a night out to themselves while their children have fun in a safe and secure environment. Your child will enjoy a supervised evening of fun, games, movies, crafts, and more. Our playland and mat room are always open for the kids to enjoy as well.

Ages 6 weeks-9 years old \$15mem for the 1st child, \$5 for each additional child with a max of \$35. \$25nm for the 1st child, \$5 for each additional child with a max of \$55. MUST REGISTER:)

Nov 9	6:30-10:00PM
Dec 14	6:30-10:00PM

Jazz

Class will focus of learning, proper dance technique such as isolation of the body, improving performance quality and developing complex rhythms and patterns. Students will be exposed to various styles of Jazz such as Broadway, Street and Contemporary to help develop a well-rounded dancer Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretched, isolations, across-the floor progressions, and combinations. \$35mem/\$68nm

Tues	12:30-1:15PM	Ages 3-5
Thurs	12:30-1:15PM	Ages 3-5
Fri	4:30-5:30	Ages 6-8
Fri	5:30-6:30PM	Ages 9+



YMCA Early Learning Center

Join the fun! Our classes follow the Creative Curriculum guidelines and include swimming, library visits, music and movement, fitness, guest readers, field trips, and more. Plus, we have a low student-teacher ratio. We offer Terrific 3's on Tuesdays and Thursday, Fantastic 4's on Mondays, Wednesdays, and Fridays, and Powerful Pre-K daily (Monday - Friday). Class times are from 9am to 12pm at Southwest Church.

We incorporate the YMCA core values of: Caring, Respect, Honesty, and Responsibility into our daily activities. Our program runs September through May and follows the Springboro Schools calendar year for breaks and weather related closings. Please note if schools are delayed 2 hours due to weather, our morning preschool is cancelled. If schools are on a 1 hour delay, morning preschool will still be in session.



Monthly Fees

We have YMCA member rates (MEM) and non-member rates (NM). There is a \$35 non-refundable registration fee that must be paid at the time of registration.

	<u>MEM</u>	<u>NM</u>
3 yr olds 2-Days Tues./Thurs. AM	\$149	\$164
4 yr olds 3-Days Mon/Wed/Fri AM	\$188	\$207
4/5 yr olds PreK 5-Days M-F AM	\$270	\$300

*We follow the Springboro Schools calendar. When school is closed for teacher in-service days, holidays, etc. our preschool is also closed.

Financial assistance is available on all YMCA programs. If you have any questions or you would like more information about the coming Preschool Year please contact **Jamie Miller, Childcare Service Director** at 937-723-0828 or jmiller@daytonymca.org

At the Y, kids have the opportunity to make friends, have fun, get active, and discover who they are and what they can achieve.

Our licensed program is designed to meet the development needs of young children Kindergarten through 5th grade. It provides experiences that enhance and enrich each child's cognitive, language, social, emotional, physical and creative development. Within the center's daily schedule, each child has the opportunity to create, to explore their environment, to develop problem-solving and personal interaction skills and to develop concepts through activities and teacher assisted programs. Opportunities for solitary, as well as group activities, are provided.

"Why Should My Child Participate?"

Kids in the YMCA School Age Enrichment Program join in a variety of experiences, including arts and crafts, science and reading, music and language arts, as well as daily homework time. They gather in a safe, friendly environment that focuses on:

- Making friends
- Building relationships
- Staying active
- Exercising leadership skills

Weekly Fees:

	<u>Part Time</u>	<u>Full Time</u>
Before School Care	\$57	\$63
After School Care	\$67	\$77
Before & After School Care	\$74	\$97
Kindertime (Held at Dennis)	\$93	\$129

*you must pack a lunch for Kindertime. Cost does include afternoon snacks.

School Age Enrichment

YMCA School Age Enrichment Programs are offered at the following schools:

Springboro:

- Clearcreek All Day Kindertime & 1st Grade at Dennis
- Dennis Elementary, Springboro 2nd-5th grades
- Five Points Elem, Springboro 2nd-5th grades

Miamisburg:

- Bauer Elementary
- Jane Chance Elementary
- Medlar View Elementary
- Mound Elementary

Extended Kindergarten (Must be enrolled in AM Kindergarten to attend) and Before and After Care at these locations.

Holidays/Snow days/In-service days - \$35 per day, per child additional fee for each day in attendance during these days. There is a \$30 non-refundable registration fee that must be paid at the time of registration.

Southwest Church

Located at 150 Remick Blvd (next door to the Y)

Our Purpose

- Love God
- Love People
- Serve the Community
- Share Jesus

Our Mission - *Following Jesus, Making Disciples*

Our Vision-*Bridging the Gap to Those Without Jesus, So That No One Has to Live Without Hope!*

Weekend Worship Gatherings
Sundays at 9:30am & 11:00am

Description of Worship Services

- Practical & Relevant
- Warm & Casual
- Caring Nursery & Dedicated Volunteers
- Children & Teen Friendly
- Modern Music & Media
- Weekly Small Groups (Teen and Adult)

Our Staff

Senior Minister: Roger Hendricks
Executive Minister: Andrew Beal
Creative Arts Minister: Larry Adams
Student Minister: Nathan Mitchell (6th-12th grades)
Children's Minister: Tammy Stall (Nursery-5th grade)



Calendar November

Nov 1-3
Nov 3,10,17,24
Nov 10,17,24
Nov 5
Nov 6,13,20
Nov 8
Nov 21
Nov 24
Nov 28

December

Dec 1
Dec 4,11
Dec 6
Dec 8, 15
Dec 13

Dec 15

Dec 19
Dec 22
Dec 24
Dec 25

High School Retreat (Butler Springs)
Club45 (4th & 5th Grades)
High School Group
SWC Polling Place
Middle School Group
Date Night for Couples (Free Babysitting Co-Op)
Victory Project Outreach (Inner City Youth)
Gospel Mission Outreach (Dayton Homeless)
Thanksgiving Day

Christmas Series Begins- "Reconciled"
Middle School Group
Women's Christmas Ornament Exchange Party
Club45 (4th & 5th Grades)
Date Night for Couples
(Free Babysitting Co-Op)
Student Ministry Christmas Party
(6th-12th Grades)
Victory Project Outreach (Inner City Youth)
Gospel Mission Outreach (Dayton Homeless)
Christmas Eve Celebrations
Christmas Day

Southwest Church Contact Information

PO Box 646, Springboro, OH 45066 - 937.885.0720
Visit us online at: www.SouthwestChurch.org
Follow us on Facebook, Instagram, & Twitter:
Southwest Church (Ohio)

Miami Valley Hospital Sports Medicine and Physical Therapy is located inside the Coffman Family YMCA.

If you experience frequent pain or are limited in your daily activities due to an accident, injury, or illness, or if you would like to enhance your performance in a sport, MVH Sports Medicine and Physical Therapy may be able to help. Our highly skilled staff provides outpatient physical therapy to patients who are experiencing pain or limited movement, as well as sports enhancement programs.

Physical Therapy

If you have pain or are restricted in your daily activities, our staff will work closely with your doctor to design and implement a personalized treatment program. We use manual procedures and exercise, plus education, to improve your strength and range of movement while decreasing your pain.

Our program begins with a comprehensive evaluation to determine how we can best restore your physical capacity. Then, we design each treatment session to address your current condition and promote future health.

MVH Sports Medicine & Physical Therapy

Aquatic Therapy

In addition to traditional physical therapy, we offer aquatic therapy. Exercising in the water provides shock absorption and support to your body's joints and muscles. Aquatic therapy allows you to benefit from exercise without placing stress on your body. Plus, the warm water and hydrostatic pressure improve your circulation and decrease swelling.

While some states (including Ohio) recognize traditional and aquatic physical therapy, most insurance companies still require a prescription, particularly for aquatic therapy. For more information about physical therapy, ask your doctor or contact our clinic inside the Coffman YMCA at 937.886.1511.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COFFMAN FAMILY YMCA

88 Remick Blvd
Springboro, OH 45066
937.886.YMCA (9622)
daytonymca.org



CALENDAR OF EVENTS

REGISTRATION OPEN

Nov 1,8,15,22,29

November 21

Dec 6,13,20,27

December 19

December 26

December 27

Winter Youth Sports

AOA Lunches 11:30am

Silver Sneakers Potluck Luncheon 12:15pm

AOA Lunches 11:30am

Silver Sneakers Potluck Luncheon 12:15pm

Registration for Livestrong and M2L opens

Zumba All The Way

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Active Older Adults 7

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Sports 9

Swim Lessons 10-11

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Atrium Medical Center &
Southwest Church 15

Branch Hours

Monday - Friday 5am - 10pm

Saturday 7am - 6pm

Sunday 1pm - 5pm

Daytonymca.org



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COFFMAN FAMILY YMCA STAFF

David Thompson, Executive Director
Darlene Reid, Sr. Health & Wellness Director
Elina Blain, Membership Director
Jay Warrick, Office Manager
Teresa Perry, Childcare Director

Sarah Terrill, Aquatics Director
Adam Wilhelm, Sports Director
Bill Hackett, Maintenance Director
Toby Boedeker, Swim Team Director