Coffman Summer Day Camp
Weekly Camp Sessions
May 26–August 7
(camp closed Memorial Day and 4th of July)
FEES:
Registration fee: $30
$140 per week of camp
Before Care:
$20 per week
After Care:
$20 per week
Before Care & After Care:
$35 per week
Financial Assistance is Available

Registration begins February 1st!
Camp Hours 9:00am–4:00pm
Extended Care Hours:
6:30am–9:00am and/or
4:00pm–6:00pm
Ask about a discount for YMCA Members

Summer Day Camp
YOUR KIDS WILL BE SAFE, MAKE NEW FRIENDS, LEARN NEW SKILLS AND MOST OF ALL, HAVE FUN!

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22nd ANNUAL
COFFMAN FAMILY YMCA
ED WALTON MEMORIAL
GOLF OUTING
Wednesday, June 17, 2020

Grab your foursome and sign up today!
Supports our Annual Campaign

Please contact Elina at 937-886-9622 or at eblain@daytonymca.org with any questions or to pay by phone.

Sponsored by:
Premier Health
Miami Valley Hospital
**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.
**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 guesswork 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 guesswork 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.

---

**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

---

**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.

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* Sessions are valid 6 months from purchase date.

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**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
**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 Kieser 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](http://www.spivi.com).

Members can register for classes on our website [www.daytonymca.org](http://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.

**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. A personalized program will be created to help them reach their goals using ActivTrax and to teach them safe and effective ways to exercise.

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**InBody Member Appreciation Week!**
25% off assessments the week of April 5–11th.
By appointment only. Register today!
For more information, contact Clay Giuffre at cgiuffre@daytonymca.org

**Coffman YMCA & Southwest Church Presents:**
On Sunday, March 1st, we’re inviting 500 volunteers to come together at the Coffman YMCA to help organize, pack, and load 70,000+ de-hydrated meals which will be shipped to people in need through international partnerships (Haiti, El Salvador, etc.) with Lifeline.

To sign up and register to go: [https://www.signupgenius.com/go/409094dada729a6fa7-feed2](https://www.signupgenius.com/go/409094dada729a6fa7-feed2)
Enrichment Summer Workshops

June 1st – August 3rd

• Weekly themed camps for ages 3-6 yrs old
• Monday– Friday 9am–11am
  $30mem/$60nonmem

• Registration is open!

MARK YOUR CALENDARS:

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!

LIVESTRONG AT THE Y

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
February 2020
Registration is open!

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Water Fitness

CLASS DESCRIPTIONS & TIMES

ARTHURITIS 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-F: 8am & 12pm
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:
March:
Thursday, 19th at 12:15pm
April:
Thursday, 16th at 12:15pm

ACTIVE OLDER ADULT LUNCHEONS:
Fridays at 11:30am
March 6, 13, 20, 27
April 3, 10, 17, 24

SILVER SNEAKERS CLASSIC
M/W: 1:15pm
T/TH: 11:20am

BEGINNER PICKLEBALL
M/W: 10:30am–12:30pm
T/TH: 11am–3pm
F: 10:45–12:30pm

BEACH VOLLEYBALL
T/TH: 12pm–2pm

PICKLEBALL
M/F: 12:30pm–3:30pm
W: 12:30pm–4pm

AOA
M/W/F: 8:15am

EUCHRE
M/TH: 9am

BASKETBALL
M: 9am
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.

BEGINNERS CLASSES
T/TH 6:30-7:30PM
Start Dates:
Winter Classes begin-TBD

FAMILY CLASSES
T/TH 6:30pm-7:30pm
Start Dates:
Winter Classes begin-TBD

ADULT CLASSES (ages 14+)
T/TH 8pm-9pm
Start Dates:
Winter Classes begin-TBD

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.

NEW! We will be holding stroke camps at each location. Check out our web site in March for more information. www.cfyswimming.com

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.

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.
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 Spring Outdoor Soccer
- Registration is OPEN
- Spring Outdoor Soccer Ages 3-12
- Season Runs: April 20th to June 27th.
- Each team will practice one night a week throughout the season Practices will begin the week of April 20th. Practices will take place during the weeknights at either: 5:45, 6:30, or 7:15
- Parents will receive an E-mail from playerspace by Friday April 17th about team/practice information Each child must have his/her own pair of shin guards. Cleats are recommended but not required
- The Y will provide a team shirt for each player All schedules will be posted on the website below after April 19th http://playerspace.com

Youth Volleyball
- Registration is OPEN
- Open to boys and girls grades 3rd-5th
- Season starts April 7th
- All games are played on Tuesdays

Teen Rec and Competitive Volleyball
- Registration is OPEN
- Open to grades 6th-8th
- Season starts April 6th
- All games will be played on Mondays
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

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

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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

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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. 30 min class.
Class Ratio: 1 Instructor to 4 Students

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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 retrieve and object. Class Ratio: 1 Instructor to 4 Students

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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

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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

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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

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**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

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*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

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<td>Thurs</td>
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**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 encourages 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
ABC Art Parent & Child
Come join us as we dive into picture 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 $20 mem/$40 nm
  Wed  9:30AM-10:00AM

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 $40 mem/$60 nm
  Mon  6:30PM-8:00PM

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 $30 mem/$50 nm
  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 $25 mem/$50 nm
  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 $25 mem/$50 nm
  Tues  10:00AM-11:00AM
• Ages 3-6 $25 mem/$50 nm
  Thurs 10:00AM-11:00AM

Tumbling
Learn basic tumbling through games and dancing; including cartwheels, backbends, balance, proper stretching and more.
• Ages 3-6 $30 mem/$50 nm
  Wed  11:00AM-11:45AM

Homeschool 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.
• $25 mem/$50 nm
  Tues  1:30PM-2:30PM

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 $25 mem/$50 nm
  Tues  10:30-11:15AM

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
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 - $20/per child with a $40 family max. MUST REGISTER:

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>5:00-6:00PM</td>
<td>5-7</td>
</tr>
<tr>
<td>Tues</td>
<td>4:30-5:30PM</td>
<td>3-4</td>
</tr>
<tr>
<td>Wed</td>
<td>5:00-6:00PM</td>
<td>3-4</td>
</tr>
<tr>
<td>Thurs</td>
<td>4:30-5:30PM</td>
<td>3-4</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00-10:00AM</td>
<td>3-5</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>6:00-7:00PM</td>
<td>6-8</td>
</tr>
<tr>
<td>Tues</td>
<td>5:30-6:30PM</td>
<td>5-7</td>
</tr>
<tr>
<td>Wed</td>
<td>6:00-7:00PM</td>
<td>7-12</td>
</tr>
<tr>
<td>Thurs</td>
<td>5:30-6:30PM</td>
<td>5-7</td>
</tr>
<tr>
<td>Sat</td>
<td>10:00-11:00AM</td>
<td>6-9</td>
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</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>12:30-1:15PM</td>
<td>3-5</td>
</tr>
<tr>
<td>Thurs</td>
<td>12:30-1:15PM</td>
<td>3-5</td>
</tr>
<tr>
<td>Fri</td>
<td>4:30-5:30</td>
<td>6-8</td>
</tr>
<tr>
<td>Fri</td>
<td>5:30-6:30PM</td>
<td>9+</td>
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</tbody>
</table>
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.

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

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.

<table>
<thead>
<tr>
<th>Age</th>
<th>MEM</th>
<th>NM</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 yr olds</td>
<td>$149</td>
<td>$164</td>
</tr>
<tr>
<td>4 yr olds</td>
<td>$188</td>
<td>$207</td>
</tr>
<tr>
<td>4/5 yr old</td>
<td>$270</td>
<td>$300</td>
</tr>
</tbody>
</table>

*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

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.

Weekly Fees:

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Part Time</th>
<th>Full Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before School Care</td>
<td>$57</td>
<td>$63</td>
</tr>
<tr>
<td>After School Care</td>
<td>$67</td>
<td>$77</td>
</tr>
<tr>
<td>Before &amp; After School Care</td>
<td>$74</td>
<td>$97</td>
</tr>
<tr>
<td>Kindertime (Held at Dennis)</td>
<td>$93</td>
<td>$129</td>
</tr>
</tbody>
</table>

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

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.

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

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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- Atrium Medical Center & Southwest Church: 15

Branch Hours
- Monday - Friday: 5am - 10pm
- Saturday: 7am - 6pm
- Sunday: 1pm - 5pm

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
Christian Riley, Aquatics Director
Adam Wilhelm, Sports Director
Bill Hackett, Maintenance Director
Toby Boedeker, Swim Team Director

CALENDAR OF EVENTS

REGISTRATION OPEN
Spring Youth Sports
March 1
Feed The Hungry
Mar 6, 13, 20, 27
AOA Lunches 11:30am
March 19
Silver Sneakers Potluck Luncheon 12:15pm
April 3, 10, 17, 24
AOA Lunches 11:30am
April 16
Silver Sneakers Potluck Luncheon 12:15pm
May 10
Coffman Triathlon

Daytonymca.org
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