Making An Impact

FALL 2017
SESSION DATES

SESSION 1: SEPTEMBER 11 - OCTOBER 29
REGISTRATION BEGINS: AUGUST 28

SESSION 2: OCTOBER 30 - DECEMBER 17
REGISTRATION BEGINS: OCTOBER 16

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WELCOME!

We are dedicated to making our community stronger through programs that build a healthy spirit, mind, and body.
Be part of another historic season of Y Basketball

• REGISTRATION FOR ALL DIVISIONS BEGINS SEPTEMBER 25.
• Coaches clinic will be held Tuesday, October 17 for all coaches. (please note your interest in coaching when registering)
• 5th grade boys & girls games begin play Saturday, November 11
  ◦ Tournament on December 16
• All other divisions (except Middle School)
  Games begin December 3
  ◦ Tournament for 3rd/4th grade begins week of February 12, 2018

Pre-K & Kindergarten
Practices held immediately prior to games
Members: $45 / Community: $60

1st / 2nd Grade
Practices once/week beginning the week of November 13
Members: $55 / Community: $70

3rd / 4th Grade
Boys and girls teams practice once/week at their respective schools beginning the week of November 13
Members: $55 / Community: $70

5th Grade
Boys and girls teams practice once/week at their respective schools beginning the week of October 23
Members: $45 / Community: $60

Middle School (6th – 8th Grade boys and girls – Coed League)
Practices once/week beginning the week of January 8
Members: $55 / Community: $70

***If you qualify for FREE and Reduced lunches, you may qualify for financial assistance for Kim League. Please ask the front desk or check out our website for information about how we can help. Our goal is to make sure every child that wants to play will have that opportunity.
Gymnastics
Director: Julie Wade
Classes are scheduled for THURSDAYS (beginning Sept. 7) and will meet as follows:

**Shadow and Me “Parent and Me” (18 months-3 yrs)**
4:30 - 5:15 PM Member - $30/month (Maximum of 8) Community - $40/month

**Tumble Tots (3-5 years old-Preschool)**
4:30 - 5:15 PM Member - $35/month Community - $45/month

**Pull Overs (5 years & up) Beginner**
5:15 - 6:15 PM Member - $40/month (Maximum of 18) Community - $50/month

**Rebounders (5 years & up) Intermediate**
6:15 - 7:45 PM Member - $45/month (Maximum of 18) Community - $55/month

The Gymnastics Program will again be run on a semester-based schedule and monthly payment plan (with NO CHARGE for December). First Class will be held September 7.

Tumbling
Director: Janelle Buzzard
Classes are scheduled for MONDAYS (beginning Sept. 11) and will meet as follows

**Learning the Basics**
6 - 10 Yr Olds 5:30 - 6:30 pm
60-minute program focusing on flexibility, agility, strength, and control: teaching beginning floor and tumbling skills.
Member - $35 / month
Community - $45 / Month

**Advanced Tumbling**
11-14 Yr Olds 6:30 - 7:30 pm
60-minute program focusing on flexibility, strength, and control; Developing and mastering floor and tumbling skills specific to Cheer Teams. (Max 10)
Member - $35 / month
Community - $45 / Month

The Tumbling Program will be run on a semester-based schedule and monthly payment plan (with NO CHARGE for December). First class will be held September 11.
YOUTH DEVELOPMENT

Volleyball

JUST FOR BEGINNERS
1st/2nd Graders
Tues: 5:00 - 6:00 PM
Class meets on Tuesdays for 7 weeks
Beginning Sept. 12
Member: $30; Community: $40

Masters the Basics
3rd/4th Graders
Tues 6:00 - 7:00 PM
Class meets on Tuesdays for 7 weeks
Beginning Sept. 12
Member: $30; Community: $40

Volleyball director: Natalie McConnell
Register at front desk or online at www.huntingtony.org
Questions-Rob Miller @359-9622 or rob.miller@huntingtony.org

ADVANCED SKILLS
5th - 8th Grade
Tues: 7:00 - 8:00 PM
7 weeks of instruction on Tuesdays
Beginning September 12
This class is for players who are interested in honing and improving their skills with intentions of playing at a competitive (school or club) level.
Members $30 / Community $40

Martial Arts

Instructor: Grandmaster Robert Waldron
Cost: Members: $20/month
Community: $30 /month
Beginning the week of Sept. 4

Class Schedule
Tuesday
4:45 - 5:45 PM
Wednesday
5:45 - 6:45 PM
6:45 - 7:45 PM
Friday
5:30 - 6:30 PM
6:30 - 7:30 PM
Fall Break Camp
Dates: Monday, October 16th–Friday, October 20th
Time: 6:00 AM–6:00 PM, Camp activities from 8:30 AM–4:00 PM
Cost: Members-$90 for full week of camp ($10 sibling discount) OR $25 Daily Rate (no sibling discount)
Community-$110 for full week of camp ($10 sibling discount) OR $35 Daily Rate (no sibling discount)

Winter Break Camp
Dates: Tuesday, December 26th–Monday, January 8th
Time: 6:00 AM–6:00 PM, Camp activities from 8:30 AM–4:00 PM
Cost: Members-$80 for full week of camp ($10 sibling discount) OR $25 Daily Rate (no sibling discount)
Community-$100 for full week of camp ($10 sibling discount) OR $35 Daily Rate (no sibling discount)

Safe Sitter Class
Date: Saturday, August 26th
Time: 9:00 AM–3:00 PM
Cost: Members-$40 Community-$60
*Participants must pack lunch*

Kids Night Out
Dates: Saturday, October 28th and Saturday, December 9th
Time: 6:00–8:00 PM
Ages: Kindergarten–5th Grade
Cost: Members-$5 Community-$10

Kids Club @ 'The Hang Out'
Dates: The Hang Out is always open!
Time: Supervised times: Monday thru Friday, 4:30–7:00 PM
-2nd & 4th Tuesdays at 5:30 PM are special activities
-Every Thursday at 5:00 PM is Movie Night!
Ages: 7–14
Cost: FREE!
DATE:  Saturday, October 7th
WHERE:  Parkview Huntington Family YMCA
(1160 W 500 N, Huntington, IN 46750)

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Race Time</th>
<th>Bike</th>
<th>Run</th>
<th>Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-13 years old</td>
<td>8:30am</td>
<td>2 miles</td>
<td>1 mile</td>
<td>200 yards</td>
</tr>
<tr>
<td>9-10 years old</td>
<td>9:00am</td>
<td>1 mile</td>
<td>⅓ of a mile</td>
<td>100 yards</td>
</tr>
<tr>
<td>6-8 years old</td>
<td>9:30am</td>
<td>⅔ of a mile</td>
<td>½ mile</td>
<td>50 yards</td>
</tr>
<tr>
<td>3-5 years old</td>
<td>10:00am</td>
<td>Obstacle Course</td>
<td>Obstacle Course</td>
<td>25 yards</td>
</tr>
</tbody>
</table>

Cost: $15 until October 1 / Cost: $20 after October 1
Pre-Register by visiting our website calling the Y or stopping into the front desk.

Check-In starts 15 MINUTES before each age division’s start time in the YMCA Lobby. Once checked in, please report to the YMCA pool, except for the 3-5 age division.

For the 6-8, 9-10, and 11-13 age groups, the order of events is swim, run, bike. The 3-5 age division, once checked in, should report to the playground because their order of events is run, bike, swim.

PLEASE WEAR SWIMSUITS UNDER RUNNING CLOTHES OR AS RUNNING CLOTHES SO TRANSITIONS BETWEEN EACH EVENT RUN SMOOTHLY. THE OVERALL TIME OF ALL 3 EVENTS WILL BE EACH CHILD’S FINISH TIME.

Awards: Top 2 Boys and Top 2 Girls in each age group

**AGE IS HOW OLD ON DAY OF RACE**

**HELMETS ARE REQUIRED!!**
Floaties/Life Jackets may be worn and are available at the Y pool.

If you have any questions, please contact Mariah Town at 359-9622 or mariah.town@huntingtony.org
Homeschool Gym and Swim Program

This program is offered to the homeschooled children in the Huntington community and surrounding areas.

Kids ages 5 to 14 are invited to participate.

Class will be held on THURSDAYS from 10a–11:45a, with 45 min in the gym and 45 min in the pool (15 min from 10:45a–11a to change).

5–8 yr olds will be in the pool from 10a–10:45a, then in the gym from 11a–11:45a

9–14 yr olds will be in the gym from 10a–10:45a, then in the pool from 11a–11:45a

Session 1: September 14th–October 26th
Session 2: November 2nd–December 21st

COST (per session):
Member (Individual): $20
Member (Family–3+): $50
Community (Individual): $50
Community (Family–3+): $125

Scott Craft
Wellness Director
scott.craft@huntingtony.org

Sarah Kowalski
Aquatics Director
sarah.kowalski@huntingtony.org

Mariah Town
Youth/Family Programs Director
mariah.town@huntingtony.org
YMCA School of Dance

SCHOOL OF DANCE INSTRUCTORS

**Jill Gradeless:** Trained in Ballet, Tap, Jazz, Clogging and Ballroom Dance. Competed and toured in Korea, Japan, Canada and the US. Started the YMCA School of Dance in 2002. Started the Y competition dance teams in 2014. To date we have over 250 dancers. We have taken more than 10 teams to competition bringing home several 1st, 2nd and 3rd place trophies. We offer over 36 dance classes a week.

**Brooke Farrington:** Trained in Jazz, Hip Hop, Tap, Ballet, Contemporary and Modern. Performed in the Macy’s Day Parade. Trained at the Broadway Dance center and teaches at Huntington University. Joined our Comp teams in 2016 and coached our dancers bringing home platinum medals and 1st and 2nd place trophies. Joined our dance teams in 2011.

**Natalie Mills:** Trained in Hip Hop, Tap, Lyrical and Jazz. Started dance at age 5 with Beverly Johnson. Joined the Starz team for 3 years and HNHS dance team for 4 years. Joined the IPFW Dancin’ Dons for 2 years. Has done competition taking 1st place in division. Joined our Y teams in 2016.

**Abigail Matovich:** Trained in Ballet, Jazz, Lyrical, Hip Hop and Contemporary. Started dancing at age 9. She trained at Premier studio in Fort Wayne and Elite. She is currently in the process of creating a dance ministry through her church and plans to incorporate dance as a form of therapy as on Occupational Therapist. Joined our Y dance teams in 2016. She help to start our first adaptive dance classes at the YMCA, offering dance to those with special needs. Joined our Comp teams in 2016 and coached our dancers bringing home 1st, 2nd and 3rd place trophies.

**Logan Presnell:** Trained in Hip Hop and Tap. Started dance in high school. Was very involved in show choir and musical theatre. In college he started Huntington Universities first dance team. He has at least 50 dancers every semester and has served as the director and choreographer for this group. Joined our Y dance teams in 2016. Joined our Comp teams in 2016 and coached our dancers bringing home two 1st place trophies.

**Maddie Glenn:** Trained in Ballet, Pointe, Jazz, Contemporary and Tap. Has been dancing for 16 years. Trained for 11 years at the Academy of Arts in Jackson, MI and 5 years in their Jackson Dance Company. Joined our dance teams in 2017.

**Sydnee Gradeless:** Trained in Clogging, Jazz, Hip Hop, Ballet, Tap and Lyrical. Has been dancing since she was 3 beginning at Beverly Johnson and then with the YMCA. Has done competition for 3 years with several 1st place awards. Joined our Y teams as an instructor in 2015. Is very involved with an elite show choir, winning several 1st, 2nd and 3rd place trophies with her team.

**Lindsey Skiles:** Trained in Ballet, Jazz, Lyrical and Clogging. Has been dancing since she was 5 beginning here at the YMCA. She has done competition bringing home 1st place. Joined our Y dance teams as an instructor in 2017. Is very involved in an elite show choir, winning several 1st, 2nd and 3rd place trophies with her team.

**Jennifer Christiansen:** Joined our Y team 2015. Jen is our behind the scene gal. From organizing costumes, sizing our dancers, making sure we are 100% ready for all things dance. She is very organized and makes the job of Dance Director easier.
## FALL 2017 DANCE CLASSES:
Registration is now open.

### MONDAY
- 4:45-5:30 Clogging Team F  
  Jill/Sydnee  
  Studio 3
- 4:30-5:00 Hip Hop 1 min age 6  
  Logan  
  Studio 2
- 5:00-5:45 Hip Hop 2 min age 8  
  Logan  
  Studio 2
- 5:30-6:15 Clogging Team B  
  Jill/Sydnee  
  Studio 3
- 5:45-6:30 Tap 2 min age 7  
  Logan  
  Studio 2
- 6:30-7:15 Tap 3 min age 9  
  Logan  
  Studio 2
- 6:15-7:00 Clogging Team C  
  Jill  
  Studio 3
- 7:00-7:45 Clogging Team D  
  Jill  
  Studio 3
- 7:15-8:00 Hip Hop 3 Min age 11  
  Logan  
  Studio 3
- 8:00-8:45 Hip Hop 4 Min age 13  
  Logan  
  Studio 3

### TUESDAY
- 4:45-5:45 Ballet/Tech ages 9-18  
  Brooke  
  Studio 2
- 5:45-6:45 Lyrical 3 Min age 14  
  Brooke  
  Studio 2
- 6:00-6:45 Ballet/Tech ages 7-9  
  Maddy  
  Studio 3
- 6:45-7:45 Ballet 3 Min age 14  
  Brooke  
  Studio 2
- 6:45-7:30 Jazz 1 Min age 7  
  Maddy  
  Studio 2
- 7:30-8:15 Ballet/Tech ages 12-18  
  Maddy  
  Studio 2

### WEDNESDAY
- 4:30-5:00 Jr. Jazz ages 5-6  
  Logan  
  Studio 3
- 4:30-5:15 Combo Tap/Ballet 3.5  
  Abby  
  Studio 2
- 5:00-5:45 Tap Boys  
  Logan  
  Studio 3
- 5:15-6:00 Lyrical 1 min age 9  
  Abby  
  Studio 2
- 6:00-6:45 Jazz 2 min age 9  
  Abby  
  Studio 2
- 6:45-7:30 Jazz 1 min age 7  
  Abby  
  Studio 2

### THURSDAY
- 11:30-12:15 Combo tap/ballet 3.5-5  
  Jill  
  Studio 1
- 4:30-5:00 Beg Child Clog min age 5  
  Lindsey  
  Studio 1
- 4:30-5:15 Ballet 1 min age 5  
  Abby  
  Studio 3
- 4:30-5:15 Character 1 min age 9  
  Logan  
  Studio 2
- 5:00-5:45 Clogging Team A est.  
  Lindsey  
  Studio 1
- 5:15-6:00 Tap 1 min age 5  
  Logan  
  Studio 2
- 5:15-6:00 Lyrical 2 min age 11  
  Abby  
  Studio 3
- 5:45-6:30 Clogging Team E  
  Lindsey  
  Studio 1
- 6:00-6:45 Jazz 3 min age 12  
  Abby  
  Studio 3
- 6:00-6:45 Character 3 min age 14  
  Natalie  
  Studio 2
- 6:30-7:15 Combo tap/ballet 3.5-5  
  Jill/Lindsey  
  Studio 1
- 7:30-8:15 Beg Adult Clogging  
  Jill/Lindsey  
  Studio 1
- 6:45-7:45 Jazz 4 min age 14  
  Abby  
  Studio 3
- 6:45-7:30 Character 2 min age 11  
  Natalie  
  Studio 2
- 7:45-8:45 Contemporary min age 14  
  Abby  
  Studio 3

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**YMCA School of Dance**

**Members:** $126 / Semester  
**Community:** $178 / Semester  
Pay in full or monthly bank draft $31.50 / $44.50 per month

**Costume fee is included in the program fee.**

**Dance Schedule at**:  
[www.huntingtony.org](http://www.huntingtony.org)

**Discounts offered for taking multiple classes and/or having multiple family members in dance.**

**Scholarships and financial assistance available.**
The Y STRINGS
Learn to play the
VIOLIN, VIOLA, CELLO, GUITAR, and PIANO

Classes held at the YMCA and Huntington University

Classes start August 21st!!
Registration is open now!!

Private lessons for all instruments for all ages.
Group and private combined string lessons (violin, viola and cello)
for grades 3rd-8th

*Group Lessons -monthly $30 for Members-$45 for Community
*Private lessons -monthly $80 Members-$100 Community/rental included
*Group & Private -monthly $100 Members-$120 Community/rental included

Financial Assistance is available!!
The YMCA offers financial assistance for all programs.
No one will be turned away, based on their ability to pay.

For more information email Christy Thomson at
christy.thomson@huntingtony.org
or contact the YMCA at 260-359-9622
SWIM LESSONS & AQUATICS

SWIM LESSONS

Aug. Session: 3 Weeks ONLY  Tues/Thurs Eve.
August 22 – September 7

Sept. Session:
September 11 – October 20

Oct. Session: ONLY EVENING
October 30 – December 8

Morning, Evening & Saturday sessions available.
Cost: Members $30 / Community $50

<table>
<thead>
<tr>
<th>Morning</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1  10:00 AM</td>
<td>Level 1  5:30 PM</td>
</tr>
<tr>
<td>Level 2  10:30 AM</td>
<td>Level 2  6:00 PM</td>
</tr>
<tr>
<td>Level 3/4  6:45 PM</td>
<td></td>
</tr>
</tbody>
</table>

PRIVATE SWIM LESSONS

Private swim lessons allow the participant to work at a personalized level to achieve swim goals.
LESSONS ARE PURCHASED AS ONE, THREE, OR SIX SESSIONS FOR 30 MINUTES EACH.

PRIVATE LESSONS (ONE ON ONE):

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Member</th>
<th>Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>$25</td>
<td>$30</td>
</tr>
<tr>
<td>Three</td>
<td>$60</td>
<td>$75</td>
</tr>
<tr>
<td>Six</td>
<td>$108</td>
<td>$138</td>
</tr>
</tbody>
</table>

SEMI-PRIVATE LESSONS (GROUP OF TWO OR THREE):

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Member</th>
<th>Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>$30</td>
<td>$35</td>
</tr>
<tr>
<td>Three</td>
<td>$75</td>
<td>$90</td>
</tr>
<tr>
<td>Six</td>
<td>$138</td>
<td>$168</td>
</tr>
</tbody>
</table>

These lessons offer one-on-one instruction with a YMCA swim instructor, who is selected based on the participant’s specific needs. The sessions may also be structured to meet other needs including:

• Senior Focus  • Triathlon Swim Training
• Adult “Aquaphobia”  • Adult Adaptive Aquatics
• Semi-Private (siblings, family, friends, etc.)  • Youth Lesson

Private swim lessons are available by appointment only.
Swimmers can meet with the YMCA swim instructor as many or as few times a week as needed. Lessons are scheduled individually based on the participants schedule. They can be held any day of the week and any time there is available space in the pool.

Please allow 1-3 business days in order for our staff to pair you with the appropriate instructor and up to one week before your lesson begins.

Register at the front desk.

PARENT-TOT SWIM LESSONS

Child must be 6 months – 3 years old and wear a swim diaper unless potty trained. Classes are designed to allow the child to have fun in the water, while the parent guides him or her to learn aquatic skills. The child will be exposed to kicking, floating, basic arm strokes and breath control through play and songs. An adult must accompany the child in the water.
Cost: Members $30 / Community $50  (TIMES TBA)

ADAPTIVE AQUATICS

These lessons will be geared towards students with neurological, developmental and cognitive challenges. Our goal is to not only help these students learn how to be safe in the water, but also build strength and increase their cardiovascular endurance, as well as give them continued opportunities for social interaction.

Financial assistance is available through a grant provided by Huntington HELP. Any member of our staff will be happy to assist you in this process.

6 weeks / Lessons are scheduled around the swimmers availability.
Members: $30  Community: $50

These lessons will be geared towards students with neurological, developmental and cognitive challenges. Our goal is to not only help these students learn how to be safe in the water, but also build strength and increase their cardiovascular endurance, as well as give them continued opportunities for social interaction.

Financial assistance is available through a grant provided by Huntington HELP. Any member of our staff will be happy to assist you in this process.

6 weeks / Lessons are scheduled around the swimmers availability.
Members: $30  Community: $50
YOUTH DEVELOPMENT

SWIM LESSONS & AQUATICS

FALL SWIM TEAM
At the Huntington YMCA, we have a long history of swimming success. With coaches like Glen Hummer and George Haines, our swim teams have produced great competitors and even better people. Join us as we restart our Y Swim Team program and be a part of the next exciting chapter of Huntington YMCA Swimming.

Our Fall Swim Team is an introductory, pre-competitive experience to prepare swimmers for our upcoming Competitive Swim program. An experienced swim coach will work with swimmers to develop proper technique in each of the competitive strokes. In addition, students will learn new skills, such as streamlines, racing dives, flip turns and other competitive swimming knowledge.

Swimmers will spend six weeks training and refining their strokes. At the end of the session they will compete in a swim meet against the Wabash and Grant County YMCA.

Swimmers must have the endurance to swim one length of the pool without a flotation device.

Session 1: Sept 12 – Oct 29 / Session 2: Oct 30 – Dec 17
Tuesdays and Thursdays
Middle School 3:30-4:30 / Elementary School 4:30-5:30

Single Rates: $40 Members $60 Community
Family Rates: $90 Members $120 Community

Questions about swim team?
Contact Sarah Kowalski for more information.

WATER AEROBICS
Water aerobic workout focusing on strength, endurance and flexibility.
Monday & Friday Sandy Hartle
8:00 – 9:00 AM / 9:00 – 10:00 AM
Tues, Wed, Thurs Cindy Shafer
8:00 – 9:00 AM / 9:00 – 10:00 AM
Tues & Thurs Sandy Hartle
1:00 – 2:00 PM (Starts Sept 12)

WATER WALKING
Tues & Thurs
2:00 – 3:00 PM

AQUATIC CARDIO BLAST
High intensity cross-training in the pool!
Thursday – 7:00 – 7:45 PM

Warm water pool is closed during some lessons and programs.
Please contact our front desk to confirm availability.

ADULT SWIM LESSONS

TUESDAYS (starting in September)
BEGINNING WATER BASICS 7:30-8:00pm
(Acclimating to the water and learning to swim Freestyle and Backstroke)
YOUTH DEVELOPMENT

YOUTH PERFORMANCE
SWIM TRAINING GROUP

STARTING SEPTEMBER 11

MONTHLY $20 for members/ $40 for Community

“We will be offering a training group for competitive swimmers. This group is geared towards swimmers that are on a local area swim team or high school swim team, but would like to gain a competitive edge by adding three early morning practices to their training schedule. The group is also open to youth interested in triathlon training. These practices will be available year-round. We’re not an independent swim team and swimmers will race for their home team and/or school. Swimmers and their coaches are expected to communicate their season and training goals to optimize the benefit of the additional training sessions.

For further details and questions please contact the coach, Katie Blair, directly by emailing to “Katie.Blair@huntingtony.org”.

TUE and THU 5:30 – 6:30 AM
SAT 7:00 – 8:00 AM (subject to change)

Join Our Adult Swim Team!

All Levels Welcome. Ideal for Triathlon Training.
Mondays and Fridays 5:30 a.m. – 6:30 a.m.
NEW ADDITIONAL TIME Wednesday 11:45 a.m. – 12:45 p.m.
Contact Katie.Blair@huntingtony.org for details
SilverSneakers® Classic
A variety of exercises and movements set to music to increase muscular strength, range of motion, and activities for daily living.
M/W/F 9:00 AM – 10:00 AM
M/W 11:15 AM – Noon
T/Th 10:30 AM – 11:15 AM

Circuit Strength Training
Utilizes hydraulic machines for a safe and effective strength workout
T/Th 10:00 AM – 10:30 AM

Senior Y-Fit
Uses a variety of machines and free-weight exercises for a total body workout
8:00 AM – 8:30 AM

Water Aerobics
Water based full body workout that challenges your range of motion, strength and flexibility.
M/T/W/Th/F: 8:00 AM – 9:00 AM
M/T/W/Th/F: 9:00 AM – 10:00 AM
T & Th: 1:00 – 2:00 PM (starts 9/12)

Silver Sneakers Yoga
Tues/Thurs 9:00 – 9:40 AM
Variety of sitting and standing adapted yoga poses and stretching routines developing strength and balance.

SilverSneakers® is a fun and energizing program that encourages everyone to grow physically, emotionally, socially and spiritually to better their well-being through physical activities and social events.

A SilverSneakers® membership is available to specific insurance plan holders. The insurance company will cover your Y membership. To see if you qualify for a SilverSneakers® membership, visit us at the Front Desk.

For more information about these classes or programs, please contact Vanessa Hannie
At huntingtonyvanessa@gmail.com
Or call 260-359-9622
HEALTHY LIVING
Active Older Adults Events

Lunch & Learn Series
4th Wednesdays
11:30 AM / Studio 3
Engaging Speaker & Light Lunch

Book Club
Meets the 4th Monday of each month
10:15 AM

Prayer Group
Meets the 1st Wednesday of each month 10:15 AM

Coffee Hour
Monthly Birthday Celebration:
Sponsored by Tipton Place
Friday: 10:00 AM

UPCOMING DAY TRIPS
Aunt Millies Bread • Sweetwater Sound
Tin Caps Baseball • Stay tuned for schedule

BE SOCIAL! COME JOIN US!
Y-FIT and Senior Y-Fit  Participants will experience a structured program that is different each day and each week. Cardio is different each day as well, and will include kickboxing, step aerobics, running drills, swimming, stair climbing, jump rope, and more. Strength training will consist of body weight exercises, free weights, and selectorized strength machines. Participants will work every muscle group at lease once per week. Women and Men are welcome!

Y-CYCLE  A one hour class that provides a great workout on a stationary bike that is for all fitness levels.

Stretch and Flexibility  An hour long class that will unlock those muscles and stretch the joints to help you to relax and feel better. Also known as ESSENTRICS.

Pilates  Introduction to the basics in Pilates. Including the core principles of breathing, posture, alignment and controlled movements using mat-work exercises without props.

Max Effort  A full body class training specifically designed for you and designed to fit into your lunch hour.

Cardio Blast  A 30 minute high intensity total body boot camp.

Abs  20 minute class focusing on strengthening your core muscles. Utilizing weights, stability balls and your body.

Yoga (Beginning and Advanced)  A class to help you to stretch, strengthen and relax your muscles and body.

PIYO  Get Pilates lean and Yoga strong. PIYO is a combination of Pilates, Yoga, cardio, and core work, and it's choreographed to great music! Redefine your muscles using just your own body weight. Improve your strength, flexibility and balance. Low impact. High intensity. Hardcore results.

Stability Ball  Strengthen and tone your abdomen, midsection, and lower back using stability balls and small hand-weights.

Body Sculpting  Beginning to Advanced strength training techniques will be utilized to help you get in your best shape ever. Minimum of 4 people per class.

Zumba  An exciting mix of music, cardio and strength hidden in thrilling dance moves.

Bar 5 /Body Bar Interval  A class that will incorporate strength training and aerobic activity using the weighted bars.

20/20/10  20 minutes of aerobics
20 minutes of strength/endurance training
10 minutes of stretching

Cardio Pump  Early morning variety aerobics class to get your day started right.
**GROUP EXERCISE SCHEDULE for July 24- Sept.10**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
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<tr>
<td></td>
<td>AM Classes</td>
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<tr>
<td>5-6/5:30-6:30</td>
<td>Y-Fit (Two Classes)</td>
<td>Peyton</td>
<td>WC</td>
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<tr>
<td>7:30-8:30</td>
<td>Stretch &amp; Flexibility</td>
<td>Dawn</td>
<td>S-1</td>
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<tr>
<td>8-8:30</td>
<td>Senior Y-Fit</td>
<td>Heaston</td>
<td>S-1</td>
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<tr>
<td>8:30-9:30</td>
<td>Y-Fit</td>
<td>Heaston</td>
<td>WC</td>
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<tr>
<td>10:15-11</td>
<td>Pilates</td>
<td>Belinda</td>
<td>S-1</td>
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<tr>
<td><strong>PM Classes</strong></td>
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<tr>
<td>12-1</td>
<td>Max Effort</td>
<td>Tyler</td>
<td>WC</td>
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<tr>
<td>4:4:45</td>
<td>Y-Fit</td>
<td>Kaylin</td>
<td>WC</td>
</tr>
<tr>
<td>4:30-5:15</td>
<td>Y-Cycle</td>
<td>Annette</td>
<td>CYR</td>
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<tr>
<td>4:15-4:45</td>
<td>Cardio Blast</td>
<td>Satin</td>
<td>Gym</td>
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<tr>
<td>4:45-5:05</td>
<td>20 Min Abs</td>
<td>Nicole</td>
<td>S-1</td>
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<tr>
<td>5:15-6:15</td>
<td>Beginner Yoga</td>
<td>Kathryn</td>
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<tr>
<td>6-7</td>
<td>Y-Fit</td>
<td>Kaylin</td>
<td>WC</td>
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<tr>
<td>6:15-7</td>
<td>Stability Ball</td>
<td>Patty</td>
<td>S-1</td>
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<tr>
<td>7-7:45</td>
<td>Y-Cycle</td>
<td>Melissa</td>
<td>CYR</td>
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<tr>
<td>7:15-8</td>
<td>PIYO</td>
<td>Jody</td>
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<tr>
<td><strong>TUESDAY</strong></td>
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<tr>
<td>5:15-6</td>
<td>Y-Cycle</td>
<td>Susan</td>
<td>CYR</td>
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<tr>
<td>5:15-5:50</td>
<td>PIYO</td>
<td>Kandi</td>
<td>S-1</td>
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<td>6-6:30</td>
<td>Body Sculpting</td>
<td>Mariah</td>
<td>WC</td>
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<tr>
<td>9-9:30</td>
<td>Cardio Blast</td>
<td>Peyton</td>
<td>Gym</td>
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<td><strong>PM Classes</strong></td>
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<tr>
<td>5:30-6:30</td>
<td>Body Bar Interval</td>
<td>Sheena</td>
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<tr>
<td>6-6:45</td>
<td>Y-Cycle</td>
<td>Annette</td>
<td>CYR</td>
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<tr>
<td>7-7:45</td>
<td>Y-Cycle</td>
<td>Susan</td>
<td>CYR</td>
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<td><strong>FRIDAY</strong></td>
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<td>5-6/5:30-6:30</td>
<td>Y-Fit (Two Classes)</td>
<td>Peyton</td>
<td>WC</td>
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<tr>
<td>7:30-8:30</td>
<td>Stretch &amp; Flexibility</td>
<td>Dawn</td>
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<td>Y-Fit</td>
<td>Kaylin</td>
<td>WC</td>
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<tr>
<td>4:15-5:00</td>
<td>Strike</td>
<td>Jen</td>
<td>S-1</td>
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<tr>
<td><strong>SATURDAY</strong></td>
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<tr>
<td>9:30-10:30</td>
<td>Cycling</td>
<td>Annette</td>
<td>CYR</td>
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</tbody>
</table>

**S-1= Studio 1** **CYR= Cycle Room**

**WC= Wellness Center**

All fees are per 7 week session*

Y-Fit, Body Sculpting-$60

Y-Cycle, Pilates, $15 (Yoga, $5 Summer Only)

**Bold classes are free to members**

**Bold Classes do not require sign up**

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**HEALTHY LIVING**

PARKVIEW HUNTINGTON FAMILY YMCA / www.huntingtony.org / 260-359-9622
HEALTHY LIVING

Personal Fitness

BODY SCULPTING (GROUP STRENGTH TRAINING)
$60 per 7-week session
Advanced strength training techniques will be utilized to help you attain the body you want.
Minimum of 4 participants.
Tues, Thurs – 6:00 AM / Tues – Thurs – 12:00 PM
Mon, Wed – 7:00 AM / Mon – Wed – Fri – 9:00 AM
$60 per 7 week session

PERSONAL TRAINING
Achieve the health that you desire with the assistance of a YMCA personal trainer. Our group trainings and classes make personal training affordable, as well as allowing for camaraderie with other members.
One on One – $25/hour
Groups of Two & Three – $100 per person per 7-week session (1.5 hrs/wk) (Based on your schedule)
$75 per person per 7 weeks (must have 3 people)

MAX EFFORT
Mon, Wed, Fri – 12:00 PM / $60 per 7-week session
Intense full-body training and abs designed to fit into your lunch-hour.

Y–FIT
$60 per 7-week session
Class specializes in cross training. Participants will experience a structured program that is different each day and each week.
• Cardio is different each day as well, and will include kickboxing, running drills, stair climbing, jump rope, and more.
• Strength training will consist of body weight exercises, free weights, and selected strength machines. Participants will work every muscle group at least once per week. Women and Men are welcome!
Mon, Wed, Fri – 5:00 AM / 5:30 AM / 7:00 AM
  8:00 AM / 30 Minutes (Senior Y-Fit) ($50/7-week session)
  8:30 AM / 9:00 AM / 4:00 PM / 6:00 PM

12-WEEK PERSONAL FITNESS PROGRAM
Join the list of success stories! Your personal fitness coach will design a workout specifically for your needs, and monitor your progress daily. During your 12-week program, you will meet with your personal fitness coach 4 times to discuss goals and find a plan of action that will help you attain your fitness goals.
$60 per 12-week session,
$100 per couple
HEALTHY LIVING

Personal Fitness

PERSONAL TRAINERS & WELLNESS COACHES

Kaylin Yon
Kaylin is a 2016 graduate of Huntington University with a degree in Sport and Exercise Science. She is a personal trainer, Power Club leader, and Homeschool gym & swim instructor.

Tyler Palmer
Tyler graduated from Huntington University in 2013 with a Bachelor of Science degree in Exercise Science. Currently, he is the strength and conditioning coach for Huntington University men’s and women’s basketball and softball teams. Tyler has a great passion for training and helping people reach their goals. Favorite quote: “Behind your feelings is nothing, but behind every principle is a promise.” – Eric Thomas

Joy Campbell
Joy is certified through the YMCA in Personal Training, Indoor Cycling, and Strength and Conditioning. Joy understands the commitment it takes to reach fitness goals and enjoys encouraging and motivating others to reach their own.

Peyton Pike
Peyton Pike is a 2016 graduate of Ball State University with a degree in Exercise Science. She is a resident of Huntington and does personal training as well as group Y-Fit classes.

Heaston Schwob
Heaston is a recent graduate of the Strength and Conditioning program at Huntington University, and has experience in personal and group trainings.

Annette Stoffel
Annette instructs indoor cycling and body sculpting as well as personal and group trainings.

Our Personal Trainers and Wellness Coaches are here to help you with your fitness needs. They are trained and certified to assist you with questions, help with proper form, and challenge you to reach your wellness goals. If you see any of them at the Y, don’t hesitate to ask questions or request assistance.
Preschool

Karen Larr: Karen has taught Twinkling Stars and Super Star classes since her employment began at the Y in 1990. She is currently the Early Childhood Director and assists with preschool swim lessons and in the M-W-TH class.

Kim Bartrom: Kim is the Pre-K AM and M-W-TH PM classroom teacher. She has also taught the 2 day classes since her employment began at the YMCA preschool in 1997.

Karen Teusch: Karen is the teacher in the Twinkling Stars and the T-TH AM and PM Super Star classes. She also works in our Child Watch program and front desk. Her employment began here in 2003.


Emily McDonald: Emily has been employed at the YMCA since October 2011. She assists in the Pre K and M-W-Th Super Star classes.

Our preschool program includes experiences for pre-k skills, social & physical growth and educational field trips. It is our goal to insure the children are learning in a warm and supportive environment, discover their world and develop trust and security. That makes for confident, successful kids today, and contributing, engaged adults tomorrow.

GYM & EXERCISE

All classes will have scheduled gym time and use of our playground to provide kids the chance to exert energy & learn new skills!

SWIMMING

The YMCA values the importance of learning to swim and offers only the Super Star classes one swim session 1 day a week at no extra charge. The lesson time conveniently coordinates with classroom time from 11:45-12:15. Authorized pick up people are responsible for getting their child to swimming and the classroom.
TUITION

TWINKLING STARS:
Mon & Wed 9:00 –11:00 AM. 2 year olds. Must be age 2 by 8/1/17
Members: $57.00/month. Non Members: $67.00/month
Teachers: Karen Teusch & Vicki Wright
Children in this class do not need to be toilet independent.

SUPERSTARS:
M-T-W-TH 9:00 –11:30 AM.
Pre-K Class Must be age 4 by 8/1/17
This class is for children entering kindergarten in 2018
Teachers: Kim Bartrom & Emily McDonald

M-W-TH 12:30-3:00 PM.
3, 4, 5 year olds. Must be age 3 or 4 by 8/1/17
Members: $87/month. Non Members: $97.00/month
Teachers: Kim Bartrom & Karen Larr

T & TH 9:00 –11:30 AM & 12:30 – 3:00 PM.
3, 4, 5 year olds. Must be age 3 or 4 by 8/1/17
Members: $67.00/month. Non Members: $77.00/month
Teachers: Karen Teusch & Vicki Wright

*The yearly tuition fee is prorated over nine months. Therefore, vacation days per month do not affect your monthly payment. Payments are due the first day of the month. If tuition is not paid by the 10th of the month, a $10.00 late fee will be added. All are encouraged to set up monthly payment drafts when registering or pay for the semester in full.

TO REGISTER:
1.) $50 registration fee
2.) One monthly class fee (applied to May 2018)
3.) Fill out registration form, sign and date
4.) Registration form and fees are required at time of registration

*Fees are non-refundable

All Super Star children are required to be toilet independent.

KIDS IN MOTION – FRIDAY PRESCHOOL CLASS
This class is dedicated to the health and well being of children 3-5 years old. It focuses on an active environment (swim & gym) & classroom activities. Snacks provided. All children must be potty trained.

Date: Meets on Fridays starting January 12 – April 27, 2018
Time: 9:00 AM – 11:30 AM
Age: 3-5 year olds (must be age 3 by 8/1/17)
Activities: Swim exploration, gym, academic enrichment, creative play, music & story time.
SESSION DATES

SESSION 1: SEPTEMBER 11 – OCTOBER 29
REGISTRATION BEGINS: AUGUST 28

SESSION 2: OCTOBER 30 – DECEMBER 17
REGISTRATION BEGINS: OCTOBER 16

PARKVIEW HUNTINGTON
FAMILY YMCA

1160 W. 500 N., Huntington, IN 46750
Phone: 260-359-9622 / Fax: 260-356-1291
www.huntingtonymca.org