The YMCA opens the door to everyone, regardless of ability to pay. It is through the generosity of donors like you that the YMCA can improve the quality of life for all in the Mid Ohio Valley. Please consider a donation to our Heart of the Community Strong Kids Campaign.
Studio Cycling
One of the most popular cardio workouts! Classes are held in the cycling studio. A pass is required for class. You may obtain a pass at the front desk 15 minutes before class begins.

Pilates
This class adds core strengthening & stretching to your fitness routine.

Silver Sneakers
Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement, & activity for daily living skills. Handheld weights, elastic tubing with handles & a chair is used for seated and/or standing support.

Strong
A class designed for all ages and fitness levels. You’ll get a complete workout using barbells with adjustable weights as well as steps to give you a great cardio and strength workout.

360 Total Body
Body sculpting at its best! This class uses dumbbells, exertubes, rubber bands and stability balls for better results in muscle tone and increased metabolism.

T-N-T
Get back to the basics with this class designed to improve flexibility and build strength through a variety of floor exercise.

BodyPump
A revolutionary weight training workout using barbells with adjustable weights. This class is great for beginners as well as experienced exercisers.

Cardio Burn
A high intensity and high energy class designed for calorie and fat burning with interval training for cardio, strength training, and advanced abdominal work.

Aqua Tone
A water aerobics class that is great for any fitness level and those with orthopedic problems or physical limitations. Swimming skills are not required, but you should be comfortable in the water.

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GROUP EXERCISE

Group exercise classes are included with membership. A pass is required for entry into cycling. Passes are available at the front desk.

Fit Start
This is a 12-week program for YMCA Members that are new to fitness or need help staying with a program. A YMCA FIT-Start Counselor works with you to design a wellness plan and exercise program, and continually meets with you for motivation and direction.

Active Adults
Stay active at any age with these low impact classes. Workouts include cardio, strength training, exercise balls and Yoga. The exercises performed help develop and maintain muscular strength, endurance, balance and coordination.

Zumba
This class is taking the world by storm and is based on exciting & unique Latin moves & rhythms. A great workout that is easy to learn & lots of fun!

Kickboxing
A high-intensity, total body workout, incorporating strength training, cardiovascular exercises & non-contact kicks & punches.

Step Aerobics
High intensity, low impact program for men & women. The program involves stepping up & down on an adjustable platform while simultaneously performing upper body movements.

Yoga
Yoga postures will be taught for beginners. This class will explore yoga for fitness, strength, relaxation, and flexibility.

WELCOME
Dear Member,

I would like to thank you for being a part of our YMCA family. Our promise to you is that every day, we will do our best to ensure that everyone in our community, regardless of age, income, or background, has the opportunity to learn, grow, and thrive.

For over 144 years the Y has been serving the Mid-Ohio Valley. The Y will continue to be dedicated to the following 3 areas of focus:

Youth Development - Every child deserves the opportunity to discover what they can achieve. Through the Y, kids can cultivate the values, skills, and relationships that lead to positive behaviors and better health.

Healthy Living - The activities at the Y encourage good health and foster connections through fitness, sports, fun, and shared interests.

Social Responsibility - The Y not only develops skills and physical or emotional well-being, but we also give back to the community and provide support to our neighbors. With the help of our donors, we make sure that no one is turned away due to the inability to pay.

Thank you for being part of our world wide organization!

Chad Smith
CEO/Executive Director
**Strong Kids Campaign**

**Invest in your Community!**

The YMCA strengthens our community by being committed to Youth Development. Campaign contributions help us to make sure that every child, regardless of background, has the opportunity to learn, grow and thrive.

The campaign helps to support youth based programs such as Day Camp, Child Care, After School Care, Youth Sports and Aquatics.

**Your donation to the Strong Kids Campaign changes lives!**

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**YMCA of Parkersburg Staff**
Chad Smith, Executive Director
Kim Sapp, Associate Executive Director
Ronnie Lott, Senior Program Director
Kim Monroe, Membership Coordinator
Mark Posten, Maintenance Director

**YMCA of Parkersburg Board of Directors**
Dr. Orton Armstrong, President
Tom McCarty, Vice President
Brian Standley, Treasurer
Todd Wiseman, Secretary
Bill Niday, Past President

Robert Bays
Michael Cain
Tom McCarty
Ann Bailey

Bill Boyle
Fred Earley II
Jack Neilson
Michelle Yanok

Dr Kurt Busiek
Rick Hudson
Dr Lana Mohr
Patrick McFarland

Sherry Ellem

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**Karate**
This class is a great exercise for the spirit, mind, and body. Come check out this beginning Karate program that is appropriate for the whole family.

**Women’s Self Defense**
This is a self defense program to teach female pre-teens, teens, and adult females how to protect themselves.

**Cheerleading**
Participants will be introduced to skills such as jumps, sideline cheers, dance moves, and chants in a low pressure, high fun environment.

**Jump Rope**
This class will teach basic and intermediate single rope along with basic double dutch jump roping skills.

**Adult Basketball League**
Adults 18 years of age and older can continue to develop skills, enjoy teamwork, and make new friends through competition in this fun five on five league.

**Youth Basketball Church League** *(for grades 1 - 6)*
The minors division for children in grades 1-3 play with a smaller basketball and 8' baskets. The majors division for children in grades 4-6 play with an intermediate basketball and 10' baskets.

**Ballroom Dance**
Join in on the fun and learn to dance! Our beginner ballroom dance program assumes no prior dance training. Students will learn the fundamentals in ballroom dance movement, position and posture. Dancing will open up a new world of social activities for you and your partner and provide a healthy activity to share together.

**Tumbling** *(ages 3 - 8)*
This is a beginning tumbling class to develop beginner skills of gymnastics and cheerleading, with participants learning hand stands, rolls, and cartwheels.

**Shoot & Scoop and Kick & Scoop**
Designed to be a skills development and learning program in basketball and soccer. Adults are asked to participate with their child in this high learning fundamental program. At the end of each evening participants will cool off with ice cream.

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**PROGRAM GUIDE**
HEALTH & FITNESS

Health & Fitness Center
Our Health and Fitness Center is included in your membership fees and is everything you need for your workouts. Members may request an orientation. Open to members 15 and over, or Youth Strength certified.

Youth Strength Training (ages 11 - 14)
Teen members are invited to sign up for a Youth Strength orientation class. Upon completion, teen members will be approved to use the Fitness Center.

Personal Training
This program allows you to work directly with a certified personal trainer. It’s a great way to stay motivated or to add to your fitness routine. Available to members only, ages 16 and older. See staff for availability.

SPORTS

Youth Sports Leagues
All leagues are for both boys & girls with an emphasis on instruction, fun, caring, honesty, respect & responsibility. Players are divided into teams with a volunteer coach. There is one assigned practice & game per week. Volunteer coaches & referees are always needed.

REGISTRATION INFORMATION

The Y’s many different programs let you try new things, develop skills, meet new people, and show what you are capable of! All of our programs will help you achieve and maintain health in spirit, mind, and body.

When are Programs Offered?
Pamphlets with class sessions, dates and times are mailed quarterly to all members and are available at the YMCA Service Desk at all times. If you are interested in a particular class you may also contact our service desk for more information.

YMCA CODE OF CONDUCT

The mission of the Y is to put Christian principles into practice through programs that build healthy spirit, mind & body for all. Our principles include the values of caring, honesty, respect & responsibility. The Y embraces the faith and diversity of all members. Respect for others through our actions is our guide to help ensure that we enjoy a safe, welcoming & comfortable Y.

Specific behavioral expectations while at the Y include:

- Supporting the Y’s Mission
- Treating Others With Respect
- Dressing Appropriately
- Displaying Sportsmanship
- Not Engaging in inappropriate Activity, Harassment, Display or Conduct

Not Possessing Illegal Substances
Not Carrying Weapons
Not Misusing Photographic Devices
Promoting The Code of Conduct

Adherence to the Code of Conduct is required as part of your membership to the Y.
**AQUATICS**

**Parent/Child Swim Lessons**

**Shrimp Ages 6-18 Months Old**
In-water participation by a parent or guardian is required with these infant/toddler classes. This is a water adjustment class. The program helps form reasonable and healthy expectations of your child’s progress through songs, games, and fun activities.

**Perch Ages 18-36 Months Old**
This class is for the in-between child who is not quite ready to swim alone with the instructor. A trusted adult will need to be in the water with the child each class unless otherwise directed by the instructor.

**Preschool Swim Lessons Ages 3 - 5**

**Pike**
Little or no swimming ability is needed for this basic level. While adjusting to the water, children develop safe pool behavior and independence.

**Eel**
Children must be comfortable with their face in the water and swim by themselves for a short distance on their back without flotation device prior to enrolling. It is for children who are comfortable in the water.

**Ray**
Children in Ray will start to explore more advanced strokes than front paddle and back paddle. They must be able to perform front and back paddle without a flotation device prior to enrolling. It is the most advanced class offered to our 3-5 year olds.

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**School Age Child Care**
We offer after school child care programs at the following schools: Blennerhassett, Catholic, Criss, Gihon, Greenmont, Lubeck, Kanawha, Neale, Mineral Wells, Vienna, and Williamstown.

Martin and Fairplains Elementary School students are transported to Gihon Elementary School.

Madison, Emerson, and Worthington Elementary students are transported to Y Site. Before school care is also available at the Y-site for these schools.

**School’s Out Days**
School Age children participate in games, arts and crafts, swimming and much more at the Parkersburg Y Site. We provide breakfast, lunch, and a healthy snack. Program follows the Wood County School schedule and operates during the hours of 6:30 am - 6:00 pm.

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**Child Watch**
This program is a drop in child care program for ages newborn to 12. This is a fun and safe area for your children to be while you are exercising in our facilities. Childwatch is not a licensed daycare, however staff are certified in CPR - First Aid and are qualified and experienced.

*Available only at Broad St*

**Monday - Friday**
8:00 am–Noon & 4:30 pm - 8:00 pm

**Saturday**
8:30 am–Noon

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**CHILD CARE**

With so many demands on today’s families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That’s why child care and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

**Wood County Pre-K**

The YMCA offers a Wood County Pre-K collaborative program each school year. This program helps prepare children for a huge milestone in their life...Kindergarten! The program follows the Wood County School Calendar. Before/After care is also available. Enrollment is limited, please call for availability.

**Full-Day Program (Ages 2 and 5 year olds)**

We offer a well-rounded program encouraging the development of children to their fullest potential. Our program is academic and developmental in a safe and nurturing environment that encourages independence, confidence, and positive self-esteem.

**Youth Swim Lessons Ages 6 - 12**

**Polliwog**
Children will become acquainted to the pool, the use of floatation devices and floating.

**Guppy**
Must be able to swim without a float belt 20 feet front, back and side; jump in and return to side without assistance.

**Minnow/Fish**
Must be able to swim without a belt 25 yards front, back and side, rudimentary rhythmic breathing. They will be introduced to the butterfly stroke and will learn diving skills.

**Flying Fish/Shark**
This is an advanced class for students who have mastered all the other levels. The butterfly stroke will be worked on. Preparation for the swim team includes flip and open turns, rescue skills, and IM work.

**Private Swim Lessons**

Would you like one-on-one lessons with an experienced swim instructor? Lessons will be based on the skill of participant, and are available on an appointment only basis, depending on the instructor and pool availability. A minimum of five lessons must be purchased and scheduled.

**American Red Cross Lifeguard Certification**

This course will cover all requirements to become a certified lifeguard. The curriculum includes facility management, water and non-water rescue, CPR, and First Aid. All participants must be 15 years of age prior to the last class.
Parkersburg YMCA Sharks Swim Team
Join the Sharks Swim Team and learn to swim competitively while encouraging positive sportsmanship! Our Swim Team is available for children in grades kindergarten through seniors in high school. Our swim team groups are divided into 3 levels, from the very basic to the advanced swimmer.

Masters Swim Team ages 18+
United States Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops. Programs are open to all adult swimmers (fitness, tri-athlete, competitive, and non-competitive) who are dedicated to improving their fitness through swimming.

COMMUNITY DEVELOPMENT

Facility Rentals
The YMCA is a great place to gather with friends and family for any occasion. Let the YMCA help you make your next party one that everyone will remember for years to come. All rentals are scheduled on an hourly basis. All rates are for one hour up to 20 people. After hours rentals require an additional fee.

CAMP

Camper in Training (4 years olds)
A fun summer program for the 4 year old is offered as part of our Full Day Child Care Program. Your child will enjoy both indoor and outdoor play days filled with arts & crafts, games and more. Child must be 4 by June 1st.

Adventure Day Camp (Ages 5-10)
A lifetime of memories. This camp offers a safe and exciting day camp experience. Your child will make friends while participating in craft projects, sports and games, swimming and enjoying our outdoor environment. YMCA Day Camp gives your kids the best of all worlds, as well as a sense of accomplishment they just won’t get from beating the newest video game.

Teen XTREME (Ages 11-13)
This is more than your regular day camp...it’s a whole summer of exciting activities designed especially for this age group. Every day brings a new and different adventure to choose from. Don’t miss out on a summer that’s way out of the ordinary.

Counselor In Training (Ages 14-17)
This program gives teens the opportunity to learn camp counselor skills. The day is spent helping out with games, activities and all of the fun that goes on at Summer Camp! Teens develop leadership, communication skills & experience in leading camper activities.

Sports Camps
A variety of specialized sports camps will be offered throughout the summer. These camps are half day (9am - Noon) unless noted in camp brochures.