

SWIM LESSONS

Swim lessons are \$20/session for members and \$50/session for non-members. Wait-list priority will be given to Y members.

BEGINNERS AGES 3 & UP 6:00 to 6:30 pm

Instructor: Charlie Markley

BEGINNERS AGES 5 & UP 6:30 to 7:00 pm

Mondays/Wednesdays

Instructor: Sid Gillispie

April swim lessons are full. Sign ups for May will begin April 26th.

PRIVATE SWIM LESSONS

Private swim lessons are available by appointment. Lessons are \$20.00 per person, per half hour. Please speak to the front desk for more information.

WATER AEROBICS

Water aerobics classes are free to members and \$4.00/class for non-members.

SENIOR SWIM

Mon/Wed/Fri 10:00 am to noon

Tai Chi Aerobics 10:00 to 10:30 am

Sr. Water Aerobics 10:45 to 11:15 am

Instructor: Diane Kisamore

H2O

Mon/Wed/Fri 5:00 to 6:00 pm

Instructor: Heather Roberts Biola

GYMNASTICS

BASIC TO INTERMEDIATE TUMBLING TECHNIQUES (K THROUGH 6 GRADE)

Thursdays 4:30 to 5:30 pm

Instructor: Devin Gill

Y-members FREE/Non-members \$40/session

OTHER OPPORTUNITIES

PEIA WEIGHT MANAGEMENT PROGRAM

PEIA preferred provider plan covered participants can sign up for this special program that combines the services of an exercise physiologist, registered dietitian and personal trainer to help you make the lifestyle changes that will help you lose weight and improve your health. Participants can enroll by calling 1-866-688-7493 or by using the web based enrollment on the PEIA website.

PERSONAL TRAINING & NAUTILUS ORIENTATION

Instructors: Kumar Lambert and Tyler White

\$15.00 per session

BIRTHDAY PARTIES

Make your next birthday party a Y party. Parties are scheduled on Saturday afternoons. A one hour pool party with use of the snack room is \$65.00. Choose the use of the Rotary room for an additional \$25.00. Gym rentals are also available. Contact the front desk for details.

BARRICK BABYSITTING SERVICE

Mon/Wed/Fri 9:00 am to noon

Mondays 5:00 pm to 8:00 pm

Wednesday 5:30 to 6:30 pm

Fridays 5:00 pm to 7:00 pm

Saturday mornings 9:00 am to noon

\$3.00/Hr members \$5.00/Hr non-members

Spring/Summer Hours

Monday - Thursday 5 am to 8 pm

Friday 5 am to 7 pm

Saturday 8 am to 5 pm

Sunday Closed



APRIL 2012 Program Schedule

Classes/times are subject to change.



Elkins/Randolph County YMCA

400 Davis Avenue

Elkins, WV 26241

(304) 636-4515

www.elkinsymca.com



GROUP EXERCISE

Group exercise classes are free to members and \$7.50/class for non-members.

BODY BOOT CAMP

Tuesdays 5:30 to 6:30 pm
Instructor: Mandi Larkin

CARDIO JAM

Saturdays 9:00 to 10:00 am
Instructor: Mandi Larkin

CORE STRENGTHENING & AWARENESS

Last Wednesday of the month 6:30 to 7:30 pm
Instructor: Josh Roy

CARDIO KICKBOXING

Mondays 5:00 to 6:00 pm
Instructor: Cynthia Sandeno

DYNAMIC BALANCE

Last Wednesday of the month 5:30 to 6:30 pm
Instructor: Josh Roy

HIGH ENERGY AEROBICS

Mon/Wed/Fri 4:15 to 5:15 pm
Instructor: Raymond Godwin

KETTLEBELL PUMP

Mon./Wed./Fri. 5:30 to 6:30 pm
Instructor: Mandi Larkin

MORNING AEROBICS

Tuesdays/Thursdays/Fridays 9:00 to 10:00 am
Instructor: Raymond Godwin

POWER LUNCH

Wednesdays 12:10 to 12:40 pm
Instructor: Sid Gillispie

SPIN CLASS

Mondays 5:30 to 6:30 pm
Instructor: Jennifer Tesar

TOTAL BODY WORKOUT

Instructor: Marilyn Smith
Tuesdays/Thursdays
Pilates 5:30 to 6:10 pm
Stability Ball 6:10 to 6:50 pm
Step Aerobics 6:50 to 7:30 pm

YOGA

Mondays 6:15 to 7:15 pm
Instructor: Melinda Kota
Vinyasa - Wednesdays 5:30 to 6:30 pm
Instructor: Andrea Brandon
Thursdays 5:30 to 6:30 pm
Instructor: Joe Hoover
Vinyasa - Saturdays 9:00 to 10:15am
Instructor: Andrea Brandon

ZUMBA

Monday 9:00 to 10:00 am
Check www.elkinszumbafitness.com for addition days.
Instructor: Marissa Holland
Friday **New!** 10:00 to 11:00 pm
Instructor: Shae Davis

MARTIAL ARTS

Martial arts classes are free to members and \$7.50/class for non-members

ELKINS SHOTOKAN (AGES 12 TO ADULT)

Mondays/Wednesdays 6:30 to 8:00 pm
Saturdays (practice only) 10:00 to 11:00 am
Instructor: Chris Casto

TANG SOO DO

Mondays/Thursdays 5:30 to 6:30 pm
Instructor: Ernie Cross

CHILD CARE

AFTERSCHOOL PROGRAM

Keep play in your child's day with our fun, affordable after school program for children in grades K to 2 and 3 to 5. Includes swimming, arts and crafts, gym and youth center games. Monday-Friday from 3:00 to 6:00 p.m. Includes school closings and early dismissals.

SUMMER DAY CAMP

Registration is open for our fun summer day camp. Each week of day camp will be based on a unique theme. Runs Monday through Friday throughout the summer from 7:45 am to 6:00 pm. Daily swimming, trips to the city park, local field trips, gym games, crafts and art classes at the RCCAC are just some of the fun activities we have in store! Pick up a registration package from the front desk or visit www.elkinsymca.com.

INFANT/PRESCHOOL CLASSES

Infant/preschool classes are free to members and \$7.50/class for non-members.

MOMMY AND ME YOGA

Mondays 11:00 to 11:30 am
Instructor: Kate Barger
February 27th- April 16th

PARENT AND CHILD OPEN SWIM

Wednesdays 9:00 to 9:30 am

ROOM TO ROMP

Thursdays 11:00 am to noon
Instructor: Heather Croson & Stephanie Reed

LEGG FAMILY YOUTH CENTER

PARENTS' NIGHT OUT

Friday, April 20th 6:00 to 10:00 pm
Babysitting for children ages 2 to 12 years of age in the youth center. Includes games, movies and crafts. **Advanced registration is required by the Thursday morning prior to the event.**
Y-Members: \$10.00 for 1st child/NM: \$20.00 for 1st child; \$5.00 for each additional child.