



SCIOTO VALLEY YMCA

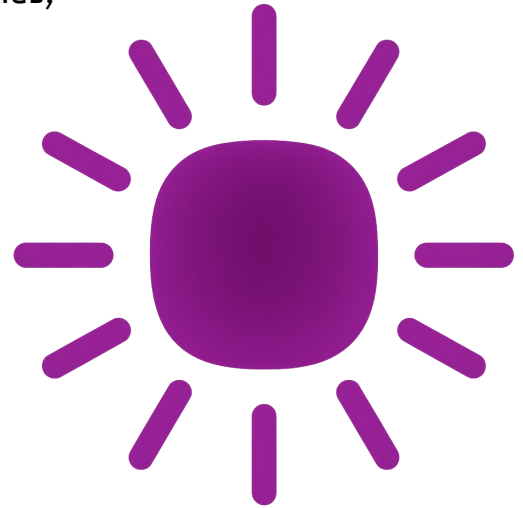
2026 Program Brochure

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| ROSS BRANCH 100 Mill Street Chillicothe, OH 45601 | 740-772-4340 | www.rosscountyyymca.org |
| PIKE BRANCH 400 Pride Drive Waverly, OH 45690 | 740-947-8862 | www.pikecountyyymca.org |

MEMBERSHIP DETAILS

WHAT'S INCLUDED?

- Fully equipped fitness center with treadmills, elliptical machines, bikes and weight machines.
- Youth, women's & senior fitness center
- Two basketball courts (Ross)
- One basketball court (Pike)
- Locker rooms
- Child Watch (Ross)
- Indoor heated pool
- Indoor track (Ross)
- Aerobic classes included free with membership
- Free instruction on equipment (Smart Start)
- Access to all YMCA's across the United States
- Great locations close to downtown



MEMBERSHIP RATES

Our YMCA prides itself on maintaining extremely high value and affordable membership rates for our community. Our current rates are listed below without tax:

| | Monthly Rate | Annual Rate |
|---------------------------|--------------|-----------------------|
| Youth: (8 years or older) | \$28 | \$280 (\$52 savings) |
| Adult: (Ages 26-64) | \$44 | \$440 (\$88 savings) |
| Couple: (2 Adults) | \$56 | \$560 (\$120 savings) |
| Senior: (Ages 65+) | \$40 | \$400 (\$80 savings) |
| Senior Couple: | \$51 | \$510 (\$102 savings) |
| Family: | \$63 | \$630 (\$126 savings) |
| Single Parent Family: | \$53 | \$530 (\$106 savings) |
| Young Adult (Ages 18-25) | \$30 | \$300 (\$60 savings) |
| Young Family | \$50 | \$500 (\$100 savings) |

*All memberships are subject to the additional local tax rate. There may be a \$30 fee on returned monthly drafts.

Any dependents on a family membership need to be under the age of 20. After that they will need to go on a separate membership.

Our mission: To put Christian principles into practice through programs focused on youth development, healthy living, and social responsibility.

HEALTHY LIVING

For Starts: Smart Start

The Y offers introductory services for new members. Gym orientation provides an overview of the facility at your pace, answering all of your questions.

Personal Training

Provides one-on-one support for an individual's fitness goals. ACE certified personal trainers guide clients through an assessment of their fitness level, develop/coach each person through their designed fitness activities.

Diabetes Prevention Program (Ross County)

12 month lifestyle change class. The YMCA's Diabetes prevention program is a group-based lifestyle intervention for adults at high risk for developing type 2 diabetes. This class has been shown to reduce the number of new cases of diabetes by 58% overall and by 71% in adults over 60.

Livestrong

12-week program offered at no cost to adult cancer survivors, designed to help them reclaim their health and well-being after a cancer diagnosis. The program focuses on improving physical and mental health, building muscle mass/strength, increasing flexibility and endurance, and boosting energy levels.

First Step Program (Ross County)

Our aim: to get you prepared. This program is designed to assist those identified candidates for total hip and knee replacement surgeries to prepare for their operation. The identified patients are those with BMI of greater than 40 and/or hemoglobin A1C of greater than 8. The goal is to reduce these two measures to acceptable surgical levels.

AEROBIC CLASSES

Free to members but must sign up on the app or call the Welcome Center to schedule.



GYMNASTICS PROGRAM

CLASSES DIFFER AT BOTH BRANCHES

TODDLER AGE CLASSES:

Explorers : (Ages 18 months-3 years)

****Required active parent participation****

Children will be accompanied by one or both parents and will run, climb, jump and swing! Parents will stretch with kids and help them with rolls and other gymnastic movements. Kids learn structure, bonding, and social skills. This class promotes exercise and fun to create healthy, happy children.

PRESCHOOL AGE CLASSES:

Turners: (Ages 3.5-5 years)

This class teaches children the basics. They learn coordinated movements, body control, and dance skills. (In addition to the beginner skills like hand stands, pullovers and springboard)

Jumpers: (Ages 3.5-5 years)

Must have mastered previous class to move to this class. Teaches children bridges, rolls, cartwheels on floor, spatial awareness and confidence on balance beam, pullovers, casts, and front rolls off bars, and how to hurdle and punch on the springboard for vault.

Flyers: (Ages 3.5-5 years)

Must have mastered previous class to move to this class. Intermediate level class teaching children to sequence movements, do multiple skills in a row and use a vault.

Flippers: (Ages 3.5-5 years)

Must have mastered previous class to move to this class. Children will learn back walkovers, round offs, and front limbers on floor. They will learn the first real vault used in competition.

SCHOOL AGE CLASSES:

Rollers: (Ages 6-18 years)

Teaches the children basics. Learn coordinated movements, body control, and dance skills. They also learn jump shapes, rolls, and cartwheels.

Swingers: (Ages 6-18 years)

Must have mastered previous class to move to this class. Intermediate level. Teaches sequence movements, multiple skills in a row, and use a vault. They will develop back hip circles on bars, dismounts on beam and bridge kickovers on floor.

Kippers: (Ages 6-18 years)

Advanced level class. Will learn back walkovers, roundoffs, front limbers and back handsprings on floor.

Hotshots: (Ages 6-18 years)

School age pre-team but there is no obligation to compete. They will learn roundoff back handsprings, front handsprings, handstands on balance beam, front walkovers, and vaults on the level 3 vault system.

****Also have level 1 and Level 2 available for kids who want to continue learning gymnastics.**

Gymnastics Team: (Ages 5-18 years)

A competitive group who competes across Ohio and annually at the national meet. All team members must be members of the YMCA of Ross County. Participation is by try-out only.

Private Lessons:

Schedule 30 or 60 minute sessions as an individual by contacting Rachel.

1/2 hour: \$15

One hour: \$25

AQUATICS PROGRAM



PARENT/CHILD SWIM CLASS

Swim Together: (Ages 6months– 2 years)

****Required active parent participation****

This 30-minute class is a water adjustment class. The child will learn water safety, basic stroke development, such as kicking and floating, and will also enjoy games and songs that reinforce water skills. Parents will learn how to handle their young swimmer while in the water, as well as, balance and towing.

SWIM LESSONS

Youth Swim Lessons: (Ages 3-18years)

Youth swim lessons at the Y offer a safe supportive environment where children of all skill levels can learn to swim and develop lifelong water safety skills. The lessons are designed to build confidence, coordination, and strength through a structured progression of skills. Whether a child is just beginning to or is ready to refine their strokes, the Y provides age-appropriate classes tailored to meet individual needs. With a strong focus on safety, fun, and personal growth.

Private Swim Lessons: (Any Age)

Personalized, one-on-one instruction tailored to meet the individual goals of each swimmer. These sessions are ideal for those who prefer a more focused learning environment, whether they're beginners looking to overcome a fear of water or advanced swimmers aiming to refine techniques. Flexible scheduling and customized pacing, making them a convenient and effective option for all ages.

SWIM TEAM

Jr. Marlins Swim: (Ross County)
(Ages 4-18years)

Serves as an introductory pre-swim team class designed to bridge the gap between swim lessons and competitive swim team. Focus on refining basic techniques in freestyle, backstroke, breaststroke, butterfly, racing skills and starts and flip turns. The Jr. Marlins program provides a fun and engaging setting where children can build confidence, improve endurance, and prepare for future swim team opportunities.

Swim Team: (Ages 4-18years)

The swim team competes against YMCA's across the state in a host of swim distances. Our team is founded on the notion that teamwork, support and effort are the foundations of lifelong success. Each year there will be a summer swim team and winter swim team. To get more information about swim team reach out to info@rosscountyyymca.org for Ross or reach out to info@pikecountyyymca.org for Pike county

OPEN/LAP SWIM

For Members

Open times are available for members looking to stay active, train, or just unwind in the pool. Visit our website, app or call the Welcome Center to check out the schedule! Sign ups are recommended as the pool has max capacity.

SPORTS PROGRAM

YOUTH SPORTS:

Rookies/Future Stars: (Ages 3-6years)

Designed to give children an introductory into a variety of sports. Basketball, soccer, t-ball, golf. Children get exposed to fun, interactive games with their same-age peers. Parents are encourage to participate in the program with their child.

Next Level: (Ages 7-12years) (Ross County)

Building on the foundation of Rookies Sports, Next Level is aimed to give children enhanced skills in a variety of sports. Instructors will use drills to prepare athletes for future league sports.

Youth Basketball League: (Grades Pre-k to 8th grade)

Designed to introduce children to the fundamentals of basketball in a supportive and inclusive environment. Open to boys and girls of all skill levels. The league emphasizes skill development, teamwork, and sportsmanship. Participants engage in weekly practices and games . Focusing on core skills such as dribbling, shooting and passing. Registration starts in October. Practices begin in December and games are in January and February.

Homeschool P.E. : (School age) (Ross County)

During the school months this program meets once a week. They will have 1 hour of gym time (which consists of playing kickball, dodgeball, wiffleball, basketball, soccer, volleyball, tag, etc.) And 1 hour to play in the pool.

Soccer : (Pike County)

Our youth soccer program runs August through October for ages 2-12, focusing on fun, skill building, and teamwork in a supportive environment. Perfect for beginners and growing players alike!

Youth Sport Camps: Offered at various times throughout the year.

ADULT SPORTS:



Basketball: (Ages 18+)

Adult basketball leagues offer a dynamic and inclusive environment for players aged 18 and up to engage in friendly competition, enhance their skills, and stay active. These leagues cater to various skills, from beginners to advanced players. This league requires you to bring your own team.

Softball: (Ages 18+) (Ross County)

The YMCA offers both Coed and Men's softball leagues that provide adults with opportunities to stay active, socialize, and enjoy friendly competition. Registration is accepted by team.

Volleyball: (Ages 18+)

Fun and competitive league. Sand volleyball (Ross County) is played in the summer months and regular volleyball starts in March. These leagues emphasize teamwork, sportsmanship, and community engagement, making them an excellent choice for adults seeking to stay active and socialize. Registration is accepted by team.

CHILD CARE PROGRAM

****Financial assistance is available through ODJFS****

Toddler (Ages 18 months-36 months) (Ross County)

It provides experiences that enrich and enhance each child's cognitive, language, social, emotional, physical and creative development. We introduce a formal classroom learning routine which includes circle time, stories, songs, reading and gross motor development.

Preschool (Ages 3-5 years) (Ross County)

Our state-licensed program is rooted in the concept that learning and playing are interconnected. We provide a safe, engaging and consistent environment for all children. Our program has year round availability. We have adapted Creative Curriculum. Our teachers and aides seek to help children gain confidence, explore their surroundings, collaborate with other children, improve their self esteem, and to learn and have



After School Program

We offer after school at our Pike County branch and we partner with public schools to serve the needs of children grades K-4. The program provides tutoring, recreational activities, learning experience and healthy snacks for the students. This program is located at Chillicothe, and Southeastern.

Summer Camp (School age) (Ross County)

An enriching and adventurous experience from June through August. Campers are grouped by age and engage in a variety of activities, including outdoor adventures, swimming, sports, arts and crafts, games, and field trips. Weekly themes introduce campers to an array of topics. This program emphasizes core values of caring, honesty, respect, and responsibility. This camp ensure a safe and fun environment under the dedicated staff. Financial assistance is available through Job and Family services. For more information contact info@rosscountyyymca.org



HOURS OF OPERATION

Ross County

Monday– Thursday 5:30am–9:00pm

Friday 5:30am–6:00pm

Saturday 7:00am–5:00pm

Sunday 12pm–4pm

Pike County

Monday– Friday 5:00am–8:00pm

Saturday 8:00am–6:00pm

Sunday 1pm–5pm

Holiday Closings:

**New Years Day, Easter, Memorial Day, July 4th, Labor Day,
Thanksgiving Day, and Christmas Day**