

Check us out at the YMCA WB



Directions

The YMCA Western Branch is located at 355 West Broad Street in Pataskala. We are situated between Stewart Auto Group and Bruce J. Baird Realty



Wellness Center Operating Hours

Monday - Thursday	5:30am - 9:00pm
Friday	5:30am - 7:00pm
Saturday	7:00am - 3:00pm
Sunday	1:00pm - 5:00pm

Child Watch Operating Hours

Monday - Saturday	9:00am - 11:00am
Monday - Thursday	5:00pm - 8:00pm

Children 8 weeks to 10 years are welcome.

There is a 75 minute limit per visit in Child Watch.

YVOLUNTEERS™

We build strong kids, strong families, strong communities.

The YMCA programs are a reflection of the community. Volunteers are very important to the operation and creation of new and existing programs. If you would like to be a YMCA volunteer, have an idea for a new program, or would like to get involved, please let us know. We appreciate whatever time and talent you are able to share with the Y community.



**Get Involved
at the YMCA!**

We Care

It is the policy of the Licking County Family YMCA to provide financial aid to individuals and families for the purpose of providing life-enriching opportunities to persons who otherwise could not afford YMCA membership fees.



YMCA

We build strong kids,
strong families, strong communities.

Licking County Family YMCA Western Branch

355 West Broad Street
P.O. Box 1495
Pataskala, Ohio 43062
Phone: 740-964-6522

Fax: 740-964-6533

<http://www.lcfymca.org/wb>

Brochure Updated: August 14, 2009

*We build strong kids, strong families,
strong communities*

Licking County Family YMCA Western Branch



YMCA Mission:

*To put Christian principles into practice
through programs that build healthy
spirit, mind, and body for all*

Membership Information

YMEMBERSHIP™

We build strong kids, strong families, strong communities.



The YMCA is for everyone - it strengthens families, nurtures the healthy development of children, and encourages positive behavior in teens.

The Licking County Family YMCA is an association of caring people working for the common good. YMCAs are affordable, accessible, and led by volunteers who give their time to improve their communities. Ys are dedicated to building values based on Christian principles, and view all people as children of God and worthy of respect.

Your YMCA Membership will give you access to all the Western Branch offers.

Your membership includes access to the Wellness Center, Adult Fitness Classes, Indoor Walking Track, Scheduled Child Watch, summer pool access as well as early registration and discounted rates on Adult and Youth Programs.

Unlike health clubs, Ys are family-friendly and open to everyone. Ys are best known for our community-based health and fitness programs. We teach kids gymnastics, run youth basketball leagues, lead adult aerobics, and so much more. At the Y, you belong - you are part of a family.



Rates!

	New	Renew	Joiners	Monthly
Youth (under 18)	\$86.40	\$74.40	\$12.00	\$6.20
Young Adult (18-23)	\$200.00	\$180.00	\$20.00	\$16.00
Adult	\$289.20	\$259.20	\$30.00	\$21.60
Single Adult Family	\$359.00	\$324.00	\$35.00	\$28.00
Couple	\$405.20	\$370.20	\$35.00	\$30.85
Family	\$475.20	\$430.20	\$45.00	\$35.85

*Seniors (62+) receive 10% discount on memberships

Youth Programs

The YMCA Western Branch offers a variety of programs for our young members. The programs are fun, instructional and reinforce the five core values of the YMCA:

Caring, Honesty, Responsibility, Respect and Faith.



Our program list currently includes Gymnastics, Karate, Tang Soo Do, Jujitsu, Cheer, Tween Fitness, and various sports leagues including the popular Bidy Soccer and our NEW sports program, Sports of All Sorts. No matter what your child's age or ability, he or she will learn character values, sportsmanship, and valuable new skills by participating in the YMCA Youth Programs. We use child-appropriate curriculum, sensitive to the needs and abilities of each individual participant.

For more information, look for the program registration flyers at the front desk, visit our website or speak with a Members Services Representative.

Adult Health & Fitness

As an adult at the Y, our adult fitness classes are developed to meet the needs of our diverse community. No matter what your fitness level, age or gender, you'll find something for you at the Western Branch. Our classes include all the favorites: Yoga, Pilates, Cardio Conditioning, Flexibility Training, Tone and Sculpt and Cycling as well as our New Circuit Training class led by our Personal trainer!



The Western Branch also offers several programs for our Adults including: Karate, Tang Soo Do, Jujitsu, and our Fitness Challenge. Let our instructors help you to achieve your fitness goals!



We are also proud to be a SilverSneakers™ provider. SilverSneakers™ is the nation's leading fitness program for older adults!

This program provides a FREE membership to the Licking County YMCA for qualifying Medicare subscribers. For more information, please call the Western Branch. To check eligibility call your health plan customer service or visit <http://www.silversneakers.com>.

Western Branch Wellness Center

The Ys Wellness Center is available to all Full Members ages 14 and up. The Wellness Center includes 16 state of the art Magnum Selectorized Strength Training Machines, a Smith Machine, a Cable Crossover machine, Free-Weight Equipment, 6 Vision Fitness Treadmills, 6 Vision Fitness Ellipticals, and 5 Vision Fitness Cycles. Trained staff is available to provide orientation to equipment.



YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

The Y is proud to have our own Personal Trainer. If you are looking for help starting a fitness program, or need someone to stay after you, sign up for Y Personal Training. Members can register for personal training sessions to help them identify and achieve personal fitness goals. Our YMCA Personal Trainer is an Exercise Specialist who holds certification from the National Academy of Sports Medicine and is also a YMCA certified Group and Pilates instructor. For more information on fees and registration, see a Member Services Representative.

YSCHOOL AGE™

We build strong kids, strong families, strong communities.

The YMCA offers both a Before and After School Care Program during the school year, and a Day Camp during the summer months. The YMCA School Age programs provide a safe, supervised environment where children are engaged in activities that keep their minds and bodies active and help to reinforce the core values of **Caring, Honesty, Responsibility, Respect and Faith**. For information on our School Age program at Licking Heights, or Day Camp, see a Member Services Representative. Feel good knowing your child has a safe place to go and will continue to grow.