SENIOR SHOWCASE
Healthways and the YMCA of Greater Dayton is proud to host our annual Senior Showcase. This 3-day event will be provided for YMCA of Greater Dayton and Silver Sneaker members ages 55 and older to compete in a variety of events as they represent their home YMCA. Prizes will be awarded for each event as well as to the top three YMCA’s in the association. Events will include a one-mile walk, one-mile run, one-mile walking relay, one-mile running relay, beach ball volleyball, 50-yard swim, swim relay, cornhole, free throws, trivia, line dancing, Texas Hold’em, flag contest, and checkers. The dates will be September 20th, 21st, and 22nd, and this year the events will be held at the Coffman YMCA in Springboro. Sign up to represent Xenia!

FUN AND GAMES
FOR THE WHOLE FAMILY
The Xenia YMCA is having its second annual family costume party! Join us for food, games, and lots of door prizes! Make sure you come dressed for our costume contest!

Saturday, October 27th
6:30 p.m. to 8:30 p.m.
Members: Free
Non-Member Families: $5

STAY CURRENT WITH XENIA YMCA UPDATES & ANNOUNCEMENTS
We are pleased to announce the Xenia YMCA now has a Facebook page. Visit www.facebook.com/xeniaymca and click “like” to make sure you receive all updates and posts to our page.

HAVE YOU “CAUGHT” SOMEONE LATELY
Please help us identify those who deserve special recognition. If you witness a YMCA staff member going above and beyond, please capture that act of caring.

Caught in the Act of Caring submission cards and boxes are located in the YMCA branch. We encourage submissions from everyone ... members, program members, parents and fellow staff members. You can also email the information to jshinn@daytonymca.org.
Facility Age Guidelines
Please remember that children under the age of 10 must be supervised by a parent or guardian (at least 16 years of age) when in the YMCA facility. Youth of all ages are not permitted to be left in the building over 3 hours each day. Some areas of the facility may have different age guidelines or schedules, so please ask the member service desk if you are unsure. We thank you for your cooperation with these guidelines; they are created to help keep all of our members safe.

Guest Pass Policy
Y facilities are provided for the use of Y members. Members are always invited to bring in friends and encourage them to join. Members will receive three free guest passes per year and upon renewal of their membership, for use by friends and relatives. Additional guest passes may be obtained from the Executive Director, if needed. Each guest is limited to three visits in a 12 month period. A picture ID is required of the guest. **We reserve the right to limit guest usage. Youth guest passes must be purchased by an adult member who is remaining in the building.**

**Guest privileges and times vary by YMCA location.**

Financial Assistance
Every day the YMCA offers quality, affordable programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds to ensure that those unable to pay the stated amount are able to participate. Those unable to pay the full fee may receive financial assistance based on their demonstrated ability to pay and the Y’s ability to fund the subsidy. Ask our membership staff for an application. **All records are kept confidential.**

Suggestions/Comments
Your suggestions and comments are always welcome. Y staff are known for being friendly, responsive and caring people. Please feel free to contact any of our staff to ask questions as well as to make suggestions.

If you have a specific concern which has not been resolved by our membership service staff, you should ask to speak to Tiffany Foxx, Executive Director, or send an email to tfoxx@daytonymca.org. After doing so, if you still have a concern you should speak with the YMCA of Greater Dayton office at (937) 223-5201.
**ADULT SPORTS**

2012 Adult Fall Basketball League

- **Registration Dates:** August 30th-September 28th
- **Age Range:** 18 years & up
- **League Play:** October 14th-December 9th
- **Team Cost:** $250 per team

**Full Court—5 on 5**
All games are played on Sunday afternoons
First game starts at 1:30pm and last game at 4:30pm

**Type of Play:**
Competitive league play for 8 weeks, followed by a single elimination tournament.

**Who Can Play:**
Adults aged 18 and older. All players must be out of high school. Teams may consist of a maximum of 10 players. Space is limited. The first 8 teams paid in full will play in league.

**Questions?** Contact Bob Chenault, Sport Director, bchenault@daytonymca.org

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**CANDYLAND HOLIDAY BAZAAR**

The Xenia Y is holding its annual holiday craft bazaar! This year we will have more vendors, Breakfast with Santa, Santa’s Workshop for the kids, food by Marilyn’s Country Meals, door prizes, and entertainment! *All proceeds will benefit our 2013 Strong Kids Campaign.*

**When:** Saturday, December 8th, 10am-6pm

**Crafters and vendors needed!**
Direct sales are welcome to participate. Booth fees are $20 for a 10’x10’ space.

**How to participate:** Simply fill out the reservation form and return it with the booth fee by November 16th. Forms are available at the Xenia YMCA. You may also call 376-9622 and speak with Chris or Jennifer, or send email inquiries to j pulfer@daytonymca.org.

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**RECYCLING**

Did you know that the Xenia Y has a paper recycling program? You can recycle all of your newspapers, magazines, catalogs, office and school papers, and junk mail right here in our Paper Retriever bin. This is an easy way for you to recycle your paper every week and help us to raise money for our Strong Kids program. By recycling your paper here, our YMCA earns money for every pound of paper you help us collect!

**WHAT GOES INTO THE PAPER RETRIEVER BIN**

**YES, Please...**Newspaper and inserts, magazines and catalogs, office and school papers, and mail that is not confidential

**NO, Thanks...**Cardboard, food boxes, fiberboard, chipboard, hardcover books, or phone books
GROUP EXERCISE CLASSES

**Move & Groove Dance Aerobics** - A dance-inspired program that blends jazz, modern dance, and aerobics to challenge your body. Class also includes 15-20 minutes of toning exercises with weights and mat workouts.

M/W/F— 6:00-7:00 a.m.

**Circuit Training** - An intense workout for all muscle groups. Train the heart through cardio exercises, bringing the heart rate up to maximum and then lowering the heart rate at a steady pace. The strengthening aspect of the class will be working all muscle groups to tone and sculpt.

M/W— 9:30-10:30 a.m.

**Step and Tone** - For all fitness levels. Combining step with cardiovascular endurance, muscular strength and muscular endurance activities. Exercises use a variety of conditioning equipment.

Th— 5:15-6:15 p.m.

**Yoga** - For all levels, this class combines breathing with balance, flexibility and strength postural exercises.

Mon. 6:30-7:45pm

**Cardio Kickboxing** - For all fitness levels. Functional fitness in its highest form. This class combines basic punches and kicks along with cardio intervals. An ideal format for achieving an intense, fat-burning workout.

M/F— 12:15-1:00 p.m. | M/W 5:15-6:20 p.m.

**CSI - Cardio & Strength Interval Training**

W—12:15-11:00 p.m.

**Zumba** - A Latin-inspired dance-fitness program that combines high energy and motivating music with unique moves and combinations.

M/W—6:30-7:30 p.m. | T/Th—12:15-1:00 p.m. | Sat—10:30-11:30 a.m.

**Total Conditioning** - A total body conditioning class that will blast your body into shape with muscular and endurance exercises for beginners to advanced participants.

Sat— 9:15-10:30 a.m.

**Line Dancing** - Th—10:00-11:00 a.m.

NEW CLASSES starting in October! THESE CLASSES WILL BE HELD DOWNSTAIRS IN OUR MINI-AEROBICS STUDIO.

**FAB**– If you’re bored with the usual workouts promising to sculpt your lower body, you will love the new workout routine we call FAB. The class will start with cardio fitness and work our way down to our Abs and Buns, during which you will learn how to accelerate attaining your goals as well as how to keep your shape once you succeed! This is a class where we hope to foster the camaraderie of supporting each other as we work hard and celebrating each other as we succeed! We hope to see you there!

Tues. 6:00-7:00pm

**Boot Camp**– If you’re looking to take your regular workout up a notch then Boot Camp is for you. With the focus on total body strength, this class will include various push-ups, lunges, squat thrusts, core strengthening, squats, etc...This class, along with your regular workouts will further help you achieve your fitness goals.

Thurs. 6:00-7:00pm

PERSONALIZED FITNESS PROGRAM

There is a NEW Personal Fitness Program (PFP)! The PFP is designed to help you achieve your weight loss goals regardless of your current fitness level. The program includes up to 6 individual meetings with a fitness counselor who will provide feedback and follow-up for beginning your personalized program. Your fitness counselor will gradually introduce you to the components of an exercise program based on your individual fitness goals. Stop in and try out our new PFP and let us know what you think!

* Free to members
* Ages 15 & up

ACTIVE OLDER ADULTS

**SILVER SNEAKERS**

**Muscular Strength and Range of Movement:**

Mondays 9:45-10:45am

Wednesdays 9:45-10:45am

**SILVER SNEAKERS**

**Cardio Circuit**

Tuesdays 10:00-11:00am

**ZUMBA GOLD**

Fridays 10:00-11:00am

**SILVER SNEAKER SOCIALS**

Join us for fun and fellowship on the third Friday of every month from 10:30am-11:30am. Bagels, fruit and coffee provided.
SWIM LESSONS

Stop in today to register your child for one of our swim classes. We offer classes for all ability levels, whether you are looking to learn to swim and gain a basic knowledge about water safety or looking to perfect your advanced swimmers skills. We have just the class for you! Below you will find a list of the classes that we offer. To register for a class visit www.ymcaonline.org or visit your Xenia YMCA.

Skip/Parent and Child (6 months -3 years)
- Th—11:00-11:30 a.m.

Pike/Preschool Beginner (3-5 years)
- M—5:30-6:00 p.m. | Th—10:30-11:00 a.m. | Sat— 9:00-9:30 a.m.

Eel/Preschool Intermediate (3-5 years)
- M—5:30-6:00 p.m. | Sat— 9:00-9:30 a.m.

Ray/Preschool Advanced (3-5 years)
- M—5:30-6:00 p.m. | Sat— 9:00-9:30 a.m.

Polliwog/Youth Beginner (6-12 years)
- M—6:00-6:45 p.m. | Sat— 9:30-10:15 a.m.

Guppy/Youth Advanced Beginner (6-12 years)
- M—6:00-6:45 p.m. | Sat— 9:30-10:15 a.m.

Minnow/Youth Intermediate (6-12 years)
- M—6:00-6:45 p.m. | Sat— 9:30-10:15 a.m.

Fish/Youth Advanced Intermediate (6-12 years)
- Sat— 10:15-11:00 a.m.

Shark/Youth Advanced (6-12 years)
- Sat— 10:15-11:00 a.m.

Adult (13 years and up)
- Sat— 11:00-11:45 a.m.

WATER FITNESS CLASSES

Water Aerobics - Vigorous water exercise program to improve cardiovascular fitness and muscle tone.
M—9:00-10:00 a.m. | W/F—10:00-11:00 a.m.
M/W/F— 11:00-12:00 noon | T/W 6:00-7:00 p.m.
Thurs. 7:00-8:00pm

Water Walking/Jogging - The resistance of the water will work more than your legs. Get a whole body workout with less pressure on your joints.
T—9:30-10:30 a.m. | F—9:00-10:00 a.m.

Arthritis - This program is designed especially for adults with arthritis. An instructor will lead the class through gentle exercise, which increases flexibility and endurance.
M—10:00-10:45 a.m. | W—2:00-2:45 p.m. | Th—6:15-7 p.m.

Senior Swim Times
M/T/Th/F—2:00-3:00 p.m.

Silver Splash - This class offers fun shallow water moves to improve agility, flexibility and cardiovascular endurance. A special kickboard is used to develop strength, balance and coordination.
Th—9:30-10:30 a.m.

Deep Water Aerobics - Improve flexibility, increase cardiovascular fitness, and build muscle tone! Aqua jogger float belts are used to help stabilize buoyancy while taking stress away from joints.
T—7:00-8:00 p.m. | Th—5:15-6:15 p.m.

Aqua Zumba - Experience Latin and International rhythms with water friendly aerobic and dance moves in shallow water for a unique fitness program.
T—6:00-7:00 p.m.


BEFORE AND AFTER SCHOOL ENRICHMENT PROGRAM

Combining play with academics, the YMCA before and after school enrichment programs promote creativity, a love for learning, social and emotional development and character building, while complementing lessons learned during the day.

We are pleased that, through a partnership with Xenia Community Schools, we are able to provide our programs on site at each elementary building. Your child will be in a familiar environment, close to home, and with familiar friends.

Children in our school age programs also have the opportunity to participate in YMCA enrichment programs such as Zumba, Kid Fit, martial arts, and more!

Grades K - 5

- Monday through Friday
- 6:00 am until the school bell rings
- Immediately after school until 6:00 pm
- Includes an afternoon snack

Locations

- Cox Elementary
- McKinley Elementary
- Simon Kenton Elementary
- Spring Hill Elementary
- Tecumseh Elementary

Care provided at the YMCA during holidays, school closings, and winter break.

Weekly Fees

Before School

- Full Time - Member $44/Non-member $54
- Part Time - Member $36/Non-member $46

After School

- Full Time - Member $55/Non-member $65
- Part Time - Member $50/Non-member $60

Before and After

- Full Time - Member $80/Non-member $88
- Part Time - Member $58/Non-member $65

Full Time = 4-5 days wk  Part Time = 1-3 days wk

Scholarships available!

Public funding through Job and Family Services accepted.

YOUTH FITNESS PROGRAMS

Kid Fit

The Kid Fit program was created as a fun way to get children between the ages of 9-11 moving! The program is designed to involve physical activities as well as encourage activities that nurture spirit, mind and body. Each youth will be evaluated with his/her parent to determine his/her current level of fitness. A personalized program will be implemented from the evaluation results. This is a FREE program for members.

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Before and After

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NEW—SPORTS WEBSITE

We have launched a new sports website! The website will include team rosters, schedules, updates, email/cancellations, parent/coaches handbook, documents and much more.

This website is a great way to stay updated on what is going on with our current and upcoming sports programs. Visit www.quickscores.com/xeniaymca to view our progress!

KARATE—OKINAWAN SHORIN RYU

This program takes the student from beginning white belt through advanced black belt ranks and focuses on mental and physical fitness, as well as teaching practical self defense and advanced techniques in forms (kata), fighting (kumite), and weapons (kubodo). Students learn and advance at their own pace. Instruction is tailored to individual needs. For ages 7 & up.

**Beginner**
- **Session Dates**
  - Oct 31 - Dec 12
- **Cost:**
  - Members $18
  - Program Members $44

**Intermediate/Advanced**
- **Session Dates**
  - Year Round
- **Class Day/Times**
  - M/Th 6:30-8:00
- **Cost:** (10-visit punch cards)
  - Members $30
  - Program Members $60

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Preschool & Youth Gymnastics

- **Toddler Tumbling (18 mths-3 years)**
  - Th — 5:15-5:45 p.m.
  - Members $15/Program Members $30
- **Youth Tumbling (Ages 6-12 years)**
  - Th — 7:30-8:30 p.m.
  - Members $25/Program Members $38
- **Preschool Gymnastics (Ages 3-5 years)**
  - Th — 5:45-6:30 p.m.
  - Members $32/Program Members $52
- **Youth Gymnastics (Ages 6-12)**
  - Level 1 & 2 (Beginner-Intermediate)
    - Th — 6:30-7:30 p.m.
    - Members $40/Program Members $58
  - Level 3 & 4 (Intermediate-Advanced)
    - Th — 7:30-8:30 p.m.
    - Members $40/Program Members $58

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Fall Basketball & Cheerleading

- **Age Groups for Basketball:** 4-6, 7-9, 10-12
- **Ages for Cheerleading:** 6-12
- **League Dates:** Nov 3rd - Dec 15th
- **Cost:**
  - Members: $34  
  - Program Members: $68
- **Registration Dates:** August 30th-October 12th
- **Skills Day (Basketball):** October 13th (TBA)
- **Skills Day (Cheer):** October 6th, 12-1:30pm
- **Practices Begin:** Week of October 15th
- **Games Run:** November 3rd-December 15th

All practices will take place during the week between 5:30 and 8:30pm. Games will be held on Saturdays between noon and 3:00pm.

Cheerleading has an additional uniform cost of $75, unless you already have a uniform from flag football.

**Basketball Coaches Needed!**
If you are interested in coaching basketball, stop in or call Bob Chenault.

There will be an optional coaches clinic on Saturday, October 6th from 4:00-5:45pm for those coaches interested. A mandatory coaches meeting is set for Tuesday, October 9th at 6:30pm.

**Contact Bob Chenault, Sports Director**
Calendar of Events

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<th>Event</th>
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<tr>
<td>October 5</td>
<td>First Friday Celebration, Downtown Xenia</td>
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<td>October 15</td>
<td>Fall II Member Registration Begins</td>
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<td>October 19</td>
<td>Silver Sneakers Social</td>
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<td>October 22</td>
<td>Fall II Open Registration Begins</td>
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<td>December 8</td>
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<td>December 21</td>
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<td>December 24</td>
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<td>December 25</td>
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