

FALL 2021 PROGRAM GUIDE

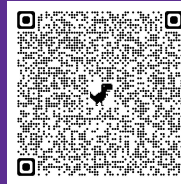
Fall 1
Sept 13 - Oct 31

Fall 2
Nov 1 - Dec 19



Join
Today

Scan with camera
for
Complete Guide.



REDISCOVER YOUR YMCA

419-562-6218

YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH

419-562-6218



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN THE Y!
CALL
419-562-6218

POOL PERKS!
FOR
**BUCYRUS
YMCA
MEMBERS**

**HIRING
LIFEGUARDS!**
TRAINING PROVIDED!
CALL FOR DETAILS

Full Pool
Schedule
coming soon!

**RESERVE
YOUR
SWIM
TIME**

**SWIM
LESSONS
START
SEPT 13th**

**FOR MORE
INFORMATION
CHECK OUT OUR
AQUATICS PAGE**





LIFEGUARDS NEEDED



Who: 15+
When: Call for details
Where: Bucyrus YMCA

- **No refunds once class begins.**
- **Must attend all classes.**
- **Certification comes at no cost to those who ultimately become employed as a lifeguard at the Y. Ask for details.**

Our Mission



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

Social Responsibility

We know that when we work together, we move individuals, families, and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for a positive social change.

Healthy Living

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Y's and other communities—better. The result is a country that values health and communities that support healthy choices.

Youth Development

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, they Y provides all youth with the tools and resources they need to succeed in life.

Our Team - Our Rates - Our Dates



Our Management Team

Charles Ardner - CEO - cardner@tiffinymca.org

Paul Fortney - VP of Operations - pfortney@tiffinymca.org

Stacie Routzahn - VP of Finance - sroutzahn@tiffinymca.org

Brian Riffle - Branch Director - briffle@bucyrusymca.org

Sue Lewis - Child Care Director - slewis@bucyrusymca.org

Nicole Brooks - Membership/Youth Sports Coordinator - nbrooks@bucyrusymca.org

Membership Rates

(Financial Aid Available - Prices include tax)

| | |
|--------------------------------|----------------|
| Adult | \$30/mo |
| Adult Corporate | \$25/mo |
| Household | \$50/mo |
| Household Corporate | \$45/mo |
| Senior Adult (60 plus) | \$25/mo |
| Senior Couple (60 plus) | \$40/mo |
| Youth | \$15/mo |

**New
Prices
Effective
Aug 1st
2021**

Sessions

| | |
|-------------------|-------------------------|
| Winter | Jan 4 - Feb 21 |
| Spring I | Feb 22 - Apr 11 |
| Spring II | Apr 12 - May 30 |
| Summer I | May 31 - July 18 |
| Summer II | July 19 - Sept 5 |
| Fall Break | Sept 6 - Sept 12 |
| Fall I | Sept 13 - Oct 31 |
| Fall II | Nov 1 - Dec 19 |



Schedule
A Tour
Today!

Child Care Ages 2.5 - Pre K

Director: Sue Lewis - 419.562.6218 - slewis@bucyrusymca.org



"Since I've sent my daughter to the YMCA of Bucyrus she has excelled tremendously!"



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Kinder N Fit

A FUN Class Filled With Interesting And Challenging Activities.

Ages 2-4 years

This class promotes early motor development skills and milestones in a structured environment. We will be working on understanding the use of various gymnastics and sport equipment and knowing the abilities of one's body.

Parents' participation required.

Includes: running, jumping, climbing, balance, rolls, weight on hands, swinging, throwing, catching, striking etc...

Members \$24 PP \$52 for 7 weeks



**Fridays
5:00 - 5:45 pm**



Healthy Living

Weight Room - Wellness Center - Fitness Studio

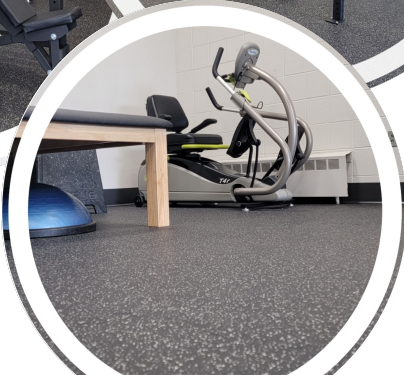


**Cardio
Equipment**

**24/7
Access
Coming
Soon!**



**Strength
Equipment**



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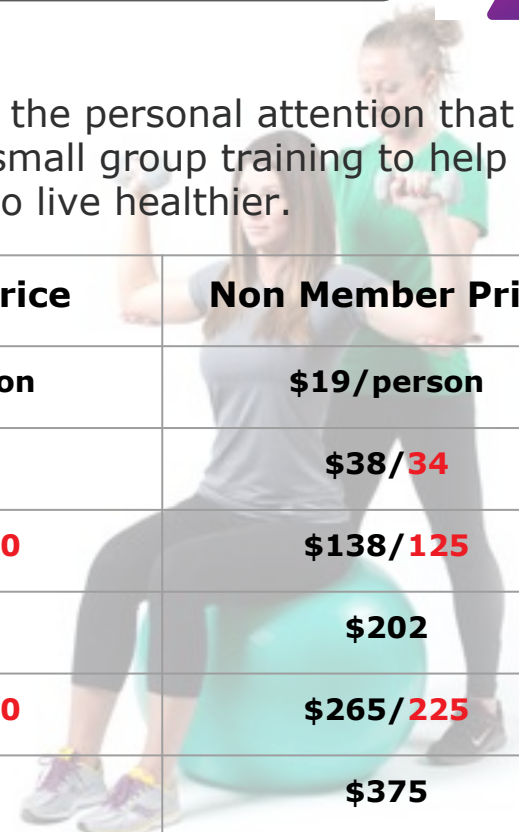
Personal Training



We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal and small group training to help you set and meet your specific goals in order to live healthier.

| Training | Packages | Member Price | Non Member Price |
|----------------------------|--------------------|-------------------|-------------------|
| Small Group (upto 5) | Per 60 min Session | \$15/person | \$19/person |
| Adult/ Youth (1on1) | 1 hour | \$30/ 27 | \$38/ 34 |
| | 4 Sessions | \$110/ 100 | \$138/ 125 |
| | 6 Sessions | \$162 | \$202 |
| | 8 Sessions | \$212/ 180 | \$265/ 225 |
| | 12 Sessions | \$300 | \$375 |

50% Off
30min
Sessions



Group Fitness Schedule Fall 2021



Monday

9 - 9:45 am
Water Fitness

10 - 10:45 am
Silver Sneakers
Classic

4:30 - 5:45 pm
Power Lift

6 - 6:45 pm
HIIT the Gym

6:30 - 7:15 pm
Indoor Cycling

Tuesday

10 - 10:45 am
SilverSneakers
Have A Seat

11 - 11:45 am
Gentle Lift

5:15 - 6:00 pm
Cardio Step

Wednesday

9 - 9:45 am
Water Fitness

10 - 10:45 am
Silver Sneakers
Classic

11:30 - 1:00 pm
Line Dancing

4:00 - 4:45 pm
Chair Yoga

4:30 - 5:45 pm
Power Lift

5 - 5:45 pm
Yoga Flow

6 - 6:45 pm
HIIT the Gym

6:30 - 7:15 pm
Indoor Cycling

Thursday

10 - 10:45 am
SilverSneakers
Have A Seat

11 - 11:45 am
Gentle Lift

5:15 - 6:00 pm
Cardio Step

Friday

Saturday

10:15 - 11:15 am
Strong Nation/Zumba

Subject to
change
based on
instructor
Availability



Line Dancing

Senior Adult
Membership
\$25/mo

Often included
with your
health
insurance.
Call Your
Provider!



Wednesdays
11:30 - 1:00 pm

Line Dancing

A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows.

First 30 minutes of each class reserved to focus on basic steps for those brand new to line dancing. Experienced participants may arrive at 11:30 to review their basic steps or arrive at 12 noon to begin class.

| | |
|-------------|--------------------------|
| Wednesdays | 11:30 - 1:00 pm. |
| Members | Included with Membership |
| Non Members | \$40 for 7 weeks |



Silver Sneakers

SilverSneakers Classic

SilverSneakers is a fitness program that is often covered by medical Insurance beneficiaries. It focuses on getting you out & about and into the gym and community to improve your health and overall well-being.

Members Included w/membership.
Non Members \$65 for 7 weeks

Have a Seat

Call a friend and come spend some quality time staying fit and mobile together. This is a completely seated fitness program that will be rewarding and fun with just the right amount of challenge that will keep you chipper and ready for the rest of your day.

Members Included w/membership.
Non Members \$65 for 7 weeks

Monday & Wednesday
10:00 - 10:45 am

Tuesday & Thursday
10:00 - 10:45 am

Starting
Sept
13th

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Senior Adult
Membership
\$25/mo

Often included
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Gentle Lift Stronger Life



Tuesdays & Thursdays
11:00 - 11:45 am

Gentle Lift

Call a friend and come spend your morning with us while getting stronger and more mobile than you imagined being possible. This class is designed primarily for active seniors but anyone is welcome. Our fitness professionals will post weekly workouts using a variety of different equipment including machines, free weights and drills to improve your strength, mobility and balance. Our experts will be right by your side making sure you are doing everything correctly and supporting you in your choice to live a stronger life.

| | |
|--------------------|-------------------------------|
| Members | Included w/membership. |
| Non Members | \$65 for 7 weeks |



Power Lift

Strength Train Together

Power Lift

Come Join us for posted workouts, challenges, expert advice and camaraderie to support you while getting stronger and more powerful.

The group will meet 2x per week but posted workouts will be available for when you want to train.

Members \$0 PP \$65 for 7 weeks

Adult
Membership
\$30/mo



Monday & Wednesday
4:30 - 5:45 pm

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Indoor Cycling

Indoor Cycling

Indoor cycling is a group exercise class performed on stationary bikes. During the class, the instructor simulates hill-climbing, sprints, and races. It is truly a fantastic cardiovascular workout. You will be kept motivated by the instructor, the people around you, and the music. Get prepared for a workout! Water and towels are a must!

Members \$0 PP \$65 for 7 weeks

Adult
Membership
\$30/mo



**Monday & Wednesdays
6:30 - 7:15 pm**

Group Fitness



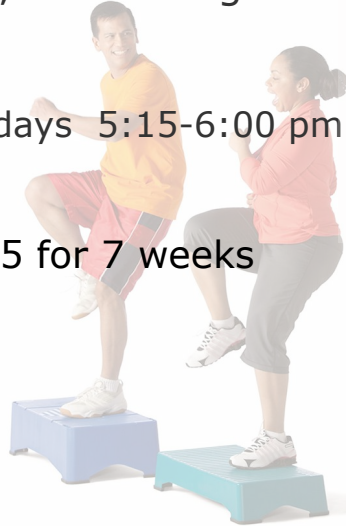
Cardio Step

Join this class for a mix of step aerobics, cardio, and strength training.

Tuesdays & Thursdays 5:15-6:00 pm

Members \$0

Non Members \$65 for 7 weeks



Zumba / Strong Nation

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Saturdays 10:15-11:15 am.

Members \$0

Non Members \$40 for 7 weeks

Adult
Membership
\$30/mo

YOGA



Yoga Flow

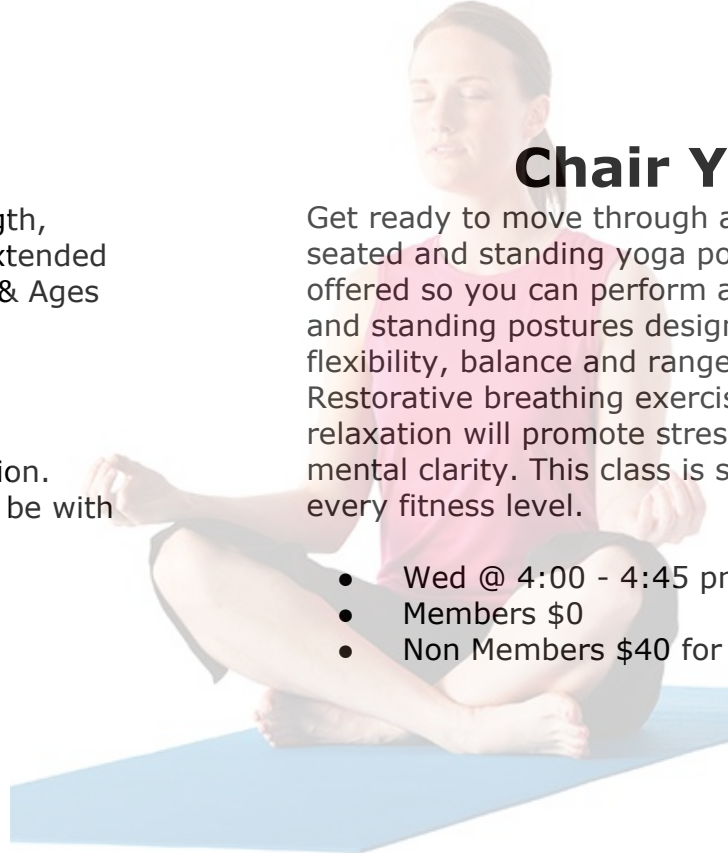
Each class will focus on alignment, strength, balance, and flexibility, ending with an extended Shavasana, or meditative rest. All levels & Ages (first grade & older) of yogis are welcome!

- Wed @ 5:00 - 5:45 pm
- Members \$0
- Non Members \$40 for 7 week session.
- Children in grades 6 & under must be with an adult to participate.

Chair Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

- Wed @ 4:00 - 4:45 pm
- Members \$0
- Non Members \$40 for 7 week session



Adult
Membership
\$30/mo



Youth Sports



FALL

Flag Football (5-11 year olds)

WINTER

Youth Basketball (4-11 year-olds)

SPRING

Youth Basketball (4-11 year-olds)
Youth Volleyball (5-11 years-olds)

SUMMER

Sports Camps - TBA

For more information: Contact Nikki,
nbrooks@bucyrusymca.org to inquire about current and
upcoming sports sessions and camps.

Youth
Membership
\$15/mo

Y Outdoors

Outdoor Adventures For The Whole Family



Y Outdoors

Y Outdoors (Outdoor Adventures For The Whole Family)

When you sign up for Y outdoors the whole family can get involved. We will have ongoing classes & events throughout the whole year where anyone in the family can participate. Our outdoor experts will guide your family in learning life long skills only the outdoors can provide.

Outdoor Safety, Camping, Hiking, Physical Activity, Team Building, Archery, Water Safety, Fishing, Water Craft, Climbing, Land Nav, Plant & Wildlife Identification, and more !

- A new schedule will be posted for each session.
- Included in your YMCA Membership.
- Some events & personal equipment may require additional fees.
- Classes & event times and days will be announced as they are planned.
- Follow the Bucyrus Y Outdoors facebook group to stay informed.
- Group trips, special events and classes to be scheduled throughout the year.



Gymnastics



Tiny Tumblers

Ages: 2 - 4 years

Parents spend 45 minutes helping their child with exploring gymnastics skills, along with gross motor and fine motor activities through instructor guided stations.

Parent participation is required for 2 year olds and optional for 3-4 year olds.
One adult per child.

- Wed 4:35 - 5:20 pm
- M: \$24 PP: \$52 per
- 7 week session

Gym Gems

Ages: 5 & up. Levels 2 & 3

A 50 minute class designed to provide a non-competitive, achievement-oriented program of progressive skills, strength training and flexibility in a fun environment. Participants will learn skills on all 4 olympic events plus trampoline.

- Mon 4:30 - 5:20 pm
- Wed 5:30 - 6:20 pm
- M: \$28 PP: \$56 per
- 1 day/week for 7 weeks.

Total Tumbling

Ages: Grades 1-6

A 50 minute class designed to provide a non-competitive, achievement-oriented program of progressive tumbling skills with emphasis on Rolls, Handstands, Cartwheels/Round offs and Handsprings.

- Wed 6:30 - 7:20 pm
- M: \$28 PP: \$56 per
- 7 week session

Competitive Gymnastics



Pre Team

Ages: 5 & up. Invitation only at sole discretion of instructors.

Skill based program for all interested in reaching higher skill levels in a non competitive environment. Can be used as a precursor to entry into our traveling competitive program.

Basic Requirements. Ability to maintain task focus, handstand, cartwheel, rolls, 10 pushups, lightly assisted pull over. Based on USAG Xcel Levels bronze, silver & gold.

Mon & Thur 4:30 - 5:20 pm Members: \$48 Non Members: \$96 per (includes 2 practices per week for 7 weeks.)

Join Our Traveling Competitive Team

Invitation or tryout only at sole discretion of coaches.

Our Competitive Gymnastics Team competes USAG Levels 3-9 & Xcel @ YMCA sanctioned events. The competitive levels are invitation or try-out only. Contact Rhonda with questions if you are interested in joining our Team.

| | | | |
|---------------------|-----------------|----------------|-----------------------------|
| Levels 3 & 4 | Tue & Thur | 4:30 - 6:45 pm | Instructional fees \$65/mo* |
| Levels 5 & Platinum | Mon, Tue & Thur | 5:30 - 8:00 pm | Instructional fees \$75/mo* |

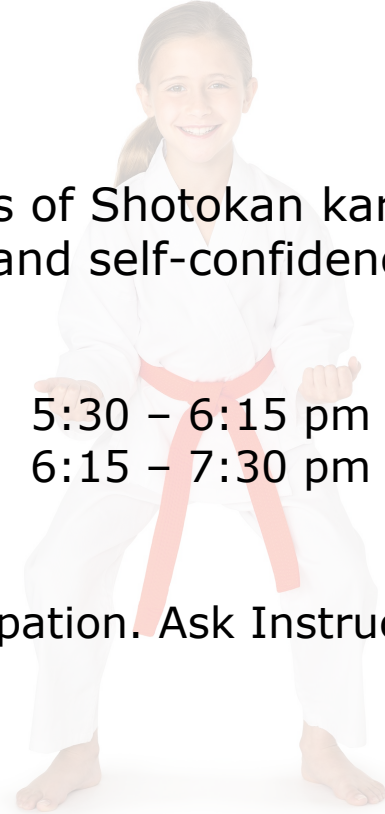
- It is important to understand that your instructional fees pay for a program and its benefits and not a specific number of practices, days or hours. Instructional fees will not be prorated.
- Competitive Team Members must be members of the YMCA in order to be eligible to compete.
- Being on the team will also require additional competition fees throughout the year such as meet entry fees and team uniform costs.
- Refer to your team handbook for all the details you will need to know when your accepted onto the team.

Karate



Participants will learn self-defense techniques of Shotokan karate while building physical fitness, personal character and self-confidence.

- Ages 5 and up, Adults Welcome
- **Novice** Mondays & Thursdays 5:30 – 6:15 pm
- **Advanced** Mondays & Thursdays 6:15 – 7:30 pm
- **Members \$40**
- **Non Members \$60**
- White Ghi Required after 2 weeks of participation. Ask Instructor for details.



General Information



IDENTIFICATION CARDS & FACILITY VISITATION

- For your safety and security, all members and visitors will be photographed. This photo is linked to your unique membership ID. All members and guests must check in at the Welcome Center. Members must use the assigned Membership key tag or check in with a Welcome Center staff person. If you need a replacement card, a Welcome Center staff person can issue a new one for \$5.00.
- All visitors ages 18 and up must present a photo ID at the time of check-in.
- See facility age guidelines for children supervision requirements.
- All members and visitors 18 years or older will be checked against National Sex Offender Registry. Any name that appears on the list will be denied entry.

LOST & FOUND

- The Y is not responsible for lost or stolen articles/items. Please keep your valuables secured. Lockers are available for day use or as part of your supplement. Locker rentals are \$5 or \$10 per month.

INSURANCE BENEFITS

- Some insurance companies offer a membership benefit. Do you have a Wellness Program through your health insurance carrier? See a Welcome Center staff member to see if you are eligible.

CORPORATE MEMBERSHIP

- A successful business is supported by promoting a healthy lifestyle. Our Corporate Wellness Program ensures that employers and employees are in control of their health and wellness. These benefits can include increased job performance, higher morale, fewer sick days, and reduced insurance costs. This not only helps our local businesses, but our community. For more details on how your employees can benefit, please email Nikki at info@bucyrusymca.org

AQUATICS CENTER

- The Aquatics Center consists of a pool with 6 lanes for lap swimming, exercise classes, and open swim. A whirlpool and sauna are also available, for ages 19 and over.
- See facility age guidelines for children supervision requirements.

WELLNESS CENTER

- We Have a variety of spaces for all your fitness needs. Our lower level focuses on free weights and a group fitness studio. The Upper level combines cardio equipment, functional fitness areas, group fitness and a variety of strength training machines, barbells, dumbbells & kettle bells for your use. To schedule a Wellness Center Orientation, contact Brian at briffle@bucyrusymca.org
- See Facility Age Guidelines for children supervision requirements.

Code Of Conduct



BUCYRUS YMCA MEMBERS AND GUESTS

The Bucyrus YMCA as an organization is committed to the principles of caring, respect for others, personal responsibility, integrity and honesty. All members and guests are expected to reflect these values in their personal conduct toward staff and other members and guests. The Bucyrus YMCA retains the right to deny access or suspend or cancel a membership when a member's conduct is determined to endanger the safety of others or interfere with another member's enjoyment and reasonable use of YMCA facilities.

Grounds for Denying Access or Membership:

The Bucyrus YMCA reserves the right to deny access or membership to any person who:

- Has been convicted of any crime involving sexual abuse or other sexual offense.
- Is a registered sex offender or sexual predators.
- Is intoxicated or exhibits signs of misusing narcotics or dangerous drugs.
- Has been convicted of any offense related to the use, sale, possession or transportation of narcotics or habit forming and/or dangerous drugs.
- Is currently suspended or terminated per the 'Grounds for Suspension or Termination' listed below.

Grounds for Suspension or Termination:

The Bucyrus YMCA does not tolerate inappropriate, threatening or harassing behavior including but not limited to:

- Use of profanity
- Destruction of property
- Sharing membership card with others
- Theft
- Being in possession of or under the influence of alcohol or drugs
- Sexual misconduct
- Disorderly conduct
- Physical fights
- Verbal or other forms of harassment
- Nudity outside of locker room areas
- Selling or promoting products and services without Bucyrus YMCA authorization (for example, personal training, private lessons and independent sales)
- Any behavior that is determined to be unacceptable by the YMCA and detrimental to those we serve.
- Such conduct will be grounds for the immediate suspension or termination of membership. No refund will be issued.



Age Guidelines For Facility Use

| Where & Who | Facility Access | Gymnastics | Gymnasium | Pool | Wellness Centers |
|-------------------|---|----------------------------------|---|---|--|
| Ages 0-7 | Yes with direct supervision from adult. | Yes must be enrolled in program. | Yes with direct supervision from adult. | Yes with direct supervision from adult. | No |
| Ages 8-9 | Yes with adult in facility. | Yes must be enrolled in program. | Yes with adult in facility. | Yes with direct supervision from adult. | Yes with direct supervision from adult. |
| Ages 10-11 | Yes with adult in facility. | Yes must be enrolled in program. | Yes with adult in facility. | Yes with adult in facility. | Yes with direct supervision from adult. |
| Ages 12-13 | Yes without adult | Yes must be enrolled in program. | Yes without adult | Yes without adult | Yes after completing wellness center orientation |
| Ages 14-17 | Yes without adult | Yes must be enrolled in program. | Yes without adult | Yes without adult | Yes after completing wellness center orientation |