

YMCA of Bucyrus—Tiffin: Tiffin Branch  
180 Summit Street  
Tiffin, Ohio 44883  
(P): (419) 447-8711 (F): (419) 447-8704

## YMCA HOURS:

MONDAY-FRIDAY 5:00AM-8:00PM  
SATURDAY 7:00AM-5:00PM

\*Please check the Membership Desk for the current pool schedule.

## Child Watch Hours:

Monday-Friday 9:00am—11:00am

Monday-Thursday 5:00pm-8:00pm

We gladly welcome all children between the ages of 6 weeks and 8 years old.

## Our Mission:

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



# YMCA of Bucyrus—Tiffin Tiffin Branch

## Fall I & II Program Guide

### Fall I

Sept 13—Oct 30

M: Aug 23 PP: Aug 30

### Fall II

Nov 1—Dec 19

M: Oct 18 PP: Oct 25

## Meet The Staff

**Charles “Buster” Ardner**—Chief Executive Officer  
cardner@tiffinymca.org

**Amanda Johnson**—Child Care Director  
ajohnson@tiffinymca.org

**Angie Lambert**—Child Care Coordinator  
alambert@tiffinymca.org

**Becky Bohn**—Gymnastics Coordinator  
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**Carrie Smith**—Fitness Coordinator  
csmith@tiffinymca.org

**Jillian Shaferly**—Executive Director  
jshaferly@tiffinymca.org

**Kristie Drown**—Aquatics Director  
kdrown@tiffinymca.org

**Paul Fortney**—Associate Vice President of Operations  
pfortney@tiffinymca.org

**Ryan Huss**—Membership Coordinator and Youth Sports Coordinator  
rhuss@tiffinymca.org

**Stacie Routzahn**—Associate Vice President of Finance



## 397 CHILDREN

**Learned how to swim through participating in our progressive swim lessons.**



## \$133,144.21

**Raised in our 2020 Annual Campaign. \$11,248.11 was raised over 2 months in our COVID-19 Opt-In Campaign.**



## 150 Children

**Enrolled in our multiple Child Care programs. \$1,064.98 worth of scholarships were provided to families in need. 17 children attended our Pandemic Child Care program.**



# YMCA of Bucyrus-Tiffin: Tiffin Branch IMPACT REPORT 2020

## 450 CHILDREN

Were provided with weekend food bags during the 2019-2020 school year. We also provided 200 children with weekday food bags while schools were closed due to COVID-19.



## 361 CHILDREN

Participated in our Youth Sports program. We offered: Basketball, Soccer, Flag Football and Cross Country.



## THE Y! FOR A HEALTHY MIND, BODY AND SPIRIT 2021 ANNUAL CAMPAIGN

PLEDGE FORM - YMCA of BUCYRUS-TIFFIN, INC.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Amount of Contribution: \$ \_\_\_\_\_

Branch: ☐ Bucyrus ☐ Tiffin

Method of Payment (please check one):

☐ Check enclosed/attached

☐ Pledge(s)

To be paid in \_\_\_\_\_ installments  
(Number)

Dollar amount of each installment \$ \_\_\_\_\_

☐ ANNUAL ☐ SEMI-ANNUAL ☐ QUARTERLY ☐ MONTHLY (added to membership)

☐ Credit Card

☐ Visa ☐ MasterCard ☐ Discover

Name on Card: \_\_\_\_\_

Account Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_


## Youth Sports

Keep an eye out for Youth Sports sign ups during the following seasons.

## Youth Basketball

Sign Up for Youth Basketball will be  
September 1—October 16

To sign up for youth basketball you will need to stop out to and fill out the registration form.



**24 HOUR  
ACCESS  
NOW AVAILABLE**

**SEE THE FRONT  
DESK FOR  
MORE  
INFORMATION**

**YOUR  
HEALTH  
ON YOUR  
TIME**

- 24-Hour Access to Fitness Center and Feildhouse
- Available to Members 19+ (Some restrictions do apply)
- \$25 start up fee and a \$25 annual fee
- Starting November 16, 2020

## Personal Training

### Personal/Group Training

One-on-one instruction with one of our YMCA certified personal trainers. YMCA trainers may choose to hold training sessions at Heidelberg's Saurwein Wellness center or the YMCA. You should schedule the time, place and frequency with the trainer. One-on-one training for extended injury or surgery recovery following a doctor's care or physical therapy. Some trainers have extended certifications addressing special circumstances. All personal training is paid at the front desk.

#### YMCA Member Pricing

1	1-hour session	\$30.00
4	1-hour sessions	\$110.00
6	1-hour sessions	\$162.00
8	1-hour sessions	\$212.00
12	1-hour sessions	\$300.00

**Group Training:** \$15.00 per hour session for each group member. No packages available.

**Non-member pricing:** 25% mark up from member pricing.

**Program Design:** \$150.00- (4) 1 hour sessions with one of our certified personal trainers followed by a sit down consultation where you will receive 4 more personally designed workouts. 8 workouts in all.

### Youth Personal Training

Personal exercise program designed for young members. Trainers have extended certifications with a focus on young exercises.

#### YMCA Member pricing:

1	1-hour session	\$27.50
4	1-hour sessions	\$100.00
8	1-hour sessions	\$180.00

**Group Training:** \$15.00 per hour session for each group member. No packages available.

**Non-member pricing:** 25% mark up from member pricing.



## Aquatic Center Events

### Family Open Swim Events 2:30pm-4:30pm:

\*Pre Registration is required! Space is limited!

#### October 23

Pumpkin Plunge. More info to come out closer to the event date.



## Mark Your Calendars for these YMCA Events:

\*Pre Registration is required! Space is limited!

### Ties and Tiaras (Father/Daughter Dance) - Oct 16

More information to become available closer to the event date.





## LESSON SELECTOR

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–4



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER  
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER  
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER  
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER  
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER  
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE  
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE  
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE  
MECHANICS

\*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

## Group Fitness Classes M: \$0.00 PP: \$80

### Have A Seat (Janise)

Tuesday/Thursday 9:15am–10:00am

Exercise performed in a chair. A variety of equipment will be used. Class members will stand up for balance.

### Lunchtime Express @ SW (Carrie)

Monday/Wednesday 12:15pm–12:45pm

A lunchtime total body resistance workout guaranteed to give you that midday boost.

### Lunchtime Power Cycle @ SW (Carrie)

Tuesday/Thursday 12:15pm–12:45pm

This quick 30 min high energy workout will take your body through a mix of sprints, jumps, endurance riding and hill climbing all while pushing yourself to motivational music and instruction.

### Power Cycle (Carrie)

Tuesday/Friday 10:00am–10:45am

This high energy workout will take your body through a mix of sprints, jumps, endurance riding, and hill climbing all while pushing yourself to motivational music and instruction. Limited 10 bikes.

### R.I.P.P.E.D. (Anne)

Tuesday 6:45pm–7:45pm

R.I.P.P.E.D. incorporates resistance, interval, power, plyometrics, endurance, and diet. The first five components are taught in a 50 minute class, while the last component, diet, is touched upon at the end. This class changes up the workout every 6 to 10 minutes, allowing every muscle group to get a quick yet effective workout. Great class for all fitness levels.

### Strike and Strengthen (Anne)

Thursday 6:45pm–7:45pm

Formatted for all skill levels, this full body workout uses circuit style stations and gives participants the ability to sculpt, tone, and burn to the level desired in a dynamic group setting.

### Total Body Fix (Hanna/Anne)

Monday/Wednesday/Friday 9:00am–10:00am

Formatted for all skill levels, this full body workout uses circuit style stations and gives participants the ability to sculpt, tone and burn to the level desired in a dynamic group setting.

## Progressive Fitness Classes M: \$10 PP: \$80

### Pietra Fitness (Kim)

Friday 10:00am

No Class on September 10th

A flow style class in which you move from pose to pose, while pausing at times with moments of meditation. This class is designed to improve muscular strength, range of motion, posture and stability.

## Group Fitness Classes M: \$0.00 PP: \$80

### **Cardiotone (Shena)**

Tuesday/Thursday 5:30pm-6:30pm

Good for health seekers of ALL fitness levels. Warm up with some cardio choreography, then move right to the best heart-pumping drumming and kickboxing moves and music to get that energy and calorie burn going. Each class will also incorporate different toning/strengthening and stretching exercises to take your workout to the next level.

### **Cardio-Kickbox Circuit (Anne)**

Tuesday/Thursday 10:00am-11:00am

Jab, cross, hook, uppercut, and kick using shadow-boxing combinations for the half of this cardio-based class. The second half of class will work muscle groups circuit-style using boxing-inspired training exercises. A fun way to get a cardio-based total body workout!

### **Circuit Grind (Michelle)**

Monday/Wednesday 5:30 p.m.—6:30 p.m.

A low-mid impact aerobic, muscle-toning class, focused on total body strengthening. This interval based class will move you through circuits while working your overall strength, flexibility, core and aerobic capabilities. All levels.

### **Challenge (Carrie)**

Monday/Wednesday/Friday 6:00a.m.-7:00a.m.

Interval training sequences containing high and low intensity exercises. This class will build cardiovascular fitness while improving muscular strength, flexibility, and endurance. People are challenged to push to their limits and walk out feeling strong.

### **Core Flow Express (Anne)**

Monday/Wednesday 10:15a.m.-10:45a.m.

A 30 min express class that blends core exercises with stretching to strengthen and lengthen. It's a great class to round out your fitness after your cardio/weight strong.

### **Deep Water Fitness (Morgan)**

Tuesday/Wednesday/Thursday 8:00 a.m.—9:00 a.m.

Water exercise that blends cardio with strength and core work.

### **Early Bird Challenge (Carrie/Haley)**

Monday/Tuesday/Wednesday/Thursday/Friday 5:00-6:00am

Interval training sequences containing high and low intensity exercises. This class will build cardiovascular fitness while improving muscular strength, flexibility and endurance. People are challenged to push to their limits and walk out feeling strong.

### **Fit 4 Life (Bruce)**

Monday/Wednesday/Friday 9:00am-10:00am

40 min of low impact aerobics followed by 20 min of strength, balance and stretching exercises all to the beat of classic oldies music. For active older adults and the young at heart.

### **Gentle Lift (Carrie)**

Tuesday/Thursday 9:15am-9:45am

Light strength training circuits for our active older adults looking to improve overall strength, balance and stability through active lifting and functional movements.

## Swim Lessons

The pool will close for swim lessons if severe weather or a thunderstorm is present in the area. Make up lessons will not be available.

Members: \$15 Program Participants: \$45

AGES: 6 months – 12 years old

### **LEVEL A: WATER DISCOVERY**

Ages 6months-18 months: Mon 6:00pm-6:20pm/Wed 6:00pm-6:20pm

### **LEVEL B: WATER EXPLORATION**

Ages 18 months-36 months: Mon 6:20pm-6:40pm/Wed 6:20pm-6:40pm

### **LEVEL 1: WATER ACCLIMATION/BEGINNER:**

Preschool Ages 3-5 years: Mon or Wed 6:40pm-7:00pm/7:00pm-7:20pm/7:20pm-7:40pm

Youth Ages 5-12 years: Mon or Wed 6:30pm-6:50pm/6:50pm-7:10pm/7:10pm-7:30pm

### **LEVEL 2: WATER MOVEMENT/ADV. BEGINNER:**

Preschool Ages 3-5 years: Mon or Wed 6:20pm-6:40pm/6:40pm-7:00pm

Youth Ages 5-12years: Mon or Wed 7:05pm-7:25pm

### **LEVEL 3: WATER STAMINA/INTERMEDIATE**

#### **\*must be able to swim 10 yards on front and back:**

Youth Ages 5-12years: Mon or Wed 6:30pm-6:50pm/6:50pm-7:10pm/7:10pm-7:30pm

### **LEVEL 4: STROKE INTRODUCTION/ADVANCED 1**

#### **\*swim 400 yards each class:**

Youth Ages 5-12: Mon or Wed 6:30pm-7:00pm

### **LEVEL 5: STROKE DEVELOPMENT/ADVANCED 2 \*swim 500 yards each class/LEVEL 6: STROKE MECHANICS/ADVANCED 3 \*swim 600 yards each class (combined class)**

Youth Ages 5-12 years: Mon or Wed 7:00pm-7:30pm

### **PRIVATE AND SEMI-PRIVATE LESSONS**

3 years – Adult Beginner or Master levels

Move from the doggy paddle to the butterfly! Beat your PR!

One hour or 30 minutes lessons. Multi-session packages available.

M: \$20.00/30min lesson PP: \$30.00/30min lesson

M: Card of 4-\$68.00 PP: Card of 4-\$100.00

Private: One on One with Instructor or Semi-Private: Two students of same swimming ability.

Fill out a request form at the Membership Services Desk.

## Gymnastics Classes

### \*Toddler through Kindergarten Gymnastics\*

#### Parent-Tot 1 (18months-3years old) and Parent-Tot 2 (3years old) \*COMBO\*

Wednesday 5:00pm-5:30pm , 5:30pm-6:00pm Saturday 9:30am-10:00am

M: \$22 PP: \$44

Parents spend 30 minutes helping their child with exploring gymnastics skills, along with gross motor and fine motor activities through instructor guided stations. Parent participation is a must! One adult per child.-Parents spend 30 minutes helping their preschool age child develop gross motor and fine motor skills through structured gymnastics stations and activities! Parent participation is a must! One adult per child.

#### Tiny 4's (4years old)

Monday 5:00pm-5:30pm/Wednesday 6:00pm-6:30pm/Wednesday 6:30-7:00/Saturday 9:00am-9:30am

M: \$22 PP: \$44

This 30 minute gymnastics class encourages more independence with an instructor and structure to prepare them for Mini-Rollers.

#### Mini 5's (5years old)

Monday 5:30pm-6:10pm/Monday 6:15pm-6:55pm/Wednesday 4:30pm-5:10pm/

Wednesday 5:15pm-5:55pm/Saturday 10:00am-10:40am

M: \$32 PP: \$64

40 Minute Class Instructor guided class with age appropriate structure and station work on all four gymnastic events.

### \*Youth Progressive Gymnastics\*

#### Gymnastics-1 (6-16years old)

Monday 5:00pm-5:55pm/Wednesday 5:30pm-6:25pm, 6:30pm-7:25pm/Saturday 10:45am-11:40am

M: \$42 PP: \$84

USAG Level 1 based gymnastics skills. No previous gymnastic experience required. Must be 6-16 years of age or pre-approved by Gymnastics Coordinator to join class!

#### Gymnastics-2 (6-16years old)

Monday 6:00pm-6:55pm/Wednesday 4:30pm-5:25pm

M: \$42 PP: \$84

USAG Level 1-2 based gymnastics skills. Class is for children who have successfully advanced from the Rollers-1 level.

#### Gymnastics-3 (6-16years old) & Gymnastics-4 (6-16years old) \*COMBO\*

Monday 7:00pm-7:55pm

M: \$42 PP: \$84

USAG Level 2-3 based gymnastics skills. Class is for children who have successfully advanced from the Swingers-2 level.

## Tumbling Classes/Gymnastics Team

### \*Tumbling and Cheer\*

#### Tumbling-1 & Tumbling-2 (6-16 years old)

Monday 5:30pm-6:25pm

M: \$42 PP: \$84

This class is designed for children who are working to gain basic tumbling skills on the floor. This class will work on the shapes, vocabulary and drills needed to advance to Tumbling-1. No previous experience needed to join this class.

This class is designed for those who have successfully advanced from the Tumbling-1 evaluation.

#### Tumbling-3 & Tumbling 4 (6-16years old)

Monday 6:30pm-7:25pm

M: \$42 PP: \$84

This class is designed for those who have successfully advanced from the Tumbling-2 evaluation.

This class is designed for those who have successfully advanced from the Tumbling-3 evaluation.

### \*Competitive Gymnastics\*

#### PRE-COMPETITIVE PROGRAM

Future Stars, Pre-Team Silver & Pre-Team Gold – Contact Becky Bohn if your gymnast is interested in being on team someday! Pre-Comp classes practice on Tuesdays and Thursdays!

#### TIFFIN YMCA ZERO GRAVITY GYMNASTICS TEAM

Competitive Gymnastics Team competes USAG Levels 3-9 & Xcel. Team practices on various days including Tuesdays and Thursdays! You are welcome to come and watch a practice!

The pre-competitive and competitive programs are invitation or try-out only. Contact Becky Bohn with questions regarding the Team level at [bbohn@tiffinyymca.org](mailto:bbohn@tiffinyymca.org)

### \*Gymnastics Extras\*

#### PRIVATE & SEMI-PRIVATE LESSONS OR BUILD YOUR OWN CLASS

Need more practice or would you like to get that "back handspring"? We offer private lessons and semi-private lessons! Minimum of four enrolled to run BYOC. Prices vary depending on the needs of the class. Great for cheer squads to gain tumbling skills too! Contact Becky Bohn for more info!

#### Gymnastics Rentals

The Gymnastics Center is available to rent!! Use the space for birthdays, team activities, or just a fun place for the kids to come. For more information about renting the Gymnastics Center please email Ryan Huss at [rhuss@tiffinyymca.org](mailto:rhuss@tiffinyymca.org).