

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-3:00PM

\*Please check the Membership Desk, our social media outlets or our website 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 II PROGRAM GUIDE

### FALL II

OCTOBER 31-  
DECEMBER 17

M: OCTOBER 17  
PP: OCTOBER 24

# Meet The Staff

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

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

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

**Carrie Smith**—Fitness Coordinator  
csmith@tiffinymca.org

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

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


**Stacie Routzahn**—Associate Vice President of Finance  
sroutzahn@tiffinymca.org

**Hanna Szablewski**— HR Specialist  
hszablewski@tiffinymca.org

## MEMBERSHIP PRICES

<b>HOUSEHOLD</b> MONTHLY \$50 CORPORATE RATE: \$45	<b>ADULT</b> MONTHLY \$30 CORPORATE RATE: \$25	<b>YOUTH</b> MONTHLY \$15
<b>SENIOR ADULT</b> MONTHLY \$25	<b>SENIOR COUPLE</b> MONTHLY \$40	
<ul style="list-style-type: none"><li>PAYMENT OF PRORATED 1ST MONTH DUES AND A \$30 JOIN FEE IS DUE AT THE TIME OF JOINING THE Y.</li></ul>		

MEMBER CODE OF CONDUCT



## Tumbling Classes/Gymnastics Team

### \*Tumbling and Cheer\*

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

Monday 4:00pm (MAX 8)

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.

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

Monday 4:00 (MAX 8)

M: \$42 PP: \$84

This class is designed for those who have successfully advanced from the Tumbling-2 or Tumbling-3 evaluation.

### \*Competitive Gymnastics\*

#### PRE-COMPETITIVE PROGRAM

Pre-Team : Our precompetitive program preparing gymnast for the Gymnastics Team someday. Contact Jillian Shaferly if your gymnast is interested in being on Pre-Team someday!

#### 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.

### \*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!

#### Gymnastics Rentals

Did you know you can rent the Gymnastics Center for Birthday parties, or for your cheer team? Contact Jillian Shaferly for pricing and more information! Email: jshaferly@tiffinymca.org

## Gymnastics Classes

### \*Toddler through Kindergarten Gymnastics\*

#### Parent-Tot #1 and #2- COMBO: AGES 18 MONTHS-3 YEARS

Wednesday 5:00pm(10 MAX) 5:30pm(10 MAX)

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(6 MAX) Wednesday 6:00pm( 6 MAX) Wednesday 6:30(6 MAX)

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 MAX) Monday 6:15pm(6 MAX) Wednesday 5:15pm(6 MAX)

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 (NEW time) 7:00pm(8 MAX) Wednesday 5:30pm(8 MAX) Wednesday 6:30(8 MAX)

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! 55 Minute class.

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

Monday 6:00pm(8 MAX) Wednesday 4:30pm(8 MAX)

M: \$42 PP: \$84

USAG Level 1-2 based gymnastics skills. Class is for children who have successfully advanced from the Rollers-1 level. 55 Minute class.

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

Monday (NEW time) 5:00pm(8MAX)

M: \$42 PP: \$84

USAG Level 2-3 based gymnastics skills. Class is for children who have successfully advanced from the 2 level class. 55 minute class.

## 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: \_\_\_\_\_

GIVE TODAY!



# Youth Sports

## BASKETBALL

### Fall Session

Registration: 9/1–10/14  
Season: 10/24–12/17

### Winter Session

Registration: 12/1–1/7  
Season: 1/17–3/11

## FLAG FOOTBALL

### Fall Session

Registration: 8/10–8/26  
Season: 9/11–10/9

### Spring Session

Registration: TBD

## SOCCER

### Fall Session

Registration: 7/1–8/20  
Season: 8/30–10/22

### Spring Session

Registration: 2/1–3/25  
Season: 4/4–5/27

## BASEBALL

### Summer

Registration: 4/1–5/20  
Season: 5/30–7/15

## CROSS COUNTRY

### Fall

Registration: 6/21–7/30  
Season: 8/8–Mid October



# 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



**DID YOU KNOW  
THE Y HAS A GOLF  
SIMULATOR?**

**Reserve your time  
slots at the front  
desk today!**

# 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.

**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.

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

# Nutrition

## Food Demos

Stop by the front Lobby to get some great tips from Anne and sample her delicious recipes!

Every 3rd Thursday of the month at 11:15am

**September 15th:** Chocolate Avocado Pudding

**October 20th:** Apples with magic vegan caramel sauce

**November 17th:** Easy vegan pumpkin mousse

**December 15th:** Black bean brownies

Interested in  
Nutritional  
Coaching?



# 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. Group swim lessons are for ages 6 months to 12 years old.

Members: \$15 Program Participants: \$45 Reciprocity: \$30

## **SWIM STARTERS: PARENT+ & CHILD LESSONS —WEDNESDAYS ONLY—COMBINED**

**LEVEL A:** Water discovery introduces infants and toddlers to the aquatic environment. Parent participation is a must! One adult per child. 25 minute class

Ages 6months-18 months: Wed 6:00pm (MAX 10)

**LEVEL B:** Water Exploration focuses on exploring body positions, blowing bubbles, and fundamental safety and skills. Parent participation is a must! One adult per child. 25 minute class.

Ages 18 months-36 months: Wed 6:00pm(MAX 10)

**SWIM BASICS:** Recommended skills for all to have around water. Instructor led; encouraging independence & listening skills.

**LEVEL 1:** Water Acclimation increases comfort with underwater exploration and introduces basic self rescue skills preformed with assistance. Must be able to hold onto a pool wall. 25 minute class.

Preschool (3y-5y) Mon or Wed 6:30pm, 7:00pm in the Learning Pool (MAX 6)

Youth (6y-12y) Mon or Wed at 7pm in the Main Pool (MAX 6)

**LEVEL 2:** Water Movement encourages forward movement in the water and basic self-rescue skills preformed independently. Must be able to submerge face in water. 25 minute class.

Preschool (3y-5y) Mon or Wed 6:30pm in the Main Pool (MAX 6)

Youth (6y-12y) Mon or Wed at 7pm in the Main Pool (MAX 6)

**LEVEL 3:** Water Stamina develops intermediate self-rescue skills preformed at longer distances than in previous stages. Must be able to front float, back float & swim 25 yards. 25 minute class.

Youth (6y-12y) Mon or Wed at 6:30pm in the Main Pool (MAX 6)

**SWIM STROKES:** Skills to support a healthy lifestyle. Must be able to swim 25 yards on front & back and tread water for 1 minute.

**LEVEL 4:** Stroke Introduction introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke. 30 minute class.

Youth (6y-12y) Wed at 6:30pm in the Main Pool and Diving Well (MAX 8)

**LEVEL 5:** Stroke Development introduces breaststroke and butterfly while reinforcing water safety through treading water and side stroke. 30 minute class.

Youth (6y-12y) Wed at 7pm in the Main Pool and Diving Well (MAX 8)

**LEVEL 6:** \*Instructor recommend only\* Stroke Mechanics refines stroke technique on all major competitive strokes. 35 minute class.

Youth (6y-12y) Wed at 7pm in the Main Pool and Diving Well (MAX 8)

## **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.

Private Lessons= One on one with instructor Semi-Private=two students of same ability.

Fill out a request form at the Membership Services Desk.

## Group Fitness Classes

**M: FREE**

**PP: \$ 10 PER CLASS DROP IN FEE**

### Cardiotone (Shena)

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.

### Cardiotone Drumming (Shena)

Tuesday 5:30pm—6:30pm

This one hour workout features drumming choreography/dance while incorporating the use of drumsticks, a ball, and a bucket to a variety of music followed by strength training/toning exercises. Class ends with a cool down to stretch muscles and relax. This class is ideal for all fitness levels, and modifications are provided.

### 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!

### Deep Water Fitness (Steele)

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)

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.

### 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)

Friday 10:15am-11:00am

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.

## Group Fitness Classes

**M: FREE**

**PP: \$ 10 PER CLASS DROP IN FEE**

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

Tuesday/Thursday 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.

### Step Strong (Anne)

Monday/Wednesday 5:30pm—6:30pm

This total-body workout combines 30 min of basic step aerobics and 30 min of strength work utilizing light weights and body weight. A very efficient and fun way to boost cardio and muscular endurance.

### Total Body Fix (Hanna/Emily)

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.

### Vinyasa Yoga (Kelly)

2nd Saturday of the month 9:00am-10:00am

A traditional vinyasa flow practice that connects individual poses with deep breaths. This class is designed to progressively open the body by building onto the previous pose.

## Progressive Fitness Classes

**(THESE CLASSES REQUIRE REGISTRATION AND HAVE A SMALL FEE)**

**M: \$ 10 FOR A 7 WEEK SESSION OR \$ 3 PER CLASS DROP IN FEE**

**PP: \$ 10 DROP IN FEE PER CLASS OR \$ 70 FOR THE SESSION**

### Gentle Yoga (Kelly)

Tuesday 6:30-7:15am

Simple flow sequences that warm up the body and focus on alignment, strength, balance and flexibility. This class is geared towards those new to yoga or who are interested in a gentle practice.

### Power Yoga (Kelly)

Wednesday 6:45-7:45pm

Fast-paced vinyasa-style flow that creates heat in the body to build strength and endurance while staying connected to the breath. This class is geared towards those who have practiced yoga previously or who are interested in a fast-paced yoga practice.

### Pietra Fitness (Kim)

Thursday 8:30-9:30am

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.