

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

Spring 2 Program Guide

Spring 2

April 11–May 28

M: March 28 PP: April 4

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
bbohn@tiffinymca.org

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
sroutzahn@tiffinymca.org



498 CHILDREN

Participated in our Youth Sports programs.

In 2021 we offered: Basketball, Soccer, Flag Football, T-Ball, Coach



\$78,870.59

Raised in our 2021 Annual Campaign. A special thank you to all of our individual and business donors!



350+ HOURS

Of Volunteerism took place within our Y to benefit the community ranging from food program volunteers, youth sports





YMCA of Bucyrus-Tiffin: Tiffin Branch 2021 IMPACT REPORT

330 CHILDREN

Tiffin City School children were provided with weekend food bags during the 2021-2022 school year.



281 CHILDREN

Learned swimming skills through participating in our progressive swim lessons.



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

Flag Football:

Registration runs from April 1st-April 30th
Season will run on Saturdays, starting in May.



Coach Pitch & T-Ball:

Registration runs from April 1st-May 21
Season will begin in June

BLOOD PRESSURE CHECK/NUTRITION QUESTIONS

1st Friday of every month!

8:00am—10:00am


A table will be set up in the front lobby. Stop by to get your BP checked and ask Anne, our Registered Dietician, any quick questions you may have regarding those foods that affect your BP.

Free to all Members

FOOD DEMOS

4/15/22...Fiber! Thinking outside the cereal box. Will demo 'Fruit and Yogurt Parfait'

A teal and green graphic with the YMCA logo and text about 24-hour access. The graphic features a large teal circle on the left and a smaller teal circle on the right, both overlapping a larger green circle. The text is white and bold.

the  Y MCA

**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.

COMING SOON Nutrition and Personal Training Combo Package!

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.



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

[YMCA Name]
[Address]
[City, State, Zip]

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

03/18/18 01/17



LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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

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.

H.I.I.T. Mix (Emily)

Monday 6:45pm—7:45pm

This interval-based cardio and strength class combines the best of both worlds! Torch serious calories by alternating between high intensity training methods and rest to hit every major muscle group. Modifications made for beginners and progressions made for the elite.

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 10:00am–10:45am Tuesday 6:00pm–6:45pm

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/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 0 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/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)

Thursday 8:30am

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.

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

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!

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.

Circuit Blend (Jen)

Monday/Wednesday 5:30pm—6:30pm

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.

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 (Carrie)

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.

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 or Wed 5:30pm—5:55pm

LEVEL B: WATER EXPLORATION

Ages 18 months-36 months: Mon or Wed 6:00pm—6:25pm

LEVEL 1: WATER ACCLIMATION/BEGINNER:

Preschool Ages 4-5 years: Mon or Wed 6:30pm—6:55pm, 7:00pm—7:25pm

Youth Ages 6-12 years: Mon or Wed 6:30pm—6:55pm

LEVEL 2: WATER MOVEMENT/ADV. BEGINNER:

Preschool Ages 4-5 years: Mon or Wed 6:30pm—6:55pm

Youth Ages 6-12years: Mon or Wed 7:00pm—7:25pm

LEVEL 3: WATER STAMINA/INTERMEDIATE

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

Youth Ages 6-12years: Mon or Wed 6:30pm—6:55pm, 7:00pm—7:25pm

LEVEL 4: STROKE INTRODUCTION/ADVANCED 1

swim 400 yards each class:

Youth Ages 6-12: Mon or Wed 6:15pm—6:40pm

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 6-12 years: Mon or Wed 6:55pm—7:20pm

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

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 vary.

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

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.