

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

SPRING 2 PROGRAM GUIDE

SPRING 2

April 10-May 27

M: March 27

PP: April 3

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

HOUSEHOLD
MONTHLY
\$50
CORPORATE RATE: \$45

ADULT
MONTHLY
\$30
CORPORATE RATE: \$25

YOUTH
MONTHLY
\$15

**SENIOR
ADULT**
MONTHLY
\$25

**SENIOR
COUPLE**
MONTHLY
\$40

• **PAYMENT OF PRORATED 1ST MONTH DUES AND A \$30 JOIN FEE IS DUE AT THE TIME OF JOINING THE Y.**

MEMBER CODE
OF CONDUCT



Tumbling & Cheer Classes/Gymnastics Team

Tumbling

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

Monday 4:00pm (MAX 16)
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-2 or Tumbling-3. No previous experience needed to join this class.

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

Monday 5:00 (MAX 8)
M: \$42 PP: \$84

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

NEW* *NEW* *NEW

Cheer

Beginner Cheer Fundamentals (2nd-5th grade, 7-11 years old)

Saturday 9:00am (MAX 8) *Must have 6 children signed up to offer class.
M: \$42 PP: \$84

This class is designed for children who are working to gain basic cheerleading knowledge and skills. This class will work on the shapes, vocabulary, jumps, motions and some basic tumbling skills on the floor. No previous experience needed to join this class. 55 minute class.

Cheer Tryout Prep Class (6th-12th grade, 11-18 years old)

Saturday 10:00am (MAX 8) *Must have 6 children signed up to offer class.
M: \$42 PP: \$84

This class is designed for children who are working towards trying out for any cheerleading squad. This class will review cheer fundamentals like: shapes, vocabulary, jumps, motions and some basic tumbling skills on the floor. As the session progresses the instructor will teach basic cheers, band dances and work on cheer voices. Must be in 6th grade or higher to join the class. 55 minute class.

Competitive Gymnastics

PRE-COMPETITIVE PROGRAM

Pre-Team : Our precompetitive program preparing gymnast for the Gymnastics Team someday. Contact Lauren 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 Christina for pricing and more information! Email: cescobar@tiffinymca.org

Gymnastics Classes

THE Y! FOR A HEALTHY MIND, BODY AND SPIRIT 2023 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: _____

Toddler through Kindergarten Gymnastics

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

Wednesday 5:00pm(10 MAX) 5:30pm(10 MAX) 6:30pm(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) Monday 5:45pm(6 MAX)

Wednesday 6:00pm(12 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-5's.

Mini 5's (5years old)

Monday 5:30pm(6 MAX) Monday 6:15pm(12 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 7:00pm(16 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 5:00pm(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 Gymnastics-1 level. 55 Minute class.

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

Monday 6:00pm(16 MAX)

M: \$42 PP: \$84

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

GIVE TODAY!



Youth Sports

BASKETBALL

Fall Session

Winter Session

FLAG FOOTBALL

Fall Session

SOCCER

Fall Session

Spring Session

BASEBALL

Summer

CROSS COUNTRY

Fall



**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.

Nutritional Coaching

Do you want more energy? Looking to make a change? Sign up for our nutritional coaching to discuss a plan made just for you!

Ask the front desk for more information!

Nutrition/ Personal Training Combo

Three combo package options to jumpstart your fitness and nutrition goals! (30) min. personal training paired with nutritional coaching.

Ask the front desk for more information!

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: \$20 Program Participants: \$50 Reciprocity: \$35

SWIM STARTERS: PARENT+ & CHILD LESSONS

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: Monday 5:30pm, Wed 5:30pm

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: Monday 6:00pm, Wed 6:00pm

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 performed 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 (5y-9y) Mon or Wed 6:30pm, 7:00pm in the Main Pool (MAX 6)

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

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

Youth (5y-12y) Mon or Wed at 6:30pm, 7:00pm in the Main Pool (MAX 6)

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

Youth (5y-12y) Mon or Wed at 6:30pm, 7:00pm in the Main Pool (MAX 6)

SWIM STROKES: Skills to support a healthy lifestyle. Must be able to swim 25 years 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 6:50pm in the Main Pool and Diving Well (MAX 8)

LEVEL 5/6: Stroke Development introduces breaststroke and butterfly while reinforcing water safety through treading water and side stroke. Stroke Mechanics refines stroke technique on all major competitive strokes. 30 minute class.

Youth (6y-12y) Wed at 6:50pm 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

Cardio-Kickbox Circuit (Anne)

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

Thursday 6:45pm-7:45pm

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 8:00am-9:00 am

Water exercise that blends cardio with strength and core work.

Early Bird Challenge (Carrie)

Monday-Friday 5:00am-6:00am

M/W/F 6:00am-7:00am

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.

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 9 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.

Group Fitness Classes

M: FREE

PP: \$ 10 PER CLASS DROP IN FEE

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

Cardiotone (Shena)

Thursday 5:30pm-6:30pm

Choreographed combinations incorporating kickboxing, plyometrics, and dance with a period of weight training, toning, and stretching will challenge members interested in increasing endurance, strength and flexibility. As the session progresses, so too does the intensity of the choreography and toning.

Cardiotone Drumming (Shena)

Tuesday 5:30pm-6:30pm

The use of drumming motions, dance and weight training will build endurance and increase blood flow and strength throughout the session. This class is geared towards those who are interested in using rhythmic fundamentals to improve health. As the session progresses, so too does the intensity of the drumming motion and toning.

Gentle Yoga (Kelly)

Tuesday 6:30am-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.

Pilates-Inspired Yoga (Kelly)

Wednesday 6:45pm-7:45pm

This class is a traditional vinyasa flow infused with pilates-inspired movements to help strengthen the essential muscle groups needed to help you flow through yoga poses and deepen your stretch and flexibility. 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 8:30am-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.