

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

## SUMMER 1 PROGRAM GUIDE

### SUMMER 1

May 30-July 15

M: May 15

PP: May 22

# 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.

### \*Cheer\*

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

Thursday 2:30pm (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)

Thursday 3:30pm (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

### \*Toddler through Kindergarten Gymnastics\*

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

Wednesday 5:00pm(10 MAX) 5:35pm(10 MAX) 6:10pm(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-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.

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

GIVE TODAY!



## Youth Sports

### BASKETBALL

Offered in Fall & Winter

### BASEBALL

Offered in Summer

### CROSS COUNTRY

Offered in Fall

### FLAG FOOTBALL

Offered in Fall

### SOCCER

Offered in Fall & Spring

## Summer Camps

### Gymnastics Summer Camps:

The gymnastics department will be offering summer camps in June, July and August!

Must have 4 kids enrolled to offer camp. Max of 8 kids.

**June** 5th-8th

**July** 10th-13th

**August** 7th-10th

**Ages:** 6-12 year olds

**Price per camp:** (M) \$75 (PP) \$115

**Time:** 8am (7:45am drop off) - 12pm (sharp)



# 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



Are you interested in one-on-one instruction with our certified personal trainer? Carrie will customize your workouts and design them to help you reach your wellness goals.

Scan below for more information!



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## Nutritional Coaching

Scan below for more information!



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



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## Private Yoga



Are you interested in one-on-one yoga instruction? Kelly will tailor a class to fit your abilities in either a gentle yoga, vinyasa yoga or Pilates-style session.

Scan below for more information!



## Summer Swim Mini Session!

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

Monday AND Wednesday  
(June 5th, 7th, 12th & 14th)

Level A: 5:30pm

Level B: 6:00pm

Level 1: (Preschool 3-5) 6:30pm, 7:00pm

Level 1: (Youth 5-9) 6:30pm, 7:00pm

Level 2: (Preschool 3-5) 6:30pm, 7:00pm

Level 2: (Youth 5-9) 6:30pm, 7:00pm

Level 3: (Youth 5-12) 6:30pm

Level 4: (Youth 6-12) 7:00pm

Tuesday AND Thursday  
(June 6th, 8th, 13th & 15th)

Level A: 5:30pm

Level B: 6:00pm

Level 1: (Preschool 3-5) 6:30pm, 7:00pm

Level 1: (Youth 5-9) 6:30pm, 7:00pm

Level 2: (Preschool 3-5) 6:30pm, 7:00pm

Level 2: (Youth 5-9) 6:30pm, 7:00pm

Level 3: (Youth 5-12) 6:30pm

Level 4: (Youth 6-12) 7:00pm



## Non-Progressive Fitness Classes

**M: FREE**

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

### Cardio-Kickbox Circuit (Anne)

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

Tuesday 5:30-6:30pm

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

Tuesday/Wednesday/Thursday 8:00am-9:00 am

Water exercise that blends cardio with strength and core work.

### Early Bird Challenge (Carrie)

M/W/F 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 12:30pm-1:00pm

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.

### 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.

## 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 \$ 50 FOR THE SESSION**

### Cardiotone (Shena)

Monday 10:15am-11:15am

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)

Wednesday 10:15am-11:15am

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.

### 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.

**Check out our fitness schedule**

