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

YMCA HOURS: (Labor Day-Memorial Day)

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:
(Labor Day-Memorial Day)

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. Child watch may close 30 minutes early if no children are present. Hours may vary based on staff availability.

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 PROGRAM GUIDE

FALL 1

September 14– October 31

M: August 24
PP: August 31

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
Stacie Routzahn—Vice President of Finance
sroutzahn@tiffinymca.org
Stacy Wheeler— HR Coordinator
swheeler@tiffinymca.org

MEMBER CODE OF CONDUCT

MEMBERSHIP PRICES

HOUSEHOLD
MONTHLY
$60
CORPORATE RATE: $52

ADULT
MONTHLY
$37
CORPORATE RATE: $30

YOUTH
MONTHLY
$20

SENIOR ADULT
MONTHLY
$29

SENIOR COUPLE
MONTHLY
$44

COLLEGE STUDENT
MONTHLY
$22

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

Tumbling & Gymnastics Team

Tumbling

Tumbling1-2 (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-2 or 3. No previous experience needed to join this class. 55 min class

Tumbling 3-4 (6-16years old)
Monday 5:00 pm (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 Darcy dzimmerman@tiffinymca.org 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 Caleigh for pricing and more information!
Email: croutzahn@tiffinymca.org

Gymnastics Classes

Toddler through Kindergarten Gymnastics

Parent-Tot #1 and #2– COMBO: AGES 18 MONTHS-3 YEARS
Tuesday 9am (MAX 10) 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.

Tiny 4's (4years old)
Monday 5:00pm (MAX 6) 5:30pm (MAX 6)
Tuesday 9:30am (MAX 6) Wednesday 4:00pm (MAX 6) 4:30pm (MAX 6)
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+6s (5 and 6 years old)
Monday: 5:15pm Wednesday 5:00pm (MAX 6) Tuesday 10:00am (MAX 6)
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 (MAX 8) Wednesday 6:00pm (MAX 8) Saturday 9:00am (MAX 8)
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-2/3 (6-16years old)
Monday 5:30pm (MAX 8) (MAX 8) Wednesday 6:00pm (MAX 8
Saturday 10:00am (MAX 8)
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-3/4 (6-16years old) & Gymnastics-4 (6-16years old) *COMBO*
Monday 6:30pm(8 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.

Jungle Gym
Jr. Jungle Gym (4-6 years old) Monday 6:00pm (MAX 8)
Jungle Gym (7+ years old) Monday 6:30pm (6 MAX)
M: $22 PP: $44
30 Minute Class. Jungle Gym is an obstacle course and game based gymnastics class focusing on the pit and trampoline.

LIFEGUARDING Classes

M:$250 PP:$325

Apply today at the front desk!

Learn more!

BURST + AI CHI FITNESS
30 minute BURST of high intensity water aerobics followed by 45 minutes of AI CHI FITNESS for balance in strength and relaxation movements.
T/TH 8am
T 6:30pm

Aqua Fit
Deep water aerobic workout of intermediate intensity. Float belt provided.
M/W/F 9am

Rhythm and Waves
A high-energy aquatic dance workout that combines fun choreography with water resistance for a low-impact, full-body fitness experience suitable for all ages and levels.
M/W/F 8am

CPR Classes
Call the Y for upcoming class availability.

Offered monthly!

Youth Sports

BASKETBALL
Offered in Fall & Winter

CROSS COUNTRY
Offered in Fall

BASEBALL
Offered in Summer

SOCCER
Offered in Fall & Spring

24 Hour Access

the YMCA

Now Available

- 24 – hour access to fitness center and fieldhouse
- Available to members 19+ (Some restrictions do apply)
- $30 Start up fee and $30 annual fee

the YMCA

Sign up for golf lessons with certified swing instructor, Matt Combs!

Buy (3) get (1) FREE!

Sign up TODAY!

@combsgolf
combsgolf@gmail.com
419-618-1375

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 trainers?

Carrie will customize your workouts and design them to help you reach your wellness goals.

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. (2-3 people, must organize own group)

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.

Private Yoga

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

NON-MEMBER PRICING: 25% mark up from member pricing.

Swim Lessons

Members: $30 Program Participants: $70

SWIM STARTERS: PARENT & CHILD LESSONS

LEVEL A: Water discovery introduces infants and toddlers to the aquatic environment. And focuses on exploring body positions, blowing bubbles, and fundamental safety and skills. Parent participation is a must! One adult per child. 30 minute class. Mon 5:30pm (MAX 10) or Wed 5:00pm (MAX 10)

LEVEL B: Water exploration parents will work with children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Mon 6:00pm (MAX 10) or Wed 5:30pm (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 performed with assistance. Must be able to hold onto a pool wall. 30 minute class. Ages 3y -5y
PreK+ Parent: Mon: 6:30 pm or Wed 6:00 pm (MAX 6)
PreK(3-5 year old): Mon 6:00pm (MAX 4)

Youth (5-12 year old): Mon or Wed 6:30pm (MAX 4)

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. 30 minute class.
PreK(3-5 year old): Mon at 6:00pm (MAX 5)
Youth(5-12 year old): Mon at 6:30pm (MAX 5)

Youth(5-12 year old): Mon at 7:00pm (MAX 5)

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 yards. 30 minute class.
Youth (5-12 year old): Wed at 7:00pm in the Main Pool (MAX 5)

LEVEL 4/5/6 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.
Youth Wed at 6:30pm (MAX 8)

Group Fitness Classes

M: FREE
PP: $80 per session

Cardiotone (Shena)

Monday 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 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)

Wednesday 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.

Gentle Yoga with a Twist (Patricia)

Thursday 8:30-9:15 am
A blend of movement and mindfulness that will help you transition gently from rest to wakefulness. While focusing on increasing strength, flexibility and mobility, without being strenuous this class will utilize simple flow sequences and poses on the mat, including spine flexions and TWISTS, to help provide you with more positivity and clarity throughout the day! Appropriate for all experience levels-modifications and props are used to ensure everybody can access the poses and movements.

Early Bird Challenge (Carrie/Jessica)

M-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 9:30am-10:00am
Light strength training circuits for our active older adults looking to improve overall strength, balance and stability through active lifting and functional movements.

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.

Power Cycle (Carrie)

Friday 9:15 am-10:00am
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.

Total Body Fix (Hanna)

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.

Yoga Stretch (Kelly)

Thursday 6:30-7:30 pm
This class focuses on lengthening muscle fascia, increasing flexibility/mobility, and promoting relaxation. This is a gentle yoga class suitable for all levels, including beginners, and can help relieve muscle tightness, reduce joint tension, and stiffness.

Core and Restore (Kim K.)

Tuesdays 6:00pm– 7:00pm
Thursday 10:00-11:00am
Challenge your core and full body with a dynamic mat Pilates workout, then transition into a yoga cool down to release tension and promote recovery. Ideal for building strength while supporting overall wellness.