

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. Childwatch 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

SPRING 1 PROGRAM GUIDE

SPRING 1

**February 23 –
April 11**

**M: Feb. 9
PP: Feb. 16**

Meet The Staff

Charles "Buster" Ardner—Chief Executive Officer

cardner@tiffinymca.org

Jillian Shaferly—Executive Director

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Angie Lambert—Child Care Coordinator

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Kristie Drown—Aquatics Director

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Paul Fortney—Vice President of Operations

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Stacie Rutzahn—Vice President of Finance

sroutzahn@tiffinymca.org

Stacy Wheeler—HR Coordinator

swheeler@tiffinymca.org

MEMBERSHIP PRICES

HOUSEHOLD
MONTHLY
\$57
CORPORATE RATE: \$52

ADULT
MONTHLY
\$35
CORPORATE RATE: \$30

YOUTH
MONTHLY
\$19

**SENIOR
ADULT**
MONTHLY
\$29

**SENIOR
COUPLE**
MONTHLY
\$44

MEMBER CODE
OF CONDUCT



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

Tumbling & Gymnastics Team

Tumbling

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

Monday 4:00 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 USA Gymnastics 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

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

Saturday 9:00 am (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 (6 MAX) 5:30pm (6 MAX)

Wednesday 4:45pm (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)

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 6:00pm (8 MAX)

Wednesday 4:00pm(8 MAX) 5:00pm (8 MAX) 6:15pm (8 MAX)

Saturday 9:30 am(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 7:00pm (8 MAX)

Wednesday 6:00pm(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 6:30pm(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.

LIFEGUARDING Classes

March 27-29

April 24-26

May 15-17

M:\$250 PP:\$325

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

February 17th: 6:30-8pm

March 17th: 6:30-8pm

April 21th: 6:30-8pm

M:\$75 PP:\$125

Youth Sports

BASKETBALL

Offered in Fall & Winter

CROSS COUNTRY

Offered in Fall

BASEBALL

Offered in Summer

SOCCER

Offered in Fall & Spring



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

Buy (3) get (1) FREE!

Sign up TODAY!



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combsgolf@gmail.com
419-618-1375



24 HOUR ACCESS NOW AVAILABLE

SEE THE FRONT
DESK FOR
MORE
INFORMATION

- 24-Hour Access to Fitness Center and Fieldhouse
- Available to Members 19+ (Some restrictions do apply)
- \$25 start up fee and a \$25 annual fee
- Starting November 16, 2020

YOUR
HEALTH
ON YOUR
TIME



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: \$25 Program Participants: \$55

SWIM STARTERS: PARENT & CHILD LESSONS (Combined)

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 classs **LEVEL B:** Water exploration parents will work with children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ages 6months-36 months: Mon 5:30pm (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 preformed with assistance. Must be able to hold onto a pool wall. 30 minute class. Ages 3y-5y

PreK+ Parent: Mon 6:00 pm (MAX 10)

PreK(3-5 year old): Mon or Wed 6:00pm (MAX 5)

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

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. 30 minute class.

PreK(3-5 year old): Mon or Wed 6:00pm (MAX 5)

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

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. 30 minute class.

Youth (5-12 year old): Mon or Wed at 7:00pm in the Main Pool (MAX 5)

LEVEL 4/5/6 Stroke Development introduces breaststroke and butterfly while reinforcing water safety trough 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.

Chair to Flow Yoga (Patricia)

Thursday 8:30-9:15 am

A gentle yet empowering practice designed to support all levels of fitness and mobility. Beginning in the stability of a chair, we create awareness, strength and breath before transitioning to the floor (optional) for deeper stretching and poses. This class emphasizes mindful movement, gentle flexibility and flow, making it ideal for beginners, older adults, or anyone seeking a low impact accessible yoga experience. Leave feeling grounded, open and reconnected to your body.

Cycle Circuit @ SW (Carrie)

Tuesday/Thursday 12:15-1:00 pm

(will have a transition break at 12:45 for those needing a quick 30min lunch workout) A combination of cycling and weight training that will burn calories, increase muscle tone and give you that mid day break you need. Utilizing circuit formats, we will transition back and forth between the bike and weights to give you that overall body blast you are looking for.

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.

Latin Fusion (Sandra)

Tuesday 5:45-6:45pm

A mix of Latin, international, and pop music and rhythms. A cardio fitness dance class designed to get everyone moving, combining various dance styles such as Salsa, Merengue and Cumbia, along with aerobic and contemporary elements. Whether you're a seasoned dancer or a beginner, this is a class for all levels to come and have a great time while being active.

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.