

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
SUNDAY	N/A

*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.

Limited to 10 kids at a time per Governors' Covid restrictions.

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 I & II Program Guide

Spring I

February 22—April 11

M: Feb 8 PP: Feb 15

Spring II

April 12—May 30

M: Mar 29 PP: Apr 5

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
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Carrie Smith—Fitness Coordinator
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Jillian Shaferly—Executive Director
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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

Membership Pricing

	Monthly Base Rate	Monthly Tax	Monthly Total	Annual Base Rate	Annual Tax	Annual Total
Youth	14.89	1.08	15.97	178.68	12.95	191.63
Adult	31.86	2.31	34.17	382.32	27.72	410.04
Sr. Adult	24.92	1.81	26.73	299.04	21.68	320.72
Sr. Couple	36.51	2.65	39.16	438.12	31.76	469.88
Family	48.08	3.49	51.57	576.96	41.83	618.79

397 CHILDREN

Learned how to swim through participating in our progressive swim lessons.



\$133,144.21

Raised in our 2020 Annual Campaign. \$11,248.11 was raised over 2 months in our COVID-19 Opt-In Campaign.



150 Children

Enrolled in our multiple Child Care programs. \$1,064.98 worth of scholarships were provided to families in need. 17 children attended our Pandemic Child Care program.



YMCA of Bucyrus-Tiffin: Tiffin Branch IMPACT REPORT 2020

450 CHILDREN

Were provided with weekend food bags during the 2019-2020 school year. We also provided 200 children with weekday food bags while schools were closed due to COVID-19.



361 CHILDREN

Participated in our Youth Sports program. We offered: Basketball, Soccer, Flag Football and Cross Country.



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

Keep an eye out for Youth Sports sign ups during the following seasons.

Spring

Soccer (4-11 years old)

Flag Football (6-11years old)



Summer

T-Ball (4-5 year olds)

Coach Pitch (6-8 year olds)

Track (4-11 year olds)



Fall

Soccer (4-11 years old)

Flag Football (6-11years old)


Cross Country (4-11 year olds)



Winter

Youth Basketball (4-11 year olds)





the **Y**
YMCA

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.

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.



Aquatic Center Events

Family Open Swim Events 2:30pm-4:30pm:

*Pre Registration is required! Space is limited!

February 6th

Valentines for Veterans: Share the love! Bring a card and candy for the Ohio Veteran's Home.

March 13th

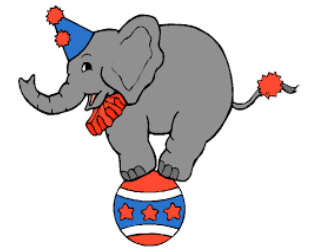
Pre Pi Day. Come celebrate early for National Pi Day with our Pizza Pie fundraiser.

April 17th

Circus Day. We're all about a great time here at the Y, come celebrate National Humor Month with us.

May 1

Ready for Summer? Come hang ten with us on Lei Day! Dress in your favorite island print and be ready to Limbo!



Mark Your Calendars for these YMCA Events:

*Pre Registration is required! Space is limited!

Ties and Tiaras (Father/Daughter Dance) - TBD

Underwater Egg Hunt - March 27th

Mermaid/Merman University - March 27th

Star Wars Movie Marathon - May 4th

Mom Prom (Mother/Son dance) - May 15th





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

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

Have A Seat (Janise)

Tuesday/Thursday 9:15am–10:00am

Exercise performed in a chair. A variety of equipment will be used. Class members will stand up for balance.

H.I.I.T Drumming (Noel)

Monday 6:45pm–7:45pm

H.I.I.T drumming and H.I.I.T weights. A fast paced, energetic H.I.I.T class that incorporates drumming, weights, cardio, strength training, plyometrics, muscle building, and increasing endurance.

Lunchtime Express @ SW (Carrie)

Monday/Wednesday 12:15pm–12:45pm

A lunchtime resistance workout guaranteed to give you that midday blast.

Power Cycle (Carrie)

Tuesday/Friday 10:00am–10:45am

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 11 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 0 minutes, allowing every muscle group to get a quick yet effective workout. Great class for all fitness levels.

Strike and Strengthen (Anne)

Thursday 6:45pm–7:45pm

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.

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)

Friday 10:00am

April 2, 9, 16, 23, 30, May 21, 28

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)

Tuesday/Thursday 5:30pm-6:30pm

This class takes standard hi/lo aerobics, kickboxing, and dance moves and gives them a bit of an upbeat, urban flavor. Set to the latest hip-hop music, this class will give you a fun, energetic 30 min cardio workout that is followed by 30 min of strength training, core and stretching.

Cardio-Kickbox Circuit (Anne)

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!

Circuit Grind (Michelle)

Monday/Wednesday 5:30 p.m.—6:30 p.m.

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. All levels.

Core-N-More (Anne)

Tuesday 9:00am-10:00am

Learn how to engage, use and strengthen your core work.

Deep Water Fitness (Jillian/Carrie) (LOOKING FOR PERMANENT INSTRUCTOR)

Tuesday/Wednesday 8:00 a.m.– 9:00 a.m. (will add Thurs. back in when instructor is found)

Water exercise that blends cardio with strength and core work.

Early Bird Challenge (Carrie)

Monday/Tuesday/Wednesday/Friday 5:00-6:00am

Join in a vigorous whole body workout that leaves you with a sense of accomplishment upon completion!

Fit 4 Life (Bruce)

Monday/Wednesday/Friday 9:00am-10:00am

Low impact aerobics followed by strength, balance, and stretching exercises all to the beat of classic oldies music. For active older adults and the young at heart.

ADDITIONAL FLOW SESSION– Monday/Friday 10:00-10:30am

Yoga inspired exercises that flow together, resulting in a workout that develops flexibility and balance.

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.

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: 3 months – 12 years old

LEVEL A/B: WATER DISCOVERY/Water Exploration:

Ages 3months-3 years: Mon 6:30pm-7:00pm or Wed 6:30pm-7:00pm in the Learning Pool (LP)

LEVEL 1: WATER ACCLIMATION/BEGINNER:

Preschool Ages 3-5 years: Mon 7:00pm-7:30pm or Wed 7:00pm-7:30pm

Youth Ages 5-12 years: Mon 6:30pm-7:00pm or Wed 6:30pm-7:00pm

LEVEL 2: WATER MOVEMENT/ADV. BEGINNER:

Preschool Ages 3-5 years: Mon 6:30pm-7:00pm or Wed 6:30pm-7:00pm

Youth Ages 5-12years: Mon 7:00pm-7:30pm or Wed 7:00pm-7:30pm

LEVEL 3: WATER STAMINA/INTERMEDIATE

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

Youth Ages 5-12years: Mon 7:00pm-7:30pm or Wed 7:00pm-7:30pm

LEVEL 4: STROKE INTRODUCTION/ADVANCED 1

swim 400 yards each class:

Youth Ages 5-12: Mon 6:30pm-7:10pm or Wed 6:30pm-7:10pm

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 5-12 years: Mon 6:50pm-7:30pm or Wed 6:50pm-7:30pm

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/Saturday 9:00am-9:30am

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 on Tuesdays and Thursdays!

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.