



2021

SPRING PROGRAM GUIDE

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



Our Mission

2021



To put Christian principles into practice through programs that build a healthy spirit, mind, and body, for all.

Social Responsibility

We know that when we work together, we move individuals, families, and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for a positive social change.

Healthy Living

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Y's and other communities—better. The result is a country that values health and communities that support healthy choices.

Youth Development

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, they Y provides all youth with the tools and resources they need to succeed in life.

Membership

2021



Our Cause

The Y is a cause for strengthening community. That's why we are here working with you every day, making sure that you, your family and community have the resources and support you need to learn, grow and thrive.

With a focus on developing the potential of kids, improving individual health and well-being, giving back and supporting our neighbors; your membership will bring about meaningful change not just within yourself, but within your community.

Assistance for membership cost is always available at the Y. All information is confidential. The Financial Assistance application is available online or at our Welcome Center.

Our Management Team

Charles Ardner - CEO

cardner@tiffinymca.org

Paul Fortney - VP of Operations

pfortney@tiffinymca.org

Stacie Routzahn - VP of Finance

sroutzahn@tiffinymca.org

Brian Riffle - Branch Director

briffle@bucyrusymca.org

Sue Lewis - Child Care Director

slewis@bucyrusymca.org

Nicole Brooks - Membership/Youth Sports Coordinator

nbrooks@bucyrusymca.org

Membership Rates (Financial Aid Available)

Youth	14.89 mo 178.68 yr
Adult	31.86 mo 382.32 yr
Senior Adult	24.92 mo 299.04 yr
Senior Couple	36.51 mo 438.12 yr
Household	48.08 mo 576.96 yr

Sessions

Winter	Jan 4 - Feb 21
Spring I	Feb 22 - Apr 11
Spring II	Apr 12 - May 30
Summer I	May 31 - July 18
Summer II	July 19 - Sept 5
Fall Break	Sept 6 - Sept 12
FALL I	Sept 13 - Oct 31
Fall II	Nov 1 - Dec 19

General Information
Other Side

General Information

2021



General Information

IDENTIFICATION CARDS & FACILITY VISITATION

- For your safety and security, all members and visitors will be photographed. This photo is linked to your unique membership ID. All members and guests must check in at the Welcome Center. Members must use the assigned Membership key tag or check in with a Welcome Center staff person. If you need a replacement card, a Welcome Center staff person can issue a new one for \$5.00.
- All visitors ages 18 and up must present a photo ID at the time of check-in.
- All visitors 16 and under must be accompanied by an adult over 18.
- All members and visitors 18 years or older will be checked against National Sex Offender Registry. Any name that appears on the list will be denied entry.

DAY PASS

- Some guests to our Y. Visitors can pay a day pass to the YMCA.
- All visitors 18 and over must present a photo ID and follow YMCA rules.
- All visitors 16 and under must be accompanied by an adult over 18.
- Youth: \$5 (18 & under) Adult: \$12 (same household)

Currently Not Available

LOST & FOUND

- The Y is not responsible for lost or stolen articles/items. Please keep your valuables secured. Lockers are available for day use or as part of your supplement. Locker rentals are \$5 or \$10 per month.

INSURANCE BENEFITS

- Some insurance companies offer a membership benefit. Do you have a Wellness Program through your health insurance carrier? See a Welcome Center staff member to see if you are eligible.

CORPORATE MEMBERSHIP

- A successful business is supported by promoting a healthy lifestyle. Our Corporate Wellness Program ensures that employers and employees are in control of their health and wellness. These benefits can include increased job performance, higher morale, fewer sick days, and reduced insurance costs. This not only helps our local businesses, but our community. For more details on how your employees can benefit, please email Nikki at info@bucyrusymca.org

AQUATICS CENTER

- The Aquatics Center consists of a pool with 6 lanes for lap swimming, exercise classes, and open swim. A whirlpool and steam room are also available, for ages 19 and over.
- 5 and under must have parent in water at arms reach at all times.
- 5-9 must have parent in the water.
- 9-12 must have a parent in the pool area.

WELLNESS CENTER

- The Wellness Center is open to anyone 12 years old and older. All children 12-16 must complete a Wellness Center Orientation. Children ages 10-11 are allowed in Wellness Center with an adult 18 years of age after a Wellness Center Orientation is completed. To schedule a Wellness Center Orientation, contact Brian at briffe@bucyrusymca.org

Code Of Conduct

BUCYRUS YMCA MEMBERS AND GUESTS

The Bucyrus YMCA as an organization is committed to the principles of caring, respect for others, personal responsibility, integrity and honesty. All members and guests are expected to reflect these values in their personal conduct toward staff and other members and guests. The Bucyrus YMCA retains the right to deny access or suspend or cancel a membership when a member's conduct is determined to endanger the safety of others or interfere with another member's enjoyment and reasonable use of YMCA facilities.

Grounds for Denying Access or Membership:

The Bucyrus YMCA reserves the right to deny access or membership to any person who:

- Has been convicted of any crime involving sexual abuse or other sexual offense.
- Is a registered sex offender or sexual predators.
- Is intoxicated or exhibits signs of misusing narcotics or dangerous drugs.
- Has been convicted of any offense related to the use, sale, possession or transportation of narcotics or habit forming and/or dangerous drugs.
- Is currently suspended or terminated per the 'Grounds for Suspension or Termination' listed below.

Grounds for Suspension or Termination:

The Bucyrus YMCA does not tolerate inappropriate, threatening or harassing behavior including but not limited to:

- Use of profanity
- Destruction of property
- Sharing membership card with others
- Theft
- Being in possession of or under the influence of alcohol or drugs
- Sexual misconduct
- Disorderly conduct
- Physical fights
- Verbal or other forms of harassment
- Nudity outside of locker room areas
- Selling or promoting products and services without Bucyrus YMCA authorization (for example, personal training, private lessons and independent sales)
- Any behavior that is determined to be unacceptable by the YMCA and detrimental to those we serve.
- Such conduct will be grounds for the immediate suspension or termination of membership. No refund will be issued.

Rentals

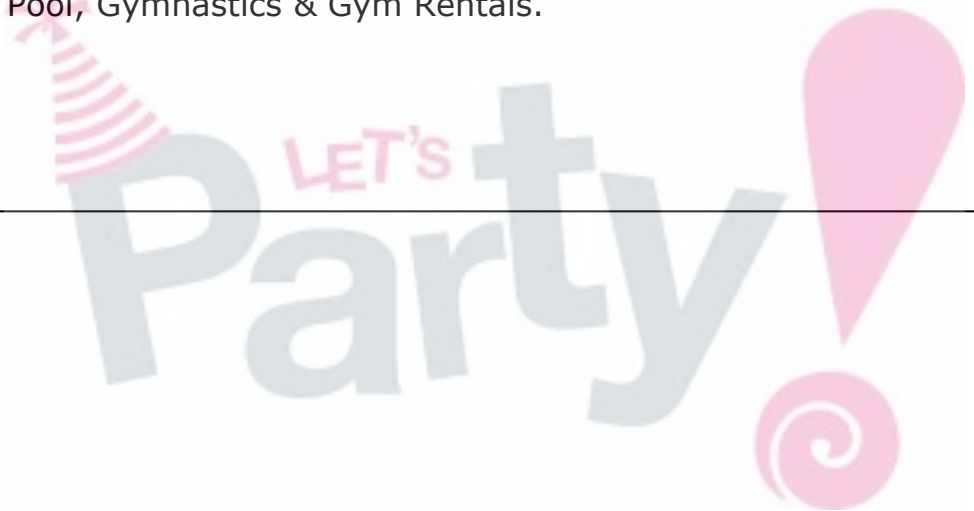
2021



CELEBRATE WITH US

Host Your Next Party or Meeting at The YMCA

- Looking For A Space To Host Your Meeting Or Party?
- Visit www.bucyrusymca.org To View Our Room Rentals & Prices.
- We Offer Private Room, Pool, Gymnastics & Gym Rentals.



VOLLEYBALL NET RENTALS

Schedule a time for your team to come out to the Bucyrus YMCA and practice your volleyball skills using our indoor net. Volleyball net is available by appointment, time slots are for one hour. Contact the YMCA today to schedule your time slot at 419-562-6218.

Team- \$45 per hour Member- \$5 per hour PP- \$15 per hour

Child Care

2021



Since I've sent my daughter the YMCA of Bucyrus she has excelled tremendously in just the two months with them. My daughter is now able to identify the sounds of letters and words. Most importantly her behavior and social learning level has increased and she is making friends better and sharing with others without hesitation. She can follow directions without being told how to do something more than twice. I would strongly recommend this program to my friends and family!!! - Kim



**SCHEDULE A
TOUR TODAY!!**

Ages 3 - Pre K

- Director: Sue Lewis
- 419.562.6218
- slewis@bucyrusymca.org

Group Fitness

Spring I 2021

Feb 22 - Apr 11th



SilverSneakers

SilverSneakers is a fitness program that is often covered by medical Insurance beneficiaries. It focuses on getting seniors out of their homes and into the gym and community to improve their health and overall well-being. The program includes access to gyms, exercise classes and social activities. The Y and the SilverSneakers program work together perfectly with the same goal of promoting an environment that focuses both on working out and creating a greater sense of community.

Register for up to 2 classes per week. (Limited dropins on other days for members only! **CALL AHEAD**)

Mondays, Tuesday, Wednesdays & Thursdays

10:00-10:50 am

Members Only \$0 for 7 weeks

Vinyasa Yoga

This vinyasa style yoga class will target aligning yoga postures (asanas) with the breath in order to build heat in the body. We will begin with a focus on learning the postures and proper alignment, working towards a more vigorous flow as the class progresses. Each class we will focus on alignment, strength, balance, and flexibility, ending with an extended Shavasana, or meditative rest. All levels of yogis are welcome!

- Mondays @ 5:10 - 6:10 pm
- Members \$0
- Non Members \$40 for 7 week session.

Chair Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

- Mondays @ 4:00 - 5:00 pm
- Members \$0
- Non Members \$40 for 7 week session.

Cardio Step

Join this class for a mix of step aerobics, cardio, and strength training.

Tuesday or Thursdays 5:15-6:15 pm.

Members \$0

PP \$40 for 7 weeks

Strong Nation

This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

Mondays 5:15-6:15 pm. Members \$0 PP \$40 for 7 weeks

Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Wednesday 5:15-6:15 pm.

Members \$0 PP \$40 for 7 weeks

Line Dancing

A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows.

First 30 minutes of each class reserved to focus on basic steps for those brand new to line dancing. Experienced participants may arrive at 11:30 to review their basic steps or arrive at 12 noon to begin class.

Wednesdays 11:30 - 1:00 pm.

Members \$0

PP \$40 for 7 weeks

Personal Training

With Emma E.



Personal Training

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal and small group training to help you set and meet your specific goals in order to live healthier.

Days and times subject to trainer availability.

Training	Packages	Member Price	Non Member Price
Small Group (upto 5)	Per 60 min Session	\$15/person	\$19/person
Adult/Youth (1on1)	1 hour	\$30/ 27	\$38/ 34
	4 Sessions	\$110/ 100	\$138/ 125
	6 Sessions	\$162	\$202
	8 Sessions	\$212/ 180	\$265/ 225
	12 Sessions	\$300	\$375

50% off for
30 min
sessions

Adult
Memberships
Starting at
\$26.73/mo

Financial aid available*

Gymnastics

Feb 22 - April 11
Reg begins Feb 1



Tiny Tumblers

Ages: 2 - 4 years

Parents spend 45 minutes helping their child with exploring gymnastics skills, along with gross motor and fine motor activities through instructor guided stations. **Parent participation is required for 2 year olds and optional for 3-4 year olds.** One adult per child.

Wednesdays 4:45 - 5:30 pm Fridays 5:30 - 6:15

M: \$24 PP: \$52 per 7 week session

Gym Gems

Ages: 5 & up. Levels 2 & 3

A 50 minute class designed to provide a non-competitive, achievement-oriented program of progressive skills, strength training and flexibility in a fun environment. Participants will learn skills on all 4 olympic events plus trampoline.

Mondays 4:30 - 5:20 pm Wednesdays 5:30 pm - 6:20 pm

M: \$28 PP: \$56 per 7 week session

Total Tumbling

Ages: Grades 1-6

A 50 minute class designed to provide a non-competitive, achievement-oriented program of progressive tumbling skills with emphasis on Rolls, Handstands, Cartwheels/Round offs and Handsprings.

Wednesdays 6:30 - 7:20 pm

M: \$28 PP: \$56 per 7 week session

Gymnastics Team

2021



Pre Team

Join Our Club Team Program

Ages: 5 & up. Invitation only at sole discretion of instructors.

Skill based program for all interested in reaching higher skill levels in a non competitive environment. Can be used as a precursor to entry into our traveling competitive program.

Basic Requirements. Ability to maintain task focus, handstand, cartwheel, rolls, 10 pushups, lightly assisted pull over. Based on USAG Xcel Levels bronze, silver & gold.

Tuesday & Thursdays 4:30 - 5:30 pm

M: \$48 PP: \$96 per 7 week session.

Join Our Traveling Competitive Team

Invitation or tryout only at sole discretion of coaches.

Our Competitive Gymnastics Team competes USAG Levels 3-9 & Xcel @ YMCA sanctioned events. The competitive levels are invitation or try-out only. Contact Rhonda with questions if you are interested in joining our Team.

Monday, Tuesday & Thursdays 5:00 - 7:30 pm

Members Only! Instructional fees \$75 per month. Other fees include: Y Membership, uniforms, entry fees etc...

Youth Dance

Spring I Feb 22 - Apr 11
Registration Begins Feb 1

Rev 3. 12.29.2020 BR



Kinder Groove

Kinder Grove (age 4-6)

A 45 minute class. Begin to learn the fundamentals of both **Ballet & Jazz** In a fun and engaging class filled with music and movement.

- Tuesdays @ 4:30 - 5:15 pm
- Members \$24 for 7 week session.
- Non Members \$52 for 7 week session.

**Youth
Memberships
Starting at
\$14.89/mo**

Financial aid available*

Dancer Academy

Dancer Academy - Beginner through Intermediate (Grade 1-4)

A 50 min class. Progress through both **Ballet & Jazz** fundamentals in a program designed for children to experience the joy of music and movement in a non competitive environment without costly recitals.

- Tuesdays @ 5:20 - 6:10 pm
- Members \$28 for 7 week session.
- Non Members \$56 for 7 week session.

Let's Cheer!

Let's Cheer! - (Grade 1-4)

A 50 min class. Progress through Cheerleading **Cheers, Motions & Jumps** in a program designed for children to experience the Fun and Excitement of leading the crowd.

- Tuesdays @ 6:15 - 7:05 pm
- Members \$28 for 7 week session.
- Non Members \$56 for 7 week session.

Karate

Spring I 2021
Feb 22 - Apr 11

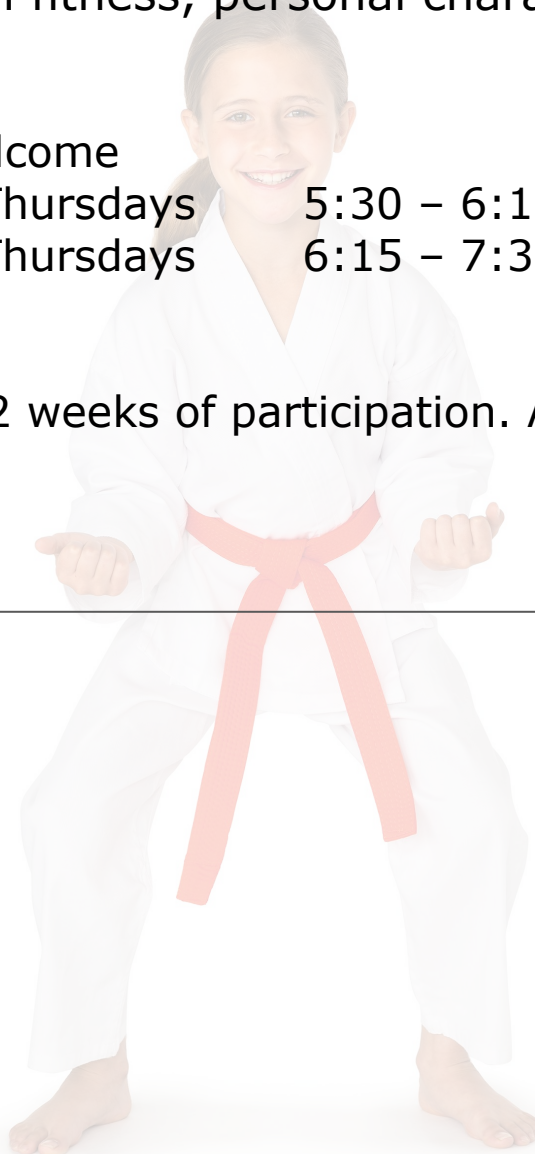


KARATE

Participants will learn self-defense techniques of Shotokan karate while building physical fitness, personal character and self-confidence.

- Ages 5 and up, Adults Welcome
- **Novice** Mondays & Thursdays 5:30 – 6:15 pm
- **Advanced** Mondays & Thursdays 6:15 – 7:30 pm
- **Members** \$40
- **Non Members** \$60
- White Ghi Required after 2 weeks of participation. Ask Instructor for details.

**Youth
Memberships
Starting at
\$15.97/mo**
Financial aid available*





**Pool
Reopening
Expected
Summer
2021**

MORE THAN JUST A GYM

Become a member!

