

# FALL 2021 PROGRAM GUIDE

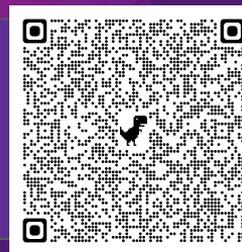
Fall 1  
Sept 13 - Oct 31

Fall 2  
Nov 1 - Dec 19



Pg. 2  
Membership  
Pg. 3 & 4  
Pool Schedule  
Pg. 5  
Fitness Schedule  
Pg. 6  
Gymnastics Schedule  
Pg. 7  
Gym/Sport Schedule

Scan with camera  
for  
Complete Guide



# REDISCOVER YOUR YMCA

419-562-6218

YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH

419-562-6218

# Our Team - Our Rates - Our Dates



## 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

## Facility Hours

Monday - Friday  
6am - 8pm

Saturday  
7am - Noon (3pm starting nov 1)

## Membership Rates

(Financial Aid Available - Prices include tax)

<b>Adult</b>	<b>\$30/mo</b>
<b>Adult Corporate</b>	<b>\$25/mo</b>
<b>Household</b>	<b>\$50/mo</b>
<b>Household Corporate</b>	<b>\$45/mo</b>
<b>Senior Adult (60 plus)</b>	<b>\$25/mo</b>
<b>Senior Couple (60 plus)</b>	<b>\$40/mo</b>
<b>Youth</b>	<b>\$15/mo</b>

No Long  
Term  
Contracts

Hold or  
Cancel  
Anytime

## Sessions/Registration

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	M 8/23 PP 8/30
Fall II	Nov 1 - Dec 19	M 10/11 PP 10/18

# Pool Reservations

- **Total Open Swim Maximum: 25 swimmers.**
- Please get token from front desk before entering.
- Program students do not need tokens.

**RESERVATIONS: Guarantee your token by calling up to two days in advance. If you cannot make your reservation please call the membership services desk to open the time to another member.**

- WALK-INS always welcome! Check with desk staff for availability.
- Lap Swimmers (16+ or Swim Team member) reserve 45 min or 90 min blocks during peak time slots.
- Lap swimmers that are more than 15 minutes late could forfeit their lane during busy sessions.
- Habitual cancellations/no-shows will result in suspension from making reservations.
- Be respectful of other members/staff and exit aquatic center promptly at the end of each session.
- Children UNDER 12 must be accompanied by an adult and have a green swim band to swim unaccompanied.
- Swim tests by appointment. Please call the Aquatics Center to schedule.
- Private and Group swim lessons are available.

PICK UP A COPY OF OUR POOL RULES & GUIDELINES FOR MORE INFORMATION.

# Swim Lessons

The YMCA of Bucyrus-Tiffin Aquatics Program is a safe, child-centered, and enjoyable way to develop swimming skills to last a lifetime.

- Members \$15
- Non Members \$40
- 1 class per week for 7 weeks.
- **Level A (6mos-18mos)**
  - Monday 6pm-620pm
- **Level B (18mos-36mos)**
  - Monday 620pm-640pm
- **Level 1 Pre-K (3y-5y)**
  - Monday 620p-640pm or 640p-700pm
- **Level 1 School Aged (5y-10y)**
  - Monday 6p-620p
- **Level 2 Pre-K (3y-5y)**
  - Monday 700p-720p
- **Level 2 School Aged (5y-12y)**
  - Monday 6p-620p or 620p-640p
- **Level 3 School Aged (5y-12y)**
  - Monday 640p-700p or 700p-720p
- **Level 4 School Aged (5y-12y)**
  - Monday 620p-640p or 640p-700p
- **Level 5/6 School Aged (7y-12y/ Pre-Swim team ability)**
  - Monday 700p-730p



# Pool Schedule October 2021



Swim Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15a-7:00a 7:00a-7:45a	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	
8:00a-8:45a	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	Lap Swim 7:15a-8:45a
8:45a-9:30a	<b>H2O Fitness</b> 2 lap lanes	Adult Lap Swim 6 lap lanes	<b>H2O Fitness</b> 2 lap lanes	Adult Lap Swim 6 lap lanes	Adult Lap Swim 6 lap lanes	
9:45a-10:30a	<b>Arthritis Fitness</b> 2 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 9:00a-11:00a
10:30a-11:15a	<b>Preschool Class</b> 2 lap lanes	Open Swim 3 lap lanes	<b>Arthritis Fitness</b> 2 lap lanes	Open Swim 3 lap lanes	<b>Arthritis Fitness</b> 2 lap lanes	
11:30a-12:15p 12:15p-1:00p	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	
1:15p-2:00p 2:00p-2:45p	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	Open Swim 3 lap lanes	
<ul style="list-style-type: none"> <li>• Upper Sandusky Swim Team M-F 3-5pm - Starting Oct 29</li> <li>• Bucyrus / Wynford Swim Teams M 5-6pm &amp; T-F 5-6:30pm - Starting Oct 29</li> </ul>						
6:00p-7:30p	<b>Swim Lessons</b> <b>Students ONLY</b>	Family Open Swim 2 lap lanes	Family Open Swim 2 lap lanes	Family Open Swim 2 lap lanes	Family Open Swim 2 lap lanes	

# Group Fitness Schedule Fall 2021 - Starting Nov 1st



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 - 9:30 am Water Fitness M \$0 PP \$65	10 - 10:45 am Have A Seat M \$0 PP \$65	8:45 - 9:30 am Water Fitness M \$0 PP \$65	10 - 10:45 am Have A Seat M \$0 PP \$65	9:45 - 10:30 am Water Arthritis M \$0 PP \$65	10:15 - 11:15 am Zumba/Strong Nation M \$0 PP \$40
9:45 - 10:30 am Water Arthritis M \$0 PP \$65	11 - 11:45 am Gentle Lift M \$0 PP \$65	10 - 10:45 am Silver Sneakers Classic M \$0 PP \$65	11 - 11:45 am Gentle Lift M \$0 PP \$65		
10 - 10:45 am Silver Sneakers Classic M \$0 PP \$65	5:15 - 6:00 pm Cardio-Step M \$0 PP \$65	9:45 - 10:30 am Water Arthritis M \$0 PP \$65	5:15 - 6:00 pm Cardio-Step M \$0 PP \$65		
4:30 - 5:45 pm Strong M \$0 PP \$65	5:30 - 6:30 pm Circuit Training M \$0 PP \$65	11:30 - 1:00 pm Line Dancing M \$0 PP \$40	5:30 - 6:30 pm Circuit Training M \$0 PP \$65		
6:30 - 7:15 pm Indoor Cycling M \$0 PP \$65		4:00 - 4:45 pm Chair Yoga M \$0 PP \$40			
		4:30 - 5:45 pm Strong M \$0 PP \$65			
		5 - 5:45 pm Yoga Flow M \$0 PP \$40			
		6:30 - 7:15 pm Indoor Cycling M \$0 PP \$65			

All Classes included with your membership.

Subject to change based on instructor availability.

Prices are for a 7 week session not per class.



# Gymnastics Schedule

## Fall 2 2021 - Starting Nov 1st

### Monday

4:30 - 5:20 pm  
Pre Team  
M \$48 PP \$96

4:30 - 5:20 pm  
Gym Gems - Age 5+  
M \$28 PP \$56

5:30 - 8:00 pm  
Team Lv 5+

### Tuesday

4:30 - 6:45 pm  
Team Lv 3-4

5:30 - 8:00 pm  
Team Lv 5+

### Wednesday

4:35 - 5:20 pm  
Tiny Tumblers - Age 2-4  
M \$24 PP \$52

5:30 - 6:20 pm  
Gym Gems - Age 5+  
M \$28 PP \$56

6:30 - 7:20 pm  
Total Tumbling - Gr 1-6  
M \$28 PP \$56

### Thursday

4:30 - 5:20 pm  
Pre Team  
M \$48 PP \$96

4:30 - 6:45 pm  
Team Lv 3-4

5:30 - 8:00 pm  
Team Lv 5+

### Friday

5:00 - 5:45 pm  
Kinder n Fit  
M \$24 PP \$52

### Saturday

Call For  
Team Prices

Prices are  
for a 7 week  
session.

419-562-6218

YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH

419-562-6218

# Gymnasium & Sports Schedule Fall 2 2021 - Starting Nov 1st



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5:30 - 6:15 pm Karate - Novice Lower Fitness Studio M \$40 PP \$60</p>	<p>8:45 - 11:45 am Pickleball Court 1-2 M \$0 PP \$20/mo</p>	<p>8:45 - 11:45 am Pickleball Court 1-2 M \$0 PP \$20/mo</p>	<p>5:30 - 6:15 pm Karate - Novice Lower Fitness Studio M \$40 PP \$60</p>	<p>8:45 - 11:45 am Pickleball Court 1-2 M \$0 PP \$20/mo</p>	<p>9:00 am - Noon Youth BB Games Court 1 &amp; 2</p>
<p>6:00 - 7:00p Youth BB Practice Court 2</p>		<p>6:00 - 7:00p Youth BB Practice Court 1</p>	<p>6:00 - 7:00p Youth BB Practice Court 2</p>		
<p>6:15 - 7:30 pm Karate - Advance Lower Fitness Studio M \$40 PP \$60</p>		<p>6:30 - 7:30p Youth BB Practice Court 1 &amp; 2</p>	<p>6:15 - 7:30 pm Karate - Advance Lower Fitness Studio M \$40 PP \$60</p>		



All other times gym is available for open play or walking.

Prices include a full 7 week session not per class.

Pickleball rate includes unlimited play per month.



## Child Care Ages 2.5 - Pre K

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

Schedule  
A Tour  
Today!



"Since I've sent my daughter to the YMCA of Bucyrus she has excelled tremendously!"



419-562-6218 YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH 419-562-6218



## Youth Sports



### FALL

Flag Football (5-11 year olds)

### WINTER

Youth Basketball (4-11 year-olds)

### SPRING

Youth Basketball (4-11 year-olds)  
Youth Volleyball (5-11 years-olds)

### SUMMER

Sports Camps - TBA

For more information: Contact Nikki, nbrooks@bucyrusymca.org to inquire about current and upcoming sports sessions and camps.

Youth  
Membership  
\$15/mo

419-562-6218 YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH 419-562-6218



## Y Outdoors

Outdoor Adventures For The Whole Family

Y Outdoors (Outdoor Adventures For The Whole Family)

When you sign up for Y outdoors the whole family can get involved. We will have ongoing classes & events throughout the whole year where anyone in the family can participate. Our outdoor experts will guide your family in learning life long skills only the outdoors can provide.

Outdoor Safety, Camping, Hiking, Physical Activity, Team Building, Archery, Water Safety, Fishing, Water Craft, Climbing, Land Nav, Plant & Wildlife Identification, and more!

- Included in your YMCA Membership.
- Some events & personal equipment may require additional fees.
- Classes, special events and there times and days will be announced as they are planned.
- A new schedule will be posted for each session.
- Follow the Bucyrus Y Outdoors facebook group to stay informed.
- Group trips, special events and classes to be scheduled throughout the year.



419-562-6218 YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH 419-562-6218



## Healthy Living

Weight Room - Wellness Center - Fitness Studio



Cardio  
Equipment

24/7  
Access  
Coming  
Soon!

Strength  
Equipment

419-562-6218 YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH 419-562-6218



Schedule  
A Tour  
Today!

# Child Care Ages 2.5 - Pre K

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



"Since I've sent my daughter to the YMCA of Bucyrus she has excelled tremendously!"



419-562-6218

YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH

419-562-6218



# Y Outdoors

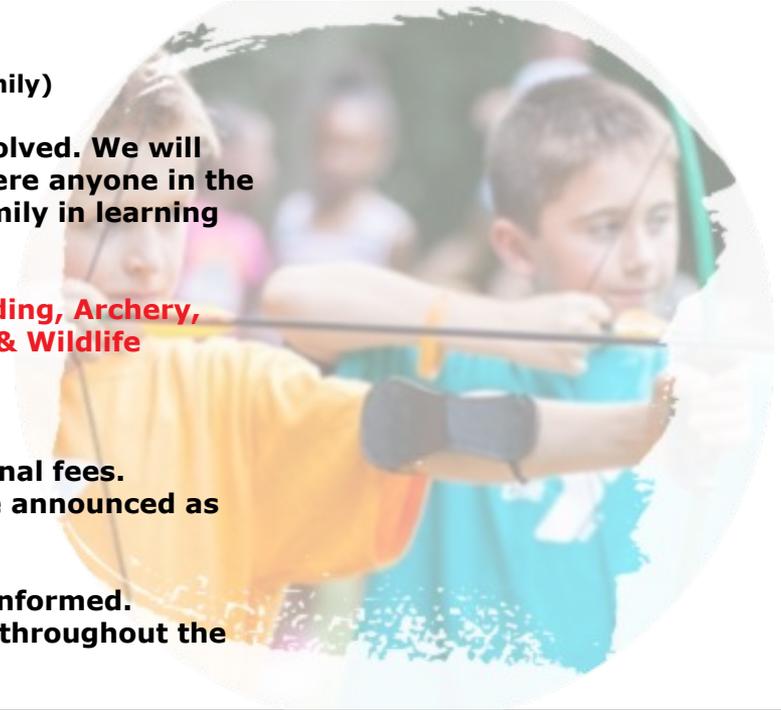
## Outdoor Adventures For The Whole Family

### Y Outdoors (Outdoor Adventures For The Whole Family)

When you sign up for Y outdoors the whole family can get involved. We will have ongoing classes & events throughout the whole year where anyone in the family can participate. Our outdoor experts will guide your family in learning life long skills only the outdoors can provide.

**Outdoor Safety, Camping, Hiking, Physical Activity, Team Building, Archery, Water Safety, Fishing, Water Craft, Climbing, Land Nav, Plant & Wildlife Identification, and more !**

- **Included in your YMCA Membership.**
- **Some events & personal equipment may require additional fees.**
- **Classes, special events and there times and days will be announced as they are planned.**
- **A new schedule will be posted for each session.**
- **Follow the Bucyrus Y Outdoors facebook group to stay informed.**
- **Group trips, special events and classes to be scheduled throughout the year.**





# PickleBall



Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a wiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players.

**Tuesday - Wednesday - Friday**  
**8:45 am - 11:45 am**

**A great game for all ages and ability levels!**  
**Fun for the entire family!**

- 3 indoor courts available for play.
- **Members \$0**
- **Non Members \$20/month.**
- **Court rentals available. Please Call.**

**Call To  
Register  
Starting  
Nov 1st**



# Healthy Living

Weight Room - Wellness Center - Fitness Studio



**Cardio  
Equipment**

**24/7  
Access  
Coming  
Soon!**



**Strength  
Equipment**



**419-562-6218**

**YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH**

**419-562-6218**

# Personal Training & Private Lessons



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.

**Private lessons are available for: Gymnastics, Swimming & Powerlifting.**

<b>Training</b>	<b>Packages</b>	<b>Member Price</b>	<b>Non Member Price</b>
<b>Small Group (upto 5)</b>	<b>Per 60 min Session</b>	<b>\$15/person</b>	<b>\$19/person</b>
<b>Private</b>	<b>1 hour</b>	<b>\$30</b>	<b>\$38</b>
	<b>4 Sessions</b>	<b>\$110</b>	<b>\$138</b>
	<b>6 Sessions</b>	<b>\$162</b>	<b>\$202</b>
	<b>8 Sessions</b>	<b>\$212</b>	<b>\$265</b>
	<b>12 Sessions</b>	<b>\$300</b>	<b>\$375</b>





# Silver Sneakers

## SilverSneakers Classic

SilverSneakers is a fitness program that is often covered by medical Insurance beneficiaries. It focuses on getting you out & about and into the gym and community to improve your health and overall well-being.

**Members** Included w/membership.  
**Non Members** \$65 for 7 weeks

## Have a Seat

Call a friend and come spend some quality time staying fit and mobile together. This is a completely seated fitness program that will be rewarding and fun with just the right amount of challenge that will keep you chipper and ready for the rest of your day.

**Members** Included w/membership.  
**Non Members** \$65 for 7 weeks

**Monday & Wednesday**  
10:00 - 10:45 am

**Tuesday & Thursday**  
10:00 - 10:45 am

Starting  
Sept  
13th

419-562-6218

YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH

419-562-6218



Senior Adult  
Membership  
\$25/mo

Often included  
with your  
health  
insurance.  
Call Your  
Provider!

## Gentle Lift Stronger Life



**Tuesdays & Thursdays**  
**11:00 - 11:45 am**

### Gentle Lift

Call a friend and come spend your morning with us while getting stronger and more mobile than you imagined being possible. This class is designed primarily for active seniors but anyone is welcome. Our fitness professionals will post weekly workouts using a variety of different equipment including machines, free weights and drills to improve your strength, mobility and balance. Our experts will be right by your side making sure you are doing everything correctly and supporting you in your choice to live a stronger life.

**Members**                      **Included w/membership.**  
**Non Members**            **\$65 for 7 weeks**



## Strong Strength Train Together

### Strong

Come Join us for posted workouts, challenges, expert advice and camaraderie to support you while getting stronger and more powerful.

The group will meet 2x per week but posted workouts will be available for when you want to train.

**Members \$0 PP \$65 for 7 weeks**

Adult  
Membership  
\$30/mo



**Monday & Wednesday  
4:30 - 5:45 pm**

419-562-6218

YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH

419-562-6218



# Line Dancing

Senior Adult  
Membership  
\$25/mo

Often included  
with your  
health  
insurance.  
Call Your  
Provider!



**Wednesdays**  
**11:30 - 1:00 pm**

## 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	Included with Membership
Non Members	\$40 for 7 weeks

# Group Fitness



## Cardio Step

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

- **Tuesdays & Thursdays**
- **5:15-6:00 pm**
- Members \$0 Non Members \$65
- 2 days/week for 7 weeks

## Circuit Training

Intro to circuit training using a combination of various equipment & techniques to build stability, endurance and strength. Ages 14+

- **Tuesdays & Thursdays**
- **5:30-6:30 pm**
- Members \$0 Non Members \$65
- 2 days/week for 7 weeks

## Zumba Strong Nation

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba and strong nation will alternate weeks throughout the session

- **Saturdays**
- **10:15-11:15a**
- Members \$0 Non Members \$40
- 2 days/week for 7 weeks

## Indoor Cycling

Indoor cycling is a group exercise class performed on stationary bikes. During the class, the instructor simulates hill-climbing, sprints, and races. It is truly a fantastic cardiovascular workout.

- **Mon & Wed**
- **6:30p-7:15p**
- Members \$0 Non Members \$40
- 2 days/week for 7 weeks

# YOGA



## Yoga Flow

Each class will focus on alignment, strength, balance, and flexibility, ending with an extended Shavasana, or meditative rest. All levels & Ages (first grade & older) of yogis are welcome!

- Wed @ 5:00 - 5:45 pm
- Members \$0
- Non Members \$40 for 7 week session.
- Children in grades 6 & under must be with an adult to participate.

## 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.

- Wed @ 4:00 - 4:45 pm
- Members \$0
- Non Members \$40 for 7 week session



Adult  
Membership  
\$30/mo



# Youth Sports



## **FALL**

Flag Football (5-11 year olds)

## **WINTER**

Youth Basketball (4-11 year-olds)

## **SPRING**

Youth Basketball (4-11 year-olds)  
Youth Volleyball (5-11 years-olds)

## **SUMMER**

Sports Camps - TBA

For more information: Contact Nikki,  
[nbrooks@bucyrusymca.org](mailto:nbrooks@bucyrusymca.org) to inquire about current and  
upcoming sports sessions and camps.

Youth  
Membership  
\$15/mo



# Kinder N Fit

## A FUN Class Filled With Interesting And Challenging Activities.

Ages 2-4 years

This class promotes early motor development skills and milestones in a structured environment. We will be working on understanding the use of various gymnastics and sport equipment and knowing the abilities of one's body.

Parents' participation required.

Includes: running, jumping, climbing, balance, rolls, weight on hands, swinging, throwing, catching, striking etc...

**Members \$24 PP \$52 for 7 weeks**



**Fridays  
5:00 - 5:45 pm**

# Gymnastics



## 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.**

- Wed 4:35 - 5:20 pm
- M: \$24 PP: \$52 per
- 1 day/week for 7 weeks.

## 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.

- Mon 4:30 - 5:20 pm
- Wed 5:30 - 6:20 pm
- M: \$28 PP: \$56 per
- 1 day/week for 7 weeks.

## 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.

- Wed 6:30 - 7:20 pm
- M: \$28 PP: \$56 per
- 1 day/week for 7 weeks.

# Competitive Gymnastics



## Pre Team

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.

Mon & Thur 4:30 - 5:20 pm    Members: \$48 Non Members: \$96 per (includes 2 practices per week for 7 weeks.)

## 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.

Levels 3 & 4	Tue & Thur	4:30 - 6:45 pm	Instructional fees \$65/mo*
Levels 5 & Platinum	Mon, Tue & Thur	5:30 - 8:00 pm	Instructional fees \$75/mo*

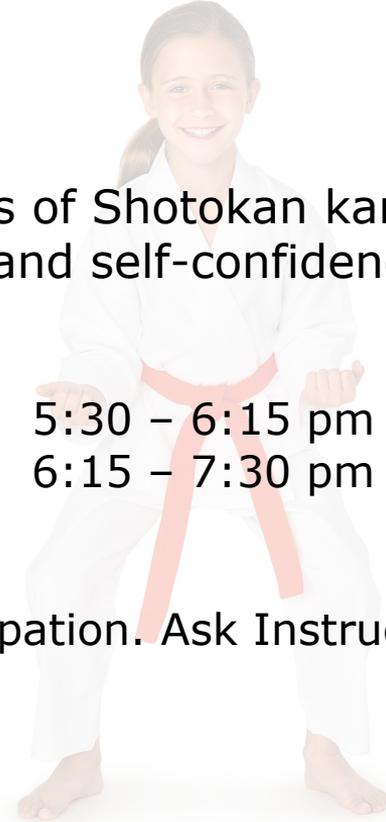
- It is important to understand that your instructional fees pay for a program and its benefits and not a specific number of practices, days or hours. Instructional fees will not be prorated.
- Competitive Team Members must be members of the YMCA in order to be eligible to compete.
- Being on the team will also require additional competition fees throughout the year such as meet entry fees and team uniform costs.
- Refer to your team handbook for all the details you will need to know when your accepted onto the team.

# 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.



# Our Mission



**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.

# 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.
- See facility age guidelines for children supervision requirements.
- 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.

## 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](mailto: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 sauna are also available, for ages 19 and over.
- See facility age guidelines for children supervision requirements.

## WELLNESS CENTER

- We Have a variety of spaces for all your fitness needs. Our lower level focuses on free weights and a group fitness studio. The Upper level combines cardio equipment, functional fitness areas, group fitness and a variety of strength training machines, barbells, dumbbells & kettle bells for your use. To schedule a Wellness Center Orientation, contact Brian at [briffle@bucyrusymca.org](mailto:briffle@bucyrusymca.org)
- See Facility Age Guidelines for children supervision requirements.

# 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.



# Age Guidelines For Facility Use

Where & Who	Facility Access	Gymnastics	Gymnasium	Pool	Wellness Centers
<b>Ages 0-7</b>	Yes with direct supervision from adult.	Yes must be enrolled in program.	Yes with direct supervision from adult.	Yes with direct supervision from adult.	No
<b>Ages 8-9</b>	Yes with adult in facility.	Yes must be enrolled in program.	Yes with adult in facility.	Yes with direct supervision from adult.	Yes with direct supervision from adult.
<b>Ages 10-11</b>	Yes with adult in facility.	Yes must be enrolled in program.	Yes with adult in facility.	Yes with adult in facility.	Yes with direct supervision from adult.
<b>Ages 12-13</b>	Yes without adult	Yes must be enrolled in program.	Yes without adult	Yes without adult	Yes after completing wellness center orientation
<b>Ages 14-17</b>	Yes without adult	Yes must be enrolled in program.	Yes without adult	Yes without adult	Yes after completing wellness center orientation



**Front Entrance  
CLOSED  
Starting Thursday Oct 14  
Please Use Side Entrance**

