



**BE HEALTHY  
BE HAPPY  
BELONG**

**2022  
Winter/Spring  
Program Guide**

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

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Membership**

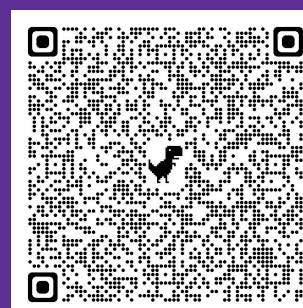
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Guide





# Our Team - Our Rates - Our Dates



## Our Management Team

**Charles Ardner**

CEO - [cardner@tiffinymca.org](mailto:cardner@tiffinymca.org)

**Paul Fortney**

VP of Operations - [pfortney@tiffinymca.org](mailto:pfortney@tiffinymca.org)

**Stacie Routzahn**

VP of Finance - [sroutzahn@tiffinymca.org](mailto:sroutzahn@tiffinymca.org)

**Brian Riffle**

Branch Director - [briffle@bucyrusymca.org](mailto:briffle@bucyrusymca.org)

**Sue Lewis**

Child Care Director - [slewis@bucyrusymca.org](mailto:slewis@bucyrusymca.org)

**Nicole Brooks**

Membership/Youth Sports Coordinator - [nbrooks@bucyrusymca.org](mailto:nbrooks@bucyrusymca.org)

## Facility Hours

Monday - Friday  
6am - 8pm

Saturday  
7am - 3pm

## 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 3 - Feb 20

M 12/13 PP 12/20

Spring I Feb 21 - Apr 10

M 1/31 PP 2/7

Spring II Apr 11 - May 29

M 3/21 PP 3/28

Summer I May 30 - July 17

M 5/9 PP 5/16

Summer II July 18 - Sept 4

M 6/27 PP 7/4

Fall Break Sept 5 - Sept 11

Fall I Sept 12 - Oct 30

M 8/22 PP 8/29

Fall II Oct 31 - Dec 18

M 10/10 PP 10/17



# Pool Schedule



	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	<b>H2O FITNESS</b> 2 lap lanes	Open Swim 9:00a-11:00a
9:45a-10:30a	<b>ARTHRITIS FIT</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 11:15a-2:30p
10:30a-11:15a	<b>PRESCHOOL CLASS</b> 2 lap lanes	Open Swim 3 lap lanes	<b>ARTHRITIS FIT</b> 2 lap lanes	Open Swim 3 lap lanes	<b>ARTHRITIS FIT</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	<b>CLOSED</b>	Open Swim 3 lap lanes	<b>CLOSED</b>	Open Swim 3 lap lanes	
3:00p-5:00p	<b>UPPER SWIM TEAM</b>	<b>UPPER SWIM TEAM</b>	<b>UPPER SWIM TEAM</b>	<b>UPPER SWIM TEAM</b>	<b>UPPER SWIM TEAM</b>	
5:00p-6:30p	<b>BUCYRUS Till 6pm</b> <b>WYNFORD Till 6pm</b>	<b>BUCYRUS</b> <b>WYNFORD</b>	<b>BUCYRUS</b> <b>WYNFORD</b>	<b>BUCYRUS</b> <b>WYNFORD</b>	<b>BUCYRUS</b> <b>WYNFORD</b>	
6:30p-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	

## IMPORTANT DATES TO REMEMBER

January 8th-Upper Swim Meet @10:00am-3:00pm

**Phone #:** 419-562-6218

**Building Hours:** Monday-Friday 6am-8pm  
Saturdays 7am-3pm

**Schedule  
Subject to  
change based  
on staffing.**



# 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
  - 6:00p-6:30p
- **Level B (18mos-36mos)**
  - Monday
  - 6:30p-7:00p
- **Level 1 Pre-K (3y-5y)**
  - Monday
  - 6:00p-6:30p
  - 6:30p-7:00pm
- **Level 1 School Aged (5y-10y)**
  - Monday
  - 7:00p-7:30p
- **Level 2 Pre-K (3y-5y)**
  - Monday
  - 6:00p-6:30p
- **Level 2 School Aged (5y-12y)**
  - Monday
  - 6:30p-7:00p
  - 7:00p-7:30p
- **Level 3 School Aged**
  - Monday
  - 6:00p-6:30p
  - 6:30p-7:00p
- **Level 4 School Aged**
  - Monday
  - 7:00p-7:30p
- **Level 5/6 School Aged**
  - Monday
  - 7:00p-7:30p



# Group Fitness Schedule



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	9 - 9:45 am CircuitTraining Advance 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 CircuitTraining Beg/intermediate M \$0 PP \$40
10 - 10:45 am Silver Sneakers Classic M \$0 PP \$65	5:15 - 6:15 pm Cardio Step M \$0 PP \$65	9:45 - 10:30 am Water Arthritis M \$0 PP \$65			
4:30 - 5:45 pm Strong M \$0 PP \$65		11:30 - 1:00 pm Line Dancing M \$0 PP \$40			
6:30 - 7:15 pm Indoor Cycling M \$0 PP \$65		4:30 - 5:45 pm Strong M \$0 PP \$65			
		5:15 - 6:15 pm Cardio Step M \$0 PP \$65			
		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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4:30 - 5:20 pm  
Pre Team  
M \$48 PP \$96

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

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

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

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

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

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

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

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

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

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

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

Call For Team  
Prices

Subject to  
change based  
on instructor  
availability.

Prices are for  
a 7 week  
session not  
per class.

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# Gymnasium & Sports Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:15 pm Karate - Novice Lower Fitness Studio M \$40 PP \$60	8:45 - 11:45 am Pickleball Court 1-2 M \$0 PP \$20/mo	8:45 - 11:45 am Pickleball Court 1-2 M \$0 PP \$20/mo	5:30 - 6:15 pm Karate - Novice Lower Fitness Studio M \$40 PP \$60	8:45 - 11:45 am Pickleball Court 1-2 M \$0 PP \$20/mo	

6:15 - 7:30 pm  
Karate - Advance  
Lower Fitness  
Studio  
M \$40 PP \$60

6:15 - 7:30 pm  
Karate - Advance  
Lower Fitness  
Studio  
M \$40 PP \$60

Pickleball rate  
includes  
unlimited play  
per month.

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

Subject to  
change based  
on instructor  
availability.

Prices are for  
a 7 week  
session not  
per class.



**Director  
Sue Lewis**

**For More  
Information**

[slewis@bucyrusymca.org](mailto:slewis@bucyrusymca.org)

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



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# 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 while 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.**
- **Follow the Bucyrus Y Outdoors facebook group to stay informed.**



# 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.

**A great game for all ages and ability levels!**

**Fun for the entire family!**

- **Tuesday - Wednesday - Friday**
- **845am - 1145am**
- **3 indoor courts available for play.**
- **Members \$0**
- **Non Members \$20/month.**
- **Court rentals available. Please Call.**





# Healthy Living

**Weight Room  
Wellness Center  
Fitness Studio  
Gymnasium  
Aquatics Center  
Gymnastics Center  
Racquetball Courts  
Coming Soon 24/7 Access**





# 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  
Fitness - Gymnastics - Martial Arts - Powerlifting.**

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

**50% Off  
30min  
Sessions**





# SilverSneakers

## 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.

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

**Members  
Non Members**

**Included w/membership.  
\$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.

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

**Members  
Non Members**

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

**Often A  
provided  
benefit thru  
your health  
insurance**

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# 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.

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

<b>Members</b>	<b>\$0</b>
<b>Non Members</b>	<b>\$65 for 7 weeks</b>

Often A  
provided  
benefit thru  
your health  
insurance

Senior Adult  
Membership  
\$25/mo





# Strong

Come Join us for posted workouts of all types, challenges, expert coaches 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.

Monday & Wednesday  
4:30 - 5:45 pm

Adult  
Membership  
\$30/mo

Ages 12+

Members  
Non Members

\$0  
\$65 for 7 weeks



# 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.



Financial  
Aid  
Available

Household  
Membership  
\$50/mo

Youth  
Membership  
\$15/mo

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# 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**

## 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.

# 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.



# Facility Age Guidelines



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