

**We have  
great  
before and  
after  
school  
care**

**2023  
FALL  
PROGRAM GUIDE  
Session Starting  
Sept 11th**

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



# MULTI BALL

## Interactive Sports Wall

Tryout the all new gaming experience multiball! This fully immersive game system will not only improve your fitness but is just **FUN FUN FUN** to play!

Throw, run, move touch, hit or kick to play. It's a great activity for individuals, families and friends of all ages.

This interactive system has a variety of games that are educational, entertaining and fitness forward. Sports include pickleball, soccer, and basketball to name a few.

It's motivational fitness technology that's fun for everyone and is included in your membership.

Visit the Y for a free trial.

**See it in  
action**







## Membership Rates

**Adult \$33/mo**

**Household \$55/mo**

**Senior Adult (60 plus) \$27/mo**

**Senior Couple (60 plus) \$42/mo**

**Youth \$17/mo**

FINANCIAL AID AVAILABLE - PRICES INCLUDE TAX  
NO CONTRACTS - HOLD OR CANCEL ANYTIME  
CORPORATE RATES AVAILABLE

## Facility Hours

**Monday - Friday 6am - 8pm Saturday 7am - 3pm**  
**24 Hour Access Available**

**Mission &  
Policy Guide**



# Sessions/Registration

Winter Jan 2 - Feb 18	M 12/5 PP 12/12
Spring I Feb 20 - Apr 8	M 2/6 PP 2/13
Spring II Apr 10 - May 27	M 3/27 PP 4/3
Summer I May 29 - July 15	M 5/15 PP 5/22
Summer II July 17 - Sept 2	M 7/3 PP 7/10
Fall Break Sept 4 - Sept 9	
Fall I Sept 11 - Oct 28	M 8/28 PP 9/5
Fall II Oct 30 - Dec 16	M 10/16 PP 10/23

## 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)

**Kristie Drown** Aquatics Director

[kdrown@tiffinymca.org](mailto:kdrown@tiffinymca.org)

**Nicole Brooks** Membership/Youth Sports Coordinator

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

**Hanna Szablewski** Human Resources Coordinator

[hszablewski@tiffinymca.org](mailto:hszablewski@tiffinymca.org)

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**Mission &  
Policy Guide**







# **Y KIDS**

## **Grade K - 12yrs**

**Before & After School Care  
Summer Child Care  
Days Off School Care**

# **YMCA CHILDCARE**

## **Ages 3 - Pre K**

### **PLAY - LAUGH - LEARN**

**For more information**  
**Director Sue Lewis**  
**[slewis@bucyrusymca.org](mailto:slewis@bucyrusymca.org)**  
**419.562.6218**





# GYMNASTICS

**Next Session Sept 11**

**Registration M 8/28 PP 9/5**

## Tuesdays

**Open Play\* (18mo-3yrs)**

• Open play is not an instructor led class. It's open play that is self lead and parent directed. A Y staff member will be present to answer questions and supervise best use of equipment.

**450p-520p**

**M \$15 PP \$30**

**Gym 1 (3yrs-preK)**

**525p-605p**

**M \$30 PP \$70**

**Gym 2 (K-2nd)**

**525p-605p**

**M \$30 PP \$70**

**Gym 2 (K-2nd)**

**610p-650p**

**M \$30 PP \$70**

**Gym 3 (3rd-4th)**

**610p-650p**

**M \$30 PP \$70**

**Gym 4 (5th+)**

**610p-650p**

**M \$30 PP \$70**

## Wednesday

**Gym 1 (3yrs-preK)**

**5p-540p**

**M \$30 PP \$70**

**Gym 2 (K-2nd)**

**5p-540p**

**M \$30 PP \$70**

**Gym 2 (K-2nd)**

**545p-620p**

**M \$30 PP \$70**

**Gym 3 (3rd-4th)**

**545p-620p**

**M \$30 PP \$70**

**Gym 4 (5th+)**

**545p-620p**

**M \$30 PP \$70**

## Team/Preteam

**Monday practice**

**PT 430-515**

**T 430-8pm**

**Wednesday open gym**

**PT/T 620-730p**

**Thursday practice**

**PT 430-515**

**T 430-8pm**

**PT M \$70 PP 90 for 7 weeks**

**T M \$80/mo**

**Register  
Online**



- Parent participation required for 18mo-3 year olds.
- Pricing is for a 7 week session.
- See Coach Rhonda for preteam/team information and pricing.

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# Program Sessions & Registration Dates

**Winter Jan 2 - Feb 18**

**M 12/5 PP 12/12**

**Spring I Feb 20 - Apr 8**

**M 2/6 PP 2/13**

**Spring II Apr 10 - May 27**

**M 3/27 PP 4/3**

**Summer I May 29 - July 15**

**M 5/15 PP 5/22**

**Summer II July 17 - Sept 2**

**M 7/3 PP 7/10**

**Fall Break Sept 4 - Sept 9**

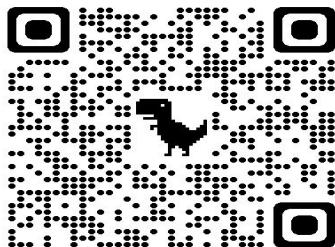
**Fall I Sept 11 - Oct 28**

**M 8/28 PP 9/5**

**Fall II Oct 30 - Dec 16**

**M 10/16 PP 10/23**

**Register  
Online**



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# Ballet

## Small Group & Private Lessons

- Available in packages of 4 lessons
- 30 or 60 min lessons
- Small Group (3-6 students) M \$65 PP \$84
- Semi Private (2 students) M \$70 PP \$89
- Private (1 student) M \$110 PP \$138
- Rates are per person
- Times and Days are scheduled with instructor
- 30 min lessons are half price
- Free 30 min Trial Lesson

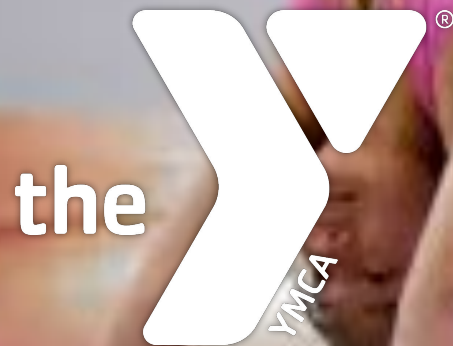
### Instructor Bio:

Erin has studied dance with ballet schools such as Cincinnati Ballet, Philadelphia Ballet, Colorado Ballet, and most recently worked with Fort Wayne Ballet. Erin is excited to be back and offering more classes in the community.

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# Gymnastics Tumble Cheer

## Small Group & Private Lessons

- Available in packages of 4 lessons
- 30 or 60 min lessons
- Small Group (3-6 students) M \$65 PP \$84
- Semi Private (2 students) M \$70 PP \$89
- Private (1 student) M \$110 PP \$138
- Rates are per person
- Times and Days are scheduled with instructor
- 30 min lessons are half price
- Free 30 min Trial Lesson

### Instructor Bios:

Brian has a over 30 years of experience in coaching gymnastics. He has coached teams from the YMCA and clubs to national events with numerous state and local champions at their respective levels. Brian specializes in beginner through high level gymnastics and tumbling.

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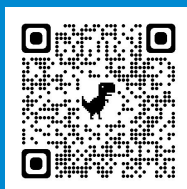
# INDOOR GOLF SIMULATOR

Spend time playing courses like Pebble Beach, Bay Hill, Firestone CC, Latrobe CC, PGA National, Pinehurst, Torre Pines and many more!

**NOW  
OPEN**

- \$20/hr or \$10/half hour
- Reserve your time at the front desk
- Members only
- Must be 19 years of age to make reservations.
- Under 19 must be with a parent/guardian
- Golf lessons available. Please contact Matt Combs "Certified Swing Instructor" at [combsgolf@gmail.com](mailto:combsgolf@gmail.com)

video



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# FITNESS SCHEDULE



## Monday

8:45-9:30a	Water Fitness	M \$0	PP \$40
9:45-10:30a	Water Arthritis	M \$0	PP \$40
10-10:45a	Silver Sneakers	M \$0	PP \$65
6:30-7:20p	Cardio Cycling	M \$0	PP \$40

## Tuesday

8:45-9:30a	Aqua Tone (self lead)	M \$0	PP \$40
10-10:45a	Have A Seat	M \$0	PP \$65
11-11:45a	Gentle Lift	M \$0	PP \$65
11:30-1:00p	Line Dancing	M \$0	PP \$40

## Wednesday

8:45-9:30a	Water Fitness	M \$0	PP \$40
9:45-10:30a	Water Arthritis	M \$0	PP \$40
10-10:45a	Silver Sneakers	M \$0	PP \$65
6:30-7:20p	Cardio Cycling	M \$0	PP \$40

## Thursday

8:45-9:30a	Aqua Tone (self lead)	M \$0	PP \$40
10-10:45a	Have A Seat	M \$0	PP \$65
11-11:45a	Gentle Lift	M \$0	PP \$65
5:45-6:35p	Pilates	M \$0	PP \$40

## Friday

8:45-9:30a	Water Fitness	M \$0	PP \$40
9:45-10:30a	Water Arthritis	M \$0	PP \$40

## Saturday

9:00-10:00a	Cardio Drumming	M \$0	PP \$40
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**\$5 Late  
Registration  
Fee**

**Subject to  
change  
based on  
instructor  
availability.**

**Prices are  
for a 7 week  
session not  
per class.**

**Register  
Online**





# SIGN UP TODAY!!!



**24 HOUR  
ACCESS**  
**YOUR HEALTH  
ON YOUR TIME**

**\$25 Startup Fee**

**Annual Fees Starting June 2023:**

**Household \$50  
Couple \$40  
Adult \$20**



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# PILATES

**Next session begins Sept 11  
Thur 5:45-6:35p**

Pilates is a great core workout for anyone looking to improve strength, posture, and flexibility. At the end of your workout, you will feel taller and energized, not exhausted.

**Members \$0 Register Aug 28  
Non Members \$40 Register Sept 5**

## Instructor Bio:

Erin is Power Pilates certified in both Basic and Intermediate Mat. She is also a trained ballet dancer. Born and raised in Galion, she is excited to be back and offering more classes in the community.

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**\$5 Late  
Registration  
Fee**

**Register  
Online**







# Cardio Cycling

## Next Session Sept 11

**Monday & Wednesday 6-715p**

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. You will be kept motivated by the instructor, the people around you, and the music. Get prepared for a workout! Water and towels are a must!

**Register  
Online**



**Members \$0  
Non Members \$40**

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# CARDIO DRUMMING

**Next Session Sept 11**

**Saturdays 9-10a**

**A drumming and dancing workout for  
the entire body that reduces stress and  
increases mental balance.**

**Members \$0  
Non Members \$40**

**Register  
Online**



**\$5 Late  
Registration  
Fee**

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# AQUATONE

## Water Exercise

### Deep/Shallow

**Next Session Sept 11**  
**Tuesday or Thursday**  
**845-930am**

**Members \$0**  
**Non Member \$40 / 7wk session**

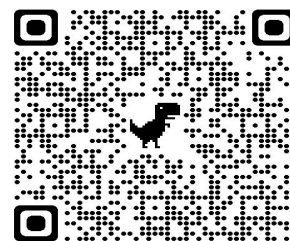
**Leave Refreshed, Stretched**  
**and Energized**

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Self directed  
class due to  
Lifeguard  
availability



**Register  
Online**



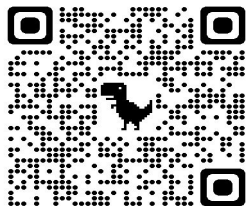


# Karate

**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**
  - **Tuesday & Thursdays**
  - **5:30–6:15p**
- **Advanced**
  - **Tuesday & Thursdays**
  - **6:15 – 7:30p**
- **Members \$40**
- **Non Members \$60**
- **White Ghi Required after 2 weeks of participation. Ask Instructor for details.**

**Register  
Online**



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT LAP SWIM 6:15am-7:45am	ADULT LAP SWIM 6:15-7:45	ADULT LAP SWIM 6:15-7:45	ADULT LAP SWIM 6:15-7:45	ADULT LAP SWIM 6:15-7:45	ADULT LAP SWIM 7:15am-8:45am
OPEN SWIM 8:00am-8:45am	OPEN SWIM 8:00am-8:45am	OPEN SWIM 8:00am-8:45am	OPEN SWIM 8:00am-8:45am	OPEN SWIM 8:00am-8:45am	OPEN SWIM 9:00am-10:45am
H2O FITNESS 8:45am-9:30am	OPEN SWIM 8:45am-9:30am	H2O FITNESS 8:45am-9:30am	OPEN SWIM 8:45am-9:30am	H2O FITNESS 8:45am-9:30am	OPEN SWIM 11:00am-12:15pm
LAP SWIM (2 LANES) 8:45am-9:30am	OPEN SWIM 9:45am-11:15am	LAP SWIM (2 LANES) 8:45am-9:30am	PRESCHOOL SWIM 9:45am-11:15am	LAP SWIM (2 LANES) 8:45am-9:30am	OPEN SWIM 12:30pm-2:30pm
ARTHRITIS FITNESS 9:45am-10:30am	OPEN SWIM 11:30am-1:00pm	ARTHRITIS FITNESS 9:45am-10:30am	OPEN SWIM 11:30am-1:00pm	ARTHRITIS FITNESS 9:45am-10:30am	
LAP SWIM (2 LANES) 9:45am-10:30am	OPEN SWIM 1:15pm-2:45pm	LAP SWIM (2 LANES) 9:45am-10:30am	OPEN SWIM 1:15pm-2:45pm	LAP SWIM (2 LANES) 9:45am-10:30am	
OPEN SWIM 10:30am-11:15am	OPEN SWIM 3:00pm-5:30pm	OPEN SWIM 10:30am-11:15am	OPEN SWIM 3:00pm-5:30pm	OPEN SWIM 10:30am-11:15am	
OPEN SWIM 11:30am-1:00pm	OPEN SWIM 5:45pm-7:30pm	OPEN SWIM 11:30am-1:00pm	OPEN SWIM 5:45pm-7:30pm	OPEN SWIM 11:30am-1:00pm	
OPEN SWIM 1:15pm-2:45pm		OPEN SWIM 1:15pm-2:45pm		OPEN SWIM 1:15pm-2:45pm	
OPEN SWIM 3:00pm-5:15pm		OPEN SWIM 3:00pm-5:15pm		OPEN SWIM 3:00pm-5:15pm	
CLOSED 5:30pm-7:30pm		OPEN SWIM 5:45pm-7:30pm		OPEN SWIM 5:45pm-7:30pm	

**PHONE#: 419-562-6218**

**BUILDING HOURS: M-F 6am-8pm Saturday: 7am-3pm**

**[www.bucyrustiffinyymca.org](http://www.bucyrustiffinyymca.org)**



**SWIM LESSONS**  
**September 11-October 28**

**Registration Dates**

**Members: August 28**

**Non-Members: September 5**

**\$5 LATE FEE WILL APPLY FOR LATE REGISTRATIONS**

**Members: \$20 / Non-Members: \$50**

Level A/B (6mos-3yrs).....Mondays 5:30-6:00pm

Level 1+ With Adult (3-5yrs).....Mondays 6:00-6:30pm

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Level 1-Water Acclimation (3-5yrs).....Mondays 5:30-6:00pm

Level 1-Water Acclimation (5-12yrs).....Mondays 6:00-6:30pm

Level 1-Water Acclimation (3-5yrs).....Mondays 6:30-7:00pm

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Level 2-Water Movement (5-12yrs).....Mondays 6:30-7:00pm

Level 2-Water Movement (3-5yrs).....Mondays 7:00-7:30pm

Level 2-Water Movement (5-12yrs).....Mondays 7:00-7:30pm

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Level 3-Water Stamina (DEEP END).....Mondays 6:00-6:30pm

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Level 4-Stroke Introduction (PRESWIM TEAM).....Mondays 6:30-7:00pm

Level 5/6-Stroke Development/Mechanics.....Mondays 7:00-7:30pm