



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER™



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Guide



SUMMER PROGRAM GUIDE

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 - 3pm

Membership Rates

(Financial Aid Available - Prices include tax)

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

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



JOBS THAT MAKE A LASTING IMPRINT NOW HIRING

**Pre K Child Care
Before & After School Care
Life Guards
Front Desk
Gymnastics**

To Apply!

hszablewski@tiffinymca.org

419-562-6218

**YMCA of
Bucyrus-Tiffin
Bucyrus Branch**

Benefits

**Individual
Membership**

Flexible Hours

**Rewarding Work
Environment**





BUCYRUS YMCA

JUNE POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15a-7:00a 7:00a-7:45a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00a-8:45a	Lap Swim & 3 lap lanes	Lap Swim & 3 lap lanes	Lap Swim & 3 lap lanes	Lap Swim & 3 lap lanes	Lap Swim & 3 lap lanes	Lap Swim 7:15a-8:45a
8:45a-9:30a	H2O FITNESS & 2 lap lanes	Lap Swim & 3 lap lanes	H2O FITNESS & 2 lap lanes	Lap Swim & 3 lap lanes	H2O FITNESS & 2 lap lanes	Open Swim 9:00a-10:30a
9:45a-10:30a	ARTHRITIS CLASS & 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 10:45a-12:15p
10:30a-11:15a	PRESCHOOL CLASS & 2 lap lanes	Open Swim & 3 lap lanes	ARTHRITIS CLASS & 2 lap lanes	Open Swim & 3 lap lanes	ARTHRITIS CLASS & 2 lap lanes	Open Swim 12:30p-1:15p
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	Open Swim 1:30p-2:30p
1:15p-2:00p 2:00p-2:45p	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
3:00p-3:45p	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
4:00p-4:45p 4:45p-5:30p	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	
5:45p-7:30p	Swim Lessons Students ONLY Starts at 5:30p	Open Swim & 3 lap lanes	Open Swim & 3 lap lanes	Open Swim & 3 lap lanes	Open Swim & 3 lap lanes	

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

www.bucyrustiffinymca.org

Phone #: 419-562-6218

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



SUMMER 1 SESSION (May 30–July 17)

CLOSED

**May 30 (Memorial Day)
&
July 4 (4th of July)**

MEMBERS: \$15

NON-MEMBERS: \$40

Level A/B-Discovery/Exploration (6mos-36mos).....Mondays 5:30-6:00pm

Level A/B-Discovery/Exploration (6mos-36mos).....Mondays 6:00-6:30pm

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

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

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

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

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

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

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

Level 3-Water Stamina.....Mondays 7:00-7:30pm

Level 4-Stroke Introduction.....Mondays 6:30-7:00pm

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

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 Circuit Training 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 - 6:15 pm Cardio Step M \$0 PP \$65	9:45 - 10:30 am Water Arthritis M \$0 PP \$65	5:15 - 6:15 pm Glute Camp M \$0 PP \$40		
12:15 - 12:45 pm Circuit Training M \$0 PP \$40		11:30 - 1:00 pm Line Dancing M \$0 PP \$40			
4:30 - 5:45 pm Strong M \$0 PP \$65		12:15 - 12:45 pm Circuit Training M \$0 PP \$40			
6:30 - 7:15 pm Indoor Cycling M \$0 PP \$40		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 \$40			

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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1:00 -4:00 pm
Team
\$65

4:10 - 5:00 pm
Pre Team
M \$48 PP \$96

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

6:30 - 7:20 pm
Team Open
Tumble

1:00 -4:00 pm
Team Team
\$65

4:10 - 5:00 pm
Pre Team
M \$48 PP \$96

Call For Team
Prices

Subject to
change based
on instructor
availability.

Prices are for
a 7 week
session not
per class.

YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH

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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.



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



YMCA OF BUCYRUS-TIFFIN BUCYRUS BRANCH

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Y KIDS

Grades K - 12 years

the

YMCA

YMCA BEFORE & AFTER SCHOOL CARE SUMMER CHILDCARE DAYS OFF SCHOOL CARE

For More Information: Director Sue Lewis slewis@bucyrusymca.org

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



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER SWIM CONDITIONING

MAY 21

9:00AM-11:00AM



Swimmers looking to try
competitive swimming,
Here's your opportunity!

- Freestyle, backstroke, breast-stroke , and butterfly technique.
- Starts & Turns
- Dryland
- Meal Plans

Learn from our certified
professionals how you can take
your performance to the next level!

Sign up Today!

**Register by
Thursday
May 19th**

**Must be able
to swim 50 yards
freestyle and
backstroke**

**1655 Southern Ave.
Bucyrus, OH 44820**

419-562-6218

**Or email: CoachMarcus@
tiffinymca.org**



THE WORLD IS 71% WATER

Let the Y teach your kids safety around it!

**YMCA of Bucyrus-Tiffin:
Bucyrus Branch
419-562-6218**

**Or email
kdrown@tiffinymca.org
FOR MORE INFO**

Safety Around Water-(S.A.W.)

Three day course for 5-11 year olds

May 31-June 2

9a-10a OR 10a-11a

Members: \$10

Reciprocity Members: \$12

Non Members: \$15

REGISTER BY MAY 28TH!



Ohio Mutual 5K Fun Run/Walk

**Hosted By
Bucyrus YMCA**

**Sat. June 4 2022
Check In @ 9am**

**Register by
May 30th**

**Cost: \$10
Same day \$15**

419-562-6218





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**

Members	\$0
Non Members	\$65 for 7 weeks

Often A
provided
benefit thru
your health
insurance

Senior Adult
Membership
\$25/mo

**Strong - Strength & Performance Training
For Grades 5 and up**



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**

**Youth
Membership
\$15 per month**

**Hold or Cancel
ANYTIME!**

Members	\$0
Non Members	\$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)

SUMMER

Sports Clinics - TBA

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



Financial
Aid
Available

Household
Membership
\$50/mo

Youth
Membership
\$15/mo

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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.

See Class Schedule for days, times and pricing

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.

See Class Schedule for days, times and pricing

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.

See Class Schedule for days, times and pricing

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.

See gymnastics schedule for days, times and pricing.

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.

See Class Schedule for days, times and pricing.

- 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

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
- 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
Ages 0-7	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
Ages 8-9	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.
Ages 10-11	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.
Ages 12-13	Yes without adult	Yes must be enrolled in program.	Yes without adult	Yes without adult	Yes after completing wellness center orientation
Ages 14-17	Yes without adult	Yes must be enrolled in program.	Yes without adult	Yes without adult	Yes after completing wellness center orientation