

YMCA of Bucyrus—Tiffin: Tiffin Branch
180 Summit Street
Tiffin, Ohio 44883
(P): (419) 447-8711 (F): (419) 447-8704

YMCA HOURS:

MONDAY-FRIDAY 5:00AM-8:00PM
SATURDAY 7:00AM-3:00PM

*Please check the Membership Desk, our social media outlets or our website for the current pool schedule.

Child Watch Hours:

Monday-Friday 9:00am—11:00am

Monday-Thursday 5:00pm-8:00pm

We gladly welcome all children between the ages of 6 weeks and 8 years old.

Our Mission:

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



YMCA OF BUCYRUS-TIFFIN: TIFFIN BRANCH

WINTER 1 PROGRAM GUIDE

Winter 1

January 6-
February 22

M: December 9
PP: December 16

Meet The Staff

Charles “Buster” Ardner—Chief Executive Officer

cardner@tiffinymca.org

Jillian Shaferly—Executive Director

jshaferly@tiffinymca.org

Angie Lambert—Child Care Coordinator

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Carrie Smith—Fitness Coordinator

csmith@tiffinymca.org

Kristie Drown—Aquatics Director

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Paul Fortney—Vice President of Operations

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Stacie Routzahn—Vice President of Finance

srouzahn@tiffinymca.org

Kimberly Clark—HR Coordinator

kclark@tiffinymca.org

Tumbling & Gymnastics Team

Tumbling

Tumbling-1 (6-16 years old)

Monday 4:15pm (MAX 4)

M: \$42 PP: \$84

This class is designed for children who are working to gain basic tumbling skills on the floor. This class will work on the shapes, vocabulary and drills needed to advance to Tumbling-2 No previous experience needed to join this class. 55 min class

Tumbling-2 (6-16 years old)

Monday 4:15pm (MAX 4)

M: \$42 PP: \$84

This class is designed for children who are working to gain basic tumbling skills on the floor. This class will work on the shapes, vocabulary and drills needed to advance to Tumbling-3. No previous experience needed to join this class. 55 min class

Tumbling-3 & Tumbling 4 (6-16years old)

Monday 4:00pm (MAX 8)

M: \$42 PP: \$84

This class is designed for those who have successfully advanced from the Tumbling-2 or Tumbling-3 evaluation.

MEMBERSHIP PRICES

HOUSEHOLD

MONTHLY
\$55

CORPORATE RATE: \$50

ADULT

MONTHLY
\$33

CORPORATE RATE: \$28

YOUTH

MONTHLY
\$17

SENIOR ADULT

MONTHLY
\$27

SENIOR COUPLE

MONTHLY
\$42

- PAYMENT OF PRORATED 1ST MONTH DUES AND A \$30 JOIN FEE IS DUE AT THE TIME OF JOINING THE Y.

MEMBER CODE
OF CONDUCT



Competitive Gymnastics

PRE-COMPETITIVE PROGRAM

Pre-Team : Our precompetitive program preparing gymnast for the Gymnastics Team someday. Contact Darcy dzimmerman@tiffinymca.org if your gymnast is interested in being on Pre-Team someday!

TIFFIN YMCA ZERO GRAVITY GYMNASTICS TEAM

Competitive Gymnastics Team competes USAG Levels 3-9 & Xcel. Team practices on various days including Tuesdays and Thursdays! You are welcome to come and watch a practice!

The pre-competitive and competitive programs are invitation or try-out only.

Gymnastics Extras

PRIVATE & SEMI-PRIVATE LESSONS OR BUILD YOUR OWN CLASS

Need more practice or would you like to get that “back handspring”? We offer private lessons and semi-private lessons! Minimum of four enrolled to run BYOC. Prices vary depending on the needs of the class. Great for cheer squads to gain tumbling skills too!

Gymnastics Rentals

Did you know you can rent the Gymnastics Center for Birthday parties, or for your cheer team? Contact Christina for pricing and more information!

Email: cescoabar@tiffinymca.org

Gymnastics Classes

Toddler through Kindergarten Gymnastics

Parent-Tot #1 and #2- COMBO: AGES 18 MONTHS-3 YEARS

Wednesday 5:00pm(10 MAX) 5:35pm(10 MAX) 6:05pm(10 MAX)

Saturday 9:00am(10 MAX)

M: \$22 PP: \$44

Parents spend 30 minutes helping their child with exploring gymnastics skills, along with gross motor and fine motor activities through instructor guided stations.

Parent participation is a must! One adult per child.

Tiny 4's (4years old)

Monday 5:00pm(6 MAX)

Wednesday 6:00pm(6 MAX)

Saturday 9:00am (6 MAX)

M: \$22 PP: \$44

This 30 minute gymnastics class encourages more independence with an instructor and structure to prepare them for Mini-5's.

Mini 5's (5years old)

Monday 5:15pm(6 MAX)

Wednesday 5:15pm(6 MAX)

M: \$32 PP: \$64

40 Minute Class. Instructor guided class with age appropriate structure and station work on all four gymnastic events.

Youth Progressive Gymnastics

Gymnastics-1 (6-16years old)

Monday 5:30pm pm(12 MAX)

Wednesday 4:30pm(8 MAX)

Saturday 9:30am(8 MAX)

M: \$42 PP: \$84

USAG Level 1 based gymnastics skills. No previous gymnastic experience required.

Must be 6-16 years of age or pre-approved by Gymnastics Coordinator to join class! 55 Minute class.

Gymnastics-2 (6-16years old)

Monday 6:00pm(8 MAX)

Wednesday 5:30pm(8 MAX)

Saturday 9:30am (8 MAX)

M: \$42 PP: \$84

USAG Level 1-2 based gymnastics skills. Class is for children who have successfully advanced from the Gymnastics-1 level. 55 Minute class.

Gymnastics-3 (6-16years old) & Gymnastics-4 (6-16years old) *COMBO*

Monday 6:30pm(10 MAX)

M: \$42 PP: \$84

USAG Level 2-3 based gymnastics skills. Class is for children who have successfully advanced from the Gymnastics 2 level class. 55 minute class.

NOW HIRING:

**LIFEGUARDS!
SWIM INSTRUCTORS!
AQUATIC FITNESS INSTRUCTORS!**

Email HR at hr@tiffnymca.org
to apply!

BURST + AI CHI FITNESS with Sandi

30 minute BURST of high intensity water aerobics followed by 45 minutes of AI CHI FITNESS for balance in strength and relaxation movements.

T/TH 8-9:15am

TH 6:15-7:15pm

RHYTHM + WAVES with Marlon (POP UP CLASSES)

60 minutes of an up-tempo cardio and strength training class in the pool.

DEC 6th 6:30-7:30pm

DEC 10th 6:30-7:30pm



American Red Cross Adult and Pediatric First Aid/CPR/AED

12/30

12:00pm-2:00pm

requires the completion of the Adult First Aid/CPR/AED Online Class

Youth Sports

BASKETBALL

Offered in Fall & Winter

BASEBALL

Offered in Summer

CROSS COUNTRY

Offered in Fall

FLAG FOOTBALL

Offered in Fall

SOCCER

Offered in Fall & Spring



24 HOUR ACCESS NOW AVAILABLE

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DESK FOR
MORE
INFORMATION

YOUR HEALTH ON YOUR TIME

- 24-Hour Access to Fitness Center and Feildhouse
- Available to Members 19+ (Some restrictions do apply)
- \$25 start up fee and a \$25 annual fee
- Starting November 16, 2020



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Swim Lessons

Personal Training



YMCA MEMBER PRICING:

- 1 1-hour session \$30.00
- 4 1-hour sessions \$110.00
- 6 1-hour sessions \$162.00
- 8 1-hour sessions \$212.00
- 12 1-hour sessions \$300.00

GROUP TRAINING: \$15.00 per hour session for each group member. No packages available. (2-3 people, must organize own group)

PROGRAM DESIGN- \$150.00

(4) 1 hour sessions with one of our certified personal trainers followed by a sit down consultation where you will receive 4 more personally designed workouts. 8 workouts in all.

NON-MEMBER PRICING: 25% mark up from member pricing.

Are you interested in one-on-one instruction with our certified personal trainers? Carrie will customize your workouts and design them to help you reach your wellness goals.

The pool will close for swim lessons if severe weather or a thunderstorm is present in the area. Make up lessons will not be available. Group swim lessons are for ages 6 months to 12 years old.

Members: \$25 Program Participants: \$55

SWIM STARTERS: PARENT & CHILD LESSONS

LEVEL A/ LEVEL B: Water discovery introduces infants and toddlers to the aquatic environment. And focuses on exploring body positions, blowing bubbles, and fundamental safety and skills. Parent participation is a must! One adult per child. 30 minute class

Ages 6months-36 months: Mon or Wed 5:30pm (MAX 10)

SWIM BASICS: Recommended skills for all to have around water. Instructor led; encouraging independence & listening skills.

LEVEL 1: Water Acclimation increases comfort with underwater exploration and introduces basic self rescue skills preformed with assistance. Must be able to hold onto a pool wall. 25 minute class.

PreK+ Parent: Mon or Wed 6:30pm(MAX 5)

PreK: Mon or Wed 6:00pm or 6:30pm(MAX 5)

Youth: Mon or Wed 7:00 (MAX 5)

LEVEL 2: Water Movement encourages forward movement in the water and basic self-rescue skills preformed independently. Must be able to submerge face in water. 25 minute class.

PreK: Mon or Wed 6:00pm (MAX 5)

Youth: Mon or Wed at 6:30pm and 7:00pm (MAX 5)

LEVEL 3: Water Stamina develops intermediate self-rescue skills preformed at longer distances than in previous stages. Must be able to front float, back float & swim 25 years. 25 minute class.

Youth Mon or Wed at 6:30pm in the Main Pool (MAX 5)

LEVEL 4/5: Stroke Introduction introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke. Stroke Development introduces breaststroke and butterfly while reinforcing water safety trough treading water and side stroke. Stroke Mechanics refines stroke technique on all major competitive strokes.

Youth (Mon or Wed at 6:30pm (MAX 5)

Non-Progressive Fitness Classes

M: FREE

PP: \$ 10 PER CLASS DROP IN FEE

Cardiotone (Shena)

Monday 5:30pm-6:30pm

Good for health seekers of ALL fitness levels. Warm up with some cardio choreography, then move right to the best heart-pumping kickboxing moves and music to get that energy and calorie burn going. Each class will also incorporate different toning/ strengthening and stretching exercises to take your workout to the next level.

Cardiotone Drumming (Shena)

Wednesday 5:30pm-6:30PM

This one hour workout features drumming choreography/dance while incorporating the use of drumsticks, a ball, and a bucket to a variety of music followed by strength training/toning exercises. Class ends with a cool down to stretch muscles and relax. This class is ideal for all fitness levels, and modifications are provided.

Early Bird Challenge (Carrie/Jessica)

M-F 5:00am-6:00am

M/W/F 6:00am-7:00am

Interval training sequences containing high and low intensity exercises. This class will build cardiovascular fitness while improving muscular strength, flexibility and endurance. People are challenged to push to their limits and walk out feeling strong.

Fit 4 Life (Bruce)

Monday/Wednesday/Friday 9:00am-10:00am

40 min of low impact aerobics followed by 20 min of strength, balance and stretching exercises all to the beat of classic oldies music. For active older adults and the young at heart.

Gentle Lift (Carrie)

Tuesday/Thursday 9:30am-10:00am

Light strength training circuits for our active older adults looking to improve overall strength, balance and stability through active lifting and functional movements.

HIIT Strong (Jessica)

Thursday 6:00-7:00pm

A total body strength and cardio HIIT style format incorporating tabata, AMRAP (as many reps as possible) and EMOM (every minute on the minute). Using weights, bands, body weight and cardio intervals to strengthen and tone major muscle groups. For ALL fitness levels.

Latin Fusion (Sandra)

Tuesday 5:45-6:45pm

2nd & 4th Saturdays each month 9-10am

A mix of Latin, international, and pop music and rhythms. A cardio fitness dance class designed to get everyone moving, combining various dance styles such as Salsa, Merengue and Cumbia, along with aerobic and contemporary elements. Whether you're a seasoned dancer or a beginner, this is a class for all levels to come and have a great time while being active.

Lunchtime Express @ SW (Carrie)

Wednesday 11:15pm- 11:45pm

A lunchtime total body resistance workout guaranteed to give you that midday boost.

Lunchtime Power Cycle @ SW (Carrie)

Tuesday/Thursday 12:15pm-12:45pm

This quick 30 min high energy workout will take your body through a mix of sprints, jumps, endurance riding and hill climbing all while pushing yourself to motivational music and instruction.

Power Cycle (Carrie)

Friday 9:15 am-10:00am

This high energy workout will take your body through a mix of sprints, jumps, endurance riding, and hill climbing all while pushing yourself to motivational music and instruction.

Total Body Fix (Hanna)

Monday/Wednesday/Friday 9:00am-10:00am

Formatted for all skill levels, this full body workout uses circuit style stations and gives participants the ability to sculpt, tone and burn to the level desired in a dynamic group setting.

Progressive Fitness Classes

(THESE CLASSES REQUIRE REGISTRATION AND HAVE A SMALL FEE)

M: \$ 10 FOR A 7 WEEK SESSION OR \$ 3 PER CLASS DROP IN FEE

PP: \$ 10 DROP IN FEE PER CLASS OR \$ 50 FOR THE SESSION

Pietra Fitness (Kim)

Thursday 8:30am-9:30am

A flow style class in which you move from pose to pose, while pausing at times with moments of meditation. This class is designed to improve muscular strength, range of motion, posture and stability.