

TIFFIN COMMUNITY YMCA

180 SUMMIT STREET

TIFFIN, OHIO 44883

(P): 419-447-8711 (F): 419-447-8704

WWW.TIFFINYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HOURS:

MONDAY-FRIDAY 5:00AM-9:30PM

SATURDAY 7:00AM-5:00PM

SUNDAY 1:00PM-5:00PM

Check the pool schedule located online and at the Membership desk for open swim times.

Child Watch Hours:

Monday-Friday 8:45am-Noon

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

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

LOOKING FOR A SPACE TO HOST YOUR MEETING OR PARTY?
VISIT WWW.TIFFINYMCA.ORG TO VIEW OUR ROOM RENTALS & PRICES.
WE OFFER PRIVATE ROOM, POOL, GYMNASISTICS & GYM RENTALS.

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



Fall I

September 9th - October 27th

Registration Dates:

M: August 26th PP: September 2nd

Fall II

October 28th - December 15th

Registration Dates:

M: Oct. 15th PP: Oct. 21st

Meet the Staff

Charles "Buster" Ardner—Chief Executive Officer

cardner@tiffinymca.org

Jillian Shaferly—Associate Executive Director—Tiffin Branch

jshaferly@tiffinymca.org

Deena Smith—Associate Executive Director—Bucyrus Branch

dsmith@tiffinymca.org

Paul Fortney—Associate Vice President of Operations

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Stacie Routzahn—Associate Vice President of Finance

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Amanda Johnson—Child Care Director

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Ryan Huss—Membership Coordinator and Youth Sports Coordinator

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Kristie Drown—Aquatics Coordinator

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Becky Bohn—Gymnastics Coordinator

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Angie Lambert—Child Care Coordinator

alambert@tiffinymca.org

Carrie Smith—Fitness Coordinator

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Personal and Group Training Packages

One-on-one instruction with one of our YMCA certified personal trainers. YMCA trainers may choose to hold training sessions at Heidelberg's Saurwein Wellness center or the YMCA. You should schedule the time, place and frequency with the trainer. One-on-one training for extended injury or surgery recovery following a doctor care or physical therapy. Some trainers have extended certifications addressing special circumstances. All personal training is paid at the front desk.

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.

Non-Member pricing is \$50.00 per session.

(No packages available for groups or non members)

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.

PERSONAL/GROUP PILATES 1 HOUR SESSIONS

Individual or small group mat Pilates with a certified Pilates instructor. Perfect for beginners, advanced or those wishing to concentrate on form and techniques.

YMCA Member pricing:

1	1hour session	\$20.00
4	1hour sessions	\$70.00
8	1hour sessions	\$120.00

GROUP TRAINING: \$10.00 per hour session for each group member.

Non-Member pricing is \$30.00 per session.

(No packages available for groups or non members)

YOUTH PERSONAL TRAINING

Personal exercise program designed for young members. Trainers have extended certifications with a focus on young exercisers.

YMCA Member pricing:

1	1 hour session	\$27.50
4	1 hour sessions	\$100.00
8	1 hour sessions	\$180.00

GROUP TRAINING: \$15.00 per hour session for each group member.

Non-Member pricing is \$40.00 per session.

(No packages available for groups or non members)

Progressive Fitness Classes

Registration and payment is **REQUIRED** for all Progressive Fitness classes.

Early Bird Challenge

Monday-Friday 5:00-6:00am

M: 2 day-\$25 3 day-\$35 4 day-\$45 5 day-\$55 PP: \$80

Join in a vigorous whole body workout that leaves you with a sense of accomplishment upon completion!

Intermediate Pilates

Monday/Wednesday 5:30-6:30pm

M: 1 day-\$5 2 day-\$10 PP: \$80

Taking your basic knowledge of Pilates to the next level by building on existing core strength with challenging Pilate's exercises and flows.

Pilates/Yoga Blend

Wednesday 6:45pm-7:45pm

M: \$5 PP: \$80

An equal blend of yoga and pilates focused on building strength and flexibility while calming the mind.

Membership Pricing

	Monthly Base Rate	Monthly Tax	Monthly Total	Annual Base Rate	Annual Tax	Annual Total
Youth	14.89	1.08	15.97	178.68	12.95	191.63
Adult	31.86	2.31	34.17	382.32	27.72	410.04
Sr. Adult	24.92	1.81	26.73	299.04	21.68	320.72
Sr. Couple	36.51	2.65	39.16	438.12	31.76	469.88
Family	48.08	3.49	51.57	576.96	41.83	618.79

Corporate Partners

- American Fine Sinter
- Ballreichs
- City of Tiff
- Green Bay Packaging
- Heidelberg
- Hopewell-Loudon Schools
- Mercy Hospital
- Mohawk Schools
- National Machinery
- NCOESC
- Quick Tab II
- Concordance Healthcare Solutions
- St. Francis
- Taiho
- Tiffin City Schools
- Tiffin University
- Toledo Molding & Die
- Webster Industries
- Ameriwood
- Arnold Machine
- Autmnwood
- Beerco
- Best Break
- Blanchard Valley
- Camden Falls/Carmie's Sports
- Church & Dwight
- Clergy of Seneca County
- Clouse Construction
- Coopertire
- ECI
- ESC & BK Home Medical
- Fabrizios-FABrehab Services, L.L.C.
- Farm Bureau
- Firelands Counseling Services
- Good Shepherd Home
- Guardian Manufacturing
- ICP
- Jacobson
- Laminate Technologies
- Lowes Distribution Center
- M-Tek
- Military
- New Reigel
- Norton Manufacturing
- Old Fort Bank
- Owens Corning
- PT Services/Optima Rehab
- Sarka Sheet Metal
- SCYP
- Seneca County
- Seneca East
- Sentinal Career Center
- Sonoco Products
- Tiffin Catholic Schools
- Tiffin Center
- Tiffin Metal Products
- Tiffin Paper Company
- United Insurance
- Walmart
- Whirlpool
- Y-Wives

If you are employed by one of our corporate partners please ask about a membership discount you could receive.



Bucyrus – Tiffin YMCA

Annual Fund Banner Program

The YMCA is more than a workout facility. We are a mission driven not-for-profit organization that strives to have a positive impact on the lives in the community we serve. Together we can help people of all ages lead healthier lives and strengthen the bonds of our community.

BLUE SPONSOR \$5,000

- o 5 x 6 banner displayed prominently in both YMCA branches
- o Recognition in the YMCA Annual Report
- o Logo recognition on the Bucyrus - Tiffin YMCA website
- o Full Team in Swing for Kids Golf Outing
- o Recognition as Major Sponsor of Swing for Kids Golf Outing

RED SPONSOR \$2,500

- o 3 X 5 banner displayed in YMCA fieldhouse or gym
- o Recognition in the YMCA Annual Report
- o Half Team in Swing for Kids Golf Outing
- o Recognition as Full Tee Sponsor Swing for Kids Golf Outing

GREEN SPONSOR \$1,000

- o 3 x 3 banner displayed in YMCA fieldhouse or gym
- o Recognition in the YMCA Annual Report
- o Recognition as Full Tee Sponsor Swing for Kids Golf Outing

YELLOW \$500

- o 2 x 2 banner displayed in YMCA fieldhouse or gym
- o Recognition in the YMCA Annual Report

Non-Progressive Fitness Classes Member:\$0.00/session Non-Member:\$80/session

Have a Seat

Tuesday/Thursday 9:15am-10:00am

Exercise performed in a chair. A variety of equipment will be used. Class members will stand up for balance work.

Lunchtime Express @ SW

Monday/Wednesday 12:30pm-1:00pm

A lunchtime resistance workout guaranteed to give you that midday blast.

Power Cycle

Tuesday/Friday 10:30am-11:15am

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. Limited 12 bikes.

Power Up (Parkinson's Class)

Wednesday/Friday 9:00 a.m.—9:45 a.m.

Fitness class specifically designed to help those with Parkinson's gain a better quality of life through strength, balance, gait and cognitive training. Classes will focus on BIG movements along with coordination, postural instability and agility with high amounts of intensity and effort in order to improve functional mobility and delay the progression of Parkinson's. **Open to the Community**

Pure Toning

Monday/Wednesday 5:30pm-6:30pm

A full body workout focusing on toning the body and building a solid base strength using free weights, body bars, and stability bars. This lower impact class may contain some light cardio but is targeted at "burning" those muscles and pushing you to new limits.

R.I.P.P.E.D.

Tuesday 6:30pm-7:30pm

R.I.P.P.E.D. incorporates resistance, interval, power, plyometrics, endurance, and diet. The first five components are taught in a 50 minute class, while the last component, diet, is touched upon at the end. This class changes up the workout every 6 to 0 minutes, allowing every muscle group to get a quick yet effective workout. Great class for all fitness levels.

Tabata Burn

Tuesday/Thursday 6:45pm-7:45pm

A H.I.I.T (high intensity interval training) workout designed to get your HR up in that very hard anaerobic zone for a short period of time. This class will BURN those muscles!!!

Total Body Fix

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

Formatted for all skill levels 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.

Water Walking

Monday/Wednesday/Friday 9:30am-10:15am

Low impact walking exercises in the shallow end of the pool

Non-Progressive Fitness Classes Member:\$0.00/session Non-Member:\$80/session

30 Min. Indoor Cycle @ SW

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

These IC6 bikes use a colored zone program to make sure you're pushing yourself to your limits in this short but high energy class. (Limited-8 bikes) Call SW day of class to reserve your bike (419) 448-2600.

Arthritis in the Pool

Monday/Wednesday/Friday 10:30am-11:15am

YMCA/Arthritis Foundation water exercise program geared toward optimum joint health and flexibility.

Cardiotone

Tuesday/Thursday 5:30pm-6:30pm

This class takes standard hi/lo aerobics, kickboxing, and dance moves and gives them a bit of an upbeat, urban flavor. Set to the latest hip-hop music, this class will give you a fun, energetic 30 min cardio workout that is followed by 30 min of strength training, core and stretching.

Cardio Drumming

Monday /Thursday 6:30-7:30 p.m./Saturday 9:30am-10:30am

A full-body jam session, combining light resistance with constant simulated drumming.

Circuit Grind

Monday/Wednesday 5:30 p.m.—6:30 p.m.

A low-mid impact aerobic, muscle-toning class, focused on total body strengthening. This interval based class will move you through circuits while working your overall strength, flexibility, core and aerobic capabilities. All levels.

Core-N-More

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

Learn how to engage, use and strengthen your core work.

Deep Water Fitness

Tuesday/Wednesday/Thursday 8:00am-9:00am

Water exercise that blends cardio with strength and core work.

Fit 4 Life

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

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

Fitness Over 40 @ SW

Monday/Wednesday 5:30pm-6:30pm

An hour of cardio, strength, flexibility, and balance that is appropriate for those facing the challenges of aging.

Flow with Francine

Tuesday/Thursday 10:30am-11:30am

Yoga and pilates style exercise that flow together, resulting in a workout that develops strength, flexibility, and balance.

Gentle Lift

Tuesday 9:00am-9:30am

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

2019 Annual Campaign



Tiffin YMCA
Annual Campaign



YES! You can count on my support.

Enclosed is my tax deductible charitable gift of:

\$100 \$50 \$25 Other \$ _____

Check (payable to the Tiffin YMCA)

Credit Card

Visa MasterCard American Express

CC#: _____ Exp. (MM/YY) ___ / ___ CSC# _____

Signature: _____



LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

 6 months–3 years PARENT* & CHILD: STAGES A–B	 3 years–5 years PRESCHOOL: STAGES 1–4	 5 years–12 years SCHOOL AGE: STAGES 1–6	 12+ years TEEN & ADULT: STAGES 1–6
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All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET **A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET **B / WATER EXPLORATION**

Will the student go underwater voluntarily?

NOT YET **1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET **2 / WATER MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET **3 / WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET **4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET **5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET **6 / STROKE MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Tumbling Classes/Gymnastics Team

Tumbling and Cheer

Tumbling-1 (8-16years old)

Monday 4:30pm-5:25pm

M: \$40 PP: \$80

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-1. No previous experience needed to join this class.

Tumbling-2 (8-16years old)

Monday 5:30pm-6:25pm

M: \$40 PP: \$80

This class is designed for those who have successfully advanced from the Tumbling-1 evaluation.

Tumbling-3 (8-16years old)

Monday 6:30pm-7:25pm

M: \$40 PP: \$80

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

Tumbling-4 (8-16years old)

Monday 6:30pm-7:25pm

M: \$40 PP: \$80

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

Beginner-Intermediate Cheer (6-15years old)

Wednesday 4:30pm-5:30pm

M: \$40 PP: \$80

This class focuses on developing a strong foundation in all areas of cheerleading. Students will learn technique and timing for motions, dance, jumps, stunts, and tumbling.

Competitive Gymnastics

PRE-COMPETITIVE PROGRAM

Future Stars, Pre-Team Silver & Pre-Team Gold – Contact Becky Bohn if your gymnast is interested in being on team someday! Pre-Comp classes practice on Tuesdays and Thursdays!

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. Contact Becky Bohn with questions regarding the Team level at bbohn@tiffinyymca.org

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! Contact Becky Bohn for more info!

Gymnastics Classes

Toddler through Kindergarten Gymnastics

Parent-Tot 1 (18months-3years old)

Wednesday 5:30pm-6:00pm Saturday 9:30am-10:30am

M: \$20 PP: \$40

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.

Parent-Tot 2 (3years old)

Wednesday 6:00pm-6:30pm/Wednesday 6:30pm-7:00pm

M: \$20 PP: \$40

Parents spend 30 minutes helping their preschool age child develop gross motor and fine motor skills through structured gymnastics stations and activities! Parent participation is a must! One adult per child.

Tiny 4's (4years old)

Monday 5:00pm-5:30pm/Wednesday 5:00pm-5:30pm, 6:00pm-6:30pm, 6:30pm-7:00pm/Saturday 9:00am

M: \$20 PP: \$40

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

Mini 5's (5years old)

Monday 5:30pm-6:10pm/Monday 6:15pm-6:55pm/Wednesday 4:30pm-5:10pm/Wednesday 5:15pm-5:55pm

Saturday 10:00am-10:40am

M: \$30 PP: \$60

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 5:00pm-5:55pm, 6:00pm-6:55pm/Wednesday 5:30pm-6:25pm, 6:30pm-7:25pm/Saturday 10:45am

M: \$40 PP: \$80

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!

Gymnastics-2 (6-16years old)

Monday 6:00pm-6:55pm/Monday 7:00pm-7:55pm/Wednesday 4:30pm-5:25pm

M: \$40 PP: \$80

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

Gymnastics-3 (6-16years old)

Monday 7:00pm-7:55pm

M: \$40 PP: \$80

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

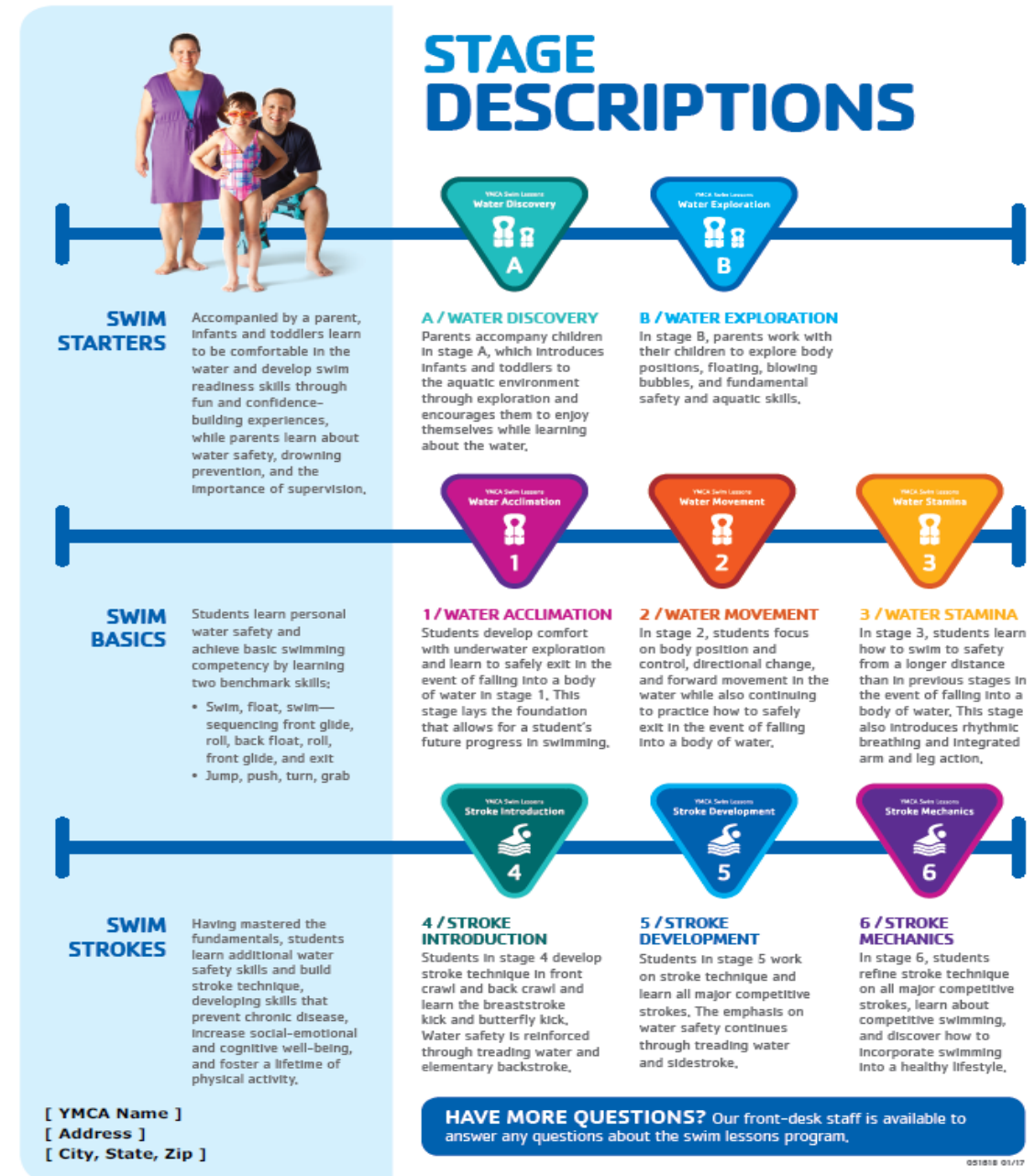
Gymnastics-4 (6-16years old)

Monday 7:00pm-7:55pm

M: \$40 PP: \$80

USAG Level 3 based skills. Class is for children who have successfully advanced from the Kippers-3 level.

Swim Lesson Class Descriptions



Swim Lessons

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.

Members: \$10 Program Participants: \$40

AGES: 3 months - 12 years old

LEVEL A: WATER DISCOVERY: Ages 3months-18months at Mon/Thur 5:30pm in the Learning Pool (LP)

LEVEL B : WATER EXPLORATION: Ages 18months-36months at Mon/Thur 6:00pm in the Learning Pool

LEVEL 1: WATER ACCLIMATION:

Preschool Ages 3-5 years: Mon/Thur 5:30pm, 6:30p(LP) Youth Ages 5-12years: Mon/Thur 6:00pm

LEVEL 2: WATER MOVEMENT:

Preschool Ages 3-5 years: Mon/Thur 5:30pm Youth Ages 5-12years: Mon/Thur 6:00pm, 6:30pm

LEVEL 3: WATER STAMINA:

Preschool Ages 3-5 years: Mon/Thur 5:30pm Youth Ages 5-12years: Mon/Thur 6:15pm

LEVEL 4: STROKE INTRODUCTION:

Preschool Ages 3-5 years: Instructor Recommend Youth Ages 5-12 years: Mon/Thur 5:30pm, 6:15pm

LEVEL 5: STROKE DEVELOPMENT:

Preschool Ages 3-5 years: Instructor Recommend Youth Ages 5-12 years: Mon/Thur 5:30pm,

LEVEL 6: STROKE MECHANICS:

Preschool Ages 3-5 years: Instructor Recommend Youth Ages 5-12 years: Mon/Thur 6:15pm

PRIVATE YOUTH, ADULT, OR FAMILY SWIM LESSONS

One-on-one swim instruction tailored to fit your individual needs and goals. Half-hour lessons are scheduled at your convenience. Private lessons are great for beginners, individuals with fears or hesitation towards the water, or for those who would like to improve stroke techniques. OR, get your own group together and schedule a lesson.

Members: One person - \$20.00 or 2 or more people - \$15.00 per person

Non-Members \$30.00 per person (No price break for group sessions)

Pricing is based on 30 minute lesson time.

Call the Membership Desk to register. Please include dates and time requested during registration and available instructor will call back to set up lesson.

Special Aquatic Events/ASHI Certification Classes

ASHI CHILD AND BABYSITTING SAFETY (CABS) COURSE

Class provides fundamental information in the business of babysitting, proper supervision, basic caregiving skills, responding properly to ill or injured children or infants. There are no pre-requisites for this class but CPR and basic First Aid certification are recommended. To achieve CABS certification, participants must pass a written evaluation and perform required skills competently without assistance. Child and Babysitting Safety certification is valid for up to two years.

September 21st Ages 11-15 Cost: \$50 Minimum 4 students. REGISTER TODAY!

ASHI CPR/AED and BASIC FIRST AID COURSES

September 9th in Bucyrus November 16th Tiffin RENEWAL course

CPR(Adult/Child/Infant)/AED: \$50 BASIC FIRST AID: \$25

BASIC LIFE SUPPORT: \$65 (For Lifeguards, Healthcare workers, etc)

Our Instructors Travel- Contact us to schedule a class for your church, school, community group or workplace.

Call today to sign up for our next class!

Any CPR Challenge Course: \$50 by appointment only

ASHI LIFEGUARD COURSES

Please contact the membership services desk for our next scheduled course or any questions about recertification classes, 419-447-8711

SCUBA

PADI DISCOVER SCUBA

The PADI Discover SCUBA course will give you a brief overview and experience of SCUBA diving before committing to the certification course. Class sizes are limited and pre-registration is required. Class dates and times vary depending on participant's schedule.

Contact Bob Stover: 419-618-9377 or rstover@woh.rr.com to set up a class **Fee:** \$25.00

PADI OPEN WATER SCUBA

This class will teach you the necessary fundamentals of diving and will enable you to legally dive, purchase equipment, buy air, board a dive charter, and continue your diving education. PADI is a **lifetime** certification that never expires.

For more information contact:

Bob Stover: 419-618-9377 or rstover@woh.rr.com

Fee: \$325.00