

BUCYRUS YMCA
1655 East Southern Ave.
Bucyrus, OH 44820
(P): 419-562-6218 (F): 419-563-0037
WWW.BUCYRUSTIFFINYMCA.ORG

YMCA HOURS:

MONDAY-FRIDAY 5:00AM-9:00PM
SATURDAY 7:00AM-5:00PM
SUNDAY 1:00-4:00 PM

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

Closed Labor Day

Child Watch Hours:

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

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

VIEW THE DAILY FITNESS & OPEN SWIM SCHEDULE AT THE WELCOME CENTER DESK OR ONLINE AT: WWW.BUCYRUSTIFFINYMCA.ORG

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

Our Mission:

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

Updated on: 8/8/19



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO FUN AT THE Y



Fall 1:
September 9-October 25
Registration:
Members: August 26-September 8
PP: September 2-8

Fall 2
October 28-December 13
Registration:
Member: October 14-27
PP: October 21-27

**2019 Fall
Program Guide**
Bucyrus YMCA
bucyrustiffinymca.org

BUCYRUS YMCA

MEET THE MANAGEMENT STAFF

Charles Ardner— CEO

Deena Smith—Executive Director

Stephanie Faulkner —Healthy Living Coordinator

Nicole Brooks— Member Engagement Coordinator & Sports

JOIN THE BUCYRUS AREA YMCA

The Y is a cause for strengthening community. That’s why we are here working with you every day, making sure that you, your family and community have the resources and support you need to learn, grow and thrive.

With a focus on developing the potential of kids, improving individual health and well-being, giving back and supporting our neighbors; your membership will bring about meaningful change not just within yourself, but within your community.

Assistance for membership cost is always available at the Y. All information is confidential. The Financial Assistance application is available online or at our Welcome Center.

	Monthly Base Rate	Monthly Tax	Monthly Total	Annual Base Rate	Annual Tax	Annual Total
Youth	14.96	1.01	15.97	179.51	12.12	191.64
Adult	32.01	2.16	34.17	384.12	25.92	410.04
Sr. Adult	25.04	1.69	26.73	300.48	20.28	320.76
Sr. Couple	36.68	2.48	39.16	440.16	29.76	469.92
Optum AARP	12.52	.85	13.36	150.24	10.20	160.44
Household	48.31	3.26	51.57	579.72	39.12	618.84

PERSONAL TRAINING

PERSONAL TRAINING

It is all about you with one-on-one training to get you real results!

<u>Sessions</u>	<u>Length</u>	<u>Per Session</u>	<u>Total Cost</u>
1	1 hour session	\$30.00	\$30.00
4	1 hour session	\$27.50	\$110.00
6	1 hour session	\$27.00	\$162.00
8	1 hour session	\$26.50	\$212.00
12	1 hour session	\$25.00	\$300.00

GROUP TRAINING

\$15.00 per hour session for each group member.

NON-MEMBER pricing: \$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.

YOUTH PERSONAL TRAINING

Personal exercise program designed for young members.

<u>Sessions</u>	<u>Length</u>	<u>Per Session</u>	<u>Total Cost</u>
1	1 hour session	\$27.50	\$27.50
4	1 hour session	\$25.00	\$100.00
8	1 hour session	\$22.50	\$180.00

GROUP TRAINING

\$15.00 per hour session for each group member.

NON-MEMBER pricing: \$40.00 per session.

(No packages available for groups or non-members.)

YMCA CORE VALUES

- 1) Caring
- 2) Honesty
- 3) Respect
- 4) Responsibility
- 5) Faith



ADULT FITNESS PROGRAMS

M: FREE Program Participant: \$80 OR \$5 drop in (*Space Limited)

JOURNEY TO WELLNESS with Stephanie

Tuesdays, Wednesdays, & Thursdays.....9:00-9:45am
Learn how to use the equipment in the Wellness Center along with lifting weights, proper form, and breathing.

SILVER SNEAKERS CLASSIC® with Stephanie

Mondays, Wednesdays & Thursdays.....10:00-10:45am
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

BEGINNER LINE DANCING with Joyce

Wednesdays.....11:30am-12:30pm
A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows.

CARDIO STEP

Tuesdays & Thursdays5:15-6:00 pm
Cardio Step Together is 45-minutes of cardio training that uses a stepper in highly effective, athletic ways.

STRONG BY ZUMBA with Joe

Mondays.....5:00-6:00 pm
This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

ZUMBA with Joe

Thursdays.....5:00-6:00 pm
We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

INDOOR CYCLING with Sarah (*Space Limited)

Mondays & Wednesdays.....6:00-6:45pm
A group exercise class using a stationary bike. A low-impact, high intensity workout that is adaptable for all fitness levels.

STRENGTH & SPIN with Cherie (*Space Limited)

Tuesdays & Thursdays.....6:15-7:00pm
Join us for this high intensity interval ride that incorporates off the bike toning segments that target your core, arms, and legs muscles.

ADULT AQUATIC FITNESS PROGRAMS

DEEP WATER FITNESS

Mondays, Wednesdays, & Fridays.....8:30-9:30 am
Enjoy a workout while suspended in the deep end of the pool with equipment to keep you afloat. The balanced workout includes warm-up, aerobic, cool-down, strength and toning, and flexibility. Intensity is easily adjusted for all levels of fitness.

WATER FITNESS

Mondays, Tuesdays, & Thursdays.....10:00-11:00am
A conditioning program that works against the resistance of the water to increase strength & improve your overall fitness.

ARTHRITIS CLASS

Mondays, Wednesdays, & Fridays.....11:30am-12:00pm
A program to improve flexibility, relieve pain, & decrease stiffness with easy entry & exit of the pool.

AQUA FIT

Tuesdays & Thursdays.....6:45-7:45 pm
In this class the resistance of the water makes the workout feel intense while the water cushions you from the impact. It reduces stress on joints and muscles.

SPECIAL EVENTS

BINGO & BRUNCH

When: September 12th

Time: 12:30-2:30 pm

Cost: \$20 (1 Bingo ticket & 1 meal ticket)
\$.50 each additional bingo ticket

Join the Bucyrus Y for Bingo and Brunch.

There will be a light lunch provided and several fun games of bingo. Prizes will be provided from several local business.



MOM PROM

When: October 12th

Time: 6-9 pm

Cost: \$30 per person

Join the Bucyrus Y and D & K Entertainment for an after hours Mom Prom! Moms gather your friends and bring them for a night of fun, food, and dancing. A light meal will be provided.

Commemorate the evening with a picture with your friends at our photo booth.



SPOOKTACULAR AT AUMILLER PARK

When: October 19th

Time: 4:00-7:00 pm

Cost: Free to the community

Join the Bucyrus YMCA at Aumiller's annual Spooktacular event for games, candy, and spooky fun! We look forward to seeing all the kids dressed up in their Halloween costumes!



GIVE THANKS POTLUCK

When: November 21st

Time: 12:30 pm

Cost: Free to the community

Join the Bucyrus Area YMCA for our annual Give Thanks Potluck lunch for good food, fellowship and lots of laughter and fun! Please bring your favorite dish to share with others. The Y will provide water, coffee, plastic silverware, plates, & napkins. Sign up sheet will be at the Welcome Center.



ADULT SPORTS

PICKLEBALL

Pickleball is happening at the Bucyrus YMCA. Bring your friends to try Pickleball! Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players, per court, use solid paddles to hit a perforated polymer ball over a net.

When: Mondays at 8:00-10:00 am, Tuesdays at 9:30-11:30 am, Wednesdays at 9:30-11:30 am, and Fridays at 9:30-11:30 am.



RAQUETBALL

The racquetball courts are open for play during normal building hours. Court times may be reserved by contacting the Welcome Center at 419-562-6218.



GOLF PRACTICE MAT

Bring your golf clubs to the Y and ask the Welcome Desk to use our new practice mat and practice golf balls to improve your game. To reserve your time to practice your swing, using the racquetball courts, contact the Y at 419-562-6218.



YOUTH AQUATIC PROGRAMS

BUCYRUS YMCA WHITE SHARKS

Winter season will begin September 9th.

Practice will be Mondays 5:00-6:00 & Tuesdays-Fridays 5:00-6:30 pm.

Swimmers must be able to swim one length of the pool freestyle and one length backstroke.

For more information, feel free to contact Stephanie Faulkner, Healthy Living Coordinator at sfaulkner@bucyrusymca.org



PRIVATE SWIM LESSONS

The YMCA of the USA Swim Lesson Program is for all levels of swim ability and taught by certified swim instructors. Come and learn to swim or improve your skills.

<u>Lessons</u>	<u>Length</u>	<u>Member Cost</u>	<u>Program Participant Cost</u>
1 lesson	30 minutes	\$17.00	\$32.00
3 lessons	30 minutes	\$45.00	\$70.00
7 lessons	30 minutes	\$85.00	\$130.00

UPCOMING ANNOUNCEMENTS

NEW WEBSITE COMING SOON

Coming soon will be a new website to find all the exciting events and programs at both the Bucyrus and Tiffin YMCA's.

www.bucyrustiffinymca.org

YOUTH AQUATIC PROGRAMS

SWIM LESSONS

M: \$15 PP: \$30

WATER DISCOVERY

Mondays 6:00–6:30 pm

Parents accompany children through exploration & encourages them to enjoy themselves while learning in the water.

WATER EXPLORATION

Mondays 6:30–7:00 pm

Parents work with their children to explore, floating, blowing bubbles, & fundamental safety & aquatic skills.

WATER ACCLIMATION

Mondays 7:00–7:30 pm

Students develop comfort with under water exploration & learn to safely exit in the event of falling into a body of water.

WATER MOVEMENT

Mondays 6:00–6:30 pm

Students focus on body position & control, directional change, & forward movement in the water.

WATER STAMINA

Mondays 6:30–7:00 pm

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water.

STROKE INTRODUCTION

Mondays 6:00–6:30 pm

Students develop stroke technique in front crawl & back crawl, & learn the breaststroke kick & butterfly kick.

STROKE DEVELOPMENT

Mondays 6:30–7:00 pm

Students will work on stroke technique & refining their skills.

STROKE MECHANICS

Mondays 7:00–7:30 pm

Students will work on stroke technique & refining their skills.



YOUTH SPORTS

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 – Mondays & Wednesdays

5:30 – 6:10 pm

Advanced – Mondays & Wednesdays

6:10 – 7:30 pm

M: \$40 PP: \$60



TEAM BATTING CAGE RENTALS

Schedule a time for your team to come out to the Bucyrus YMCA and practice your baseball or softball skills using our indoor cage. Baseball pitching machine available.

Batting Cage is available by appointment, time slots are for one hour and \$45 per hour for entire baseball or softball team. Contact the YMCA today to schedule your time slot in our batting cage at 419-562-6218. Family batting cage rentals are \$5 per hour.



JR CAVS YOUTH BASKETBALL

Parents/Coach Meeting September 26 at 6 pm

Registration September 1st–22nd

Practice begins week of October 21st

Games begin October 26th

M: \$30 PP: \$50

Join the Bucyrus YMCA for Jr Cavs Youth basketball. Participants receive a reversible jersey.



YOUTH GYMNASTICS PROGRAMS

TODDLER THROUGH KINDERGARTEN GYMNASTICS

Parent & Tot

M: \$12 PP: \$24

Wednesdays.....6:15-6:45 pm

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.

Ages: 18 months-3 years

Tiny Tumblers

M: \$18 PP: \$36

Wednesdays.....5:45-6:15 pm

This 30-minute class encourages more independence with an instructor and structure to prepare them for Rollers. Child must be 4-5 years of age for this level. Age: 4 years

Mini-Rollers

M: \$22 PP: \$44

Mondays.....5:30-6:10 pm OR Wednesdays.....4:45-5:25 pm

Instructor guided class with age appropriate structure and station work on all four gymnastic events. Age: 5 years

YOUTH PROGRESSIVE GYMNASTICS

Rollers 1

M: \$28 PP: \$56

Mondays.....4:45-5:40 pm OR Wednesdays.....4:30-5:25 pm

USAG Level 1 based gymnastic skills. No previous gymnastic experience required. Must be 6-16 years of age to join class!

Swingers 2

M: \$28 PP: \$56

Mondays.....4:15-5:10 pm OR Wednesdays.....5:30-6:25 pm

USAG Level 1-2 based gymnastic skills. Class is for children who have successfully advanced from Rollers 1 level. Must be 6-16 years of age to join class!

Kippers

Members: \$30 PP:\$60

Tuesdays4:00-5:00 pm

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



YOUTH GYMNASTICS PROGRAMS

COMPETITIVE GYMNASTICS

PRE-COMPETITIVE PROGRAM

*Must be a Bucyrus YMCA member!

M: \$40 PP: \$80

Tuesdays & Thursdays.....9:30-11:00 am

Pre-Team is a pre-competitive program where gymnasts who have a passion for gymnastics can learn skills in order to compete someday. Contact Rhonda Miller if your gymnast is interested in being on pre-team someday!

BUCYRUS AERIALS COMPETITIVE GYMNASTICS TEAM

*Must be a Bucyrus YMCA member!

Team Level 3

M: \$75

Tuesdays & Thursdays.....11:00 am—1:30 pm

Team (L4 thru XL)

M: \$75

Tuesdays, & Thursdays.....11:00 am—1:30 pm

Competitive Gymnastics Team competes USAG Levels 3-9 & Xcel. The pre-competitive and competitive programs are invitation or try-out only. Contact Rhonda Miller with questions regarding the Pre-Team or Team level.



BUCYRUS YMCA AERIALS GYMNASTICS TEAM

2018-2019

Coaches Steve and Rhonda Miller