

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

## YMCA HOURS:

MONDAY-FRIDAY 5:00AM-9:00PM  
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-Thursday 5:00pm-8:00pm

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

VIEW YOUR COPY OF THE DAILY FITNESS SCHEDULE & THE OPEN POOL TIME SCHEDULE AT THE MEMBER SERVICE DESK OR ONLINE AT: WWW.BUCYRUSYMCA.ORG

LOOKING FOR A SPACE TO HOST YOUR MEETING OR PARTY?  
VISIT [WWW.BUCYRUSYMCA.ORG](http://WWW.BUCYRUSYMCA.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.

Updated on: **3/13/18**



**SPRING 2:**  
APRIL 9 –  
MAY 27

REGISTRATION:  
M: MARCH 26  
PP: APRIL 2

**SUMMER 1:**  
JUNE 4-  
JULY 21

REGISTRATION:  
M: MAY 14  
PP: MAY 21

**BREAK WEEK**  
MAY28-JUNE 2

# BUCYRUS AREA YMCA

## MEET THE MANAGEMENT STAFF

**Steven Crone**—CEO

**Deena Smith**—Associate Executive Director

**Stephanie Faulkner** –Program Coordinator

## JOIN THE BUCYRUS AREA YMCA

The Y is a cause for strengthening community. That’s why we’re 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 too.

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
<b>Youth</b>	14.89	1.08	15.97	178.68	12.96	191.63
<b>Adult</b>	36.97	2.68	39.65	443.64	32.16	475.80
<b>Sr. Adult</b>	31.43	2.28	33.71	377.16	27.36	404.52
<b>Sr. Couple</b>	39.03	2.83	41.86	468.36	27.36	502.32
<b>Family</b>	52.94	3.84	56.78	635.28	46.06	681.34

# PERSONAL TRAINING

## PERSONAL/GROUP TRAINING

Instruction with one of our certified personal trainers. You and the trainer will schedule the time and frequency.

### PERSONAL TRAINING 1:1

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

Member	Half-Hour	One-Hour
12 Sessions	\$144 (\$12/ session)	\$288 (\$24/ session)
8 Sessions	\$112 (\$14/ session)	\$208 (\$26/ session)
4 Sessions	\$64 (\$16/ session)	\$112 (\$28/ session)

Non-Member	Half-Hour	One-Hour
12 Sessions	\$169 (\$14/ session)	\$313 (\$26/ session)
8 Sessions	\$137 (\$17/ session)	\$233 (\$29/ session)
4 Sessions	\$89 (\$22/ session)	\$137 (\$34/ session)

### BUDDY TRAINING 1:2

Grab a friend with similar goals to help each other stick to it and save with all the benefits of personal training!

\*Prices per person

Member	Half-Hour	One-Hour
12 Sessions	\$132	\$276
8 Sessions	\$102	\$198
4 Sessions	\$56	\$104

Non-Member	Half-Hour	One-Hour
12 Sessions	\$157	\$301
8 Sessions	\$127	\$223
4 Sessions	\$81	\$129

### GROUP TRAINING 1:3-5

A four week group training program that includes weekly measurements, Body Fat %, and weigh-ins!

1x/wk. 45 minutes

**Member** \$48  
**Non-Member** \$100

## YMCA CORE VALUES

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



## ADULT FITNESS PROGRAMS

M: FREE Program Participant: \$80

### JOURNEY TO WELLNESS with Stephanie

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

### SILVER SNEAKERS CLASSIC® with Stephanie

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. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available for seated or standing support.  
Mondays, Wednesdays & Thursdays.....10:00-10:45am

### CHAIR YOGA with Sae

Chair yoga will provide different methods to stretch your body and release your stress.  
Thursdays.....11:00am-12:00pm

### ZUMBA with Amanda

Zumba is music\*/dance themed fitness class that creates a dynamic, exciting, "easy to do" workout that is fun!  
Mondays & Wednesdays.....5:30-6:30 pm

### BODY BLAST with Carl

Alternates between intervals of muscular strength and endurance exercises for a total body workout that keeps you coming back for more.  
Tuesdays & Thursdays.....6:00-6:45 pm

### INDOOR CYCLING with Sarah

A group exercise class using a stationary bike. A low-impact, high intensity workout that is adaptable for all fitness levels and is a fantastic cardio workout! Water & towels are a must!  
Mondays & Wednesdays.....6:00-6:45pm

### INDOOR CYCLING with Cherie

During the class the instructor will guide you through an incredible ride on simulated hill climbing, sprints, & races on stationary bike. Water & towels are a must!  
Tuesdays & Thursdays.....6:15-7:00 pm

## ADULT SPECIAL EVENTS

### Tri It Fridays

Keep those muscles and joints moving by swimming, biking, running, or walking at the Y on Fridays just for the health of it. Adults 18 years or older are welcome to join the Y on Fridays 5am-3pm to give it a Tri for FREE. Go at your own pace, but come in for the fellowship, and for your own spirit, mind, & body.

When: Fridays

Time: 5am-3pm

Cost: FREE



## JOIN YOUR FRIENDS AT THE Y



### ACTIVE & AGELESS

Did you know the Bucyrus YMCA is a Silver Sneakers approved facility? Come in and find out if your are eligible for a Silver Sneakers membership today.



### SENIOR DAYS

On Fridays in May: Active Older Adults non-members (60 years and older) are welcome to join us for the day for **FREE** from 5 am-3 pm.



## WE HAVE SOMETHING FOR EVERYONE

## YOUTH SPECIAL EVENTS

### FREE FAMILY FRIDAYS

There are a lot of opportunities to make time for family fun! Join the Bucyrus Y every Friday starting April 6th through August 31st for FREE Family Fridays! Bring your family in for free and enjoy our pool, basketball courts, air hockey, foosball, ping pong & more! \*Adults must stay in building.

**MAKE  
TIME  
FOR FAMILY**



### HEALTHY KIDS DAY

Kick off Healthy kids week with Healthy Kids Day at the Bucyrus YMCA with an inflatables pool party!

When: Saturday, April 21, 2018

Time: 1-3 pm

Cost: Kids FREE with an adult

**MAKE IT A PLAY DATE**



**Healthy Kids Day**

### HEALTHY KIDS WEEK

Keeping our youth active can be a challenge these days, during our Healthy Kids Week look for tips on our Facebook page on how to keep your child active.

When: April 23-27, 2018

## ADULT AQUATIC FITNESS PROGRAMS

M: FREE

Program Participant: \$80

### DEEP WATER FITNESS with Teresa

A deep water workout for all fitness levels. 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.

Mondays, Wednesdays, & Fridays.....8:30-9:30 am

### WATER FITNESS with Sharon

A conditioning program that works against the resistance of the water to increase strength & improve your overall fitness.

Mondays, Tuesdays, & Thursdays.....10:00-11:00am

### ARTHRITIS CLASS

A program to improve flexibility, relieve pain, & decrease stiffness with easy entry & exit of the pool.

Mondays, Wednesdays, & Fridays.....11:30am-12:00pm

### AQUACIZE with Dana

An aerobic program that uses the beat of the music to strengthen and tone in the pool strengthening exercises in the pool all done to the beat of music.

Tuesdays & Thursdays.....7:30-8:15 pm

\*Check out our pool & gymnasium schedule for more details.



## YOUTH AQUATICS PROGRAMS

### SWIM LESSONS

M: \$15                      PP: \$30

#### Water Discovery

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

Thursdays.....6:30-7:00pm

#### Water Exploration

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

Thursdays.....7:00-7:30pm

#### Water Acclimation

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

Tuesdays.....6:30-7:30pm

#### Water Movement

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

Mondays.....6:30-7:15pm

#### Water Stamina

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.

Mondays.....7:15-8:00pm

#### Stroke Introduction

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

Thursdays.....6:30-7:15pm

#### Stroke Development & Mechanics

Students will work on stroke technique & refining their skills.

Thursdays.....7:15-8:00pm

### 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.

1 Lesson	Member: \$17	Program Participant: \$32
3 Lessons	Member: \$45	Program Participant: \$70
7 Lessons	Member: \$85	Program Participant: \$130

## ADULT SPECIAL EVENTS

### TRIATHLON

The Bucyrus Area YMCA 2018 Spring Triathlon will be held on Saturday, May 26, 2018 starting at 9:00 am.

The registration fee is \$35.00 for individual competitors and \$60.00 for teams. Early entries must be

postmarked, faxed or arrive by Friday, May 18, 2018. Race day registration

will be allowed for those who make prior arrangements with the Race Committee by email. T-shirts are guaranteed only for those competitors who register by May 18<sup>th</sup>.

If you have any questions, please email Stephanie Faulkner at [sfaulkner@bucyrusymca.org](mailto:sfaulkner@bucyrusymca.org) or call the Bucyrus YMCA at 419-562-6218.



### NATIONAL WALKING DAY

Join the Bucyrus Area YMCA on Wednesday, April 4, 2018 for National Walking Day. Take thirty minutes out of your day to go for a walk and use **#NationalWalkingDay** & **#BucyrusAreaYMCA** to post on social media.

### FOREVER YOUNG DANCE

Enjoy a fun-filled evening with music, food, & fellowship at our first Forever Young Social & Dance. Come dance the night away with friends. Popcorn & water available for purchase.

**\*Pre-registration highly recommended!**

When: Friday, April 20, 2018

Time: 7-9 pm

Cost: \$5 per person



### FUN & GAMES LUNCH-N-CHAT

May 10, 2018 @ 12:00 pm

Join the Bucyrus Area YMCA for our spring Lunch-N-Chat for fun card games with friends. Bring a food dish to share with friends while playing cards games such as Uno, Rummy, Go Fish, etc. Do you have a fun card game that you like to play? Bring it to share!



## YOUTH GYMNASTICS PROGRAMS

### PARENT/TOT OPEN PLAY

Come join the fun as we run, jump, slide, climb, stretch, tumble, balance and explore! The Parent/Tot program is for toddlers, ages 2 thru 4.

\*Parent participation and enthusiasm is important in this class.

Tuesdays.....5:15-6:00 pm

M: \$15 PP: \$30

### PRESCHOOL & KINDERGARTEN GYMNASTICS

This class will teach your child the basic skills of gymnastics to prepare them for more advance techniques & classes. Parents encouraged to stay & watch from our viewing window on second floor.

Ages: 4-6 years old

Tuesdays.....6:15-7:00 pm

M: \$15 PP:\$30



### BEGINNER LEVEL 1 & 2

Children ages 5 and older will spend 45 minutes developing strength, flexibility, coordination, & self-confidence by mastering fundamental gymnastic skills. No previous gymnastic experience needed.

M: \$35 PP:\$70

Mondays & Wednesdays.....4:15-5:00 pm

### ADVANCED & PRETEAM

Develop beginner to intermediate level gymnastic skills.

M: \$40 PP:\$80

Mondays & Wednesdays.....5:00-5:45 pm

### TEAM

Advanced gymnastic skills with fun competition. Must be a Bucyrus YMCA member to participate on gymnastic team.

M: \$90

Mondays & Wednesdays.....5:30-8:00 pm



## YOUTH PROGRAMS

### 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** - Monday & Wednesday  
5:30 - 6:10 pm

**Advanced** - Monday & Wednesday  
6:10 - 7:30 pm

M: \$40 PP: \$60



### TCAL Summer Swim Team

More information to come including parents/coaches meeting to be announced.

Ages: 5 years old and up

\*Must be able to swim length of pool twice in order to participate.

M:\$40 PP:\$60



**White Sharks swim team will be back October 2018.**

### NFL Flag Football

Registration Dates: March 26-April 28, 2018

Practice begins: Week of May 14, 2018

Games begin: June 2, 2018

Parents/Coaches Meeting: April 30, 2018 @ 6 pm

Ages 5 years old to 11 years old.

Members: \$30 PP:\$50



Participants receive a NFL Flag Football participation certificate, & a NFL Flag reversible branded jersey. Participants must wear a mouth guard during play. Practice hours based on coach availability.

\*Volunteer coaches needed.