

BUCYRUS 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

Closed Sundays Memorial Day to Labor Day

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

Closed Memorial 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.BUCYRUSYMCA.ORG](http://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: 4/9/19



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER



**SPRING 2:**  
April 15-June 1  
Registration:  
Members: April 1-14  
PP: April 8-14

**2019 Spring  
Program Guide**  
Bucyrus YMCA  
[bucyrusymca.org](http://bucyrusymca.org)

## BUCYRUS YMCA

### MEET THE MANAGEMENT STAFF

**Charles Ardner**— CEO  
**Deena Smith**—Executive Director  
**Stephanie Faulkner**—Healthy Living Coordinator  
**Nicole Brooks**—Member Engagement Coordinator

### 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
<b>Youth</b>	14.89	1.08	15.97	178.68	12.95	191.63
<b>Adult</b>	31.86	2.31	34.17	382.32	27.72	410.04
<b>Sr. Adult</b>	24.92	1.81	26.73	299.04	21.68	320.72
<b>Sr. Couple</b>	36.51	2.65	39.16	438.84	31.82	470.66
<b>Optum AARP</b>	12.46	.90	13.36	149.52	10.80	160.32
<b>Household</b>	48.08	3.49	51.57	576.96	41.83	618.79

### YMCA CORE VALUES

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



## PERSONAL TRAINING

HELPING YOU REACH YOUR GOALS:

- Gain Strength
- Build Power
- Overcome Plateaus
- Improve Form
- Rehab from Injuries
- Increase Endurance
- Lose Weight
- Maximize Efficiency



### Personal Training 1:1

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

Member	Half-Hour	One-Hour
12 Sessions	\$144	\$288
8 Sessions	\$112	\$208
4 Sessions	\$64	\$112

Non-Member	Half-Hour	One-Hour
12 Sessions	\$169	\$313
8 Sessions	\$137	\$233
4 Sessions	\$89	\$137

### 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



## ADULT FITNESS PROGRAMS

M: FREE      Program Participant: \$80

### 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, all facing either each other or in the same direction, and executing the steps at the same time.

### INTERMEDIATE LINE DANCING with Joyce

Thursdays.....4:00-6:00 pm  
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, all facing either each other or in the same direction, and executing the steps at the same time.

### ZUMBA with Amanda

Tuesdays & Thursdays.....5:00-6:00 pm  
Zumba is music\*/dance themed fitness class that creates a dynamic, exciting, "easy to do" workout that is fun!

### STRONG BY ZUMBA with Joe

Mondays.....7:00-8:00 pm  
This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

### TOTAL BODY CIRCUIT with Kay

Mondays.....5:30-6:30 pm  
We will use resistance and cardio training techniques to improve your endurance and help you build strength.

### YOGA with Kay

Tuesdays.....5:30-6:30 pm  
Is designed to improve the health, performance, and mental acuity.

### INDOOR CYCLING with Sarah

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

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.

### BOOT CAMP with Cherie

Saturdays.....8:00-9:00am  
Boot camp focuses on cardio and strengthening exercises such as running, burpees, pushups and many more.

## ADULT SPECIAL EVENTS

### SENIOR HEALTH AND FITNESS DAY

When: April 17, 2019

Time: 11:00 am-2:00 pm

Join the Bucyrus YMCA for our first Senior Health and Fitness day.

Schedule an appointment for one of the following:

Eye Exams

Blood Pressure Checks

Electronic Device Support with Shayla-Pioneer CTC Student

At 2:00 pm we will have coffee and conversation with Morgan, a student in the Doctorate Program for Occupational -Therapy at the University of Toledo. Morgan will be talking to everyone about fall prevention, recovery at home & community safety.



### PADI OPEN WATER SCUBA

This class will teach you the 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 will never expire!

There are 3 components to our Open Water Certification courses:

**Academics:** Where you learn the theory behind diving safely and the principles of SCUBA.

**Confined Water Training:** Practicing SCUBA skills in the pool.

**Open Water Sessions:** Demonstrating what you have learned in Confined Water Training and the final step to certification!

**Class sizes are limited and pre-registration is required.**

Ages: 10 years old & older (parents stay on pool deck)

April 6th 11 am-4 pm & April 7th 1-5pm

April 13th 11 am-4pm & April 14th 1-5pm

\$350 per person (\$300 paid to New Waves and \$50 paid to the Y)

For more information contact [sfaulkner@bucyrusymca.org](mailto:sfaulkner@bucyrusymca.org)



## YOUTH SPECIAL EVENTS

### EASTER EGG HUNT

When: Saturday, April 13, 2019

Time: 10:00 am - 12:00 pm

Ages: 12 years old and younger

**Egg hunt begins at 10am!** Grab your Easter baskets and join us for a Bucyrus YMCA for our community tradition! Our Easter Egg Hunt takes place at the Bucyrus Y. There are separate areas for toddlers, preschoolers and elementary school kids to hunt for eggs so everyone walks away with a full basket!

After the egg hunt, join us for our small animal petting zoo and kite flying fun in our front yard. Please bring your own basket and kite.

Accepting candy donations or volunteer to stuff eggs. Drop box located at the YMCA.

### WATER SAFETY

Every Saturday in May 11:00-11:30 am

The world is 71% water and children are 100% curious about water. Our goal at the Bucyrus YMCA is to eliminate drownings through water safety, education and awareness by teaching water skills to the youth of our community.

Join the Bucyrus YMCA for our first Water Safety month. For 30 minutes we will be teaching kids the importance of water safety, pool rules and much more. We will be teaching two important skills ("Jump, Push, Turn, & Grab" and "Swim, Float, Swim") to the youth to keep them safe in the water. **\*Pre-registration required!**

### MOVIE IN THE POOL

June 14th at 6:30-8:30 pm

Bring your family to this free event and float around in the pool while watching a movie on the big screen. Pool inflatables recommended. This night of family fun and excitement will kick off your weekend the right way.



## YOUTH AQUATIC PROGRAMS

### Bucyrus YMCA White Sharks Summer Swim

Practice begins May 6th

Cost: \$50 per participant

Registration is going on now for the summer season! Practice will be Mondays 5:00-6:00 & Tuesdays-Fridays 5:00-6:30 pm. Meets will be on Wednesdays at 5 pm and Saturdays at 10 am. (\*Meet schedule to be announced soon.)

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](mailto:sfaulkner@bucyrusymca.org)



## ADULT AQUATIC FITNESS PROGRAMS

M: FREE

Program Participant: \$80

### DEEP WATER FITNESS

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

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

### AQUA FIT

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. Good class for all ages and great for runners, cyclists, injuries, osteoporosis and fibromyalgia. Also, an excellent cardio class.

Tuesdays & Thursdays.....6:45-7:45 pm

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

## 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.

### 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 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.



### BATTING CAGE RENTALS

Schedule a time to come out to the Bucyrus YMCA and practice your baseball or softball skills using our indoor cage.

Batting Cage is available on Thursday evenings 4:15–8:15 pm in March and April. Time slots are for one hour and \$5 per hour for families. Contact the YMCA today to schedule your time slot in our batting cage at 419-562-6218.



## YOUTH GYMNASTICS PROGRAMS

### TODDLER THROUGH KINDERGARTEN GYMNASTICS

#### Parent & Tot

M: \$12 PP: \$24

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

Mondays.....5:00-5:30 pm OR Wednesdays.....6:15-6:45 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.....6:15-6:55 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.....6:15-7:10 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.....4:30-5:25 pm OR Wednesdays.....5:30-6:25 pm

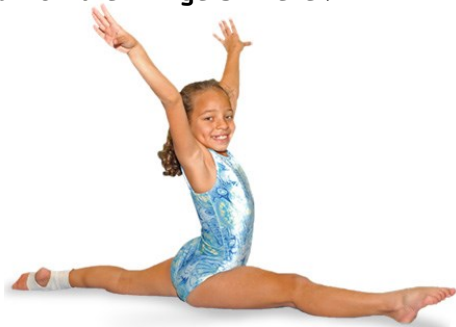
USAG Level 1-2 based gymnastic skills. Class is for children who have successfully advanced from Rollers 1 level. Must be 6-16 years of age to join class!

#### Kippers

Members: \$30 PP:\$60

Tuesdays OR Thursdays.....4:00-5:00 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

M: \$40 PP: \$80

Tuesdays & Thursdays.....4:00-5:30 pm

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! \*Must be a Bucyrus YMCA member!

#### BUCYRUS AERIALS COMPETITIVE GYMNASTICS TEAM

##### Team Level 3

M: \$75

Tuesdays & Thursdays.....5:00-7:30 pm

##### Team (L4 thru XL)

M: \$90

Tuesdays, & Thursdays.....5:00-7:30 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. \*Must be a Bucyrus YMCA member!

## 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** - 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.

