

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 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: 2/27/19



GROWING STRONGER TOGETHER



SPRING 1:
February 25-April 12
Registration:
Members: February 11-24
PP: February 18-24

**2019 Spring
Program Guide**
Bucyrus YMCA
bucyrusymca.org

BUCYRUS YMCA

MEET THE MANAGEMENT STAFF

Charles Ardner– CEO

Paul Fortney– Associate VP of Operations

Deena Smith—Associate Executive Director

Stephanie Faulkner –Healthy Living Coordinator

Matt Campbell–Youth Development 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
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	438.84	31.82	470.66
Optum AARP	12.46	.90	13.36	149.52	10.80	160.32
Household	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

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. A chair is available for seated or standing support.

Mondays, Wednesdays & Thursdays.....10:00-10:45am

BEGINNER LINE DANCING

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.

Wednesdays.....11:30am-12:30pm

INTERMEDIATE LINE DANCING

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.

Thursdays.....4:00-6:00 pm

ZUMBA with Amanda

Zumba is music*/dance themed fitness class that creates a dynamic, exciting, "easy to do" workout that is fun!

Tuesdays & Thursdays.....5:00-6:00 pm

STRONG BY ZUMBA with Joe- combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

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

TOTAL BODY CIRCUIT -This class is a total body workout! We will use resistance and cardio training techniques to improve your endurance and help you build strength.

Mondays.....5:30-6:30 pm

YOGA with Kay

is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness.

Tuesdays.....5:30-6:30 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!

Mondays & Wednesdays.....6:00-6:45pm

STRENGTH & SPIN with Cherie

Think being on a bike for 45 minutes is too long? Join us for this high intensity interval ride that incorporates off the bike toning segments that target your core, arms, and legs muscles.

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

BOOT CAMP with Cherie

is an energetic, high intensity 60-minute workout that is always changing. ... **Boot camp** focuses on cardio and strengthening exercises such as running, burpees, pushups and many more.

Saturdays.....8:00-9:00am

ADULT SPECIAL EVENTS

AMERICAN RED CROSS BLOOD DRIVE

Are you interested in donating blood to help save lives? The Bucyrus YMCA is partnering with the Red Cross to have a blood drive at the Bucyrus YMCA.

MARCH 23, 2019 8AM-2PM

"Heroes come in all types and sizes"

To schedule your appointment, please contact Stephanie Faulkner, Healthy Living Coordinator at 419-562-6218 or

sfaulkner@bucyrusymca.org.



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.

By appointment:

Eye Exams

Blood Pressure Checks

Electronic Device Support with Shayla

At 2:00 pm we will have coffee and conversation with Morgan, who is 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.



YOUTH SPECIAL EVENTS

DADDY & DAUGHTER DANCE

Bucyrus YMCA's first Daddy & Daughter dance will be on March 8th. Pizza & water will be available for purchase.

***Pre-registration required!**

When: March 8th
Time: 6:30-8:30pm
Cost: \$15/ Family



SPRING FLING DANCE

Please join us for fun and social dancing for our second annual Spring Fling dance for 6th, 7th, & 8th graders. Pizza and water will be available for purchase. Volunteer as a parent chaperone and receive free meal ticket. *Chaperones must pass background check. ***Pre-registration required!**

When: March 15th
Time: 6:30-8:30pm
Cost: \$10 each



EASTER CANDY DONATIONS

Donations needed for our annual Easter egg hunt. Donations can be candy & prizes. If you would like to donate items to support our YMCA's community Easter egg hunt, please drop off items at the Welcome Center before April 6th so we can be ready for the hunt on April 13th. Thank you for your support! Look for more information about our upcoming Easter event at the Y!



HOP TO IT



ADULT AQUATIC FITNESS PROGRAMS

M: FREE

Program Participant: \$80

DEEP WATER FITNESS with Kelli

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

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



YOUTH AQUATIC PROGRAMS

SWIM LESSONS

M: \$15 PP: \$30

Water Discovery

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

Mondays 6:00-6:30 pm

Water Exploration

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

Mondays 6:30-7:00 pm

Water Acclimation

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

Mondays 7:00-7:30 pm

Water Movement

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

Mondays 6:00-6:30 pm

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 6:30-7:00 pm

Stroke Introduction

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

Mondays 6:00-6:30 pm

Stroke Development

Students will work on stroke technique & refining their skills.

Mondays 6:30-7:00 pm

Stroke Mechanics

Students will work on stroke technique & refining their skills.

Mondays 7:00-7:30 pm

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 with the ability to have three courts going on at once. Bring your friends out to try the Pickleball fun!

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.

BOOT CAMP

Coming next month! Boot Camp is an energetic, high intensity 60-minute workout that is always changing. ... **Boot camp** focuses on cardio and strengthening exercises such as running, burpees, pushups and many more. Saturdays.....8:00-9:00am



BOOT CAMP



YOUTH GYMNASTICS PROGRAMS

TODDLER THROUGH KINDERGARTEN GYMNASTICS

Parent & Tot

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

M: \$12 PP: \$24

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

Tiny Tumblers

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

M: \$18 PP: \$36

Mondays.....5:00-5:30 pm OR Wednesdays.....6:15-6:45 pm

Mini-Rollers

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

M: \$22 PP: \$44

Mondays.....5:30-6:10 pm OR Wednesdays.....6:15-6:55 pm

YOUTH PROGRESSIVE GYMNASTICS

Rollers 1

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

M: \$28 PP: \$56

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

Swingers 2

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!

M: \$28 PP: \$56

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

Kippers

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

Members: \$30 PP:\$60

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



YOUTH GYMNASTICS PROGRAMS

COMPETITIVE GYMNASTICS

PRE-COMPETITIVE PROGRAM

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!

M: \$40 PP: \$80

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

BUCYRUS AERIALS COMPETITIVE GYMNASTICS TEAM

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.

Team Level 3

M: \$75

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

Team (L4 thru XL)

M: \$90

Mondays, Tuesdays, & Thursdays.....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 - Mondays & Wednesdays

5:30 - 6:10 pm

Advanced - Mondays & Wednesdays

6:10 - 7:30 pm

M: \$40 PP: \$60

