

BUCYRUS AREA 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](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: 5/29/18



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

REGISTRATION:  
M: MAY 14  
PP: MAY 21

**SUMMER 2:**  
JULY 23-  
SEPTEMBER 8

REGISTRATION:  
M: JULY 9  
PP: JULY 16

**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!

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

### CARDIO DRUMMING with Kay

is a full-body cardio jam session, combining light resistance with constant simulated drumming. Drum sticks will be provided, more than welcome to bring your own.

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

### YOGA FIT with Kay

is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format.

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! 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 you 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.

### MOTHER AND CHILD ADVENTURE DAY

Mothers and children come to Y on May 19th to play games to spend some quality time together. We will have tournaments of ping pong, air hockey, foosball, Pickleball, and lots more fun with games. When: Saturday, May 19th  
Time: 2-4 pm  
Cost: \$10 for mother and children



### AWAKEN SUMMER IMAGINATION DAY CAMPS

Join the Bucyrus Y's Summer Day Camps; the campers will participate in themed games and crafts for each week of camp. Campers will need to bring a packed lunch, swimsuits, comfortable clothes and shoes. (There will be painting so please bring a shirt that can get paint on it.) Registration, medical, and other important forms must be filled out prior to the first day of camp.

#### Summer Camp Dates:

June 4-7, 2018 Aloha Summer  
June 18-21, 2018 A Bug's Life  
July 9-12, 2018 Party in the USA  
July 23-26, 2018 Space is the Place  
August 6-10, 2018 Mad Scientist

#### Day Camp Schedule:

8:45am-9:00am drop off  
9:00am-11:00am games & crafts  
11:00am-11:30am packed lunch  
11:30am-1:30pm swim  
1:30pm-2:00pm themed snack  
2:00pm pick up

Cost per child per week. M\$20 PP:\$40

# YMCA DAY CAMP



## 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

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

### PADI Discovery Scuba

The PADI DISCOVER SCUBA course will give you a brief overview and experience of SCUBA diving before committing to the certification course.

Ages: 10 years old & older (parents must stay on pool deck)  
June 23, 2018 at 12-3pm  
\$25 per person

### PADI Scuba Certification Course

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 will never expire!  
Ages: 10 years old & older (parents stay on pool deck)

July 7th 12-4 pm & July 8th 1-5pm  
July 14th 12-4pm & July 15th 1-5pm  
\$350 per person (credit if took PADI Discover Scuba)  
**Class sizes are limited and pre-registration is required.**  
For more information contact [sfaulkner@bucyrusymca.org](mailto:sfaulkner@bucyrusymca.org)

## 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.  
Mondays 6:00-6:30 pm or Saturdays 9:00-9:30 am

#### Water Exploration

Parents work with their children to explore, floating, blowing bubbles, & fundamental safety & aquatic skills.  
Mondays 6:30-7:00 pm or Saturdays 9:45-10:15 am

#### 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 or Saturdays 10:30-11:15 am

#### Water Movement

Students focus on body position & control, directional change, & forward movement in the water.  
Mondays 6:00-6:30 pm or Saturdays 11:15 am-12:00 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 or Saturdays 10:30-11:15 am

#### Stroke Introduction

Students develop stroke technique in front crawl & back crawl, & learn the breaststroke kick & butterfly kick.  
Mondays 6:00-6:30 pm or Saturdays 9:45-10:30 am

#### 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

#### Stroke Development & Mechanics

Students will work on stroke technique & refining their skills.  
Saturdays 9:00-9:45 am

### 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.



### SENIOR CITIZEN DANCE

Enjoy a fun-filled evening with music, food, & fellowship at our senior citizen dance. Come dance like no one is watching. Water will be available for purchase.

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

When: Friday, May 18, 2018

Time: 7-9 pm

Cost: \$5 per person



### 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 11:00 am-12:00 pm

M: FREE      PP:\$80

### 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

M: FREE      PP:\$80

## 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

Interested in participating in a swim team? Try our summer swim team with a short season and lots of fun learning the proper strokes and bettering your swimming technique.

Ages: 5 years old and up

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

M:\$40 PP:\$60



Practices Monday through Fridays 6:00-7:30pm in May.

Starting June 4th Mondays practice will be moved to 4:30-6:00pm.

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

### INFLATBALES POOL PARTY

Come cool off and play in our pool with our pool inflatables.

When: Saturday, June 9th

Time: 2-4 pm

Cost:

Pre-registered is \$10 for family

Day of event \$12 for family

### STEAM

Welcome back Science, Technology, Engineering, Art, & Mathematics (STEAM) to the Y. Get your child's creativeness moving with STEAM class, where the participants will create items with household products.

Thursdays 5:00-6:00 pm

M:\$20 PP:\$40