

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: 9/6/18



FOCUS ON A HEALTHIER, HAPPIER YOU



2018 Fall
Program Guide
Bucyrus YMCA
bucyrusymca.org

FALL 1:

September 10-October 27

Registration:
August 27-September 9

FALL 2:

October 29-December 15

Registration:
October 15-28



BUCYRUS YMCA MEET THE MANAGEMENT STAFF

Paul Fortney—Interim CEO & Associate VP of Operations
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
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
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

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)
1 Session	\$16	\$28

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

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



ADULT FITNESS PROGRAMS

M: FREE Program Participant: \$80

SILVER SNEAKERS YOGA with Valerie

Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

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

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

POUND- Sweat, Sculpt, & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! **POUND** is a full body cardio jam session championed by fitness rebels around the world.

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

ADULT SPECIAL EVENTS

GIVE THANKS POTLUCK

Join the Y at our annual Give Thanks Potluck for some fellowship, fun conversations with friends and good food. Bring your favorite Thanksgiving dish to share. The Y will provide napkins, plates, plastic silverware, water and coffee.

When: November 15th

Time: 12pm

Cost: FREE

MORE THAN A MEAL



WE ARE MORE THAN JUST A GYM

YOUTH SPECIAL EVENTS

MOVIE IN THE POOL

Join the Y for another fun night of a movie in the pool. Bring your inflatable tubes, to sit and watch a movie projected on our wall.

When: September 28th

Time: 6:30-8:30 pm

Cost: Free to members, day passes available for program participants



TRICK OR TREAT AT THE Y

Come to the Y while trick or treating and enjoy some spooky fun in our Science Room. Enjoy some games like guess the number, pumpkin golf, and witch hat ring toss. Don't forget your candy! *Candy and prize donations welcome.

When: October 31st

Time: 5-7 pm

Cost: FREE



COOKIES & PICTURES WITH SANTA

Join the Y at our annual Cookies and Pictures with Santa. We will have games and cookies set up for everyone to enjoy while you wait to get your picture taken with Santa. Free 4x6 for each child will be donated to the families.

When: December 14th

Time: 6-8pm

Cost: FREE



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.

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! However, if you go long periods of time without diving, we encourage you to take a dive refresher to familiarize yourself.

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)

September 8th 11 am-4 pm & September 9th 1-5pm

September 15th 11 am-4pm & September 16th 1-5pm

\$350 per person (credit if took PADI Discover Scuba)

For more information contact sfaulkner@bucyrusymca.org



YOUTH AQUATIC PROGRAMS

SWIM LESSONS

Fall 1 Session– swim lessons will only be available on Monday evenings.

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 8–10 am, Tuesdays at 9:30–11:30 am, Wednesdays at 9:30–11:30 am, Thursdays at 1–3pm 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.

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.

SILVERSNEAKERS® CLASSIC

Mondays, Wednesdays, & Thursdays 10:00–10:45am



SILVERSNEAKERS® YOGA

Mondays & Fridays 8:30–9:30am



YOUTH GYMNASTICS PROGRAMS

TODDLER THROUGH KINDERGARTEN GYMNASTICS

*Child must be 2-5 years of age for these levels.

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.

M: \$15 PP: \$30

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

Preschool & Kindergarten (ages 4-5)

This 45-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.

M: \$15 PP: \$30

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

YOUTH PROGRESSIVE GYMNASTICS

*Child must be 6-16 years of age for these levels.

Rollers 1 & 2 (Beginner)

USAG Level 1 & 2 based gymnastic skills. No previous gymnastic experience required. Must be 6-16 years of age to join class!

M: \$35 PP: \$70

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

Swingers (Advanced)

USAG Level 2-3 based gymnastic skills. Class is for children who have successfully advanced from Rollers 1 & 2 level. Must be 6-16 years of age to join class!

M: \$35 PP: \$70

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

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. Team practices on various days including Tuesdays and Thursdays! You are welcome to come and watch a practice! 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.....4:00-6:00pm

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 - Monday & Wednesday

5:30 - 6:10 pm

Advanced - Monday & Wednesday

6:10 - 7:30 pm

M: \$40 PP: \$60



JR CAVS BASKETBALL

Registration Dates: September 1-21

Practice begins: Week of October 1

Games begin: October 20

Parents/Coaches Meeting:

September 19, 2018 @ 6 pm

Ages 4 years old to 15 years old.

Members: \$30 PP:\$50



Participants receive, a Jr. Cavs participation certificate, a Jr. Cavs branded reversible jersey, one Cavaliers voucher.

***Volunteer coaches needed, receive a Coach Cavs shirt.**

WHITE SHARKS WINTER SWIM TEAM

We welcome back Dirk Palenshus as Head Coach and Erica Finnan as Assistant Coach for the Bucyrus YMCA White Sharks. White Sharks swim season is October through March.

Ages: 5 years old and up

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

*Must be Bucyrus YMCA member

Cost: 1st child \$150 2nd Child \$135 High

School \$75

Summer Swim Team returning in May 2019.

