

TIFFIN COMMUNITY YMCA

180 SUMMIT STREET

TIFFIN, OHIO 44883

(P): 419-447-8711 (F): 419-447-8704

WWW.TIFFINYMCA.ORG

## YMCA HOURS:

MONDAY-FRIDAY 5:00AM-9:30PM

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-Friday 8:45am-Noon

Monday-Thursday 5:00pm-8:00pm

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

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



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA of Bucyrus—Tiffin Tiffin Branch



### Summer I

June 3<sup>rd</sup> - July 21<sup>st</sup>

Registration Dates:

M: May 20<sup>th</sup> PP: May 27<sup>th</sup>

### Summer II

July 22<sup>nd</sup> - September 8<sup>th</sup>

Registration Dates:

M: July 8<sup>th</sup> PP: July 15<sup>th</sup>

## Meet the Staff

**Charles "Buster" Ardner**—Chief Executive Officer

cardner@tiffinymca.org

**Jillian Shaferly**—Associate Executive Director—Tiffin Branch

jshaferly@tiffinymca.org

**Deena Smith**—Associate Executive Director—Bucyrus Branch

dsmith@tiffinymca.org

**Paul Fortney**—Associate Vice President of Operations

pfortney@tiffinymca.org

**Stacie Routzahn**—Associate Vice President of Finance

srouzahn@tiffinymca.org

**Amanda Johnson**—Child Care Director

ajohnson@tiffinymca.org

**Ryan Huss**—Membership Coordinator and Youth Sports Coordinator

rhuss@tiffinymca.org

**Kristie Drown**—Aquatics Coordinator

kdrown@tiffinymca.org

**Becky Bohn**—Gymnastics Coordinator

bbohn@tiffinymca.org

**Angie Lambert**—Child Care Coordinator

alambert@tiffinymca.org

**Carrie Smith**—Fitness Coordinator

csmith@tiffinymca.org

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## Personal and Group Training Packages

One-on-one instruction with one of our YMCA certified personal trainers. YMCA trainers may choose to hold training sessions at Heidelberg's Saurwein Wellness center or the YMCA. You should schedule the time, place and frequency with the trainer. One-on-one training for extended injury or surgery recovery following a doctor care or physical therapy. Some trainers have extended certifications addressing special circumstances. All personal training is paid at the front desk.

### YMCA Member pricing:

1	1 hour session	\$30.00
4	1 hour sessions	\$110.00
6	1 hour sessions	\$162.00
8	1 hour sessions	\$212.00
12	1 hour sessions	\$300.00

GROUP TRAINING: \$15.00 per hour session for each group member.

Non-Member pricing is \$50.00 per session.

(No packages available for groups or non members)

**Program Design:** \$150.00 - (4) 1 hour sessions with one of our certified personal trainers followed by a sit down consultation where you will receive 4 more personally designed workouts. 8 workouts in all.

### PERSONAL/GROUP PILATES 1 HOUR SESSIONS

Individual or small group mat Pilates with a certified Pilates instructor. Perfect for beginners, advanced or those wishing to concentrate on form and techniques.

### YMCA Member pricing:

1	1hour session	\$20.00
4	1hour sessions	\$70.00
8	1hour sessions	\$120.00

GROUP TRAINING: \$10.00 per hour session for each group member.

Non-Member pricing is \$30.00 per session.

(No packages available for groups or non members)

### YOUTH PERSONAL TRAINING

Personal exercise program designed for young members. Trainers have extended certifications with a focus on young exercisers.

### YMCA Member pricing:

1	1 hour session	\$27.50
4	1 hour sessions	\$100.00
8	1 hour sessions	\$180.00

GROUP TRAINING: \$15.00 per hour session for each group member.

Non-Member pricing is \$40.00 per session.

(No packages available for groups or non members)

## Progressive Fitness Classes

Registration and payment is **REQUIRED** for all Progressive Fitness classes.

### Early Bird Challenge

Monday-Friday 5:00-6:00am

M: 2 day-\$25 3 day-\$35 4 day-\$45 5 day-\$55 PP: \$80

Join in a vigorous whole body workout that leaves you with a sense of accomplishment upon completion!

### Pilates/Yoga Blend

Wednesday 6:45-7:45pm

M: \$5 PP: \$80

An equal blend of yoga and pilates focused on building strength and flexibility while calming the mind

### Intermediate Pilates

Monday/Wednesday 5:30-6:30pm

M: 1 day-\$5 2 day-\$10 PP: \$80

Taking your basic knowledge of Pilates to the next level by building on existing core strength with challenging Pilate's exercises and flows.

### PiYo LIVE w/Carrie

Monday 5:30-6:30pm

M: \$5 PP: \$80

A music-driven, athletic workout that strengthens, stretches, and tones with dynamic movements inspired by the best of Pilates and Yoga.

## Membership Pricing

	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	438.12	31.76	469.88
<b>Family</b>	48.08	3.49	51.57	576.96	41.83	618.79

## Corporate Partners

- American Fine Sinter
- Ballreichs
- City of Tiff
- Green Bay Packaging
- Heidelberg
- Hopewell-Loudon Schools
- Mercy Hospital
- Mohawk Schools
- National Machinery
- NCOESC
- Quick Tab II
- Concordance Healthcare Solutions
- St. Francis
- Taiho
- Tiffin City Schools
- Tiffin University
- Toledo Molding & Die
- Webster Industries
- Ameriwood
- Arnold Machine
- Autmnwood
- Beerco
- Best Break
- Blanchard Valley
- Camden Falls/Carmie's Sports
- Church & Dwight
- Clergy of Seneca County
- Clouse Construction
- Coopertire
- ECI
- ESC & BK Home Medical
- Fabrizios-FABrehab Services, L.L.C.
- Farm Bureau
- Firelands Counseling Services
- Good Shepherd Home
- Guardian Manufacturing
- ICP
- Jacobson
- Laminate Technologies
- Lowes Distribution Center
- M-Tek
- Military
- New Reigel
- Norton Manufacturing
- Old Fort Bank
- Owens Corning
- PT Services/Optima Rehab
- Sarka Sheet Metal
- SCYP
- Seneca County
- Seneca East
- Sentinal Career Center
- Sonoco Products
- Tiffin Catholic Schools
- Tiffin Center
- Tiffin Metal Products
- Tiffin Paper Company
- United Insurance
- Walmart
- Whirlpool
- Y-Wives

If you are employed by one of our corporate partners please ask about a membership discount you could receive.

**Have a Seat**

*Tuesday/Thursday 9:15am-10:00am*

Exercise performed in a chair. A variety of equipment will be used. Class members will stand up for balance work.

**Lunchtime Express @ SW**

*Monday/Wednesday 12:30pm-1:00pm*

A lunchtime resistance workout guaranteed to give you that midday blast.

**Power Cycle**

*Tuesday/Friday 10:30am-11:15am Tuesday/Thursday 5:30pm-6:15pm*

This high energy workout will take your body through a mix of sprints, jumps, endurance riding, and hill climbing all while pushing yourself to motivational music and instruction. Limited 12 bikes.

**Power Up (Parkinson's Class)**

*Wednesday/Friday 9:15am-10:00am*

Fitness class specifically designed to help those with Parkinson's gain a better quality of life through strength, balance, gait and cognitive training. Classes will focus on BIG movements along with coordination, postural instability and agility with high amounts of intensity and effort in order to improve functional mobility and delay the progression of Parkinson's. **Open to the Community**

**Pure Toning (Class will start Aug. 12)**

*Monday/Wednesday 5:30pm-6:30pm*

A full body workout focusing on toning the body and building a solid base strength using free weights, body bars, and stability bars. This lower impact class may contain some light cardio but is targeted at "burning" those muscles and pushing you to new limits.

**Sculpt**

*Wednesday 5:30pm-6:30pm*

**Tabata Burn**

*Tuesday/Thursday 6:30pm-7:30pm*

A H.I.I.T (high intensity interval training) workout designed to get your HR up in that very hard anaerobic zone for a short period of time. This class will BURN those muscles!!!

**Total Body Fix**

*Monday/Wednesday/Friday 9:00am-10:00am*

Formatted for all skill levels levels, this full body workout uses circuit style stations and gives participants the ability to sculpt, tone, and burn to the level desired in a dynamic group setting.

**Water Walking**

*Monday/Wednesday/Friday 9:30am-10:15am*

Low impact walking exercises in the shallow end of the pool.

**Non-Progressive Fitness Classes** Member:\$0.00/session Non-Member:\$80/session

**30 Min. Indoor Cycle @ SW**

Tuesday/Thursday 12:15pm-12:45pm

These IC6 bikes use a colored zone program to make sure you're pushing yourself to your limits in this short but high energy class. (Limited-8 bikes) Call SW day of class to reserve your bike (419) 448-2600.

**Arthritis in the Pool**

Monday/Wednesday/Friday 10:30am-11:15am

YMCA/Arthritis Foundation water exercise program geared toward optimum joint health and flexibility.

**Body Blast**

Monday 6:30pm-7:30pm

Full body workout meant to increase the heart rate and push your muscles to their limit using a wide range of equipment.

**Cardiotone**

Tuesday/Thursday 10:00am-11:00am

This class takes standard hi/lo aerobics, kickboxing, and dance moves and gives them a bit of an upbeat, urban flavor. Set to the latest hip-hop music, this class will give you a fun, energetic 30 min cardio workout that is followed by 30 min of strength training, core and stretching.

**Cardio Drumming**

Monday 6:00pm-7:00pm/Thursday 6:30pm-7:30pm/Saturday 9:30am-10:30am

A full-body jam session, combining light resistance with constant simulated drumming.

**Core-N-More**

Tuesday/Thursday 9:00am-10:00am

Learn how to engage, use and strengthen your core work.

**Deep Water Fitness**

Tuesday/Wednesday/Thursday 8:00am-9:00am

Water exercise that blends cardio with strength and core work.

**Fit 4 Life**

Monday/Wednesday/Friday 9:00am-10:00am

Low impact aerobics followed by strength, balance, and stretching exercises all to the beat of classic oldies music. For active older adults and the young at heart.

**Fitness Over 40 @ SW**

Monday/Wednesday 5:30pm-6:30pm

An hour of cardio, strength, flexibility, and balance that is appropriate for those facing the challenges of aging.

**Flow with Francine**

Tuesday/Thursday 10:30am-11:30am

Yoga and pilates style exercise that flow together, resulting in a workout that develops strength, flexibility, and balance.

**Gentle Lift**

Tuesday 9:00am-9:30am

Light strength training circuits for our active older adults looking to improve overall strength, balance and stability through active lifting and functional movements.

**2019 Annual Campaign**



**Tiffin YMCA  
Annual Campaign**



**YES! You can count on my support.**

Enclosed is my tax deductible charitable gift of:

\$100  \$50  \$25  Other \$ \_\_\_\_\_

Check (payable to the Tiffin YMCA)

Credit Card

Visa  MasterCard  American Express

CC#: \_\_\_\_\_ Exp. (MM/YY) \_\_\_ / \_\_\_ CSC# \_\_\_\_\_

Signature: \_\_\_\_\_



# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?

 <p>6 months–3 years PARENT* &amp; CHILD: STAGES A–B</p>	 <p>3 years–5 years PRESCHOOL: STAGES 1–4</p>	 <p>5 years–12 years SCHOOL AGE: STAGES 1–6</p>	 <p>12+ years TEEN &amp; ADULT: STAGES 1–6</p>
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All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	<div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">NOT YET</div> <div style="background-color: #00b09b; color: white; padding: 5px; display: inline-block; margin-left: 10px;">A / WATER DISCOVERY</div>
Is the student comfortable working with an instructor without a parent in the water?	<div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">NOT YET</div> <div style="background-color: #0070c0; color: white; padding: 5px; display: inline-block; margin-left: 10px;">B / WATER EXPLORATION</div>
Will the student go underwater voluntarily?	<div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">NOT YET</div> <div style="background-color: #800080; color: white; padding: 5px; display: inline-block; margin-left: 10px;">1 / WATER ACCLIMATION</div>
Can the student do a front and back float on his or her own?	<div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">NOT YET</div> <div style="background-color: #e67e22; color: white; padding: 5px; display: inline-block; margin-left: 10px;">2 / WATER MOVEMENT</div>
Can the student swim 10–15 yards on his or her front and back?	<div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">NOT YET</div> <div style="background-color: #f1c40f; color: white; padding: 5px; display: inline-block; margin-left: 10px;">3 / WATER STAMINA</div>
Can the student swim 15 yards of front and back crawl?	<div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">NOT YET</div> <div style="background-color: #008080; color: white; padding: 5px; display: inline-block; margin-left: 10px;">4 / STROKE INTRODUCTION</div>
Can the student swim front crawl, back crawl, and breaststroke across the pool?	<div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">NOT YET</div> <div style="background-color: #0056b3; color: white; padding: 5px; display: inline-block; margin-left: 10px;">5 / STROKE DEVELOPMENT</div>
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	<div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">NOT YET</div> <div style="background-color: #4a148c; color: white; padding: 5px; display: inline-block; margin-left: 10px;">6 / STROKE MECHANICS</div>

\*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

## Tumbling Classes/Gymnastics Team

### \***Tumbling and Cheer**\*

#### **Intro & Beginner Tumbling**

Monday 5:30pm-6:25pm

M: \$40 PP: \$80

This class is designed for those who have successfully advanced from the Intro to tumbling evaluation.

#### **Intermediate Tumbling**

Monday 6:30pm-7:25pm

M: \$40 PP: \$80

This class is designed for those who have successfully advanced from the Beginner Tumbling evaluation.

#### **Advanced Tumbling**

Monday 6:30pm-7:25pm

M: \$40 PP: \$80

This class is designed for those who have successfully advanced from the Intermediate Tumbling evaluation.

#### **Beginner-Intermediate Cheer**

Wednesday 4:30pm-5:30pm

M: \$40 PP: \$80

This class focuses on developing a strong foundation in all areas of cheerleading. Students will learn technique and timing for motions, dance, jumps, stunts, and tumbling.

### \***Competitive Gymnastics**\*

#### **PRE-COMPETITIVE PROGRAM**

Future Stars, Pre-Team Silver & Pre-Team Gold – Contact Becky Bohn if your gymnast is interested in being on team someday! Pre-Comp classes practice on Tuesdays and Thursdays!

#### **TIFFIN YMCA ZERO GRAVITY 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 Becky Bohn with questions regarding the Team level at [bbohn@tiffinymca.org](mailto:bbohn@tiffinymca.org)***

### \***Gymnastics Extras**\*

#### **PRIVATE & SEMI-PRIVATE LESSONS OR BUILD YOUR OWN CLASS**

Need more practice or would you like to get that "back handspring"? We offer private lessons and semi-private lessons! Minimum of four enrolled to run BYOC. Prices vary depending on the needs of the class. Great for cheer squads to gain tumbling skills too! Contact Becky Bohn for more info!

## Gymnastics Classes

### \*Toddler through Kindergarten Gymnastics\*

#### **Parent-Tot 1**

Wednesday 5:30pm-6:00pm

M: \$20 PP: \$40

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.

#### **Parent-Tot 2**

Wednesday 6:00pm-6:30pm/Wednesday 6:30pm-7:00pm

M: \$20 PP: \$40

Parents spend 30 minutes helping their preschool age child develop gross motor and fine motor skills through structured gymnastics stations and activities! Parent participation is a must! One adult per child.

#### **Tiny Tumblers**

Monday 5:00pm-5:30pm/Wednesday 6:00pm-6:30pm/Wednesday 6:30pm-7:00pm

M: \$20 PP: \$40

This 30 minute gymnastics class encourages more independence with an instructor and structure to prepare them for Mini-Rollers.

#### **Mini-Rollers**

Monday 5:30pm-6:10pm/Monday 6:15pm-6:55pm/Wednesday 4:30pm-5:10pm/Wednesday 5:15pm-5:55pm

M: \$30 PP: \$60

40 Minute Class Instructor guided class with age appropriate structure and station work on all four gymnastic events.

### \*Youth Progressive Gymnastics\*

#### **Rollers**

Monday 5:00pm-5:55pm/Monday 6:00pm-6:55pm/Wednesday 5:30pm-6:25pm

M: \$40 PP: \$80

USAG Level 1 based gymnastics skills. No previous gymnastic experience required. Must be 6-16 years of age or pre-approved by Gymnastics Coordinator to join class!

#### **Swingers**

Monday 6:00pm-6:55pm/Monday 7:00pm-7:55pm/Wednesday 4:30pm-5:25pm

M: \$40 PP: \$80

USAG Level 1-2 based gymnastics skills. Class is for children who have successfully advanced from the Rollers-1 level.

#### **Kippers**

Monday 7:00pm-7:55pm

M: \$40 PP: \$80

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

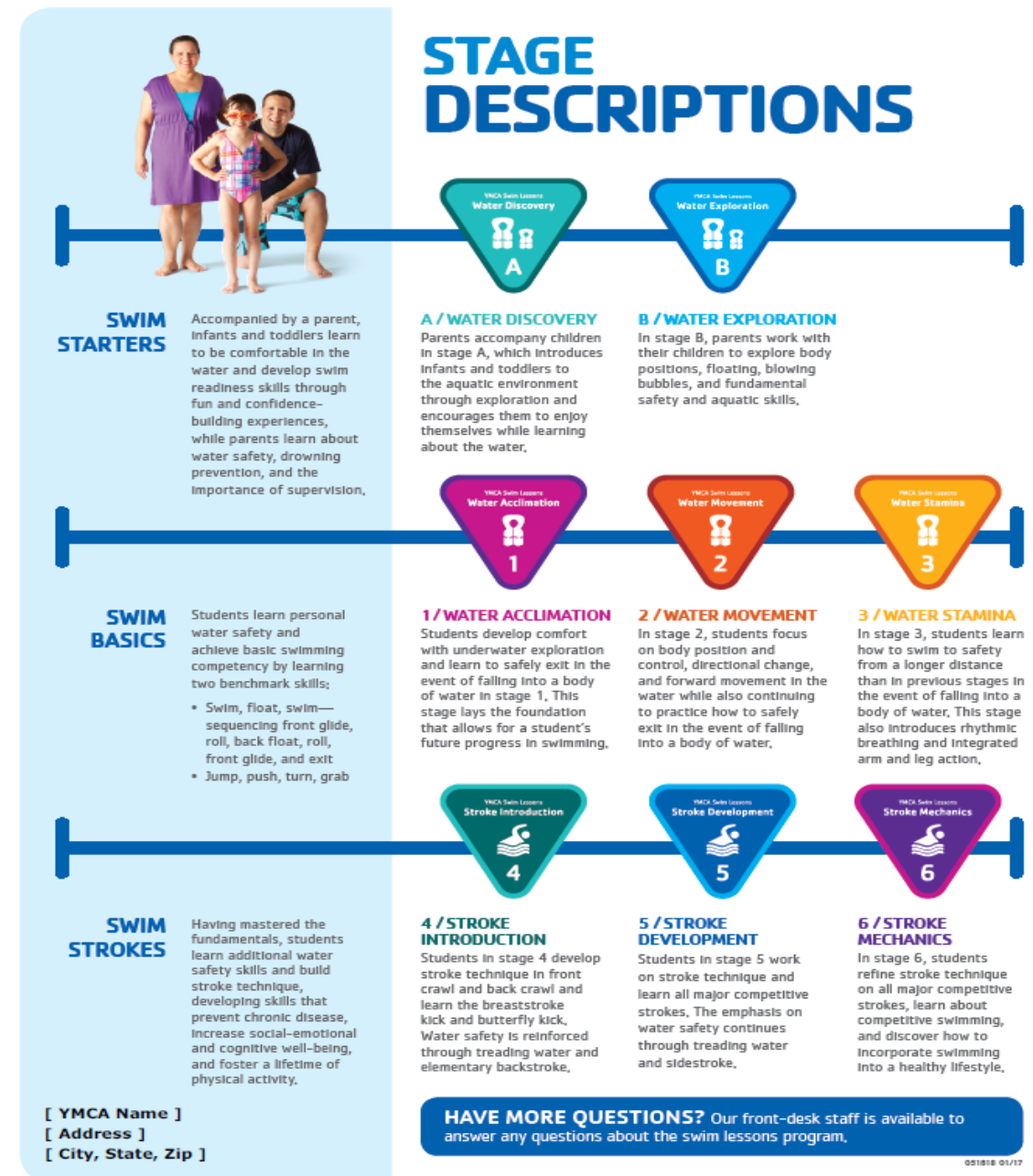
#### **Flvers**

Monday 7:00pm-7:55pm

M: \$40 PP: \$80

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

## Swim Lesson Class Descriptions



## Swim Lessons

The pool will close for swim lessons if severe weather or a thunderstorm is present in the area.  
Make up lessons will not be available.

Members: \$5 Program Participants: \$20 Session I: Mondays, Jun 3-24 Session II: Mondays, Aug 5-26

AGES: 3 months - 12 years old

**LEVEL A: WATER DISCOVERY:** Ages 3months-18months at 5:30pm in the Learning Pool (LP)

**LEVEL B : WATER EXPLORATION:** Ages 18months-36months at 6:00pm in the Learning Pool

### **LEVEL 1: WATER ACCLIMATION:**

Preschool Ages 3-5 years: Monday 5:30pm, 6:30p(LP) Youth Ages 5-12years: Monday 6:00pm

### **LEVEL 2: WATER MOVEMENT:**

Preschool Ages 3-5 years: Mondays 5:30pm Youth Ages 5-12years: Mondays 6:00pm, 6:30pm

### **LEVEL 3: WATER STAMINA:**

Preschool Ages 3-5 years: Mondays 5:30pm Youth Ages 5-12years: Mondays 6:15pm

### **LEVEL 4: STROKE INTRODUCTION:**

Preschool Ages 3-5 years: Instructor Recommend Youth Ages 5-12 years: Monday 5:30pm, 6:15pm

### **LEVEL 5: STROKE DEVELOPMENT:**

Preschool Ages 3-5 years: Instructor Recommend Youth Ages 5-12 years: Monday 5:30pm,

### **LEVEL 6: STROKE MECHANICS:**

Preschool Ages 3-5 years: Instructor Recommend Youth Ages 5-12 years: Monday 6:15pm

## PRIVATE YOUTH, ADULT, OR FAMILY SWIM LESSONS

One-on-one swim instruction tailored to fit your individual needs and goals. Half-hour lessons are scheduled at your convenience. Private lessons are great for beginners, individuals with fears or hesitation towards the water, or for those who would like to improve stroke techniques. OR, get your own group together and schedule a lesson.

Members: One person - \$20.00 or 2 or more people - \$15.00 per person

Non-Members \$30.00 per person (No price break for group sessions)

Pricing is based on 30 minute lesson time.

Call the Membership Desk to register. Please include dates and time requested during registration and available instructor will call back to set up lesson.

# **The Pool Will Be Closed For Maintenance**

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**June 29-August 4.**

## Special Aquatic Events/ASHI Certification Classes

### **ASHI CHILD AND BABYSITTING SAFETY (CABS) COURSE**

Class provides fundamental information in the business of babysitting, proper supervision, basic caregiving skills, responding properly to ill or injured children or infants. There are no pre-requisites for this class but CPR and basic First Aid certification are recommended. To achieve CABS certification, participants must pass a written evaluation and perform required skills competently without assistance. Child and Babysitting Safety certification is valid for up to two years.

**Ages 11-15 Cost: \$50** Minimum 4 students. REGISTER TODAY!

### **ASHI CPR/AED and BASIC FIRST AID COURSES**

**CPR(Adult/Child/Infant)/AED: \$50 BASIC FIRST AID: \$25**

**BASIC LIFE SUPPORT: \$65** (For Lifeguards, Healthcare workers, etc)

Our Instructors Travel- Contact us to schedule a class for your church, school, community group or workplace.

Call today to sign up for our next class!

**Any CPR Challenge Course: \$50 by appointment only**

### **ASHI LIFEGUARD COURSES**

Please contact the membership services desk for our next scheduled course or any questions about recertification classes, 419-447-8711

## SCUBA

### **PADI DISCOVER SCUBA**

The PADI Discover SCUBA course will give you a brief overview and experience of SCUBA diving before committing to the certification course. Class sizes are limited and pre-registration is required. Class dates and times vary depending on participant's schedule.

Contact Bob Stover: 419-618-9377 or [rstover@woh.rr.com](mailto:rstover@woh.rr.com) to set up a class **Fee:** \$25.00

### **PADI OPEN WATER SCUBA**

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 never expires.

For more information contact:

Bob Stover: 419-618-9377 or [rstover@woh.rr.com](mailto:rstover@woh.rr.com)

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