



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

MARION FAMILY YMCA
RESOURCE GUIDE
Fall 2018



Register Online at
marionymca.org or at the
Marion Family YMCA





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Dear New Y Member:

Thank you for joining the Marion Family YMCA! You've joined an association of people who support one another and our community in youth development, healthy living and social responsibility.

The staff and I are excited about serving you and all of our members. I hope you will enjoy this great organization and take advantage of all our programs and services that help nurture the potential of youth & teens; improve health & well-being and provide opportunities to give back and support your neighbors.

The mission of your YMCA is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. This means we try to incorporate the universal values of caring, honesty, respect and responsibility into all that we do from how we serve you at the Service Center to how we teach a swimming lesson. We also ask that our members and guests conduct themselves at the Y in a way that supports our mission.

We have put together a packet of important information for you to review with your family prior to visiting the Y. We are pleased to offer a free 60 minute wellness coaching session for all new (adult) members. We call this a Fit60 Session. During your Fit60 session, you and your coach will discuss your personal well-being goals and formulate a plan to meet them. This may include helping you find the right group exercise class, setting up a strength training routine, getting you started on ActivTrax, or any number of other wellness opportunities at the Y. We know that new members who attend their Fit60 session within the first two weeks of joining the Y are six times more likely to achieve their well-being goals. I hope you are one of them.

As a new member, we enjoy hearing your fresh perspective on how we're doing and how we're meeting your needs. We have a staff member dedicated to helping new members get started with the Y. Her name is Monica Addy and she'll be reaching out to you soon.

As a new member you received two complimentary guest passes. These are yours to use however you wish. When you run out, you may still bring guests as we sell one-day guest passes to the Y. We hope you will want to share your YMCA's work in youth development, healthy living and social responsibility with your friends.

Please feel free to offer your suggestions and comments to your Y staff. Many times the best ideas come from you, those who are using the facilities and participating in the programs on a daily basis. In addition, we are always looking for great volunteers to help us fulfill our mission. If you are interested in sharing your time and talents, please let any member services staff member know of your interests.

Once again, thank you for joining the Marion Family YMCA.

Sincerely,

Theresa A. Lubke

Theresa A. Lubke
Executive Director



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**MARION FAMILY YMCA
WOPAT YMCA CENTER**
645 Barks Road East
Marion, OH 43302
P: 740-725-9622
F: 740-389-1287
www.marionymca.org

BUILDING HOURS

Mon-Thurs: 5AM - 10PM
Friday: 5AM - 9PM
Saturday: 7AM - 6PM
Sunday: 12PM - 8PM

For Pool Hours, see pool schedules

CHILD WATCH HOURS

Mornings
Monday - Friday: 9am - 1:15pm

Evenings
Monday - Thursday: 4:15pm - 8:15pm
Friday: 4:15pm - 7:00pm

Saturday
9am - Noon

Sunday
1pm - 4pm

Y STAFF

Theresa Lubke - Executive Director
Jill Grimes - Finance Director
Carrie Guyton - Director of Relationships
Chad Wolf - Building & Grounds Director
Heather Wright - Wellness Director
Kaylee King - Program Director
Morgan Rhoads - Finance Coordinator
Cindy Jennings - Wellness Coordinator
Monica Addy - Relationship Coordinator
Nicole Brown - Program Coordinator

HOLIDAY HOURS

Labor Day - CLOSED
Thanksgiving - CLOSED
Christmas Eve - CLOSED
Christmas Day - CLOSED
New Year's Eve - CLOSE at 6:00 PM
New Year's Day - Open 10:00 AM - 2:00 PM

Fall I/Fall II 2018 Dates

Fall I - September 10 - October 28
Fall II - October 29 - December 16



Marion Family YMCA enriches kids, adults, families and communities through well-being and fitness, camps, family time, swim, sports, and play, and other activities for people of all ages, incomes and abilities. We are more than your local health and fitness club with a pool and a gym. At the Y, we help build a healthy spirit, mind and body for all with the core values of caring, honesty, respect and responsibility at the heart of everything we do.

OUR MISSION

The Marion Family YMCA puts Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR VALUES

The Marion YMCA shares beliefs of caring, honesty, respect and responsibility. Our staff shows these values in our Y programs and by providing healthy connections with our members.

OUR CAUSE

At the Marion Family YMCA **strengthening community** is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has an opportunity to learn, grow and thrive.



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OUR HISTORY

Since its founding in 1892 the people of Marion have been developing the potential of youth, helping one another improve well-being, and giving back to their community through the Y. Although the specific programs and services have changed throughout the years, the work of the Y has always been to strengthen our community through youth development, healthy living and social responsibility.

In 1933 the Y helped a shy 12 year old, so bashful that he couldn't answer questions in school, learn that he could speak out loud to others and he did so in style, winning a contest on telling the best Bible story. That 12 year boy, now a man well into his later years, still has the Bible he won that day as a prized possession.

In our first facility, located on South State Street, young boys developed self-confidence along with swimming skills in the Y's tiny pool where the ceiling was so low most adults had to bow their heads when standing on the deck. Progressively respectful and inclusive, the Marion Family YMCA allowed women to use this facility the first year it opened in 1895.

As the Y continued its work in youth development and healthy living the need for a new facility became apparent and we launched a capital campaign in 1950 with a goal to raise \$750,000. Due to Marion's socially responsible residents, money was raised and a new larger facility was opened on Church Street in 1953. Many of today's retired Marionites remember honing leadership skills at the Y through its many youth and teen clubs and activities.

Over the years, the Y's work in youth development and healthy living once again outgrew its facility. Helping people improve their well-being through popular exercise classes sometimes included holding cycling classes in the Y's lobby due to lack of space. This wasn't stopping people though from supporting one another and seeing amazing life changes as individuals came to the Y looking to get fit, and stayed because they not only did so but improved their overall well-being through their new social connections and friendships.

In 2004 the Marion Family YMCA moved to its current location on Barks Road. Through the tool of this 88,000 square foot facility we are helping more youth reach their potential, aiding more individuals and families in improving their well-being, and providing more opportunities for people to give back and support their Marion neighbors.



OUR FOCUS

Youth Development

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors. They can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

Healthy Living

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our lifelong learning programs, such as youth sports or swim lessons. It is about bringing your loved ones closer together through our many family-centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

Social Responsibility

The generosity of others is at the core of the Y's existence as a nonprofit organization. It is only through the support of our hundreds of thousands of volunteers and public and private donors that we are able to support and give back to the communities we engage.





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GENERAL INFORMATION

MEMBERSHIP BENEFITS

BUILDING HOURS

Open 100 hours a week for your convenience

CHILD WATCH - NO COST FOR HOUSEHOLD MEMBERS

Work out, swim, take a yoga class – knowing that your kids are safe and sound in our babysitting area at low cost for members. Child watch is open 50 hours a week including Sundays.

SCHOOL DAYS OUT- NO COST FOR HOUSEHOLD MEMBERS

The YMCA is the place to be when school is out. Swimming, crafts, games, nutrition, and character development, are just a few activities that will be offered each day. Must register two business days in advance. Space may be limited.

FREE GROUP EXERCISE CLASSES FOR ADULTS

All Adult Group Exercise classes held on land including yoga, cycling, etc. included in membership with no requirement to register in advance.

GUEST PASSES

Once you join the Y, you'll get TWO guest passes to share with your friends.

FIT 60

60 minute appointment for new or returning members to meet with a wellness coach and discuss your goals.

YMEMBER REWARDS

Adult members who scan in 12 or more times are eligible for monthly drawing.

NATIONWIDE MEMBERSHIP

You can use your membership card at more than 2,000 participating Y's

SWIM CLASSES

When your child turns 3 and 6, he/she will receive a **FREE** swim class.

HEALTH INNOVATION CLASSES

Specialized classes available such as **LIVESTRONG** at the YMCA, OhioHealth Delay the Disease, Diabetes Prevention Program, Tai Chi for Arthritis, Enhance Fitness and Super Kids.

NO CONTRACTS

At the Y, you can enjoy no long-term contracts – which makes joining low pressure and high pleasure.

STATE OF THE ART FITNESS CENTER

TWO FULL SIZE BASKETBALL COURTS

MARION'S ONLY INDOOR TRACK

MARION'S ONLY INDOOR AQUATIC CENTER WITH TWO POOLS

POOL OBSTACLE COURSE

ACTIVTRAX

Our web-based training and nutrition program is included in the price of your membership.

PICK A PERK

Receive a postcard twice a year with an option to receive a choice of several discounts.

PARTY ROOMS TO RENT

FREE COFFEE IN THE MORNING

SMALL GROUP TRAINING CLASSES AVAILABLE

DONATE TO THE Y

The Y is a caring association of men, women and children joined together by a shared commitment to nurturing the potential of youths, promoting healthy living and fostering a sense of social responsibility.

Financial Assistance keeps the Y available for youths, families, and adults who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful and enduring impact in Marion.

Your Gift Will Help...

- \$50 helps a preschooler get ready for Kindergarten through two months of Y preschool
- \$140 gives a youth a safe place after school through an annual Y membership

Join the President's Round Table...

- \$500 allows a family to improve their well-being together as Y members for the year
- \$1,000 helps children of all ages learn, thrive and grow by supporting program fees for youth sports, swimming lessons, summer sport camps, fitness programs and more.
- Donors who give a gift of \$1000 or more to our campaign, will receive a banner with their name or their company's name on it that will be prominently displayed within our Y.





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GENERAL INFORMATION

GENERAL POLICIES

GUEST POLICIES

The Marion Family YMCA encourages the use of guest passes as a way to recruit new members and to allow visitors to the area to use the Y.

- Each new membership will be awarded two complimentary guest passes.
- All guests must complete a Participant & Guest Application and be entered into the Y's database. Minor guests must have a parent or legal guardian complete and sign the Participant & Guest Application.
- All guests age 18 and older must present a valid ID each time they come to the Y.
- All guests, age 9 and older, must have their picture taken and stored in the Y's database.
- All guests must abide by all Y rules, policies and code of conduct

DAILY GUEST PASSES

HOUSEHOLD \$18.00

ADULT (18 YEARS AND OLDER) \$10.00

YOUTH \$5.00

AGE POLICY AND PRIVILEGES

Adults: *Age 18 and older*

Access for Adults includes:

- Group Exercise Classes (14 and older age limit)
- Wellness Center (14 and older age limit)
- Whirlpool
- Sauna and Steam Room

Children: *Age 9 and older*

- May use the Y facility without a parent or another adult supervising.
- Members must be 14 and over to participate in Adult Activities and to work-out in our Adult Wellness Center.
- May use the Family Wellness equipment after completing an Iron Kid orientation.

Children: *Age 8 and younger*

- Must be enrolled in a structured Y program or in Child Watch (if not with a supervising adult)
- Must be accompanied and supervised by an adult age 18 or older
- **NOTE:** Parents **CANNOT** use the Wellness Center or Track while their child is unsupervised anywhere in the Y.
- If a child is enrolled in a class or structured activity, the parent is free to use a different part of the facility.
- Parents/chaperones must stay close during Pre-School Swimming Lessons in case the child needs to use the bathroom.

SPECTATOR POLICY

Spectators have two choices when they visit the Y.

1. Sign in on the Spectator Sheet and present a photo ID. or
2. For those who are regular spectators, complete a Y Participant and Guest form at your first visit. A parent/legal guardian must complete and sign this form for any minor spectators.

At this first visit, spectators must show a photo ID., have their picture taken and all information entered into our database (DOB, address, phone number).

At subsequent visits, spectators will stop at the Service Center and a Member Service staff person will pull up their information.

LOCKER ROOM POLICIES

- No cameras or cell phones are permitted in the locker rooms at anytime.
- Lockers are available for daily use by members and guests.
- Long term locker rentals are available.
- Please bring a lock and remove it at the end of each visit.
- Items left overnight will be removed and placed in the lost and found at the Service Center. Lost and found items are kept for a maximum of 7 days before disposal.
- Children over the age of 5 must use the gender appropriate locker room.
- The special needs locker room is available to accommodate parents with opposite sex children and those needing assistance.
- The Y is not responsible for any personal belongings that are lost or damaged while using the facility.
- Adult locker rooms are available for those 18 years of age and older. No children are permitted at anytime.

LOCKER RENTAL

Lockers are available for rent on a first come, first serve basis. Locker rental is \$5.00 per month. Fee is paid on same basis as membership (monthly, semi-annual or annual). The rental fee includes a lock.

Day-use lockers are available in the locker rooms. Please make sure you take all belongings with you when you leave. Locks left on lockers overnight in the locker rooms may be cut off and personal items in the locker will be placed in the lost and found.

No Cell Phones in the locker rooms

MARION FAMILY YMCA MOBILE APP

You heard us right, the Marion Family YMCA now has a mobile app!

Download it from the App Store (iOS) or Google Play (Android). Get everything you need in the palm of your hand from schedules, facility status, events and member check-in availability.





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GENERAL INFORMATION

TOWEL SERVICE

Members will be able to purchase towel service for \$12.00 per month per member. If you're interested in this service, please see our Service Center. We also have towels available for sale and provide sweat towels in the Wellness Center.

WELLNESS CENTER POLICY

- New members are encouraged to sign up for a FIT60 appointment
- Must be 14 years old to enter the Wellness Center.
- Please don't rest on equipment in between sets.
- 30 minute maximum on the cardio equipment during busy times.
- Please be considerate of others and wipe down equipment after using.
- Water only allowed in the Wellness Center, food is prohibited.
- Return plates, barbells and dumbbells to appropriate racks when finished.
- Profanity is prohibited.
- For your safety and the safety of others: Keep all personal items locked up in the locker rooms. Appropriate athletic attire required: tennis shoes, shorts or sweats, no jeans.
- Only appropriately credentialed Marion Family YMCA staff members employed as Personal Trainers or Personal Coaches shall provide such services within YMCA programs and facilities.

OUTSIDE PERSONAL TRAINERS

- Only appropriately credentialed Marion Family YMCA staff members employed as Personal Trainers or Personal Coaches shall provide such services within YMCA programs and facilities.

FAMILY WELLNESS CENTER

Ages 9 and Older

The Family Wellness Center is located on the second floor just inside the track. It includes a complete set of STRIVE strength training equipment that is designed for children, small adults and those new to exercise. It's a great place to work out as a family. Children ages 9-13 must complete an IRON Kids Orientation prior to using.

A Family Wellness coach will be on duty during peak times to complete orientations and assist members. Walk-in orientations may be available, but we strongly recommend that members make an appointment for an Iron Kids orientation at the Service Center in advance.

KID'S GYM

For young children our Kid's Gym is open all year long. The Kid's Gym is a soft-play area for children age 8 and under while supervised by a parent. Kids Gym gives kids 18 months to 8 years a place to run, play, explore and socialize.

NOTE: Kid's Gym is subject to close due to youth programs

Children must be supervised by a responsible person age 18 and older.

Free for Members, paying guests or if you have a complimentary pass.

. KEITH DAVIS NATATORIUM POLICY

- Stop at the Service Center for a complete list of pool schedules and rules.
- Children under the age of 9 and non-swimmers must be accompanied by an adult or guardian 18 years of age or older in the water.
- Children needing a floatation device must have an adult in the water with them and will not be permitted in the deep end.
- Any classes without a minimum number of participants may be subject to cancellation.
- Pool schedules are subject to change to meet member and program needs.
- The entire natatorium will be closed during thunderstorms and will re-open twenty minutes after the last trace of thunder or lightning.
- Please only enter the natatorium through the locker rooms.
- All swimmers must shower before entering any of the pools.
- Children 17 or younger must take a swim test to swim in the deep end.

TRACK POLICY

- Please do not stop on track.
- Please run or walk single file during busy times.
- Only water is permitted on the track.
- Please observe the directional signs for each day of the week.

GYM POLICY

- Full court games are limited to designated times on the gym schedule November through April.
- Staff may restrict full court games during Open Gym from May through October on an as-needed basis due to heavy gym demand.
- Wear only proper gym shoes on the court floor and only gym shoes that haven't been worn outside.
- All food and drink must remain in the lobby...water is the only beverage allowed in the gym
- Do not hang on the rims or nets.
- Do not touch, hang on or pull the gym curtain.
- Respect those around you and the gym schedule.
- Use all gym equipment as intended.
- Follow any posted rules for game play.
- Share space during Open Gym and allow new players to join in during Pick-Up Games.
- Be respectful of others including no fighting or inappropriate language.

The Y will adjust the gym schedule from time to time to accommodate programs and members' needs. If you have schedule suggestions, please leave a comment card at the Service Center. All members and guests are expected to follow the posted schedule.





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GENERAL INFORMATION

CARE GIVERS

The Marion Family YMCA understands that some individuals of all ages may need special one on one assistance in order to take advantage of their Y membership. These members may include individuals with physical disabilities, and cognitive or emotional challenges. Upon request the Y will grant a "Care Giver Pass" to a member so that their care giver may enter the Y with that member at no cost. If a member makes such a request, a Care Giver must accompany that member to the Y at each and every visit.

It is the intention of the Y to provide a Care Giver Pass for the benefit of the member, therefore Care Givers must be accompanying and assisting the member for whom they are providing care and may not be engaged in their own personal workout or other personal use of the facility.

LOST AND FOUND

The Marion Family YMCA is not responsible for lost or stolen property. Please check with our Member Service Center staff if you have lost items.

VALUABLES

Please do not bring valuables to the Y. If you do, please remember that the Y is not responsible for lost or stolen items. Remember to bring a lock and lock your valuables.

CHILD WATCH- NO CHARGE FOR HOUSEHOLD MEMBERS

The drop-in service is available for a maximum of 2 hours **per day** for children ages 3 months through 8 years old while their parents participate in on-site Y programs or activities. The cost for one child is \$3.00 and Punch cards - 10 visits for \$25.00.

Service fee is payable at the Service Center at the time of service. When the fee is paid, please pick up a pass to enter the Child Watch room.

| | | |
|---|---|---|
| <p><u>Mornings</u> Mon-Fri 9:00 AM—1:15 PM Saturday 9:00 AM—NOON</p> | <p><u>Evenings</u> Mon-Thurs. 4:15—8:15 PM Friday 4:15—7:00 PM</p> | <p><u>Afternoon</u> Sunday 1:00 PM— 4:00 PM</p> |
|---|---|---|

Hours subject to change

SNOWBIRDS/HOLD MEMBERSHIP POLICY

Snowbird Definition: Any active member that has a second residence, outside of Ohio, for a short period of time.

- Must sign Snow Bird form.
- Must state what month they expect to return (2 months minimum up to 6 months).
- No joiner fee upon return.

MEMBER BEHAVIOR CODE

The Y is committed to providing a safe, character building, healthy and respectful environment for all members and guests. To promote these values, we ask individuals to act appropriately at all times. Ask at the Service Center for a complete copy of the Code of Conduct.

REGISTRATION INFORMATION

Registration Deadline is 2 business days prior to the start of a class or event unless otherwise noted. After the deadline, registrations may be accepted based on available space.

Participants on a waiting list will be notified only if a spot becomes available

Registration for Land Group Exercise classes is **not** necessary. Water Fitness Classes are continuous with no deadline to join an existing class. Classes without a minimum participation, may be cancelled.

REGISTRATION PROCESS

Please register in person at the Service Center. ONLINE registration is available for some classes and programs at www.marionymca.org.

Full payment must accompany registration. Program participants must have a participant and guest form on file. A waiting list will be created for classes at capacity. If placed on a waiting list, you will be notified if space becomes available.

SIBLING DISCOUNT

25% sibling discount for siblings enrolled in the *same* program or whichever child is less expensive. Not all classes or programs are included - inquire at Service Center. Members only

ADULT CLASS DISCOUNT

Sign up for 3 adult water exercise classes and get 50% off the lesser of the three. Minimum class fee is \$5.00. Members only

CREDIT/REFUND POLICY

You must cancel from a class in person at the Service Center. A full credit or refund will only be issued if you cancel 2 business days prior to the start of a class. If you cancel after the deadline, no credit or refund will be issued.

The Y reserves the right to change, cancel or combine classes as necessary. If we cancel a class we will issue a full credit or refund.

MEMBER DISCOUNT

The Marion Family YMCA believes in providing membership and program services to all who seek us out, without bias and regardless of ability, gender, race, ethnicity, sexual orientation, gender identity, income or other demographic attribute. Anyone may apply for a Membership Discount. Discounts are applied based on need using a sliding-fee scale of **total household income and number of people in the household**. The Y's membership discount program, funded in part by our Annual Campaign, uses all available resources to provide support to those who have financial need and qualify for a discount. Member Discount is available due to the generosity of our Y donors. Applications are available at the Service Center and on our website at www.marionymca.org.



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IT'S ALL ABOUT YOU!



WHAT IT IS

This is a 60 –minute appointment with a Y wellness coach for new & returning members. Together, you & your coach will decide how the Y can best help you meet your wellness goals. Your FIT60 appointment could include:

ActivTrax—for members who want to incorporate resistance training in their exercise program with one of the most powerful fitness tools available. ActivTrax helps guide you in reaching your overall goals through activity tracking, guided workouts and nutrition and meal planning.

Coaching Session—Coaches will help design an exercise program that fits the member's needs.

WHO SHOULD ATTEND

Everyone! (14 years and over) Whether you're new to exercise or in tip-top shape, our first appointment experience is an opportunity for us to get to know one another. Whether you want to lift weights, take classes, swim, play sports or have some other interests in mind, we want to make sure we do our part in helping you get started on the right foot.

WHY IT'S IMPORTANT

Members who attend their FIT60 appointment within the first two weeks of joining are 6x 's more likely to achieve their goals. Let's make sure you're one of them!

If you choose ActivTrax, you can access an online weight management tool to help you match your calorie intake to your activity level and achieve any weight management goals you may have.

If you choose Wellness Coaching, the coach can help you start on a walking program, help you sign up for a class or simply accustom you to a few pieces of work out equipment. This session is all about your personal wellness goals

READY, SET, HERE WE GO

Come to your appointment prepared to exercise! Get a good night's sleep, wear comfortable clothing (athletic attire and tennis shoes), drink plenty of water and try to avoid drinking caffeinated drinks at least 2 hours before your appointment.

WHAT YOU SHOULD EXPECT

Your one-on-one appointment will include:

- Us learning a bit about you
- Establishing short, medium and & long-term goals
- Overview of ActivTrax (If you choose this option)
- Overview of our online nutrition tool (If you choose this option) Customized designed exercise program.

But Wait...there's more!

3 – Day Guest Pass

Upon completing your FIRST appointment, we'll provide you with a 3 day guest pass for you to share with a guest visiting from out of town, friends or family—no strings attached.

AND ONE OF THE FOLLOWING:

Session of swim lessons, Session of an adult water class, health innovation class, youth sport session, 2 guest passes, \$10 off child watch pass or \$10.00 off any small group training. Must be an active member. Must sign up immediately following the FIT 60 appointment.

**Your FIT60 appointment is
scheduled for _____ at ____ am/pm**



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SWIM, SPORTS AND PAY

FALL YMCA DOLPHINS SWIM TEAM

The Marion Family YMCA Dolphin Swim Team is for kids ages 5 to 18 who enjoy the spirit of competition, as well as the camaraderie of being on a team. We center our program around the values of Caring, Honesty, Respect and Responsibility. Our athletes are of all ability levels, working to improve their skills, build self confidence, and develop their potential as a swimmer and individual.

All team members must be a member of the Marion Family YMCA.

Starts September 19, 2018

Swimmers may choose to register for half or the full season. Half season runs from September 19 through December, 2018. The full season continues through mid-March. Swimmers who start with half season may change to the full season at a later date.

Practice times have not been finalized but, will be between 5:15 and 7:00 pm Monday through Friday. Attendance all five days isn't mandatory.

Fees will range from \$150 to \$500 depending on half or full season, before/after high school season, and level of completion.

More details will be ready in August. Check with the Service Center or the Y's website at marionymca.org/swim_team.

PRIVATE SWIM LESSONS

These lessons are designed to give participants individualized attention in order to improve or master their swimming skills. The instructor and the participant/parent determine their goals for the session. Contact the Aquatics Director.

4 Lessons at 30 minutes each

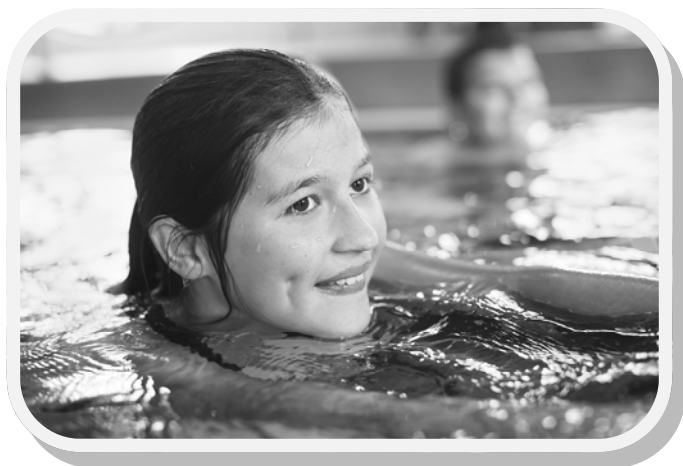
FEE: Member: \$70
Program Participant: \$115

SEMI-PRIVATE SWIM LESSONS

2-3 Individuals will work with one of our swim instructors in order to receive more focused instructions on technique, endurance, or the goal you have agreed upon with the instructor. This is perfect for siblings or friends.

4 Lessons at 30 Minutes each

FEE: Member: \$50
Program Participant: \$90





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SWIM, SPORTS AND PLAY

Fall I/Fall II 2018 Dates

Fall I - September 10 - October 28

Fall II - October 29 - December 16

ADULT WATER FITNESS

A HEALTHIER YOU, A HAPPIER YOU

Healthy living is an important part of the Y. Water fitness classes are a great way to exercise, and a great way to become involved in the Y Community. In water fitness, we have created a strong community of supportive and caring peers who work together to encourage and push each other to stay on track and accomplish goals. We offer a variety of classes to meet the needs of anyone who is interested in a water fitness class.

FEES

Member - \$16.00

Non-Member - \$60.00

H2O FITNESS

In this class, we use the water for resistance when working on cardio and muscle conditioning workouts. This class takes place in the deep and shallow ends.

Monday, Wednesday & Friday

8:30 - 9:15 AM OR

11:00 AM - 12:00 PM

Location - 8 Lane Pool

WATER EXERCISE

This class features low impact exercise to increase mobility, flexibility and range of motion.

Monday, Wednesday & Friday 9:15-10:00 AM

Location - Small Pool

THE ARTHRITIS FOUNDATION AQUATIC PROGRAM

This class is held in the Small Pool. The purpose of this class is to help relieve stiffness and pain. We also work to improve strength & range of motion, while also building endurance & flexibility. This course is approved and certified by the Arthritis Foundation. Funding provided by the Marion Community Foundation.

Monday, Wednesday & Friday 10:00 - 10:45 AM OR

Tues. & Thurs. 5:45 - 6:30 PM

Location - Small Pool

ADULT NOODLE HOUR

The Small Pool is available *for adults only* (18 and older)

Monday - Friday 2:30 - 3:30 PM

Location - Small Pool

SILVERSNEAKERS SPLASH

Silver splash is a water fitness program designed to enhance each individual's quality of life and daily function. We work to enhance agility, range of motion, and cardiovascular conditioning. Participants will develop strength, balance and coordination. No swimming ability is required.

Tuesday, Thursday & Friday 9:30 - 10:15 AM OR

Tuesday, Thursday & Friday 10:30 - 11:15 AM

Location - 8 Lane Pool

WATER WELLNESS

Take the stress off your joints and improve overall endurance in this low intensity water class. This class is designed for those looking to improve flexibility, balance, and cardiovascular and muscular endurance.

Tuesday 6:30 - 7:30 PM

Location - Small Pool





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

The Y has a long tradition of providing effective, high-quality swim lesson programs that teach people to have fun and be safe around water.

The swim lessons curriculum allows for both standardization and flexibility. Each child will participate in a skill testing and parent orientation to determine the class to sign up for.

YOUTH SWIM LESSONS

LEVEL 4: STROKE INTRODUCTION

Having mastered the fundamentals, students will learn additional water safety skills and build stroke technique.

Monday: 6:00-6:40PM

LEVEL 5: STROKE DEVELOPMENT

Students continue to refine stroke technique, work on endurance and develop skills that foster a life time of physical activity.

Monday: 6:40-7:20PM

LEVEL 6: STROKE MECHANICS MINI DOLPHINS - 8 LANE POOL

Transition from swim lessons to swim team

Prereq.: 6 years old and must have passed Level 3
Students will learn endurance, front crawl, back crawl dive, resting stroke, tread water, breaststroke and butterfly.
Limited to the first 8 and minimum of 3 to run.

September 10 through October 8, 2018
6:30 - 7:30PM and
October 15 - November 12, 2018

FEE:
Members: \$35.00 **Program Participant:** \$70.00

5 Week Sessions - 1 day per week

Monday

Session I: Sept 10 - Oct. 8
Session II Oct. 15 - Nov. 12
Session III: Nov. 19 - Dec. 17

FEES:

Members: \$25

Program Participant: \$50

SKILL TESTING AND PARENT ORIENTATION DATES

It is important to assess your child's skill level before signing up for swim lessons. All participants will be required to attend a Skills Assessment and Orientation prior to the start of their lessons.

TESTING DATES

July 31, August 3 & September 5
Anytime between 5:30—7:30PM

If you are unable to attend one of the above, call or stop by the Service Center to set up an appointment.





FOR YOUTH DEVELOPMENT®
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SWIM, SPORTS AND PLAY

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

The Y has a long tradition of providing effective, high-quality swim lesson programs that teach people to have fun and be safe around water.

PRESCHOOL SWIM LESSONS

LEVEL A : WATER DISCOVERY

This stage introduces infants and toddlers to the aquatic environment. As youth develop at this stage, focus is on the important milestones. Encouraging parents to set developmentally appropriate expectations for infants and toddlers enrolled in swim lessons is important. Basic water safety will be introduced to parents.

Saturday: 9:00 - 9:30AM - Small Pool

LEVEL B : WATER EXPLORATION

Students younger than 3 must have a parent in the water with them. Students will learn personal water safety and be assisted in learning the following skills: front tow, back float, front float and back tow.

**Saturday: 9:35AM - 10:05AM - Small Pool OR
Wednesday: 7:05PM - 7:35PM- Small Pool**

LEVEL 1: WATER ACCLIMATION

Students learn personal water safety and achieve basic swimming competency. Students begin to work unassisted on swim-float-swim sequencing and jump, push, turn and grab technique.

**Saturday: 9:00AM - 9:30AM - Small Pool OR
Wednesday 6:30PM - 7:00PM - Small Pool**

LEVEL 2: WATER MOVEMENT

Students learn personal water safety and will master 2 of the following benchmark skills: Swim float, swim-sequencing front glide, roll, back float, roll back float, roll, front glide, and exit-jump, push, turn and grab.

**Saturday: 9:35AM - 10:05 - Small Pool OR
Wednesday: 6:15PM - 6:45PM - Small Pool**

5 Week Sessions - 1 day per week

Saturday

Session I: Sept 8 - Oct. 13
Session II Oct. 13 - Nov. 17
Session III: Nov. 17 – Dec. 22

Wednesday

Session I: Sept 12 - Oct. 17
Session II Oct. 17 - Nov. 21
Session III: Nov. 21 – Dec. 26

FEES:

Members: \$25
Program Participant: \$50

FEES:
Members: \$25
Program Participant: \$50

In the case of lightning, the pool will be closed for 20 minutes following the last sound of thunder. Please call ahead if you have questions

SKILL TESTING AND PARENT ORIENTATION DATES

It is important to assess your child's skill level before signing up for swim lessons. All participants will be required to attend a Skills Assessment and Orientation prior to the start of their lessons.

TESTING DATES

July 31, August 3 & September 5
Anytime between 5:30 - 7:30PM

If you are unable to attend one of the above, call or stop by the Service Center to set up an appointment.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

BIRTHDAY PARTIES

BOOK YOUR SPECIAL OCCASION WITH US

Don't have enough time to plan a great party for your child? Don't want to have to worry about a mess? Your birthday boy or girl can play in the pool and gym with their friends and family. Party also includes room set up with table and chairs to open gifts and eat.

Note: Children who are not members must have a parent complete our guest participation form

Parties are as easy to schedule

Birthday party is based on 16 people. More than 16 people is an additional \$5 per person. MAX 20

BASIC PARTY (Total 2 hours) any age

Birthday party includes:

- 1 hour of swimming, gym time or Kids Gym (ages 18 months to 8 years only in kids gym)
- 1 hour in the party room

You may bring in:

- Cake, pizza, or other party food and drinks

Parties must be booked two weeks prior to the party date.

Members:\$100.00

Non-Participants:\$125.00

*Specific pool (8-lane or small pool) use is dependent upon availability of a specific pool at the time and/or day of the party.

Call the YMCA at 740-725-9622 to see if your date is available and then stop in to book your party!

Frequently Asked Questions

How can I reserve my date? Stop into the Y and book and pay for your room.

May I get into the party room to set up prior to the party? Basic set up (tables, chairs) will be handled by the Y. You may set up anything else 30 minutes prior to the start of your party. No tape, staples, or tacks may be used on the ceiling, walls, or floor.

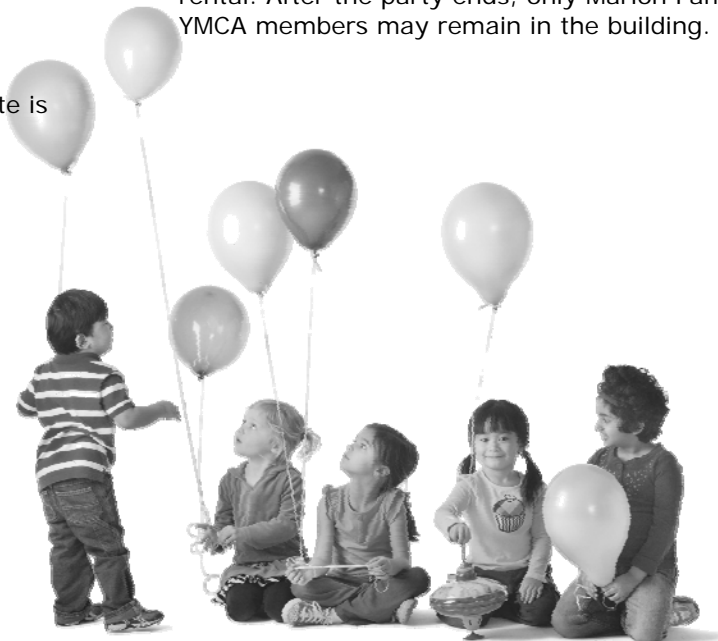
May I bring in my own pool toys? No outside inflatables, noodles, or pool toys are permitted.

After the party, what am I responsible for? The YMCA staff will clean off the tables and chairs. You are responsible for cleaning up the party area (all trash in trash bins, no decorations left behind) within 15 minutes after the party ends, or will be billed \$25 cleaning fee.

What if I need to cancel or reschedule? Requests to reschedule must be made at least 2 weeks prior to the event.

What if the YMCA needs to cancel the event? Cancellations due to unforeseen events, such as inclement weather, will be rescheduled. If a date can not be agreed upon, the YMCA will refund all payments made by the renter. Please note the YMCA will close the pool during lightning/thunderstorms. It will reopen 20 minutes after last thunder/lightning occurrence.

NOTE: The use of the facility is ONLY for 2 hours of rental. After the party ends, only Marion Family YMCA members may remain in the building.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

YMCA PRESCHOOL: SEPT. 2018 – MAY 2019

The Y has a licensed preschool education program that will help your child prepare for kindergarten, gain social skills, be active and of course have fun

Sept-May, 2018-2019

One-Time Registration Fee: \$20
per child, per school year

ORIENTATION: August 20, 2018
9:00AM - 12:00PM

Register at the Y Service Center for the 2018– 2019 by simply paying this registration fee. Preschool tuition is paid monthly and you may wait until the end of August to begin paying these monthly fees. Monthly fees are adjusted for months with holidays as needed. Fees may be paid through an automatic bank draft or are due prior to the start of each month.

Y Preschool consists of two age-based classrooms. Classroom size is limited for both preschools, so we encourage parents to register early.

As with all Y programs, financial assistance for preschool fees is available for families who demonstrate financial need. The application process is simple and quick. You can download an application from the Y's website at www.marionymca.org or obtain one from the Y service center.

A second child in the same household participating in either Explore & Play or Kaleidoscope Kids will receive a 20% discount off of the regular fee.

EXPLORE & PLAY - Ages 2 1/2 through 3) Form New Friendships

Tuesday & Thursday 9:30-11:30 AM
First Day of Class: September 4, 2018
Per Month Fee: Members \$47
Program Participants \$77
One Time Registration Fee: \$20

This is a great first time preschool experience for young children. Caring teachers will help all children develop social skills, form friendships and begin to learn the basics needed for a strong education. There is an emphasis on large motor development and physical activity. Children must either be potty trained or a parent / guardian must remain in the building and accessible throughout the class time.

KALEIDOSCOPE KIDS (Ages 4 & 5) Learn, Play, Grow

Monday, Wednesday, & Friday 8:30 - 11:30AM

First Day of Class: September 5, 2018

Per Month Fee: Members \$77

Program Participants \$127

One Time Registration Fee: \$20

This class will focus on helping older preschoolers prepare for kindergarten. Experienced teachers will help children gain important pre-math and pre-reading skills, expand their social skills and friendships, as well as engage in physical activity that is important both for muscle and brain development.

PRESCHOOL SWIM LESSONS

Preschool classes ONLY

4 LESSONS PER MONTH

Kaleidoscope Kids every Wednesday, 11:50 - 12:20

Explore & Play every Thursday, 11:50 - 12:20

Members: \$13.00

Program Participant: \$34.00





FALL 2018
SESSION I: Sept. 10 - Oct. 28, 2018
SESSION II: Oct. 29 - Dec. 16, 2018

SWIM, SPORTS AND PLAY

YOUTH/PRESCHOOL FITNESS –SPORTS

All kids deserve opportunities to discover who they are and what they can achieve. That's why, through the Y, youth today are cultivating the values, skills, and relationships that lead to positive behaviors and better health.

MARTIAL ARTS

Build coordination, agility, control, self-confidence through this program. Belt tests are offered. Martial Arts uniform is recommended for the class at an additional fee of \$35.00



BEGINNING MARTIAL ARTS (Ages 5-12)

Monday & Wednesday
6:00-6:40 PM
 FEE: Members: \$35
 Program Participant: \$70

INTERMEDIATE MARTIAL ARTS (Ages 5 up to 12)

Monday & Wednesday
6:45-7:25 PM
 FEE: Members: \$35 Program Participant: \$70

ADVANCED MARTIAL ARTS (Ages 5 up to adult)

Monday & Wednesday 7:30-8:15 PM
 FEE: Members: \$35 Program Participant: \$70

ADULT MARTIAL ARTS (Ages 18 plus)

Saturday 10:15 - 12:15PM
 FEE: Members: \$40 Program Participant: \$75

TUMBLING

Learn. Thrive. Grow. Meet others while improving coordination, balance and flexibility.

Wednesday

Mommy & Me: Ages 3 & Mommy - 6:00-6:30PM

Ages 4-5 6:30-7:00 PM

Ages 6-9 7:00 - 7:30 PM

FEE: Members \$15 Program Participant \$30

YOUTH STRENGTH TRAINING (Ages 8-13)

This class is for kids that are interested in learning how to begin their strength training program. The participants will build strength through the use of dumbbells, barbells, resistance tubes and the *STRIVE* equipment in the Family Wellness Center.

Tuesday & Thursday 5:15 - 5:45PM

FEE: Members: \$15 Program Participant: \$30

KIDS KICKBOXING (Ages 8-14)

Bring your own gloves to this 30 minute cardio workout for kids!

Tuesday & Thursday 4:45 - 5:15PM

FEE: Members: \$15 Program Participant: \$30

PRESCHOOL SPORTS (Ages 3-5)

A monthly program to teach preschool age children the fundamentals of different sports. Program will run once per week with a different sport each month. Sign-up for one month or every month!

September - Football

October - Basketball

November - Kickball

December - Soccer

Sat. 9:15 - 9:45 AM

FEE: Members: \$12 per month

Program Participant: \$24 per month

FALL YOUTH SOCCER

Program focuses on teaching the players the basic skills, teamwork, and sportsmanship. Games are played at Marion General Hospital Soccer fields.

Session Date:

September 15 - October 27, 2018

Ages : 3-4, 5-6, 7-9 & 10-13

FEE: Household Members \$30

Members: \$35

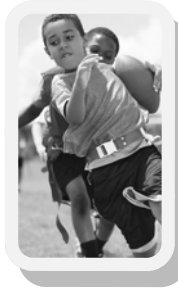
Program Participant \$60

Early Bird Special: \$10.00 off registration on or before July 27, 2018. Cannot be combined with financial or sibling discount



FALL YOUTH FLAG FOOTBALL

Flag football is fun for everyone and a safer alternative for parents who might hesitate letting their child start tackle football. Games are played at the Marion Family YMCA



Session Date:

September 15 - October 27, 2018

Ages : 3-4, 5-6, 7-9 & 10-13

FEE: Household Members \$30

Members: \$35

Program Participant \$60

Early Bird Special: \$10.00 off registration on or before July 27, 2018
 Cannot be combined with financial or sibling discount

CHEERLEADING

Motions, movements, and stunting in a safe environment along with basic tumbling skills. Participants will cheer at YMCA Flag Football games, weather permitting. Price includes Poms and t-shirt. Cheerleading will be at Marion Family YMCA

Session Date:

September 15- October 27, 2018

Ages : 4-6 & 7-9

FEE: Household Members \$30

Members: \$35

Program Participant \$60

Early Bird Special: \$10.00 off registration on or before July 27, 2018. Cannot be combined with financial or sibling discount

YOUTH BASKETBALL - Fall II

BUILD TEAMWORK AND CONFIDENCE

Session Date: November 3 - December 22

Ages 5-6/7-8/ 9- 12

FEE: Household Members \$30

Members: \$35

Program Participant \$60

Early Bird Special: \$10.00 off registration on or before September 15, 2018. Cannot be combined with financial or sibling discount





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY TIME

FAMILY HEALTH / WELLNESS

Family time ...a stronger you, a stronger family

The Y is here to help you and your family to become healthier spiritually, mentally and physically. There is no better way to spend time with your family.

SCHOOL DAYS OUT - FREE FOR HOUSE HOLD MEMBERS



Must register 2 business days in advance; \$10 per day if register after deadline.
(Ages 5 - 12)

The YMCA is the place to be when school is out. Swimming, crafts, games, nutrition, and character development, are just a few activities that will be offered each day. Children will need to bring a swimsuit, wear comfortable shoes, and be ready for an educational and fun filled day.

Bring your own lunch

Youth Member: \$10
Program Participant: \$18
7:30 AM—5:30 pm

September 7
October 19
October 22
November 21

November 22-23
December 24-28
December 31 - January 3

YOUTH IN GOVERNMENT

Youth & Government is a national government and politics program that promotes civic literacy as well as community service. High School and Middle School students become part of our delegation and prepare for Youth Assembly. The purpose of this day learning opportunity is to bring the workings of the Ohio state government alive to students. Students can be part of one of the following programs: Executive Branch, Judicial, Legislative, Lobbyist, Media/Press, and the Page Program. For more information, contact Kaylee King at 740-725-9622 for more information.

FAMILY WELLNESS CENTER (AGES 9 AND OLDER)

The Family Wellness Center is located on the second floor just inside the track. It includes a complete set of STRIVE strength training equipment that is designed for children, small adults and those new to exercise. It's a great place to work out as a family.

- Children ages 9-13 must complete an Iron Kids Orientation prior to using.
- Members must make an appointment for an Iron Kids orientation at the Service Center in advance.

SNOW DAYS AT THE Y: (Ages 5 - 12)

The Marion Family YMCA is the place to be when the weather outside is unfriendly and school is called off due to inclement weather. Program runs from 8:00am-5:15pm. Members Only. Participants must bring their own lunch, swimsuit and towel. Contact the Y to confirm availability when school is called off for a Level 1 Weather Advisory.

\$10 – Y Members Only

KIDS GYM

For young children our Kid's Gym is open year round. The Kid's Gym is a soft-play area for children age eight and under while supervised by a parent. Kid's Gym gives kids 18 months to 8 years a place to run, play, explore and socialize.

NOTE: Kid's Gym is subject to close due to youth programs

Children must be supervised by a responsible person age 18 and older.

Free for Members and paying guests or guests that have a complimentary guest pass.

Kid's Gym is limited to children ages 18 months through 8 years.

CHILD WATCH FREE FOR HOUSEHOLD MEMBERS

The drop-in service is available for a maximum of 2 hours per day for children ages 3 months through 8 years old while their parents participate in on-site Y programs or activities. The cost for one child is \$3.00 or Punch cards - 10 visits for \$25.00

Service fee is payable at the front desk at the time of service. When the fee is paid, please pick up a pass to enter the Child Watch room.

Hours subject to change

Mornings
Mon-Fri
9:00 AM—1:15 PM
Saturday
9:00 AM—NOON

Evenings
Mon-Thurs.
4:15—8:15 PM
Friday
4:15—7:00 PM

Afternoon
Sunday
1:00 PM— 4:00 PM





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS



WHAT IS FIT60* Free for Members

We understand that sometimes beginning your membership can be a little overwhelming. With dozens of programs, opportunities, and equipment to learn, you may find yourself not knowing where to start. The Fit 60 appointment is designed to help you with this. Our Wellness coach will spend 60 minutes with you to fully understand your particular needs and goals. He or she will discuss and show you programs, equipment, and classes that will best fit you needs. You should expect to leave with an understanding of what fits you best here at our Y and where to start.

Your FIT 60 appointment could include:

ActivTrax - For members who want to incorporate resistance training in their exercise program with one of the most powerful fitness tools available. ActivTrax helps guide you in reaching your overall goals through activity tracking, guided workouts and nutrition and meal planning.

OR

Coaching Session - Coaches will help design an exercise program that fits the member's needs.

WHAT IT'S NOT

Your FIT60 appointment is not a high pressure sales pitch for personal training or a medical type of appointment where you'll be poked and prodded. You don't have to worry about being uncomfortable or embarrassed; you won't be asked to do anything you don't want to do.

WHO SHOULD ATTEND

Anyone 14 years or older. Whether you're new to exercise or in tip-top shape, our FIT60 experience is an opportunity for us to get to know one another. Whether you want to lift weights, take classes, swim, play sports or have some other interests in mind, we want to make sure we do our part in helping you get started on the right foot.

WHY IT'S IMPORTANT

Members who attend their FIT60 appointment within the first two weeks of joining are 6x more likely to achieve their goals. Let's make sure you're one of them!

If you choose ActivTrax, you can access a online weight management tool to help you match your calorie intake to your activity levels and achieve any weight management goals you may have.

WELLNESS CENTER

At the Marion Family YMCA we focus on overall wellness, empowering you to tailor your own plan toward healthier living by choosing how you will accomplish your wellness goals. The whole approach means you have many options and lots of support as you choose your path to a healthier new you!

Our state of the art Wellness Center provides excellent cross training benefits with both strength training and cardiovascular equipment. Within the Wellness Center we have over 30 pieces of cardio equipment including Life Fitness recumbent and upright bikes, elliptical and summit cross trainers, treadmills, steppers, ergometer, recumbent stepper, rowing machines and a Jacobs Ladder. Our strength training equipment is complete with a 14 piece full body circuit including 10 pieces of Life Fitness equipment, and a selection of plate loaded and free weight options to complete your workout.



ActivTrax for Silver Sneakers

*Silver Sneaker members pay just \$20 per month for this unique tool. Workout at the Marion Family YMCA 11 days in one month, and we'll waive the full \$20 the following month, meaning you'll pay nothing! In order to receive credit for days visited ActivTrax fees must be paid through automatic draft of a checking or savings account on the 15th of each month.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS

HEALTH AND WELL-BEING PROGRAMS

We offer health and well-being programs designed to meet the diverse needs of our community, including personal training, fitness assessments, nutrition counseling.

PERSONAL TRAINING

Get the results you desire with **Certified Strength Trainers**. The Y's certified trainers can help you reach your fitness goals. Perhaps you're just beginning to work out on a regular basis, or maybe you're a serious athlete looking to get to the next level. Whatever your situation and goals, our Y Certified Trainers can help YOU! Y Personal Training is a great way to customize your workout program. Our trainers can help you improve your cardiovascular fitness, muscular strength, endurance, and flexibility, and can further improve your body composition through both traditional and innovative techniques.

FEE:

5 one-hour sessions \$135

Personalized Small Group Trainings available, call Heather Wright at 740-725-9622

TEEN PERSONAL TRAINING

Looking to introduce fitness to your teen?

Looking to improve sports skills?

Looking to implement healthy workout habits?

FEE:

Discounted rate for ages 13-17

\$20/hour member or bring a friend

for \$25 member (two person rate)

IRON KIDS ORIENTATION

Getting started on a proper weight training program at any age offers many benefits and will set you up for optimal progress in the long run. Kids ages 9 - 13 years old are required to sign up for an orientation on the equipment in the Family Wellness Center. This orientation will ensure that proper weight lifting form is executed to achieve desired results and lower the risk of injury.

FREE for Members

Sign up at the Service Center

PICKLEBALL

FREE for members

See Gym Schedule for time and dates

SMALL GROUP TRAININGS

Our Small Group Training classes offer a range of options, all taught by **Certified Strength Trainers** who provide you a safe and effective workout. Our goal is to help you meet the specific needs for your best health and fitness and meant to get results!



Gather a group of friends, family or business acquaintances and we will cater your small group training to your goals and fitness abilities as a group Small group training will include fitness assessments every 6 weeks including:

- Body fat percentage
- Flexibility
- Muscular strength and endurance
- Measurements
- Blood pressure
- Cardio respiratory testing

In addition, each group will receive a one hour nutritional consultation by a Registered Diet Technician

Customizable levels from beginner to advanced. Times and days scheduled per room availabilities and group requests. Workouts may include TRX, weight training, pool workouts, or gym work.

Minimum 4 per group and Maximum 10 per group

FEE: Members: \$80 per person for 6 sessions plus, assessments and group nutritionist
Program Participant: \$120 per person

Stop by the Member Service Center for more details





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS

HEALTH INNOVATION

Members: \$10.00
Program Participant:
\$50.00

OHIOHEALTH DELAY THE DISEASE BACK TO BASICS

Begin your journey toward greater mobility, increased confidence and independence in this class. The class will teach basic exercises that everyone with Parkinson's disease symptoms should be able to accomplish.

Tuesday and Thursday

10:00 - 10:45AM plus

Saturday from 9:00 -

10:00 AM in the small pool

OHIOHEALTH DELAY THE DISEASE BASIC TO INTERMEDIATE

A fitness program designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Instructor is certified in DTD.

Sponsored in part by Marion Community Foundation

Basic to intermediate class focuses on balance, core, strength, walking and moderate heart rate elevation.

Monday and Wednesday

9:40-10:40 AM plus

Saturday from 9:00 - 10:00 AM in the small pool

OHIOHEALTH DELAY THE DISEASE ADVANCED TO BOOTCAMP

A fitness program designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Instructor is certified in DTD.

Advanced to boot camp level focuses on balance, core, strength heart rate elevation and high intensity.

Tuesday & Thursday

11:30AM -12:15PM plus

Saturday from 9:00 - 10:00 AM in the small pool

THE ARTHRITIS FOUNDATION AQUATIC PROGRAM

This class is held in the Small pool. The purpose of this class is to help relieve stiffness and pain. We also work to improve strength & range of motion, while also building endurance & flexibility.

Sponsored in part by Marion Community Foundation and Marion County Council on Aging

Monday, Wednesday & Friday

10:00-10:45 AM OR

Tuesday & Thursday

5:45PM-6:30PM

NUTRITION COUNSELING

Eating healthy can help you feel better, have more energy & improve your well-being. Sorting through all the information & making a change is difficult. Now the Y can help with our DTR, Registered Diet Technician.

Call Heather Wright to set up your initial nutrition assessment.
\$30.00 per hour session

Fall I/Fall II 2018 Dates

Fall I - September 10 - October 28

Fall II - October 29 - December 16

YMCA's DIABETES PREVENTION PROGRAM

Diabetes is a serious health condition that can lead to heart disease, stroke, kidney failure, high blood pressure, and blindness. If you have been diagnosed with pre-diabetes, or believe you may be at risk for developing the disease, the YMCA's Diabetes Prevention program can help you develop a healthier lifestyle and work with you to reduce the risks this condition can pose to your health. Through the program you will receive support and encouragement from both a trained lifestyle coach and fellow classmates as you develop a plan for improving and maintaining your overall well-being. For more information contact Heather Wright at 740-725-9622 or hwright@marionfamilyymca.org.

LIVESTRONG® at the Y is a

FREE program tailored to fit the specific needs of adult cancer



survivors who would like to improve their quality of life before, during and after treatment. This program that meets for 1 hour twice a week with certified instructors who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.

Program Goals:

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Support group for cancer survivors

Register & begin at anytime

Call for class times

Pre registration is required

Contact Heather Wright for more information

FREE membership for 12 weeks

SUPERKIDS

For children 9 -14 who are struggling with their weight and wish to form healthier habits.

- Children can start at any time
- Tues. & Thurs. 6:00-7:30 PM
- Tues. - Families/Thurs. Child Only
- 3 Month Program followed by 3 months of follow-up coaching
- Family session includes Nutrition counseling and physical activities

