



**BE HEALTHY.
BE SAFE.
WE ARE ALWAYS
HERE FOR YOU.**

August 27, 2020
Dear Y Member,

As with last week, this update focuses on current and upcoming Y programs and a new policy. We're excited to continue adding to our offerings.

MARION FAMILY YMCA MARTIAL ARTS

Build coordination, agility, control, self-confidence through this program. Belt tests are offered.

***All information is subject to change according to any announcements by the state of Ohio regarding their Responsible Restart guidelines or the Marion Public Health Department.

Session Dates / Times:

Tuesdays (7 week sessions)

Session 1: September 15—October 27, 2020

Session 2: November 3, 2020—December 15, 2020

Beginner 6:15—7:00 pm

Intermediate 7:05—7:50 pm

Class will be held in the North Gym.

Ages: 5-12 years

Go to www.marionymca.org to register, stop by the Y at 645 Barks Road East.

[Click here to download the registration form](#)

NEW CLASSES BEGINNING SEPT 1

Cardio and Strength Blast 45

This class combines cardio and strength to keep your heart rate elevated to help burn fat and calories and boost your metabolism. **Domenick Marocco – Tues 6:00-6:45PM**

AS2 (Live only) Begins Sept 8

Drums Alive

This class combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm **April Morrison - M/W 11:15-12:00pm AS1**

(live only)

Step

This class includes a brief warm-up followed by moderate to high intensity step combinations. Will improve heart and lung functions, burn calories, and improve coordination and agility. Some toning also included. **Angie Lowe – Mon. 5:00-5:30pm**

AS1 (live only) Begins Sept 14

Kettlebell

Heart pumping music and kettlebell moves. Each song targets and focuses on a main area to tone and sweat with this muscle ampd class **Angie Lowe – Mon. 4:15-4:45PM and Wed. 5:00-5:30pm AS1** (live only)

Power Conditioning Kickboxing

A fight based program with the goals of improving athletic performance, cardiovascular endurance, speed, strength, agility, techniques and confidence. In this process you can learn lifelong fitness and movement skills. **Dwayne Whitt Mon. 6:45-7:30pm and Wed. 5:30-6:15pm AS3** (live only) **Bring your own gloves.**

Kickboxing

Burn calories while relieving stress. Work on strength and cardio system all at once in this high intensity workout. Class will use bags and gloves. **Bring your own gloves. Angie Lowe – Wed. 4:15-4:45pm AS3** (live only)

To view all the classes and to make a reservation (must be a current Y member to schedule an appointment), [click here](#)

NEW POLICY FOR ALL RESERVED SPOTS IN GROUPEX PRO STARTING SEPTEMBER 1

Due to these challenging times, we have had to limit space in are current programs. Due to this, we have had to turn people away many times because the class registrations are full.

It is our goal to keep classes available for all that wish to attend as much as possible. [Click here to read the full policy](#)

We continue to offer the following to our members:

- Building Hours: Monday – Friday 5:00 am – 2:15 pm and 3:30 – 8:00 pm; Saturday 8:00 am – 2:00 pm.
- Group Exercise classes through a [Virtual Private Facebook Group Page](#) (available to members only, including members on hold) and
- Group Exercise classes in-person by [reservation](#). [Click here for this month's schedule.](#)
- Two Full Size Basketball Courts – No reservations needed, available for Open Gym and Pickleball.
- Marion's only Indoor Aquatic Center with Two Pools, Lap Swim, Family Swim and individual Adult Water exercise by [reservations](#).
- Water exercise classes, martial arts, and swim team.
- Full day Preschool Child Care
- School Age Child Care
- Showers Monday through Friday 5:00am - 2:00pm

We will be closed on Monday, September 7 for Labor Day

By working together and following our health protocols, we hope to continue adding opportunities for our members to be healthy and well through the Y.

Thank you for continuing to be part of our Y family.

Carrie Guyton
Director of Relationships
cguyton@marionfamilyymca.org

Reminder of our Health protocols and policies...

- Masks are required except while exercising & for children 9 & younger.
- We're continuing to ask all members to perform self-screening before entering the building. You can [read the screening requirements here](#).
- Members are asked to remain 6 feet from others unless you are spotting someone. Thank you for your cooperation.
- We're closed for cleaning Monday through Friday 2:15-3:30 pm.
- **Please remember to scan out when you leave the building.** We have a scanner just prior to the Wellness Center exit and another scanner in the lobby.

- After using equipment for your workout, please spray the provided towel with cleaner & then wipe the equipment. This is better for the equipment & better for sanitizing than spraying the equipment & wiping off the sanitizer.
- Locker rooms are open for use as restrooms & to change clothes.
- Showers are open Monday through Friday from 5:00 am - 2:00 pm.
- No use of lockers.
- We've removed the adult & youth designation of the locker rooms for the summer. People of all ages may use either locker room.
- We are disinfecting locker rooms every 2 hours. While we are disinfecting, the locker room may be closed. If the door is locked or sign posted that it's closed; members will need to use the other locker room.
- We have a deck shower on the 8 Lane Pool deck for swimmers to rinse off before & after swimming.
- We have a new member waiver for all adult members to sign. You can sign it electronically before your first visit to the Y. [Link to YMCA Electronic Signature Page](#)

Read the updated [Code of Conduct and Promise to Members here](#).

Read our FAQs [Member Frequently Asked Questions Marion Family YMCA](#)

Read [Responsible Restart Ohio Gyms Requirements here](#)

Read [Responsible Restart Ohio Pool Requirements here](#)

Read [Responsible Restart Ohio for Child Care here](#)