



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

September 10, 2020

Dear Y Member,

As we head into fall, we are adding a few more programs and will be changing our hours in October.

### **SUPER KIDS IS BACK**

**Ages 7 – 13**

For kids and families looking for a healthier lifestyle

Super Kids is a fun and interactive program that gets kids aged 7-14 active and informed to make healthy choices for life. The program is geared around the child so the kids feel supported in their health and fitness choices. The program will run for 6 months and children are welcome to join at any time as long as there is space available.

The program consists of age appropriate activities meant to teach the importance and benefits of staying active.

These activities can include:

- gym games
- strength training
- cardiovascular workouts
- stretching

There is also a nutrition lesson taught twice monthly with interactive activities to keep the kids engaged.

The program runs from October 6, 2020 through March 26, 2021.  
Class meets Tuesday & Thursday 5:30pm - 6:30pm

If you join in October, the cost is \$50 for a membership through March 26, 2021.

The membership remain active as long as the child maintains 80% attendance in program sessions (parents need to attend twice a month minimum). The family and child must attend three months of the Super Kids Program to receive an additional three months membership at no extra cost. Total membership is 6 months for \$50 if attendance requirements are met.

Registration deadline for this option is December 26, 2020.

Already a member?

Pay just \$10 per month per child

Attendance is encouraged but not mandatory

For more information go to: <https://www.marionymca.org/youth/>

Registration deadline for this option is December 26, 2020.

## FALL 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.

Our swim team has a rich history of helping athletes realize their potential as young persons and as swimmers. In recent years, athletes have met personal bests, set Marion Family YMCA records, set high school team records, and competed at the Zone and National level.

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

**New Parent Meeting:** Virtual Zoom **Meeting September 23**, 6:00pm

Zoom link will be emailed with registration

[For more details click here.](#)

## LIVESTRONG® AT THE YMCA Sponsored by OhioHealth

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. It is a 12 week program that meets for 45 minutes 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

If you are interested in signing up for the program, see the Service Center for more information or contact Heather Wright at

[hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org)

Pre registration is required

FREE Membership for 12 Weeks

*This program may include virtual sessions through an online platform.*

[Click here to download the full brochure.](#)

## NEW OCTOBER HOURS

- Monday through Thursday 5 am – 8 pm Closed 2:15 - 3:30 for cleaning
- Friday 5 am – 7 pm
- Saturday 8 am – 4 pm (Pools 8:15 am – Noon)
- Sunday 1 – 5 pm (Pools 1:15-4:15)

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
- Child Watch beginning in late September

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](mailto: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](#)