



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **MARION FAMILY YMCA Resource And Fall Program Guide 2021**



**Register Online at  
[marionymca.org](http://marionymca.org) or at the  
Marion Family YMCA**

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





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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.

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.

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  
Executive Director



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### **MARION FAMILY YMCA WOPAT YMCA CENTER**

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### **BUILDING HOURS**

Monday through Thursday 5 am – 8 pm  
Friday 5 am – 7 pm  
Saturday 8 am – 4 pm  
Sunday 1 – 5 pm

### **CHILD WATCH HOURS AND AGE**

Monday - Thursday 9:05am - 11:20am  
and 4:45pm - 7:00pm  
Ages 18 months through 8 years

### **Y STAFF**

**Theresa Lubke** - Executive Director  
**Jill Grimes** - Finance Director  
**Carrie Guyton** - Director of Relationships  
**Heather Wright** - Wellness Director  
**Andrew Franklin** - Aquatics Director  
**Erin Slater** - Director of Mentoring  
**Jon Eblin** - Director of Facilities  
**Morgan Rhoads** - Finance Coordinator  
**Monica Addy** - Relationship Coordinator  
**Nicole Brown** - Program Manager  
**Amanda Groll** - Program Manager

### **HOLIDAY HOURS**

Thanksgiving – CLOSED  
Christmas Eve – CLOSE AT 1:00PM  
Christmas Day – CLOSED  
New Year's Eve – CLOSE at 6:00 PM  
New Year's Day – Open 10:00 AM – 2:00 PM  
Easter – CLOSED  
Memorial Day – CLOSED  
4th of July – CLOSED  
Labor Day – CLOSED



**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 life-long 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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## MARION FAMILY YMCA CONNECT APP AND VIRTUAL FITNESS CLASSES

### FREE to all members!

Must have valid Email on file with the Y.

Members receive an activation email.

Members also have access to all features from a desktop computer.

### DOWNLOAD THE APP on your phone

If you are an active member and have been set up with a Marion Family YMCA Connect account, but have not downloaded the app, choose an app store below.

- Search for Marion Family YMCA Connect
- Install
- Login Screen - Use the email/password you received to activate your account

**Note:** It may take 2-3 days to receive an email link

### WE'RE MOBILE FOR A STRONGER CONNECTION

Our Mobile App is a comprehensive digital community experience that opens up opportunities for you to live healthy, receive and give support, obtain updates, and connect with other Y members and groups. Whether you do it to keep up with your fitness goals, stay up to date on your children's programs, or meet up with one of your groups for a walk, jog, or a cup of coffee; we'll help connect you and keep you connected within the Y's friendly community.

### Marion Family YMCA Connect includes:

**Barcode Tile:** Check in and out from your phone.

**Private Facebook Group Tile:** If you are a member of the group, click on the tile and you will go directly to the private group. If you haven't signed up and been approved, go to Facebook and search for Marion Family YMCA Fitness.

**Reserve Your Spot Tile:** Click on this tile, you will go directly to our reservation page. You can reserve spots for Pool, Child Watch and Group Exercise Classes.

**Program Registration Tile:** Click on this tile, you will go directly to our registration page on Website and sign up for paid programs.

**Schedule Tile:** Click on this tile and you will go directly to a list of all the classes that you need to make a reservation to attend and all of our paid programs. Search by date, instructors or activities. You can find a class and click on reserve your spot or if it is a paid class, click on Register Now and it will take you to our Website.

**Workouts Tile:** Click on this tile and you can search for example exercise workouts or create your own workout. Pro workouts include animations.

# GENERAL INFORMATION

**Challenges Tile:** Click on this tile and join a challenge. Cycling, sit-ups walking and much more!

**Community Tile:** Click on this tile and view the central communication area. You can reach out to other members in the community.

**Activity Tile:** Click on this tile and view your activities and challenges you are doing.

**Progress Tracker Tile:** Click on this tile to view your progress and update your progress.

**My Profile Tile:** Click on this tile to view your communication with others, view your work-outs and challenges.

**Account Settings Tile:** Click on this tile to set up your personal information, notifications, privacy settings and connect to personal devices.

The old app will be available for check in and check out only. No updates will be sent starting May 1, 2021

**Upgrade to the Pro version for just \$5.00 per person more a month!!**

This app includes everything above plus a meditation library, nutrition library and videos on demand. Workouts include Jillian Michaels, Zumba, Billy Blanks and much more. [Click here for more details.](#) Must stop by the Service Center to upgrade.

### EQUIPMENT USE

- Members must bring their own exercise mat to Group Exercise classes.
- We encourage you to bring your own basketball for Open Gym, but we have a limited number of balls available for members' use.
- We encourage you to bring your own pickle ball equipment, but we have limited pickle ball supplies for members' use.
- In the Wellness Center, Family Wellness Center and Group Exercise classes: We provide you with your own bottle of cleaner and a towel to clean your exercise equipment before and after use. Please spray the towel and then wipe equipment; don't spray directly on the equipment.







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# GENERAL INFORMATION

## WELLNESS CENTER POLICY

- 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.
- Appropriate attire is required. No open toe shoe or crop tops. Shirts are required. No sports bras.
- 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.

## 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.

## TRACK POLICY

- Please do not stop on the 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.

## 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.

## GUESTS POLICY

Adults, Youth and Families paid or complimentary guest passes.

- Family guest pass is available only for those who live in the same household.
- Family Guest passes must have an adult head of household who purchases the pass (or brings in a complimentary pass), signs the waiver and remains in the building with any minors in the family.
- Family guests must follow our age policies: children 8 & younger must be directly with & supervised by an adult; children 9 & older may use areas of the facility not directly with their parent.

## W. 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.





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# GENERAL INFORMATION

## AGE POLICY AND PRIVILEGES

### Children: Age 11 and older

May use the YMCA 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.

- May use the Family Wellness equipment if they have completed an Iron Kid orientation.
- Children must be 11 to be in the building alone without a parent /adult.
- Children ages 9 & 10 must have a parent/adult in the building, but the adult doesn't have to be with the child. For example, you can be in a Group X class while your child enjoys Open Gym time.
- Children 8 & younger must be participating in a Y program or directly supervised by a parent/adult. For example, if your child is shooting baskets in the gym, you must be there too.
- Youth Memberships are now only sold to children ages 11 & older. If you have a child who is 9 or 10 and has their own Youth Membership, that's great. They can continue with that membership. However, they won't be able to use the Y without an adult in the building with them.
- Children under age 11 may have a Youth Membership in they are participating on the Y's Swim Team (when it resumes in the fall).

### Children: Age 8 and younger

- Must be enrolled in a structured YMCA program.
- Must be accompanied and supervised by an adult age 18 or older.
- Parents CANNOT use the Wellness Center or Track while their child is unsupervised anywhere in the YMCA.
- If a child is enrolled in a class or structured activity, the parent is free to use a different part of the facility.

## 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.

## 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.

## 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](http://www.marionymca.org).

***You can get a temporary membership immediately if you walk in with an Discount application and paper work. We no longer approve applications while you wait.*** The temporary membership is \$13.50 per month plus \$5.00 joiners fee. Your temporary membership will run for the rest of the month in which you join and one additional month. This will give time for you to hear back on your application. Cost of this temporary membership is the prorated amount for the month you join, \$13.50 for the next full month, \$5 joiners fee and sales tax. You must pay in full for the temporary membership. You may use this temporary membership just once per year. If you are missing paperwork and the approval process takes longer than your temporary membership, your membership will expire and you will need to finish the approval process without a membership.





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# GENERAL INFORMATION

## REGISTRATION

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.

## 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.

## 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...

- \$75 gives two children self confidence as they learn team work and skills through a season of youth sports.
- \$186 provides a safe and nurturing place for a 6th grader during out of school time with a full year 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.

*Thank you for helping the Y strengthen our community.*







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# SWIM, SPORTS AND PLAY

## YOUTH STRENGTH TRAINING AND CONDITIONING

**Ages:** 9-13

Youth Strength Training is intended to provide a supervised introduction to physical fitness and a healthy lifestyle. Strength training technique will be demonstrated with an emphasis on proper form and execution; not on the amount of weight lifted. Activities include flexibility training, cardiovascular training, strength and conditioning, instruction and principles of nutrition. This program is great for sports conditioning to prevent injuries and promote physical fitness as a healthy lifestyle.

### Dates:

August 9 - September 21

Thursdays 5:30—6:30pm

Members - \$10.00

Program Participant - \$50.00

- Learn Strength training techniques.
- How to develop your own workout.
- How to use recommended age-appropriate equipment.
- Character values of the Y and Family Wellness etiquette.
- Components of a well-rounded, safe workout. (warm up, strength, cardio, cooldown, flexibility)

## MARTIAL ARTS

Build coordination, agility, control, self-confidence through this program. The practice of martial arts promotes cardiovascular development, strength training, flexibility improvement and mobility enhancement. In the course of a single martial arts training session of 60 minutes, a person can engage in exercises that incorporate cardiovascular capacity improvement and strength development, along with better flexibility and joint mobility.

### Session Dates / Times:

7 week session

August 9—September 24, 2021

Beginner: Wednesdays 6:00—7:00 pm

Intermediate: Thursdays 6:00—7:00 pm

Expert: Fridays 6:00—7:00 pm

**Ages:** 6-12 years

**Member Fee:** \$18 per child

**Non-Member Fee:** \$36 per child

**Class will be held in AS3.**

## SOCCER

Saturdays 9/11 -10/23

Ages 2-4/5-6/7-9/10-13

Registration ends Sept 6

Meet and Greet September 11

Soccer Ages 2-4 @ 9 am /

Ages 5-6 @ 10 am / Ages 7-8 @ 11 am /

Ages 9-13 @ 12 pm

**FEE: Members: \$31**

**Program Participant: \$62**



## FLAG FOOTBALL

Saturdays 9/11 -10/23

Ages 2-4/5-6/7-9/10-13

Flag Football Ages 2-4 @ 1 pm /

Ages 5-6 @ 2 pm

Ages 7-8 @ 3 pm / Ages 9-13 @ 4 pm

**FEE: Members: \$31**

**Program Participant: \$62**

## CHEERLEADING

Registration ends

August 31

Saturdays 9/11 - 10/23

Meet and Greet

September 11

Cheer Ages 2-13 @ 5 pm

Cheerleading Ages

2-4/5-6 /7-9/10-13

Price includes Poms and T-shirt

**FEE: Members: \$31**

**Program Participant: \$62**





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# FOR HEALTHY LIVING

## 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.

### Dates

September 20 - October 29 (6 Weeks)

November 1 - December 10 (6 Weeks)

### FEES

Member \$15.00

Program Participant \$65.00

### WATER EXERCISE

Low impact exercise to increase mobility, flexibility & range of motion.

Class is held in the Small Pool.

**Monday & Wednesday**

**9:00am-9:45am**

**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. Approved and certified by the Arthritis Foundation.

*Sponsored in part by the Marion Community Foundation*

**Monday and Wednesday**

**10:00am-10:45am**

**Small Pool**

## H2O FITNESS

In this class, we use the water for resistance when working on cardio and muscle conditioning workouts. Class is held in the 8 Lane pool in the deep and shallow end.

**Tuesday, Thursday & Friday**

**11:00am-11:45am**

**8 Lane Pool**

## SILVER SPLASH

A water fitness program designed to enhance each individual's quality of life and daily function. Class utilizes the physical properties of water to enhance agility, range of motion, and cardiovascular conditioning. Participants will develop strength, balance, and coordination. No swimming ability required. Get wet, be strong, and make friends in Silver Splash. Class is held in the 8 Lane Pool.

**Tuesday, Thursday and Friday**

**9:00am-9:45am or**

**10:00am - 10:45am**

**8 Lane Pool**

## SILVER SNEAKER WATER FITNESS CLASS POLICY

Each Silver Sneaker member will be allowed three absences from Silver Splash class. After four absences, however, the Silver Sneaker member will be charged the \$16 per session fee for the class. Water classes are based on registrations per session. Silver Sneakers members do not have a charge for the Silver Splash classes. We wish to keep it that way. The goal is to keep these classes available for Silver Sneakers that are interested in the class and will be attending the majority of the time. We want to discourage individuals from registering for the class because it is free, not attending, and unfortunately taking a coveted spot from someone who wishes to attend regularly. We understand that everyone must miss from time to time but we want to be fair to all members. If you feel you cannot attend regularly you may withdraw from the class to avoid being charged.





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# HEALTH, WELL- BEING & FITNESS

## HEALTH INNOVATION CLASSES

### FEES:

**Member-\$17.00**

**Program Participant - \$70.00**

### 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**

**10:30-11:30am in the gym**

**Fall I Sept 7 - Oct 22, 2021**

**Fall II Oct 25 - Dec. 10, 2021**

### 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**

**10:30 -11:30am in the gym**

**Fall I Sept 7 - Oct 22, 2021**

**Fall II Oct 25 - Dec. 10, 2021**

### 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. Approved and certified by the Arthritis Foundation. Class is held in the Small Pool.

*Sponsored in part by the Marion Community Foundation*

#### **Monday and Wednesday**

**10:00am-10:45am**

**Small Pool**

**Fall I Sept 7 - Oct 22, 2021**

**Fall II Oct 25 - Dec. 10, 2021**

### FEES:

**Member - \$16.00**

**Program Participant - \$60.00**

## LIVESTRONG® AT THE Y CANCER WELLNESS & EXERCISE CLASS

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 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

Pre registration is required **FREE** for survivor and family

Contact Heather Wright at

hwright@marionfamilyymca.org for more information or to get placed on a interest list or call the Y at 740-725-9622.



Sponsored by OhioHealth

## YMCA WEIGHT LOSS PROGRAM

The Y Weight Loss Program is designed to help you become more aware of your existing health behaviors and equip you with the skills and knowledge to develop your own plans to realign those behaviors so that you can achieve your weight loss and healthy living goals. With the support of the group, you can expect weekly discussions, idea sharing and the opportunity to apply what you learn in daily life.

The YMCA Weight Loss Program supports and assists participants in ways that help make small, modest improvements in healthy behaviors. We do this by providing information and encouragement and creating an environment where participants can discover their own paths to positive change.

Contact Heather Wright at

hwright@marionfamilyymca.org for more information or to get placed on a interest list or call the Y at 740-725-9622.

### FEES:

**Member - \$59.00**

**Program Participant - \$99.00**





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# HEALTH, WELL- BEING & FITNESS

## YMCA BLOOD PRESSURE PROGRAM (BPSM)

This is an evidence-based program that features personalized support as you develop the habit of monitoring your blood pressure. Registration is taken at anytime & is for a 4 month period. The program includes a monthly nutrition seminar on the 3rd Tuesday from 6:00-7:00pm. BPSM participants are asked to attend a minimum of 2 office hours monthly to have their BP monitored & to discuss concerns with their trained healthy heart ambassador.

## FEES

**Member \$20.00 Program Participant \$35.00**

**BP cuff if needed for purchase \$30.00**

## SUPER KIDS AGES 7-13 October - March

This class is for kids looking to make changes for a healthier life-style. The program will meet twice a week for 6 months for physical activities and some basic nutrition. Registration taken at any time.

The \$50.00 registration includes a **FREE** family membership for the duration of the program. To maintain this membership, the child must attend the classes 80% of the time on average and the family must participate 2 times a month on family class night. Participants can pay \$10.00 a month with no attendance requirements. Contact Heather Wright at [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org) for more information.

## PERSONAL TRAINING MEMBERS ONLY

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 \$140**

**\$50 per person for a group of 3-6 participants for 5 1 hour sessions.**

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

**YCONNECT** is for new and returning members to meet with a Wellness Coach to learn about what we offer and how we can help you reach your goals.

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

## WHAT IT IS NOT

Your 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 want be asked to do anything you don't want to do.

## HOW WHO SHOULD ATTEND

Anyone 14 years or older. Whether you're new to exercise or in tip-top shape, our YConnect experience is an opportunity for us to get to know one another. Whether you want to lift weight, 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 YConnect 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 are interested in this service, inform Member Service Center or email Heather Wright at [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org) and you will be contacted to schedule your appointment.

## 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. Set up an appointment at the Service Center or contact Heather Wright at [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org)





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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 SWIMMING 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. This lesson is most appropriate for infants and toddlers who have not taken a swimming lesson previously. *Parent must accompany child in water.*

**Saturdays: 10:00am—10:30am Small Pool**

**Mondays: 5:00pm—5:30pm Small Pool**

#### LEVEL B : WATER EXPLORATION

Students will learn personal water safety and be assisted in learning the following skills: front tow, back float, front float and back tow. This lesson is most appropriate for toddlers who have previous swimming lesson experience. *Parent must accompany child in water.*

**Saturdays: 10:40am—11:10am Small Pool**

**Mondays: 5:40pm—6:10pm Small Pool**



**Session :**  
**6 Week Sessions**  
**1 day per week**

**Saturdays**  
10/2—11/6

**Mondays**  
10/4—11/8

**Fees:**  
**Members: \$30**  
**Program Participants \$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  
about**

### PRIVATE SWIMMING 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, Andrew Franklin at [afranklin@marionfamilyymca.org](mailto:afranklin@marionfamilyymca.org)

4 Lessons at 30 minutes each

**Fees:**  
**Members: \$70**  
**Program Participants \$115**

### MARION FAMILY YMCA SWIM TEAM:

The Fall Swim Team 2021 begins October 4th and goes to March 6th

Trial Week is October 4th - October 7th

Contact Aquatics Director, Andrew Franklin for more information at [afranklin@marionfamilyymca.org](mailto:afranklin@marionfamilyymca.org)







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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.

## YOUTH SWIMMING LESSONS:

### 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. This lesson is most appropriate for children who are no longer dependent on a parent in the water during the lesson.

*Max class size: 10*

**Saturdays: 10:00am—10:30am 8-Lane Pool**  
**Mondays: 5:00pm—5:30pm 8-Lane 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. This lesson is most appropriate for children who can float and are ready to begin semi-independent forward progress in the water.

*Max class size: 10*

**Saturdays: 10:40am—11:10am 8-Lane Pool**  
**Mondays: 5:40pm—6:10pm 8-Lane Pool**

### LEVEL 3: WATER STAMINA

Students will have mastered basic swimming competency and will work to increase endurance. Students will be able to swim on front, swim on back, tread water and practice swim float swim technique. This lesson is most appropriate for children who can swim semi-independently but need to work on endurance.

*Max class size: 10*

**Saturdays: 11:20am—11:50am Small Pool**  
**Mondays: 6:20pm—6:50pm Small Pool**

**Session :**  
**6 Week Sessions**  
**1 day per week**

**Saturdays**  
10/2—11/6

**Mondays**  
10/4—11/8

**Fees:**  
**Members: \$30**  
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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, Andrew Franklin at [afranklin@marionfamilyymca.org](mailto:afranklin@marionfamilyymca.org)

4 Lessons at 30 minutes each

**Fees:**  
**Members: \$70**  
**Program Participants \$115**

## MARION FAMILY YMCA SWIM TEAM:

The Winter Swim Team 2021 begins October 4th and goes to March 6th

Trial Week is October 4th—October 7th

Contact Aquatics Director, Andrew Franklin for more information at [afranklin@marionfamilyymca.org](mailto:afranklin@marionfamilyymca.org)





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# School-Age Child Care (SACC) 2021-2022 School Year



Ohio's Tiered Quality Rating & Improvement System

## Helping Elementary School-Age Children Reach Their Potential

### Program Dates & Times:

Beginning August 17, 2021 with the start of the school through May 25, 2022. We generally follow Marion City Schools (MCS) and Pleasant Local Schools calendars.

**Before School Care:** Starting 6:30 am until school bus picks up at the Y. MCS will pick up for George Washington, Taft & Benjamin Harrison. Pleasant picks up for Pleasant Elementary.

**After School Care:** Arrival at Y by MCS bus from George Washington, Taft & Benjamin Harrison or from Pleasant by Pleasant bus until 6:00 pm.

### Full-Day SACC

We will be offering a full day of child care on the following days when school is out of session. SACC is opened from 6:30 am to 6:00 pm. The fee for full-day SACC is \$20 for members and \$30 for program participants per day per child.

10/15 COTA Day

11/24-11/26 Fall Break

12/20-12/23 Winter Break I

12/27-12/30 Winter Break II

1/17 MLK Day

2/21 President's Day

3/21-3/25 Spring Break I

4/15 & 4/18 Spring Break II

**One-Time Non-Refundable Registration  
Fee: \$30 per child**

### Weekly Fees

We offer care before and after school at a full-time or part-time rate. You can choose before school only, after school only, or before and after school care. The full-time rate covers 5 days per week and the part-time rate covers up to 3 days per week of your choice of days. Our fees range from \$21 to \$90 a week. Inquire with Member Services for more information regarding weekly fees. Fees are due the Friday prior to each week.

We encourage automatic payment through a credit card or bank account. If you choose not to set up an automatic payment, there is an additional \$5 per week fee.

Once registered, your child is considered registered for the entire school year unless you withdraw. Fees are due the Friday before each week regardless of your child's attendance.

### Registration

Register in person at the Y or online at [marionymca.org/register](https://marionymca.org/register). After initial registration, parents will need to complete all required registration forms prior to your child's first day at the program. Parents will receive these forms by email.

### Financial Assistance

The Ohio Department of Job and Family Services (ODJFS) helps families who are working or in school pay for childcare through the Publicly Funded Child Care (PFCC) program. Child Care Centers must have at least a 1 Star Rating in order to accept PFCC payments. With our 1 Star Rating, we are able to accept PFCC payments, which may mean that your out of pocket costs could be reduced. Families qualifying for PFCC may be required to pay for part of your child care in the form of a co-payment. The amount you pay is based on your gross income and family size. You may apply at <https://forms.ohio.gov/cdc/Page4.stm> or call Missy Davidson with Marion County JFS at 740-223-1921. If don't qualify for PFCC, but meet our financial assistance requirements, then you can apply for our in-house financial assistance. The application process is simple and quick. You can download an application from the Y's website at [www.marionymca.org](https://www.marionymca.org) or pick one up from the Y Service Center.

### Snow Days

When school is closed due to inclement weather we will offer care based on staff availability.



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# CREATING A LIFETIME OF LEARNING

## **Y Preschool** **Full-Day & Half-Day** **2021-2022**

The Preschool educational curriculum, High Scopes, will be delivered daily 9:00 am - 11:30 am.

Breakfast, lunch, and snack will be served at scheduled times each day in our full-time childcare.

**One-Time School Supply Fee: \$30 per child**

### **Weekly Fees:**

#### **Y Preschool Full-Day** (Ages 3–5)

5-days per week 6:30 am—6:00 pm

**YMCA Members:** \$171

**YMCA Participants:** \$187

Sept 7 - August 5

#### **Y Preschool Half-Day** (Ages 3–5)

4-days per week M-TH 9 am—11:30 am

**YMCA Members:** \$42

**YMCA Participants:** \$52

Sept 7 - May 13

Fees are due the Friday prior to each week. We encourage automatic payment through a credit card or bank account. If you choose not to set up an automatic payment, there is an additional \$5 per week fee.

Once registered, your child is considered registered for the entire school year unless you withdraw. Fees are due the Friday before each week regardless of your child's attendance (exceptions made for COVID-19 illness or quarantine).

### **COVID-19 Health Protocols**

Our health protocols include daily health screenings of children & staff, daily temperature checks, limited access to the classroom by parents, handwashing and frequent sanitizing. Our full health protocols are in the Preschool Handbook. Protocols are subject to change based on changing conditions in the community, CDC, and health department recommendations.

### **Financial Assistance**

The Ohio Department of Job and Family Services (ODJFS) helps families who are working or in school pay for childcare through the Publicly Funded Child Care (PFCC) program. Child Care Centers must have at least a 1 Star Rating in order to accept PFCC payments. With our 1 Star Rating, we are able to accept PFCC payments, which may mean that your out of pocket costs could be reduced. Families qualifying for PFCC may be required to pay for part of your child care in the form of a co-payment. The amount you pay is based on your gross income and family size.

You may apply at <https://form.theyservicecenter.jfs.ohio.gov/cdc/Page4.stm> or call Missy Davidson with Marion County JFS at 740-223-1921. If don't qualify for PFCC, but meet our financial assistance requirements, then you can apply for our in-house financial assistance. The application process is simple and quick. You can download an application from the Y's website at [www.marionymca.org](http://www.marionymca.org) or pick one up from the Y Service Center.

### **Parent Registration Meeting**

Please contact Amanda Groll, Program Manager, to reserve a meeting time. We will help you complete the registration forms and give your family a tour of your child's classroom. This meeting is optional. If you choose not to have a Parent Registration Meeting, you must turn in all registration forms at least two business days prior to your child's first day in the program.

**E:** [agroll@marionfamilyymca.org](mailto:agroll@marionfamilyymca.org)

**P:** 740-725-9622

