



FOR YOUTH DEVELOPMENT®
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MARION FAMILY YMCA Resource And Fall Program Guide 2022



Register Online at
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





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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. His name is Jason Gorby and he will 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,
Carrie Guyton
Director of Relationships



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BUILDING HOURS

Monday through Thursday 5 am – 9pm
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 - 7:50pm
Friday 9:05am - 11:20am
Ages 18 months through 8 years

Y STAFF

Jeremy Byers - Chief Executive Officer
Morgan Rhoads - Finance Director
Carrie Guyton - Director of Relationships
Heather Wright - Wellness Director
Andrew Franklin - Aquatics Director
Jon Eblin - Director of Facilities
Andrew Grimes - Senior Program Director
Haley Wilkes - Director of Mentoring
Jason Gorby - Member Engagement Manager
Cindy Chaney - 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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GENERAL INFORMATION

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 desk-top 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.

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 work-outs include animations.

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.

24/7 Tile: Access to engage with top Y instructors at other Ys anytime, anywhere.

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. Must stop by the Service Center to upgrade.

EQUIPMENT USE

- 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 pickleball equipment, but we have limited pickleball 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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WELLNESS CENTER POLICY

- New members are encouraged to sign up for a Y-one-on-one 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.
- Proper workout attire for a family atmosphere is required. No jeans, belts, keys, rubber suits/ excessive layers, sports bras or open toed shoes including sandals etc. Shorts and a shirt that covers the mid section and chest must be worn at all times in the wellness center and group exercise classes.

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 9-13 are recommended to complete an Iron Kids Orientation prior to using. Contact Heather Wright at hwright@marionfamilyymca.org to schedule an appointment.

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.
- Shirts must be worn and cover the mid-section and chest at all times. No sports bras.

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.

KEITH DAVIS NATATORIUM POLICY

- 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.
- No swim suits outside of the pool area or locker room



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GENERAL INFORMATION

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.
- Shirts must be worn and cover the mid-section and chest at all times. No sports bras.
- 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.

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.

MEMBERSHIP BENEFITS

When you join the Y, you will also enjoy all these personalized benefits, in addition to our amenities and classes:

Building Hours: Monday – Thursday 5:00am – 9:00pm, Friday 5:00am – 7:00pm, Saturday 8:00am – 4:00pm and Sunday 1:00 – 5:00pm

Marion Family YMCA Connect App

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

Child Watch - Free to Household members Ages 18 months to 8 years old

FREE Membership for children entering the 6th grade

Locker Rental and Day Rentals available. Sign up at the Member Service Center to rent a locker. Lockers will remain at \$5.00 a month and will still coincide with how you draft/pay for their membership.

FREE Swim Classes: When your child turns 3 and 6, he/she will receive a FREE swim class

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. Lap Swim, Family Swim and Adult Water exercise The hot tub will be open when the Small Pool is open for Independent Adult Exercise, water exercise classes and Family Swim.



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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.

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.

ADULT GUESTS, YOUTH AND FAMILIES

Families – \$15.00

Adults (18 and over) \$10.00

Youth – \$5.00

Adults, Families and Youth 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 10 & older may use areas of the facility not directly with their parent. Youth Guests must be with a member.

A complimentary guest pass can be used two times in a month.

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.

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

SUPER KIDS

AGES 7-13

Starts October 10 and ends January 27

Monday & Wednesday 6:30pm - 7:15pm

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.

Program Participants can pay \$10.00 a month with no attendance requirements. Contact Heather Wright at hwright@marionfamilyymca.org for more information.

SOCCER

Registration ends Sept 26

Meet and Greet October 1

PreK Ages 3-5 @1pm / Grades K & 1

Ages 5-7 @2pm/ Grades 2 & 3

Ages 7-9 @3pm/ Grades 4 & 5

Ages 9-11 @4 pm/Grades 6 & 7

Ages 11-13 @5pm

**Saturday October 8 -
November 19**

Member Fee:

\$31 per child

Non-Member Fee:

\$62 per child

Price includes: Reversible jersey and award. *Pictures may be purchased for an additional fee.*



FLAG FOOTBALL

Registration ends Sept 26

Meet and Greet October 2

PreK Ages 3-5 @ 1pm / Grades K & 1

Ages 5-7 @ 2pm/ Grades 2 & 3

Ages 7-9 @3pm/ Grades 4 & 5

Ages 9-11 @4 pm/Grades 6 & 7

Ages 11-13 @5pm

Saturday October 8—November 19

Member Fee:

\$31 per child

Non-Member Fee:

\$62 per child

Price includes: Reversible jersey and award. *Pictures may be purchased for an additional fee.*



CHEERLEADING

Registration ends Sept 26

Meet and Greet October 2

PreK Ages 3-5 @1pm / Grades K & 1

Ages 5-7 @2pm/ Grades 2 & 3

Ages 7-9 @ 3pm/ Grades 4 & 5

Ages 9-11 @4 pm/Grades 6 & 7

Ages 11-13@5pm

Saturday October 8 - November 19

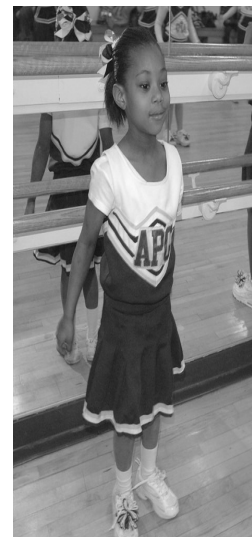
Member Fee:

\$31 per child

Non-Member Fee:

\$62 per child

Registration Forms for flag football, soccer and cheerleading forms available to download online at marionymca.org or stop in and pick one up in the lobby.



BASKETBALL

Early Bird September 10 -

October 22

Promo Code BBA122

Registration ends: November 28

Saturdays December 10 -

January 21

No games December 24

Meet and Greet: December 3

PreK: Ages 3-5 @10:00am/Grades K&1

Ages 5-7@11:00am/Grades 2 &3

Ages 7-9 @12:00pm/Grades 4 &5

Ages 9-11 @1:00pm/Grades 6 & 7

Ages 11-13@2:00pm

Member Fee:

\$31 per child

Non-Member Fee:

\$62 per child





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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.

The Small Pool will be closed September 6 through October 9.

WATER EXERCISE

Low impact exercise to increase mobility, flexibility & range of motion. Class is held in the Small Pool.

FEES

Members \$8.00

Program Participants \$35.00

FALL I - October 10 - November 11

(5 weeks)

FALL II - November 14 - December 23

(6 weeks)

Monday & Wednesday

9:00am-9:45

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

FEES

Members \$8.00

Program Participants \$35.00

FALL I - October 10 - November 11

(5 weeks)

FALL II - November 14 - December 23

(6 weeks)

Monday & Wednesday

9:00am-9:45

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.

FEES

Members \$10.00

Program Participants \$37.00

11:00am-11:45am 8 Lane Pool

FALL I - October 3 - November 11

(6 weeks)

FALL II - November 14 - December 23

(6 weeks)

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.

FEES

Members \$10.00

Program Participants \$37.00

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 and prior to your 4th absence.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL- BEING & FITNESS

HEALTH INNOVATION CLASSES

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.

FALL I September 12 - November 11 (7 weeks)
FALL II - November 14 - December 23 (7weeks)

FEES:

Members \$17.00
Program Participants \$70.00

Tuesday and Thursday
10:30-11:15am Gym

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 - 11:15am AS3

BLOOD PRESSURE SELF MONITORING (BPSM)

Research shows that the process of recording blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in many people with high blood pressure.

The program is designed to support participants in realizing these benefits:

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

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.

DINING WITH DIABETES

Do you or someone you love have diabetes? With 30 million diabetics in America, you are not alone! You will learn how to incorporate good, healthy cooking techniques and other practices to help control your blood sugar through our cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

DATES:

| | |
|-------------------|------------------|
| October 27, 2022 | 12:30pm - 2:30pm |
| November 3, 2022 | 12:30pm - 2:30pm |
| November 10, 2022 | 12:30pm - 2:30pm |
| November 17, 2022 | 12:30pm - 2:30pm |

NO COST

Register at the YMCA by calling 740-725-9622 or stop by at 645 Barks Road East.

Sponsored by:



LIVESTRONG® AT THE Y CANCER WELLNESS & EXERCISE CLASS

LIVESTRONG

AT THE YMCA

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. **Register now, class starts March 2023.**

Sponsored by OhioHealth





FOR YOUTH DEVELOPMENT®
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HEALTH, WELL- BEING & FITNESS

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 for individual sessions

3-6 participants in a group for 5 1 hour sessions is \$50 per person. Must be same fitness levels for a group class.

Call Heather Wright at 740-725-9622 for more information.

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, split the cost)

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

TEN WEEK CHALLENGE - SMALL GROUP TRAINING

Ten week small group class focuses on exercise and healthy eating. The will meet twice a week for group fitness activities including cardio strength training & toning components.

There will also be nutrition information included weekly. Each participant will be encouraged to keep a food journal. Weekly weigh ins add to the motivating environment. All participants that finish the classes with 80% attendance & at least 5 lbs lost, will receive a FREE t-shirt.

Members only \$50

September 6 5:00-6:00pm Tuesday& Thursday

Y-one-on-one 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 learn, you may find yourself not knowing where to start. The Y one-on-one 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 you 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 won't 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 Y-one-on-one 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 Y-one-on-one 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 and you will be contacted to schedule your appointment.

PICKLEBALL

FREE for members

Times are subject to change. See current Gym Schedule



FOR YOUTH DEVELOPMENT®
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STRONG SWIMMERS CONFIDENT KIDS

Fall Session I

October 8 - November 14

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.

YOUTH SWIMMING LESSONS:

LEVEL 2: WATER MOVEMENT

Kids focus on body position and control, directional change, forward movement in the water and continue to practice how to safely exit in the event of falling into a body of water. This class is for kids who aren't yet able to do a front and back float on their own.

In this class, your child will:

- Submerge to look at an object on the bottom of the pool
- Front and back glide to the wall for 10 feet
- Front and back float for 20 seconds
- Roll from back to front and front to back
- Jump, push, turn, grab
- Swim, float, swim five yards
- Tread water near the wall for 10 seconds

Max class size: 8

Saturdays: 10:00am - 10:30am Small Pool

Mondays: 5:00pm - 5:30pm Small Pool

LEVEL 3: WATER STAMINA

Kids learn how to swim to safety from a longer distance than in previous stages. The class also introduces rhythmic breathing and integrated arm/leg action. This class is for kids who aren't yet able to swim 10-15 yards on their front and back.

In this class, your child will:

- Retrieve an object in chest-deep water
- Swim on their front and back for 15 yards
- Roll from back to front and front to back
- Jump, push, turn, grab 10 yards
- Swim, float, swim 25 yards
- Tread water for one minute

Max class size: 8

Saturdays: 10:40am - 11:10am Small Pool

Mondays: 5:40pm - 6:10pm Small Pool

LEVEL 4: STROKE INTRODUCTION

Kids learn the front crawl, back crawl, breaststroke kick and butterfly kick. This class is for kids who aren't yet able to swim 15 yards of front and back crawl.

In this class, your child will:

- Swim the front crawl for 15 yards
- Breaststroke kick for 15 yards
- Butterfly kick for 15 yards
- Elementary backstroke for 15 yards
- Dive from a sitting position
- Tread water using a scissor and whip kick for one minute
- Swim any combination of strokes for 25 yards

Max class size: 8

Saturdays: 11:20am - 11:50am Small Pool

Mondays: 6:20pm - 6:50pm Small Pool

Session I:
6 Week Sessions
1 day per week

Saturdays
10/8—11/12

Mondays
10/10—11/14

Fees:

Members: \$28

Program Participants \$52

**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**

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

4 Lessons at 30 minutes each

Fees:

Members: \$72

Program Participants \$118

MARION FAMILY YMCA SWIM TEAM:

The Winter Swim Team 2022-2023 begins October 3rd and goes to March 12th.

If your swimmer is interested in swim team please contact Aquatics Director, Andrew Franklin for more information at afranklin@marionfamilyymca.org



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PRESCHOOL SWIMMING LESSONS:

LEVEL A : WATER DISCOVERY

Infants and toddlers are introduced to the aquatic environment and encouraged to enjoy themselves while learning about the water. This class is for kids who aren't yet able to respond to verbal cues and jump on land.

Parent must accompany child in water.

In this class, you'll help your child:

- Blow bubbles on the surface of the water
- Move and float with their chin in the water
- Move and float with their head on your shoulder
- Roll from back to front and front to back
- Grab the pool wall
- Enter and exit the water

Saturdays: 10:00am—10:30am Small Pool

Mondays: 5:00pm—5:30pm Small Pool

LEVEL B : WATER EXPLORATION

You'll work with your child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills. This class is for kids who aren't yet comfortable working with an instructor without a parent in the water.

Parent must accompany child in water.

In this class, you'll help your child:

- Blow bubbles with nose and mouth submerged in the water
- Move and float while blowing bubbles in the water
- Move and float with their head on your chest
- Roll from back to front and front to back
- Monkey crawl along pool wall
- Enter and exit the water

Saturdays: 10:40am—11:10am Small Pool

Mondays: 5:40pm—6:10pm Small Pool

LEVEL 1: WATER ACCLIMATION

Kids develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This class is for kids who aren't yet comfortable going underwater voluntarily.

In this class, your child will:

- Bob to submerge in the water
- Front and back glide to the wall for five feet with help
- Front and back float for 10 seconds with help
- Roll from back to front and front to back with help
- Jump, push, turn, grab with help
- Swim, float, swim 10 feet with help

Max class size: 8

Saturdays: 11:20am—11:50am Small Pool

Mondays: 6:20pm—6:50pm Small Pool

Session :
6 Week Sessions
1 day per week

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4 Lessons at 30 minutes each

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If your swimmer is interested in swim team please contact Aquatics Director, Andrew Franklin for more information at afranklin@marionfamilyymca.org



FOR YOUTH DEVELOPMENT®
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SUPPORTING FAMILIES WITH SCHOOL-AGE CHILD CARE

CHILD CARE AT THE Y

The Y's child care program ensures families have a safe and affordable home away from home for their children while parents are at work. Y child care starts at age three and continues through elementary school.

SCHOOL AGE CHILD CARE (SACC)

School year program held at the Y for elementary school children that follows Marion City Schools and Pleasant school calendars.

Aug. 16, 2022—May 26, 2023

Days: Monday through Friday

Before School: 6:30 am—Bus pick up

After School: Bus arrival—6:00 pm

Transportation provided by school districts for Benjamin Harrison, George Washington, Taft and Pleasant Elementary Schools.

FEES:

\$30 One-time registration fee per child.

Before School Care up to 5 days per week

YMCA Members: \$35 per week

YMCA Participants: \$42 per week

Before School up to 3 days per week

YMCA Members: \$21 per week

YMCA Participants: \$25 per week

After School Care up to 5 days per week

YMCA Members: \$54 per week

YMCA Participants: \$65 per week

After School up to 3 days per week

YMCA Members: \$41 per week

YMCA Participants: \$46 per week

Both Before & After up to 5 days per week

YMCA Members: \$77 per week

YMCA Participants: \$90 per week

Both Before & After up to 3 days per week

YMCA Members: \$57 per week

YMCA Participants: \$65 per week

Fees are subject to change with 30 days notice. Enrollment is continuous through May 26 unless you withdraw. Fees are due the Friday before each week through automatic payment on a credit card or bank account. Exceptions to automatic payment will be assessed an additional \$5 per week fee.

Full Day SACC: We offer full day care on most scheduled school vacation days. Please see the current handbook for list of days. There's an additional fee per child per day.

COVID-19 Health

Protocols

Health & safety of your child is our top priority. We review all CDC, ODH and Marion Public Health recommendations and will implement procedures to mitigate transmission of COVID-19 and other communicable diseases. Our full health protocols are in the current Child Care Handbook. Protocols are subject to change.

Financial Assistance and Publicly Funded Child Care

The Ohio Department of Job and Family Services (ODJFS) helps families who are working or in school pay for child care 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://om.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 or pick one up from the Y Service Center.

Registration

Register in person at the Y or online at 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. For questions, please contact Sr. Program Director, Andrew Grimes
E: agrimes@marionfamilyymca.org
P: 740-725-9622

Ohio Department of Education Grants: The Y is receiving a grant from ODE to support after school programming. This grant will allow us to provide more support to children through a strong social emotional learning curriculum and family resources. It also allows us to provide greater financial assistance to families who may need help with child care fees.



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

CREATING A LIFETIME OF LEARNING

CHILD CARE AT THE Y

The Y's child care program ensures families have a safe and affordable home away from home for their children while parents are at work. Y child care starts at age three and continues through elementary school.

One-Time Registration Fee: \$30 per child

CHILD CARE (Preschool): AGES 3, 4 & 5

Days: Monday through Friday

Hours: 6:30 am—6:00 pm

Breakfast, lunch and snack served at scheduled times each day. Preschool educational curriculum is delivered Mon-Thurs in the morning.

Full Time: 4 or 5 days per week

YMCA Members: \$171 per week

YMCA Participants: \$187 per week

Part Time: up to 3 days per week

YMCA Members: \$103 per week

YMCA Participants: \$113 per week

Enrollment is continuous until you withdraw. Fees are due the Friday before each week through automatic payment on a credit card or bank account. Exceptions to automatic payment will be assessed an additional \$5 per week fee.

Y Preschool Half Day

Educational Program (ages 3, 4 & 5)

Mon thru Thurs 9:00-11:30 am

Sept. 12, 2022—May 12, 2023

This 1/2 day educational program uses evidence based Creative Curriculum to emphasize learning readiness.

YMCA Members: \$45 per week

YMCA Participants: \$60 per week

Enrollment is continuous through May 12 unless you withdraw. Fees are due the Friday before each week through automatic payment on a credit card or bank account. Exceptions to automatic payment will be assessed an additional \$5 per week fee.

COVID-19 Health Protocols

Health & safety of your child is our top priority. We review all CDC, ODH and Marion Public Health recommendations and will implement procedures to mitigate transmission of COVID-19 and other communicable diseases. Our full health protocols are in the current Child Care Handbook. Protocols are subject to change.

Financial Assistance and Publicly Funded Child Care

The Ohio Department of Job and Family Services (ODJFS) helps families who are working or in school pay for child care 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.



Ohio's Tiered Quality Rating & Improvement System

You may apply at <https://fromtheYServiceCenter.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 or pick one up from the Y Service Center.

New Parent Registration Meeting

Please contact Cindy Chaney, 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: cchaney@marionfamilyymca.org

P: 740-725-9622