



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

# **Marion Family YMCA 2023 SUMMER Resource Guide**



**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.

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

### **Y STAFF**

**Jeremy Byers** - Chief Executive Officer  
**Morgan Rhoads** - Finance Director  
**Carrie Guyton** - Director of Relationships  
**Heather Wright** - Wellness Director  
**Andrew Franklin** - Aquatics Director  
**Randy Meddings** - Director of Facilities  
**Andrew Grimes** - Senior Program Director  
**Haley Wilkes** - Director of Mentoring  
**Crystal Pratt** - Director of Child Care  
**Jason Gorby** - Finance Manager  
**Tiffany Tackett** - Member Engagement 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 – CLOSED  
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.



**1892**  
Site of first Marion Family  
YMCA on South State Street

**1953**  
Site of second Marion  
Family YMCA on  
Church Street



**2004**  
Current Marion  
Family YMCA on  
Barks Road

# 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.

**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 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

- 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 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.

### 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



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# GENERAL INFORMATION

## DRESS CODE FOR THE MARION FAMILY YMCA

Throughout the Wellness Center, Gym, Track, Family Wellness and other program areas

- Sports bras may not be the outermost layer and mid-drift should have limited exposure.
- Appropriate shirts & shorts must be worn at all times.
- Closed-toe athletic shoes must be worn unless otherwise indicated by class instructor.
- Lifting in bare feet or socks in the Wellness must be on the squat rack platform only.
- Clothing with offensive language, images or controversial slogans is prohibited.
- Appropriate shirts styles must be worn at all times.

## WELLNESS CENTER POLICY

- Iron Kids Orientation is recommended
- Proper athletic attire required i.e., tennis shoes, shorts or sweats
- Be respectful of others
- Water only
- Food is prohibited

### 8 Years Old and Under

- Only allowed on the track and must be with a parent

### 9-10 Years Old

- Only allowed on the equipment if parent is working out with the child/children
- Allowed on the track without a parent

### 11 Years and Up

- Allowed on equipment and track without a parent

## 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.

## 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

## MARION FAMILY YMCA SWIM ATTIRE GUIDELINES

Swimwear must be clean and designated for pool use.

- The YMCA does not allow swimmers of any age to enter the pool in street clothes, thongs, under garments or overly revealing garments.
- Swimmers must bring a change of clothes specifically designed for the pool use.
- Swimsuits must not be transparent.
- All swimmers must take a shower before entering the water
- Taking a cleansing shower before entering the pool helps to keep dirt and germs out of the water
- Hair products such as lotions, cologne and make-up will cause chemical imbalances in the pools.

## TRACK RULES AND ETIQUETTE

- Slower walkers stay on the outside of the track
- Shoes with covered toe required
- Jogger/Runners stay on the inside of the track
- Stop or rest off the track
- Be respectful of others on the track
- Always use headphones/ipods when listening to music
- Stay single file when busy
- When not busy, no more than two side by side
- Water only. No other drinks on the track
- Parents supervise your children



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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 12 months to 8 years old

**Kid's Adventure Club** - Free to Household members Ages 8-10

**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. It will not be open during OhioHealth's time.



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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.

### 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 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.
- An adult must sign the Member, Guest & Participant Waiver effective June 1, 2020 (same waiver as members).
- 

**2 complimentary guest pass can be used in a month.**

## Youth Guests

A youth guest must be accompanied by a member (youth or adult) during their visit. This applies to youth who have a complimentary guest pass or who are purchasing a guest pass.

- A member may bring in only one youth guest per visit.
- The member is responsible for the behavior of their guest.
- **A youth guest must have a parent signature on our Participant & Guest Form before coming into the Y.**
- Youth guests ages 10 & under must have an adult (ages 18 or older) remain at the Y with the youth at all times.

## 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).

The application approval process normally takes three to four weeks. You will receive a letter in the mail indicating whether or not you've been approved and the cost of your membership.





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## 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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# GENERAL INFORMATION

## CHILD WATCH AND ADVENTURE CLUB

Kids can play in a fun, safe environment under the supervision of responsible Y staff so members can work out or take a class.

FREE FOR MEMBERS

## CHILD WATCH

### Hours and Age

Monday - Thursday Drop in between 9:05am - 11:20am and 4:45pm - 7:50pm

Friday 9:05 - 11:20am

No Reservations Required

Maximum 2 hours and 15 minutes

Must stay in the building

Morning only the ages will be 12 months up to 10 years old

Evening only the ages will be 12 months up to 7 years old

## KID'S ADVENTURE CLUB

### Hours and Age

Ages 8 - 10 years old

Monday - Thursday 4:45pm - 7:50pm

No Reservations Required

Maximum 2 hours and 15 minutes

Drop your kid/kids off any time between 4:45 and 7:35 while you work out and they can enjoy different activities each night

Kids must be picked up by 7:50pm

Must stay in the building

**Monday** - Gym Time

**Tuesday** - Craft/Movie in the conference room

**Wednesday** - Swim time in the small pool - Parents must already have kids in swim suits before dropping off at the small pool

**Thursday** - Track Time

Parent/Parents must drop off and pick up at the specific location listed on the day.

## Questions?

Contact Crystal Pratt a [cpratt@marionfamilyymca.org](mailto:cpratt@marionfamilyymca.org) or call 740-725-9622.

## Protocols and Safety

One parent is allowed in Child Watch or Kid's Adventure Club to check their child/children in. The parent is only allowed right inside the door. Child Watch Only

A waiver form will need signed before your first visit. If you have not signed the waiver, you must go to member service center before entering Child Watch or going to Kid's Adventure Club.

Staff will place a nametag on the child's back after they enter the room. Child Watch Only

There will be limited toys and they will be disinfected before a new group of children come in.

Outside toys will be allowed. Child Watch Only

Food and drinks are not permitted in Child Watch or Kid's Adventure Club for allergy and safety reasons.

Your child may bring a water bottle (water only) with the child/children's name on the bottle and already filled with water.

No strollers, car seats, binkies, etc. allowed in Child Watch.

Child Watch and Kid's Adventure Club is subject to close if staff is ill. This will be posted on our YMCA App.

## Questions?

Contact Crystal Pratt a [cpratt@marionfamilyymca.org](mailto:cpratt@marionfamilyymca.org) or call 740-725-9622.

## RENTALS

### BOOK YOUR SPECIAL OCCASION WITH US

Are you looking for a space for a party or event?

### RENTAL OPTIONS:

Saturdays, Sundays and Week Nights availability

## CONFERENCE ROOM

Includes:

Sink, Microwave, 65 inch TV with HDMI cord and WIFI Table/Chairs for up to 30 people

Room rental during the week if available

Weekend hours if available:

**Saturday** 9:00 - 10:00am

**Sunday** 2:00 - 3:00pm

**Members: \$75 Per hour**

**Non-Members: \$100 Per hour**

**Non-Profit: One FREE rental a year**

**Members: \$67 Per hour**

**Non-Member: \$81**

Number of people attending a birthday party is up to 16 children, including siblings. More than 16 is an additional \$5.00 per child. (20 child Max.) For more information, contact Tiffany Tackett at [ttackett@marionfamilyymca.org](mailto:ttackett@marionfamilyymca.org)

## CONFERENCE ROOM/POOL RENTAL/INFLATABLES OPTION 1

Saturday, Sunday or Weeknights

1 hour in room & 1 hour in pool

Member \$150

Non-Member \$200

## OPTION 2

Friday Nights ONLY

1 hour in room & 2 hours in pool

Members \$225

Non-Members \$300

## OPTION 3

Saturday Only

1 hour in room & 2 hour Inflatables in the gym

Member \$225

Non-Member \$300

## OPTION 4

Sunday Only

2 hour inflatables in the gym ( no party room or food or drink)

Member \$150

Non-Member \$200



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# FOR YOUTH DEVELOPMENT

## FLAG FOOTBALL

Registration Begins: June 5  
Early Bird Ends: July 10  
Use Promo Code Fall23  
Registration Ends: September 4  
Last Game: October 28

Saturdays September 23 - October 28

Flag Football Meet and Greet: September 16

PreK: Ages 3-5 @ 9 am  
Grades K & 1: Ages 5-7 @ 9:45am  
Grades 2 & 3: Ages 7-9 @ 10:30am  
Grades 4 & 5: Ages 9-11 @ 11:15am  
Grades 6 & 7: Ages 11-13 @ 11:15am

**Members: \$35**

**Non Members: \$70**

## CHEER

Registration Begins June 5  
Early Bird Ends: July 10  
Use Promo Code Fall23  
Registration Ends: September 4  
Last Game: October 28

Saturdays September 23 - October 28

Cheer Meet and Greet: September 16  
PreK, Ages 3-13 @ 12pm

**Members: \$35**

**Non Members: \$70**

## SOCCER

Registration Begins: June 5  
Early Bird Ends: July 10  
Use Promo Code Fall23  
Registration Ends: September 4  
Last Game: October 28

Saturdays September 23 - October 28

Soccer Meet and Greet: Sunday, September 17

PreK: Ages 3-5 @ 1 pm  
Grades K & 1: Ages 5-7 @ 1:45pm  
Grades 2 & 3: Ages 7-9 @ 2:30pm  
Grades 4 & 5: Ages 9-11 @ 3:15pm  
Grades 6 & 7: Ages 11-13 @ 3:15pm

**Members: \$35**

**Non Members: \$70**



## 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:

Class is priced per month.  
Payments are due on the first Tuesday of each month.

**Member Fee: \$25 per child**

**Non-Member Fee: \$50 per child**

**Start Date:** May 2, 2023

**End Date:** December 28, 2023

### Martial Arts Basics:

Tuesdays and Thursdays 6:00—7:00 pm

**Ages:** 7-12 years

**Class will be held in the South Gym.**

## TEEN LEADERS CLUB

Teen Leaders is for teens grades 8+. Teens participating in this program will engage in programming and activities created to increase youth confidence, leadership, and Social and Emotional Learning skills, peer relationships, life skills, and community engagement.

This program is free to the community and you DO NOT need to be a Y member to join!

Teen leaders will take part in scheduled meetings, teen nights, community volunteering, and planning events within the YMCA and community. This club is facilitated by an adult Y staff member, but youth focused and youth led.

If you are interested in learning more or joining Teen Leaders Club please contact Haley Wilkes, Director of Mentoring, Diversity, and Inclusion at [hwilkes@marionfamilyymca.org](mailto:hwilkes@marionfamilyymca.org) OR (740)725-9622.

## MARION MENTORS

The purpose of Marion Mentors is to support the development of one-to-one relationships between a volunteer adult role model and a student. This unique relations provides support and encouragement, and can help a young person develop the academic, social, personal, and leadership skills to foster success in their future.

For more information, email [hwilkes@marionfamilyymca.org](mailto:hwilkes@marionfamilyymca.org) or call the Y at 740-725-9622.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS

## WATER SAFETY MONTH OF MAY Learn to Swim Week Monday May 22 - Thursday May 25

### 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 SAFETY AROUND WATER:

##### PARENT CHILD

Helps children ages six months to three years develop swim readiness skills through fun experiences that build confidence. In addition, parents learn how to supervise children in the water, prevent accidents and plan for emergencies.

**Monday - Thursday: 5:00pm - 5:30pm Small Pool**

##### BEGINNER

**Max class size: 10**

Enables students of all ages to gain basic water safety and swimming skills. Swimmers become comfortable and confident in the water through practicing safe water habits, engaging in underwater exploration and learning how to swim to safety if they fall into a body of water.

**Monday - Thursday: 5:35pm-6:15pm Small Pool**

##### INTERMEDIATE

**Max class size: 10**

Introduces and refines stroke technique in older swimmers (school-age, teens and adults). Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that can help prevent chronic disease, increase overall well-being and foster a lifetime of physical activity.

**Monday - Thursday: 6:20pm - 7:00pm Small Pool**

1 Week Session

**Monday - Thursday**

5/22 - 5/25

**Fees:**

**Members: \$15**

**Program Participants \$30**

#### 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: \$72**

**Program Participants \$118**

#### MARION FAMILY YMCA SWIM TEAM:

The Summer Swim Team 2023 begins May 8th and goes to early July

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

**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**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS

## WATER SAFETY MONTH OF MAY Learn to Swim Week Monday June 5 - Thursday June 8

### 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 SAFETY AROUND WATER:

##### PARENT CHILD

Helps children ages six months to three years develop swim readiness skills through fun experiences that build confidence. In addition, parents learn how to supervise children in the water, prevent accidents and plan for emergencies.

**Monday - Thursday: 5:00pm - 5:30pm Small Pool**

##### BEGINNER

**Max class size: 10**

Enables students of all ages to gain basic water safety and swimming skills. Swimmers become comfortable and confident in the water through practicing safe water habits, engaging in underwater exploration and learning how to swim to safety if they fall into a body of water.

**Monday - Thursday: 5:35pm-6:15pm Small Pool**

##### INTERMEDIATE

**Max class size: 10**

Introduces and refines stroke technique in older swimmers (school-age, teens and adults). Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that can help prevent chronic disease, increase overall well-being and foster a lifetime of physical activity.

**Monday - Thursday: 6:20pm - 7:00pm Small Pool**

1 Week Session

**Monday - Thursday**

6/5 - 6/8

**Fees:**

**Members: \$15**

**Program Participants \$30**

#### 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: \$72**

**Program Participants \$118**

#### MARION FAMILY YMCA SWIM TEAM:

The Summer Swim Team 2023 begins May 8th and goes to early July

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

**In the case of  
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# STRONG SWIMMERS CONFIDENT KIDS

## Summer Session I June 17th - July 24th

### 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:

**Session:**  
**6 weeks**  
**1 day a week**

**Saturdays**  
6/17 - 7/22

**Mondays**  
6/19 - 7/24

**Fees:**  
**Members: \$28**  
**Program Participants \$52**

#### 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: \$72**  
**Program Participants \$118**

#### MARION FAMILY YMCA SWIM TEAM:

The Summer Swim Team 2023 begins May 8th and goes to early July

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

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

#### 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**



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# STRONG SWIMMERS CONFIDENT KIDS

## Summer Session I June 17th - July 24th

### 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.

#### PRESCHOOL SWIMMING LESSONS

**Session:**  
**6 weeks**  
**1 day a week**

**Saturdays**  
6/17 - 7/22

**Mondays**  
6/19 - 7/24

**Fees:**  
**Members: \$28**  
**Program Participants \$52**

#### 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: \$75**  
**Program Participants \$120**

#### MARION FAMILY YMCA SWIM TEAM:

The Summer Swim Team 2023 begins May 8th and goes to early July

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

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

#### 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**



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# STRONG SWIMMERS CONFIDENT KIDS

## Summer Session II July 29 - September 11th

### 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.

#### PRESCHOOL SWIMMING LESSONS

**Saturdays**  
7/29 - 9/2

**Mondays**  
7/31 - 9/11  
No lesson on 9/4

**Fees:**  
**Members: \$28**  
**Program Participants \$52**

#### 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: \$75**  
**Program Participants \$120**

#### MARION FAMILY YMCA SWIM TEAM:

The Summer Swim Team 2023 begins May 8th and goes to early July

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

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

#### 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**





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# STRONG SWIMMERS CONFIDENT KIDS

## Summer Session II July 29 - September 11th

### 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:

**Saturdays**  
7/29 - 9/2

**Mondays**  
7/31 - 9/11  
No lesson on 9/4

**Fees:**  
**Members: \$28**  
**Program Participants \$52**

#### 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: \$75**  
**Program Participants \$120**

#### MARION FAMILY YMCA SWIM TEAM:

The Summer Swim Team 2023 begins May 8th and goes to early July

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

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

#### 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**



FOR YOUTH DEVELOPMENT®  
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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.

### FEES

Members: \$16

Program Participants: \$65

### WATER EXERCISE

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

**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*

**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**



**Summer I - June 5- July 16 (6 weeks)**  
**Summer II - July 17 - August 27 (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.

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 and prior to your 4th absence.



FOR YOUTH DEVELOPMENT®  
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# 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.

#### FEES:

**Members \$17.00**

**Program Participants \$70.00**

**Tuesday and Thursday**

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

**Summer I June 5 - July 16**

**Summer II July 17 - August 27**

### 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 AS3**

### 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.

**DATE: October 2023** - Watch for more details to come  
**NO COST**

**Sponsored by OhioHealth, the Y, and THE OHIO STATE UNIVERSITY** COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

Register to get on the wait list at the YMCA by calling 740-725-9622 or stop by at 645 Barks Road East.

## 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.

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. Watch for more details to come

**LIVESTRONG®**

**AT THE YMCA**

## TEN WEEK CHALLENGE - TWC

Start the new year off right in this 10 week small group class that focuses on exercise and healthy eating. The class will meet twice a week for group fitness activities including cardio, strength training and toning components.

There will also be nutrition information included weekly. Each participant will be encouraged to keep a food journal and weekly weigh ins that will add to the motivating environment. All participants that finish the classes with 80% attendance and at least 5 lbs lost will receive a free t shirt and be entered into a drawing for other health and fitness prizes.

**Members only \$50**

June 27 - August 31

Tuesday & Thursday

5:30pm-6:30pm

Limit of 8

## 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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTH, WELL-BEING & FITNESS

## WHAT IS Y one-on-one?

**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. Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y goes beyond just working out or learning the machines.

This appointment could include any of the following:

- Learning the equipment in the wellness or family wellness center
- Assisting with setting up strength training routines
- Learning the cardio equipment
- Discussing group exercise classes and options
- Learning about water fitness classes or general pool questions
- Information about youth or family program options
- Answering any questions or concerns to help with getting started with your individual or family membership needs.
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## HOW IT WORKS

- Notify our Member Service Center that you would like an appointment
- You will receive a call 1-3 days after to schedule your appointment
- Once you are in the Y for your appointment, let our Member Service Center Staff know, and they will have one of our Wellness Coaches meet you in our lobby
- At your appointment, you will discuss your goals and you can ask questions regarding the Y, work out equipment or programming
- You might receive additional brochures or schedules addressing your area of interest
- The appointment may continue in the wellness center, family wellness center, pool or group exercise class depending upon your requests
- If you want to use any equipment in the wellness center or family wellness center, please dress in athletic attire
- After your appointment, you will receive a voucher that will be good towards one FREE program. No cash value and must be used within 60 days

### 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!

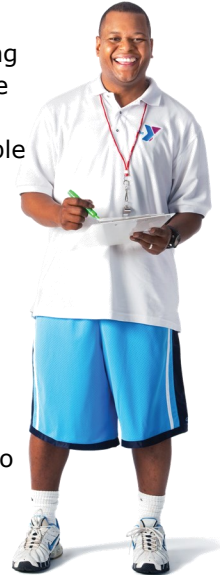
If you are interested in this service, inform Member Service Center or email Heather Wright at [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org) and you will be contacted to schedule your appointment.

### 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)

### 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.







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# School-Age Child Care (SACC) 2022-2023 School Year



## Helping Elementary School-Age Children Reach Their Potential

### Program Dates & Times:

Beginning August 24, 2022 with the start of the school through June 2, 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 bus until 6:00 pm.

**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.

Non scheduled school closing, including fog and snow we offer care based on staff availability.

Contact Crystal Pratt for more information.

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

**P:** 740-725-9622

### 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.

### MARION CITY SCHOOLS

November 23, 2022  
December 19 -January 2, 2023  
January 16-17, 2023  
February 20, 2023  
March 10, 2023  
March 20-24, 2023  
April 7-10, 2023

### PLEASANT SCHOOLS

November 23, 2022  
December 22-30, 2022  
January 16, 2023  
February 20, 2023  
March 27-March 31, 2023  
April 7, 2023  
May 29, 2023

## Registration

Register in person at the Y or online at [marionymca.org/register](http://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://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.



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# 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://om.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.

### **New Parent Registration Meeting**

Please contact Crystal Pratt 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:** [cpratt@marionfamilyymca.org](mailto:cpratt@marionfamilyymca.org)

**P:** 740-725-9622