



APRIL 2023 MEMBER NEWSLETTER

SELF DEFENSE CLASS

Men and Women 13 and older

Being able to protect yourself in different situations brings self-assurance, confidence, and some peace of mind. In this self-defense class, you will learn self-defense moves from experienced Martial Arts Instructor Sensei Lyons.

The objective of this 7-week class is to help you learn skills to defend yourself using information, awareness, avoidance, and if need be physical techniques. The course will feature components of stretching, light physical fitness, and hands-on training. We will cover striking, grappling, takedowns, ground defense and control using Brazilian Jiu-Jitsu and other Martial Arts. By taking this class you should gain confidence in your ability to identify potential threats and prevent yourself from being a target. You will also gain knowledge of preparedness, physical security, mindset, intuition, and mental conditioning. This will help better educate you on the potential dangers that are around and to be mindful of everyday activities of yourself and others around you and your community.

Session Dates / Times:

7 Week Session

Member Fee: \$25 per person Non-Member Fee: \$50 per person

Start Date: May 23, 2023 **End Date:** July 6, 2023

Martial Arts Basics: Tuesdays and Thursdays 7:15—8:15 pm

Ages: 13 and older

Sign-up at the Y, or [click here to register online](#)

MARTIAL ARTS

Build coordination, agility, control, and 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 day 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

Sign-up at the Y, or [click here to register online](#)

MAY LIFEGUARD CLASS

Cost:

Member: \$150

Non-Member \$200

Cost Reimbursement:

If you pass the course and are hired by the Marion Family YMCA, you will be eligible for a refund of \$100 of your fees. You will be eligible for a refund of \$50 after you've worked for two months and worked at least 10 lifeguard shifts per month each of those months. You will be eligible for a refund of an additional \$50 after four months of work if you've worked at least 10 lifeguard shifts during each of the four months.



Additional Info:

This is a blended Red Cross Lifeguard Certification. 7 hours online learning, 20 hours in-person learning. Participants must be 15 1/2 years or older by the first day of the class in order to take the course.

Class is open to a limited number of 12 participants.

Please refer any questions to the Aquatics Director, Andrew Franklin at afranklin@marionfamilyymca.org or 740-725-9622

Prerequisites:

Participants must complete the following Physical Competency Requirements to be eligible for certification:

Tuesday May 2nd 3:00pm-4:00pm Swim Assessment
300 yard swim, 2-minute water tread using only legs, and a timed brick retrieval.
Participants are expected to bring a swim suit and be prepared to get in the water every day of class.

When:

Online learning begins Wednesday, May 3rd and MUST be completed by May 12th
In-person class times: Participants must attend ALL class dates and times to pass the lifeguard course.
Friday May 12th 4pm-8pm
Saturday May 13th 8am-5pm
Sunday May 14th 10am-5pm
Click here to register online

MAY LIFEGUARD RECERTIFICATION CLASS

Cost:

Staff: \$42.00

Non-staff: \$100.00

Prerequisites:

Participants must be currently certified as an American Red Cross Lifeguard; and complete the following physical competency requirements to be eligible for certification: 300 yard swim, 2-minute water tread using only legs, and a timed brick retrieval. Participants are expected to bring a swim suit and be prepared to get in the water.

When:

Online learning begins Friday May 12th and MUST be completed by May 21st
In-person class will be on Sunday May 21st 8am-4pm

Additional Info:

This is a blended Red Cross Lifeguard Certification. 7 hours online learning, 8 hours in-person learning.
Participants must be 15 1/2 years or older by the first day of the class in order to take the course.
Class is open to a limited number of 20 participants.
Registration Opens April 11th 2023

Please refer any questions to the Aquatics Director, Andrew Franklin at afranklin@marionfamilyymca.org or 740-725-9622
Click here to register online

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

May is Water Safety Month and we are offering several Learn to Swim Weeks
Monday May 22 - Thursday May 25 or June 5 - June 8
For more information on the classes and other swim lessons, [click here](#).



RENTALS AT THE Y

BOOK YOUR SPECIAL OCCASION WITH US

Are you looking for a space for a party or event? Pool time or a bouncy house?

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 - 3:00 pm

Additional hours can be added if available

Members: \$75 Per hour

Non-Members: \$100 Per hour

Non-Profit: One FREE rental a year

Members: \$67 Per hour

Non-Member: \$81

CONFERENCE ROOM/POOL RENTAL/INFLATABLES

CLICK HERE FOR INFLATABLE INFORMATION AND RATES

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—Inflatables are extra

Member \$225

Non-Member \$300

OPTION 4

Sunday Only

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

Inflatables are extra.

Member \$150 Non-Member \$200

**CHILD WATCH AND
ADVENTURE CLUB
FREE FOR MEMBERS**

STARTS APRIL 10

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

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

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 or call 740-725-9622.

SCHEDULES AND HOLIDAY CLOSING

[8-Lane Pool Schedule April 2 - April 29](#)

[8-Lane Pool Schedule April 30 - June 3](#)

[Small Pool Schedule April 2 - April 29](#)

[Small Pool Schedule April 30 - May 20](#)

[Gym Schedule April 2 - April 29](#)

[Gym Schedule April 30 - June 3](#)

[April Group Exercise Schedule](#)

[May Group Exercise Schedule](#)

Summer Class Registration opens May 1

[Click here to view the Summer Resource Guide](#)

Memorial Day - May 29, CLOSED

THE Y. FOR A BETTER US.

Marion Family YMCA | WOPAT YMCA CENTER, 645 Barks Road East, Marion, OH 43302

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