



## MARCH 2023 MEMBER NEWSLETTER

### SPRING YOUTH SOCCER

#### Season Dates:

**April 29 - June 3, 2023**

**Registration Deadline: April 10, 2023**

#### Ages/Grades:

Preschool: Ages 3-5

Grades K & 1: Ages 5-7

Grades 2 & 3: Ages 7-9

Grades 4 & 5: Ages 9-11

Grades 6 & 7: Ages 11-13



Member Fee: \$35 per child

Non-Member Fee: \$70 per child

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

**\*\*Team jerseys are the reversible blue/white version. Promo Code: JERSEY\*\***

Late registrations will be reviewed and accepted on a space-available basis with an additional \$10 late fee. You will be notified by the staff if your registration was accepted with your team and season information.

#### **Meet-and-Greet: April 22, 2023**

Preschool (Ages 3-5) @ 10:00 am

Grades K/1 (Ages 5-7) @ 11:00 am  
Grades 2/3 (Ages 7-9) @ 12:00 pm  
Grades 4/5 (Ages 9-11) @ 1:00 pm  
Grades 6/7 (Ages 11-13) @ 2:00 pm  
[Click here to download the registration form](#)  
[Click here to register on line](#)

## **HEALTHY KIDS DAY APRIL 23 1:00-3:00**

### **\$0 JOINER FEE**

A free drawstring bag or t-shirt (Rob's Hauling helped pay for t-shirts) to the first 100 kids

Face Painting

Healthy Snack

Take-home seed planting

Open Swim Time

Grooves with Vicki 1:30 - 2:00

Drumming with Autumn 2:00 - 2:30

Drumming with Jenn 2:30 - 3:00



VENDORS AND DONATIONS AS OF MARCH 22, 2023

IF YOU ARE INTERESTED IN PARTICIPATING AS AN VENDOR or donating something for the raffle, CONTACT Heather Wright at [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org).

Marion Public Library

Marion City Fire Department

Marion Police Department

KONA ICE

Smoothie King

Derby Farmhouse Design

Coopers Youth Bowling League

Help Me Grow

Center Street Community Health Center

Marion County Parks Department

Marion Public Health Department

The cost of shirts is partly paid by Robs Hauling

Enter for a raffle with the following donations:

YMCA Swag and a chance to win a 3-month FREE Membership

Platinum Plus Barbershop

Child bike donated from Meijer

LuLu's Toy Co.

Energy Arts Dance - Tumble Camp (\$70 value)

## **LIFEGUARD TRAINING APRIL AND MAY**

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](mailto:afranklin@marionfamilyymca.org) or 740-725-9622

## **APRIL INFORMATION AND DATES**

Prerequisites:

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

Tuesday April 11th 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, April 12th and MUST be completed by April 21st

In-person class times: Participants must attend ALL class dates and times to pass the lifeguard course.

Friday April 21st 4pm-8pm

Saturday April 22nd 8am-5pm  
Sunday April 23rd 10am-5pm  
[Click here for all of April information](#)  
[Click here to register online](#)

### **MAY INFORMATION AND DATES**

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 for May information](#)

[Click here to register online](#)

### **BUILDING STRONG SWIMMERS AND CONFIDENT KIDS**

Sign up for the next session of swim lessons starting  
**April 8 through May 18th**

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.

For more information go to

<https://www.marionymca.org/swimming/> or stop by the Y, or [click here to register on line](#).



### **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 UPDATES**

#### **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](mailto:cpratt@marionfamilyymca.org) or call 740-725-9622.

### **SELF-MONITORING BLOOD PRESSURE PROGRAM**

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

#### PROGRAM PARTICIPANTS TO QUALIFY

To participate in the program, participants must be:

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

Starts March 1, 2023

BPSM is a 4 month program that includes 10 minute consultations with a healthy heart ambassador (HHA) during drop in office hours, weekly check ins from a HHA by phone, email or text, and monthly educational nutrition seminars. Program participants are asked to attend 2 personalized consultations per month as well as nutrition seminars.

Marion Family YMCA Office Hours

Mondays 6:00am - 7:00am

Wednesdays 8:15am - 9:15am

Wednesdays 5:00pm - 6:00pm

Nutrition Seminars

1st Wednesday of the month 6:00pm-7:00pm and

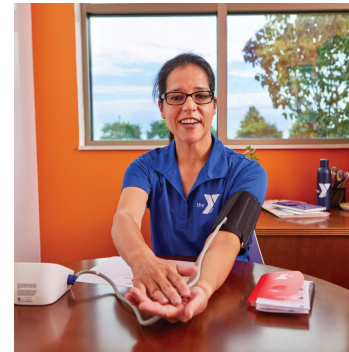
3rd Wednesday of the month 11:30am - 12:30pm

Contact Heather Wright at [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org) for more information or stop by the Y and sign up today.

Members \$10

Non Member \$15

FREE Blood Pressure Cuff included while supplies last.



#### **FIND YOUR FUN. FIND YOUR Y.**

Early Bird Special

\$10.00 off/per child per week

March 6 - March 31

Use promo code camp2023



### **Leaders In Training Camp**

Leaders In Training (LIT) Camp focuses on building a sense of social responsibility in older youth through volunteer work, building relationships with each other, and the community. This is done by providing guided leadership opportunities. Each week may include a field trip or community service project off campus. LIT camper parents who notify camp staff they are attending pre- or post-camp may assist with conducting activities with younger campers (after proper training). There are no additional fees for LIT campers to attend pre or post camp, but camp staff must be notified in advance that they are attending.

Grade Level: Entering grades 6, 7, and 8

Ages: 11 - 14

Hours: 9:00am - 4:00pm

Dates:

Week 1 June 5 - 9

Week 2 June 12 - 16

Week 3 June 19 - 23

Week 4 June 26 - 30

Week 5 July 5 - 7

Week 6 July 10 - 14

Week 7 July 17 - 22

Week 8 July 24 - 28

Week 9 July 31 - August 4

Week 10 August 7 - 11

Member Fees: \$120 per week

Program Participant Fees: \$171 per week

3-Day Member Fee: Week 5 \$72 per week

3 -Day Program Participant Fees: Week 5 \$102.60

\*\$25.00 of the camp fee for each week is due at the time of registration. This deposit is non-refundable. Fee is applied to weekly fee. Registration form must be completed before your child's first day of attendance.



### **Pre/Post Camp**

This is for families with children attending Youth Camp who need activities before 9:00 am or after 4:00 pm. This time is supervised, but less structured than the regular camp

hours. Separate registration and fees are required. The dates match Youth Camp weeks. Children must also be registered for same week of Youth Camp entering grades 1—5.

Ages: 5 - 14 years old

Hours: Pre-Camp 6:30 - 9:00 am

Post-Camp 4:00 - 6:00 pm

Member Fees: \$25 per week for pre- and post-camp

Program Participant Fees: \$35 per week for pre- and post-camp

LITS: No additional cost

### **Youth Camp**

Our goal is help all who attend achieve a sense of achievement and belonging while providing a range of activities to entice everyone's interest in an atmosphere that reinforces the values of caring, honesty, respect, and responsibility. Each week will include a fun field trip. Youth who arrive prior to 8:50 am or stay past 4:00 pm will automatically be registered for Pre- and Post-Camp

Grade Level: Entering grades 1—5

Ages: 6 - 11

Hours: 9:00 am - 4:00 pm

Dates:

Week 1 June 5 - 9

Week 2 June 12 - 16

Week 3 June 19 - 23

Week 4 June 26 - 30

Week 5 July 5 - 7

Week 6 July 10 - 14

Week 7 July 17 - 22

Week 8 July 24 - 28

Week 9 July 31 - August 4

Week 10 August 7 - 11

Member Fees: \$120 per week

Program Participant Fees: \$171 per week

\*\$25.00 of the camp fee for each week is due at the time of registration. This deposit is non-refundable. Fee is applied to weekly fee. Registration form must be completed before your child's first day of attendance

3-Day Member Fee: Week 5 \$72 per week

3-Day Program Participant Fees: week 5 \$102.60

Financial Assistance (Scholarship)

Financial assistance is available through our Membership

discount program. For more information please ask our Member Services staff for an application or contact Crystal Pratt at [cpratt@marionfamilyymca.org](mailto:cpratt@marionfamilyymca.org).



\*Summer day camp fees are not eligible for PFCC (also known as Title 20 or child care assistance).

Once you register, you will be emailed a registration form or you can stop by the Y to fill the form out.

For more information contact:

Crystal Pratt, Child Care Director

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

P: 740.725.9622

To register, go to [Click here to register online](#) or stop by the Y at 645 Barks Road East.

### **DINING WITH DIABETES**

4 WEEK SERIES; SIGN UP TODAY!

**ONLY A FEW SPOTS LEFT THIS SESSION**

FOUR WEEK SERIES

Wednesday, April 5, 2023 12:30-2:30pm

Wednesday, April 12, 2023 12:30-2:30pm

Wednesday, April 19, 2023 12:30-2:30pm

Wednesday, April 26, 2023 12:30-2:30pm

The Marion Family YMCA, OhioHealth and OSU

Extension present a 4-week series that includes

cooking demonstrations, topics on menu planning, carb counting, label reading, portion control, recipes and more! Food samples will be served from our live cooking demonstrations. Door prizes and give aways included.



REGISTER AT NO COST BY CALLING THE MARION FAMILY YMCA AT 740-725-9622

Location: Marion Family YMCA

645 Barks Road East

Cost: No Cost. Donations Accepted

Open to all adults 18 & up. You do not have to be a YMCA Member.

Registration: Stop in the Y at 645 Barks Road East, or call 740-725-9622

### **TESTIMONIAL FROM OUR LAST SERIES**

For some time I have complained to my doctor, hubby, and friends about wanting to learn more about having diabetes. I knew next to nothing about it, besides taking meds, shots, things like that, but I wanted and needed to learn more. I think I just wasn't taking it serious enough. My dad died at 48 because of diabetes (heart) and even

though I am up in age now, I still wasn't educated enough. So, I want to thank you ALL for this. God Bless you! The YMCA is a wonderful place to do this. I believe you will be blessed. I've never used my membership, but, I will now! Thank you again-I am on my way to a healthier life!

### TEEN LEADERS CLUB

Interested in learning leadership skills? Working towards your High School community service seal? Want a fun place to hang out with your peers? You can get all that in more by joining Teen Leaders Club!

Our current Teen Leaders Club participants recently got together and made PB&J sandwiches for the PB&J truck and helped run the YMCA's annual campaign kick-off. These two events not only gave them the opportunity to engage in community services, but they were able to work on their fundraising skills while getting to know their peers.



Teen Leaders Club is for youth in grades 8+. You do not need to be a YMCA member to join. If you are interested in Teen Leaders Club please reach out to Haley Wilkes, Director of Mentoring, Diversity, and Inclusion, at [hwilkes@marionfamilyymca.org](mailto:hwilkes@marionfamilyymca.org).

### POOL AND GYM SCHEDULES

[8-Lane Pool Schedule March 18 - April 1](#)

[Small Pool Schedule March 18 - April 1](#)

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

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

[Gym schedule March 26 - April 1](#)

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

[April Group Exercise Schedule](#)

**THE Y. FOR A BETTER US.**

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