



Marion Family YMCA

WINTER/SPRING 2024 Resource Guide

For a better us.®

**MARION FAMILY YMCA
WOPAT YMCA CENTER**
645 Barks Road East
Marion, OH 43302
P 740 725 9622
marionymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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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645 Barks Road East
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F: 740-389-1287
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BUILDING HOURS

Monday through Thursday 5am – 9pm
Friday 5am – 7pm
Saturday 8am – 4pm
Sunday 1pm – 5pm

CHILD WATCH HOURS AND AGE

Monday - Thursday 9:05am - 11:20am
and 4:45pm - 7:00pm
Friday 9:05am - 11:20am

Ages will be 12 months up to 10 years old

24/7 HOURS IN THE WELLNESS CENTER HOURS

Monday - Thursday

9:00pm - 5:00am

Friday

7:00pm - 8:00am

Saturday

4:00pm - 1:00pm

Sunday

5:00pm - 5:00am

All Holidays

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 - Manager of Mentoring

Crystal Pratt - Director of Child Care

Jason Gorby - Finance Manager

Tiffany Tackett - Member Engagement
Manager

Hope Bucher - Child Care 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

Holiday hours are subject to change each year



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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R X U # K I V W R U \

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

R X U # R F X V

Youth Development

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors. They can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

Healthy Living

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our life-long learning programs, such as youth sports or swim lessons. It is about bringing your loved ones closer together through our many family-centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

Social Responsibility

The generosity of others is at the core of the Y's existence as a nonprofit organization. It is only through the support of our hundreds of thousands of volunteers and public and private donors that we are able to support and give back to the communities we engage.



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MARION FAMILY YMCA CONNECT APP 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.

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 with times and days.

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.

Work 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.

Y Wellness 24/7 Tile: Access to engage with top Y instructors at other Y's 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.



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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 (no more than 2 inches).
- 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
- No glass bottles allowed on the pool deck.

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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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

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- 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.

FAMILY LOCKER ROOM MODESTY POLICY

In consideration of others and to maintain a safe and healthy environment:

- Nudity is **NOT PERMITTED** in all common areas of the locker room. Appropriate coverage (a towel, bathing suit or clothing) is required to and from the shower, sink area, walkway areas and rest room area.
- Nudity is **ONLY** permitted for the purpose of changing clothes at one's locker and in the shower.
- Lockers are available for daily use by members and guests.
- No cameras or cell phones are permitted in the locker rooms at anytime.
- 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 all gender restroom 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.



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AGE POLICY AND PRIVILEGES

Children: Age 11 and older

May use the YMCA facility without a parent or another adult supervising.

Members must be 14 and over to participate in Adult Activities and to work-out in our Adult Wellness.

May use the Family Wellness equipment if they have completed an Iron Kid orientation.

Children must be 11 to be in the building alone without a parent /adult.

Children ages 9 & 10 must have a parent/adult in the building, but the adult doesn't have to be with the child. For example, you can be in a Group X class while your child enjoys Open Gym time.

Children 8 & younger must be participating in a Y program or directly supervised by a parent/adult. For example, if your child is shooting baskets in the gym, you must be there too.

Youth Memberships are now only sold to children ages 11 & older. If you have a child who is 9 or 10 and has their own Youth Membership, that's great. They can continue with that membership. However, they won't be able to use the Y without an adult in the building with them.

Children under age 11 may have a Youth Membership in they are participating on the Y's Swim Team.

Children: Age 8 and younger

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

ADULT GUESTS, YOUTH AND FAMILIES

Families – \$15.00

Adults (18 and over) \$10.00

Youth – \$5.00

Adults, Families and Youth paid or complimentary guest passes.

Family guest pass is available only for those who live in the same household. Family Guest passes must have an **adult head of household** who purchases the pass (or brings in a complimentary pass), signs the waiver and remains in the building with any minors in the family. Family guests must follow our age policies: children 8 & younger must be directly with & supervised by an adult; children 10 & older may use areas of the facility not directly with their parent. Youth Guests must be with a member.

An adult head of household must sign the Member, Guest & Participant Waiver before the youth is allowed in the building.

2 complimentary guest passes can be used in a month.

SNOWBIRDS/HOLD MEMBERSHIP POLICY#

Snowbird Definition: Any active member that has a second residence, outside of Ohio, for a short period of time.

- Must sign Snow Bird form.
- Must state what month they expect to return (2 months minimum up to 6 months).
- No joiner fee upon return.

LOST AND FOUND

The Marion Family YMCA is not responsible for lost or stolen property. Please check with our Member Service Center staff if you have lost items.

VALUABLES

Please do not bring valuables to the Y. If you do, please remember that the Y is not responsible for lost or stolen items. Remember to bring a lock and lock your valuables.

MEMBER DISCOUNT

The Marion Family YMCA believes in providing membership and program services to all who seek us out, without bias and regardless of ability, gender, race, ethnicity, sexual orientation, gender identity, income or other demographic attribute. Anyone may apply for a Membership Discount. Discounts are applied based on need using a sliding-fee scale of **total household income and number of people in the household**. The Y's membership discount program, funded in part by our Annual Campaign, uses all available resources to provide support to those who have financial need and qualify for a discount. Member Discount is available due to the generosity of our Y donors. Applications are available at the Service Center and on our website at www.marionymca.org.

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.

1ST RESPONDER DISCOUNT

As a leading nonprofit committed to strengthening our community, we are proud to waive the joining fee and offer a 10% discount off of our monthly membership rate for first responders in Marion City and Marion County.

Who is eligible

- Police and Sheriff Law Enforcement Officers
- Firefighters
- Paramedics & EMT's

Proof of current employment, such as a recent pay stub, or ID card to receive discount.



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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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WORKOUT WHEN YOU WANT

YMCA 24/7 Wellness Center Access Marion Family YMCA

We know you're constantly on the go. That's why the Marion Family YMCA is pleased to offer our adult members ages 21 and older with convenient 24 hours, 7 days per week, year-round access to our YMCA Wellness Center. FREE to all members 21 and older.

How To Apply For 24/7 Access

Adult YMCA members ages 21 and older may apply for 24/7 fitness center access at our member services desk. This benefit is ONLY for adult members of the Marion Family YMCA. Individuals with a day pass, one month membership, Nationwide members & guests are unable to apply for access.

You will use your current membership card to access the Wellness Center. You will enter and exit through the same door located on the west side of the Wellness Center.

Safety & Security

Our YMCA 24/7 Wellness Center is protected by our advanced security & video surveillance system. Note that this system does not provide staffing assistance for emergencies that might arise. As such, we highly recommend that you exercise with another 24/7 member when using our facility outside of staffed hours. An emergency button is located on the wall along with an AED, first aid kit and emergency necklaces. For your safety, some parking lot lights will remain on after the Y closes and we recommend parking in the area outside of the Wellness Center entrance. Please park in the lit area. No Backpacks or gym bags of any kind allowed. Wallets, wristlets and fanny packs are to be no larger than 5"x 8"x1". Snow removal will not occur until regular business hours resume and possibly later due to certain weather conditions. 24/7 is not open if we are at a level 2 or higher. If there is loss of power in the building, please immediately exit through the Wellness Center door (the same door you entered).

Honor Code

For 24/7 access, we have a strict zero tolerance honor code based on the Y's values of honesty, respect, caring, and responsibility.

These guidelines are in place for the safety and security of our members, and the protection of our property. If a Y member fails to abide by these policies, their 24/7 access and membership to the Y will be revoked with no refunds given.



SIGN UP

FOR YMCA 24/7 ACCESS

Adult members of the Marion Family YMCA who are ages 21 and older are welcome to apply for 24/7 Wellness Center Access.

To apply, stop by the Member Service Center and sign our 24/7 Access Waiver.

Access

Your membership card is your after-hours access to the Wellness Center as long as your membership remains current. If you are in the building when we close, you will need to exit the building and reenter through the Wellness Center. Should you lose or damage your card, report it to the Y immediately.

To access the Wellness Center, scan your membership card on the door.

Do not hold the door for anyone, as they will need to use their own membership card for access. This is so we can track who is in the building at all times. Membership cards may not be shared with others (including family), and members are not allowed to grant facility access to anyone else. Doing so is a violation of our policy and will result in you permanently losing your 24-hour access to the Y and a termination of your Y membership.

HOURS

Monday - Thursday 9:00pm - 5:00am

Friday 7:00pm - 8:00am

Saturday 4:00pm - 1:00pm

Sunday 5:00pm - 5:00am

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FREQUENTLY ASKED QUESTIONS

What is the age requirement?

- Members must be 21 and older to access the 24/7 area.

Who is eligible for 24/7 access?

- 24/7 access is for Marion Family YMCA members only. Individuals with a day pass, one month membership, Nationwide members & other short-term memberships/visiting guests are unable to apply for access.

Can I purchase a 24/7 membership?

- No. 24/7 is available only to Marion Family YMCA members.

Are there any restrictions on 24/7 access?

- 24/7 is available at all times the facility is closed, including holidays. 24/7 is not open if we are at a level 2 or higher.

What areas do 24/7 members have access to?

- Members have access to our Wellness Center and restroom. No locker rooms or showers.

What can I bring into the 24/7 area?

- You can bring in your water and a towel. NO gym bags or backpacks are allowed. Wallets, wristlets and fanny packs are to be no larger than 5"x8"x1".

How do members access the 24/7 area?

- Your membership card is your after hours access to the Wellness Center. If you are in the building when we close, you must exit and reenter through the Wellness Center. You enter and exit through the same door located on the west side of the Wellness Center. Scan your card on the door. Do not hold the door for anyone else.

How much does it cost?

- Access is FREE to Marion Family YMCA members 21 and older.

How do members sign up for 24/7 access?

- You must sign a waiver in person at the Member Service Center.

What if there is an injury/emergency during non-staffed hours in the Wellness Center?

- We recommend that members work-out with another 24/7 member. An emergency button is located on the wall along with an AED, first aid kit and emergency necklaces. Use your cell phone if you need to call 911.

What if a member with 24/7 access lets a member in without 24/7 access?

- If a 24/7 member lets another non-member into the Wellness Center, you will lose access to the 24/7 and your Y membership will be terminated.

What are the safety and security measures for the facility?

- The Marion YMCA is protected by our advance security & video surveillance system. Staff will review the video on a daily basis to address any security concerns and monitor for appropriate usage. The 24/7 Wellness is not staffed.



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WINTER I BASKETBALL

Whether you're just starting out or sharpening your skills, the Y is the place for many of our youth to learn about becoming better players, staying active, and developing life-long skills. The benefits are far greater than a win or loss.

**Early Bird \$10.00 off runs
November 20–December 18
Promo Code: WINTER24****

Season Dates: February 17–March 23

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.**

Registration Deadline: February 2

Meet-and-Greet: February 10

Preschool: Ages 3-5 @ 10 am
Grades K & 1: Ages 5-7 @ 10:45 am
Grades 2 & 3: Ages 7-9 @ 11:30 am
Grades 4 & 5 Ages 9-11 and Grades 6 and 7 @ 12:15pm



YOUTH SOCCER SPRING

Season Dates:

April 27 - June 1, 2024

**Early bird January 22 through
February 19**

Promo code: Spring24

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**

Registration Deadline: April 10, 2024

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 20, 2024

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) @ 1:00 pm



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 day of each month and will be auto drafted. Cancellation of any month must be done in advance before the 1st of the month being cancelled.

Member Fee: \$25 per child

Non-Member Fee: \$50 per child

Martial Arts Basics: Tuesdays and Thursdays 6:00 - 7:00 pm

Ages: 7-12 years Class will be held in the Game Room





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YOUTH LEADERS CLUB

The Marion Family YMCA is excited to announce our new 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, Manager of Mentoring, Diversity, and Inclusion at hwilkes@marionfamilyymca.org OR (740)725-9622.

DODGEBALL TOURNAMENT Hosted by the Teen Leaders Club

**Saturday, December 16th
Starts at noon**

Participants must be in grades 8+
Pay to play \$5 per youth
Pay to watch \$5 per spectator

6-8 players per team
Double elimination

Participants must have a guest participant waiver signed by parent/guardian (both members and non-members) Can pick up at the Y ahead of time, or bring the day of the Tournament.

Must register at the Y by December 8th.
If you have questions, email Haley Wilkes at hwilkes@marionfamilyymca.org OR call at 740-725-9622.

The winning team will receive a Trophy!

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 relationship 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 or call the Y at 740-725-9622.



6th GRADE MEMBERSHIP Supporting Marion's youth

Join the Y and hang with your friends this summer and next school year!

Membership period is May 2023 – August 31, 2024 Must be registered by April 30, 2024

Requirements for the FREE membership include: Must be in 6th Grade for the 2023-2024 school year. Must be registered in person at the Y by a parent/legal guardian.





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Winter Session I January 6 - February 12

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

YOUTH SWIMMING LESSONS: LEVEL 2: WATER MOVEMENT#

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

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

Max class size: 8

Saturdays: 10:00am -10:30am Small Pool
Mondays: 5:00pm - 5:30pm Small Pool

LEVEL 3: WATER STAMINA

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

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

Max class size: 8

Saturdays: 10:40am - 11:10am Small Pool
Mondays: 5:40pm - 6:10pm Small Pool

Session :
6 Week Sessions
1 day per week

Saturdays
1/6—2/10

Mondays
1/8—2/12

Fees:
Members: \$29
Program Participants \$53

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 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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The Winter Swim team goes through March 2nd & 3rd

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



FOR YOUTH DEVELOPMENT®
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Winter Session I January 6 - February 12

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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:

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

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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

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The Winter Swim team goes through March 2nd & 3rd

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

Session :
6 Week Sessions
1 day per week

Saturdays
1/6—2/10

Mondays
1/8—2/12

Fees:
Members: \$29
Program Participants \$53

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 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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Winter Session II February 17 - March 26

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS#

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

The Y has a long tradition of providing effective, high-quality swim lesson programs that teach people to have fun and be safe around water.

PRESCHOOL SWIMMING LESSONS:

LEVEL A : WATER DISCOVERY#

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

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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

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The winter swim team goes through March 2nd & 3rd

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

Session :
6 Week Sessions
1 day per week

Saturdays
2/17—3/24

Mondays
2/19—3/25

Fees:
Members: \$29
Program Participants \$53

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 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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Winter Session II February 18 - March 27

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS#

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

YOUTH SWIMMING LESSONS:

LEVEL 2: WATER MOVEMENT#

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

In this class, your child will:

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

Max class size: 8

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

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

LEVEL 3: WATER STAMINA

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

In this class, your child will:

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

Max class size: 8

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

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

Session :
6 Week Sessions
1 day per week

Saturdays
2/18—3/25

Mondays
2/20—3/27

Fees:
Members: \$29
Program Participants \$53

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 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 - 1:50am Small Pool

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

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The winter swim team goes through March 2nd & 3rd

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



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Spring Session
April 7 - May 14

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

YOUTH SWIMMING LESSONS:

LEVEL 2: WATER MOVEMENT#

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

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- 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

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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.

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- 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

Session :
6 Week Sessions
1 day per week

Saturdays
4/6 - 5/12

Mondays
4/8 - 5/13

Fees:
Members: \$29
Program Participants \$53

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 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.

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- 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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The summer swim team begins May 6th and goes through mid July.

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



FOR YOUTH DEVELOPMENT®
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Spring Session
April 7 - May 14

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

PRESCHOOL SWIMMING LESSONS:

LEVEL A : WATER DISCOVERY

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

Parent must accompany child in water.

In this class, you'll help your child:

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

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

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

LEVEL B : WATER EXPLORATION

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

Parent must accompany child in water.

In this class, you'll help your child:

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

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

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

Session :
6 Week Sessions
1 day per week

Saturdays
4/6 - 5/12

Mondays
4/8 - 5/13

Fees:
Members: \$29
Program Participants \$53

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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

P D U I R Q # E D P I O \ # P F D # Z I P # N H D P #

The summer swim team begins May 6th and goes through mid July.

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



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May 28 - May 31
4 Days in a row class
45 Minute Classes

Fees:
Members: \$22
Program Participants \$42



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ADULT WATER FITNESS

A HEALTHIER YOU, A HAPPIER YOU

Healthy living is an important part of the Y. Water fitness classes are a great way to exercise, and a great way to become involved in the Y Community. In water fitness, we have created a strong community of supportive and caring peers who work together to encourage and push each other to stay on track and accomplish goals. We offer a variety of classes to meet the needs of anyone who is interested in a water fitness class.

FEES

Members \$21.00

Program Participants \$73.00

WATER EXERCISE

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

Class is held in the Small Pool.

Monday & Wednesday

9:00am-9:45am

Small Pool

THE ARTHRITIS FOUNDATION AQUATIC PROGRAM#

This class is held in the Small pool. The purpose of this class is to help relieve stiffness and pain. We also work to improve strength & range of motion, while also building endurance & flexibility. Approved and certified by the Arthritis Foundation. *Sponsored in part by the Marion Community Foundation*

Monday and Wednesday

10:00am-10:45am

Small Pool



Winter Session I Jan. 2-Feb. 19, 2024
Winter Session II Feb. 20-April 2, 2024
Spring Session April 3-May 21, 2024

H2O FITNESS

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

Tuesday, Thursday & Friday

11:00am -11:45am

8 Lane Pool

SILVER SPLASH

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

Tuesday, Thursday and Friday

9:00am-9:45am or

10:00am-10:45am

8 Lane Pool

SILVER SNEAKER WATER FITNESS CLASS POLICY

Each Silver Sneaker member will be allowed three absences from Silver Splash class. After four absences, however, the Silver Sneaker member will be charged the \$16 per session fee for the class. Water classes are based on registrations per session. Silver Sneakers members do not have a charge for the Silver Splash classes. We wish to keep it that way. The goal is to keep these classes available for Silver Sneakers that are interested in the class and will be attending the majority of the time. We want to discourage individuals from registering for the class because it is free, not attending, and unfortunately taking a coveted spot from someone who wishes to attend regularly. We understand that everyone must miss from time to time but we want to be fair to all members. If you feel you cannot attend regularly you may withdraw from the class to avoid being charged and prior to your 4th absence.



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OHIOHEALTH DELAY THE DISEASE BACK TO BASICS

Begin your journey toward greater mobility, increased confidence and independence in this class. The class will teach basic exercises that everyone with Parkinson's disease symptoms should be able to accomplish. #



Tuesday and Thursday
10:30-11:30am in AS1

FEES:
Members \$17.00
Program Participants \$70.00

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

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.
Cost: \$10 \$30 if BP cuff is needed

Winter Session I Jan. 2- Feb. 19, 2024
Winter Session II Feb. 20-April 9, 2024
Spring Session April 10-May 28, 2024

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: April, 2024 - Watch for more details to come
NO COST

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



LIVESTRONG® AT THE Y CANCER WELLNESS & EXERCISE CLASS



LIVESTRONG® at the Y is a **FREE** program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during and after treatment. This program meets for 1 hour twice a week with certified instructors who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.

Program Goals:

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Support group for cancer survivors

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

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



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ADULT SELF DEFENSE/BRAZILIAN JIU-JITSU

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



The objective of this 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, take downs, 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:

Class is priced per month. Payments are due on the first of each month and will be auto drafted. Cancellation of any month must be done in advance before the 1st of the month being cancelled.

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

Member Fee: \$25 per participant

Non-Member Fee: \$50 per participant

Dates and Times: Tuesdays and Thursdays 7:15-8:15 pm

Ages: 16 and older **Class will be held in the Game Room**

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.



Members only \$50

Starts January 2, 2024

Tuesday and Thursdays 5:00pm-6:00pm

Jan 2-March 7

Limit of 8

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 I improve your body composition through both traditional and innovative techniques.

FEE:

5 one-hour sessions \$165 for individual sessions

3-6 participants in a group for 5 1 hour sessions is \$100 per person. Must be same fitness levels for a group class.

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





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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.

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 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.



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Ohio's Tiered Quality Rating & Improvement System

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Program Dates & Times:

Marion City Schools - Begins August 21, 2023 and ends May 24, 2024.

Pleasant Schools - Begins August 21, 2023 and ends May 23, 2024.

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 designated days. Our fees range from \$35 to \$100 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

P: 740-725-9622

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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 \$25 for members and \$45 for program participants per day per child.

MARION CITY SCHOOLS

December 15 (early release), 18-22 & 27-29, 2023

January 15, 2024

February 16 & 19, 2024

March 15 (early release), March 18-22 & March 29, 2024

April 1 & April 8, 2024

May 24, Last Day

PLEASANT SCHOOLS

December 20-22 & 27-29, 2023 only

January 15, 2024

February 19, 2024

March 25-29, 2024

April 12, 2024

May 23, last day

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

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



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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.

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

Days: Monday through Friday

Hours: 6:00 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: \$176 per week

YMCA Participants: \$192 per week

Part Time: up to 3 days per week

YMCA Members: \$108 per week

YMCA Participants: \$118 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.

One-Time Registration Fee: \$30 per child

Y Preschool Half Day

Educational Program (ages 3, 4 & 5)

Mon thru Thurs 9:00-11:30 am

Sept. 11, 2023 - May 20, 2024

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

YMCA Members: \$50 per week

YMCA Participants: \$65 per week

Enrollment is continuous through May 12 unless you withdraw. Fees are due the Friday before each

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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.

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

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Please contact Hope Bucher 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

P: 740-725-9622