

PROGRAM GUIDE



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hardin County Family YMCA

918 West Franklin Street

Kenton, Ohio 43326

www.hardincoyymca.com

SEPTEMBER 2013 TO AUGUST 2014 – MONTHLY PROGRAMS – ALL PROGRAMS START THE 1ST OF EACH MONTH



HEALTHY LIVING

FITNESS IN ACTION

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in their achievement of greater well-being. One member sums up her favorite class this way: "This is a great program, I've learned so much about how to eat healthier and I love the classes. I'm here 3 - 4 times a week now to work out and I love the new me!"

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

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YMCA HOURS

April to November

Mon-Thu: 6am to 9pm
Friday: 6am to 7:30pm
Saturday: 9am to 4pm
Sunday: Closed

November to April

Mon-Thu: 6am to 10pm
Friday: 6am to 9pm
Saturday: 8am to 5pm
Sunday: 1pm to 5pm

QUESTIONS, COMMENTS, IDEAS?

Contact the YMCA, at
sgalvin@hardincoyymca.com

YOUTH DEVELOPMENT

JOIN THE Y

Family

(Married couple, plus all children claimed on tax return)

\$50.00 Joiners' Fee

\$528.00 Annual Payment or

\$47.00 Monthly Bank Draft

Adult

(Age 25-59)

\$50.00 Joiners' Fee

\$432.00 Annual Payment or

\$39.00 Monthly Bank Draft

Youth

(Age 17 & under)

No Joiners' Fee

\$204.00 Annual Payment or

\$20.00 Monthly Bank Draft

Young Adult

(Age 18-24)

\$50.00 Joiners' Fee

\$348.00 Annual Payment or

\$32.00 Monthly Bank Draft

Senior Adult

(Age 60 & over)

\$50.00 Joiners' Fee

\$408.00 Annual Payment or

\$37.00 Monthly Bank Draft

Senior Couple

(both 60 and over)

\$50.00 Joiners' Fee

\$468.00 Annual Payment or

\$42.00 Monthly Bank Draft

One Parent Family

(Widowed, Divorced, Not Married)

\$ 50.00 Joiner Fee

\$ 480.00 Annual Payment or

\$ 43.00 Monthly Bank Draft

College Student

(Full Time, Age 17-24)

\$ 91.00 Three months

* Joiner Fee is used for program equipment repair and replacement.

BE INVOLVED

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, the Y relies on support from members, donors, volunteers and community leaders.

When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your or your family's health and well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

- 🕒 Join the Y: Be a part of a cause for strengthening community that is committed every day to helping you and your kids learn, grow and thrive.
- 🕒 Give to the Y: Donate vital financial resources for nurturing the potential of kids, improving the nation's health and well-being, and giving back and supporting our neighbors.
- 🕒 Volunteer at the Y: Take an active role in bringing about meaningful, enduring change right in your own neighborhood.
- 🕒 Advocate with the Y: Address the nation's most pressing social issues, with a nonprofit that has the long-standing track record and on-the-ground presence to not just promise, but deliver, lasting personal and social change.

SOCIAL RESPONSIBILITY

MISSION IN ACTION

The generosity of others is at the core of the Y's existence as a nonprofit. 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.

To bring about meaningful change, individuals need ongoing encouragement and tools. We're here day-in and day-out to provide the resources our communities need to address the most pressing social issues: We work to make sure every child, family and community has what they need to achieve their best.

As a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility, the Y was created in response to social challenges and remains to this day a lifeline in communities around the world. The Y understands the challenges that keep individuals from reaching their full potential and responds with services and support which help people to be self-reliant, productive and connected to the community. Each Y responds to the unique issues influencing the community and provides support through services focused on critical areas, such as child welfare, community health, quality of life or family services.

HEALTHY LIVING

FITNESS

Chisel and Chat – Aerobics, strength and stretching are the main components of this class. Mon, Wed, Fri 8:00am-8:45am.

Total Body Conditioning – This class mixes aerobic and floor exercises that give the body an overall workout. Mon, Wed, Fri 9:00am-9:45am.

Strength - This class uses dumbbells and resistance equipment to build strength and flexibility. Tue, Thur 9:00am-9:45am.

In-Between Fitness - A low impact dance style class that involves cardio, strength training & toning. Mon, Wed, Fri 10:00am-11:00am.

Body Works – Strengthen, condition, and tone the major muscle groups in this non-aerobic workout. Tue, Thur 5:00pm-5:45pm.

Step It Up - An aerobic step class designed for all levels. Basic moves will enable all to get the workout they want. Mon, Wed 6:00pm-6:45pm.

Boot Camp - An aerobic workout that incorporates boot camp moves. works the upper body as well as lower body; toning and strengthening. Tue, Thur 7:00pm-7:45pm.

Group Cycling - It's a non-impact cardiovascular workout Lunch Mon, Wed, Fri 11:45am-12:15pm.
Evening Mon, Wed 5:00pm-5:45pm

Circuit / Interval - Total body workout using circuits and/or intervals. Good for all fitness levels. Tue, Thur 6-6:45pm

HEALTHY LIVING

HEALTHY SPIRIT

Yoga - Yoga can make you strong and flexible, and promote overall wellbeing. Morning class meets Tues, Thur 10-11am. Evening class meets Mon, Wed 7-7:45pm

Tae Kwon Do - A great program to develop confidence, discipline, self-esteem, and physical fitness. Age 6+. Tues, Thur 6:00pm-8:00pm

HEALTHY LIVING

SILVERSNEAKERS®

Silversneaker Cardio – “Get Up & Go” with an aerobic class for you – safe, heart-healthy, and gentle on the joints. The class includes easy to follow, low impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your life. Tue, Thu 9-10am

Silversneaker Classic – Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. Tue, Thu 10-11am

HEALTHY LIVING

AQUATICS

Aquacize - A water aerobics class for swimmers and non-swimmers; a great way to exercise without stressing the joints. Class meets Mon, Wed, Fri 8:45am-9:45am

Pike, Eel, Ray, and Starfish Swim Lessons

Classes for children 3 to 5 years old focus on introduction to swimming and learning basic swimming skills.

Morning Tue, Thur 11:00am-11:30am

Evening Mon, Wed 5:00pm-5:30pm

Polliwog, Guppy, and Minnow Swim Lessons

Classes for children 5 years old and older designed to teach the basics of swimming including competition strokes, as well as swimming without the assistance of floatation devices

Evening Mon, Wed 5:30pm-6:00pm

Adult-Child Swim Lessons

Classes for children 6 months to 3 years old. Each swimmers is accompanied by a parent or other adult. Pool safety and getting comfortable and enjoying the water are the goals for this class.

Morning Tue, Thur. 10:20am-10:50am

Evening Mon, Wed. 6:10pm-6:40pm

HEALTHY LIVING

ZUMBA®

Zumba® Fitness – Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba® Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Zumbatomic®– Designed exclusively for kids (ages 4-12), Zumbatomic® classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Zumbatomic® rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

Aqua Zumba®– Known as the Zumba® "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

FOR YOUTH DEVELOPMENT

HEALTHY BODY

Tumbling – Tumbling is one part of the popular sport of gymnastics and has grown to be a large part of cheerleading and dance today. Not limited to kids in gymnastics or cheerleading, but for all athletes looking to improve strength, flexibility, balance, and coordination. Classes meet Mondays and Tuesdays

Cheerleading – The Y's Hardin Heat Cheer team is a top level cheer team that competes in competitions all around the region. The season begins yearly in spring, see the Y for details about tryouts.

FOR YOUTH DEVELOPMENT

With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That's why child care and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

SILLY SATURDAY!

Silly Saturday is a program developmentally appropriate for ages 3-5 that meets one Saturday morning a month October through May. It includes fitness, crafts, stories, songs, and swimming. Children will wear swim suits under play clothes and gym shoes on feet. A snack will be served each morning.

Day camp will be offered for ages 3-5 during the summer. Details will be available as summer time approaches.

FOR YOUTH DEVELOPMENT

SUPER SATURDAY!!

Super Saturday is for children ages 6-11. They will meet on Saturdays during October through May. These children will receive the benefit of plenty of fitness activities and swimming. They will do some craft and service projects for the community. Children will bring swim suits and towels and wear gym shoes. Snacks will be available for this group.

Day camp will be offered for ages 6-11 during the summer. Details will be available as summer time approaches.

FOR SOCIAL RESPONSIBILITY

RECYCLING

Hardin County Family YMCA
Sustainability Report for 3/1/2012
through 8/31/2013

How Does it Work?

The Think Recycle Program is a community based collection program where the **YMCA** can collect unwanted cell phones, print cartridges and digital cameras and turn them in for cash rebates. It's simple; just return your unwanted products to the **YMCA**.

How Can I Help?

Return your used cell phones, print cartridges and digital cameras to protect the environment, and help spread the word! Your business can help by saving your unwanted products and having them returned to the **YMCA**.

How Does this Help the Environment?

Annually, over 300 million print cartridges are consumed in North America, and more than 500 million cell phones get retired in North America. That's millions of pounds of electronic waste that usually ends up in landfill. The Think Recycle Program is good for the environment as you help divert used cartridges and cell phones from landfills.

Plus, for every 24 qualifying cell phones, print cartridges and digital cameras returned, Think Recycle donates funds to have one tree planted.

Your support of the Think Recycle program will help teach our community the importance of recycling, the benefits of tree planting and help raise funds for your **YMCA**.

For more info about Think Recycle please call **1.888.265.2895** or visit www.thinkrecycle.com

For more information, please contact:

Paulette McCulley
Hardin County Family YMCA
pmcculley@hardinnet.com

Total Units Collected

38 Cell Phones
383 Inkjets
28 Toners
2 Small Electronics

Items Collected

0 lbs. PC Components
7.20 lbs. Cell Phones
32.96 lbs. Inkjets
72.0 lbs. Toners
72.1

Resources Collected

40.81 lbs. Plastic
1.88 lbs. Nylon
15.85 lbs. Steel
3.39 lbs. Aluminum
0.7 lbs. Copper
0.8

Remanufactured

54.93 lbs.
54.94

Recycled

57.24 lbs.
57.25

Total Remanufactured and Recycled Items By Weight

Remanufactured

0.61 MtCO₂e*
0.62

Recycled

0.59 MtCO₂e*
0.60

Greenhouse Gases Prevented by Your Items

*metric ton carbon dioxide equivalent

Please Recycle

**Ink Cartridges, Working Cell Phones,
and Cameras.**

**Help the environment and your
Hardin County YMCA at the same
time.**

Last year the Y raised \$76 through recycling, this year the Y has raised \$93 through your recycling efforts.
