



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER, WE CREATE A BETTER US

WINTER SESSION PROGRAM GUIDE
FEBRUARY 2—MARCH 28
HARDIN COUNTY FAMILY YMCA



WE ARE MORE THAN JUST A GYM



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HARDIN CO. FAMILY YMCA

918 West Franklin St.
Kenton, OH 43326
P: 419-673-6131
F: 419-675-3492

BUILDING HOURS:

April - November

Mon-Thurs: 5:30 am - 10:00 pm
Friday: 5:30 am - 8:00 pm
Saturday: 9:00 am - 5:00 pm
Sunday: 1:00 pm—3:00 pm (Express Workout)

December - March

Mon-Thurs: 5:30 am - 10:00 pm
Friday: 5:30 am - 8:00 pm
Saturday: 8:00 am - 5:00 pm
Sunday: 1:00 pm - 5:00 pm

HOLIDAY HOURS

New Year's Eve - 5:30 am-12:00 pm
New Year's Day - CLOSED
Good Friday - Normal Hours
Easter - CLOSED
Memorial Day - CLOSED
July 4th - CLOSED
Thanksgiving - CLOSED
Christmas Eve - 5:30 am-12:00 pm
Christmas Day - CLOSED

INCLEMENT WEATHER POLICY

Level One: The Y is open and all classes will be held.
Level Two: All classes cancelled and the Y reserves the option to close as necessary.
Level Three: The Y will be closed.

In the event of YMCA closure, we will notify WKTN and post to Facebook.



**The Y's mission is to
put Christian principles into practice
through programs that build healthy spirit,
mind and body for all.**



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TOGETHER WE CAN BUILD A BETTER US

Y STAFF

Jared Lehman — CEO

Terri Averagesch — Vice President

Jennifer Moore — Membership/Silver Sneakers

Kaylee King — Program Director

Jim Dixon — Evening Manager

Beth Wetherill — Silver Sneaker Fitness Coordinator

Kathie Phillips — CNM Massage Therapist

Shane Burry — Massage Therapist

Bob Lambert — Building & Grounds Director

Kim Shepard — Personal Trainer

Ritchie Goff — Personal Trainer

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.

- **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. Join a committee, share your connections and experience with the Y.
- **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.

Join our cause. And create meaningful change. Not just for you, but also for your community.



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SWIM

Swim Lessons

Our instructors guide with praise and encouragement.

Swim Starters (adult/child) (6 months—36 months)

Accompanied by an adult, infant and toddlers learn to be comfortable in the water and develop swim readiness skills through fun confidence building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Mondays 11:30am-12:00pm

Member: \$20/session

Program Participant: \$40.00/month

Swim Basics (Safety around the water)

Recommended skills for all to have around water

Students learn personal water safety, basic self-rescue skills and encourages forward movement in the water.

Once per week: Sunday 2:30pm-3:00pm

Member: \$20/session

Program Participant: \$40.00/session

Twice per week: Monday/Wednesday 5:00pm-5:30pm

Member: \$40.00/session

Program Participant: \$80.00/session

Swim Strokes

A beginner level introducing freestyle arms, backstroke arms and learning to float.

Once per week: Sundays 3:00pm-3:30pm

Member: \$20.00/session

Program Participant: \$40.00/session

Twice per week: Monday/Wednesday 5:30pm-6:00pm

Member: \$40.00/session

Program Participant: \$80.00/session

All lessons based on Swim instructor availability

*\$5.00 discount is available for each additional child.



Private Lessons

Get the personal attention you need!
Offered by appointment only.
(30 minute sessions)

Member: \$10.00/session

Program Participant: \$20.00/session



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POOL AND AQUATICS

Water Fitness

Aquacize

In this class, we use water for resistance when working on cardio and muscle conditioning. Take the stress off your joints and improve overall endurance in the low intensity water class.

Monday/Wednesday/Friday 8:45 - 9:45 AM

Members: \$45.00/session

Program Participant: \$90.00/session

Drop in fee Member: \$5.00

Drop in fee Program Participants: \$7.00



Aqua Zumba

A fun Zumba workout in the water to music.

Saturday 10:00am - 10:45am

Members: \$20.00/session

Program Participant: \$40.00/session

Drop in fee Member: \$3.00

Drop in fee Program Participants: \$5.00

Lightening/Thunder:

The pool will close for 20 minutes following the last sound of thunder. Please call ahead if you have questions about whether the pool is open.

MAKE A SPLASH

COMPETITION SWIM TEAM - SEA DRAGONS

The Hardin Co. Family YMCA Swim Team is for youth that are interested in competitive swimming or learning about competitive swimming. Many qualities are developed through competitive swimming, such as physical conditioning, self-confidence, sportsmanship, character building, and self-discipline.

Registration starts in September.

Full Season: Runs September through March.

Short Season: Runs September -December OR December -March

Fees for next season will be available Fall of 2020.

NOTE: If a child is on the Kenton City Schools swim team, it is half price for the full season only.



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YOUTH

YOUTH DANCE

Your children will learn the basics of dance through Jazz and Hip Hop style routines.

Ages 6-7

Thursday 5:00-5:30pm

Member: \$25.00/session

Program Participant: \$45.00/session

Ages 8-10

Thursday 5:45-6:30pm

Member: \$30.00/session

Program Participant: \$50.00/session

*\$5.00 discount is available for each additional child.

HOMESCHOOL GYM

Provides home educated children with a weekly physical education program. Students will improve their physical skills and enjoy a new sport every month.

Ages 5 - 12

Wednesdays 9:00am - 10:00am

September 2019 - May 2020

Cost:

Child 1: \$4.00/week or \$15.00/month

Child 2 & 3: \$3.00/week or \$10.00/month

Child 4: Free





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SCHOOLS DAY OUT

The YMCA is the place to be when school is out. Swimming, crafts, games, nutrition, and character development, are just a few activities that will be offered each day. Children will need to bring a swimsuit, wear comfortable shoes, and be ready for an educational and fun filled day.

Ages: 5 -12

Fees:

Member: \$15.00/day

Program Participant: \$20.00/day

Time: 7:30am – 5:30pm

Date: February 17, 2020

MUST BRING YOUR OWN LUNCH

Must register 2 business days in advance; and additional \$10 fee will be applied per day if registered after deadline. Must be registered by 6:00pm the night before.

SOCCER

Y soccer focuses on building strong kids on and off the field. Participants have fun while they learn the basic skills of the game, to follow the rules and practice good sportsmanship.

There is still time to sign up for U6 and U7. Registrations accepted through the end up February.

Fees:

U6

Members: \$30.00

Program Participants: \$45.00

U7

Members: 40.00

Program Participants: \$70.00

CHILD WATCH

Go take a class, swim or workout, *and* take a shower with the peace of mind your children are being cared for by our qualified staff. Children, ages 6 months through 10 years, are welcome up to 2 hours in the Child Watch area for fun, supervised play in a safe, clean, and wholesome area.

Parents may drop off children during available hours for a maximum of two hours while remaining at the YMCA for fitness classes, exercise and other activities.

Child Watch Hours

Morning Hours: Monday - Friday 8:30am-11:00am

Evening Hours: Monday - Thursday: 5:00pm - 8:00 pm

***Membership Benefit** (Children whose parents or legal guardians are members of the Y) **:FREE**



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PERSONAL TRAINING

Personal Training Packages

Online App

Coach – Initial Month: \$50.00

Members will be given customized online workouts on a monthly basis designed by a personal trainer. They will also receive a one hour app orientation, a range of physical assessments, including a postural assessment and a chance to discuss goals with a personal trainer.

Coach – Ongoing: \$30.00

Members fill out a questionnaire online and begin their training without face to face contact with their trainer. Person signing up can choose this as a less-expensive initial month option or for any ongoing month Coach program.

Mentor – Initial Month: \$65.00

Participants will receive new, customized workouts every two weeks, as well as a personal 30 minute session with a trainer every two weeks. The INITIAL MONTH option provides members with a one off 60 minute session where they will receive an app orientation, a range of physical assessments, including a postural assessment and a chance to discuss goals with a personal trainer.

Mentor – Ongoing: \$45.00

Persons will receive new, customized workouts every two weeks, as well as a personal 30 minute session with a trainer every two weeks. They will fill out a questionnaire online that the trainer will receive. Person can opt out of initial month for this program if they choose...there will be no 60 minute postural assessment and r initial app orientation

Personal: \$15.00

The Personal plan allows members to subscribe to the online training app where they can access ready made workouts and a full workout library. They do not have any personal contact with a trainer but use the app as an online tool to do workouts and they also have the option of building there own workouts through the online library

*Free Two Week Trial Available

In - Person Training

1 Day/Week: 4 Sessions

Member: \$100.00/month
Program Participant: \$150.00/month

2 Days/Week: 8 Sessions

Member: \$160.00/month
Program Participant: \$220.00/month

3 Days/Week: 12 Sessions

Member: \$220.00/month
Program Participant: \$260.00/month

TRIBES: Small Group Training

Small group personal training with access to the online training app - including two customized workouts per week. Group of people with similar goals, needs and abilities.

Group Sizes

Two People

Member: \$75/month
Program Participant: \$150/mon

Three People:

Member: \$60.00/mon
Program Participant: \$120/mon

Four-Six People:

Member: \$40.00/month
Program Participant: \$80.00/mon

If interested please contact Kim Becker.

**Prices are per person/mon

*Program Participants can try any Tribe Training Program at the Member rate for one month. After the first month, Program Participant rates will apply.



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GROUP FITNESS

FITNESS CLASSES

Level 1: Low Intensity

Level 2: Moderate Intensity

Level 3: High Intensity

Chisel & Chat: Level 1 & 2

Aerobics, strength and stretching are the main components of this class.
Monday/Wednesday/Friday 8:15am - 9:00am

Total Body Conditioning: Level 2

This class mixes aerobic and floor exercises that gives the body an overall workout.
Monday/Wednesday/Friday 9:00am - 9:45am

Strike: Level 3

Cardio kickboxing class using freestanding bags.
Thursday 5:15pm - 6:00pm
Saturday 9:30am - 10:15am.

Body Works: Level 2 & 3

Strengthen, condition, and tone the major muscle groups in this non-aerobic workout.
Monday/Wednesday 5:00pm - 5:45pm

HIIT (High Intensity Interval Training) Level 3

High-intensity Interval Training is a cardiovascular exercise program that alternates short bursts of high intensity exercise with short recovery periods. The idea behind HIIT programs is to workout to exhaustion and to burn more calories in a shorter amount of time.
Tuesday 5:15pm - 5:45pm

Zumba: Level 2

A cardio dance class that is a fun way to have a super workout.
Monday/Wednesday 6:00pm - 6:45pm

Stretch and Tone: Level 1

A gentle, no impact stretching class to improve flexibility, balance and muscle tone.
Friday 10:15am - 11:15am

Yoga Level 1 & 2

Tuesday/Thursday 9:00am - 9:45am
Monday/Wednesday 7:00pm - 7:45pm

Member: \$25.00/session

Program Participant: \$50.00/session

Drop in Rate Member: \$5.00

Drop in Rate Program Participant: \$7.00

Group Cycle Level 2

Bikes are limited. Sign up in advance to hold your spot.
Monday/Wednesday 6:00pm - 6:45pm

Member: \$25.00/session

Program Participant: \$50.00/session

Drop in Rate Member: \$5.00

Drop in Rate Program Participant: \$7.00



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ACTIVE ADULTS

SilverSneaker® Fitness Classes

SilverSneaker® Cardio

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Tuesday/Thursday 9:00am - 9:45am

SilverSneaker® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support.

Tuesday/Thursday 10:00am - 10:45am

SilverSneaker® Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Monday/Wednesday 10:15am - 11:15am

Instructor: Beth Wetherill

Court Times

Racquetball:

If you are interested in lessons, league or just a casual game, sign up at the front desk. We will get you partnered up with like-minded individuals or an instructor! Racquetball is a great cardiovascular workout and is appropriate for all skill levels and all ages.

Pickle Ball:

This sport is fast growing and becoming very popular in the fitness industry! It is a combination of Table Tennis (Ping-Pong) and Tennis. We have multiple different times available on our Gym Schedule. Feel free to stop in and try it out!

Monday/Wednesday/Friday 9:00am -12:00pm and Tuesday/Thursday 8:00pm - Close

*Wednesdays during home school gym the court will not open until 10:00am.

We will set up 2 courts for you to come in and play!

Members: Free

Program Participant: \$3.00/day

Healthways SilverSneaker® Memberships /Optum Memberships/Silver & Fit

Through SilverSneakers, Optum and Silver & Fit health plans/group retirement plans provide a gym membership to their insured, usually at no additional cost. The Hardin County Family YMCA participates with these programs and offers 3 fitness classes specifically for active older adults.





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Membership Information

Membership Rates by Category

Family/Household: (two adults who reside at the same address and their dependent children.)

\$50.00 Joiner Fee
\$588.00 Annual Payment
\$52.00 Monthly Bank Draft

One Parent Family: (Widowed, Divorced, or Single)

\$50.00 Joiner Fee
\$504.00 Annual Payment
\$45.00 Monthly Bank Draft

Adult: (Ages 25 - 59)

\$50.00 Joiner Fee
\$456.00 Annual Fee Payment
\$41.00
Monthly Bank Draft

Youth: (Ages 17 & under or currently enrolled in high school)

\$0.00 Joiner Fee
\$204.00 Annual Payment
\$20.00 Monthly Bank Draft

College Student: (Full Time, Ages 17 - 24)

\$91.00 Three Months

Young Adult: (Ages 18-24)

\$50.00 Joiner Fee
\$372.00 Annual Payment
\$34.00 Monthly Bank Draft

Senior Adult: Age 60 and over)

\$50.00 Joiner Fee
\$432.00 Annual Payment
\$39.00 Monthly Bank Draft

Senior Couple: (Both 60 and over)

\$50.00 Joiner Fee
\$492.00 Annual Payment
\$44.00 Monthly Bank Draft

Financial Assistance

Those unable to pay the full membership or program fee may receive financial assistance based on their demonstrated ability to pay and the Y's ability to fund the subsidy. All records are kept confidential. Obtain your Assistance application at the front desk.

Corporate Discounts:

The Hardin Co. Family YMCA partners with local businesses to provide employee wellness through membership at the Y.

The following employers participate in this program:

ATI, City of Kenton, Hardin County, Home Savings and Loan, Graphic Packaging, Kenton City Schools, Kenton Family Eye Care, Liberty National Bank, McCullough Industries, Midwest Express, Mid Ohio Energy, Ohio Health, Precision Strip, Robinson Fin, TRC, and Triumph Thermal

Active Military:

Those who are serving in the military may use a complementary guest pass at the Hardin County Family YMCA facility with a current Military ID card.

The YMCA Military Outreach Initiative allows military families to have free membership enrollment at participating YMCA locations. To qualify for the military discount, applicants should get an eligibility form on militaryonesource.com

Qualifying categories include:

- Active duty personnel and their families
- Family members of deployed National Guard and Reservists
- Relocated spouses and dependent children of deployed Active Duty personnel (minimum six month deployment; not geo-bachelors and family that has moved "back home," away from a duty station).

My Y is every Y!

Nationwide Access Membership gives you free access to [all participating YMCA locations in the USA](#). Just show your valid YMCA membership card and a photo ID upon your first visit.



Funding for Scholarships is Provided by the YMCA Annual Support Campaign & the United Way of Hardin County



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You Can Help the Y!

Recycle your Printer Cartridges:

Bring your empty ink - and laser cartridges, to the YMCA and drop them off. The funds earned go towards buying equipment for the YMCA.

Kroger Rewards for the Y:

You can earn \$\$\$ for the Y when you buy groceries. Just go to www.kroger.com/communityrewards, login to your account and choose to enroll in community rewards and choose the organization #81743 or type in Hardin County Family YMCA.



HealthWise

ONU pharmacy students will be offering Health Screenings here at the Y. Different screenings will be available each month.

2nd Tuesday of each month

Massage at the Y:

Therapeutic Touch:

Offering relaxing and therapeutic massage, our therapist, Kathie Jo Phillips, has more than 20 years of experience. She is a Certified Neuromuscular Therapist, licensed by Ohio Medical Board, as well as a:

- Workers' Compensation Provider
- Veterans' Administrator Provider

Kathie offers massage appointments Tuesday-Thursday. Hardin Co. Family YMCA members receive a discount on all types of massage. Call the YMCA to schedule your appointment.

Meet Shane Burry

"Hello! My name is Shane Burry and I am a massage therapist and personal trainer. The wellness industry has been my passion for over 18 years and I am pleased to be offering my services at the Hardin County YMCA. I specialize in therapeutic massage that can help with pain, stress, anxiety, and healing. I also offer myofascial cupping, instrument-assisted soft tissue mobilization, kinesiology taping, and corrective exercise prescription. I look forward to helping you with your wellness goals!"

He will be offering massage appointments on Monday/Friday/Saturday. Call the Y for his availability.

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