



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TOGETHER, WE CREATE A BETTER US

SUMMER SESSION PROGRAM GUIDE  
AUGUST 15—OCTOBER 9  
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:

#### May– December

**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–April

**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—5:30am-noon	Labor Day—CLOSED
New Year's Day—CLOSED	Thanksgiving—CLOSED
Easter—CLOSED	Christmas Eve—5:30am-noon
Memorial Day—CLOSED	Christmas Day—CLOSED
July 4th—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

Madge Battles— Program Coordinator

Jim Dixon — Evening Manager

Beth Wetherill — Silver Sneaker Fitness Coordinator

Kathie Phillips — CNM Massage Therapist

Bob Lambert — Building & Grounds Director

Ritchie Goff — Personal Trainer

Beth Holbrook — Personal Trainer

Elaina Schaub — Head Lifeguard

## 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.

Fridays 10:15am—10:45am

**Member:** \$20/session

**Program Participant:** \$40.00/session

### 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.

Preschool (ages 3, 4, and 5)

Monday 5:15pm—5:45pm

**Member:** \$30.00/session

**Program Participant:** \$60.00/session

Ages 6 and Up

Wednesday 5:15pm—5:45pm

**Member:** \$30.00/session

**Program Participant:** \$60.00/session

### Swim Strokes

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

Twice per week: **NO CLASS AT THIS TIME**

**Member:** \$50.00/session

**Program Participant:** \$90.00/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

Contact Elaina Schaub for more information!



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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:** \$3.00

**Drop in fee Program Participants:** \$5.00

\*Please be aware that you may not get a spot if the class is at full capacity.



### Lightening/Thunder:

The pool will remain open during thunder and lightening. The pool will only close in the event that we lose power or that a tornado watch/warning is issued.

## 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.

**Full Season:** Runs September through March.

**Short Season:** Runs September -December OR December -March

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

### Swim Team Prices

#### Short Seasons/ HS-MS Swimmers

#### September-December and December-March

\$130 First Swimmer

\$105 Second and Third Swimmer

\*No second/third child discount for HS/MS swimmers

#### Full Season

#### September -March

\$265 First Swimmer

\$225 Second Swimmer

\$180 Third Swimmer

Contact Elaina Schaub for more information!



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# YOUTH POLICIES

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## **BUILDING ACCESS POLICY:**

All children under 8 must be accompanied by an adult unless they are participating in a program or in child watch.

All children under 8 in the YMCA should be supervised at all times. This includes open gym and throughout the building. If they are in the facility they need an adult to monitor their actions.

This policy is for the safety of your child and liability purposes.

## **BEHAVIOR POLICY:**

Children who are of age to be in the building by themselves without supervision are expected to behave and follow all YMCA rules. If they fail to follow these rules they will be provided with 2 warnings and parents will be called. On the 3rd offense the child will lose the right to be in the building without supervision.

## **YOUTH WEIGHT ROOM POLICY:**

**Ages 9-11:** Must complete a free 1 hour orientation, be under direct supervision by the parent, and have a signed waiver by the parent.

**Ages 12-15:** Must complete a free 1 hour orientation and have a signed waiver by the parent to be on their own in the weight/cardio room.

**Ages 16-17:** Must have a signed waiver by the parent.

\*CHILDREN UNDER THE AGE OF 9 ARE NOT PERMITTED IN THE WEIGHT ROOM AT ANY TIME, EVEN WITH PARENTAL SUPERVISION.

\*Non-members under the age of 16 will not be permitted in the weight room or fitness studio. Non-members 16-18 MUST have a signed parent waiver in order to use the weight room or fitness studio.

## **FITNESS CLASSES:**

**Ages 9-15 :** May join classes with a parent and permission from the instructor.

**Ages 16-17:** Must have a signed waiver by the parent.



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# YOUTH



## 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 2.5 hours in the Child Watch area for fun, supervised play in a safe, clean, and wholesome area. Due to state guidelines children cannot be in Child Watch for more than 2.5 hours a day.

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 — Thursday : 8:00am—10:00am

Friday: 8:00am—11:00am

**Evening Hours:** Monday—Thursday: 5:00pm—7:30pm

**Saturday Hours:** 9:00am—11:00am

**\*Membership Benefit** (Children whose parents or legal guardians are members of the Y)  
Non-members can use child watch for \$3.00 for a 2-hour time frame.

## Birthday Party Options Include:

**Option 1:** 1 hour in the Pool and 1 hour in the Community Room

**Cost:** \$60 Members/\$100 Program Participants

**Option 2:** 1 hour in the Gym (1/2 Gym) and 1 hour in the Community Room

**Cost:** \$60 Members/\$100 Program Participants

\*Add a Staff Member to lead Gym Games for \$10/hour

**Option 3:** Community Room only **Cost:** \$30/hour Members/ \$40/hour Program Participants

\*Add a Staff Member to lead Arts and Crafts for \$10/hour

**Option 4:** Pool only **Cost:** \$50/hour Members/\$80/hour Program Participants

**Option 5:** Gym (1/2 Gym) only **Cost:** \$50/hour Members/\$80/hour Program Participant

\*Add a Staff Member to lead Gym Games for \$10/hour

**Option 6:** Footgolf Course (at the Soccer Complex on SR 292) for 4 hours

**Cost:** \$200 Members/\$300 Program Participants

\*Includes staff member, tables, and all needed equipment



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# SCHOOL YEAR PROGRAMS

## 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. Register online or at the Y!

**Ages:** 5 -12

**Dates:** 9/8, 9/9, 9/10, 11/23, 11/24, 11/26, 11/29, 12/22, 12/23, 12/27, 12/28, 12/29, 12/30, 1/17, 2/21, 3/25, 4/15, 4/18

### MUST BRING YOUR OWN LUNCH

**Fees:**

**Member:** \$15.00/day

**Program Participant:** \$20.00/day

**Time:** 7:30a – 5:30pm

## AFTER SCHOOL AT THE Y

Join the Y after school Monday through Friday. Children will participate in a number of activities including, but not limited to, Arts and Crafts, Lego challenges, and physical activity programs.

**Children from Kenton City Schools can be bused to the Y after school and picked up by parents. This must be set up through the bus garage and the YMCA will have to be added as a permanent bus route for your child.**

**Starting August 23**

**Ages:** 5 -12

**Fees:**

**Member:** \$25.00/week

**Program Participant:** \$40.00/week

**Time:** 3:00pm – 5:30pm



### CONTACT INFORMATION

**Program Director**

Kaylee King

E: [kayleeking.hcymca@gmail.com](mailto:kayleeking.hcymca@gmail.com)

P: 419.673.6131

**Program Coordinator**

Madge Battles

E: [mbattlesymca@gmail.com](mailto:mbattlesymca@gmail.com)

P: 419.673.6131

Website: [hardincoymca.net](http://hardincoymca.net)





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# SPORTS



## YOUTH RUNNING CLUB

Join the YMCA for a Youth Running Club for students in grades 1-6. This club will be lead by Dr. Todd Oates with the help of parent volunteers. We will meet on Wednesday's from 6:00p - 7:00p @ the HS Athletic Building (Dates listed below). Students will be expected to run an age appropriate distance without stopping, ¼ or ½ mile up to 1 mile without stopping.

GOOD sportsmanship and BEHAVIOR are also expected

Wednesday Practice Dates:

Sept. 8th, 15th, 22nd, 29th

Oct. 6th, 13th, 22nd

Race Day: To be determined

**Program Dates:**

September 8—October 28

**Registration Deadline**

September 6

**Program Fees:**

Members: \$5.00

Program Participants: \$10.00



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# PERSONAL TRAINING

## PERSONAL TRAINING PACKAGES

### 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 Kaylee King

#### **\*\*Prices are per person/month**

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

### Online App

\$15.00/month

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 for the Personal option.



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# GROUP FITNESS

## **FITNESS CLASSES \*\* Limited Spots Available. Please pre-register.**

**Level 1:** Low Intensity

**Level 2:** Moderate Intensity

**Level 3:** High Intensity

### **Chisel & Chat:** Level 1 or 2

Aerobics, strength and stretching are the main components of this class.  
Monday/Wednesday/Friday 8:00am - 8:45am

### **Total Body Conditioning:** Level 2

This class mixes aerobic and floor exercises that gives the body an overall workout.  
Monday/Wednesday/Friday 9:00am - 10:00am

### **Strike:** Level 3

Cardio kickboxing class using freestanding bags.  
Thursday 5:15pm - 6:00pm  
Saturday 9:00am - 9:45am.

### **Body Works:** Level 2 or 3

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

### **Zumba (In Person and Virtual):** 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 or 2

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

### **Group Cycle** Level 2

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



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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

### 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.

## 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  
Tuesday/Thursday: 7:00p-10:00pm  
Sunday: 1:00p-3:00p

**Members:** Free  
**Program Participant:** \$3.00/day



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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 State of Ohio.

## 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](http://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](http://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.

## 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 Neuro-muscular Therapist, licensed by Ohio Medical Board, as well as a:

- Workers' Compensation Provider
- Veterans' Administrator Provider

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



## HealthWise

ONU pharmacy students will be offering Health Screenings here at the Y. Different screenings will be available each month.  
**First Thursday of every month 8:30a-11:30a.**

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