



**#ForABetterUs**

PROGRAM GUIDE  
JANUARY 1 - FEBRUARY 25  
HARDIN COUNTY FAMILY YMCA

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## **HARDIN CO. FAMILY YMCA**

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



### **BUILDING HOURS:**

#### **May - November**

Monday - Thursday: 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 (POOL CLOSED)

#### **December - April**

Monday - Thursday: 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  
Christmas Eve: 5:30 am - 12:00 pm  
Easter: CLOSED  
Thanksgiving: CLOSED  
July 4th: CLOSED

New Year's Day: CLOSED  
Christmas Day: CLOSED  
Labor Day: CLOSED  
Memorial Day: CLOSED

### **INCLEMENT WEATHER POLICY**

**Level One:** The Y is open and all classes/programs will be held

**Level Two:** All classes/programs are canceled 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 post on Facebook.



# OUR Y

## Y BOARD MEMBERS

Jason Howe - President  
Austin Heil - Programming  
Isaac Houser - Maintenance  
Brian Sprang - Membership  
Dr. Judith Hruschka- Ada Membership/Business

Jordan Temple - Vice President  
Delores Crawford - Friends of the Y  
Trent Watkins - Maintenance

## Y CORE STAFF

Jared Lehman - CEO  
Brian Barhorst- Operations Manager  
Kaylee King - Program Director  
Beth Wetherill - Silver Sneakers Fitness Coordinator  
Ritchie Goff - Personal Trainer

Terri Averagesch - Vice President  
Bob Lambert - Maintenance  
Madge Battles - Program Coordinator

## 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 a 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 for the Y:** Address the nation's most pressing social issues, with a nonprofit that has the longstanding track record and on-the-ground presence to not just promise, but deliver, lasting personal and social change.



# SWIM LESSONS

## **Swim Starters** (adult/child)

(6 months - 36 months)

Accompanied by an adult, infants 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.

NO CLASS AT THIS TIME

**Member Price:** \$20.00 per session

**Program Participant Price:** \$40.00 per 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 encourage forward movement in the water.

Preschool (ages 3, 4 and 5): NO CLASS AT THIS TIME

**Member Price:** \$30.00 per session

**Program Participant Price:** \$60.00 per session

Ages 6 and Up: NO CLASS AT THIS TIME

**Member:** \$30.00 per session

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

## **Swim Strokes**

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

Twice per week: NO CLASS AT THIS TIME

**Member Price:** \$50.00 per session

**Program Participant Price:** \$90.00 per session

## **Private Lessons**

30 minute sessions offered by appointment only.

**Member:** \$10.00 per session

**Program Participant:** \$20.00 per session



# 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 am - 9:45 am

**Members:** \$45.00/session

**Program Participants:** \$90.00/session

**Drop in fee Member:** \$3.00

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

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

### Sea Dragons Competitive Swim Team

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.

#### Swim Team Pricing

##### Short Seasons

##### Sep - Dec or Jan - Mar

\$150 First Swimmer

\$125 Second Swimmer

##### Full Season Sep - March

\$265 First Swimmer

\$225 Second Swimmer

\$180 Third Swimmer

##### HS/MS Discount- FULL SEASON OPTION ONLY

\$165 First Swimmer

\$125 Second Swimmer

\$80 Third Swimmer





# YOUTH POLICIES

## **BUILDING ACCESS POLICY:**

Youth members and guests, age 8 and under, must be with a parent or responsible individual (18 years or older) at all times while in the facility unless they are in a YMCA supervised program. Membership cards will be issued at age 9. Youth 8 and under will not be allowed to use the weight room or group fitness room.

Youth members and guests, ages 9-12, will be permitted to be in the building unsupervised from 3:00 pm - 6:00 pm Monday - Friday, and 3:00 pm - 5:00pm on Saturday ONLY! All other times they must be with a responsible adult 18 years or older.

## **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 two warnings and parents will be called. On the third 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 room/fitness 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.



## MEMBER CODE OF CONDUCT

Using the YMCA core values of caring, honesty, respect, and responsibility as a guide, we have developed our code of conduct to ensure that all who enter the YMCA enjoy a safe, welcoming and comfortable environment. We ask all members and guests to act in a manner that upholds these principles at the YMCA:

- We treat each other with courtesy and respect others' rights to participate in shared areas of the facility.
- We use appropriate language to avoid offending others and avoid wearing clothing imprinted with profanity or offensive language or pictures.
- We wear proper attire at all times. Shirts and shoes are worn at all times, except in the pool area. We wear swimsuits only in the pool areas; cut-off jeans or gym shorts are not worn in the pool.
- We turn off cell phones to respect others using the Fitness Center and class locations. Cell phone use in locker rooms is prohibited.
- We use the appropriate locker rooms.
- We refrain from smoking or using any tobacco product while on YMCA property.
- We respect property belonging to the YMCA and all its members.
- We respect patients of Ohio Health Therapy by not parking in spaces designated for Ohio Health.
- We respect individuals with limited mobility by not parking in spaces that are designated with handicapped logo.

The YMCA reserves the right to suspend or terminate any membership for behavior that it deems inappropriate or in breach of our Code of Conduct. Individuals falsifying membership cards, allowing others to use their membership cards, admitting unauthorized guests or engaging in similar behavior will be subject to membership suspension or termination.



# 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:** All KCS scheduled days off throughout the School Year.

### **MUST BRING YOUR OWN LUNCH**

#### **Fees**

**Member:** \$20.00/day

**Program Participant:** \$30.00/day

**Time:** 7:30 am - 5:30 pm

## 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 bussed 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.**

**Ages:** 5 - 12

#### **Fees**

**Member:** \$30.00/week

**Program Participant:** \$50.00/week

**Time:** 3:00 pm - 5:30 pm





# SCHOOL YEAR PROGRAMS

## **Snow Days Out at the Y**

Get your kids signed up early, and have a safe place for them to come on day's that school gets canceled last minute! 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:** All snow days for KCS. We will not provide care if there is a level 2 or 3 snow emergency.

### **MUST BRING YOUR OWN LUNCH**

#### **Fees**

**Member:** \$25.00/day

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

**Time:** 8:00 am - 5:30 pm

## **Delay Program at the Y**

Get your kids signed up early, and have a safe place for them to come on day's that school gets delayed. A KCS bus will pick kids up here at the Y and get them to school. Register online or at the Y!

**Ages:** 5 - 12

**Dates:** All delays for KCS. We will not provide care if there is a level 2 or 3 snow emergency.

#### **Fees**

**Member:** \$5.00/day

**Program Participant:** \$7.00/day

**Time:** 7:30 am - 9:30 am

\*If school gets canceled while kids are here for the delay program, your child will automatically get enrolled in our full day program and your card will be charged for a full day of care.



# SOCCER

## YOUTH SOCCER Spring and Fall Season

### Age Brackets:

**3 and 4:** Child must be 3 or 4 years of age for the full season

**U6:** Child must be 6 years of age or younger for the full season

**U7:** Child must be 7 years of age or younger for the full season

**U8:** Black Swamp travel league- Birthdate ranges change each season

**U10:** Black Swamp travel league- Birthdate ranges change each season

**U12:** Black Swamp travel league- Birthdate ranges change each season

### Pricing:

U4 - This program will be designed to run as a "clinic"

**Fee:** \$30.00 members/ \$45.00 program participants

U6 - Play in-house games while developing the basic fundamentals of the game.

**Fee:** \$40.00 members/ \$70.00 program participants

U7 - Play in-house games with U8 playing rules

**Fee:** \$40.00 members/ \$70.00 program participants

Black Swamp

Pricing changes each season after league fees are set.





# 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 8 years, are welcome up to 2 ½ hours per day 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 ½ 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:** Monday - Thursday 8:00 am - 10:00 am  
Friday 8:00 am - 11:00 am

**Evening:** Monday - Thursday 5:00 pm - 7:30 pm

**Saturday:** SATURDAY HOURS STARTING JANUARY 2023  
8:45 am - 10:45 am

## BIRTHDAY PARTY OPTIONS:

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

**Cost:** \$60.00 Members/\$100.00 Program Participants

**Option 2:** 1 hour in the Gym (½ gym) and 1 hour in the Community Room

**Cost:** \$60.00 Members/\$100.00 Program Participants

**Option 3:** Community Room Only

**Cost:** \$30.00 per hour Members/\$40.00 per hour Program Participants

**Option 4:** Pool Only

**Cost:** \$50.00 per hour Members/\$80.00 per hour Program Participants

**Option 5:** Gym (½ gym) Only

**Cost:** \$50.00 per hour Members/\$80.00 per hour Program Participants

**Option 6:** Footgolf Course (at the soccer complex on 292) for 4 hours

**Cost:** \$200.00 per hour Members/\$300.00 per hour Program Participants

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



# Personal Training

## PERSONAL TRAINING PACKAGES

### **1 Day/Week:** 4 Sessions

Member: \$100.00/month

Program Participant: \$150.00/month

### **2 Days/Week:** 8 Sessions

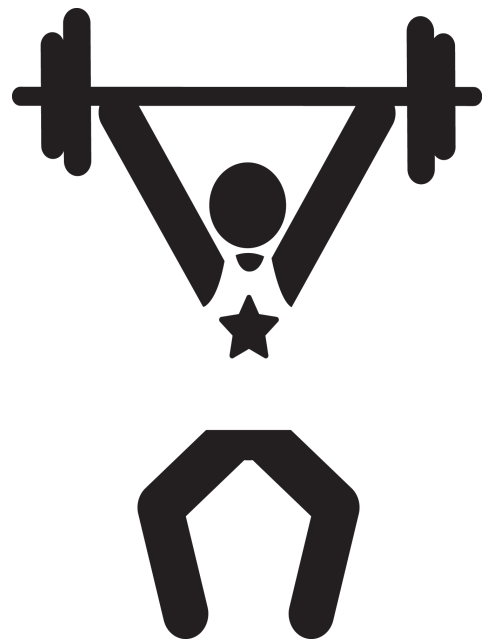
Member: \$160.00/month

Program Participant: \$220.00/month

### **3 Days/Week:** 12 Sessions

Member: \$220.00/month

Program Participant: \$260.00/month





# Group Fitness

**FREE FITNESS CLASSES-** These classes are included in your Y membership

**LEVEL 1:** Low Intensity      **LEVEL 2:** Moderate Intensity      **LEVEL 3:** High Intensity

**Chisel and Chat:** Level 1 or 2

Aerobics, strength and stretching are the main components of this class.

Monday/Wednesday/Friday 8:00 am - 8:45 am      \$45.00/session for non-members

**Total Body Conditioning:** Level 2

This class mixes aerobic and floor exercises that gives the body an overall workout.

Monday/Wednesday/Friday 9:00 am - 10:00 am      \$45.00/session for non-members

**Strike:** Level 3

Cardio Kickboxing class using freestanding bags.

Thursday 5:15 pm - 6:00 pm      \$15.00/session for non-members

Saturday 9:00 am - 9:45 am      \$15.00/session for non-members

**Body Works:** Level 2 or 3

Strengthen, condition, and tone the major muscle groups in this non-aerobic workout.

Monday/Wednesday 5:00 pm - 5:45 pm      \$30.00/session for non-members

**Zumba:** Level 2

A cardio dance class that is a fun way to have a super workout.

Monday/Wednesday 6:00 pm - 6:45 pm      \$25.00/session for non-members

**Stretch and Tone:** Level 1

A gentle, no impact stretching class to improve flexibility, balance and muscle tone.

Friday 10:00 am - 11:00 am      \$15.00/session for non-members

**Yoga:** Level 1 or 2

Tuesday/Thursday 9:00 am - 10:00 am      \$30.00/session for non-members

Tuesday/Thursday 6:00 pm - 7:00 pm      \$30.00/session for non-members

Saturday 10:00 am - 11:00 am      \$15.00/session for non-members

**Cardio Drumming:** Level 2 or 3

Tuesday/Thursday 5:35 am - 6:20 am      \$30.00/session for non-members



# Active Adults

## **SILVERSNEAKERS FITNESS CLASSES** with Beth Wetherill

### **SilverSneakers Cardio**

Get up and go with an aerobics class that is 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 9:00 am - 9:45 am

### **SilverSneakers 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 10:00 am - 10:45 am

### **SilverSneakers 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 10:00 am - 11:00 am

## **RACQUETBALL**

If you are interested in scheduling court times, sign up at the front desk. Racquetball is a great cardiovascular workout and is appropriate for all skill levels and all ages.

## **PICKLEBALL**

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

Monday/Wednesday/Friday 9:00 am - 12:00 pm



# Membership Information

## MEMBERSHIP RATES BY CATEGORY

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

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

**One Parent Family:** (Widowed, divorced, or single)

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

**Adult:** (Ages 25 - 59)

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

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

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

**College Student:** (Full time, Ages 17 - 24)

\$91 three months

**Senior Adult:** (Age 60 or over)

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

**Senior Couple:** (Both 60 and over)

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





# Membership Information

## 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. You can obtain your Financial Assistance applications at the front desk.

## Corporate Discounts:

The Hardin Co. Family Y partners with local businesses to provide employee wellness through membership at the Y. Check with the front desk to see if your employer has a corporate discount!

## Active Military

Those who are actively serving in the military may use a complimentary guest pass at the Hardin County Family YMCA facility with a current Military ID card, while home on leave.

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.

