



#ForABetterUs

PROGRAM GUIDE
AUGUST 13 - OCTOBER 7
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: 8:00 am - 5:00 pm
Sunday: 1:00 pm - 5:00 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 - 3:00 pm (POOL CLOSED)

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.

Tuesday 10:00 am - 10:45 am (NO CLASSES AT THIS TIME)

Member Price: \$30.00 per session

Program Participant Price: \$60.00 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.

Fees

Member: \$20.00/day

Program Participant: \$30.00/day

Time: 7:30 am - 5:30 pm

MUST BRING YOUR OWN LUNCH

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.



SUMMER DAY CAMP

SUMMER DAY CAMP

From games and sports to arts and crafts to outdoor adventures to science and technology, a Y day camp experience offers kids the chance to learn new things and enjoy new adventures.

Ages: 5-12 **Time:** 9:00am—4:00pm

*Extended hours 7:30am—5:30pm for \$5.00/week

Program Dates: Summer of 2024

Registration begins : March of 2024

WEEKLY REGISTRATION

Fees: Member: \$105.00/week Program Participant: \$155.00/week

Lunches available upon request

Multiple Child Discount: \$10/week

Field Trips will occur one day a week. Field trip admission is included in the cost of Camp. All campers will need to pack a lunch for field trip days.

We will be going to the City Pool one day a week throughout the Summer. Please plan accordingly.

DAILY REGISTRATION

Daily Registrations will be available, if space allows, three days a week. Daily registrations will be excluded from Field Trips and City Pool days.

*Spots are limited. Make sure you sign up soon!



PRESCHOOL SUMMER CAMP

This Summer the Hardin County Family YMCA will be offering a Preschool Day Camp program. Programming will include swimming on Monday's, outdoor play, gardening, gym games, arts and crafts, and more!

You can rest assured that your children will have the best care possible while still being able to socialize and build meaningful relationships! All of our staff are CPR certified, undergo BCI/FBI background checks, and go through an extensive staff training!

PRESCHOOL CAMP INFORMATION

Monday/Wednesday/Friday 10:00am—12:30pm

Ages: 3—5 years

Sessions:

Summer 2024

Pricing:

YMCA Members: \$50.00/session

Program Participants: \$70.00/session

\$5 discount available each session for additional children.

Lunch (if needed): Provided through the Summer Feeding Program on Monday and Wednesday. Children would need to bring lunch on Fridays.



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

5 and 6: Child must be 6 years of age or younger for the full season

7 and 8: Child must be 8 years of age or younger for the full season

Pricing:

3 and 4 - This program will be designed to run as a "clinic"

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

5 and 6 - Play in-house games while developing the basic fundamentals of the game.

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

7 and 8 - Play in-house games with U8 playing rules

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





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 - 10:00 am

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

Saturday: SATURDAY HOURS SEPTEMBER - MAY (No summer Saturday hours)
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



Swim Team

YMCA Membership is required in order to participate in the YMCA Swim Team. Financial assistance is available for membership fees (no financial assistance available for Swim Team Fees)

Short Seasons/HS-MS Swimmers September-November 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

Early Bird Discount *Offered through the end of September (off first child price)

Half Season: \$105

Full Season: \$240.00





Personal Training

PERSONAL TRAINING PACKAGES

1 Day/Week: 4 Sessions

Member: \$100.00/month

Program Participant: \$150.00/month

2 Days/Week: 8 Sessions

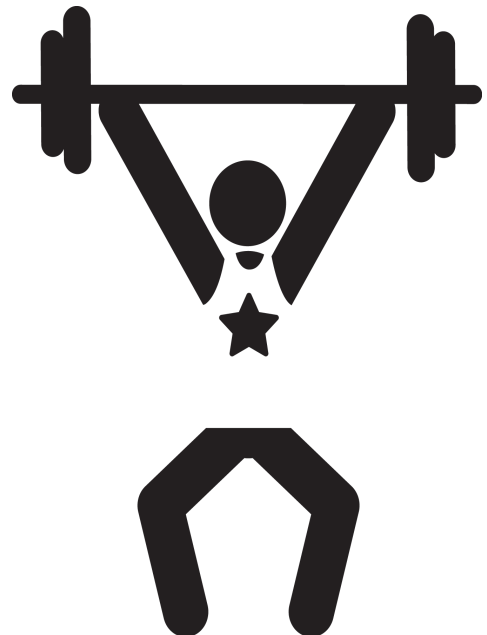
Member: \$160.00/month

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

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!



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

Young Adult: (Ages 18 - 24 years old)

\$50.00 Joiners Fee \$370.00 Annual Payment \$34.00 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.

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.

