PROGRAM GUIDE

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hardin County Family YMCA

918 West Franklin Street

Kenton, Ohio 43326

www.hardincoymca.com

SEPTEMBER 2014 TO AUGUST 2015 – MONTHLY PROGRAMS - ALL PROGRAMS START THE 1ST OF EACH MONTH

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@hardincoymca.com

HEALTHY LIVING

MISSION IN ACTION

In communities across the country, individuals are growing, learning, and thriving with support from the Y. Their journeys make up our story. Whether you choose to give, join, volunteer, or share your own experience; we're excited for you to become part of our story, too. Check out the many programs and services we provide to help engage and provide support to our community.

One service the Y provides is wellness. The Y offers a large variety of group fitness classes—beginning exercise, cardio, strength-training, low-impact—to meet everyone's wellness needs so we can all live healthier. The fun and supportive group environment will keep you motivated and coming back. Helping you make your personal fitness goals; group exercise at the Y is offered in fun, supportive, low-pressure formats customized to a variety of fitness level

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.

YOUTH DEVELOPMENT

JOIN THE Y

Family
(Married couple, plus all children claimed on tax return)
$50.00 Joiners' Fee
$588.00 Annual Payment or
$52.00 Monthly Bank Draft

Adult
(Age 25-59)
$50.00 Joiners' Fee
$456.00 Annual Payment or
$41.00 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
$372.00 Annual Payment or
$34.00 Monthly Bank Draft

Senior Adult
(Age 60 & over)
$50.00 Joiners' Fee
$432.00 Annual Payment or
$39.00 Monthly Bank Draft

Senior Couple
(both 60 and over)
$50.00 Joiners' Fee
$492.00 Annual Payment or
$44.00 Monthly Bank Draft

One Parent Family
(Widowed, Divorced, Not Married)
$ 50.00 Joiner Fee
$ 504.00 Annual Payment or
$ 45.00 Monthly Bank Draft

College Student
(Full Time, Age 17-24)
$ 91.00 Three months

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

FITNESS

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

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

Sculpting – Class that uses dumbbells, resistance equipment and body weight to build upper and lower body strength. Tues, Thurs. 9:00 – 9:45am

In-Between Fitness – Low impact variety and dance-type class that is good for all fitness levels. Class includes cardio, strength and toning. Mon, Wed, Fri. 10:10 – 11:15am

Body Works - Great all over strength workout that strengthens, conditions and tones the major muscle groups for all fitness levels. Mon. Wed. 5:00 – 5:45pm

Power45 – A variety of workouts with weights and strength highlighted. Intermediate to advanced fitness levels. Mon, Wed.
6:00 – 6:45pm

Circuit/Interval – Total body workout using circuits and/or intervals. Good for all fitness levels. Tues, Thurs.
6:00 – 6:45pm

Boot Camp – Good for all fitness levels. Intensity increases as fitness level increases. Incorporates moves that work upper and lower body.
Tues, Thurs. 7:00 – 7:45pm

HEALTHY SPIRIT

Group Cycling – An all level group cycling class set up for an overall workout. Mon, Wed. 6:00 – 6:45pm
****Monthly fee:** $15 Y members/ $30 potential members

YOGA – Yoga can make you strong and flexible, and promote overall wellbeing. Tues, Thurs. 10:00 – 11:00am Wed, Fri. 7:00 – 7:45pm
****Monthly fee:** $15 Y members/ $30 potential members

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

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 10am-11am

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 anyone 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 (Kids)
Evening: Mon, Wed. 5:30pm-6:00pm (Adults)
Morning: Tues, Thur. 10:30am-11:00pm (Adults)
Morning: Tues, Thur. 11:30am-12:00pm (Adults)

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

FOR YOUTH DEVELOPMENT

HEALTHY BODY

USAF 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

USAF 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.

Hardin County Family YMCA Elite Twirlers – A new program offered at your Y. Come and join in on the fun of baton Twirling! Classes are held every Wednesday night for participants 2 to 18 years old:
6-6:30pm for ages 13-18
6:30-7pm for ages 2-6
7-7:30 for ages 7-12.

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.

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.

Throughout the year there will be a variety of programs for children ages 3-11; Magical Mondays, Day Camp, and Christmas Parent's Day Out to name a few. Watch the Y's website, Facebook page, and the Kenton Times for details about upcoming programs!