



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME BETTER TOGETHER

Winter 2021 Program Guide
GALION COMMUNITY CENTER YMCA



WINTER HIGHLIGHTS

SESSION I DATES

January 2nd - 31st

SESSION II DATES

February 1st - 28th

SESSION III DATES

March 1st - 28th

SESSION IV DATES

March 29th - April 24th

Registration takes place the last week of classes.

The first three days of registration are reserved for members only.

HOURS OF OPERATION

JANUARY - MARCH

Monday through Thursday

5:00 am - 8:30 pm

Friday

5:00 am - 6:30 pm

Saturday

7:30 am - 7:00 pm

Sunday

1:00 pm - 4:00 pm

HOURS OF OPERATION

APRIL

Monday through Thursday

5:00 am - 8:30 pm

Friday

5:00 am - 6:30 pm

Saturday

7:30 am - 4:00 pm

LAP SWIM

Mon, Wed, Fri

5:00 am - 8:00 am

Mon, Wed, Fri

11:45 am - 1:30 pm

Tuesday & Thursday

5:00 am - 8:45 am

Tuesday & Thursday

11:00 am - 1:00 pm

Tuesday & Thursday

6:00 pm - 7:30 pm

Saturday

9:30 am - 12:00 pm

Sunday

3:00 pm - 3:45 pm

FAMILY OPEN SWIM

Saturday

12:30 pm - 2:30 pm

Sunday

1:00 pm - 3:00 pm

AQUATIC & LAND FITNESS FEES

1 day/week: \$8.00 Member/\$16.00 Non member

2 days/week: \$16.00 Member/\$32.00 Non member

3 days/week: \$24.00/\$48.00 Non member

Flex Card: \$25.00 Member/\$50.00 Non member

**Flex Card holders can attend unlimited numbers of land or water fitness classes per session.*

AQUATIC & LAND PROGRAMS

AQUATIC:

ARTHRITIS EXERCISE

This class is designed for those who have arthritis or other physical handicaps. Class revolves around 68 warm water exercises to help reduce joint pain and stiffness while strengthening the muscles surrounding the joints.

Monday, Wednesday, Friday 11:00– 11:45 am

Fee: \$13.00 Members/\$31.00 Non Member

AQUA JOG & STEP

This is a high intensity aerobic workout that can be a great cross training fitness class, or a class by itself. Class is fast moving and upbeat; it strengthens, tones and massages your body by using the water for resistance. Available to everyone.

Monday, Wednesday, Friday 9:30 – 10:15 am

SWIMNASTICS

This water workout is low intensity. It is designed to use water as resistance to help tone and strengthen muscles.

Monday, Wednesday, Friday 10:15 - 11:00 am

WATER AEROBICS

A high intensity class designed to tone and strengthen muscles. Very fast-paced using water belts and water resistance providing an excellent cardio-vascular workout.

Tuesday & Thursday 7:00 – 7:45 pm

Saturday 7:15 – 8:00 am

WATER WALK

Keep firm and trim as you work and tone legs, thighs, hips and stomach. Arm exercises will be added to give you a full body workout. A great cross training, or as a class by itself.

Monday, Wednesday, Friday 8:00 – 8:45 am

Monday, Wednesday, Friday 8:45 – 9:30 am

LAND:

BOOT CAMP

This class is packed full of fun, fitness, and fellowship. If we are not running and jumping we are doing push-ups and squats. Don't let the name scare you, you can work at YOUR fitness level.

Saturday 8:00 – 9:00 am

CARDIO MIX

This class will incorporate both cardio and strength training using spin bikes and weights.

Tuesday & Thursday 9:00—10:00 am

FIT OVER FORTY

A sustainable workout for the over and under forty-year-olds looking to breathe, stretch, and strengthen their bodies through cardio and strength training.

Tuesday & Thursday 5:15 – 6:00 pm

LOW IMPACT AEROBICS

Great beginners class or for anyone wanting an exercise program with minimal stress to the joints.

Monday, Wednesday, Friday 9:30 – 10:30 am

NEW U (Class size is limited)

NOT cardio; uses dumbbells to tone and firm muscles.

Monday & Wednesday 6:15 – 7:15pm

PILATES

A system of using exercises designed to improve physical strength, flexibility, posture, and enhance mental awareness.

Wednesday 9:00—10:00 am

POUND CLASS

Using lightly weighted rip sticks, this class combines a mix of cardio and strength training.

Tuesday & Thursday 10:30 – 11:30 am

Wednesday 5:30– 6:30 am

Saturday 9:30 – 10:30 am

SPIN CLASS

Spinning is a specific format of indoor cycling that is a cardio workout set to music.

Monday & Wednesday 5:15 – 6:00 pm

Tuesday, Wednesday, Thursday 5:30 – 6:15 am

YOGA

This challenging yoga class offers a combination of Hatha & Flow Yoga. Please bring your yoga mat.

Monday & Friday 9:00 – 10:00 am

Tuesday & Thursday 6:30 – 7:30 pm

Saturday 9:30 – 10:30 am

SILVERSNEAKERS®

SILVERSNEAKERS® I

Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **FREE** to Members!

Tuesday & Thursday 10:00 am – 10:45 am

SILVERSNEAKERS® YOGA STRETCH

This SilverSneakers® yoga class teaches gentle, effective stretching to help maintain joint flexibility and prevent injury. Stretching can also help improve muscle tone and promote relaxation, both physically and mentally. **FREE** to members!

Tuesday & Thursday 10:50 am – 11:30 am

SILVERSPASH®

You don't need to know how to swim in this invigorating SilverSneakers class, SilverSplash. A SilverSneakers kickboard is used for stability and balance in the water. If you have arthritis or other joint conditions you'll find the water comforting and the non-impact workout stimulating. **FREE** to members!

Tuesday & Thursday 8:45 am – 9:30 am

SILVER&FIT

The Galion Center YMCA is now a Silver&Fit Fitness Facility. Silver&Fit is a partnership with American Specialty Health and various insurance companies and is designed for older adults. Interested participants may log in to www.SilverandFit.com or call [1-877-427-4788](tel:1-877-427-4788) to check eligibility.



Membership



HOUSEHOLD I

Two adults and dependent children sharing a residence, including full-time college students through age 22.

HOUSEHOLD II

One adult and dependent children sharing a residence, including full-time college students through age 22.

HOUSEHOLD III

Two adults who are married, engaged, or mutually defined significant others sharing a residence.

HOUSEHOLD IV

Two adults who are both 62+ who are married, engaged, or mutually defined significant others sharing a residence.

ADULT

Ages 19 through 61

ADULT 62+

Ages 62 and over

YOUTH

Infant through age 18

YOUTH & TEEN ACTIVITIES

HOOP & SCOOP

An entry level basketball program for 4 & 5 year olds to learn the basic fundamentals. This is a six week program held on Wednesday evening from 5:30—6:15 pm that ends with ice cream for the program participants.

1/13—2/17

KICKS & LICKS

An entry level soccer program for 4 & 5 year olds to learn the basic fundamentals. This is a six week program held on Wednesday evening from 5:30—6:15 pm that ends with ice cream for the program participants.

2/24—3/31

LITTLE KICKERS SOCCER

This program is for 3-5 year olds and will run for seven sessions with mini games at the end of the session. Volunteer coaches are needed, registration deadline is September 6. This program will be held on Tuesday and Thursday evenings from 5:30-6:30 pm.

Fee: \$10 Household I & II/\$25 Youth/\$50 Non Member

YOUTH SOCCER

This soccer program for boys and girls entering kindergarten through 6th grade focuses on fundamentals and fun. Teams will practice weekly with games played on weeknights and Saturday mornings. Volunteer coaches are needed, registration deadline is September 6th.

Fee: \$10 Household I & II/\$25 Youth/\$50 Non Member

Y DOLPHINS SWIM TEAM

The YMCA DOLPHINS Swim Team, with Coaches Doug and Miah this winter, for the excitement of competitive swimming and friendships. Participants must be a member of the YMCA to participate.

Monday - Friday 4:30 pm-6:00 pm

FEE: \$160.00 Members

KICKBOXING & KARATE

Join Bill Cooley as he leads various levels and classes of self defense & cardio workouts for all ages. Instruction will be held on Tuesday & Thursday evenings.

YOUTH SWIM LESSONS

Water Discovery/Exploration (3 months - 3 years)

Tuesday & Thursday 10:00 - 10:30 am

Tuesday & Thursday 6:30 - 7:00 pm

*Parent must accompany child

Swim Basics 1, 2, 3

Tuesday & Thursday 10:30 - 11:00 am

Tuesday & Thursday 6:00 - 6:30 pm

Tuesday & Thursday 6:30 - 7:00 pm

Swim Basics 2, 3

Tuesday & Thursday 10:30 - 11:00 am

Tuesday & Thursday 6:00 - 6:30 pm

Swim Basics 3 Swim Strokes 4

Tuesday & Thursday 10:30 - 11:00 am

Tuesday & Thursday 6:00 - 6:30 pm

Swim Basics 1,2,3

Monday & Wednesday 6:45 - 7:30 pm

Swim Basics 2 Swim Strokes 4

Monday & Wednesday 6:00 pm - 6:45 pm

Swim Strokes 4, 5

Monday & Wednesday 6:00 pm - 6:45 pm

Swim Strokes 5, 6

Monday & Wednesday 6:00 pm - 6:45 pm

FEE: FREE Household I and II members

\$16.00 per session/Youth member

\$40.00 Non Member



GALION COMMUNITY CENTER YMCA CHILD CARE PROGRAM

SCHOOL AGE CARE PROGRAM

The School Age Care Program is available to children in Kindergarten through 5th grades. Care is provided from 6:30 to 8:30 am and 4:00 to 6:00 pm. Weekly tuition is \$35 per child for before or after school care and \$50 per child for both.

CHILD CARE PROGRAM

This program is open to children from six weeks through five years of age and features Infant, Toddler and Preschool rooms.

Infant care tuition is \$130 per week for non members, and \$96 per week for members.

Toddler and Preschool tuition is \$110 per week for non members, and \$80 for members.

Preschool tuition is \$55 per week for non members, and \$36 for members.

CHILDWATCH

This service is available Monday through Friday from 9:00 am to 12:00pm, Monday and Wednesday from 5:00—7:00pm, Tuesday and Thursday from 5:00–7:30pm, and Saturday from 8:00—11:00 am. The cost is \$.50 per child per hour and pre-paid cards are available at the Welcome Center.

RENTALS

Looking for a unique setting for your birthday party, church, school, or business event? Did you know that the YMCA is available to rent on the weekends or after hours?

During hours that the YMCA is OPEN:

Rentals are \$30.00/hour for Members and \$50.00/hour for Non Members

During hours that the YMCA is CLOSED:

Rentals are \$50.00/hour and \$60.00/hour for Non Members

For every additional 25 people swimming than it is an additional \$15.00 for another lifeguard.

Stop by the Welcome Center, or call the Y at (419) 468-7754 to check availability.

YMCA FYI

FINANCIAL ASSISTANCE

At the YMCA, individuals will not be turned away due to their inability to pay YMCA fees. The YMCA maintains a generous scholarship program for youth, adults, and families who demonstrate financial need. Contact Center YMCA service desk for more information.

MEMBERSHIP CARDS

The Galion Center YMCA policy is that Membership swipe cards will be required for entry into the building for YMCA members. Day passes will still be available and you will be asked to pay a fee if you fail to bring your card. If you have lost your card a new one may be purchased for \$5.00. Contact the service desk if a new card is needed.

GIFT CERTIFICATES

Give the gift of wellness and good health! Gift Certificates are the perfect way to say "Thanks", "Happy Birthday", "Congrats" and many more. They can be purchased in any amount and are applicable to the cost of classes, programs or memberships. Please contact the Service Desk to purchase a certificate for that special occasion.

NEW MEMBER ORIENTATION

Our staff will give orientations on correct use of the Nautilus Room for new YMCA members. See Welcome Center for more details. **FREE** to members!

DAY PASSES

Day passes are available to guests of our facility. All guests must register at the Welcome Center.

Fee: \$5.00 Youth/\$7.00 Adult/\$10.00 Family

PERSONAL TRAINING

Individualized training is offered with our Wellness Coach Desiree Glass. A personalized program catering to your fitness needs will be designed for you. Contact the Welcome Center for more information.

PRIVATE SWIM LESSONS

Private Swim Lessons are available for one-on-one Instruction. Lessons are \$10.00/thirty minutes and \$20.00/one hour for Members; \$15.00/thirty minutes and \$25.00/one hour for Non Members.

Please register at the Welcome Center and an instructor will contact you to set up a time.

OUR INSTRUCTORS

Melissa Mahon	Pound
Eric Palmer	Aquatic Classes
Kelly Bauer	Boot Camp
Betsy Beaudet	Low Impact Aerobics
Kim Lauer	New U
Jennifer Glaeser	Yoga
Kim Lauer	Spin
Megan Brown	Spin
Julie Tinnermeier	Silversneakers I
Erin Ekin	Pilates



BRING YOUR GAME!



Instagram

galion_center_y



Find us on:
facebook®

Galion Community Center YMCA



www.galioncenterymca.org

CONTACT US!

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