



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

BECOME BETTER TOGETHER

**Fall 2021 Program Guide
GALION COMMUNITY CENTER YMCA**



FALL HIGHLIGHTS

SESSION I DATES

September 7 - October 23

SESSION II DATES

November 1 - December 18

Registration takes place the last week of classes.

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

HOURS OF OPERATION

SEPTEMBER & OCTOBER

Monday through Thursday	5:00 am - 8:00 pm
Friday	5:00 am - 6:30 pm
Saturday	7:00 am - 1:00 pm

HOURS OF OPERATION

NOVEMBER & DECEMBER

Monday through Thursday	5:00 am - 8:30 pm
Friday	5:00 am - 6:30 pm
Saturday	7:00 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	6:00 am - 8:45 am
Tuesday & Thursday	11:00 am - 1:00 pm
Tuesday & Thursday	6:00 pm - 7:30 pm

SATURDAY LAP SWIM

Saturday (Sep & Oct)	9:00 am - 11:00 pm
Saturday (Nov & Dec)	10:00am - 12:30 pm

FAMILY OPEN SWIM

Saturday (Sep & Oct)	11:00 am - 12:30 pm
Saturday (Nov & Dec)	1:00 pm - 3:00 pm

HOLIDAY CLOSINGS

Labor Day	CLOSED
Thanksgiving Day	CLOSED
Christmas Eve	5:30 am - 1:00 pm
Christmas Day	CLOSED
New Years Eve	5:30 am - 3:00 pm
New Years Day	CLOSED



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 Program Participant

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 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 9:00 – 10:00

NEW U (Class size is limited)

NOT cardio; uses dumbbells to tone and firm muscles.

Monday & Wednesday 6:15 – 7:15pm

POUND CLASS

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

Tuesday & Thursday 10:30 – 11:30 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

Wednesday 5:30 – 6:15 am

YOGA

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

Monday, Wednesday & Friday 9:00 – 10:00 am

Tuesday & Thursday 6:30 – 7:30 pm

Saturday 9:30 – 10:30 am

AQUATIC & LAND FITNESS FEES

1 day/week: \$12.50 Member/\$23.00 Program Participant

2 days/week: \$23.00 Member/\$44.00 Program Participant

3 days/week: \$33.50 Member/\$65.00 Program Participant

Flex Card: \$44.00 Member/\$72.00 Program Participant

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

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

SILVERSPLASH®

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.

FALL FOOD DRIVE

Join the YMCA in the fight against hunger the week of October 25- 29, food items will be donated to local food pantries. During this week classes will be held for free to members and non members with the donation of a non perishable item. We request that you do not bring in glass items.



YOUTH & TEEN ACTIVITIES

LITTLE KICKERS SOCCER

This program is for 3-4 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 7th. This program will be held on Tuesday and Thursday evenings from 5:30-6:30 pm.

Fee: \$25.00 Member/\$50.00 Program Participant

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 7th.

Fee: \$25.00 Member/\$50.00 Program Participant

Y DOLPHINS SWIM TEAM

The YMCA DOLPHINS Swim Team, led by Coaches Doug and Miah, offers the excitement of competitive swimming and the opportunity to build friendships. Participants must be a member of the YMCA to participate.

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

FEE: \$180.00 Members

JUNIOR CAVS YOUTH BASKETBALL

The Cavaliers and the Galion YMCA are partnering to bring you an amazing basketball season this winter!

- One ticket to a Cavaliers basketball game per player & discounts for family and friends.
- A Junior Cavs branded reversible jersey.
- Training for Coaches

Kindergarten—6th Grade

Fee: \$40.00 Member/\$55.00 Program Participant

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.

Contact Bill @ 419-571-5088 for more information.

YOUTH SWIM LESSONS

Water Discovery/Exploration: Stage A/B

Tuesday & Thursday 10:00 - 10:30 am
Monday & Wednesday 6:00 - 6:30 pm
*Parent must accompany child

Water Acclimation: Stage 1

Tuesday & Thursday 10:30 - 11:00 am
Monday & Wednesday 6:00 - 6:30 pm

Water Movement: Stage 2

Tuesday & Thursday 10:30 - 11:00 am
Monday & Wednesday 6:00 - 6:30 pm

Water Stamina: Stage 3

Tuesday & Thursday 10:30 - 11:00 am
Monday & Wednesday 6:00 - 6:30 pm

Stroke Introduction: Stage 4

Monday & Wednesday 6:30 pm - 7:00 pm

Stroke Development: Stage 5

Monday & Wednesday 6:30 pm - 7:00 pm

Stroke Mechanics: Stage 6

Monday & Wednesday 6:30 pm - 7:00 pm

FEE: Free for Members/\$65.00 Program Participant





Our Floating Pumpkin Patch is returning to the swimming pool at the YMCA October 16th from 1:30–3:30pm. Swim with the pumpkins at the Floating Pumpkin Patch to pick “your perfect pumpkin” There will be a dry patch available as well for those that do not wish to swim. Enjoy sweet treats and pumpkin decorating at this event.

Fee: \$5.00 Members/\$10.00 Program Participants



Join us Wednesday, December 8th for Dinner with Santa! This event will take place from 6:00 –7:30 pm. Join us for a fun evening with pizza, crafts, games and a visit from Santa. Each child will have the opportunity to take photos with Santa and ask for that special present for Christmas.

Fee: \$5.00 Members/\$10.00 Program Participants

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 9:00 am and 3:00 to 6:00 pm. Weekly tuition is \$35 per child for before or after school care and \$55 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 \$140 per week for non members, \$130 per week for Youth members, and \$105 per week for Household I and II members.

Toddler and Preschool tuition is \$120 per week for non member, \$110 per week for Youth members, and \$90 per week for Household I and II members.

Preschool tuition for 1/2 day for 2 to 3 days per week is \$40 for members and \$50 for non members, while 4 to 5 days per week is \$45 for Household I and II members, \$55 for Youth members, and \$65 for non members.

CHILD WATCH

This service is available Monday through Friday from 9:00 am to 12:00pm, Monday through Wednesday from 5:00—7:00 pm, Tuesday and Thursday from 5:00–7:30 pm, and Saturday from 8:00—11:00 am. The cost is \$1.00 per child per hour and pre-paid cards are available at the Welcome Center.

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

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? For more information contact the YMCA Welcome Center.

PERSONAL TRAINING

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

OUR INSTRUCTORS

Kelly Bauer	Boot Camp
Kim Lauer	New U & Spin
Susan Vander Maas	Fit Over Forty
Jennifer Glaeser	Yoga
Megan Brown	Spin
Julie Tinnermeier	Silversneakers I
Melissa Mahon	Pound
Eric Palmer	Aquatic Classes & SilverSplash
Betsy Beaudet	Low Impact Aerobics
Jamie Tate	Morning Cardio Mix



BRING YOUR GAME!

CONTACT US!

Galion Community Center YMCA	419 468 7754
Morrow County Child Care	419 946 5007
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Instagram
galion_center_y



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Galion Community Center YMCA



www.galioncenterymca.org