



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL BACK INTO FITNESS AT THE YMCA

**Grant County  
Family YMCA**

**FALL 2022  
Sept. 11th—Dec. 23rd  
Resource Guide**

Register online at  
[gcymca.org](http://gcymca.org) or at the  
Grant County Family YMCA



Find us on:  
**facebook®**



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Dear Y Members,

Thank you for joining the Grant County Family YMCA! You've joined an association of people who support one another and our community in youth development, healthy living and social responsibility.

The staff and I are excited about serving you and all of our members. I hope you will enjoy this great organization and take advantage of all our programs and services that help nurture the potential of youth & teens; improve health & well-being and provide opportunities to give back and support your neighbors.

The mission of your YMCA is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. This means we try to incorporate the universal values of caring, honesty, respect and responsibility into all that we do from how we serve you at the Welcome Center to how we teach a swimming lesson. We also ask that our members and guests conduct themselves at the Y in a way that supports our mission.

We have put together a packet of important information for you to review with your family prior to visiting the Y. We are pleased to offer a free 60 minute wellness coaching session for all new (adult) members. We're also excited to announce that our Wellness Center is now 24/7. We offer key tags for \$25 per person over the age of 18 and hope you find this beneficial to your YMCA membership.

We have heard from many that registering for our free fitness programs takes too much time, so beginning this session, registration for our free land and water classes will not be required. We ask that anyone participating in classes still signs the class attendance sheet at the beginning of each class.

Please feel free to offer your suggestions and comments to your Y staff. Many times the best ideas come from you, those who are using the facilities and participating in the programs on a daily basis. In addition, we are always looking for great volunteers to help us fulfill our mission. If you are interested in sharing your time and talents, please let any member services staff member know of your interests.

Once again, thank you for joining the Grant County Family YMCA.

Sincerely,

*Charlie Myers*

Charlie Myers  
Executive Director



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## GRANT COUNTY FAMILY YMCA

123 Sutter Way  
Marion, IN 46952  
P: 765-664-0544  
www.gcymca.org

### BUILDING HOURS

**Mon-Thurs:** 5:00AM - 9:00PM  
**Friday:** 5:00AM - 8:00PM  
**Saturday:** 6:00AM - 5:00PM  
**Sunday:** 1:00PM - 5:00PM

### CHILD WATCH HOURS

**Monday - Saturday:** 8:45AM - 11:15AM

**Monday-Thursday:** 5:30PM—8:30PM

### POOL HOURS

**Mon-Thurs:** 5:00AM—1:00PM  
4:00PM—8:30PM\*

**Friday:** 5:00AM—1:00PM  
4:00PM—7:30PM\*

**Saturday:** 6:00AM—4:30PM

**Sunday:** 1:00PM—4:30PM

\*The Pool will be CLOSED from 1:00pm-4:00pm  
Monday-Friday.

### CLOSURES\*:

Labor Day:	September 5th
Thanksgiving Day:	November 24th
Christmas Eve:	December 24th
Christmas Day:	December 25th
New Year's Eve:	December 31st
New Year's Day:	January 1st

**\*24/7 access to our Wellness Center  
is now available!**

**Stop by the Welcome Center to buy  
your key fob today!**



## WE ARE MORE THAN JUST A GYM

**Grant County Family YMCA** enriches kids, adults, families and communities through well-being and fitness, camps, family time, swim, sports, and play, and other activities for people of all ages, incomes and abilities. We are more than your local health and fitness club with a pool and a gym. At the Y, we help build a healthy spirit, mind and body for all with the core values of caring, honesty, respect and responsibility at the heart of everything we do.

### OUR MISSION

The Grant County Family YMCA puts Christian principles into practice through programs that build healthy spirit, mind and body for all.

### OUR VISION

To be a force for positively effecting the social, emotional, and physical health and well-being of our community.

### OUR GUIDING PRINCIPLES

We believe in the promise of our youth; therefore, the Y will provide a safe and supportive environment to help produce civically engaged citizens.

We believe we should model Judeo Christian values and therefore we are called to love, care and serve.

We believe in the power of community; therefore we will seek to harness the time, talent and treasures of citizens to positively impact Grant County.

We believe a quality life is dictated by your health, therefore, we will provide avenues for people to self manage or be supported in their pursuit of well-being.





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# FOR A BETTER US

## HERE FOR OUR COMMUNITY

The YMCA is a not-for-profit, four-star Charity Navigator organization that puts Christian principles into practice through programs that build healthy spirit, mind and body for all. When you give to the Y, you're doing your part to strengthen our community—and a strong community is good for everyone.

The Y has been a pioneering force in Marion, Indiana since 1891; providing vital programs and services to the community. In 2021 alone, we provided more than \$175,000 in financial aid to those who could not afford a YMCA membership. Part of the total aid awarded was for child care and day camp.

The Y is the unparalleled cause for strengthening community because we are the community! We're actively involved in meeting the needs of the community such as:

- Offering up to 70% discounts on membership to our low-income families to ensure no one is turned away for their inability to pay.
- Partnering with our local recovery community to offer a safe space for those in recovery to heal their body emotionally, mentally and spiritually.
- Providing a safe space for our school-aged children before and after school where they are able to get homework help, a nutritious snack and form healthy friendships with other children their age.
- Offering the only Rock Steady Boxing program in Grant County for those suffering from Parkinson's Disease in an effort to help them feel "normal" again.
- Opening our doors to the unchurched with Sunday morning services provided by Northview Church's Marion microsite.

Interested in learning more about the impact you can make on our community through the Y? Call 765.664.0544 and speak to a member of our Leadership Staff.



## COMMUNITY PARTNERS CAMPAIGN

### DONATE TO THE Y

The Y is a caring association of men, women and children joined together by a shared commitment to nurturing the potential of youths, promoting healthy living and fostering a sense of social responsibility.

Financial Assistance keeps the Y available for youth, families, and adults who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful and enduring impact in Marion.

Donors who give a gift of **\$1000** or more to our campaign, will receive a banner with their preferred name or organization's name on it that will be prominently displayed in our YMCA.

To donate, or for more information, please call 765.664.0544 and speak with a member of our Leadership team or visit [gcymca.org](http://gcymca.org) and click the Donate Now button. All donations are tax-deductible.

Thank you for helping the Y strengthen our community.

## Your gift will help...

- **\$50** ensures a week's worth of childcare for one child in our Before and After-School Enrichment Program.
- **\$170** affords one youth, ages 11-17, a safe place after school through an annual Y membership.
- **\$1,000** allows a family to improve their well-being together as Y members for a year and a half.
- **\$2,500** will pay for 30 children to receive swim lessons for a 7 week session.



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# OUR HISTORY

Since its founding in 1891 the people of Grant County have been developing the potential of youth, helping one another improve well-being, and giving back to their community through the Y. Although the specific programs and services have changed throughout the years, the work of the Y has always been to strengthen our community through youth development, healthy living and social responsibility.

**In 1905** the first YMCA building is completed for \$50,000. The facility at 5th and Boots had an auditorium, three floors of dormitory rooms, swimming pool, barber shop and a gym.

**In 1915** women were permitted to use the facility.

**In 1951** our 3rd & Race Street Facility ground breaking took place. This was designed as a COMMUNITY BUILDING. It was to be used not only by boys, but girls and men and women. It was a dream that started by a small group of citizens 8 years prior to ground breaking. Many of today's retired Marionites remember honing leadership skills at the Y through its many youth and teen clubs and activities. **This facility opened in 1952 at a price tag of over \$1 million.**

Over the years, the Y's work in youth development and healthy living once again outgrew its facility. Helping people improve their well-being through popular exercise classes sometimes included holding cycling classes in the Y's lobby due to lack of space. This wasn't stopping people though from supporting one another and seeing amazing life changes as individuals came to the Y looking to get fit, and stayed because they not only did so but improved their overall well-being through their new social connections and friendships.

**In 2008**, the Grant County Family YMCA moved to its current location on Sutter Way. Through the tool of this facility we are helping more youth reach their potential, aiding more individuals and families in improving their well-being, and providing more opportunities for people to give back and support their Grant County neighbors.



# OUR FOCUS

## Youth Development

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors. They can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

## Healthy Living

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our lifelong learning programs, such as youth sports or swim lessons. It is about bringing your loved ones closer together through our many family-centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

## Social Responsibility

The generosity of others is at the core of the Y's existence as a nonprofit organization. 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.



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# GENERAL INFORMATION

## MEMBERSHIP BENEFITS

### BUILDING HOURS

Open over 80 hours a week for your convenience

### CHILD WATCH - NO COST FOR HOUSEHOLD MEMBERS

Work out, swim, take a yoga class – knowing that your kids are safe and sound in our babysitting area at low cost for members. Child watch is open over 30 hours a week.

### FREE GROUP EXERCISE CLASSES FOR ADULTS

Adult Group Exercise classes held on land including yoga, cycling, etc. included in membership. Registration is NOT required but we do ask that you sign in before class begins in the studio.

### GUEST PASSES

Any member 18+ will be able to bring unlimited guests from June 1st through August 31st as long as their guests are 18+.

### NATIONWIDE MEMBERSHIP

You can use your card at more than 2,000 participating Y's.

### NO CONTRACTS

At the Y, you can enjoy no long-term contracts – which makes joining low pressure and high pleasure.

### 24/7 ACCESS

As a member of the Y, you have the option to purchase a key fob to gain 24/7 access to our Wellness Center. Key fobs are \$25 and for members ages 18+ and must be purchased for each member interested.

### STATE OF THE ART FITNESS CENTER

### FULL SIZE BASKETBALL COURT

### INDOOR TRACK

### GRANT COUNTY'S ONLY INDOOR AQUATIC CENTER WITH TWO POOLS

### STEAM ROOM AND WHIRLPOOL

### ROOMS TO RENT

### SMALL GROUP TRAINING CLASSES AVAILABLE

### KID'S SPLASH PAD

### LIBRARY / CHAPEL

### STAGE

**FALL SESSION**  
September-December

## DONATE TO THE Y

### We're here for our Community.

The Y is a caring association of men, women and children joined together by a shared commitment to nurturing the potential of youths, promoting healthy living and fostering a sense of social responsibility.

Financial Assistance keeps the Y available for youths, families, and adults who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful and enduring impact in Marion.

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To donate, or for more information, please call 765.664.0544 or visit [gcymca.org](http://gcymca.org) and click the Donate Now button.

Thank you for helping the Y strengthen our community.







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# OUR LEADERSHIP TEAM

**Each session we will highlight two of our leadership staff!  
Meet Taylor and Tim!**

## **Meet our Healthy Living & Sports Director, Taylor Frank**



Taylor Frank is our Healthy Living & Sports Director and has been with the YMCA since February of 2022. He is a native of Marion and currently lives near Matter Park with his wife and two daughters.

Taylor serves as the lead pastor at his church when he's not directing sports and wellness programs at the Y. Taylor loves sports, good coffee, playing guitar, and dad jokes!

## **Meet our Aquatic Director, Tim Baughman**



Tim is our Aquatic Director and has been part of the YMCA for the last 14 years. He recently rejoined us as the Aquatic Director in December of 2021.

If he's not at the Y you can find him out running with Ainsley's Angels or finding the next endurance adventure.



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# GENERAL INFORMATION

## GENERAL POLICIES

### GUEST POLICIES

The Grant County Family YMCA encourages the use of guest passes as a way to recruit new members and to allow visitors to the area to use the Y.

- Each new membership will be awarded three complimentary guest passes.
- All guests must complete a Participant Waiver and be entered into the Y's database. Minor guests must have a parent or legal guardian complete and sign the Participant Waiver.
- All guests age 18 and older must present a valid ID each time they come to the Y.
- All guests must have their picture taken and stored in the Y's database.
- All guests must abide by all Y rules, policies and code of conduct.

### DAILY GUEST PASSES

**HOUSEHOLD \$20.00**

**ADULT (18 YEARS AND OLDER) \$10.00**

**SENIORS (65+) \$7.00**

### AGE POLICY AND PRIVILEGES:

**Adults:** *Age 18 and older*

Access for Adults includes:

- Group Exercise Classes (12 and older age limit)
- Wellness Center (12 and older age limit) (12-15 with waiver and adult supervision)
- Whirlpool
- Sauna and Steam Room

**Children:** *Age 12 and older*

- May use the Y facility (limited areas) without a parent or another adult supervising.

**Children:** *Age 11 and younger*

- Must be enrolled in a structured Y program or in Child Watch (if not with a supervising adult).
- Must be accompanied and supervised by an adult age 18 or older.
- **NOTE:** Parents **CANNOT** use the Wellness Center or Track while their child is unsupervised anywhere in the Y.
- If a child is enrolled in a class or structured activity, the parent is free to use a different part of the facility.
- Parents/chaperones must stay close during Swimming Lessons in case the child needs to use the bathroom.

### LOCKER ROOM POLICIES

- No cameras or cell phones are permitted in the locker rooms at anytime.
- Lockers are available for daily use by members and guests.
- Please bring a lock and remove it at the end of each visit.
- Items left overnight will be removed and placed in the lost and found at the Welcome Center. Lost and found items are kept for a maximum of 7 days before disposal.
- The family locker room is available to accommodate parents with opposite sex children and those needing assistance.
- The Y is not responsible for any personal belongings that are lost or damaged while using the facility.

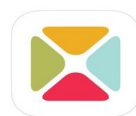
Day-use lockers are available in the locker rooms. Please make sure you take all belongings with you when you leave. Locks left on lockers overnight in the locker rooms may be cut off and personal items in the locker will be placed in the lost and found.

### No Cell Phone Usage in the locker rooms.

### GRANT COUNTY FAMILY Y APP – DAXKO MOBILE

You heard us right, the Grant County Family YMCA now has a mobile app!

Download it from the App Store (iOS) or Google Play (Android). Get everything you need in the palm of your hand from schedules, facility status, events and member check-in availability.



**Daxko**  
Health & Fitness  
★★★★☆ 5

**24/7 access to our Wellness Center is now available! Stop by the Welcome Center to buy your key fob today!**





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# GENERAL INFORMATION

## WELLNESS CENTER POLICY

- New members are encouraged to sign up for an orientation appointment
- Youth must be 8 years old to enter the Wellness Center. Youth ages 12-15 may be accompanied by an adult, 18 years or older, in the Wellness Center with a signed waiver.
- Please don't rest on equipment in between sets.
- 30 minute maximum on the cardio equipment during busy times.
- Please be considerate of others and wipe down equipment after using.
- Water only allowed in the Wellness Center, food is prohibited.
- Return plates, barbells and dumbbells to appropriate racks when finished.
- Profanity is prohibited.
- For your safety and the safety of others: Keep all personal items locked up in the locker rooms. Appropriate athletic attire required: tennis shoes, shorts or sweats, no jeans.
- Only appropriately credentialed Grant County Family YMCA staff members employed as Personal Trainers or Personal Coaches shall provide such services within YMCA programs and facilities.

## OUTSIDE PERSONAL TRAINERS

Only appropriately credentialed Grant County Family YMCA staff members employed as Personal Trainers or Personal Coaches shall provide such services within YMCA programs and facilities.

## 24/7 ACCESS

Our Wellness Center is now 24/7! You can stop by the Welcome Center during normal business hours and purchase your key tag!

- Members 18+ only
- One key tag per MEMBER
- \$25 per year, per key tag
- 24/7 access all year including holiday's.

## DOUG LANCE FAMILY AQUATIC CENTER POLICY

- Stop at the Front Desk for a complete list of pool schedules and rules.
- Children under the age of 12 and non-swimmers must be accompanied by an adult, 18 years of age or older, in the water.
- Children needing a floatation device must have an adult within arms reach of them at all times.
- Any classes without a minimum number of participants may be subject to cancellation.
- Pool schedules are subject to change to meet member and program needs.
- The entire aquatic center will be closed during thunderstorms and will re-open twenty minutes after the last trace of thunder or lightning.
- Please only enter the aquatic center through the locker rooms.
- All swimmers must shower before entering any of the pools.

## GYM POLICY

- No full court games.
- Wear only proper gym shoes on the court floor and only gym shoes that haven't been worn outside.
- All food and drink must remain in the lobby. Water is the only beverage allowed in the gym
- Do not hang on the rims or nets.
- Do not touch, hang on or pull the gym curtain.
- Respect those around you and the gym schedule.
- Use all gym equipment as intended.
- Follow any posted rules for game play.
- Share space during Open Gym and allow new players to join in during pick-up games.
- Be respectful of others including no fighting or inappropriate language.

The Y will adjust the gym schedule from time to time to accommodate programs and members' needs. If you have schedule suggestions, please leave a comment card at the Service Center. All members and guest are expected to follow the posted schedule.

For more information about Fitness, please visit our Welcome Center, or contact Taylor at 765.664.0544 or [taylorf@grantcountyyymca.org](mailto:taylorf@grantcountyyymca.org).



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# GENERAL INFORMATION

## CARE GIVERS

The Grant County Family YMCA understands that some individuals of all ages may need special one on one assistance in order to take advantage of their Y membership. These members may include individuals with physical disabilities, and cognitive or emotional challenges. Upon request the Y will grant a "Care Giver Pass" to a member so that their care giver may enter the Y with that member at no cost. If a member makes such a request, a Care Giver must accompany that member to the Y at each and every visit.

Care Giver will be asked for their information upon their first visit.

It is the intention of the Y to provide a Care Giver Pass for the benefit of the member, therefore Care Givers must be accompanying and assisting the member for whom they are providing care and may not be engaged in their own personal workout or other personal use of the facility.

## LOST AND FOUND

The Grant County Family YMCA is not responsible for lost or stolen property. Please check with our Welcome Center staff if you have lost items.

## VALUABLES

Please do not bring valuables to the Y. If you do, please remember that the Y is not responsible for lost or stolen items. Remember to bring a lock and lock your valuables.

## CHILD WATCH – NO CHARGE FOR HOUSE HOLD MEMBERS

The drop-in service is available for a maximum of 2 hours **per day** for children ages 6 months through 11 years old while their parents participate in on-site Y programs or activities. The cost for one child is \$2.00. Service fee is payable at the Welcome Center at the time of service. When the fee is paid, please pick up a pass to enter the Child Watch room.

## MEMBER BEHAVIOR CODE

The Y is committed to providing a safe, character building, healthy and respectful environment for all members and guests. To promote these values, we ask individuals to act appropriately at all times. Ask at the Welcome Center for a complete copy of the Code of Conduct.

## REGISTRATION INFORMATION

**Registration deadline is 2 business days prior to the start of a program or event unless otherwise noted. After the deadline, registrations may be accepted based on available space.**

**\*Participants on a waiting list will be notified only if a spot becomes available**

## REGISTRATION PROCESS

Please register in person at the Welcome Center. ONLINE registration is available for programs at [www.gcymca.org](http://www.gcymca.org).

Full payment must accompany registration. Program participants must have a participant and guest form on file. A waiting list will be created for classes at capacity. If placed on a waiting list, you will be notified if space becomes available.

Please note: Registration for our free fitness classes both land and water is no longer required. However, we do ask that you sign in at the beginning of class in the studio for our fitness classes.

## CREDIT/REFUND POLICY

You must cancel from a class in person at the Welcome Center. A full credit or refund will only be issued if you cancel 2 business days prior to the start of a class. If you cancel after the deadline, no credit or refund will be issued.

The Y reserves the right to change, cancel or combine classes as necessary. If we cancel a class we will issue a full credit or refund.

## FINANCIAL ASSISTANCE PROGRAM

The Grant County Family YMCA believes in providing membership and program services to all who seek us out, without bias and regardless of ability, gender, race, ethnicity, sexual orientation, gender identity, income or other demographic attribute. Anyone may apply for Financial Assistance. Discounts are applied based on need using a sliding-fee scale of **total household income and number of people in the household**.

The Y's financial assistance program, funded in part by our Annual Campaign, uses all available resources to provide support to those who have financial need and qualify for a discount.

Financial assistance is available due to the generosity of our Y donors. Applications are available at the Welcome Center and on our website at [www.gcymca.org](http://www.gcymca.org).





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# STRONG SWIMMERS & CONFIDENT KIDS

## BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

### SWIM LESSON OVERVIEW

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

The Y has a long tradition of providing effective, high-quality swim lesson programs that teach people to have fun and be safe around water.

### PARENT & CHILD SWIM LESSONS

#### STAGE A & B :

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Parents will work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and water skills. This group will include Stage A and Stage B in the same lesson. Classes are taught in a manner that allows for each child to participate at their skill level.

At the Y, we know that families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

**\*At least 3 little swimmers must be enrolled for this class to be held.**

### FALL SESSION TIMES

Tuesday's:           Preschool 5:30pm\*

Saturday's:           Preschool 10:00am\*  
                              Parent/Child 10:30am\*

**\*Times subject to change with each month of lessons**

### FALL SESSION DATES:

October Tuesday's: 4, 11, 18 & 25  
October Saturday's: 1, 8, 15 & 22  
November Tuesday's: 8, 15, 22 & 29  
November Saturday's: 5, 12 & 19  
December Tuesday's: 6, 13 & 20  
December Saturday's: 3, 10 & 17

### JUNIOR SWIM LESSONS (Ages 3-5)

#### STAGE 1

Students develop comfort with underwater exploration. Stage one introduces basic self-rescue skills performed with assistance.

#### STAGE 2

Students focus on body composition and control, directional change, and forward movement in the water while also continuing basic self-rescue skills.

#### STAGE 3

Students develop intermediate self-rescue skills performed at longer distances than in previous stages. This stage also introduces rhythmic breathing and integrated arm and leg action.

**\*Dates and times will vary based on skill level. Stop by the Welcome Center for more information!**

### PRIVATE LESSONS AVAILABLE!

Private lessons are scheduled on a per package basis with the option of 4, 6 or 10 sessions and 30 minutes each session.

4 sessions:     \$65/members  
                      \$80/program participants

6 sessions:     \$95.00/members  
                      \$117.00/program participants

10 sessions:    \$125.00/members  
                      \$150.00/program participants

Contact Tim: [timb@grantcountyyymca.org](mailto:timb@grantcountyyymca.org)  
to schedule private lessons!



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# STRONG SWIMMERS & CONFIDENT KIDS

## YOUTH SWIM LESSONS (Ages 5-11)

### STAGE 1

Students develop comfort with underwater exploration. Stage one introduces basic self-rescue skills performed with assistance.

### STAGE 2

Students focus on body composition and control, directional change and forward movement in the water while also continuing basic self-rescue skills.

### STAGE 3

Students develop intermediate self-rescue skills performed at longer distances than in previous stages. This stage also introduces rhythmic breathing and integrated arm and leg action.

### STAGE 4

Students develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

### STAGE 5

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and side stroke.

## ADDITIONAL PROGRAMMING

### AMERICAN RED CROSS CPR/AED/FIRST AID

Are you interested in being CPR/AED/First Aid certified? Contact Tim, our Aquatic Director, for more information on the next class times! **\*Minimum of 3 must be enrolled to complete course.**

#### FEES:

\$75 for any participant for CPR/AED/First Aid

### AMERICAN RED CROSS LIFEGUARDING

Looking for a rewarding job? Learn to save lives with our Lifeguarding course. ARC Lifeguarding classes are offered several times a year and offered for multiple scenarios including Shallow Water and Aquatic Attraction.

**\*Minimum of 3 must be enrolled to complete course.**

#### FEES:

\$100 for Shallow Water Lifeguarding  
\$200 for all other Lifeguard Classes

## FALL SESSION DATES:

October Tuesday's: 4, 11, 18 & 25  
October Saturday's: 1, 8, 15 & 22

## SWIM CLUB @ THE Y

Do you have an 8-17 year old looking for stroke development and overall improvement? Join our swim club at the Y. Club will meet every Tuesday and Thursday and anyone is welcome to join!

For more information, contact Tim:  
timb@grantcountymca.org

## FALL SESSION TIMES

Tuesday's: Youth 1-3 6:15pm  
Youth 4&5 7:00pm

Saturday's: Youth 3&4 9:00am  
Youth 1-3 9:30am

**\*Times subject to change with each month of lessons**

**In the case of lightning, the pool will be closed for 20 minutes following the last sound of thunder.**

**Please call ahead if you have questions about whether the pool is open.**



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# FOR HEALTHY LIVING

## ADULT WATER FITNESS

### A HEALTHIER YOU, A HAPPIER YOU

Healthy living is an important part of the Y. Water fitness classes are a great way to exercise, and a great way to become involved in the Y Community. In water fitness, we have created a strong community of supportive and caring peers who work together to encourage and push each other to stay on track and accomplish goals. We offer a variety of classes to meet the needs of anyone who is interested in a water fitness class. Drop-in's always welcome, no registration required!

### Aquacise—Low Intensity

This class is designed for those who desire an easier-paced workout. Stretching, cardio and muscle group isolation work together to improve circulation, mobility and muscular strength.

**M/W/F:** 8:15AM-9:15AM  
9:30AM-10:30AM  
10:30AM-11:30AM

### Aquacise—Medium Intensity

Join Tim at 6:00am on Tuesday/Thursday! Powerful, low impact moves during this cardiovascular pool workout will increase your muscular strength and endurance.

Tuesday's will be a "butts and guts" workout  
Thursday's will be Wiffleball cardio

**T/TH:** 6:00AM-7:00AM

Contact Tim: [timb@grantcountyyymca.org](mailto:timb@grantcountyyymca.org) for more information on any of our Aquatic programs.

### FEES:

**Members:** FREE

**Program Participants:** \$5/class

**In the case of lightning, the pool will be closed for 20 minutes following the last sound of thunder.**

**Please call ahead if you have questions about whether the pool is open.**

## ADULT SPORTS

### ADULTS CAN PLAY, TOO!

Adults deserve to have fun, too, and that's why we continue with our Adult Volleyball league and now our VIP Basketball Open Gym!

### CO-ED VOLLEYBALL

**SEPT. 14, 21, 28 | OCT. 5, 12, 19, 26**

**NOV. 2, 9, 16**

**5:30PM-9:30PM | YMCA GYMNASIUM**

Get your team together for fun league play! Teams consist of 6-10 players with a tournament on November 18th to determine the overall winner for the season!

### FEES:

**TEAM: \$320/each**

### VIP BASKETBALL OPEN GYM

**SEPT. 14, 21, 28 | OCT. 5, 12, 19, 26**

**9:00PM-11:00PM | YMCA GYMNASIUM**

Sign up for open-gym style basketball this fall every Wednesday night from 9-11pm!

### FEES:

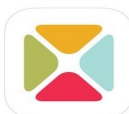
**Members: \$20 | Non-Members: \$30**

## CHECK OUT OUR APP!

Have you downloaded our FREE mobile app yet? Go to your Apple App or Google Play store today!

With the app you can:

- Register for your favorite class or program
- Find our schedule for the day
- Add your keytag for easy scan in
- Make a secure donation
- Be notified of closures or events happening in our facility



**Daxko**

Health & Fitness

★★★★☆ 5







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# IT'S NEVER TOO EARLY

## PRESCHOOL SPORTS

At the Y, we believe children of all ages should be able to experience the fun of sports. We offer preschool sports for ages 3-5 throughout the year to help us carry out our mission of building healthy families through youth development, healthy living and social responsibility.

### FUNDAMENTALS OF FLAG FOOTBALL SEPTEMBER 10, 17, 24 & OCTOBER 1 9:30AM-10:00AM | MATTER PARK

Children ages 3-5 will learn the fundamentals of football offense, defense and special teams in safe, low-contact clinics! Location will be determined soon!

**FEES:**  
**Members:** \$25  
**Program Participants:** \$50

### TRACK & FIELD OCTOBER 8, 15, 22 & 29 9:30AM-10:00AM | YMCA GYMNASIUM

Children ages 3-5 will get their legs, heart and lungs pumping with friends as they learn how to participate in various track and field events!

**FEES:**  
**Members:** \$25  
**Program Participants:** \$50

**Do you have a suggestion for a program we don't currently offer? E-mail Taylor!**  
**[taylorf@grantcountyyymca.org](mailto:taylorf@grantcountyyymca.org)**

### HOMESCHOOL GYM&SWIM FRIDAY'S BEGINNING SEPTEMBER 16TH 12:30PM-2:30PM | YMCA

Homeschool children ages 3-12 will experience a high-energy, physical education style gym time followed by an hour in our Aquatic center!

**FEES:**  
**Members:** \$50\*  
**Program Participants:** \$75\*  
\*Half price for each additional sibling

## COMING SOON...

### BASKETBALL NOVEMBER 5, 12 & 19 DECEMBER 3, 10 & 17 9:30AM-10:00AM | YMCA GYMNASIUM

Children ages 3-5 will learn the fundamentals of basketball and team cooperation in this beginner-level league!

**FEES:**  
**Members:** \$25  
**Program Participants:** \$50





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# FOR YOUTH DEVELOPMENT

## YOUTH SPORTS

All kids deserve opportunities to discover who they are and what they can achieve. That's why, through the Y, youth today are cultivating the values, skills, and relationships that lead to positive behaviors and better health. Check out the list of Sports options we have to keep your son or daughter busy!

### FUNDAMENTALS OF FLAG FOOTBALL

SEPTEMBER 10, 17, 24 & OCTOBER 1

9:00AM-10:00AM | MATTER PARK

Children ages 5-12 will learn the fundamentals of football offense, defense and special teams in safe, low-contact clinics! Location will be determined soon!

#### FEES:

Members: \$25

Program Participants: \$50

### INTRO TO CROSS COUNTRY

OCTOBER 8, 15, 22 & 29

9:00AM-10:00AM | MATTER PARK

Children ages 5-12 will get their legs, heart and lungs pumping with friends as they learn proper technique for long-distance running!

#### FEES:

Members: \$25

Program Participants: \$50

**Do you have a suggestion for a program we don't currently offer? E-mail Taylor!**  
**[taylorf@grantcountyyymca.org](mailto:taylorf@grantcountyyymca.org)**

### FUNDAMENTALS OF GOLF

OCTOBER 3, 10, 17 & 24

2:00PM-3:00PM | ARBOR TRACE GOLF COURSE

Come learn basketball basics from former high school and college basketball players! This dynamic clinic will teach children the fundamentals of dribbling, passing, shooting, and defense.

#### FEES:

Members: \$25

Program Participants: \$50

### HOMESCHOOL GYM&SWIM

FRIDAY'S BEGINNING SEPTEMBER 16TH

12:30PM-2:30PM | YMCA

Homeschool children ages 3-12 will experience a high-energy, physical education style gym time followed by an hour in our Aquatic center!

#### FEES:

Members: \$50\*

Program Participants: \$75\*

\*Half price for each additional sibling

## COMING SOON...

### YOUTH BASKETBALL LEAGUE

NOVEMBER 5, 12 & 19

DECEMBER 3, 10 & 17

JANUARY 7, 14, 21 & 28

9:00AM-10:00AM | YMCA GYMNASIUM

Children ages 5-12 will learn the fundamentals of basketball and team cooperation in this beginner-level league!

#### FEES:

Members: \$50

Program Participants: \$100



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# WELLNESS SUPPORT

## NOW OFFERING...

### 24/7 ACCESSIBILITY

Your YMCA membership can not get you access 24/7 to our Fitness Center! This includes full access to the cardio and weight area as well as Studio A!

\$25 per member 18+ gets you a key tag for a year! Stop by the Welcome Center for more information!

## WELLNESS CENTER

At the Grant County Family YMCA we focus on overall wellness, empowering you to tailor your own plan toward healthier living by choosing how you will accomplish your wellness goals. The whole approach means you have many options and lots of support as you choose your path to a healthier new you!

Our state of the art Wellness Center provides excellent cross training benefits with both strength training and cardiovascular equipment. Within the Wellness Center we have over 30 pieces of cardio equipment, strength training equipment and Life Fitness free weight equipment.

We also offer two wellness studios with morning and evening group exercise classes as well as 18 spin bikes. Studios may also be used for personal workouts while no classes are scheduled.

Be sure to register for your favorite class to ensure you aren't disappointed! Session dates are listed below and you can register for class with our YMCA mobile app, online at [gcymca.org](http://gcymca.org) or by stopping at the Welcome Center!

## ROCK STEADY BOXING

Rock Steady Boxing, a 501 (c)(3) nonprofit organization, gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum.

We are fortunate to offer Rock Steady Boxing on Monday and Wednesday afternoons from 1:00pm-2:30pm for those with a Parkinson's diagnosis.

For more information on how to get involved in classes or to schedule an assessment, please call 765.664.0544 and ask for Kim Thompson.

### FEES:

Members: \$30  
Program Participants: \$60



## OTAGO FALL PREVENTION

50% of all adults age 80 and older fall each year. Every 29 minutes, an older adult in the U.S. dies from a fall; 18,000+ seniors each year.

We are happy to offer an Otago Exercise program at the Y from 1:00pm-2:00pm on Thursday afternoons.

Could you or someone you know benefit from this program? Stop by and see what it's about! This program is completely FREE for members of the Y.



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# WELLNESS SUPPORT

## FITNESS CLASS OFFERINGS:

Whether you're looking to find your Zen with one of our Yoga classes or looking to increase your heart rate with classes like Cycle, Group Strength and BodyPump, we have the perfect combination to fit your needs! We also offer unique classes like BodyPump, Cardio Dance Party and HIIT. We also offer virtual class offerings for those looking to get a quick workout without a live instructor. Drop-in's welcome for every class, no registration required!

## CLASS DESCRIPTIONS:

### STUDIO A:

**BodyPump:** This class is taught by Susan and offered Monday and Thursday evenings from 7:15pm-8:00pm as well as Saturday mornings from 9:00am-10:10am. It combines quick repetition with weights and cardio for a great workout!

**Cycle Fit:** This class is taught by Justine and is offered on Saturday mornings from 7:45am-8:45am. Come start your weekend off right!

**Power Hour Cycle:** This class is taught by Justine and is offered on Monday, Wednesday and Friday mornings from 6:00am-7:00am. Join this group for a fun and hardworking workout on the bikes!

**SPIN with Sierra:** Come get your Spin sweat on with Sierra on Monday evenings from 5:45pm-6:45pm!

**SPIN with Terra:** Join Terra for an hour-long Spin sweat session. Terra will be teaching on Wednesday evenings from 5:45pm-6:45pm!

**Y Fit:** Join Tim for this brand new class that is sure to get your heart pumping. This is a CrossFit-style total body workout that will test your muscular strength and endurance with cardiovascular movement. This class is on Wednesday nights from 7:15pm-8:00pm.

## CLASS DESCRIPTIONS:

### STUDIO B:

**Bootcamp:** This class is taught by Jacquie and offered on Tuesday evenings from 6:45pm-7:45pm. Come experience military-type circuit workouts that will get you in shape!

**Cardio Dance Party with Missy:** This class is offered on Thursday evenings from 6:30pm-7:30pm. Dance your way to a beach body with this salsa-style class!

**Group Strength with Larwan:** This class is offered on Tuesday and Thursday evenings from 5:30pm-6:15pm. Improve posture and stability by training the muscles of the abdominals and spine.

**Group Fitness with Laura:** Laura Dodson is BACK! Join her for an hour and a great workout on Monday and Wednesday mornings from 10:00am-11:00am.

**Yin Yoga with Maggie:** A slower and more meditative style of yoga that targets deep connective tissues, while also teaching you to breathe deeply and tune in to your body and mind. This class is offered Wednesday mornings from 9:00am-9:50am.

**Yoga with Carole:** This class is offered Monday, Wednesday and Friday mornings from 6:00am-7:00am or on Saturday's from 9:15am-10:00am. Great opportunities to find your Zen for the day.

**Yoga with Justine:** Wind down after your workday with this Yoga class offered on Monday and Wednesday evenings from 5:30pm-6:30pm or join Justine on Tuesday and Thursday mornings to start your day from 9:30am-10:30am.

### FREE BLOOD PRESSURE CHECKS! LAST FRIDAY OF THE MONTH

Our Parish Nurse, Susan, is here the last Friday every month to provide FREE blood pressure checks, sponsored by Marion Health! Stop by the lobby and say hi!



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# FAMILY TIME

## BIRTHDAY PARTIES AT THE YMCA

### BOOK YOUR SPECIAL OCCASION WITH US

Don't have enough time to plan a great party for your child? Don't want to have to worry about a mess? Your birthday boy or girl can play in the pool and gym with their friends and family. Party also includes room set up with table and chairs to open gifts and eat.

#### Parties are easy to schedule

Birthday party is based on 20 children.

#### Party includes:

- 1 hour in the party room
- 1 hour in the pool
- Access to locker rooms and aquatic center
- Tables and chairs

#### Important Information:

- A \$50 fee will be charge in the event of a canceled party.
- A \$25 fee will be charged if party space is left messy.
- Party must be paid in full at date of booking.
- Parties must be booked 2 weeks in advance.

#### FEES:

**Members:\$100.00**

**Non-Members:\$150.00**

#### SATURDAY TIMES\*:

12pm- 2pm  
2:30pm-4:30pm

#### SUNDAY TIMES\*:

2:00pm-4:00pm

**\*All times based on date availability and on a first come, first serve basis.**

**In the case of lightning, the pool  
will be closed for 20 minutes  
following the  
last sound of thunder.**

**Please call ahead if you have  
questions about whether the pool is open.**

## Frequently Asked Questions

**How can I reserve my date?** Stop into the Y and book and pay for your room. Parties can be booked on Saturday's or Sunday's.

**May I get into the party room to set up prior to the party?** Basic set up of items provided by the YMCA will be handled by the Y. You may set up anything else 30 minutes prior to the start of your party. No tape, staples, or tacks may be used on the ceiling, walls, or floor.

**Will there be other members or guests in the pool or gym during my party?** Yes. The only room reserved exclusively is the party room. There will still be other members or guests in the gym or pool during your party time.

**After the party, what am I responsible for?** The YMCA staff will clean off the tables and chairs. You are responsible for cleaning up the party area (all trash in trash bins, no decorations left behind) within 15 minutes after the party ends, or will be billed \$25 cleaning fee.

**What if I need to cancel or reschedule?** Requests to reschedule must be made at least 2 weeks prior to the event. The \$50 deposit is non-refundable but can be used for a future date for requests made at least 2 weeks prior to the event.

**What if the YMCA needs to cancel the event?** Cancellations due to unforeseen events, such as inclement weather, will be rescheduled. If a date can not be agreed upon, the YMCA will refund all payments made by the renter. Please note the YMCA will close the pool during lightning/thunderstorms. It will reopen 20 minutes after last thunder/lightning occurrence.

**PLEASE NOTE:** The use of the facility is ONLY for the designated party time. After the part ends, only Grant County Family YMCA members may remain in the building.







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# HERE FOR OUR COMMUNITY

## THE Y IS HERE FOR OUR COMMUNITY

At the Grant County Family YMCA, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Through our community partnerships, we are able to offer additional opportunities for our community to work together through job fairs, expos and more.

Interested in partnering with the Y? We are always looking for new community partnerships to help strengthen the community in which we serve. Contact Libby at 765.664.0544 or [libbyr@grantcountyyymca.org](mailto:libbyr@grantcountyyymca.org)

## CORPORATE WELLNESS

There's no question that corporate wellness programs are just good business. At the Y, we take pride in helping our local businesses and organizations afford their employees the opportunity to obtain an affordable way to stay healthy and active. With a comprehensive wellness program, businesses can expect up to a 56% increase in employee morale and a 46% increase in employee health.

## HOW CAN THE Y HELP MY BUSINESS/ORGANIZATION?

We offer a membership package that allows financial savings for employees and shows buy-in from the employer. This is completely free to the business or organization and just requires five employees to participate.

Do you work for a business or organization that would be interested in our corporate wellness opportunity? Contact Libby at 765.664.0544 or [libbyr@grantcountyyymca.org](mailto:libbyr@grantcountyyymca.org)



## COMMUNITY EVENTS

### NORTHVIEW CHURCH GATHERING SUNDAY'S 10:00M

Join us in the gymnasium every Sunday for worship with Northview Church at 10am! Enjoy coffee and fellowship just before service and bring your kids for fun and interactive opportunities for all ages.

### RUN FOR THE RECRUITS SATURDAY SEPTEMBER 24TH

Join us as we partner with our local recruiters to host a 5K with a few added challenges! More details to come!

### DUNKIN' FOR PUMPKINS SATURDAY OCTOBER 29TH

Join us for floating pumpkin fun in the pool. Swim for your pumpkin then stick around to decorate your prized pumpkin while watching family friendly Halloween movies.

### TURKEY DAY 5K THURSDAY NOVEMBER 24TH

Join us at the Y Thanksgiving morning as we support The Grant County Rescue Mission with a Turkey Day 5K!

### DREAMMILL 100 SATURDAY DECEMBER 17TH

Test your skills for an ultramarathon! We are hosting individuals or teams of 4-8 to tackle 100 miles on the treadmill in under 48 hours (about 2 days). More details to come soon!

### BREAKFAST WITH SANTA SATURDAY DECEMBER 17TH | 9AM-12PM

Join us for our annual Breakfast with Santa event! Bring your children for a meet and greet with Santa after breakfast!