



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEAT THE HEAT AT THE YMCA

**Grant County
Family YMCA**

**Summer I & II 2022
Resource Guide**

Register online at
gcymca.org or at the
Grant County Family YMCA



Find us on:
facebook®



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Mornings:

Monday - Friday: 9:00AM - 11:30AM

Evenings

Monday & Wednesday: 4:30PM—8:30PM
Tuesday & Thursday: 5:00PM—8:00PM
Friday: 4:30PM - 7:30PM

Saturday
9:00AM - NOON

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.

HOLIDAY CLOSURES*:

Memorial Day: May 30th
Independence Day: July 4th
Labor Day: September 5th

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



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 VALUES

The Grant County Family YMCA shares beliefs of caring, honesty, respect and responsibility. Our staff shows these values in our Y programs and by providing healthy connections with our members.

OUR CAUSE

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 an opportunity to learn, grow and thrive.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR LEADERSHIP TEAM

**Each session we will highlight two of our leadership staff!
Meet Charlie and Libby!**

Meet our Director of Youth Development, Stephanie Herschberger



Stephanie is our Director of Youth Development and oversees our Before and After School, Summer Day Camp, and our year-round food programs. She has worked at our Y since December of 2013. She has been in Early Childhood for 31 years. Stephanie grew up in Converse and graduated from Oak Hill High School and from Ivy Tech with an Associate's Degree in Early Childhood Education. Stephanie also is a Food Service Delivery Facilitator through the Y of USA where she mentors 10 other Ys with their year -round food programs.

When Stephanie is not at the Y, she enjoys traveling anywhere that it's warm and there is a beach or mountains, gardening, running, and golfing. Stephanie lives out in the country near Peru, IN with her husband David and their 2 fur babies, Hazel and Charlie. Stephanie has 2 sons Zackery and Joseph, and a step-daughter Emily.

Meet our Business Manager, Lauren Snyder



Lauren Snyder is the Business Manager at the YMCA and has been with the Y for 2 1/2 years. She is originally from Rockford, IL and graduated from Wartburg College in 2010 with a BA in Business Administration & Fitness Management. She married her husband, Caleb Snyder, in 2010 and the couple has two boys, Micah (7) & Levi (4).

When Lauren is not at the Y, she is a Full Time Mom to two energetic boys who keep her busy and a track mom to her husband's IWU Track & Field team. She is actively involved in her church at CWC and a few other organizations in the area. Lauren loves running, coffee, white sandy beaches, going on trips making memories and the community here in Marion.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

GUEST PASSES

Once you join the Y, you'll get **THREE** guest passes to share with your friends.

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

SUMMER I SESSION

June 4th—July 16th

SUMMER II SESSION

July 23rd—August 27th

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.

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 or visit gcymca.org and click the Donate Now button.

Thank you for helping the Y strengthen our community.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

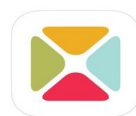
Day-use lockers are available in the locker rooms. Please make sure you take all belongings with you when you leave. Locks left on lockers overnight in the locker rooms may be cut off and personal items in the locker will be placed in the lost and found.

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!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 8-14 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 class 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 some classes and programs at 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.

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.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.**

SUMMER LESSON FEES

Members: \$35

Program Participants: \$63

SUMMER I SESSION

June 4th—July 16th

SUMMER II SESSION

July 23rd—August 27th

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 to
schedule private lessons!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

SPRING LESSON FEES

Members: \$35

Program Participants: \$63

SUMMER I SESSION

June 4th—July 16th

SUMMER II SESSION

July 23rd—August 27th

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.

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

BIRTHDAY PARTIES AT GAS CITY POOL

Book your next party with us for Gas City Pool this Summer! Parties can be booked Friday, Saturday or Sunday from 6:30pm-8:30pm!

Parties must be paid for in advance and can accommodate up to 80 swimmers.

FEES:

Members: \$125

Program Participants: \$125





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

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
11:00AM-12:00PM

Aquacise—Medium Intensity

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

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

Aqua Dance

Join Abby and Rosalyn on Saturday's for Aqua Dance! Enjoy dance-based exercise in the water while moving to the best music grooves around. Participate at any intensity that works for you!

Saturday: 8:00AM-9:00AM

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.

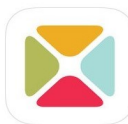
Please call ahead if you have questions about whether the pool is open.

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR YOUTH DEVELOPMENT

YOUTH SUMMER CAMPS

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 Summer Camp options we have to keep your son or daughter busy!

ARTS AND SCIENCE CAMP

JUNE 20-JUNE 24TH 6PM-7:30PM

Children ages 5-12 will conduct science experiments and practice clay and paint art.

FEES:

Members: \$40

Program Participants: \$60

MARION MILERS

FREE TO THE PUBLIC!

AGES 2-18

Marion Milers is a brand new Summer fun run program for children ages 2-18! All races begin at 6:15pm. Race location is TBD and will be announced soon!

Age groups:

Mini-milers: Ages 2 through 9

Mid-milers: Ages 10-13

Mega-milers: Ages 14-18

Dates:

June 21st*

June 28th*

July 19th*

July 26th*

*Every miler will receive a popsicle and a ribbon for finishing the race. Finish 3 of the 4 and receive a FREE t-shirt!

Pre-registration is encouraged. Flyers can be found at the Welcome Center or registration can be done online by using the following link:

YOUTH BASKETBALL CAMP

JUNE 27-JULY 1 6PM-7:30PM

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: \$40

Program Participants: \$60

YOUTH SOCCER CAMP

JULY 11-JULY 15 6PM-7:30PM

Come learn soccer 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: \$40

Program Participants: \$60

YOUTH GOLF CAMP

JULY 18-JULY 20

9:30AM-10:15AM & 10:30AM-11:30AM

Golf camp is back for another year! Children will learn the basics of golf from the best in the county at the beautiful Arbor Trace Golf course!

FEES:

Members: \$20

Program Participants: \$30

SUMMER I SESSION (week of)

June 5th—July 16th

SUMMER II SESSION (week of)

July 18th—August 27th





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SUPPORT

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 or by stopping at the Welcome Center!

UPCOMING SESSION DATES...

SUMMER I SESSION

June 5th—July 16th

SUMMER II SESSION

July 18th—August 27th

NEW, NEW, NEW!

SPIN with Sierra

Sierra Rangel is BACK and will be teaching a Summer Spin class on Monday and Wednesday nights from 6pm-6:45pm! This class is FREE with your membership or just \$5 per class!

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 Pound, HIIT, Bootcamp and Dance2Fit.

CLASS DESCRIPTIONS:

BodyPump: This class is offered Monday and Thursday evenings as well as Saturday mornings. It combines quick repetition with weights and cardio for a great workout!

Bootcamp: This class is offered on Tuesday evenings. Come experience military-type circuit workouts that will get you in shape!

Core: This class is offered on Tuesday evenings. Improve posture and stability by training the muscles of the abdominals and spine.

Cycle Fit: This class is offered Tuesday, Thursday and Saturday mornings. It is a mix of power hour and tabata.

Dance2Fit: This class is offered on Monday mornings and Wednesday evenings. Dance your way to a beach body!

Group Strength with Laura: Laura Dodson is BACK! Join her for an hour and a great workout! Check back for details on when her class will start!

Group Strength: This class is offered on Tuesday and Thursday mornings as well as Tuesday evenings. Build strength, bone density and relationships as you practice proper technique with options for every fitness level.

HIIT: This class is offered on Thursday evenings. If you love interval training you'll love HIIT! This workout consists of intense interval exercises followed by rest periods.

Pound: This class will be offered on Monday evenings. Pound is the world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums.

Power Hour Cycle: This class is offered on Monday and Wednesday mornings. Join this group for a fun and hardworking workout on the bikes!

Yoga: This class is offered Monday through Saturday mornings as well as Monday and Wednesday evenings. Reap the benefits of improved body awareness, decreased stress and decreased pain with regular yoga practice.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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



COMMUNITY EVENTS



WE ARE MORE THAN JUST A GYM

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.

AMERICAN RED CROSS BLOOD DRIVE FRIDAY JULY 22ND 12PM-6PM

Help us help others during our American Red Cross Blood Drive on July 22nd at the YMCA. You can register online or register the day of. Either way, you'll help save a life! For questions, contact Libby: libbyr@grantcountyyymca.org

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!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN IN THE SUN

BIRTHDAY PARTIES AT THE GAS CITY POOL

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 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 can be based on the following number of swimmers:

Under 40 swimmers: \$125
41-60 swimmers: \$150
61-80 swimmers: \$200

Party includes:

- 2 hours in the pool
- 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.

FRIDAY TIMES*:

6:30PM-8:30PM

SATURDAY TIMES*:

6:30PM-8:30PM

SUNDAY TIMES*:

6:30PM-8:30PM

***All times based on date availability and on a first come, first serve basis. Times are also able to be extended an hour for an additional fee.**

**In the case of lightning, the pool
will be closed for 30 minutes
following the
last sound of thunder.**

Frequently Asked Questions

How can I reserve my date? Stop into the Y and book and pay for your party. Parties can be booked on Friday's 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 and bring any food or drinks you wish to have at the party as well.

Will there be other members or guests in the pool or gym during my party? No. The party will be exclusive to your guests only. Each guest must stop by the front gate. Anyone under the age of 18 must provide contact information for a parent/guardian.

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 30 minutes after last thunder/lightning occurrence.

PLEASE NOTE: The use of the facility is ONLY for the designated party time.

