



# WAPAKONETA FAMILY YMCA

1100 Defiance St., Wapakoneta, OH 45895

[www.wapakymca.org](http://www.wapakymca.org)

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# 2019 - WINTER I PROGRAM BROCHURE

Updated 12/08/2018



# 2019 SESSION DATES

**Winter I:** January 7 – March 3, 2019  
Member Registration: December 10, 2018  
Access Registration: December 17, 2018

**Winter II:** March 4 – April 28, 2019  
Member Registration: February 18, 2019  
Access Registration: February 25, 2019

**Spring Session:** April 29 – June 23, 2019  
Member Registration: April 15, 2019  
Access Registration: April 27, 2019

**Summer Session:** June 24 – August 18, 2019  
Member Registration: June 10, 2019  
Access Registration: June 17, 2019

**Fall I:** September 9 – November 3, 2019  
Member Registration: August 12, 2019  
Access Registration: August 19, 2019

**Fall II:** November 4 – December 29, 2019  
Member Registration: October 21, 2019  
Access Registration: October 28, 2019

## **YMCA MISSION**

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## **FINANCIAL ASSISTANCE**

Annually, the Wapakoneta Family YMCA awards \$100,000 in scholarships to help people participate in programs they couldn't otherwise afford. It's our goal to make our programs and services available to everyone regardless of ability to pay. A waiver or reduction of fees is available subject to facility and program capacity, and demonstrated need, without regard to race, color, nationality, religion, gender, age or disability.

## **HOURS:**

**Winter Hours:** January 1 – May 13, 2018 & October 8 – December 31, 2018  
Monday – Friday: 5:00 am – 10:30 pm  
Saturday: 6:00 am – 8:00 pm  
Sunday: 12:00 – 8:00 pm

**Summer Hours:** May 14 – October 7, 2018  
Monday – Thursday: 5:00 am – 10:30 pm  
Friday: 5:00 am – 10:30 pm (Pool closes at 7:30 pm)  
Saturday: 7:00 – 5:00 pm  
Sunday: 1:00 – 5:00 pm

**NOTE: Pool closes 30 minutes prior to closing time**

## NURSERY HOURS:

Monday – Friday:	8:00 am – 11:30 am
Monday – Thursday:	4:30 pm – 8:30 pm
Saturday:	8:00 am – 12:00 pm
Sunday:	Closed

We will be offering Stay & Play for our Preschool and Elementary Classes that are held during child watch hours. We realize our fitness schedule doesn't always match up with our kid programming. Because of this you can now drop your kid(s) off in the nursery and we will take them to their program, or let the instructor know and they can take them to child watch for you after a kids program. Let them have fun and you get your full work out!

## HOLIDAYS:

Closed the following days:

Easter	April 1, 2018
Memorial Day	May 28, 2018
Fourth of July	July 4, 2018
Labor Day	September 3, 2018
Thanksgiving	November 22, 2018
Christmas Eve	December 24, 2018
Christmas Day	December 25, 2018
New Years Eve	December 31, 2018 Closing at 5:00 pm
New Years Day	January 1, 2019 Open 1:00 – 5:00 pm

## ONLINE CLASS REGISTRATION

1. Go to [www.wapakymca.org](http://www.wapakymca.org)
2. Click on "Register for Programs"
3. Search for classes and Log In
4. If you need help click "Help" or call the YMCA

Become our Fan on Facebook: Wapakoneta Family YMCA

Follow us on Twitter @WapakY

Photographs of Wapakoneta Family YMCA members by Cloustudio. Visit them at [www.cloustudio.com](http://www.cloustudio.com)

## CANCELLATIONS:

We cancelled it because we didn't know you wanted it. Sometimes excellent classes with great instructors are cancelled when too many people wait until the last minute to register. Our classes have to be cost recoverable, and we need a minimum of students enrolled before a class will run. To avoid any inconvenience to participants, we cancel classes with no registration ahead of time. Avoid disappointment – register early. "The YMCA reserves the right to cancel fitness classes if participation is consistently below 5 individuals."



**Wapakoneta Family YMCA**  
**Sports & Teen Program**  
**Schedule**  
**Winter I Session**  
**January 7 - March 3**

**Monday**

Kids Croxxmaxx- 4:00-5:00pm-Janna

STEM Creation Hour- 4:00-5:00pm-Lindsay

Little Dribblers- 5:30-6pm- Connor

**Tuesday**

Jukido Kai at the Y- 4:00-5:00pm- Jacob and Chris

Volleyball Skills and Drills- 5:00-6:00pm- Bella

**Wednesday**

STEM Creation Hour- 4:00-5:00pm- Lindsay

**Thursday**

Homeschool Gym and Swim- 1:00-3:00pm- Noah

Jukido Kai at the Y- 4:00-5:00pm- Jacob and Chris

**Saturday**

Stretch and Tumble with Me- 10:00-10:45am- Bella

**Special Events**

Adventure Trip/Mad River Tubing- January 3

Elementary Nerf Wars- January 13- 6:00-9:00pm

Adult Volleyball League- Sundays beginning mid-January



**Follow Wapakoneta Family YMCA for  
more fun special events to come  
through out the winter!**

## ADULT AEROBIC CLASSES

Members enjoy most Group Aerobic classes free of charge! If there is a different charge for the class it will be marked. Access Members pay \$45 for classes meeting one time per week, \$75 for two times per week, and \$85 for classes three times per week.

**Barre Fitness** – Barre Fitness is a targeted, full-body workout performed at the ballet barre creating long lean muscles and improved posture. Interval training at the barre and on the mat uses small controlled movements and your own body weight to work every major muscle group. Active stretching to increase flexibility and elongate muscle follows each exercise.

**Body Blast** – A high-intensity, total-body workout focusing on all major muscle groups. A variety of exercises using all types of equipment.

**Body Sculpt** – This class utilizes weights, bands & body bars to keep your body at its peak performance.

**Cardio Dance** – This is a fun way to get your heart pumping and muscles working through various forms of dance to a wide range of music. No dance experience necessary!

**\*\* Core Focus Together** – Trains you like an athlete in 30 action packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and help strengthen your abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform – all to challenge you like never before.

**\*\* Pay \$5.00 for each class for the session.**

**Cross Training** – Includes different activities each class and incorporates all the components of fitness.

**CROXX MAXX** – The ULTIMATE in strength and cardio challenges. A combination of cardiovascular training with a variety of strength exercises including the ascending rope and battle ropes. This class will push you to the maximum limits targeting different areas of the body each week. Start anytime between 5:00 – 6:30 p.m.

**Cycle and Core** – Join us for 30-minutes on the bike followed by 10 minutes of core strengthening exercises.

**Group Cycling** – An instructor will lead you through the proper progression of exercise intensity, but you control the amount of resistance appropriate for your fitness level. Group Cycling classes are limited to 12 participants.

**Hatha Yoga** – Exercises that promote breathing, stretching, endurance, relaxation, visualization, balance, increased energy and more.

**Pilate** – Try this series of mat exercises which are designed to improve muscle strength and flexibility, balance, posture, and overall well-being.

**Pi-Yo** – This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga. The speed is cranked up to deliver a true fat-burning, low-impact workout that will make you feel empowered and energized!

**Prime Time Fitness** – Class includes strength, cardio, flexibility and balance exercises. Targeted toward men and women 55 years and older.

**Senior Quickfit** – This class consists of cardiovascular and strength training exercise designed to gain stamina, build lean muscle mass, while increasing balance and flexibility. This is a circuit style class targeted towards seniors that will only last 30 minutes. This class will have you working your entire body head to toe!

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**SilverSneakers Circuit** – This class combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation.

**SilverSneakers Classic** – This class will have you move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.

**SilverSneakers Yoga** – Designed for all fitness levels and focuses on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance and joint range of movement.

**Step Aerobics** – A Fantastic cardio workout, this class includes muscle toning and flexibility.

**\*\* Strength Train Together** – The Class you pick, the experience you remember! This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**\*\* Pay \$10.00 for the first class and \$5.00 for each additional class for the session.**

**The Curvy Crew** – This class is for those of us with a little more junk in our trunks or just starting a fitness journey. If you have curves this class is for you. Some people run marathons and others pant walking up the stairs, but no worries The Curvy Crew is for you. Our goal is to give you confidence and security while acclimating you into fitness. We will dance, use resistance bands, weights, ballet barre and most of all giggle. Working out will be like hanging out with your bestie.

**TRX Group Fitness** – A total-body functional workout where you control the intensity of the exercises. Small group, instructor-led classes. Only 7 spots available!

**Turbokick** – This class is packed with real kickboxing moves, calorie-blasting HIIT training, and body weight exercises that will sculpt your entire body and build lean muscle. You will leave class ready to conquer anything!

**Vinyasa Yoga** – Yoga for all levels, beginner to advanced. In this yoga exercise, there is movement with every inhale/exhale. This class will improve flexibility, breathing, relaxation, balance and strength. You will be surprised how much leaner and stronger you will be...and how much you will sweat! (Limit 8 people)

**Zumba** – All year Zumba fuses Latin rhythms and easy-to-go follow moves creating a dynamic and exciting class.

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## ADULT WATER CLASS DESCRIPTIONS

Members enjoy most Water Aerobic classes free of charge! If there is a different charge for the class it will be marked. Access Members pay \$45 for classes meeting one time per week, \$75 for two times per week, and \$85 for classes three times per week.

**Aqua Aerobics** – Work on cardiovascular endurance at a moderate pace utilizing pool noodles, water weights, balls, and simply your own body.

**Aqua Cardio** – This is a highly energetic class taught in shallow waters. In this class we will incorporate barre fitness, cardio, kickboxing and good ol' fashion fun. We will utilize pool noodles, kick boards, weights and the natural resistance of the water. Come with a smile and leave with a workout!

**Aqua Circuit** – Tackle cardio and strength with this circuit style class. Improve your cardiovascular endurance, core stability and muscular endurance.

**Aqua Flex & Flow** – This class is designed to challenge you with emphasis on improving cardiovascular fitness and endurance with low-impact on the joints.

**Aqua Variety** – The instructor will lead shallow & deep water aerobics, water jogging, strength and conditioning.

**Master's Swim Club** – Calling all Triathletes, Lap Swimmers, and former competitive swimmers! Improve your stroke technique, speed and endurance in the pool. All while building friendships and accountability with other swimmers. Each day will have a new workout. Workouts are both in the morning and evening, to accommodate work schedules. Come one day or all four days, you pick what works best for your schedule. As we build the program, we will add meets and other events! Ages: 17 and older. FEE: \$15.00/Member, \$25.00/Access Members

**Pace Arthritis Aquatics** – This class is designed to maintain and/or increase range of motion, flexibility and endurance. The warm water, moderate pace and gentle exercise make it ideal for persons with physical limitations caused by arthritis, previous injury, etc., as well as for those who are less active.

**SWIM FIT** – Add lap swim and swimming workouts to your wellness routine. Class meets every week for an instructor led swim, with additional workouts through the week for participants to complete on their own. FEE: \$15.00/Member, \$25.00/Access Members

**YOGA Splash** – Aqua Yoga is a gentle and very low impact aquatic activity. Aqua Yoga takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved.

STUDIO B is available every day from 1:00 – 4:00 pm should you like to use the equipment that is available. Sign in sheet is next to the bulletin board on the back wall. Please put your name, date, time in and time out. Please do not use the stereo that is for employees only.

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## GROUP SWIM LESSONS – OFFERED YEAR ROUND

**Intro to Swim Lessons:** Fee: Free/Members, \$40.00/Access Members

Each class is limited to 8. Ages 6 mths. – 3 years of age.

**Water Discovery – A** This class introduces Infants and toddlers to the aquatic environment.

**Water Discovery – B** This class focuses on exploring body positions, blowing bubbles, fundamental safety and aquatic skills.

**Safety Around the Water – Drowning Prevention:** Fee: Free/Members, \$40.00/Access Members

Each class is limited to 6. Ages 3 years and up.

A large percentage of children drown within 6-10 feet of safety. Most of these drownings happen because of a lack of basic water safety knowledge and skills. If children possess even the most basic swimming skills, their risk of drowning decreases substantially. Learning the basic skills outlined in these lesson plans builds a sense of accomplishment in children and helps prevent drownings.

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### Group Swim Lessons

Weekday lessons will meet twice a week FEE: \$35.00/Member \$50.00/Access Members

Weekend lessons will meet once a week FEE: \$25.00/Member \$40.00/Access Members

**Water Acclimation – Starfish** Each group is limited to 4. Ages 3 years and up. This class increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Water Movement – Turtles** Each group is limited to 4. Ages 3 years and up. This class encourages forward movement in water and basic self-rescue skills performed independently.

**Water Stamina – Stingrays** Each group is limited to 4. Ages 3 years and up. This class develops intermediate self-rescue skills performed at longer distances than in previous stages.

**Stroke Introduction – Barracudas** Each group is limited to 4. Ages 3 years and up. This class introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke.

**Stroke Development – Sharks** Each group is limited to 6. Ages 4 and up. This class introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

**Stroke Mechanics – Dolphins** Each group is limited to 6. Ages 4 and up. This class refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

### PRIVATE SWIM LESSONS

Ideal for people of all ages and swim abilities. Lessons are 30 minutes in length. Sign up at the front desk.

#### Private Swim Lesson Fees:

Members:	3 for \$36.00	5 for \$60.00	7 for \$84.00	10 for \$120.00
Access Members:	3 for \$55.00	5 for \$85.00	7 for \$115.00	10 for \$160.00

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#### Semi-Private Lesson Fees:

Members:	3 for \$60.00	5 for \$100.00	7 for \$140.00	10 for \$180.00
Access Members:	3 for \$100.00	5 for \$155.00	7 for \$200.00	10 for \$260.00

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FOR YOUTH DEVELOPMENT \*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–4



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10–15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

\*At the Y, we know 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.

### **ENGAGEMENT COACHING:**

Get started on the right foot. Not sure where to start? Learn about the Y, and yourself, through our complimentary Wellness for Life program for Y members. In your initial appointment, you will work with an engagement coach on a one-on-one basis to come up with a personalized wellness plan that fits your goals, interests and lifestyle. This is followed-up with periodical check-ins with your Engagement Coach. A variety of wellness topics will be discussed, including programs and opportunities at your YMCA. Engagement Coaching will give you the guidance and support you need to comfortably move forward on your own.

Contact Liz Davis at [ldavis@wapakymca.org](mailto:ldavis@wapakymca.org) or call (419) 739-9622.

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### **TEEN WEIGHT TRAINING:**

Teen Weight Training is mandatory for teens who are 13-15 years old who want to have access to the Wellness Center. Teens will learn correct use of equipment, rules, strength training principles and more. Please sign up at the front desk for an appointment. FEE: \$15/Members only

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### **FITLINXX ®:**

FITLINXX ® is an exercise technology system that offers a unique tool for you to maximize your time in the YMCA and minimize exercise anxiety through interactive coaching on each piece of equipment. FITLINXX ® remembers your seat settings, range of motion, and weight lifted on each piece of strength equipment, to ensure a safe and effective workout. Additionally, on the cardiovascular equipment, with the simple entry of a 5-digit PIN number, Fitlinxx ® will automatically track what you completed on that machine and allow you to generate progress reports. The software is easy to use, with no extra keys. Fees or cards necessary. It's FREE with your YMCA Membership! Please sign up at the front desk for an appointment. For members 16 & up. Teens 13-15 will get this training with the Teen Weight Training.

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### **WELLNESS CENTER ORIENTATION:**

Let the YMCA staff show you how to correctly use the cardiovascular and weight equipment in the Wellness Center. Orientations are available to members 16 and over at no cost. Please sign up at the front desk for an appointment.

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### **PERSONAL TRAINING:**

Achieve your fitness potential with one-on-one instruction from one of our certified personal trainers. You will receive a fitness program tailored to meet your goals. Ideal for ages 8 & up. Weight Loss, Healthy Lifestyle, General Athletic, Training, Sport-Specific Training, Strength & Conditioning, Muscle Building, High Intensity, Interval Training, Much More!

#### **FEES:**

Members	3 Hours - \$90	5 Hours - \$145	10 Hours - \$280
Access Members	3 Hours - \$135	5 Hours - \$215	10 Hours - \$400

The first hour of personal training will include a consultation and assessment.

#### **Semi-Private Personal Training:**

Sold in 3, 5 and 10-hour packages.

Members: 1<sup>st</sup> Person – Package price above and additional person(s) - \$17/person/hour

Access Members: 1<sup>st</sup> Person – Package price above and additional person(s) - \$25/person/hour

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**PICKLEBALL:**

Pickleball combines the elements of tennis and pingpong and is played with 2-4 players, a paddle, plastic ball and net. Drop-in basis. All ages welcome.

Monday – Friday 8:00 a.m. – 11:00 am in the gym.

FEE: Free to members      \$15.00 - Access Members/Session

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**FREE WELLNESS CHECKS IN THE LOBBY** Stop In on the second Tuesday of the month between 8:00 – 10:00 am for your FREE blood pressure check, cholesterol and glucose test. This is a non-fasting test done by the Pharmacy Students from Ohio Northern University.

