



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN GROW THRIVE

PROGRAM GUIDE  
Spring 2012  
MANSFIELD YMCA

Register Online  
[mansfieldy.org](http://mansfieldy.org)





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

## MANSFIELD YMCA

750 Scholl Road  
Mansfield, OH 44907

419.522.3511  
Fax 419.525.3009

### FACILITY HOURS

Monday – Thursday: 4:00am – 11:00pm  
Friday: 4:00am – 9:00pm  
Saturday: 6:00am – 6:00pm  
Sunday: 8:00am – 5:00pm

### YMCA ADMINISTRATION

**Mike Kenyon** . . . . . President/CEO  
**Lesley Murphy** . . . . . Chief Financial Officer  
**Cristen Gilbert** . . . . . Director of Operations  
**Velma Bond** . . . . . Director of Family Services  
**James Twedt** . . . . . Senior Program Director  
**David Carver** . . . . . Property Director  
**Jeniffer Reznik** . . . . . Aquatics Coordinator  
**Valeria Ashcraft** . . . . . Membership Coordinator

### CHILD CARE STAFF

**Velma Bond** . . . . . Director  
**Cassie Hill** . . . . . Coordinator  
**Jodi Bishop** . . . . . Coordinator  
**Tiffany Mack** . . . . . Coordinator  
**Renee Blaney** . . . . . Coordinator  
**Angie Benedict** . . . . . Coordinator

### HOLIDAY HOURS

New Years Day	Jan. 1, 2012	CLOSED
Easter	Apr. 8, 2012	CLOSED
Memorial Day	May 28, 2012	CLOSED
Independence Day	Jul. 4, 2012	CLOSED
Labor Day	Sep. 3, 2012	CLOSED
Thanksgiving	Nov. 22, 2012	CLOSED
Christmas Eve	Dec. 24, 2012	CLOSED
Christmas Day	Dec. 25, 2012	CLOSED



The Mansfield YMCA is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community. Since 1867 we have been dedicated to bringing the Y's mission, values and cause to our local communities.

### Our Mission

Building a community where all people especially, the young, are encouraged to develop their fullest potential in spirit, mind and body.

### Our Cause

At the Y, 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.

### Who We Are

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

### What We Do

The Y makes accessible the support and opportunities that empower people and communities to learn, grow and thrive, with a focus on youth development, healthy living and social responsibility.

# AREAS OF FOCUS

## FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

- **Child Care** – Safe, nurturing environment for children to learn, grow and develop social skills
- **Education & Leadership** – Knowledge, character development, guidance and encouragement to help youth develop and realize their potential
- **Swim, Sports & Play** – Positive, fun activities that build athletic, social and interpersonal skills
- **Camp** – Exciting, safe community for young people to explore the outdoors, build self-esteem, develop interpersonal skills and make lasting friendships and memories

## FOR HEALTHY LIVING

Improving the nation's health and well-being.

- **Family Time** – Bringing families together to have fun and grow together
- **Health, Well-Being & Fitness** – Resources and guidance to maintain or improve physical activity, health and wellness
- **Sports & Recreation** – Healthy lifestyle activities that bring together people with shared athletic and recreational interests
- **Group Interest** – Social networks and activities that bring together people that share common passions and personal interests

## FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

- **Social Services** – Training, resources and support to empower our neighbors to make change, bridge gaps and overcome obstacles
- **Global Services** – Support systems that welcome, celebrate, educate and connect diverse demographic populations in the U.S. and around the world
- **Volunteerism & Giving** – Voluntary contributions that fund, lead and support the Y's critical work
- **Advocacy** – Collaborations with policy makers, community leaders and private and public organizations to develop youth, prevent chronic disease, and build healthier communities and encourage social responsibility

## SPRING 2012

### SESSION DATES

SPRING I	March 5 – April 22
SPRING II	April 30 – June 17

### REGISTRATION DATES

	SPRING I	SPRING II
FACILITY MEMBERS	February 20	April 16
PROGRAM MEMBERS	February 27	April 23

## CONTENTS

General Information . . . . .	4
Swim Lessons . . . . .	6
Youth Sports . . . . .	7
Pool Schedule . . . . .	9
Group Fitness Classes . . . . .	10
Martial Arts & Kettlebell . . . . .	12
Personal Training . . . . .	13
Healthy Lifestyles . . . . .	13
Lifeguard Training . . . . .	14
Active Older Adult Classes . . . . .	14
Birthday Parties . . . . .	15
Registration . . . . .	15
Special Events . . . . .	Back

### How We Do It

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change.

- The Y is community centered. For nearly 140 years, we've been listening and responding to our communities.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive by building a healthy spirit, mind and body.
- The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.

### Our Impact

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GENERAL INFORMATION

## VOLUNTEERISM & GIVING

### FINANCIAL SUPPORT — GIVE TO THE Y

When you give to the Y, you continue to strengthen our community and move us all forward. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood.

The Y works to nurture the potential of children and teens, improve the nation's health and well-being, and give back and support our neighbors.

We believe that lasting personal and social change can only come about when we all work together. That's why, at the Y, strengthening community is our cause.

### FINANCIAL ASSISTANCE

The Mansfield YMCA provides services for any youth or adult who desires to participate regardless of their ability to pay the established membership, class or program fee. Those not able to pay the full fee may receive financial assistance based on their demonstrated ability to pay. Pick up an application at the Member Service Desk.

### PARTNERS WITH YOUTH

The Mansfield YMCA has been putting Christian principles into practice for boys and girls of all ages, incomes, abilities, races and religions for 127 years. Children and families who cannot afford to pay full fee for membership and programs need the experiences the Y offers as much as those who can. The Y needs your help. Please give generously to our Partners With Youth and get involved by volunteering for this important cause.

### VOLUNTEER AT THE Y

The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood.

Each of our volunteers helps deliver the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it. Contact the YMCA to find out more about volunteer opportunities.



## GENERAL POLICIES

### PAYMENT OPTIONS

**Continuous Bank Draft:** This monthly payment plan is drafted directly from a checking account on the 15th of every month. It provides you with continuous privileges for as long as you choose. To activate this type of payment, fill out a bank draft authorization form, provide a voided check and pay the start up fees and the joiner fee. All changes, including cancellations, must be in writing and received by the 10th of each month. There is a fee for returned bank items and two unsuccessful drafts will result in termination.

**Credit Card Debit:** The Mansfield YMCA will debit your VISA or MASTERCARD on the 25th of each month. All changes, including cancellations, must be in writing and received by the 20th of each month. To activate this payment option you must fill out an Electronic Funds Transfer (EFT) form. We will need a copy of the credit or debit card you will be using in order to activate the account. There is a fee for returned bank items and two unsuccessful drafts will result in termination.

**Annual Payment:** Membership dues are paid once a year in full. You will then receive an annual renewal notice for your convenience. Annual payments can be made by cash, check or credit card. Membership fees are non-refundable.

**Open Doors Program:** Provides financial assistance through scholarships to youth, teens, adults and families based on income, size, and availability to pay. Open Door participants are expected to pay a portion of the fees. Open Doors and program scholarships applications are available at the Member Service Desk.

### MEMBERSHIP FREEZE POLICY

Members may freeze their membership at no charge for 3 months in any one year period. Membership freeze will be deemed valid by the Director of Membership Services, and shall include snow birds, health/medical (with note from your doctor) or temporary job relocation.

### LOCKER ROOM POLICIES

**Family Locker Rooms:** Families with small children should use the youth or family locker rooms only. Keys for the family locker rooms are available at no charge and may be exchanged for a set of car keys at the Member Service Desk. Car keys will be returned once the Family Locker Room key has been returned to the Member Service Desk. There are lockers reserved outside each Family Locker Room for your use during your visit.

Adult Locker Rooms: 18 years & older  
Youth Locker Rooms: 17 years & younger

**Please respect our policy of no children in the adult locker rooms.**

## MEMBER BEHAVIOR CODE

The Mansfield YMCA 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 when they are using our facility or participating in our programs. Our behavior code dictates positive interactions with others, language free of anger and vulgarities, and actions at or above a generally accepted standard of conduct. Members who violate this code will be subject to termination.

## GUEST POLICY

We welcome the guests of our members. There is a limit of 5 free guests per membership unit per year. Members must accompany guest at all times and facility use may be restricted. Additional guest passes are available for a member to purchase at the Member Service Desk, 5 visits per \$40.

The Mansfield YMCA reserves the right to limit or deny the purchase of guest pass privileges during busy times of the year including off school days. Please note that members are also responsible for the behavior of their guests and can be held jointly responsible for their actions. Guest passes are not replaceable if lost or stolen. Also, guest passes are not refundable. Admitting an individual(s) into the YMCA facilities with the purpose of by-passing the hand-key check-in system may result in suspension or forfeiture of your membership without a refund.

## DAILY GUEST PASSES (taxes not included)

HOUSEHOLD	\$19.50
ADULT	\$10.00
COLLEGE (must present school I.D.)	\$3.00

## A.W.A.Y. (ALWAYS WELCOME AT THE Y)

The A.W.A.Y. program is a national program with the philosophy that when you enroll in a YMCA, you become a member of a nationwide association of people. Whenever you are away from home, on business or vacation, members are warmly welcomed by other participating YMCA's throughout the United States.

## VALUABLES

Please do not bring valuables to the Y. If you do, please remember that the Y is not responsible for lost or stolen articles. Lock your locker! Locks are available for purchase at the Service Desk. Kit lockers are available to rent.

## LOCKER RENTAL

Lockers are available for rent on a first come, first serve basis. Locker rental is an annual payment of \$72.00.

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.

## LOST AND FOUND

The Mansfield YMCA is not responsible for lost or stolen property. Please check with our Member Service staff if you have lost items. We keep lost and found items for 7 days only.

## DRESS CODE

When using the Y facilities, appropriate modest attire is required. Clean gym clothes and athletic shoes must be worn in the Gym, Track, Weight Room, Fitness Center and Handball/Racquetball Courts. Street clothes and hats are not permitted in the above areas. In addition, appropriate swim apparel is required in the pool. Shirts and shoes must be worn in public areas at all times. Please bring clean shoes during inclement weather.

## SMOKE FREE CAMPUS

The Mansfield YMCA is a smoke-free environment. Smoking is prohibited on the grounds of our campus. We strongly advise a check-up by your health care professional before you begin any type of fitness program. We also recommend annual medical evaluations for all participants.

## CHILD WATCH

This drop-in service is available for a maximum of 2 hours for children ages 6 months to 7 years old while their parents participate in on-site Y programs or activities. The cost for one child is \$2.50 and \$2.25 for each additional child. A pass can be purchased for \$60 that allows thirty 90 minute visits. A fifteen minute cry rule will be in effect for every child signed in.

Monday – Friday	8:30 am – 1:00 pm
Monday – Friday	4:00 pm – 8:00 pm
Saturday	9:00 am – 12:00 pm

## SCHOOL VACATION AND SNOW DAYS

The Mansfield YMCA follows the school vacation and snow day schedule set by the Mansfield City Schools.

## PARTICIPATION IN THE WELLNESS CENTER

Mansfield YMCA facility members who are ages 15 and older may utilize all equipment inside the Wellness Center.

Members who are ages 11-14 years old must complete an orientation with a Fitness Coach to obtain a Blue Badge or be set up on Fitlinxx prior to utilizing the cardio and weight equipment in the Wellness Center. Members will only be set up on equipment that is safe for them to use.

Members who are ages 8-10 years old must complete an orientation with a Fitness Coach to obtain a Red Badge prior to utilizing the cardio equipment in the Wellness Center. Members will only be set up on equipment that is safe for them to use.

Members 6-14 years old are able to utilize the track for running/walking but they must obey the track rules at all times.

Infants and toddlers are not allowed in the wellness or cardio areas; they can utilize the track with their parent or guardian. The parent or guardian must be walking with the child at all times.

## GENERAL RELEASE

Membership in the Mansfield YMCA constitutes legal consent for videotaping, recording, photographing, or otherwise taking, reproducing and using voice and/ or picture; and for the product of this action to be used without remuneration at the sole and exclusive discretion of the Mansfield YMCA.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM, SPORTS AND PLAY

## YOUTH SWIM LESSONS

### SWIM LESSONS

Children are taught the basic skills that are the building blocks of swimming, plus pool safety, boating safety, use of personal floatation devices and water games.

Facility Member Rate: \$25

Program Member Rate: \$55

### Parent / Child

#### SHRIMP / KIPPER (6 - 18 MONTHS)

Water adjustment and songs for infants, water safety and "how to's" for parents.

Thursday 5:30pm  
Saturday 10:15am

### Pre-School Swim Lessons (3 - 5 yrs)

#### PIKE (BEGINNER I)

Learn to float and swim with floatation devices.

Thursday 5:30pm  
Thursday 6:15pm  
Saturday 9:45am

#### EEL (BEGINNER II)

Entry level requirement: Must be comfortable in the water and able to swim at least 5 feet without floatation or assistance on front and back.

Thursday 6:15pm  
Saturday 9:45am

#### RAY (INTERMEDIATE)

Entry level requirement: Must be able to swim across the width of the pool on their front and back unassisted.

Thursday 5:30pm

#### STARFISH (ADVANCED)

Entry level requirement: Must be comfortable in deep water, able to float and swim on their own the length of the pool on their front and back.

Saturday 9:45am

## School-age Swim Lessons (6 - 12 yrs)

### POLLIWOG (BEGINNER I)

Learn to float and swim using floatation device.

Thursday 5:30pm  
Saturday 10:15am

### GUPPY (BEGINNER II)

Entry requirement: Must be able to float independently and swim at least 20 feet without floatation or assistance on the front and back. PLEASE SPECIFY LEVEL WHEN REGISTERING.

Thursday 5:30pm  
Saturday 10:15am

### MINNOW (INTERMEDIATE I)

Entry requirement: Must be comfortable in deep water, able to float independently and swim 25 yards without floatation or assistance on front, back and side.

Thursday 6:15pm

### FISH (INTERMEDIATE II)

Entry requirement: Successful completion of Minnow or approval from Aquatic Coordinator.

Thursday 7:00pm

### FLYING FISH (ADVANCED I)

Entry requirement: Successful completion of Fish or approval from Aquatic Coordinator.

Thursday 7:00pm

### GYM & SWIM AND PRESCHOOL GYM & SWIM

Children will participate in activities that focus on coordination, balance and loco-motor skill development through a variety of activities and structured play.

Thursday 10:00am - 12:00pm

Facility Member Rate: \$30  
Program Member Rate: \$40

## PRIVATE & TANDEM LESSONS (30 MINUTES)

Swimming lessons that cater to you! Instructors work with your schedule and swimming abilities to provide personalized swim lessons and individual instruction. Lessons are great for those who have a fear of the water. All ages welcome!

**3 Lessons: Program Member Rate: \$65  
Facility Member Rate: \$40**

**7 Lessons: Program Member Rate: \$125  
Facility Member Rate: \$80**

Contact Jeniffer Reznik for more information regarding private lessons. Informational brochures are available at the front desk.

419-522-3511 ext. 265  
jreznik@mansfieldy.org

Questions or comments about your lessons? Please contact Jeniffer Reznik at 419-522-3511 ext 265 or jreznik@mansfieldy.org.

Private lessons will be conducted by YMCA staff ONLY. Members and guests are not allowed to be trained by other members or outside trainers.



## GENERAL WATER FITNESS

Open to all Y members, no registration required.  
Youth 11 – 16 may participate with an adult.

### WATER AEROBICS

A low impact workout that focuses on strength, endurance and flexibility.

Monday – Friday 9:00 – 10:00am  
Monday & Wednesday 6:00 – 7:00pm

Free to members

### WATER BOOT CAMP

A high intensity, endurance building water aerobics class. The class also includes strength training and stretching. This water workout is designed for those who desire an intense workout. Free to members

Tuesday & Thursday 6:00 – 7:00pm w/Michelle

Free to members

### PARANOID OF WATER

This class is designed for adults who have high anxiety of a fear of water. Our instructor will slowly introduce you to water and will work with you at your own pace. It's the perfect class to help you conquer your fear of water.

Wednesday 9:00 – 9:30am w/Lori

Facility Member Rate: \$20

Program Member Rate: \$30

### WATER WALKING

Tone and strengthen muscles while building endurance and increasing your fitness level.

Monday, Wednesday, Friday 10:30 – 11:30am w/Barb

Free to members

### SILVER SPLASH

Activate your aqua urge with variety! Silver Splash offers a lot of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special Silver Sneakers kickboard is used to develop strength, balance and coordination.

Monday, Wednesday, Friday 11:30 – 12:15am w/Lori

Free to members

### SPECIALIZED GROUP SWIM

This class is specifically aimed towards older Adults that have special needs or conditions that require more individualized attention to learn water skills.

Thursday 5:00 – 5:30pm w/Michelle & Court

Free to all participants

### NEW! AQUA ZUMBA

A seven week class that blends Zumba and Aqua Fitness together into a safe, challenging, water-based workout that's cardio-conditioning, body toning and most of all, exhilarating beyond belief!

Saturday 9:00 – 10:00am w/Amanda

Facility Member Rate: \$20

Program Member Rate: \$30

# SWIM, SPORTS AND PLAY

## YOUTH SPORTS

### YOUTH T-BALL

Boys and girls ages 3-5 are welcome to participate in Mansfield YMCA T-Ball. This program will not only teach the fundamentals of T-Ball/Baseball but also focus on teamwork, sportsmanship and character development. Games will be held on Saturdays with a practice starting before the game.

April 23 – June 4

Saturday 10:00 – 11:00am

Facility Member Rate: \$25

Program Member Rate: \$35

### TUMBLING TOTS (3-5 YRS)

Children will have fun while improving flexibility, body awareness, self esteem and social interaction. Children ages 3-5 are welcome to participate; space limited to 8 participants.

Thursday 5:15 – 5:45pm Starts March 15

Facility Member: \$30

Program Member: \$40

### TUMBLING (6-10 YRS)

Children will have fun while improving flexibility, body awareness, self esteem and social interaction. Children ages 6-10 are welcome to participate; space limited to 8 participants.

Thursday 6:00 – 6:45pm Starts March 15

Facility Member: \$30

Program Member: \$40

### PRE-BALLET I & II

Learn balance, grace, poise, self discipline, self control, and positive self esteem in both boys and girls. 7 week beginners class. Participants who have completed Pre-Ballet I can take Pre-Ballet II.

Pre-Ballet I Monday 4:00 – 4:30pm Ages 3-5

Pre-Ballet II Monday 5:20 – 5:50pm Ages 6-7

Facility Member Rate: \$30

Program Member Rate: \$40

### BALLET I & II

Learn balance, grace, poise, self discipline, self control, and positive self esteem in both boys and girls. 7 week beginners class. Participants who have completed Ballet I can take Ballet II.

Ballet I Wednesday 6:00 – 6:50pm Ages 6-7

Ballet II Wednesday 4:00 – 5:00pm Ages 8-12

Facility Member Rate: \$30

Program Member Rate: \$40

Instructors will handle all uniform costs and requirements.

### TAP / MODERN JAZZ COMBO CLASS

This upbeat tap/jazz class will be broken into two fun learning experiences. The first half hour will be focused on beginning/intermediate rhythmic tap (tap shoes required). The second half hour will focus on learning the basics of modern dance with an upbeat jazz tempo.

Monday 4:30 – 5:20pm Ages 4-6

Wednesday 5:00 – 6:00pm Ages 7-12

Facility Member Rate: \$30

Program Member Rate: \$40

### LITTLE CHEFS COOKING CLASS (6 - 12 YRS)

This 5 week program is designed for children ages 6-12 to give them hands on cooking experience. Participants will learn kitchen basics using healthy ingredients. The best part is the children get to eat their own creation! Each child will receive a complimentary recipe book! Classes will be held in Fran's Child Care, cooking will be in our kitchen. Spaces are limited for this class, so please register early.

Saturday 11:00 – 11:45pm

Facility Member Rate: \$30

Program Member Rate: \$40



# MANSFIELD YMCA SPRING POOL SCHEDULE

## Spring 2012

Schedule Begins Monday, March 5, 2012 and is subject to change.

Multiple activities are often scheduled in this pool at the same time.

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.

### DIRECTIONS

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:00am-10:00pm</b> Adult Lap Swim	<b>5:00am-10:00pm</b> Adult Lap Swim	<b>5:00am-10:00pm</b> Adult Lap Swim	<b>5:00am-10:00pm</b> Adult Lap Swim	<b>5:00am-8:30pm</b> Adult Lap Swim	<b>6:00am-5:30pm</b> Adult Lap Swim	<b>8:00am-4:30pm</b> Adult Lap Swim
9:00-10:00am Water Aerobics	9:00-10:00am Water Aerobics	9:00-10:00am Water Aerobics	9:00-10:00am Water Aerobics	9:00-10:00am Water Aerobics	9:00-10:00am Aqua Zumba	
		9:00-9:30am Paranoid of Water		9:00am Child Care Swim Lessons		
			10:00-12:00pm Gym & Swim Lap Lanes 1 & 4		9:45am Group Swim Lessons Lap Lanes 1 & 4	
10:30-11:30am Water Walking		10:30-11:30am Water Walking		10:30-11:30am Water Walking		
11:30-12:15am Silver Splash		11:30-12:15am Silver Splash		11:30-12:15am Silver Splash		
<b>12:00-2:00pm</b> Open Swim Play Feature Only	<b>12:00-2:00pm</b> Open Swim Play Feature Only	<b>12:00-2:00pm</b> Open Swim Play Feature Only	<b>12:00-2:00pm</b> Open Swim Play Feature Only	<b>12:00-2:00pm</b> Open Swim Play Feature Only	<b>12:00-5:30pm</b> Open Swim Play Feature & Slide	<b>12:00-4:30pm</b> Open Swim Play Feature & Slide
<b>4:00-8:00pm</b> Open Swim Play Feature & Slide	<b>4:00-8:00pm</b> Open Swim Play Feature & Slide	<b>4:00-8:00pm</b> Open Swim Play Feature & Slide	<b>4:00-8:00pm</b> <b>NO OPEN SWIM</b>	<b>4:00-8:00pm</b> Open Swim Play Feature & Slide		
			5:00pm Group Swim Lessons Lap Lanes 1 & 4			
6:00-7:00pm Water Aerobics	6:00-7:00pm Water Boot Camp	6:00-7:00pm Water Aerobics	6:00-7:00pm Water Boot Camp			
10:00pm POOL CLOSED	10:00pm POOL CLOSED	10:00pm POOL CLOSED	10:00pm POOL CLOSED	8:30pm POOL CLOSED	5:30pm POOL CLOSED	4:30pm POOL CLOSED



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTH, WELL-BEING & FITNESS

## GROUP FITNESS CLASSES

Classes listed below are open to the public.

### AB ATTACK CLASSES

Monday	5:30 - 6:00pm	w/Leslie
Tuesday	12:00 - 12:45pm	w/Alex
Tuesday	5:00 - 5:30pm	w/Pam
Wednesday	5:30 - 6:00pm	w/Deb
Thursday	12:00 - 12:45pm	w/Sonia

Facility Member Rate: Free  
Program Member Rate: \$25 per session  
Drop in Rate: \$5 per class

### ADVANCED STEP CLASS

Wednesday	6:00 - 6:45pm	w/Hillary
-----------	---------------	-----------

Facility Member Rate: Free  
Program Member Rate: \$25 per session  
Drop in Rate: \$5 per class



### BALL & BANDS CLASSES

Monday*	6:00 - 6:45pm	w/Sabrina
Thursday	6:00 - 6:45pm	w/Sabrina

Facility Member Rate: Free  
Program Member Rate: \$25 per session  
Drop in Rate: \$5 per class

\*Class will be held at Lexington Child Care Site

### F.I.T. (FUN INTERACTIVE TRAINING) CLASSES

Monday	8:00 - 8:45pm	w/Alex
Tuesday	8:00 - 8:45pm	w/Dustin
Thursday	8:00 - 8:45pm	w/Alex

Facility Member Rate: Free  
Program Member Rate: \$25 per session  
Drop in Rate: \$5 per class

### POW (CARDIO-KICKBOXING) CLASSES

Monday	7:00 - 7:45pm	w/Sue
Saturday	8:00 - 8:45am	w/Sue

Facility Member Rate: Free  
Program Member Rate: \$25 per session  
Drop in Rate: \$5 per class

### CARDIO STRENGTH & STRETCH

Tuesday	7:15 - 8:00pm	w/Lori
Thursday	8:00 - 8:45am	w/Lori
Saturday	10:00 - 10:45am	w/Lori

Facility Member Rate: Free  
Program Member Rate: \$25 per session  
Drop in Rate: \$5 per class

### ZUMBA TONING

Burn more calories and improve muscle endurance, coordination, and strength utilizing "conscious" contraction. Zumba-style routines using light-weight resistance toning sticks.

Thursday	5:45 - 6:35pm	w/Kendra
----------	---------------	----------

Facility Member Rate: Free  
Program Member Rate: \$25 per session  
Drop in Rate: \$5 per class

### STRENGTH & CONDITIONING

Tuesday & Friday	8:00 - 8:45am	w/Gavin
------------------	---------------	---------

Facility Member Rate: \$5 per session  
Program Member Rate: \$25 per session  
Drop in Rate: \$5 per class

## Yoga

A unique class combining active breathing, fluid movements, flexibility and strength. Yoga is moving meditation and a controlled workout designed for the body and mind.

### YOGA (7 SESSIONS)

Monday 7:00 – 8:15pm w/Jen

Facility Member Rate: \$10

Program Member Rate: \$30

Program Member Drop in Rate: \$6

### MIXED YOGA (7 SESSIONS)

Mixed level yoga class, introducing foundational yoga poses and offering in-depth pose breakdown. Suitable for members with and without yoga experience.

Saturday 10:30 – 11:30am w/Kendra

Facility Member Rate: \$10

Program Member Rate: \$30

Program Member Drop in Rate: \$6

## Pilates

One of the fastest growing mind-body exercise practices, Pilates is best described as a combination of muscle strength with flexibility and control. Pilates conditions the body by targeting deep postural muscles to improve core strength and stability while relieving stress.

### PILATES (7 SESSIONS)

Tuesday 5:15 – 6:00pm w/Patti

Facility Member Rate: \$10

Program Member Rate: \$30

Program Member Drop in Rate: \$6



## Member Only Classes (FREE)

### CARDIO CHALLENGE CLASSES

Tuesday 5:30 – 6:15pm w/Pam  
Saturday 9:00 – 9:45pm w/Lori

### FIT LITE & BALLET CLASSES

Monday 10:00 – 10:45am w/Shirley  
Wednesday (Ballet) 10:15 – 11:15am w/Shirley  
Friday 10:00 – 10:45am w/Shirley

### H.I.T (HIGH INTENSITY TRAINING) CLASSES

Monday 5:15 – 6:00am w/Dave  
Tuesday 9:00 – 9:45am w/Chris  
Thursday 9:00 – 9:45am w/Chris  
Thursday 4:55 – 5:40pm w/Chris

### POWER CIRCUIT CLASS

Wednesday 4:30 – 5:15pm w/Sue

### POWER CYCLING CLASSES

Monday 12:00 – 12:45pm w/Bob  
Monday 5:30 – 6:15pm w/Terry  
Tuesday 6:00 – 6:45pm w/Sue or Patti  
Wednesday 12:00 – 12:45pm w/Bob  
Thursday 6:00 – 6:45pm w/Sue or Patti  
Friday 12:00 – 12:45pm w/Bob

### Y-STEP CLASSES

Monday 8:00 – 8:45am w/Lori K.  
Monday 6:00 – 6:45pm w/Leslie.  
Wednesday 9:00 – 9:45am w/Lori K.  
Friday 9:00 – 9:45am w/Lori K.

### ZUMBA CLASSES

Monday 9:00 – 9:45pm w/April  
Monday 6:00 – 6:45pm w/Jen  
Wednesday 7:00 – 7:45pm w/Jen  
Thursday 6:40 – 7:35pm w/Kendra  
Saturday 11:00 – 11:45am w/April

Drop in Rate: \$5 per class for non-members

### Y-STRETCH

Monday 9:00 – 9:45am w/Shirley

### NO BOOT LINE DANCING

Monday 11:00 – 11:45am w/Joy

CLASS STRUCTURE & INSTRUCTORS MAY CHANGE DUE TO INSTRUCTOR AVAILABILITY.

# HEALTH, WELL-BEING & FITNESS

## Martial Arts & Kettlebell Classes

All classes are administered by **Reneta Potts** and assisted by Sensei **Gary Music, Mickey Scodova, Dale Musille, Randy Martin** and **Nate Meiers**.

### CAMO CRITTERS (3-4 YRS)

This is an introduction to the Martial Arts classes for the littlest Karate fans. The students learn the fundamentals of how a martial arts class works and learn the core exercises needed to be ready for the next martial arts class.

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

**Facility Member Rate: \$30**

**Program Member Rate: \$40**

### CAMO KIDS (5-6 YRS)

The Camo Kids program is an extension of the Camo Critters class. Students will learn more advanced martial arts techniques and discover how martial arts helps people establish discipline in their lives.

**Tuesday & Thursday 6:30 - 7:15pm**

**Facility Member Rate: \$30**

**Program Member Rate: \$40**

### KARATE CLASSES

Designed to teach traditional karate principals while improving one's focus, strength, power, flexibility, speed and balance. Students will hone and sharpen their physical karate skills while perfecting their martial art spirit. Class is taught by veteran instructor Reneta Potts and designed by Gary Music, sixth dan Shurite Kempo.

### YOUTH KARATE (7-15 YRS)

**Monday & Wednesday 7:00 - 8:00pm**

**Facility Member Rate: \$30**

**Program Member Rate: \$40**

### ADULT KARATE & TAE KWON DO

Students will train in a traditional Karate and Tae Kwon Do classes while learning self-discipline and building self confidence and self esteem.

### MORNING CLASS

**Friday 9:00 - 10:30am w/Reneta Potts & Nate Meiers**

**Facility Member Rate: \$30**

**Program Member Rate: \$40**

### EVENING CLASS

**Tuesday & Thursday 7:35 - 8:30pm w/Reneta Potts**

**Facility Member Rate: \$30**

**Program Member Rate: \$40**

### MARTIAL ARTS OPEN MAT NIGHT (16 YRS & UP)

A mix of martial arts including Shingitai Jujitsu with Sensei Dale Musille (Wednesday only), Tai Chi & Kung Fu with Sensei Randy Martin and Shurite Kempo with Sensei Reneta Potts & Gary Music.

**Monday & Wednesday 8:00 - 9:30pm**

**Facility Member Rate: \$30**

**Program Member Rate: \$40**

### FUNCTIONAL KETTLEBELL TRAINING

Stay strong, fit and functional with this Kettlebell class designed for people of all ages and abilities.

**Mondays & Thursdays 10:00 - 10:45am**

**Facility Member Rate: \$15**

**Program Member Rate: \$25**

### HARD STYLE KETTLEBELL STRENGTH

Discover new strength, power and endurance with the Russian Kettlebell workout. This program delivers an unparalleled mix of strength and conditioning while melting the away fat.

**Classes are held Sunday through Thursday**

**Sunday 2:30 - 5:00pm**

**Monday - Thursday 5:30 - 6:30pm**

**Facility Member Rate: \$40**

**Program Member Rate: \$60**

### INTRO TO HARD STYLE KETTLEBELL CLASS

This class is geared for new participants who want to take the Hard Style Kettlebell Strength class. This program consists of four Individual Kettlebell training sessions and the Hard Style Kettlebell class. After completion the participant is able to take the Hard Style Kettlebell Strength class.

**Contact Reneta Potts for individual training sessions**

**Classes are held Sunday through Thursday**

**Sunday 2:30 - 5:00pm**

**Monday - Thursday 5:30 - 6:30pm**

**Program Rate: \$150**

**Y Member Rate: \$100**

### KETTLEBELL INDIVIDUAL TRAINING

If you are new to working with Kettlebells then sign up for individual training sessions with RKC certified instructor Reneta Potts

**Cost is \$36 per session**

Enroll in one Martial Arts or Kettlebell class and take any additional Martial Arts or Kettlebell class(es) for \$15 each. Instructors will handle all uniform costs and requirements.



## PERSONAL TRAINING

Whether you're new to exercise or someone who wants to take their fitness to the next level, the Mansfield YMCA Personal Training Program will get you results! All personal trainers are certified, have an exercise degree, or both!

### Personal Trainers / Years of Experience

James Twedt - 5+      Chris Hahn - 5+      Lori Gaily - 5+  
Sonia Schriver - 3+      Shawn Gunnoe - 2+      Heather Zaika - 2+  
Gavin Louis - 2+      Alex Pritchard - 1+

### PERSONAL OR TANDEM TRAINING

Note: Independent Personal Trainers are not permitted to provide training in the facility.

Facility Member Rate: \$36 per hour  
Program Member Rate: \$50 per hour  
Purchase 5-9 Sessions or more and save 10%  
Purchase 10 or more session and save 20%

### FITNESS ASSESSMENT

The fitness assessment is a safe and effective way to evaluate your physical fitness level.

Facility Member Rate: \$20  
Program Member Rate: \$35

### SPECIALIZED GROUP TRAINING (7 SESSIONS)

If you have a specialized health condition, such as MS, stroke survivor, etc., or are just coming off physical therapy, try this small group training class. You will be working with a certified personal trainer who will lead you through a full body workout program to help improve your health, fitness and quality of life.

Limit 2 per class. Physician Release Form may be required before participation in this program.

More Class Times Available Upon Request

Facility Member Rate: \$60  
Program Member Rate: \$85

### FITLINXX ORIENTATION

Fitlinxx is a sophisticated computerized fitness trainer that helps you record the progress and advancement of your personal fitness goals. Fitlinxx is easy to use and a fitness coach will help you set up on all the equipment. The Wellness Staff will educate you on the proper use of various strength and cardio equipment (treadmills, bicycles, elliptical, etc.) This program is highly recommended for new members; see the Wellness Desk for more information or to sign up.

Facility Member Rate: FREE



## HEALTHY LIFESTYLES

### NUTRITION ASSESSMENT

Need help losing weight and/or improving your diet? If so sign up to speak with our Registered Dietician who will analyze your current diet and set goals for you based on your individual needs and goals.

Facility Member Rate: \$60  
Program Member Rate: \$75

### SLIMMEST WINNER CHALLENGE

Start changing your life today with the help from Mansfield YMCA Personal Trainer Shawn Gunnoe and Registered Dietician April Gunnoe. This 10 week program is designed to help you LOSE WEIGHT AND KEEP IT OFF through physical activity, exercise and nutrition. This program is open to the public and non-members can use the facility during the Challenge.

Registration Ends:                      March 25  
Informational Meeting:                March 24  
First Weigh In:                         March 26 & 27

Facility Member \$75  
Program Member \$200





## 2011 Red Cross Lifeguard Training

**SESSION 1:** May 4, 11 4:00 – 9:00pm  
 May 5, 12\* 9:00am – 5:00pm

(Participant must attend each class, each session)

Red Cross Lifeguard Training will teach you:

- Skills and knowledge to prevent and respond to aquatic emergencies
- CPR for the Professional Rescuer
- First Aid/AED

Requirements – Participants Must:

- Be at least 15 years of age by the first day of the course attended
- Attend all training sessions
- Successfully complete a pre-course screening session which includes the following:
  - Swim 300 yards (12 laps) continuously, using these strokes: 4 laps front crawl (freestyle), 4 laps breaststroke and 4 laps either front crawl or breaststroke.
  - Swim 20 yards (front crawl or breaststroke), surface dive to a depth of 7–10 feet, retrieve a 10 pound object, and return with it to the surface and swim back 20 yards. This is a timed event.
- Perform all required skills with 100% accuracy
- Pass 3 written tests with a score of at least 80%

All classes (except those listed in **green\***) will meet at the Mansfield YMCA, 750 Scholl Rd.

All days listed in **green\*** will be held at Malabar School for deep water; please meet there!

Facility Member Rate: \$100

Community Member Rate: \$125

(Cost includes lifeguard book and rescue mask)

PRE-REGISTRATION IS **REQUIRED** AT THE YMCA



**American Red Cross**

## Leader's Club

Socialize, Volunteer, Achieve

Students ages 11 – 16

Be a part of something bigger.

Join leaders club every

Wednesday night at 6:30pm.



## ACTIVE OLDER ADULT CLASSES

### SILVERSNEAKERS® I (AGES 65+, DISABLED, OR Y MEMBERS)

A fun exercise chair based class designed to increase strength, range of motion, balance, coordination, functional capabilities, physical fitness and sense of well-being. Classes are appropriate for individuals who are fit and active, as well as those who are sedentary, intimidated, entering a post rehabilitation program or unfamiliar with exercise.

Monday	11:15 – 12:00am
Tuesday	10:00 – 10:45am
Tuesday	11:00 – 11:45am
Wednesday	11:15am – 12:00pm
Thursday	10:00 – 10:45am
Thursday	11:00 – 11:45am

### SILVERSNEAKERS® - CARDIO CIRCUIT

Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work and elastic tubing is alternated with non/low-impact choreographed aerobics. A chair is offered for support, stretching and relaxation exercises.

Friday	11:15am – 12:00pm
--------	-------------------

### SENIOR "GENTLE" YOGA

Offers a variety of safe and effective chair-assisted yoga poses to increase balance, strength, flexibility and relaxation, with the aim of improving an individual's overall sense of ease and well-being.

Monday	1:00 – 1:45pm	w/Kendra
Wednesday	1:00 – 1:45pm	w/Kendra

### ZUMBA GOLD FOR ACTIVE OLDER ADULTS

Monday	12:00 – 12:45pm	w/Kendra
Wednesday	12:00 – 12:45pm	w/Kendra

In an effort to offer the benefits of health and wellness facilities and programs to the Medicare population, The Mansfield YMCA has partnered with HealthCare Dimensions to offer the SilverSneakers® Fitness Program. This is the nation's leading comprehensive fitness program designed exclusively for older adults. It involves unique physical activity, lifestyle and social oriented programs that address the needs of the Medicare population. To learn more eligibility requirements, check with the Service Desk.

**ALL YMCA MEMBERS ARE WELCOME TO ATTEND THE ACTIVE OLDER ADULT CLASSES. CLASSES ARE FREE TO ALL YMCA AND SILVER SNEAKERS MEMBERS.**

# CELEBRATE YOUR BIRTHDAY AT THE MANSFIELD YMCA

## Theme Party Package

Facility Member Rate: \$79.95 + \$10.95 per person

Community Rate: \$89.95 + \$12.95 per person

- A party coordinator
- Set-up & tear down of the party
- Decorated by theme of choice
- Invitations
- Private Party Room for 2 hours
- One dozen balloons
- Pool time, including play feature and water slide
- YMCA Birthday T-Shirt for the Birthday Child
- Catered pizza, punch, birthday cake & ice cream

### A MINIMUM OF 10 CHILDREN PER PARTY

**\$25 DEPOSIT IS REQUIRED TO RESERVE THE DATE**

**CANCELLATIONS WITH LESS THAN 1 WEEK NOTICE WILL BE CHARGED \$75**

For more information, please contact Jeniffer Reznik @ 419.522.3511 or [jreznik@mansfield.org](mailto:jreznik@mansfield.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REGISTRATION INFORMATION

### HOW TO REGISTER:

1. Review the program guide and select programs, days and times that you are interested in. Be prepared with at least a second choice, particularly if you are registering after the first week of registration.
2. There are 2 ways to register for programs:
  - a. By Mail: Program Registration, Mansfield Area Y, 750 Scholl Road, Mansfield, OH 44907. Please do not mail cash.
  - b. Walk-In: You may register in person. Cash, check, debit and credit cards are accepted.
3. Registrations are taken in the order they are received. This may mean a small wait while we process registrations. We appreciate your patience.

### CREDIT/REFUND POLICY

1. If the YMCA cancels a class due to lack of enrollment or facility conflict, the participant will be issued a credit or refund in full.
2. If the participant cancels in writing more than 24 hours before the first class meeting, a 100% credit/refund may be given less a \$10 service charge.
3. Credits/Refunds (less a \$10 service charge) will be given for the following:
  1. If the participant notifies the YMCA in writing more than 24 hours before the second class meeting, a 75% credit/refund will be issued.
  2. If the participant notifies the YMCA in writing less than 24 hours before the second class meeting, a 50% credit/refund will be issued.

### No credit/refunds will be issued after the second week of classes.

4. In cases of misconduct, credit/refunds will be issued on a case by case basis.
5. Credit/refunds are not applicable to deposits or registration fees for programs such as child care, day camp, etc.
6. Membership fees are non-refundable and non-transferable. The Director of Operations may extend the length of an annual Membership for medical reasons and/or extended illness where the member was unable to use the facility and notified the Membership Director promptly.
7. Credits are good for one year.
8. The YMCA does not provide make ups, credits or refunds for missed classes for any reason including inclement weather related cancellations

This credit/refund policy does not apply to child care and camp programs. Please see department director for information regarding child care and camp.

## SPECIAL EVENTS

**March 12, 2012**

**March Madness Tournament**

\$5 per bracket. All proceeds benefit our 2012 Partners with Youth Campaign. Winners can receive Free One Month Membership, Personal Training Specials, and much more! Purchase tournament brackets at the Membership Service Desk.

**March 31, 2012**

**Splish Splash Easter Egg Bash**

Kids can come and enjoy a day of Easter fun with swimming and an Easter Egg hunt in the pool!

**April 15, 2012**

**Pump n' Run**

5K Run and Bench Press Lifts for males and females ages 14 and up. Event begins at 8am. Register online or at the Membership Service Desk.

**April 21, 2012**

**Spring Float n' Flick**

Cheaper than the theater and certainly more relaxing; enjoy a movie and a relaxing night in the pool all at the same time! Floating tubes and rafts are allowed in the pool during the movie. Check website for movie details.

**April 28, 2012**

**Healthy Kids Day & 2nd Annual Duck Derby**

More than 600,000 kids and families will celebrate the 21st Annual YMCA Healthy Kids Day event! Over 1,800 YMCA's nationwide will celebrate Healthy Kids Day that includes interactive games, engaging creative family activities and health give-aways to encourage children and families to adopt behaviors that support a healthier lifestyle. The duck derby is a special wrap-up for our Annual Support Campaign, Partners with Youth. Members and friends can enjoy a duck race in the pool, a 5K race and refreshments. Check our website for details.

**June 1, 2012**

**Dance Recital**

Participants from ballet, tap & modern jazz, and tumbling will perform a routine for family and friends.



**MANSFIELD YMCA**

750 Scholl Road  
Mansfield, OH 44907  
419.522.3511  
Fax 419.525.3009

[mansfieldy.org](http://mansfieldy.org)