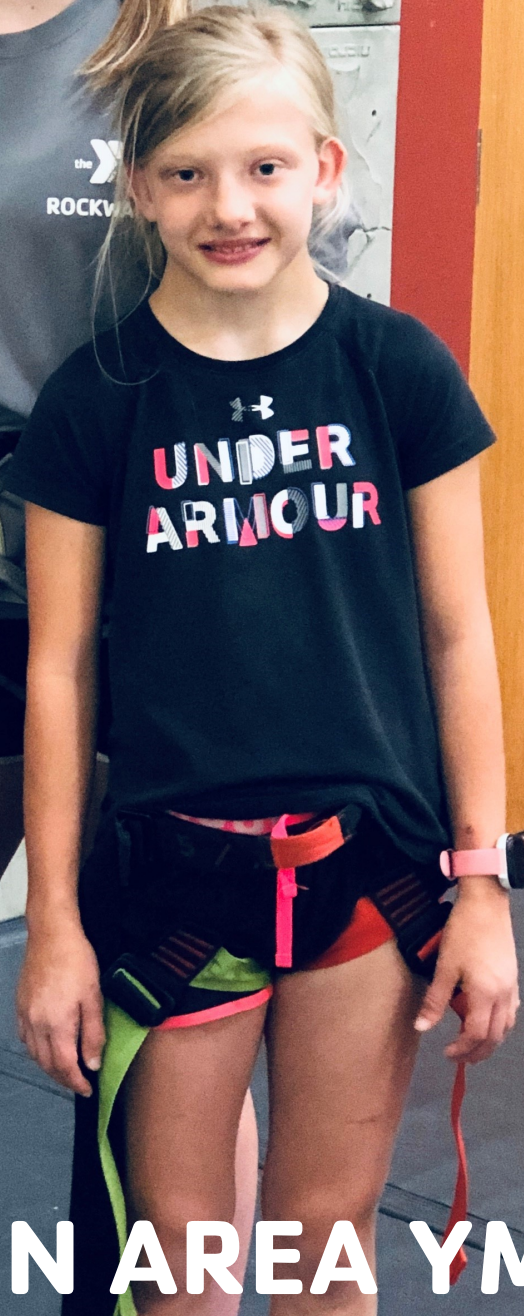


the



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# WORTHINGTON AREA YMCA WINTER PROGRAMS GUIDE



# HELPFUL INFORMATION

## FACILITY INFORMATION

### BUILDING HOURS

Monday—Thursday	5:30am-9:30pm
Friday	5:30am-7:30pm
Saturday	8:00am-5:00pm
Sunday	1:00pm-5:00pm

### 2021-22 HOLIDAY HOURS

Thanksgiving	Nov. 25	7:00am-12:00pm
Christmas Eve	Dec. 24	5:30am-1:00pm
Christmas Day	Dec. 25	Closed
New Year's Eve	Dec. 31	5:30am-6:00pm
Memorial Day	May 30	Closed
Easter	Apr. 17	Closed
4th of July	Jul. 4	1:00pm-5:00pm

\*Please check our website, Facebook page and tune into local Radio Works radio stations for all updated emergency closings and information.

## MEET OUR STAFF



**Meredith Daley**  
Executive Director/CEO  
Meredith.Daley@ymcaworthington.org



**Mark Wibbens**  
Business/Operations Director  
Mark.Wibbens@ymcaworthington.org



**Kris Hohensee**  
Membership Engagement Director  
Kris.Hohensee@ymcaworthington.org



**Trista Jacobs**  
Health & Wellness Director  
Trista.Jacobs@ymcaworthington.org



**Jordan Balster**  
Program Coordinator  
Jordan.Balster@ymcaworthington.org

## WELCOME

This Winter, the Y is excited to be offering a variety of programming for all ages. We have a healthy selection of preschool and youth swimming lessons, adult group exercise classes, personal training, along with preschool and youth sports— something for everyone!

We are excited to introduce two new full-time staff members at the Y. In November, Trista Jacobs was hired as the new Fitness & Wellness Director. You might recognize her as she has taught group exercise classes and personal training at the Worthington Area YMCA for four years now. We are thrilled to have her onboard as a full-time staff member.

We have also hired a new full-time Aquatic Director and have welcomed Erin Benz into that position. Previously she served as the Aquatic Manager here at the Worthington Area YMCA. With the opening of the new Outdoor Aquatic Center in July of 2022, this is a new position shared between both the YMCA and the City of Worthington. Please help me in welcoming both Trista and Erin and make sure to say hello when you see them!

As always, we will keep our pool, gym and group exercise schedules up to date as they sometimes do change monthly. You can get immediate updated schedules on our website at [www.ymcaworthington.org](http://www.ymcaworthington.org) Please take a chance to admire the new website and see what all we have to offer!

Thanks for your continued support and as always, we welcome your ideas and feedback. Please feel free to contact me or any of the Y staff. Our contact information is available in this brochure along with direct links to emails on our website at [www.ymcaworthington.org](http://www.ymcaworthington.org).

Sincerely,  
Meredith Daley  
Executive Director/CEO



**Erin Benz**  
Aquatics Director  
Erin.Benz@ymcaworthington.org

# WE'RE MORE THAN A GYM WE'RE A COMMUNITY

The Y is a cause for strengthening community. That's why we're here working for you every day, making sure that you and your family have the resources and support you need to learn, grow and thrive.

With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your membership will bring about meaningful change not just within yourself, but in your community.

## FACILITIES

- 6 lanes heated pool
- Aquatic Center includes zero-depth entry pool & water slide
- Seasonal Outdoor recreational pool
- Indoor Track
- Multi-Purpose Gym
- Multi-Purpose Room
- Three locker rooms including a Family/Special Needs
- Fitness Center includes over 60 cardio and strength training equipment
- Kid's Gym for child activities
- Child Watch Area



## MEMBER BENEFITS

- ◆ Unlimited use of the Worthington Area YMCA facilities.
- ◆ Free standard group exercise classes.
- ◆ Free open gym times.
- ◆ Free lap and open swim times.
- ◆ Member rates on YMCA programs.
- ◆ Towel and Locker Services available for additional fee

## NATIONWIDE MEMBERSHIP

Nationwide membership enables you to visit any participating YMCA in the Nation through your membership at your "home" YMCA. We participate because we want to help you reach your health and wellness goals wherever you live, work, or travel.

## JUMP START TO A HEALTHIER YOU

We are proud to offer our members an Orientation that will empower you to tailor your path to a healthier lifestyle by making goals with lots of support. This is offered to members ages 14+ at no charge. You will get a one-on-one appointment with a wellness coach where you discuss goals, options, and have questions answered. You are shown how to use all of the equipment properly to get rid of the intimidation factor and assist you with creating your wellness plan.

# YOUTH PROGRAMS

<u>PROGRAM</u>	<u>AGE/GRADE</u>	<u>DATES</u>	<u>TIME</u>	<u>MEMBER</u>	<u>GUEST</u>
Indoor Soccer	K - 1st Grade	January 8 - February 26 Saturdays	K-1 8:30am - 9:30am 2-3 9:45am - 10:45am 4-6 11:00am - 12:00pm	\$15.00	\$30.00
	2nd - 3rd Grade				
	4th - 6th Grade				
	7th - 8th Grade	January 8 - March 12 Saturdays	7-8 12:15pm - 1:30pm 9-12 Girls 6:00pm - 7:30pm 9-12 Boys 7:30pm - 9:30pm	\$20.00	\$40.00
	9th - 12th Grade				
Youth Basketball	K - 1st Grade	January 13 - February 17 Thursdays	5:00pm - 6:00pm	\$15.00	\$25.00
	2nd - 6th Grade	January 12 - March 5 Wednesdays and Saturdays	Wednesdays 4:00pm - 5:00pm Saturdays 8:30am - 11:30am Game Schedule TBD	\$25.00	\$50.00
Active Teens	11 - 13 Years Old	January 4 - 27 Tuesdays and Thursdays	3:15pm - 4:00pm	\$20.00	\$40.00
Y-Scramblers	6 - 18 Years Old	January 19 - February 25 Wednesdays and Fridays	3:30pm - 4:45pm	\$20.00	\$40.00
Homeschool Gym	5 - 14 Years Old	Session 3 January 3 - February 21	1:00pm - 2:30pm	\$20.00	\$40.00
		Session 4 February 28 - April 25 *No program on April 18			
Kids Night Out	6 - 14 Years Old	Monday, February 14 More Dates to Come!	6:00pm - 9:15pm	\$5.00	\$10.00
Girls Night Out	1st - 4th Grade	Friday, March 25th	6:00pm - 10:30pm	\$10.00	\$15.00
Mini Volleyball	3 - 5 Years Old	Saturdays February 5th - 26th	9:00am - 9:45am	\$12.00	\$25.00
Mini Tennis	3-5 Years Old	Saturdays March 5th - 26th	9:00am - 9:45am	\$12.00	\$25.00

REGISTRATION OPTIONS: Online - [ymcaworthington.org/registration](http://ymcaworthington.org/registration) | Phone - 507-376-6197 | In Person - YMCA Front Desk

# YOUTH SPORTS

## INDOOR SOCCER

Indoor Soccer is both fun and challenging! Smaller fields, less players, and faster pace of play are just a few of the unique features. This program will incorporate a short skill practice before splitting up and playing games.

Program is open for ages Kindergarten - 12th Grade and will take place on Saturday mornings.

## YOUTH BASKETBALL 2ND - 6TH

Youth basketball at the YMCA is a great program for youth to learn the game as well as sharpen up on their skills. This program will practice once during the week on Wednesdays and play games on Saturday mornings.

Grades will be split up 2nd-3rd | 4th-6th and we will also split up boys and girls if we have enough. Practices will start January 12th with games starting on the second weekend January 22nd.

## K - 1ST BASKETBALL

K-1 Basketball is a great introduction to basketball as well as an opportunity to learn more skills. In this program, Kindergarten and 1st Grade participants will spend 6 weeks learning more about basketball rules and skills, all while have fun and making friends. The last week of the program we will meet Saturday morning for games.

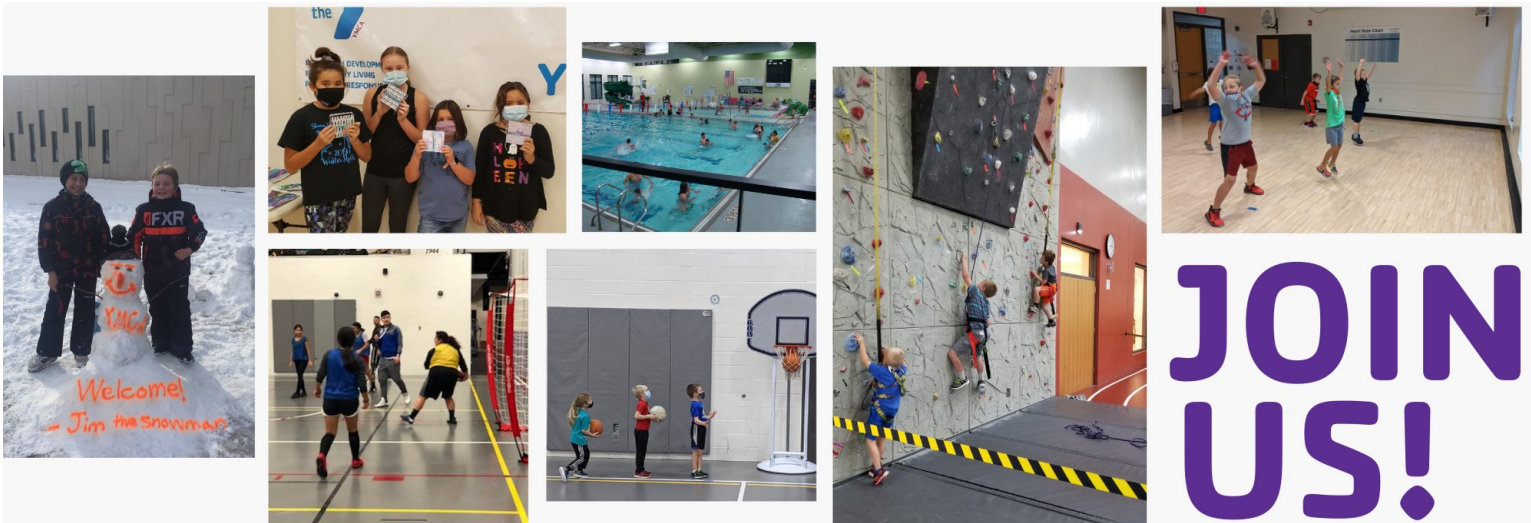
Program takes place on Thursdays from January 13th - February 17th at the YMCA 5:00pm - 6:00pm. Saturday, February 19th game day schedule TBD.

## MINI-SPORTS

We have 2 new mini sports coming in 2022 with Volleyball and Tennis! Our Mini-Sports program has been popular in the fall with soccer, t-ball and basketball. Mini-Sports is a 4 week program that is designed for preschool ages 3-5 and is an introduction to sports with the main goal of getting kids active, practicing basic skills, and having fun! Mini-Sports take place on Saturdays from 9:00am - 9:45am at the YMCA

MINI VOLLEYBALL | February 5th - 26th

MINI TENNIS | March 5th - 26th



# JOIN US!



# YOUTH REC PROGRAMS

## CHRISTMAS DAY CAMP

The YMCA Christmas Day Camp is perfect for youth looking for activities to keep their brain and body active over this long Christmas break! The YMCA will host youth ages 6-12 years old over break from December 27th - 31st (Monday-Friday).

Registration will be accepted for individual days or the full week. Drop off starts at 7:30am and Pick up is until 5:30pm.

What to bring: Sack lunch, water bottle, shoes, jacket, hat, gloves.

## HOMESCHOOL GYM

Learn a new sport and play a fun new game once a week. This new exciting program is open to any Home schooled youth. This will give your child and opportunity to interact with others and have fun all while engaging in physical activity through structured, staff run activities.

Mondays from 1:00pm - 2:30pm at the YMCA

Winter Session: January 10th - February 28th

## Y-SCRAMBLERS

Join the Y-Scramblers rock climbing program! This is for boys and girls aged 6 and older that wish to participate in structured climbing. The program allows youth to learn more about rock climbing as well as practice under supervision. Not only is this a great experience and fun, it is a workout as well!

Winter Session: January 19 - February 25

## KIDS NIGHT OUT

Kids Night Out is back in 2022! This program is designed to get kids out of the house with supervision and structured activities lead by YMCA staff. Activities include swimming, rock wall, sports, games and movie with a meal included.

One date for this program has been set for 2022 at this time. Monday, February 14th from 6:00pm - 9:15pm. Look for more dates in the future!

## GIRLS NIGHT OUT

Girls, come enjoy a night out at the YMCA where you can swim, play games, get your nails done, your hair styled, and watch a movie! Just some time with the girls! Bring comfy cloths/PJ's, swim suit and towel, etc. A meal will be provided.

Pre registration is required, register by March 23rd! This program is for girls in 1st - 4th grade.



# AQUATICS— SWIMMING LESSONS



## STAGE DESCRIPTIONS

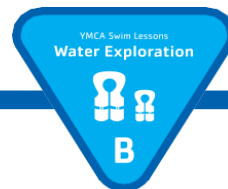
### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



#### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



#### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM BASICS

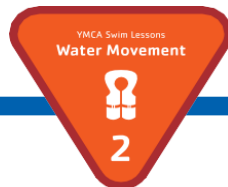
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



#### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



#### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

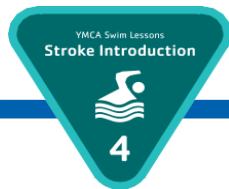


#### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

### SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



#### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



#### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



#### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Contact our Aquatics Director, Erin Benz at 507.376.6197 ext. 224 or [erin.benz@ymcaworthington.org](mailto:erin.benz@ymcaworthington.org)

# AQUATICS– SWIMMING LESSONS

## GROUP SWIM LESSONS WINTER 2022

Jan 3–Jan 26 M & W Evening	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5:00–5:30pm	X		X			X		
5:35pm–6:05pm (Stage 5&6 5:45pm)		X		X			X	X
6:10–6:40pm					X			

Feb 7—Mar 2 M & W Evening	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5:00–5:30pm		X			X		X	X
5:35pm–6:05pm (Stage 4 5:45pm)	X			X		X		
6:10–6:40pm			X					

Mar 14—Apr 6 M & W Evening	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5:00–5:30pm				X		X		
5:35pm–6:05pm (Stage 5&6 5:45pm)	X		X				X	X
6:10–6:50pm		X			X			

### Group Swimming Lesson Fees:

**Member: \$25 per session Non-Member: \$50 per session**  
(a session includes 8 scheduled classes)

### Stage A & B (Parent/Child Lessons)

**Session 1** January 6–February 24 Thursday's 5:15–5:45pm

**Session 2:** March 10–May 5 Thursday's 5:15–5:45pm (No class April 14)

Each session includes 8, 30 minute classes

Fees: Member: \$25 per session Non-Member: \$50 per session.

### Private & Semi-Private Lessons

Did you know we offer Private Swimming Lessons? No age restrictions, to schedule your lessons please contact Erin Benz at [erin.benz@ymcaworthington.org](mailto:erin.benz@ymcaworthington.org).

Each session includes 5, 30-minute lessons

Private Fee: 1:1 \$70 Member \$115 Non Member

Semi-Private Fee: 1:2 or 3 \$45 per Member \$90 per Non Member  
Ratio



# AQUATICS– PROGRAMMING

## Red Cross Lifeguard Training

December 27, 28, 29

January 28, 29, 30

March 18, 19, 20

\$175

This comprehensive course offers up to date information on how to guard, anticipate and prevent problems and to take action to help those in need. CPR, First Aid and AED certifications are included in the cost of the program. 30 hours of coursework and hands on experience. Participants must pass a 300yd swim test on the first day of class in order to remain registered. Certification is good for 2 years.



## Red Cross Lifeguard Review

December 23

8am–7pm

\$75

The Lifeguarding Review class is for any currently certified lifeguards who are still under their two year certification or not past their 30 day expiration period. Course is 10 hours in length. This comprehensive review course will bring Lifeguards up to the current American Red Cross Standards, and recertify them for another 2 years. CPR, First Aid and AED reviews are included in the cost of the program, 10 hours of course work and hands on experience. Participants must pass a physical test: 300yd swim, 2 minutes treading water without hands and a timed recovery drill. Each class is restricted to 10 participants.

## Aquanastics

Monday, Wednesday, Friday

8am–8:50am

Members \$30

Non-Members \$55

Get your body moving in our aquatic based wellness class. Anyone desiring to increase the amount they move their body each day with the low impact and assisted resistance from water. Each session begins with a warm-up and blends aspects of cardiovascular, strength, flexibility and balance as training tools. Registration is required, no limit to number of participants.



## WE'RE HIRING LIFEGUARDS & SWIM INSTRUCTORS

Every year the Y engages hundreds of youth in swimming lessons and programs that help them to enjoy the water safely. Join our team today, and see the difference you can make! Being a Lifeguard & Swim Instructor is a fun and rewarding opportunity to engage with youth and adults in our community. Fill out an application and return it to the YMCA and you will get FREE Lifeguard & Swim Instructor Training to prepare you for success on the job!

Contact Aquatics Director, Erin Benz at [erin.benz@ymcaworthington.org](mailto:erin.benz@ymcaworthington.org) or (507) 376-6197 ext 224 for more details or with questions.

# EXERCISE PROGRAMS

## New Year, New You

Let's get this new year started off right with a free 30 day fitness challenge! If you are struggling putting together a workout routine, bored with your current one, or a beginner looking for some guidance, this challenge will provide you with a workout every day for January!

We will kick off this fitness challenge Saturday, January 1<sup>st</sup> 2022.

Head on back to our fitness center, and for the month of January a calendar will be posted on the bulletin board with what body part/muscle groups you will be working that day. You will also need to grab a calendar to keep for yourself. Below the calendar will be an actual workout routine for that day that you could use. We will have strength days, HIIT, and rest days!

After you have finished your workout for that day, have a fitness instructor or YMCA staff member initial your calendar. At the end of the month, if you have 18 boxes signed, you will get a special prize!

NEW YEAR  
NEW YOU  
CHALLENGE



## Wintervention Challenge

The YMCA Wintervention Challenge is for the **betterment of all participants**. If you can commit to being active at least 20 minutes a day, for five days a week, and keep it up for five weeks long, then you can do it. We're challenging our community members to move: by themselves, with a buddy, or with their entire family. We will come together with a common purpose, get moving in the winter together!

Each week, for members and non-members, the YMCA will share free coaching, activity ideas and help hold people accountable to stay on track. The Y's wellness team will inspire new ideas and help find options for everyone to fulfill weekly challenges. Our goal is to build strength in mind, body, and spirit. Take the Challenge, have some fun, explore the outdoors, and give yourself a good Wintervention!

## Indoor Y-Tri

Join the YMCA this February and get your spring fitness jump started with our indoor triathlon! This 4 week triathlon will have you swimming 3.5 miles, biking 100 miles, and running/walking 40 miles!

While the weather outside may still be a little frightful, inside the Y, it's always cozy! So come track your mileage with us this Spring while you swim, bike, and run to your goals!

INDOOR  
Y-TRI



## Personal Training

Our Personal Trainers will help you achieve your health and fitness goals with safe and effective personalized exercise programs. We offer both male and female trainers.

Y-members only

Contact Trista Jacobs for more information

507-376-6197 Ext. 230 or  
Trista.jacobs@ymcaworthington.org

# of Sessions	Length	Cost
6	30 minute	\$120/package
6	60 minute	\$210/package
12	30 minute	\$210/package
12	60 minute	\$360/package

## YOUTH

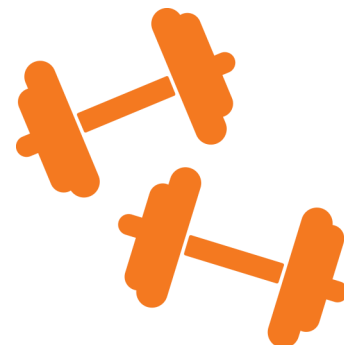
### Active Teens

Active Teens is an exercise program designed to educate youth on the correct usage of equipment and fitness center etiquette. This program is open to youth 11-13 years old and when complete the youth is allowed to use the YMCA fitness center on their own.

Tuesdays and Thursdays from 3:15-4:00pm.

Upcoming Active Teens Sessions

- January 4-27
- March 1-31



# HEALTH & WELLNESS

## WORTHINGTON YMCA GROUP EXERCISE 2022 SCHEDULE

MONDAY			
	CLASS	INSTRUCTOR	LOCATION
5:40am	Group Cycling (R-10)	Becca	Multipurpose Room
8:00am	Aquanastics (R-15)	Trista	Aquatics Center
9:00am	Fusion	Trista	South Gym
10:00am	Silver Sneakers Classic	Anita	South Gym
4:20pm	Fusion	Trista	Multipurpose Room
5:15pm	Strength Train Together	Trista	Multipurpose Room

TUESDAY			
	CLASS	INSTRUCTOR	LOCATION
8:00am	Strength Train Together	Trista	Multipurpose Room
9:15am	Silver Sneakers Yoga	Anita	South Gym
10:00am	Active Older Adults	Anita	South Gym
4:30pm	Strength Train Together	Christy	Multipurpose Room
6:30pm	Zumba	Hector	Multipurpose Room

WEDNESDAY			
	CLASS	INSTRUCTOR	LOCATION
8:00am	Aquanastics	Trista	Aquatics Center
9:00am	Fusion	Trista	South Gym
10:00am	Silver Sneakers Class	Anita	South Gym
4:30pm	Defend Together	Christy	Multipurpose Room
5:15pm	Strong in 30	Trista	Multipurpose Room
6:00pm	Vinyasa Yoga	John	Multipurpose Room

THURSDAY			
	CLASS	INSTRUCTOR	LOCATION
8:00am	Strength Train Together	Trista	Multipurpose Room
9:15am	Silver Sneakers Yoga	Anita	South Gym
10:00am	Active Older Adults	Anita	South Gym
4:30pm	Strength Train Together	Christy	Multipurpose Room

FRIDAY			
	CLASS	INSTRUCTOR	LOCATION
5:40am	Group Cycling	Becca	Multipurpose Room
8:00am	Aquanastics	Trista	Aquatics Center
9:00am	Fusion	Trista	South Gym
10:00am	Senior Cycling	Trista	Multipurpose Room



# HEALTH & WELLNESS

## Group Exercise Class Descriptions

- SS FF Active Older Adults:** this class targets our senior members, of all ages. Tuesdays in the Fitness Center with a circuit of machines and Thursdays in the North Gym for free weight exercises using dumbbells. Join us for a fun filled session complete with coffee and fellowship afterwards in the Multipurpose Room.
- FF Aquanastics:** Get your body moving in our aquatic based wellness class. Anyone desiring to increase the amount they move their body each day with the low impact and assisted resistance from water. Each session begins with a warm-up and blends aspects of cardiovascular, strength, flexibility and balance as training tools. Registration is required, no limit to number of participants.
- IA Boot Camp:** Divided into 5-week sessions of 10 total classes, you will be lead through an intense workout mixing cardiovascular and strength training with a different workout every time. Registration required, limit of 8 participants per class. We recommend bringing your own water bottle.
- SS Fusion:** Non-stop strengthening and sculpting of your core, arms, legs and glutes using your body weight. Then we add intensity with free weights to give you that toned look! You will keep moving the full 45-minutes of class once we begin and use active recovery while letting your body rest.
- IA SS Group Cycling** Our experienced instructors will push you in this class, taking you on different routines of intense cycling. You will need a water bottle as this class can have a high intensity! Limit of 10 participants per class.
- FF Senior Cycling:** This class is less intense and targeted towards our senior population. Come join the fun and social interaction of going on a ride at the YMCA. Limit of 10 participants per class.
- FF Silver Sneakers Classic:** A basic exercise class designed for seniors who would like to stay active. This class uses balls, bands, weights and chairs for assistance to give a challenging yet fun workout.
- SS FF Silver Sneakers Yoga:** A simpler yoga class designed for seniors where you can choose to use a chair for assistance or not. A great way to maintain or improve your flexibility.
- FF IA Strength Train Together:** Maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.
- SS IA Wave Fit:** Join us in the aquatics center on the YMCA's Stand Up Paddle boards (SUP) for a blend of balance, cardiovascular and strength training. This class utilizes your body weight, resistance bands and occasionally other tools to challenge your body and what you think you can do. Registration required, limit of 5 participants per class.
- IA Y-Fit:** This class varies day to day on the prescribed workout. A blended undulating periodized program provides varied intensities, metabolic conditioning to help you take steps towards a healthy lifestyle. Scalable workouts provide endless variety opportunities for participant progress and see results.
- SS Zumba:** A total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility. This workout mixes low-intensity moves with high intensity moves for an interval style, calorie burning dance fitness party.

**IA Inner Athlete** These classes are for the intermediate to advanced exerciser. Become fitter, faster and stronger with these high intensity workouts!

**SS Starting Strong:** These classes are great for beginners just getting into a workout routine! Challenging yet scalable for all fitness levels so you can start strong and continue to progress over time.

**FF Forever Fit:** These classes are challenging yet recognize the exercise needs of 60+ adults. Low impact and functional movements give you a workout that's easier on the body while still being effective. Improve strength, balance, endurance and flexibility.