

Sandusky Area

Summer 2009

YMCA

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



**NEW
SWIM LESSON
OPTIONS**

*Camp
Information
Inside*

**40 Class
Fitness Challenge!**

Summer Hours of Operations:

Monday—Thursday 5:00AM—9:00PM

Friday 5:00AM—8:00PM Saturday 8:00AM—4:00PM

Sunday Closed

Annual Building Shut Down 8/30-9/7/2009

2101 W. Perkins Ave, Sandusky, OH 44870

419-621-YMCA (9622) Fax 419-625-6166

www.ymca-sanduskyarea.org



**Sandusky Area YMCA
Membership Fees**

Type	Monthly Rate
Youth (Ages 15 and under)	11.00 <i>plus tax</i>
Young Adult (Ages 16-23)	24.00 <i>plus tax</i>
Adult (Ages 24 or older)	33.75 <i>plus tax</i>
Husband & Wife (Married Couples)	46.50 <i>plus tax</i>
*Single Parent Family (One Parent Household)	41.50 <i>plus tax</i>
*Family (Married Couples)	50.00 <i>plus tax</i>
Senior (Ages 60 or older)	30.50 <i>plus tax</i>
Senior Husband & Wife	42.25 <i>plus tax</i>

** Includes children ages 18 months through the age of 23 who are full-time college students. Rates are subject to change prior to expiration date of this publication.*

** Married Couples as recognized in the State of Ohio*

**Financial Aid is Available.
Please See Welcome
Center Staff for Details**

NEW MEMBER FEE:

There is a "New Member Fee" that is charged when you sign up for a new membership. This initiation fee is a one-time only fee. Current members are exempt if the membership is renewed within 60 days of their expiration date.

New Member Fee for youth and young adult categories is \$30 plus tax, all other categories are \$50 plus tax.

Member privileges include:

- ◆ Full facility usage
- ◆ Discounts on programs
- ◆ "Members First" one week exclusive registration period
- ◆ FREE fitness classes

Membership dues are non-refundable and non-transferable.

PAYMENT OPTIONS:

1. Monthly Automatic Bank Draft, which electronically deducts your monthly fees from your checking or savings account or by your VISA, MasterCard, American Express or Discover debit or credit card accounts on a continuous monthly basis. The bank draft occurs on the 15th of the month. Activation of your monthly bank draft requires: First month and new member fee in advance, Completed Bank Draft Form, and Voided check from the account to be drafted.

2. Annual Full Payment (which is the monthly amount times 12 months, plus the member fee (first year only).

We accept Cash, Check, Visa, MasterCard, Discover, or American Express. All return checks, drafts and refunds will be subject to a \$20 service charge. All changes on bank draft require 30 day written notice.

Building Hours:

Monday-Thursday....5:00AM-9:00PM
 Friday5:00AM-8:00PM
 Saturday8:00AM-4:00PM
 SundayCLOSED
 (Memorial Day — Labor Day)



We build strong kids, strong families, strong communities.

NOW REGISTERING FOR FALL 2009

Full Day Preschool/ELI—3 to 5 years old (3 yr olds 04211), (4-5 yr olds 04213)

The Sandusky Area YMCA is licensed by the Department of Job and Family Services (419-626-6781) to provide child care from 3 years to 12 years old. We are also an "ELI" site (call Job and Family Services to see if you may qualify). Our center provides a variety of child care services to serve the needs of our children and parents in our community. We provide full day and part-time child care **Monday through Friday 6:30AM to 5:30PM**. The purpose of our program is to provide a service that will benefit both children and parents. A safe place to grow in body, mind and spirit and to develop character through respect, caring, honesty and responsibility. Our goal is to help children grow to their fullest potential and to strengthen the family unit in a safe, caring environment. The curriculum offers children a variety of culturally enriching and diverse activities including arts & crafts, sports and games, cooking, swimming, gym class, reading, singing, field trips and special events.

Pre-registration is required, and space is limited. For more information, contact the Childcare Director at X23.

- Cost per child: \$105 per week
- Cost per additional child: \$75 per week
- Yearly Activity Fee (Non-refundable): \$30
- Cost per full day (over 4 hours): \$26
- Cost per 1/2 day (up to 4 hours): \$16

1/2 Day Preschool—3 to 5 years old (04100)

The YMCA Preschool program offers a unique and enriching experience for children. Each week the preschool will concentrate on a different theme. The theme will provide the children with a developmentally appropriate curriculum explored through art, math, science, songs, gym activities, cooking, field trips and swimming. Through success oriented activities, children will experience growth in social skills and independence. **The preschool is licensed by the state of Ohio Department of Job and Family Services.**

Yearly Registration Fee (non-refundable): \$30

- Cost per child: \$100 per month
- Days Mondays, Wednesdays & Fridays
- Time: 9:00-11:30AM

Babysitting Service—Ages infant & up (04212)

Monday-Friday from 9:00AM-2:00PM, Monday-Thursday from 3:30PM-7:00PM. The parent / guardian must remain in the YMCA building.

- Cost per child: \$2.00 per hour
- Cost per additional child: \$1.00 per hour
- (There is a limit of 2 hours per child, per day.)

Pre-paid cards must be purchased at the Welcome Center.

School-Aged Child Care—Grades K-6 (04260)

School-Age Child Care is a school based, state licensed child care program for children ages 5-12. Daily activities include: snack, crafts, science, indoor / outdoor games, board games, puzzles, sports and much more. YMCA staff develop lesson plans tailored to each age group to stimulate the child's interest, reinforce positive values and provide new experiences in a caring atmosphere. This is an environment that is more "home-like" than "school-like". However, the children are not with their parents and therefore they have a special opportunity to cultivate relationships with other adults and children. For more information call the YMCA at 419-621-9622.

Registration fees: \$30 for the first child, \$20 for the second child, \$10 for each child thereafter in each of the following programs.

Note: Registration fee is non-refundable.

The following state licensed programs are offered for the 2009-2010 school-year:

Tigers Kids / Huron (Shawnee) Before School: (04310) Before school programs housed at Shawnee Elementary will run every day school is in session from 6:30AM until school starts.

\$7.25 per morning per first child / \$5.25 per morning each additional child

Tigers Kids' Club After School / Huron: (04320) An after school child care housed at Woodlands Elementary School, Huron. Tigers Kids' Club runs weekdays after school until 6:00PM. A special time and place will be provided to complete homework, with supervision if needed. A monthly calendar will keep parents and families informed of upcoming events.

\$8 per day for the first child / \$6 per day per additional child

YMCA Kids' Club After School / Sandusky & Perkins: (04320) An after school child care program housed at the Sandusky Area YMCA. Children will be transported from area schools to the Sandusky Area YMCA. Kids' Club runs weekdays after school until 6:00PM. A special time and place will be provided to complete homework, with supervision if needed. A monthly calendar will keep parents and families informed of upcoming events.

\$9 per day first child / \$7 per day each additional child (fees include transportation from school to the YMCA)

YMCA Little Chargers Preschool—3 to 5 years old: (04300)

The YMCA Little Chargers Preschool Program is in Milan, OH at the Milan Township Hall. This is a full day preschool program scheduled from 8:30AM—3:00PM. The 4 year olds will attend Monday, Wednesday and Friday and 3 year olds will attend Tuesday and Thursday. Daily activities include; circle time, learning centers, snack, gym / outdoor time, lunch and a nap. The curriculum will be based upon the Ohio Department of Education's Early Learning Content Standards.

Cost: \$20 per child per day

Sandusky Area YMCA

Sign Up NOW!!!

YMCA Summer Day Camp 2009

Dates	Weekly Themes	Field Trip
6/15-6/19/09	Character Crazy	Bowling
6/22-6/26/09	Y Go Green	Recycling Center
6/29-7/3/09	Journey to the Jungle	Toledo Zoo
7/6-7/10/09	Go for the Gold!	Faben's Park
7/13-7/17/09	YMCA's Got Talent	Skate World
7/20-7/24/09	Summer Safari	African Wildlife Safari
7/27-7/31/09	H-2-WHOA!	Water Park—TBA
8/3-8/7/09	Super Sports Fan	Cleveland Indians Game
8/10-8/14/09	Hollywood or Bust	Movies
8/17-8/21/09	Simply Science	Toft's Ice Cream
8/24-8/28/09	Family Week	Osborne Park—Family Picnic

DAILY SCHEDULE

(subject to change)

6:30-9:00 Arrival / Free Play / Breakfast

9:00-9:30 Daily Welcome

9:30-11:00 Small Group Activities

11:00-12:00 Large Group Game

12:00-1:00 Lunch

1:00-2:00 Craft / Journal

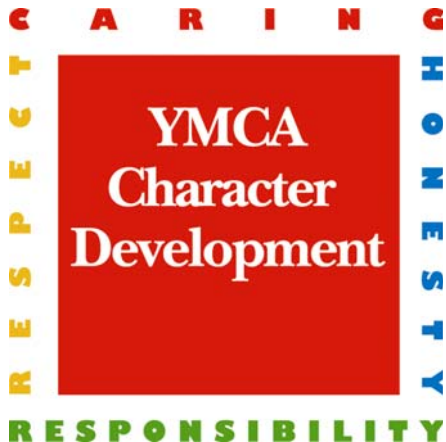
2:00-4:00 Swim / Gym

4:00-4:30 Snack

4:30-5:30 Board Games/ Free Choice

6:00 Home

Full Day Cost: \$26 per day
\$105 per week



Why Choose YMCA Day Camp?

- Developmentally appropriate program for kids ages 6-12 yrs old
- A focus on the 4 character values of caring, honesty, respect and responsibility
- Qualified trained staff
- Weekly field trips
- A variety of daily activities based upon weekly themes
- Daily swimming!
- Never ending fun and excitement

If you would like to register stop in to the YMCA and pick up a registration packet.
or

Call Brooke Jones at (419) 621-9622 X23 for more information
Financial assistance is available through Department of Job and Family Services

Register ASAP space is limited!



Sandusky Area YMCA
2101 W. Perkins Ave.
Sandusky, OH 44870
Phone: 419-621-9622
Fax: 419-625-6166

YGYMNASTICS™

We build strong kids, strong families, strong communities.

0905 Summer I— Runs June 15-July 18
Member Registration: May 11—June 14
Potential Member Registration: May 18—June 14

0906 Summer II—Runs July 20—August 22
Member Registration: July 6—July 19
Potential Member Registration: July 13—July 19

\$5.00 Late Fee Assessed after registration dates.

Tumbling-Ages 6 and up: This class will emphasize the floor event in gymnastics only. Main skills emphasized are round-off, front & back walkover, handsprings and tucks. Increased strength and higher level of body awareness are required to be in this class.

(Session I 6/15-7/8)

Member Fee: \$22 Potential Member: \$44

Days: Mondays or Wednesday Times: 12:00-1:00PM Location: Sandusky High School Auxiliary Gym.

Levels IV-IX: Gymnasts at this level have mastered Level III gymnastics skills in all events and are ready to put the combinations into memorized routines. Pre-team (Level IV-not competing) & Team (Levels V—IX) For more information concerning eligibility for competitive gymnasts, please contact Barb Rose, Gymnastics Coordinator and Head Coach at extension 24.

(Session I 6/15-7/8)

Member Fee: \$50 / Session (*ALL TEAM GYMNASTS MUST BE A YMCA MEMBER*)

Days: Mondays & Wednesdays Times: 12:00-2:00 PM Location: Sandusky High School Auxiliary Gym.

Cheer Camp— Grades K through 8th: The Sandusky Area YMCA is offering CHEER CAMP to youth interested in cheerleading. St. Mary's Catholic Cheerleaders will be motivating and instructing this very exciting and energetic clinic.

Member Fee: \$20 Potential Member: \$40

Days: TBA Times: 9:00AM-11:00AM Location: Sandusky Area YMCA Gymnasium

Gymnastics Camp— Beginner / Intermediate / Advanced Levels / July 13-16: Gymnast must have completed kindergarten to participate. Each day will be filled with instruction and practice in floor exercise, tumbling and dance, uneven parallel bars, balance beam, and vault. A water bottle is recommended.

Member Fee: \$ 30 Potential Member: \$60

Days: Monday through Thursday Times: 9:00AM-1:00PM Location: Sandusky Area YMCA Gymnasium



YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Land-Based Fitness Classes

Fitness classes are FREE for YMCA Members. Community fees are \$5 per class and must be purchased prior to attending exercise classes. Punch cards may be purchased in value of \$5 to \$100 (02126). Purchase a full card for \$100 & receive one class FREE.

Boot Camp—Moderate to High Intensity: There is no choreography in this power packed class. Burn calories and strengthen the body through simple but challenging exercises. You will be glad you came. Expect something a little different each week!

Cardio Jam—Moderate to High Intensity: Cardiovascular conditioning. Low to high impact aerobics designed to increase your heart rate and burn calories.

Early Bird Fitness—Moderate Intensity: Start off your day with an invigorating “fitness wake-up call.” Steps, low impact aerobics, circuit training and boot camp are some of the techniques that may be used.

Strength Training—All Fitness Levels: Gain muscle strength, tone and flexibility through exercises utilizing dumb bells, exercise tubing, step benches and stability balls. Proper form and education of resistance training guidelines will be emphasized.

Y-Step—Moderate to High Intensity: Low impact fitness class. Steps of 4, 6 or 8 inches are used to provide a great cardiovascular work-out. Optional high impact moves are demonstrated. Muscle toning is included.

Power Abs—Strengthening: A work-out dedicated to shaping the abdominal muscles. Back strengthening and additional muscle toning exercises are included in each class.

Pilates—Strengthening: Reshape your body with this mat work class based on Pilates. Participants perform a series of exercises focused on the POWERHOUSE (abdominal, lower back & buttocks). This class is for all individuals with the desire to improve the quality of their life. Benefits include development of balance, flexibility and strength. Improve posture as well as the mind.

SilverSneakers® I Muscular Strength and Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living

skills. Hand-held weights, elastic tubing with handles, and SilverSneakers® balls are offered for resistance, and a chair is used for seated and / or standing support.

Zumba®: Zumba® is a fun and effective aerobic workout that combines Latin rhythms to this calorie-burning, body energizing fitness dance party! Please refer to monthly fitness schedule, available at the customer service counter, for class listings.

Water Based Fitness Classes

Aqua Aerobics—Moderate Intensity / No Swimming Skills Required: In this class, the water allows you to easily modify the movements to meet your needs. Water buoyancy reduces the amount of stress placed on joints, allowing participants to move freely in the pool.

Deep Water Running—Moderate Intensity / Swimming Skills are Recommended: No impact on joints. Feel great while strengthening muscles and burning calories. Water belts are provided.

Aquanastics—Low Intensity to Moderate / No Swimming Skills Required: This class is designed with minimal stress to joints, utilizing mild resistance techniques to help stretch and rehabilitate muscles, decreasing pain and stiffness and improving joint flexibility. Ideal for those suffering from arthritis and other ailments. It also provides individuals with the opportunity to participate in a recreational group activity, improving self-esteem and independence.

Twinges in the Hinges—Low Intensity / No Swimming Skills Required: Provides individuals with arthritis an opportunity to participate in a recreational group activity with the goal of decreasing pain and stiffness, improving self-esteem and independence, improving or maintaining joint flexibility, reducing muscle weakness and improving balance and coordination. This class follows the Arthritis Foundation Guidelines for exercising with arthritis.

SilverSplash®: Activate your aqua urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

SUMMER 2009 LAND & WATER FITNESS SCHEDULE

****Schedule is effective Monday, June 1, 2009****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY BIRD (S) 5:30AM / YMCA	EARLY BIRD (S) 6:00AM / YMCA	POWER ABS / STRENGTH (S) 5:30AM / YMCA	EARLY BIRD (S) 6:00AM / YMCA	BOOT CAMP (S) 5:30AM / YMCA	
FIRELAND'S FITNESS (S) 8:00AM / FRMC	FIRELAND'S FITNESS (S) 8:00AM / FRMC		FIRELAND'S FIT- NESS (S) 8:00AM / FRMC	FIRELAND'S FITNESS (S) 8:00AM / FRMC	Y-STEP (S) 8:30AM / YMCA
AQUANASTICS 9:00AM (F)		AQUANASTICS 9:00AM (F)		AQUANASTICS 9:00AM (F)	
STRENGTH TRAINING (S) 9:15AM / YMCA	Y-STEP (S) 9:15AM / YMCA	STRENGTH TRAINING (S) 9:15AM / YMCA	Y-STEP (S) 9:15AM / YMCA	STRENGTH TRAINING (S) 9:15 AM / YMCA	
AQUANASTICS 10:00 AM (F)		AQUANASTICS 10:00 AM (F)		AQUANASTICS 10:00 AM (F)	ZUMBA® (S) 9:30AM / YMCA
	SILVERSPASH® 10:30AM (F)	SILVER SNEAKERS® (S) 10:30AM / YMCA	SILVERSPASH® 10:30AM (F)	SILVER SNEAKERS® (S) 10:30AM / YMCA	
TWINGES IN THE HINGES 11:00 AM		TWINGES IN THE HINGES 11:00 AM		TWINGES IN THE HINGES 11:00 AM	
	DEEP WATER RUNNING 11:30AM (F)		DEEP WATER RUNNING 11:30AM (F)		
AQUA AEROBICS 12:00PM (F)		AQUA AEROBICS 12:00PM (F)		AQUA AEROBICS 12:00PM (F)	
	PILATES (S) 12:10PM / YMCA		PILATES (S) 12:10PM / YMCA		
	AQUA AEROBICS 4:30PM (F)		AQUA AEROBICS 4:30PM (F)		
Zumba® (S) 5:15 / YMCA	Y-STEP (S) 5:45PM / YMCA	POWER ABS (S) 5:15PM / YMCA	Y-STEP (S) 5:45PM / YMCA		(S) - STUDIO (G) - GYM
POWER ABS (S) 6:00PM / YMCA		BOOT CAMP (S) 6:00PM / YMCA			(MP) - MEETING ROOM (F) - FROHMAN POOL

*****Please refer to monthly fitness schedule available at the Communication Station, for additional Zumba® Fitness classes and for any class changes.**

YMCA Certified Personal Trainers: (01171) ACE Certified Personal Trainers Cindra Mielke and Cheryl Yancey will work with you to establish personalized fitness goals, develop and supervise an individual exercise program and motivate you to a healthier tomorrow! REGISTER AND PAY for personal training at the Welcome Center. Available to YMCA members only.

Fees: \$25 per 1/2 hour

\$45 per 1 hour session



We build strong kids, strong families strong communities.

Soccer Camps / Sponsored by the Ohio Rayos Soccer Association: This camp is for students ages 3-14. Participants will learn the basic skills for the game of soccer including dribbling, passing, shooting, understanding positions and improving skills they may already have. Participants will be separated by age groupings for this 2 hour per day camp.

All Boys Camp June 8-11

Ages: 3 through 14 Times: 5:00—7:00PM Member Fee: \$15 Potential Member: \$30

All Girls Camp June 15-18

Ages: 3 through 14 Times: 5:00—7:00PM Member Fee: \$15 Potential Member: \$30

Coed Camp June 22-25

Ages: 3 through 14 Times: 5:00-7:00PM Member Fee: \$15 Potential Member: \$30

Coed Youth Basketball Camp: July 27-30 (Monday through Thursday): The Sandusky Area YMCA is offering Basketball Camp to youth interested in learning the basic fundamentals of the sport. This program is great for beginners and advanced. Youth will be separated according to grade (grade they will be attending in September) and ability. Kids will swim everyday and then eat lunch.

Grades K—6th Times: 9:00AM—12:30PM Member Fee: \$20 Potential Member: \$40

Girl's Summer Basketball League: June 8th-July 2nd Participants will be separated into teams. They will learn to work together, make new friends, and have a fun time while improving their skills in a game setting. *Please call Dwayne Henson at 621-9622 X18 regarding coaching opportunities.*

Days: TBD

Grades: 5-6 Times: 10:00-12:00PM

Grades: 7-8 Times: 10:00-12:00PM

Member Fee: \$20 Potential Member: \$40

Flag Football Training Camp I: July 20 through July 23 (Monday-Thursday): The Sandusky Area YMCA is offering Football Training Camp to youth interested in learning the basic fundamentals of the sport. This program is great for those interested in the Flag Football League. Youth will be separated according to grade (grade they will be attending in September) and ability.

Grades K through 2 Time: 4:30-5:30PM

Grades 3 through 5 Time: 5:30-6:30PM

Member Fee: \$13 Potential Member Fee: \$27

Girls Volleyball Camp July 20th-23rd (Monday through Thursday): Whether your getting ready for try-outs, or just want to learn more about the sport of volleyball, this camp can help. The program will focus on serves, passing, setting, and the basic fundamentals of the sport.

Grades: 1st through 3rd Times: 9:00-10:00AM

Grades: 4th through 6th Times: 10:00-11:30AM

Member Fee: \$13 Potential Member Fee: \$27

Kid Fit Camp July 6-24 (Monday, Wednesday, Friday): This camp is designed to teach students various methods of exercise, including the use of the YMCA Fitness equipment, exercise classes and swimming pool. **Ages 10-15.**

Time: 10:30-11:45AM

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Member Registration: May 11—June 14

Potential Member Registration: May 18—June 14

0906 Summer II—Runs July 20—August 22

Member Registration: July 6—July 19

Potential Member Registration: July 13—July 19

Youth and Adult Martial Arts

Kick Boxing Ages 18 and up: This class is an actual martial arts class for adults. (Not to be confused with Cardio Kick Boxing). Gloves and pads will be used.

This class will implement various self-defense techniques as well as focus on conditioning. You will learn how to train your body while providing a sound self-defense.

Tuesday 5:50-6:50 and Thursday 6:50-7:50 Member: \$28 Potential Member: \$38 Location: Racquetball Court

Tae Kwon Do ages 5 and up: Tai Kwon Do is a Korean martial art that teaches students to utilize various parts of the body for self-defense. The conditioning helps students develop discipline and promotes self-confidence. Class meet two times per week. Instructor: Kim Dewey Participants will be required to purchase a uniform (approx. cost is \$30). Uniforms can be ordered directly from the instructor.

Ages 5-8 Tuesday and Thursday 4:00-4:30 Member: \$28 Potential Member: \$38 Location: Racquetball Court

Ages 8-14 Tuesday and Thursday 4:30-5:10 Member: \$28 Potential Member: \$38 Location: Racquetball Court

Ages 14+ Tuesday 5:10 and Thursday 6:10 Member: \$28 Potential Member: \$38 Location: Racquetball Court

Martial Arts Sparring Training—Participants must be enrolled and eligible in the YMCA Martial Arts Programming: This class is a light contact sparring class to develop those participant who are already enrolled in our current YMCA Martial Arts program. This class is light contact sparring. Only current eligible (gold belt and up) YMCA martial arts class participants may attend. Participants must have their own safety equipment. This equipment can be ordered through Kim Dewey, class instructor.

Thursday 5:10-6:10 Member: \$28 Potential Member: \$38 Location: Racquetball Court



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 Potential Member Registration: May 18—June 14

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 Member Registration: July 6—July 19
 Potential Member Registration: July 13—July 19

\$5.00 Late Fee Assessed after registration dates.



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We follow American Red Cross Guidelines for Group Swim Lessons

Parent and Child Aquatics (formerly Waterbabies): Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Shrimps / P&C A: Provides experiences and activities for children to: Learn to ask for permission before entering the water. Learn how to enter and exit the water in a safe manner. Feel comfortable in the water. Explore submerging to the mouth, nose and eyes and fully submerging. Explore buoyancy on the front and back position. Change body position in the water. Learn how to play safely. Experience wearing a U.S. Coast Guard-approved life jacket. Plus age-appropriate water safety topics.

Kippers / P&C B: Builds upon the skills learned in Level 1 and provides experiences and activities for children to: Establish expectation for adult supervision. Learn more ways to enter and exit the water in a safe manner. Explore submerging in a rhythmic pattern. Glide on the front and back with assistance. Perform combined stroke on front and back with assistance. Change body position in the water. Experience wearing a U.S. Coast Guard-approved life jacket in the water. Plus age-appropriate water safety topics.



0905 Summer I—Runs June 15-July 18
Member Registration: May 11—June 14
Potential Member Registration: May 18—June 14

Preschool Aquatics (about 4–5 years old): Throughout the three levels, preschool-age children are taught basic aquatic safety, survival and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

Pike / Preschool: Orients children to the aquatic environment and helps them gain basic aquatic skills. Helps participants feel comfortable in the water. Enter and exit water using ladder, steps or side, Blow bubbles through mouth and nose, Bobbing, Open eyes under water and retrieve submerged objects, Front and back glides and floats, Recover to vertical position, Roll from front to back and back to front, Tread water using arm and hand actions, Alternating and simultaneous leg actions on front and back, Alternating and simultaneous arm actions on front and back, Combined arm and leg actions on front and back, Plus age-appropriate water safety topics

Rays / Advanced Preschool: Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Enter water by jumping in, Fully submerge and hold breath, Bobbing Front, jellyfish and tuck floats, Recover from a front and back float or glide to a vertical position, Back float and glide, Change direction of travel while swimming on front or back, Tread water using arm and leg actions, Combined arm and leg actions on front and back, Finning arm action on back, Plus age-appropriate water safety topics

0906 Summer II—Runs July 20—August 22
Member Registration: July 6—July 19
Potential Member Registration: July 13—July 19

Learn-to-Swim (children about 6 years –12 years)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers about 6+ years old and adults to develop their water safety, survival and swimming skills. Students must test into Guppy / Level II—Shark / Level VI.

Placement Testing Dates:

Monday, 5/11 & 6/8/09 5:00-8:00PM

Tuesday, 5/12 & 6/9/09 3:00-5:30PM

Saturday, 5/16 & 6/13/09 12:00-2:30PM

Polliwog / Level I—Introduction to Water Skills

Helps participants feel comfortable in the water. Enter and exit water using ladder, steps or side, Blow bubbles through mouth and nose, Bobbing, Open eyes under water and retrieve submerged objects, Front and back glides and floats, Recover to vertical position, Roll from front to back and back to front, Tread water using arm and hand actions, Alternating and simultaneous leg actions on front and back, Alternating and simultaneous arm actions on front and back, Combined arm and leg actions on front and back, Plus age-appropriate water safety topics.

Guppy / Level II—Fundamental Aquatic Skills

Gives participants success with fundamental skills. Enter and exit water by stepping or jumping from the side, Fully submerge and hold breath, Bobbing, Open eyes under water and retrieve submerged objects, Front, jellyfish and tuck floats, Front and back glides and floats, Recover to vertical position, Roll from front to back and back to front, Change direction of travel while swimming on front or back, Tread water using arm and leg actions, Combined arm and leg actions on front and back, Finning arm action, Plus age-appropriate water safety topics

Minnow / Level 3—Stroke Development Builds on the skills in Level 2 through additional guided practice in deeper water. Enter water by jumping from the side, Headfirst entries from the side in sitting and kneeling positions, Bobbing while moving toward safety, Rotary breathing, Survival float, Back float, Change from vertical to horizontal position on front and back, Tread water, Flutter and dolphin kicks on front, Scissors kick, Front crawl and elementary backstroke, Plus age-appropriate water safety topics

Fish / Level 4—Stroke Improvement Develops confidence in the skills learned and improves, other aquatic skills. Headfirst entries from the side in compact and stride positions, Swim under water, Feetfirst surface dive, Survival swimming, Front crawl and backstroke open turns, Tread water using 2 different kicks, Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, Flutter and dolphin kicks on back, Plus age-appropriate water safety topics

Flying Fish / Level 5—Stroke Refinement: Provides further coordination and refinement of strokes. Shallow-angle dive from the side then glide and begin a front stroke, Tuck and pike surface dives, submerge completely, Front flip turn and backstroke flip turn while swimming, Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, Sculling, Plus age-appropriate water safety topics.

Shark / Level 6—Swimming and Skill Proficiency: Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for more advanced courses, including the Water Safety instructor course, or other aquatic activities, such as competitive swimming. Each option also includes applicable water safety topics. Options include the following: Fitness Swimmer or Personal Water Safety (Option will be picked the first day of class)

Swim Lesson Policies

-Any swim lesson class with less than 5 participants the day before classes start will be cancelled. You will have the option to take the class a different day or receive a letter of credit.

-Students that are placed in a level that is inappropriate for their skill level will be moved to the appropriate level.

-The last five (5) minutes of class will be used for parent-instructor conferencing.

-Private swim lesson participants **MUST** give three (3) hours notice prior to canceling. Failure to notify your instructor or Aquatics Director will result in you still being charged for that lesson.

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LEVEL/FEE/SESSION	Member Fee	Potential Member Fee	Summer I June 15-July 18	Summer II July 20-August 22
Shrimp & Kippers / P & C A&B (02600)	\$18	\$36	Tues & Thurs 6:30-7:00PM	Mon & Wed 5:30-6:00PM
Pike / Preschool (02640)	\$18	\$36	Tues & Thurs 5:30-6:00PM	Mon & Wed 6:00-6:30PM
Rays / Advance Preschool (02670)	\$18	\$36	Tues & Thurs 6:00-6:30PM	Mon & Wed 6:30-7:00PM
Polliwog / Level I (02200)	\$20	\$40	Mon & Wed 5:00-5:50PM	Tues & Thurs 5:30-6:20PM
Guppy / Level II (02220)	\$20	\$40	Mon & Wed 5:50-6:40PM	Tues & Thurs 6:20-7:10PM
Minnow / Level III (02230)	\$20	\$40	Mon & Wed 5:50-6:40PM	Tues & Thurs 6:20-7:10PM
Fish / Level IV (02240)	\$20	\$40	Mon & Wed 6:40-7:30PM	Tues & Thurs 7:10-8:00PM
Flying Fish / Level V (02250)	\$20	\$40	Mon & Wed 6:40-7:30PM	Tues & Thurs 7:10-8:00PM
Shark / Level VI (02260)	\$20	\$40	Mon & Wed 6:40-7:30PM	Tues & Thurs 7:10-8:00PM
Lifeguarding (02400)	\$160	\$185	TBA	

LEVEL/FEE/SESSION	Member Fee	Potential Member Fee	Summer I June 15-July 18	Summer II July 20-August 22
Shrimp & Kippers / P & C A&B (02601)	\$9	\$18	Saturday 9:00-9:30AM	Saturday 9:00-9:30AM
Pike / Preschool (02641)	\$9	\$18	Saturday 9:30-10:00AM	Saturday 9:30-10:00AM
Rays / Advance Preschool (02671)	\$9	\$18	Saturday 10:00-10:30AM	Saturday 10:00-10:30AM
Polliwog / Level I (02201)	\$10	\$20	Saturday 10:30-11:20AM	Saturday 10:30-11:20AM
Guppy / Level II (02221)	\$10	\$20	Saturday 11:20-12:10AM	Saturday 11:20-12:10AM
Minnow / Level III (02231)	\$10	\$20	Saturday 9:00-9:50 AM	Saturday 9:00-9:50 AM
Fish / Level IV (02241)	\$10	\$20	Saturday 9:50-10:40AM	Saturday 9:50-10:40AM
Flying Fish / Level V (02251)	\$10	\$20	Saturday 10:40-11:30 AM	Saturday 10:40-11:30 AM
Shark / Level VI (02261)	\$10	\$20	Saturday 10:40-11:30 AM	Saturday 10:40-11:30 AM



ADULT SPORTS

We build strong kids, strong families strong communities.

**Sandusky Area YMCA
40 Class Fitness Challenge
Attention YMCA Members!**

You are challenged to take part in the annual YMCA "40" Class Fitness Challenge and earn a "I Met the Challenge" T-shirt!

To meet the challenge, attend 40 fitness classes between Memorial Day & Labor Day. Challenge cards will be distributed at the end of each fitness classes.

Collect 40 cards and be on of the first 100 people to meet the challenge to receive a T-shirt. Watch for bonus classes offered throughout the summer!

*Sponsored by:
Cammann Inc.
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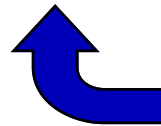
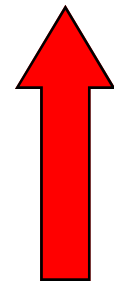
Adult Beginner Swim Lessons: No swimming skills required. (02700) This is a group lesson for adults that cannot swim or have limited swimming skills. Proper swim attire is required. Class will be led by one of our American Red Cross—Water Safety Instructors. The class will run in 5 weeks sessions same as our youth Learn-to-Swim program. It is never to late to learn how to swim. The skills you learn can lead to a new love of the water.

Summer I (June 16-July 16)

Days: Tuesday & Thursday
Times: 7:00-8:00PM
Member Fee: \$20 Potential Member: \$40

Summer II (July 20-August 19)

Days: Monday & Wednesday
Times: 7:00-8:00PM
Member Fee: \$20 Potential Member: \$40



NEW OFFERING!

U.S. Masters Swimming League — Ages 18 and up. The Sandusky Area YMCA Masters Swimming League is open to individuals at any swimming level. An information packet is available in the pool area along with registration forms.

Anyone looking for more information about the U.S. Masters Swimming League at the Sandusky Area YMCA should contact Erica Hoelzer at 419-621-9622 or email Nick and Marilyn Douglass at nickdouglass@gmail.com

Fall Adult Coed Volleyball League: The Sandusky Area YMCA Volleyball League is open to players of all levels. The goal of the League is to have fun and share in fellowship. League begins in October Team rosters and money are due at the captains meeting on which is TBD. League play continues to February ending with tournament play.

There is a limited number of teams accepted and games are scheduled at 7:30 & 8:30PM. Coed volleyball rules apply. Contact Dwayne Henson at 419-621-9622 X 22 for more information. Registration TBD / the first 8 teams will be enrolled on a first come / first served basis. Check the Communication Station and/or Website for updates. www.ymca-sanduskyarea.com

0905 Summer I— Runs June 15-July 18
Member Registration: May 11—June 14
Potential Member Registration: May 18—June 14

0906 Summer II—Runs July 20—August 22
Member Registration: July 6—July 19
Potential Member Registration: July 13—July 19

\$5.00 Late Fee Assessed after registration dates.

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Your Sandusky Area YMCA Board of Trustees

Officers:

Charles Pascoe, **President**

Jon Foster, **Secretary**

Tom Paul, **Treasurer**

Lane Bettcher
 John Feick
 Roger Gundlach
 Andrews Martin
 Duffield Milkie
 David Miller
 Dustin Ness
 Dana Newell
 Kiuko Sanders

Steve Springer
 John Stauffer
 Harry Stenzel

Members at Large

Bill Criscione
 Andy Gundlach
 Pete Kowalski
 Dan Moncher
 Tom Patterson

Our Volunteers: *Everyday, many people donate their time and talents as a YMCA volunteer. In doing so, they lead special programs, fund-raisers and serve as board and committee members. This spirit of involvement allows your Y to offer programs to many more people (especially children) who want and need them. We salute our volunteers.*

Why Choose YMCA Programs?

Many organizations offer programs as an end to themselves, but the YMCA offers programs as a vehicle to deliver our unique mission of putting Christian principles into practice to build a healthy spirit, mind and body for all. The goal of YMCA programs is to help enrich lives and teach people how to grow spiritually, mentally and physically. To accomplish this, we address the following seven specific objectives...

1. Grow personally / Develop self esteem
2. Teach values / Develop character
3. Improve personal & family relationships / Support Families
4. Appreciate Diversity / Reflect community
5. Become better leaders / Promote leadership
6. Develop skills / Build life skills
7. Have Fun! / Enjoy Life!

Your YMCA Administrative Staff

Executive Director: Steve Snider ext. 17
 Policies and General Administration—Overall Supervisor

Business Manager: Janet Dahlgren ext. 21
 Accounts Receivable, Account / Membership Processing,
 Childcare Payments & Licensing

Sports Director/ Rental Coordinator: Dwayne Henson ext. 22
 Youth Sports, Adult Sports, Fitness Coaches, Building Monitors,
 Rentals

Childcare Director: Brooke Jones ext. 23
 Childcare Programs

Aquatics Director: Erica Hoelzer ext. 15
 Aquatics Programs

Property Manager: Bill Higgins ext. 25
 Maintenance and Custodial

Membership Director: Kevin Holloway ext. 19
 Membership, Front Desk Administration
 Accounts Payable

Health and Fitness Director: Kathleen Schoder ext. 20
 Land and Water Based Aerobics, Personal Trainers

Gymnastics Coordinator: Barb Rose ext. 24
 Gymnastics Classes, Team Gymnastics and Coaches

0905 Summer I— Runs June 15-July 18
Member Registration: May 11—June 14
Potential Member Registration: May 18—June 14

0906 Summer II—Runs July 20—August 22
Member Registration: July 6—July 19
Potential Member Registration: July 13—July 19

\$5.00 Late Fee Assessed after registration dates.

METHODS OF REGISTRATION:

By Phone: Registration may be completed by calling your YMCA at 419-621-9622. Any program fees that apply must be paid for with Master Card, Visa, American Express or Discover Card.

In Person: Registration may be completed in person at the YMCA. Payment must be received at the time of registration with cash, check, Master Card, VISA, American Express or Discover Card.

Mail / FAX Registration Form: Complete the "MAIL IN REGISTRATION FORM" and mail with your check (payable to the YMCA) or credit card information. If you choose to FAX, you must provide credit card information on page 4.

Program Behavior Policy: The Sandusky Area YMCA intends all players and viewers of its programming to have a positive and rewarding experience. Violence, name calling, poor sportsmanship from any of the players or parents will not be tolerated. Any violent or verbal actions against other players, YMCA staff and volunteers, or any persons connected with said programming will result in immediate termination of the program be it a player, parent or spectator. Parents and guests to games must show a good example. By registering for YMCA programs the player and parents understand this policy. Tuition is not refunded in case of termination.

MAIL IN OR FAX REGISTRATION FORM (ONE PER PARTICIPANT) *Please Print*

PARTICIPANTS NAME: _____ DOB _____

ADDRESS/CITY/STATE/ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

EMERGENCY CONTACT: _____ PHONE: _____

CLASS CODE&NAME: _____ DAY: _____ TIME _____

CLASS CODE&NAME: _____ DAY: _____ TIME: _____

CLASS CODE&NAME: _____ DAY: _____ TIME: _____

FULL PAYMENT MUST ACCOMPANY YOUR REGISTRATION REQUEST:

Make checks payable to: Sandusky Area YMCA

METHOD OF PAYMENT (CIRCLE ONE): CHECK ENCLOSED VISA MC DISCOVER AMEX
FAX# 419-625-6166

CARD # _____ EXPIRATION DATE: _____

CARDHOLDER'S NAME: _____ SIGNATURE: _____

Waiver: Please read and check the following before submitting this form. Participant specifically assumes all risks of injury arising out of his / her presence of the Sandusky Area Young Men's Christian Association (YMCA), my use of equipment or facilities and my participation in its activities, whether on its premises or at another location, and for myself and heirs and assigns hereby waive, release and agree to hold free from all claims for damages the YMCA and its offices, directors, members, employees, or agents. I understand the risks and dangers involved in participating in the programs and activities of the YMCA, am physically capable of participating in such programs and agree not to participate in any activity that may injure myself or others.

Name: _____ Date: _____

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A UNITED WAY AGENCY, The Sandusky Area YMCA's Mission Statement: To put Christian Principles into practice through programs that build a healthy spirit, mind, and body for all.