



the

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA

Program Brochure Winter/Spring 2020

MY Y IS EVERY Y. NATIONWIDE.

Visit [YMCA.net](https://www.ymca.net) for participating Y Locations

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace, or in another region.

- The reciprocal membership program is valid for YMCA members only. Program-only participants may upgrade to a membership at any time to qualify. SilverSneakers, Prime, Active&Fit, Silver&Fit, and Optum members may only use other locations that offer their membership type.
- Visiting Y members must present a valid YMCA membership card, a photo ID, and complete a waiver form.
- YMCA members must use their home branch at least 50% of the time. Program discounts do not apply. Participating YMCAs reserve the right to restrict facility/program access. Other restrictions may apply.

Visit [lakotaymca.com](https://www.lakotaymca.com) for more information.



LAKOTA FAMILY YMCA

6703 Yankee Road
Liberty Twp., OH 45044

PHONE

(513) 779-3917 (Business)
(513) 759-5438 (Fax)

WEBSITE

www.lakotaymca.com

Y TEAM MEMBERS

John.Schaller@LakotaYMCA.com, Chief Executive Officer
Joe.Ayers@LakotaYMCA.com, Associate Director
Sara.Matchison@LakotaYMCA.com, Membership Director
Lindsay.Miller@LakotaYMCA.com, Early Child Care Director
Taylor.Barreto@LakotaYMCA.com, Program/Wellness Director
Patrick.Sauer@LakotaYMCA.com, Aquatics Director
Tom.Cuticchia@LakotaYMCA.com, Stingrays Head Swim Coach
Heather.Branham@LakotaYMCA.com, Billing Coordinator

HOURS OF OPERATION (Subject to change)

Facility:

M-F 5:30am—10:00pm, Sa 7:00am—8:00pm,
Su 11:30am—6:00pm

Indoor Pool:

M-F 6:00am—9:30pm, Sa 7:30am—7:30pm, Su 12:00pm—5:30pm

Bubble Pool:

M-F 4:00pm—8:00pm, Sa 1:00pm—7:00pm, Su 12:00pm—5:00pm

Child Watch hours found on page 6

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HOLIDAY & SEASONAL CLOSINGS:

- CHRISTMAS EVE—5:30am—3:00pm
- CHRISTMAS DAY—CLOSED
- Thursday, 12/26/2018—7:00am—10:00pm
- NEW YEAR'S EVE—5:30am—6:00pm
- NEW YEARS DAY—CLOSED
- Thursday, 1/2/2019—5:30am—10:00pm
- Sunday, 4/12/2019—CLOSED for EASTER

When you become a member of Lakota Family YMCA, you are joining an organization that believes in and promotes active and healthy lifestyles, progressive skill development, family, fair play and character development.

OUR MISSION

To put Christian principles into practice through programs that help build healthy spirit, mind and body for all. Core Values: Caring to demonstrate a sincere concern for others, for their needs and well-being.

MEMBERSHIP

The YMCA is a worldwide membership organization. Lakota Family YMCA participates in Nationwide Membership. As a Lakota Family YMCA member, you can participate in programming at discounted rates or at no charge, and receive priority registration for programs. Members must present membership card to access the YMCA.

MEMBERSHIP BENEFITS

- FREE Group Fitness classes offered daily
- FREE health and wellness programs
- FREE drop-in child care
- Swim lessons for ALL ages
- Year-around swimming (outdoor and indoor pools)
- Access to Nationwide Membership
- Before and After School child care
- Priority registration for all programs
- Basketball/racquetball leagues
- Youth sports
- Discounted specialty fitness sessions (Pilates Reformer and Personal Training)

And so much more!

MEMBERSHIP TYPES

Family	Parent and dependent children age 26
Family Household Plus	3 or more related adults living in same household including their dependent
Single	Must be 18 and older
Sr. Single	Must be 55 and older
Sr. Couple	2 adults living in same household when at least 1 adult is 55 or older

A photo ID, proof of dependency and residency may be required at time of purchase. Child watch is FREE to our Family and Household Plus members.

OTHER MEMBERSHIPS

Lakota Family YMCA participates with Military Outreach. Please contact the Membership Director M-F 8:30am—5pm to find out if you qualify.

FINANCIAL ASSISTANCE

Within its available resources, Lakota Family YMCA will provide services to anyone who desires to participate in our programs and membership regardless of his/her ability to pay. Partial financial assistance will be awarded to those who can demonstrate their inability to pay the full fee.

CANCELLATION POLICY

A Cancellation Form can be acquired at the Welcome Center and must be completed and returned 7 business days before the 1st of the month.

MEMBERSHIP INFORMATION

Membership Director: Sara.Matchison@LakotaYMCA.com

MEMBERSHIP FEES & PAYMENT PLANS

JOINING FEE

The joining fee is a one-time fee for new members only. Memberships that are expired or terminated for more than 45 days need to rejoin.

PAYMENT OPTIONS

MONTHLY CREDIT CARD DRAFTING

Membership remains continuous until the member requests a cancellation within seven business days prior to the 1st of the month. Note: Lakota YMCA rates are subject to change, and 30-day advance notice will be given.

ANNUAL

Annual dues are taken at registration or renewal. Annual option includes savings. MasterCard, Visa, Discover, Check or Cash are accepted for all transactions.

MEMBERSHIP PARTNERS

A variety of insurance discounts are available through your provider. Lakota Family YMCA currently participates in Humana Go365, United Healthcare, Tivity Health (SilverSneakers & Prime), AshFitness (Silver&Fit and Active&Fit) and United Health Care (Optum Fitness and Renew Active). Contact your insurance provider to see if you qualify for any fitness/wellness benefits.

NON-MEMBER SPECTATORS

- Must check in at the Welcome Center no earlier than 15 minutes before the scheduled event.
- Must remain in the observation area during the program period and cannot use other parts of the facility. Once the program is over, spectators must leave the facility.
- The YMCA does not encourage young children to observe adult games for no other reason than safety. If you bring a child under the age of 10 to an event, they must be under the supervision of a non-participating adult.
- Any spectator can be asked to leave if their behavior is disruptive and/or disrespectful.
- Refunds will not be issued to any individual or team if removed for misconduct.

GUEST PASS POLICY

The purpose behind our guest policy is to enhance service to current members who are encouraging a friend to join; and to make reasonable accommodations for out-of-town family and visitors. Guests must be accompanied by a member at all times while in the facility. Guest names are recorded in our system and are restricted to **three** visits per month. Guests are required to pay the Guest Rate. Contact the Front Desk for Guest Rates.

1-WEEK TRIAL PASS

Take a tour, and receive a one-week/seven-day guest pass to try us out! One guest pass per family, per 12-month period.

GIVE US A TRY TODAY!



Swim 4 days a week and optional swim lessons available all Summer.

CAMP ARROWHEAD 2020

(entering grades 1– 7)

Camp Arrowhead is designed to provide campers with a variety of experiences in a well-supervised camp setting. Each week will include a special theme. Each day campers will participate in recreational activities including archery, crafts, group games, climbing wall, science and nature, swimming, sports, D.E.A.R program (Drop Everything And Read) and much more. Weekly field trips are included in the cost of camp. Swim lessons are offered throughout the summer at an additional fee.

Day Camp is for those needing camp 9:00am—4:00pm

Extended Camp is for those needing camp 7:00am—6:00pm

CAMP SAMPLE DAY

Saturday, May 16, 2020

10:00am—12:00pm



OPEN HOUSE

May 18, 2020

6:30pm—8:00pm

Where Fun HAPPENS

COUNSELOR—IN—TRAINING CAMP (C.I.T.)

(grades 8–10)

Teens looking to gain experience working with adults and children should consider this program. Under the direction of the C.I.T. Director, the C.I.T.'s will have an active role with the camp counselors in assisting them during the activity periods. They will also have the opportunity to choose activities independent of the regular campers.

The C.I.T. program will enhance their self-esteem, creativity, communication skills, decision making, motivation and their leadership skills. The program has been designed to be a positive learning experience for everyone.

C.I.T. Camp hours: 7:00am—6:00pm



Registration begins

Members: February 17, 2020

Non-Members: March 2, 2020



Lakota Family YMCA

School's Out Camp 2019-2020

SCHOOL'S OUT CAMP

The Lakota YMCA offers child care on most of the days that Lakota schools are closed. The camp is held at Lakota Family YMCA on Yankee Road from 7am—6:00pm. School's Out Camp schedule for the 2019—2020 school year is listed below. Lakota Family YMCA does not offer camp on inclement weather days when the Lakota School District is closed. Campers are offered a wide variety of age-appropriate activities throughout their day. Activities include arts and crafts, group games, board games, swimming and an age-appropriate movie.



Register Now!

SCHOOL'S OUT CAMP DATES

WINTER BREAK December 23 2019—January 3, 2020	
Monday	January 20, 2020
Friday	February 14, 2020
Monday	February 17, 2020
SPRING BREAK March 16—March 20, 2020	
Friday	April 10, 2020
Monday	April 13, 2020

Go to our [website](#) and sign up by using the **Online Portal** or call the Welcome Center at

(513) 779-3917 for assistance.

Register early, space is limited!

*Additional paperwork may be required if your child has not been in our Summer Camp or our Before and After School Child Care programs. Paperwork is available at the Welcome Center or online.

REGISTRATION FEES

Member Fee: \$35 per day
Non-member Fee: \$45 per day

7:00—9:15am	Arrival, Check-in, Free Gym
9:15—9:45am	Wash hands and AM Snack
9:45—10:15am	Gameroom
10:15—12:00pm	Swim, Arts and Crafts, Games
12:00—1:30pm	Lunch and Games
1:30—3:00pm	Movie
3:00—3:30pm	Wash hands and PM Snack
3:30—6:00pm	Game Room, Playground/Playland, Closing



CHILD CARE PROGRAMS

Early Child Care Director: Lindsay.Miller@LakotaYMCA.com

CRAYON CLUB

Openings are available in our full-day child care program. Our program challenges children in all developmental areas. Our daily routine is designed to develop social skills, stimulate learning with hands-on activities, encourage speech and language development and challenge motor skills.

Our curriculum is theme-based, designed to include pre-reading and pre-math activities. Children will be able to explore the centers while interacting with other children and teachers. Children have the opportunity to do individual and teacher directed activities. Art, science and large and small motors skills are also an important part of our program.

Children participate in recreational swimming and are able to take swim lessons as part of their day at an additional charge.

Registration Fee: \$55

Ages 3–5 (must be potty-trained)

Monday—Friday 7:00am to 6:00pm

Member Fee: \$155

Non-member Fee: \$170

Kindergarten

We currently have openings in our Crayon Club for children enrolled in half-day kindergarten through Lakota School District. Currently children going to Wyandot or Liberty Early Childhood School will be transported to the YMCA after morning Kindergarten.

Member Fee: \$155

Non-member Fee: \$170



CHILD WATCH (ages 6 weeks—9 years)

We offer free babysitting to the members while they are here at the YMCA. Whether you are exercising in the Fitness Center or taking a class, this program is for you. This area is **NUT-FREE!**

Winter Hours

Current—May 23, 2020

Monday—Thursday	9:30am—1:30pm, 3:30pm—8:30pm
Friday	9:30am—2:30pm
Saturday	9:00am—12:00pm

Summer Hours

May 26, 2020—August 12, 2020

Monday—Thursday	9:00am—1:00pm, 3:30pm–8:30pm
Friday	9:00am—2:00pm
Saturday:	9:00am—12:00pm

Member Fee: FREE (Family & Household Plus Members)

Non-member Fee: \$1.50 for 1st child, \$1.00 each additional child (per hour)

Child Watch Inclement Weather Policy

If Lakota Schools are delayed or cancelled, child watch is closed in the morning. Please contact Welcome Center for afternoon hours.



KIDS NIGHT OUT (PARENTS NIGHT OUT, TOO!)

Come let the YMCA take your kids off your hands while you enjoy a fun evening on the town. Events include swimming, play time and a movie to end the night. Pizza, snack and a drink will be provided. Ages 3—12 (must be potty-trained).

Dates: January 11, February 8, March 7, April 11, May 9, June 6.

Time: 5:00pm—9:00pm

Ages: 3–12

Member Fee: \$16 first child, \$12 each additional child
LAKOTA YMCA MEMBERS ONLY

Registration closes Thursday NOON prior to program.
Minimum 10 children required to hold class.

BEFORE & AFTER SCHOOL CHILD CARE

The Lakota YMCA Before and After School program is an active child care program for students at Adena, Cherokee, Creekside, Endeavor, Freedom, Heritage, Hopewell, Independence, Liberty, Shawnee, Union, Van Gorden, Woodland and Wyandot Elementary Schools. This is for grades K-6. The program takes place in the cafeteria and play areas in and around the school building. Supervised hours are Monday through Friday 7:00am until the beginning of school and after school until 6:00pm. This is a full-time service whether you use it or not.

Children in half-day AM kindergarten will only be able to use our Before School program.

If your child attends Wyandot or Liberty Early Childhood Schools for half-day kindergarten, they can be part of the Crayon Club at Lakota YMCA. They will be transported by bus to and from Wyandot. For more information, refer to the Crayon Club section.

Program Philosophy

The purpose of our child care program is to meet the developmental needs of school-age children and to serve family needs for quality care before and after school hours. Our goal is to compliment the school (not duplicate) and to emulate a warm home setting with intellectual stimulation, supportive of the school-age child's emotional, social, cognitive and physical developmental needs.

Program Features

Crafts, games, science and nature, stories, music and song, sports, free play, study time and drama.

Program Goals

In the context of a home-like environment, the program provides:

- Safe environment
 - Our staff members are trained in First Aid and CPR
- Warm and responsible youth leaders
- Fun, creative group and individual activities
- Opportunity for quiet time and free play
- Quiet area for homework will be provided

Qualified Staff

All staff have been selected because of their experience and genuine concern for children. The staff has also undergone YMCA training in emotional and physical child development, safety and self-esteem building procedures.



CHILD CARE PROGRAMS



2020-2021

Registration starts at 8:00am.

Members: April 20, 2020

Non-Members: May 4, 2020

Register at Lakota Family YMCA.

Dates: August 13, 2020—May 20, 2021

\$55 Registration fee per child

Monday—Friday, Full-Time Service

BEFORE School Care

7:00am until the start of school

Member Fee: \$57

Non-member Fee: \$71

AFTER School Care

After school until 6:00pm

Member Fee: \$74

Non-member Fee: \$89

BOTH AM and PM School Care

7:00am to start of school and after school until 6:00pm

Member Fee: \$91

Non-member Fee: \$118.50

We will pro-rate if Lakota School District has cancelled school days or has snow days.

IF SCHOOL IS CLOSED, BEFORE AND AFTER SCHOOL IS CLOSED.

KARATE PROGRAMS

Program/Wellness Director: Taylor.Barreto@LakotaYMCA.com

Session Dates (eight-week session)

Winter: January 7—February 28
 Member Registration: December 16
 Non-member Registration: December 18
 Spring: March 2—April 30
***NO CLASSES MARCH 16—MARCH 20**
 Member Registration: February 17
 Non-member Registration: February 19



Our unique method of training is fun and designed to instill a positive attitude, teach the importance of strong values, good character, and instill respect for self and others. Program directed by Stephanie Buckner-Combs, 5th-degree Black Belt, Certified Instructor, former USA Team Member, National and Pan American Champion.

KARATE TOTS (ages 4-6)

Give your preschooler the one program designed specifically for them! Physical fitness, character, social and self-defense skills are presented as fun drills, games and activities.

Preschoolers love our Karate Tots program. Parents appreciate students that are improving their motor skills and balance as they learn confidence, discipline and concentration.

Tues/Thurs 6:00pm—6:30pm
 Member Fee: \$75 per session
 Non-member Fee: \$95 per session



KARATE PROGRAM (ages 7 and up)

Instructors are committed to help students become more successful in school and life by teaching the fundamentals of Martial Arts. They will learn self control, gain confidence, self esteem, improve their hand-eye coordination, as well as develop techniques to help them improve coordination and fitness.

Students develop leadership skills in their very first class. Martial Arts will teach every child to be more confident, focused and disciplined, which are the core skills of being a good leader.

Days: Tuesday and Thursday
 Time: 6:30pm—7:30pm
 Member Fee: \$150 per session
 Non-member Fee: \$180 per session



Best Martial Arts Studio
Cincinnati Family Magazine

For more information, contact
Stephanie Buckner-Combs at
renshistephanie29@gmail.com

SELF DEFENSE PROGRAM (ages 13 and up)

Our Urban Black Belt Program was developed by Stephen M. Buckner, who served as a police officer and police defensive tactics instructor for more than 25 years. Mr. Buckner's unique training, insight and real life experience will give you the tools to survive an assault on yourself or your family.

Our program is designed to work for everyone regardless of their size, strength and athletic ability. It is a simple, effective system that is based on instinctive reactions. The program teaches practical techniques from the martial arts of Karate, Jujitsu, Judo and Aikido in realistic training scenarios.

Days: Tuesday
 Time: 6:30pm—7:30pm
 Member Fee: \$65 per session
 Non-member Fee: \$85 per session

SPORTS OF ALL SORTS (ages 3-5)

This program is designed to help your preschooler develop social, coordination and motor skills. Classes will be divided by age group and are co-ed. This program will introduce a host of games and sports to your child.

Registration is two weeks prior to class starting	
Dates:	Winter 1: January 9—February 13 Winter 2: February 27—April 2 Spring: April 16—May 21
Times:	Thursday 10:00am—10:45am
Member Fee:	\$30
Non-member Fee:	\$50

TINY TOT BASKETBALL (ages 4-6)

Instruction will concentrate on basic skills such as dribbling, passing and shooting. Practice will be held for the first three weeks and conclude with games on the last three weeks. The YMCA will provide a junior basketball for each child.

Dates:	January 8—February 12
Times:	Wednesday 6:00pm—6:45pm, 7:00pm—7:45pm
Member Fee:	\$50 (register December 16)
Non-member Fee:	\$65 (register December 18)

TINY TOT SOCCER (ages 3-6)

Instruction will concentrate on basic skills such as dribbling, trapping and shooting. Practice will be held for the first three weeks and conclude with scrimmages on the last three weeks. All children must have their own shin guards and a No. 3 soccer ball. Price includes t-shirt. Class is 45 minutes in length.

Dates:	April 15—May 23
Times:	Wed 6:00pm, Sat 9:00am, 10:00am
Member Fee:	\$50 (register March 30)
Non-member Fee:	\$65 (register April 1)

TINY TOT T-BALL (ages 3-5)

Instruction will concentrate on basic skills such as hitting, running, fielding, and throwing. Practice will be held for the first three weeks and conclude with games on the last 3 weeks. All children must have their own glove, gym shoes or cleats. Price includes t-shirt.

Dates:	June 3—July 18 *NO CLASS July 1 or July 4
Times:	Wed 6:00pm, Sat 9:00am, 10:00am
Member Fee:	\$50 (register May 18)
Non-member Fee:	\$65 (register May 20)

TIPPI TOES (ages 2-6)

Cheerfully provides children with a fun, positive and nurturing environment so they are able to experience the joys of dance, self-expression and movement. Classes are specifically designed to develop motor skills and body awareness while enhancing each child's self-esteem. Our dance classes fuel and develop the imagination, critical thinking and sharpen both cognitive and creative skills.



Sessions:	Winter 1: January 7—February 11
	Winter 2: February 18—March 31 *No Class March 17
Times:	Spring: April 7—May 19
	Tuesdays Tiny Tots/Baby Ballet (ages 2-3) 3:30pm—4:15pm Ballet, Tap, Jazz (ages 4-6) 4:30pm—5:15pm Hip Hop/Jazz 5:30pm—6:15pm
Member Fee:	\$70 (reg. Dec 16; Feb 3; March 23)
Non-member Fee:	\$85 (reg. Dec 18; Feb 5; March 25)

YOUTH PROGRAMS

Program/Wellness Director: Taylor.Barreto@LakotaYMCA.com

IRON KIDS (ages 8-12)

This program is designed to start teaching children the importance and proper structure of an exercise or training program. The classes will focus on areas such as the warm-up, flexibility, mobility, running mechanics, agility, full-body strength and core work. The class is instructed by our Personal Trainer, Brandon.

Dates:	January 8—February 12 March 4—April 8
Times:	Wednesday 5:00pm—5:45pm
Member Fee:	\$60 per session (register Dec 16; Feb 17)
Non-member Fee:	\$90 per session (register Dec 18; Feb 19)

Y DRIBBLERS (ages 7-10)

As a national YMCA Basketball program, this program will cover basic skills such as dribbling, passing, the rules of the game, shooting and skill development. Practice will be held for the first half of the session and conclude with games on the last half of the session. The YMCA will provide a junior basketball.

Sessions:	January 11—February 15
Times:	Saturday 9:30am—10:30am
Member Fee:	Group 1: \$60 (register December 16)
Non-member Fee:	Group 1: \$75 (register December 18)

FIRST TEE D.R.I.V.E. (ages 7-12)

This program will teach the fundamentals of golf and the First Tee's 9 core values. Participants are exposed to these core value behaviors through games, using sports that young people may already be familiar with such as baseball, football, bowling, and tennis. However, these game are modified to incorporate the basic golf shots - putt, chip, pitch and full swing.

Session:	April 30—May 28
Time:	Thursdays 4:30pm—5:30pm
Member Fee:	\$40 (register April 6)
Non-member Fee:	\$60 (register April 8)

YOUTH FITNESS PROGRAM

This program will allow youth ages 12-15 to be guided through a 1-hour workout session guided by Brandon Clement, Certified Personal Trainer, in the Fitness Center.

Sessions will teach proper exercise form, etiquette in the Fitness Center and program design.

- Sign up for a spot at the Front Desk.
- Spots are limited per session to ensure proper training guidance.
- Please refer to the updated Fitness Center youth policy for 12-15 year-olds outside of the Training sessions.
- No-call/no-shows are subject to denial from future sessions.

Current Sessions:	Tuesday 6:00pm, 7:00pm Saturday 11:00am, 12:00pm
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Member Fee:	FREE to Lakota YMCA Members \$10 for Reciprocal Members
Non-member Fee:	FOR YMCA MEMBERS ONLY

SWIM LESSON PROGRAMS

Aquatics Director: Patrick.Sauer@LakotaYMCA.com

Session Dates

Winter 1: January 7—February 15

Member Registration: December 17

Non-member Registration: December 19

Winter 2: February 24—April 11

NO class March 14—March 19

Member Registration: February 18

Non-member Registration: February 20

Spring: April 20—May 30

Member Registration: April 14

Non-member Registration: April 16

FEES:

Aquababies—Level 6

Member Fee: \$48

Non-member Fee: \$72

Pre-Competitive Swim Team and Adult

Member Fee: \$72

Non-member Fee: \$108

(each class is 30 minutes, except Pre-Competitive)

AquaBabies: Water Discovery and Exploration

(6 months–36 months)

Thursday 9:00am
Saturday 10:00am



Level 1: Water Acclimation

Monday 6:00pm
Tuesday 11:40am
Wednesday 6:00pm
Thursday 9:30am
Saturday 10:30am, 11:00am



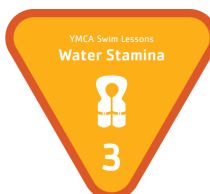
Level 2: Water Movement

Monday 6:00pm
Tuesday 12:15pm
Wednesday 6:00pm
Thursday 10:10am
Saturday 10:30am, 11:00am



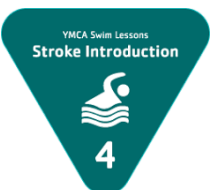
Level 3: Water Stamina

Monday 6:30pm
Tuesday 12:50pm
Wednesday 6:30pm
Thursday 10:45am
Saturday 11:30am, 12:00pm



Level 4: Stroke Introduction

Monday 6:30pm
Tuesday 1:15pm
Wednesday 6:30pm
Thursday 11:20am
Saturday 11:30am, 12:00pm



Level 5: Stroke Development

Monday 7:00pm
Wednesday 7:00pm
Saturday 12:30pm



Level 6: Stroke Mechanics

Monday 7:00pm
Wednesday 7:00pm
Saturday 12:30pm



Pre-Competitive Swim Team: Little Rays

(each class is 45 minutes)

For students who are ready to advance their swimming skills to all four swimming strokes; butterfly, backstroke, breaststroke, and freestyle. This group will focus on building the swimmer's strength and endurance in every stroke through drills, multiple lengths and on-deck coaching. This group gives the swimmer the feeling of being on a swim team and allows a child to build their confidence in swimming for an easy transition to a more competitive team such as the Lakota YMCA Stingrays!

Saturday 9:45am

Adult Swim Lessons

(each class is 45 minutes)

This program is structured for both beginning and advanced swimmers. The group will be separated into beginning and advanced levels. Each session is offered to students of all abilities.

Saturday 9:00am



Private Swim Lessons (each class is 30 minutes)

This program is a one-on-one swim instruction tailored to fit your individual needs and goals. **LAKOTA YMCA MEMBERS ONLY.**

- Private lessons are great for beginners
- Improve stroke techniques

Please email Patrick.Sauer@LakotaYMCA.com to set up an appointment.

Packages	Private	Semi-Private*
1 Lesson	\$35	\$40
5 Lessons	\$150	\$175

*Semi-Private (maximum 2 swimmers)

WHAT IS THE SWIM LESSON MAKE-UP POLICY?

Due to student-to-instructor ratios, **we do not guarantee make-ups for participants.** Contact the Aquatics Department by email for make-up information. Make-ups are only offered during the session you are registered.

WHAT IS THE SWIM LESSON REFUND POLICY?

A credit or refund is not given for missed classes unless a doctor's note is presented. A refund is not given if you choose to withdraw from a class. In the case of withdrawal for medical reasons, a 50% credit will be issued to your account for Lakota YMCA programs in the future.



STAGE DESCRIPTIONS

SWIM STARTERS

Infants and toddlers

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.



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

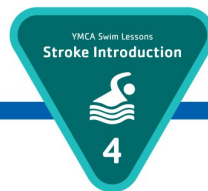
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM BASICS

Preschool
School-age
Teen/Adult

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



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.

SWIM STROKES

Preschool
(stage 4 only)
School-age
Teen/Adult

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.

FREE EVALUATION— Email Patrick.Sauer@LakotaYMCA.com

STINGRAYS SWIM TEAM

Head Coach: Tom.Cuticchia@LakotaYMCA.com

YEAR-ROUND SWIM TEAM PROGRAM

Our year-round swim team program is truly a family activity. For ages 6-18, we develop many qualities through competitive swimming such as physical conditioning, self-confidence, self-discipline, sportsmanship and character building. We help swimmers learn about responsibility, dedication and commitment.

During the 2018-2019 season, the Lakota Stingrays placed 3rd in the Central Division at the SWOYSL 'A' Championships, 10th in the entire league at 'AA' Championships and sent 17 swimmers to the Great Lakes Zone Championships. During our summer Long Course season, the Stingrays placed 5th at the Southwest Ohio YMCA Swim League (SWOYSL) Long Course Championships. This is by far our highest placing ever and a sign our team is on the rise!

Coaches:

- Head Coach—Tom Cuticchia
- Assistant Coach—Adam Schapiro
- Assistant Coach—Taylor Muia
- Volunteer Coach—Heidi Cuticchia

Website: www.lakotastingrays.com

Facebook: www.facebook.com/LakotaYmcaStingraysSwimTeam



Congratulations to Hannah C. and Isabella G. on their outstanding performances at the 2019 Long Course National Championships this past August at the University of Maryland. This duo combined to score 92 points and placed in the top 5 in multiple events. Their 17th place finish in the women's team competition is the highest in the history of the Lakota YMCA!

WORKING HARD AS A TEAM

SUMMER TRI-COUNTY STINGRAYS

CONGRATULATIONS TO OUR LAKOTA FAMILY YMCA STINGRAYS SUMMER RECREATIONAL TEAM!

The Stingray Swimmers took 5th place at the Tri-County Swim League Championships and were High-Point winners for the 8 & Under Girls and the 9-10 Girls age groups!



Our summer recreational team is a great introduction to competitive swimming for younger children. The main emphasis of the team is family fun and making new friends. Swimmers also learn proper technique and tracking skills that will help them transition to our year-round team if they choose.

Registration: April 6, 2020
Open House: April 18, 2020 *tentative*
Team Suit Fitting: May 18, 2020 *tentative*

MARK YOUR CALENDARS:

Tri-County Championships will be

July 17—18, 2020

**SOUTHWEST OHIO
YMCA SWIM LEAGUE**



PERSONAL TRAINING

Whether you are 15 or 75, an experienced or beginning exerciser, personal training can help you reach your health and fitness goals. Your trainer will develop a program that is tailored for you and supports you with knowledge, coaching and motivation to help you look, feel and live better. The YMCA offers members a program that provides individualized exercise training and basic health information. Dual and group trainings are also available. Sessions are up to 60 minutes in length.

Program features include

- Training by a certified personal trainer.
- A comprehensive evaluation to assess your specific needs and goals.
- Short-term (1-4 sessions) and/or long-term training.
- Strength, cardiovascular endurance, flexibility and motor-skill development.
- Programs for basic and advanced fitness.
- Maintenance programs available.

Individual Personal Training Rates

4 visits - \$128 (\$32/visit)

8 visits - \$240 (\$30/visit)

12 visits - \$336 (\$28/visit)

Group Training Rates

4 visits - \$88/person (\$22/visit)

8 visits - \$160/person (\$20/visit)

12 visits - \$216/person (\$18/visit)

FITNESS TRAINING

Program/Wellness Director: Taylor.Barreto@LakotaYMCA.com

PILATES REFORMER MACHINES

We provide private and semi-private sessions. Joann Bernas, PMA®-Certified Pilates Instructor has 12+ years experience in the Pilates Method using the mat and unique Pilates apparatuses. Call to schedule an appointment.

Joann is committed to bringing an integrative approach to your well being through Pilates.

The Pilates Reformer is an instructor-based, Y members only program.

Individual Rates	Package Amount
1 Private	\$30
Group Reformer	Package Amount
1 Semi-Private	\$15 per person



*Rates subject to change

*All Packages expire 6 months from purchase date

Tear the bottom off, fill out and turn in to the Front Desk. All information is required.

Training Request

Name: _____ Age: _____ M or F Main Phone: _____

Email: _____ Secondary Phone: _____

What days are you available to train? (circle) Mon Tues Wed Thurs Fri Sat Sun

Number of days per week you are wanting to train: _____

Time of Day Preferred:

___Early Morning (5am-7am) ___Mid Morning (7am-10am) ___Late Morning (10am-12pm)

___Mid Afternoon (12pm-2pm) ___Late Afternoon (2pm-5pm) ___Early Evening (5pm-8pm)

___Late Evening (8pm-10pm)

Trainer Preference, if available: Male Female No Preference

Any special conditions/injuries we need to be aware of? _____

ADULT PROGRAMS

Program/Wellness Director: Taylor.Barreto@LakotaYMCA.com

W.O.W. (WOMEN ON WEIGHTS)

Women On Weights is an intermediate/advanced strength training class designed specifically for women. The goal is to teach women the proper design and structure of a sound strength-training program. During the six week session, proper exercise form, selection, and movement patterns will be stressed to help aid in strength gains and body composition changes. The class will meet twice a week and is taught by a certified personal trainer.

Registration begins two weeks before start date.

Dates: Winter 1: January 6— February 13
Winter 2: February 24—April 2
Spring: April 13—May 21
***NO CLASS 11/25**

Days/Times: Monday/Wednesday
10:00am—11:00am
OR
Tuesday/Thursday
6:00pm—7:00pm

Member Fee: \$84 (Reg. W1: Dec 16, W2: Feb 10,
S: March 30)

Non-member Fee: \$144 (Reg. W1: Dec 18, W2: Feb 12,
S: April 1)

"What's better than building muscle? Building relationships! I have met so many great women in the W.O.W. class, and I am stronger in body, mind and spirit." —Julie V.

PICKLEBALL

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

The Basics:

- A fun sport that combines many elements of tennis, badminton, and ping-pong.
- Played both indoors or outdoors on a badminton sized court and a slightly modified tennis net.
- Played with a paddle and a plastic ball.

*from USAPA Pickleball Webpage.

Day: Thursdays, 10am—2pm



30+ LAKOTA Y BASKETBALL LEAGUE

This is a recreational basketball league for adults 30 years of age and older. Games are played 4 on 4 in two, 20-minute halves with players calling infractions. Each team is responsible for supplying a scoreboard operator for one half of play. Registration is taken by team signup, not individual registration. One player must be designated as the Manager on the team registration sheet. The Manager is responsible for making payment and registering the team prior to the deadline. A team paying the member rate is any team with a roster of half of its players as current Lakota YMCA members.

Game Day: Mondays 6:30pm, 7:30pm,
8:30pm

Starts: February 10—April 13

Member Fee: \$260 per team

Non-member Fee: \$400 per team

Registration packets available at the Front Desk beginning
January 6

Registration deadline: February 3

We will notify you as soon as teams are formed and provide you with a schedule that will list what teams you will be playing.



RAQUETBALL LEAGUE

Raise the level of your game by facing off with a different opponent every week. The leagues are held at the Lakota Family YMCA. Leagues are running through out the year. All levels are welcome to come and play.

Start Date: March 9

Member Fee: \$25

Non-member Fee: \$50

Registration opens February 10

GROUP FITNESS CLASS DESCRIPTIONS

For Group Fitness Schedule, please visit our Front Desk or Website at www.lakotaymca.com.

Participants 12-15 must have a Medical Release on file and attend class with a parent/guardian.

LAND AEROBICS

Abs Express

This quick 30-minute class is designed to strengthen your core and flatten your stomach.

Body Sculpting

This class is designed to help strengthen and tone your body using free weights and other equipment to increase health and fitness.

Boot Camp

This class is a comprehensive basic-training course that consists of doing push-ups, jumping jacks, squats, plyometric, weight training, and various cardio exercises.

Cardio Camp

This class is a high-intensity class that uses a variety of exercises to help condition and train the entire body.

Cardio Kickboxing

A popular training program that is a fun, action-packed workout that combines Martial Arts, boxing, and cardio floor moves. You get a challenging cardiovascular and full-body workout as you kick, punch, and block.

IMPROVING THE NATION'S HEALTH AND WELL BEING

Cycling

Group Cycling is for all fitness levels and is designed for beginning riders up to cycling enthusiasts. This class has minimal impact and allows you to vary your intensity level using the bicycle's resistance lever. This class provides you with a great cardio workout that challenges your lower body! All cycling participants should bring a bottle of water and a towel to class.



GROUP FITNESS

Program/Wellness Director: Taylor.Barreto@LakotaYMCA.com

Insanity

Insanity is a total body-workout.

You exercise using your own body weight for resistance. The program is based on a fitness method called

"max-interval training." In traditional interval training, you exercise at a very intense pace for a short period of time and then rest for longer periods in between. The idea is to increase your aerobic workout level while burning fat.

INSANITY

GET PAID TO WORK OUT!



Many insurance providers and employers now offer reimbursements for fitness memberships.

Contact your insurance provider or HR department to get set up. Return your Activation ID letter to the Front Desk to get set up.

Muscle Mix

This class utilizes free weights, bands, tubing, and medicine balls to develop overall muscle tone. Emphasis is placed on strengthening the core muscle groups to improve posture and balance, while creating a more toned and fit-looking body.

PiYo

PiYo combines the muscle-sculpting benefits of Pilates with the strength and flexibility advantages of Yoga. Using just your own bodyweight, you will perform a series of high-intensity, low-impact moves that will work every single muscle for a long, lean, and incredibly defined physique. No weights. No jumps. Just hardcore results.

Power Camp

A challenging full-body workout focusing on cardio, flexibility and strength that includes cardio intervals and 15 minutes of core exercise.

GROUP FITNESS

Program/Wellness Director: Taylor.Barreto@LakotaYMCA.com

SilverSneakers® Classic

Improves strength, flexibility, posture, and balance.

Exercise at your own pace with resistance tools including bands, balls, and weights.



SilverSneakers® Stability

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Tai Chi

The Tai Chi Easy program is designed to improve the quality of life for all people. Tai Chi Easy is gaining popularity as an evidence-based and cost-effective health intervention that works for any population. It uses slow and careful movement without strain to strengthen the body's own healing forces and is medically proven to support disease prevention, accelerate healing and reduce stress.

Y-Step

A step aerobics class that teaches basic combinations at an intermediate level of safe and effective cardiovascular workout. It combines toning aspects of resistance training. A great class for beginner, intermediate and advanced fitness levels.



Yoga

Unwind, rejuvenate, reduce stress, lower blood pressure, and increase flexibility! Great for the body, mind, and soul! A Yoga sticky mat is recommended, but exercise mats will be available for your use. All levels are welcome!

Vinyasa Yoga

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. At times the 'flow' or cadence of the class is upbeat, others a little more relaxing. The intention is to mindfully coax tension away, leaving you with a sense of health and calm. A variety of interesting and traditional poses are offered in this student tailored class. Perfect for all levels of practice.

Zumba®

This is the hottest fitness class around with classes forming all over the globe. Zumba combines forms of Latin dance styles (Salsa, Meringue, Mambo, and Hip-Hop). This makes for an exciting, fun aerobic workout. All ages and levels are welcome.

WATER AEROBICS

Aqua Boot Camp

Kick up your exercise program a notch with these drills and hardcore exercises in the water. This challenging workout will give you an extra push to surpass your comfort zone with water being a great area for cross training. Aerobic and strength training will include plyometric moves, sprinting, jumping, and swimming. Balance and core work will also be included. Join us as we work out in the water!

H2O Fitness Deep

Full-body workout in the DEEP end of the pool. Learn exercises while keeping yourself afloat in the water with treading and/or barbells. We provide float belts if needed.

H2O Fitness Shallow

High-intensity workout in the SHALLOW end of the pool. We use barbells, weighted balls and exercises to help condition the entire body.

Rocking the Waves

High-energy water workout with fun music that provides cardio conditioning and body toning while you move and groove.

SilverSneakers® Splash

Improve strength, flexibility, balance, and endurance. Be kind to your joints, get stronger, and have fun in the pool.





FACILITY AND PARTY RENTALS

The Lakota YMCA is available for weekend rentals for members, youth groups, scout troops, non-profit groups, schools and community organizations.

Reserve space for wedding showers, baby showers, meetings and birthdays! Rent the gymnasium for sports practice!

All birthday parties include one hour in the party room and one hour of your activity choice:

- Indoor Pool
- Outdoor/Bubble Pool (entire party completed in the Outdoor/Bubble Pool, no party room)
- Gymnasium
- Game Room
- Playland
- Rock Wall (extra fee)

Rentals are for Lakota YMCA members only.

All parties include 12 party guests for Pool Parties or 18 for Land ONLY Parties. Any additional party guest will be \$5.00 per guest (max allowed for a pool party is 18 and land party is 24).

Indoor Pool Party:	\$140
Outdoor/Bubble Pool Party:	\$175
2 hour (without pool) fee:	\$100
Additional Hours:	\$60 per hour for Pool
	\$45 per hour for Land Only

Practice Rental Fee: Contact for pricing

For more information on a Party or Facility Rental, contact Patrick.Sauer@LakotaYMCA.com

FACILITY RENTALS AND PARTIES

Aquatics Director: Patrick.Sauer@LakotaYMCA.com

KARATE PARTY RENTAL

A karate birthday party at Lakota Family YMCA will be a party your family and friends will remember forever. Your child and guests will learn fun and safe karate moves while having a kicking good time. Parties are members only.

Your child's party will include:

- 30 minute karate lesson
- 30 minutes for cake and presents
- 30 minutes of fun activities and games
- Drinks, cake, paper products and decorations
- All children receive a FREE introductory call and a discount offer on a session
- Special offer for birthday child
- Clean up

Cost:

- Minimum of 10 children: \$150
- Up to 20 children: \$270
- Up to 30 children: \$370



For more information on a Karate Party, contact [Stephanie Combs at renshistephanie29@gmail.com](mailto:renshistephanie29@gmail.com)



POOL RULES AND REGULATIONS

Aquatics Director: Patrick.Sauer@LakotaYMCA.com

INDOOR/OUTDOOR POOL RULES

Aquatic safety is a partnership between great parental supervision and preventative lifeguarding.

- Aquatic supervisors and staff have sole authority over the pool rules and regulations.
- All swimmers under the age of 13 must participate in a swim test to receive their wrist band.
- Outdoor pool will close during inclement weather.
- Hours may change without prior notice.
- NO GLASS ANYWHERE ON THE POOL DECK.
- NO running, skipping or speed walking.
- NO DIVING IN RESTRICTED AREAS.
- No underwater breath-holding games.
- NO throwing, pushing, excessive splashing, dunking, hanging on other swimmers and riding on other's shoulders. EXCESSIVE HORSEPLAY WILL NOT BE TOLERATED!
- NO water wings in any of the Lakota YMCA pools. COAST GUARD APPROVED PERSONAL FLOATATION DEVICES ONLY.
- NO INFLATABLE FLOATS OR RAFTS OF ANY KIND unless approved by the Aquatics Coordinator.
- NO water guns.
- No flips, back dives, back jumps, run and jumps or twists from the side of the pool.
- No hard footballs, baseballs, basketballs, golf balls or tennis balls in the pool. Basketballs for the pool will be provided.
- Starting blocks are for swim team and instructional purposes by a swim coach or instructor only.
- NO hanging or sitting on lane lines or safety ropes, swim under them.
- Infants/children who are not potty-trained must wear a swim diaper and swim suit over their swim diaper. No one will be permitted to swim in a swim diaper alone. SWIM DIAPERS MUST BE COVERED BY A SWIM SUIT.
- Swim suits must be worn while swimming. NO CUT-OFFS.
- Children under the age of 10 must be accompanied by someone 16 years and older in any of our pool areas. Children under the age of 6 must be accompanied in the water by someone 16 years of age and over and be within "arms reach" in our outdoor pool and large indoor competition pool. Someone 16 years of age and over must be in the water with all swimmers/non-swimmers under the age of 3 in the indoor junior pool.
- Children ages 10—12 that have a **RED BAND** must be accompanied by someone 16 years of age and older in any pool area.

This is a Coast Guard approved facility, for the safety of our members and guests your floatation device must be U.S. Coast Guard Approved.

LAKOTA FAMILY YMCA SWIM TEST

For the safety of our children, a swim policy is strictly enforced. Youth under the age of 13 MUST wear a swim band while in the facility. Anyone wishing to take a swim test should see a lifeguard at the INDOOR POOL.

Swim Test Procedure (may use goggles for test, no masks)

- Jump feet first into the deep end of the pool at the starting block edge.
- Surface and tread water for 30 seconds.
- Swim over arm freestyle or breaststroke 25 yards to the other end of the pool.

It is the judgement of the lifeguard, managers and directors whether a person passes a swim test. A swim test may be taken up to twice a day if a child does not pass the first time.

Swim tests will be conducted annually beginning May 1st. ALL children under the age of 13 must retake a swim test every year.

No bands for children ages 0-24 months.

RED BANDS

- Ages 12 and under who are non-swimmers.
- Children 6 and under must have a parent in the water within arm's reach.
- Ages 7 to 12 must stay in the shallow water while parent supervises on deck or in water.

GREEN BANDS

- Will be issued upon passing the swim test.
- Ages 9 and under still must be accompanied by a parent in any of the pool areas.
- Ages 10 and up can swim without parent in any of the pool areas.

Please see website for full details on rules and regulations.

NOTE: The pool rules may not be all inclusive. The YMCA staff reserves the right to change or limit activities to protect the members of the Lakota Family YMCA. For your safety and the safety of others, please obey all verbal instructions from the YMCA staff.

SLIDE RULES

- If under 13 years of age, must have passed the swim test and received a **GREEN** wrist band.
- Must be 42 inches tall to ride.
- Must lie down on back, cross arms, feet first and facing forward.
- NO FLOATS OR VEST permitted on the slide.
- NO GOGGLES, NO SUNGLASSES and NO TOYS on slide.
- NO zippers or buttons on clothing.
- One person at a time, parents MAY NOT hold their children.
- Swimmer may not go down the slide until instructed to do so.
- No one may catch a person going down the slide. A person may enter the catch pool to assist a swimmer after they have exited the slide.

FACILITY RULES

The YMCA is committed to providing a positive atmosphere that is safe and inclusive to all in our community. All individuals using our facility and programs are expected to conduct themselves in a manner consistent with the **YMCA Core Values** of caring, honesty, respect and responsibility. Failure to do so may result in termination of membership privileges.

- NO eating permitted in the pool area, gym, fitness center or locker rooms.
- NO running, skipping or speed walking through the halls.
- NO excessive horseplay will be tolerated and may result in immediate dismissal from the premises.
- Children under the age of **10** must be accompanied by an adult anywhere in the building. Children **16** and older may watch a sibling under the age of **10**.
- Infants in baby seats and strollers are not to be left unattended in any area.
- Absolutely **NO** alcoholic beverages or smoking allowed on YMCA property.

GUEST/RECIPROCITY POLICY

- Guest must be accompanied by the Lakota YMCA member during their visit.
- Anyone caught sneaking in a guest will have their membership revoked.
- Member is responsible for the behavior of their guests.
- Guest must provide a valid photo identification (driver's license or school ID).
- Guest must register at the Welcome Center and sign the Guest Waiver for using the facility.
- Youth guests (under 10) must have an adult (age 16 or older) remain at the YMCA with the youth guest at all times. A driver's license or photo ID is required upon the first visit (appropriate guest fees will apply).
- Guest must adhere to all YMCA policies and usage guidelines.
- Guest access may be limited based on space restrictions.
- Subject to guest pass usage, restrictions may apply.
- Ohio Reciprocity, AWAY, SilverSneakers/Prime members, Active&Fit and Silver&Fit members are guests of the Y and cannot bring other guests.

CHILD WATCH AND PLAYLAND RULES

- Parents must remain in the building while your child is in Child Watch.
- Staff will not bottle feed children in Child Watch.
- Parents will be notified if their child needs their diaper changed.
- Child Watch may be utilized for two hours per day.
- Playland is for children ages 12 and under.
- Socks must be worn. If you do not have socks, you can purchase them from the Welcome Center.
- **NUT-FREE AREA**

FACILITY RULES AND REGULATIONS

Membership Director: Sara.Matchison@LakotaYMCA.com

LOCKER ROOMS

With three distinct locker room areas, the YMCA respectfully accommodates all of our members who have a variety of needs. Please use the appropriate locker facility as it applies to you.

- Male/Female Locker Rooms—Youth **10** years and older must use locker room of same gender. Children under **10** must be with parent in same gender locker room or utilize the Family Locker Room..
- Family Locker Room—Moms with sons, dads with daughters, adults needing assistance with opposite sex caregivers.
- Please do not bring valuables to the YMCA. If you do, understand that the YMCA is not responsible for lost or stolen articles. Provide your own lock and take it with you when you leave. Locks left overnight will be removed and items will be donated. Lock your lockers.

FITNESS CENTER

- Individuals must be **16** years or older to use the Fitness Center and free-weight area.
- Individuals that are **15** must have taken two Fitness Training Sessions to be able to use Fitness Center without an adult present.
- Children **12—14** may use the cardio equipment area with an on-file medical clearance form. Their parent/guardian must also accompany them in the Fitness Center. They may use weight equipment while in a Fitness Training Session with a trainer only.
- Closed-toed shoes and appropriate attire must be worn.
- Throwing/dropping weights is not permitted.
- Ear phones must be used when listening to any personal music device.

GYMNASIUM

- Only water in a closeable bottle is permitted in the gymnasium.
- Refer to gym schedule for available open gym hours for usage.
- Foul language and physical confrontations are grounds for removal from the facility.

ROCK WALL

- Refer to the Rock Wall schedule for available hours.
- All climbers must have an Acknowledgement and Release from Liability Agreement Waiver on file.
- All climbers have to correctly and safely fit harness and safety equipment to climb.



Brand New to 2020
Premier Matrix Exercise Equipment!
Orientation available at the fit desk or
contact Taylor.Barreto@LakotaYMCA.com