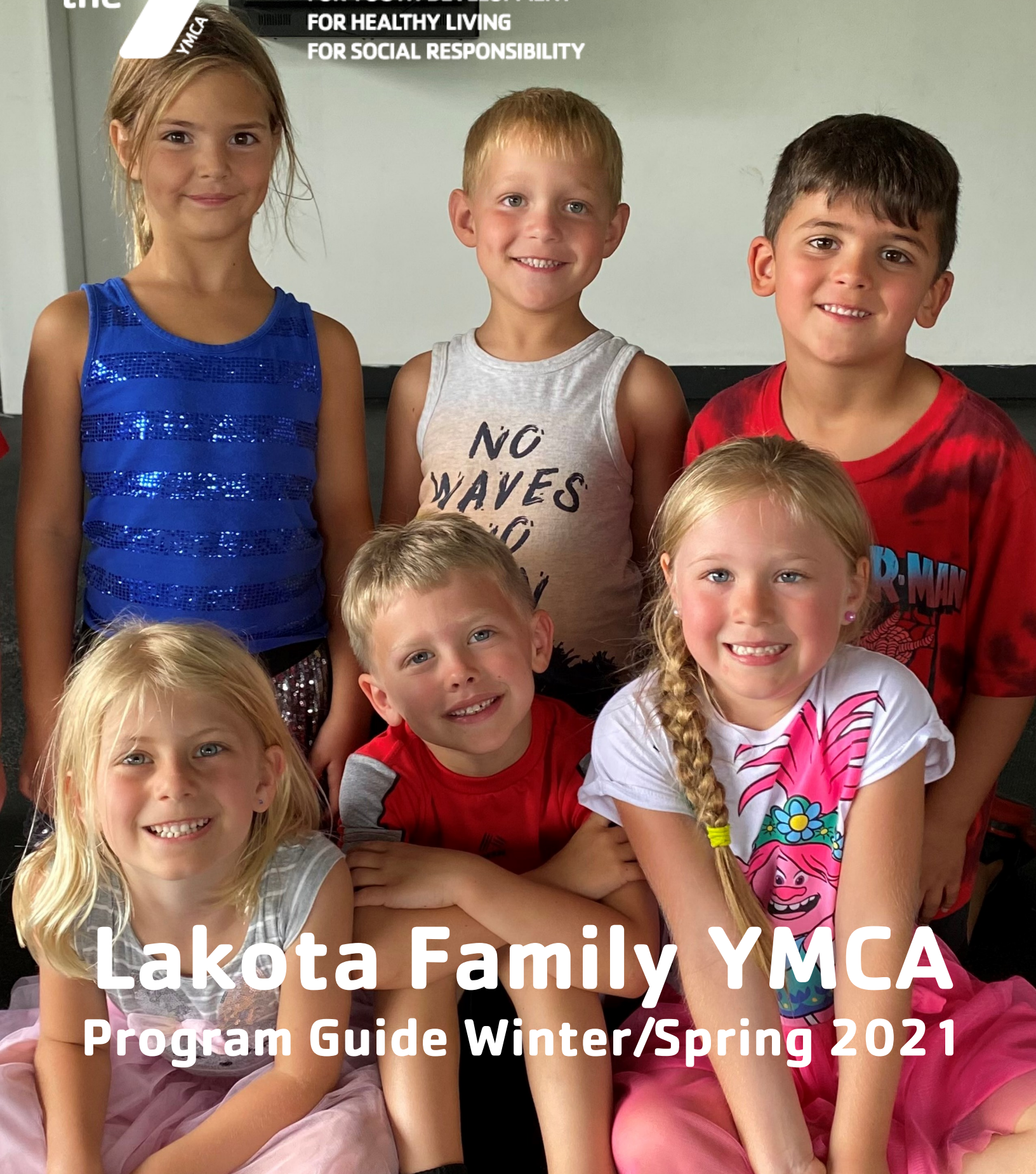




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Lakota Family YMCA

Program Guide Winter/Spring 2021



# 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](https://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  
Taylor.Barreto@LakotaYMCA.com, Program/Wellness Director  
Lindsay.Miller@LakotaYMCA.com, Early Child Care Director  
Brittani.Harding@LakotaYMCA.com, School Age Child Director  
Heather.Branham@LakotaYMCA.com, Billing Coordinator  
Tom.Cuticchia@LakotaYMCA.com, Stingrays Head Swim Coach

### HOURS OF OPERATION (Subject to change)

#### Facility:

M-F	5:30am—9:00pm
Sat	7:00am—7:00pm
Sun	11:30am—6:00pm

### CHILD WATCH HOURS

#### Current—May 22, 2021

M—Th	9:30am—12:30pm, 5:30pm—8:30pm
F	9:30am—12:30pm
Sat	9:00am—12:00pm

### TABLE OF CONTENTS

Hours of Operation	2
Membership Information	3
Camp Arrowhead	4
School's Out Camp	5
Child Care Programs	6–7
Swim Lesson Programs	8
Youth Programs	9
Adult Programs	10
Fitness Training	11
Group Fitness	12
Facility Rules and Regulations	13
Pool Rules and Regulations	14

### Indoor Pool:

M-F	6:00am—8:30pm
Sat	7:30am—6:30pm
Sun	12:00pm—5:30pm

### Bubble Pool:

M-F	3:15pm—8:30pm
Sat	12:00pm—6:30pm
Sun	12:00pm—5:30pm

### HOLIDAY & SEASONAL CLOSINGS:

- Sunday, 4/4/2021—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 (Personal Training)

And so much more!

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.

## 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 60 days need to rejoin.

### PAYMENT OPTIONS

#### MONTHLY CREDIT CARD DRAFTING

Membership remains continuous until the member requests a cancellation by the 15th 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. Paying annually grants a discount over monthly dues. 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.

# MEMBERSHIP INFORMATION

Membership Director: Sara.Matchison@LakotaYMCA.com

## MEMBERSHIP TYPES

Family	Parent and dependent children age 26 and under living in same household
Family Household Plus	3 or more <b>related</b> adults living in same household including their dependent children
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

## 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 prior to the next billing date by the 15th of the month.

## NON-MEMBER SPECTATORS

Until further notice, only 1 non-member spectator allow in the facility per child.

- 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.

# GIVE US A TRY TODAY!



## CAMP ARROWHEAD 2021

(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

\*Dates and field trips are subject to change.

## CAMP SAMPLE DAY

**Saturday, May 1, 2021**

**10:00am—12:00pm**



## OPEN HOUSE

**May 10, 2021**

**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 15, 2021**

**Non-Members: March 1, 2021**





# Lakota Family YMCA

## School's Out Camp 2020-2021

### 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 2020—2021 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

Monday — Friday	January 4—8 2021
Monday	January 11, 2021
Tuesday (last names M-Z)	January 12, 2021
Wednesday (last names A-L)	January 13, 2021
Thursday (last names M-Z)	January 14, 2021
Friday (last names A-L)	January 15 2021
Monday	January 18, 2021
Friday	February 12, 2021
Monday	February 15, 2021
SPRING BREAK	March 29—April 5, 2021

### 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	Game Room
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

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.



# CHILD CARE PROGRAMS

Early Child Care Director: [Lindsay.Miller@LakotaYMCA.com](mailto: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: \$163

Non-member Fee: \$178

## 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!**  
(Hours are subject to change)

Please utilize our Registration Link for Child Watch by going to [LakotaYMCA.com](https://LakotaYMCA.com)  
Sign ups are limited to 1 session per child per day.

### Winter Hours

**Current—May 22, 2021**

Monday—Thursday	9:30am—12:30pm 5:30pm—8:30pm
Friday	9:30am—12:30pm
Saturday	9:00am—12:00pm

### Summer Hours

**May 24, 2021— August 11, 2021**

Monday—Thursday	9:00am—12:00pm 5:30pm—8:30pm
Friday	9:00am—12:00pm
Saturday	9:00am—12:00pm

**Member Fee:** FREE (Family & Household Plus Members)

### 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.



## 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 weekly 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

School Age Child Care Director: [Brittani.Harding@LakotaYMCA.com](mailto:Brittani.Harding@LakotaYMCA.com)



### 2021-2022 School Year

**Registration starts at 8:00am.**

**Members: April 19, 2021**

**Non-Members: May 3, 2021**

**Register at Lakota Family YMCA.**

Dates: August 18, 2021—May 20, 2022

**\$55 Registration fee per child**

**Monday—Friday, Weekly Flat Rate**

#### BEFORE School Care

7:00am until the start of school

Member Fee: \$59

Non-member Fee: \$73

#### AFTER School Care

After school until 6:00pm

Member Fee: \$76

Non-member Fee: \$91

#### BOTH AM and PM School Care

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

Member Fee: \$93

Non-member Fee: \$122

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.**



# SWIM LESSON PROGRAMS

## PRIVATE SWIM LESSONS (each class is 30 minutes)



### Private Swim Rates

1 Lesson—\$35  
5 Lessons—\$150

### Semi-Private Swim Rates

1 Lesson—\$40  
5 Lessons—\$175

\*Semi-Private (maximum 2 swimmers)

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

Swim lessons help children and adults learn basic water skills, improve swimming skills, practice water safety and learn water rescue skills. Of course, we have fun in the process!

These thirty-minute private swim lessons allow the participant to work at a personalized level to achieve swim goals. Private swim lessons are a good way to help swimmers focus on a particular swim skill, or to help overcome the fear of water.

This program is a one-on-one swim instruction tailored to fit your individual needs and goals.

- Private lessons are great for beginners
- Improve swimming skills

**LAKOTA YMCA MEMBERS ONLY**

## PRIVATE SWIM LESSON REQUEST

Contact's Name: \_\_\_\_\_ Main Phone: \_\_\_\_\_

Number of Attendee's in Lesson (no more than 2): \_\_\_\_\_ Age(s): \_\_\_\_\_

Name(s): \_\_\_\_\_

Email: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Previous Swimming Experience/Lessons: \_\_\_\_\_

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

Number of days per week you are wanting for lessons: \_\_\_\_\_

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-7pm)  
\_\_\_ Late Evening (8pm-9pm)

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



## 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:** Spring: April 14—May 22

**Times:** Wed 6:00pm  
Sat 9:00am or 10:00am

**Member Fee:** \$55  
**Non-member Fee:** \$70

*Registration opens two weeks prior to the session start date.*



## YOUTH PROGRAMS

Program and Wellness Director: [Taylor.Barreto@LakotaYMCA.com](mailto:Taylor.Barreto@LakotaYMCA.com)



## 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:** Summer 1: June 2—July 17  
**\*NO CLASS June 30 or July 3**

**Times :** Wed 6:00pm  
Sat 9:00am or 10:00am

**Member Fee:** \$55  
**Non-member Fee:** \$70

*Registration opens two weeks prior to the session start date.*

# ADULT PROGRAMS

Program and 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 4—February 11  
Winter 2: February 22—April 1  
Spring: April 12—May 20

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

Member Fee: \$84 (register on Monday)  
Non-member Fee: \$144 (register on Wednesday)

“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.

For many years a myth has been perpetuated that woman shouldn’t train with heavy weights. This myth has many different reasons behind its existence. Learn the truth about how proper strength training can help take you to the next level in your fitness goals.



## PERSONAL TRAINING

Whether you are 15 or 75, an experienced or beginner, 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.

Sessions are up to 60 minutes in length.

### Individual Personal Training Rates

4 visits - \$128 (\$32/visit)  
8 visits - \$240 (\$30/visit)  
12 visits - \$336 (\$28/visit)  
16 visits - \$416 (\$26/visit)

### Group Training Rates

4 visits - \$88/person (\$22/visit)  
8 visits - \$160/person (\$20/visit)  
12 visits - \$216/person (\$18/visit)  
16 visits - \$256/person (\$16/visit)

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

## FITNESS TRAINING

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

### 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.

### LAKOTA YMCA MEMBERS ONLY



\*Rates subject to change  
\*All Packages expire 6 months from purchase date

## PERSONAL 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 available 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-7pm)  
\_\_\_ Late Evening (8pm-9pm)

Trainer Preference, if available:    Male    Female    No Preference

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

# GROUP FITNESS

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

## GROUP FITNESS CLASS DESCRIPTIONS

For Group Fitness Schedule, please visit our Front Desk or Website at [www.lakotaymca.com](http://www.lakotaymca.com).

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

## LAND AEROBICS

### 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.

## 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.



### Dance Jam/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.

### 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.

### 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.

## WATER AEROBICS

### 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.





# WORKING HARD AS A TEAM

## 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 3<sup>rd</sup> in the Central Division at the SWOYSL 'A' Championships, 10<sup>th</sup> 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 5<sup>th</sup> 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—Miriam Hollan
- Assistant Coach—Taylor Muia

Website: [www.lakotastingingrays.com](http://www.lakotastingingrays.com)

Facebook: [www.facebook.com/LakotaYmcaStingingraysSwimTeam](https://www.facebook.com/LakotaYmcaStingingraysSwimTeam)



Both the Year-Round and Summer Swim Teams were able to conduct practices, inter squad swim meets, virtual swim meets, and small in-person swim meets safely throughout 2020 and the first part of 2021. The entire Lakota YMCA staff is committed to continuing to provide a safe and fun atmosphere to our swimmers to participate and compete throughout the remainder of 2021 and beyond.

## STINGRAYS SWIM TEAM

Head Coach: [Tom.Cuticchia@LakotaYMCA.com](mailto:Tom.Cuticchia@LakotaYMCA.com)

### SUMMER TRI-COUNTY STINGRAYS

CONGRATULATIONS TO OUR LAKOTA FAMILY YMCA STINGRAYS SUMMER RECREATIONAL TEAM!

The Stingray Swimmers took 5<sup>th</sup> place at the 2019 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 Opens: April 5, 2021

Practices are tentatively scheduled for the week of May 10, 2021.

### MARK YOUR CALENDARS:

Tri-County Championships will be

July 23—24, 2021

**SOUTHWEST OHIO  
YMCA SWIM LEAGUE**



# POOL RULES AND REGULATIONS

## 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 Staff.
- 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.



## 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.

## 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 during the specific time slots located on our website.
- Must register on our website to use Child Watch. Registration is limited to 1 session per child per day.
- Playland is for children ages 12 and under and signed into Child Watch.
- Socks must be worn. If you do not have socks, you can purchase them from the Front Desk.
- **NUT-FREE AREA**
- Due to COVID restrictions Playland is only open through Child Watch.

## GYMNASIUM

- Only water in a closeable bottle is permitted in the gymnasium.
- Refer to gym schedule on our Website for available open gym hours for usage.
- You must sign up for gym time prior to coming to the YMCA to guarantee space.
- Full court games are not permitted.
- No more than 2 people to a basket.
- Foul language and physical confrontations are grounds for removal from the facility.

## FACILITY RULES AND REGULATIONS

Membership Director: Sara.Matchison@LakotaYMCA.com

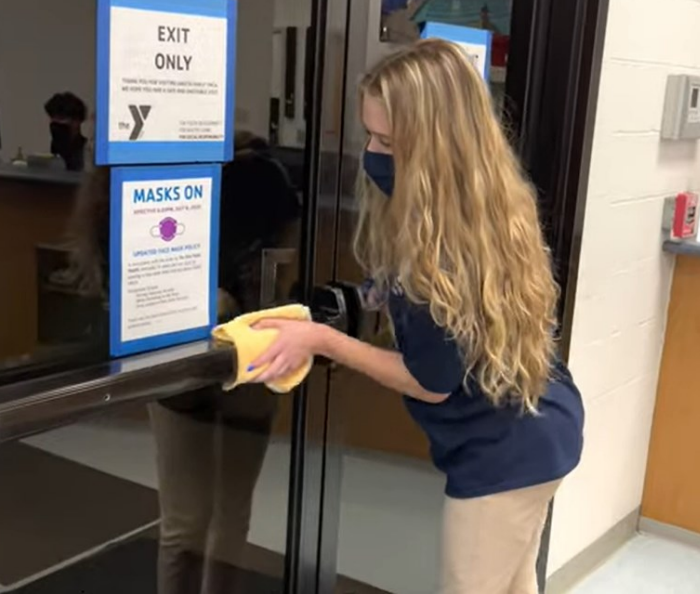
### FACILITY RULES

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.

- Masks must be worn in the facility unless swimming or during strenuous exercise.
- 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.

### 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.
- Masks must be worn to and from the fitness center.
- Use a spray bottle and towel to wipe down all equipment used.
- Throwing/dropping weights is not permitted.
- Ear phones must be used when listening to any personal music device.



**SUPPORTING YOU SAFELY**  
Clean • Welcoming • Together