



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



**TRANSFORMING
LIVES**

LAKOTA FAMILY YMCA
Program Brochure

MY Y IS EVERY Y. NATIONWIDE.

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 Renew Active 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 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

Joe.Ayers@LakotaYMCA.com, Chief Executive Officer
John.Schaller@LakotaYMCA.com, Development/Fundraising
Sara.Matchison@LakotaYMCA.com, Membership Director
Kathy.Joiner@LakotaYMCA.com, Billing/Office Manager
Lindsay.Miller@LakotaYMCA.com, Child Care Director
Nikki.Riddle@LakotaYMCA.com, Crayon Club Coordinator
Brandon.Fuhr-Storms@LakotaYMCA.com, Program/Wellness Director
Ben.Carnahan@LakotaYMCA.com, Aquatics Director
Kody.Detter@LakotaYMCA.com, Stingrays Head Swim Coach

HOURS OF OPERATION

Subject to change

Facility:

M-F 5:30am—9:00pm, Sa 7:00am—7:00pm, Su 11:30am—6:00pm

Indoor Pool:

M-F 6:00am—8:30pm, Sa 7:30am—6:30pm, Su 12:00pm—5:30pm

Bubble Hours: Opens TBD

M—F 4:00pm—8:00pm, Sat 1:00pm—7:00pm, Sun 12:00p—5:00pm

*Outdoor Pool hours subject to change with Lakota School Schedule.

Child Watch hours found on page 4.

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HOLIDAY & SEASONAL CLOSINGS:

- **THANKSGIVING**, 11/24/2022 CLOSED
- **BLACK FRIDAY**, 11/25/2022
 - FACILITY 7:00AM—10:00PM
 - INDOOR POOL 7:30AM—9:30PM
 - BUBBLE TBD
- **CHRISTMAS EVE**—12/24/2022
 - FACILITY 7:00AM—3:00PM
 - INDOOR POOL 7:30AM—2:30PM
 - BUBBLE TBD
- **CHRISTMAS DAY**—12/25/2022 CLOSED
- **NEW YEAR'S EVE**—12/31/2022
 - FACILITY 5:30AM—6:00PM
 - INDOOR POOL 6:00AM—5:30PM
 - BUBBLE TBD
- **NEW YEARS DAY**—1/1/2022 CLOSED

When you become a member of Lakota Family YMCA, you are joining an organization that believes in and promotes active and healthy life-styles, 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.

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/Raquetball leagues
- Youth sports
- Discounted specialty fitness sessions

And so much more!

MEMBERSHIP TYPES

Family	Parent and dependent children age 26 and under living in same household
Family Household Plus	3 or more related 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

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 by the 15th of the month to stop next billing cycle.

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 60 days need to rejoin.

PAYMENT OPTIONS

MONTHLY CREDIT CARD DRAFTING

Membership remains continuous until the member requests a cancellation prior to the 15th of the month 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, American Express, Check or Cash are accepted for all transactions.

MEMBERSHIP PARTNERS

A variety of discounts are available. Lakota Family YMCA currently participates in Renew Active, Tivity Health (SilverSneakers & Prime), AshFit-ness (Silver&Fit and Active&Fit) and Military OneSource, and the Foster Care/Kinship/Bridge Program.

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 Waiver Forms are recorded in our system and are restricted to two 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 consecutive day guest pass to try us out! One guest pass per family, per 12-month period.

GIVE US A TRY TODAY!

CHILD CARE PROGRAMS

Child Care Coordinator: Nikki.Riddle@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.

Ages 3–5 (must be potty-trained)
Monday—Friday 7:00am to 6:00pm

Contact the Child Care Coordinator to take a tour!



KIDS

ENRICHING



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)

Current Hours

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

Member Fee:	FREE (Family & Household Plus Members)
Non-Member Fee:	\$2.00 per child per visit

LEARN



GROW



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).

Check the website for upcoming dates and information.

THRIVE

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.

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

Child Care Director: Lindsay.Miller@LakotaYMCA.com



Lakota Local Schools

School Year

\$55 Registration fee per child

Monday—Friday, Weekly Flat Rate

Child Care Options

- Before School Care
- After School Care
- Both Before and After School Care

Registration is limited at each school. Please register early. We will do our best to accommodate your requests for care.

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.

SCHOOL'S OUT CAMP

The Lakota Family 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 7:00am—6:00pm. 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.

REGISTRATION FEES

Member Fee: \$40 per day
Non-member Fee: \$50 per day

Sign up 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.

YOUTH PROGRAMS

Program/Wellness Director: Brandon.Fuhr-Storms@LakotaYMCA.com

TINY TOT FOOTBALL (ages 4-6)

Instruction will concentrate on basic skills such as catching and throwing. Practice will be held the 1st three weeks and conclude with games on the last three weeks. The YMCA will provide a jersey for each child. Class is 45 minutes in length.

Classes offered in the Fall

TINY TOT SOCCER (ages 3-6)

Instruction will concentrate on basic skills such as dribbling, trapping and shooting. Practice will be held for the 1st 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.

Classes offered in the Fall and Spring

TINY TOT BASKETBALL (ages 4-6)

Instruction will concentrate on basic skills such as dribbling, passing, and shooting. Practice will be held for the 1st three weeks and conclude with games on the last three weeks. The YMCA will provide a junior basketball for each child.

Classes offered in the Winter

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.

Classes offered Fall, Winter and Spring



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 and team t-shirt.

Program offered Fall and Winter

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 certified Personal Trainer.

Program offered Fall, Winter, Spring and Summer

BETTER BABYSITTERS

(students 5-8 grade)

Would your child know what to do if a child under their care was choking? Does your child babysit their younger siblings? Your child will learn the skills needed to be a better baby sitter! This class includes guest speakers from the local Police and Fire Departments. All students will receive their own first aid kit to take home. This class is appropriate for boys and girls ages 10-13, and is interactive and fun with role play and hands on instruction.



Check Front Desk or Website for upcoming classes

FIRST TEE D.R.I.V.E. (ages 6-12)

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 games are modified to incorporate the basic golf shots putt, chip, pitch and full swing.



Program offered in the Spring

KARATE PROGRAMS (ages 4 and up)

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.

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 teaches every child to be more confident, focused and disciplined, which are the core skills of being a good leader.

*For more information, contact
Buckner Martial Arts
Stephanie Buckner
renshistephanie29@gmail.com*

YEAR-ROUND SWIM TEAM PROGRAM

Our year-round swim team program is truly a family activity. For ages 6–18, swimmer must be able to swim 25yd Freestyle and 25yd Backstroke without assistance. We will continue to develop swimmer 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.



Coaches:

- Head Coach—Kody Deter
- Assistant Coach—Bryce Alexander
- Assistant Coach—Catherine Ott
- Assistant Coach—Ashley Becks
- Assistant Coach—AJ Mann
- Volunteer Coach—Andrew Doviak
- Volunteer Coach—Korey Ackerman

www.lakotastingingrays.com

STINGRAYS SWIM TEAM

Head Coach, Kody.Detter@LakotaYMCA.com

SUMMER TRI-COUNTY STINGRAYS

CONGRATULATIONS TO OUR LAKOTA FAMILY YMCA STINGRAYS SUMMER RECREATIONAL TEAM!



WORKING HARD AS A TEAM

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 2023
Practices Begin: May 2023

**SOUTHWEST OHIO
YMCA SWIM LEAGUE**





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



STAGE DESCRIPTIONS

SWIM STARTERS

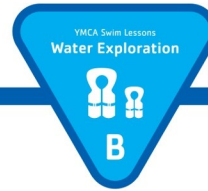
Infants and toddlers

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 Ben.Carnahan@LakotaYMCA.com

ADULT PROGRAMS

Program/Wellness Director: Brandon.Fuhr-Storms@LakotaYMCA.com

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.

W.O.W. (WOMEN ON WEIGHTS)

Women On Weights is a 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.



"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.

CORRECTIVE MOBILITY

This is a 30 minute flow class that will consist of 3 important sections: Dynamic Mobility, Corrective Strengthening and Static Flexibility. Movement is medicine and will improve your overall quality of life. Give your body what it NEEDS!

MINDFIT

Strong Mind + Strong Body = MindFit! Not a Diet, Not a Gimmick and Not a Quick Fix.

Program includes:

- 4 Group Training Sessions
- Accountability Coaching
- Nutrition Coaching
- MindFit Gift with tools to reach your Goals.



HIIT TRAINING

HIGH INTENSITY INTERVAL TRAINING



HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

Our specialized instruction will work with all fitness levels to help you improve your health, gain strength and promote confidence in your fitness goals.

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.

Teams forming all year long. Contract the Program and Wellness Director to reserve your team.

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. Contact Program and Wellness Director to register.

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.

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

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.

CORE BUILDER

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

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.



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.

SILVERSNEAKERS® TAI CHI

A Tai Chi class is often based around an established group of friendly, like-minded people. You will be welcomed into this group, and introduced to a mix of activities such as visualization, meditation, body mechanics and hands on physical correction/manipulation, in repetitive exercises and partner work

GROUP FITNESS

Program/Wellness Director: Brandon.Fuhr-Storms@LakotaYMCA.com

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.



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 practitioner

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!

ZUMBA®

This is the hottest fitness class around with classes 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

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.

WHAT CAN I DO AT THE Y?

LAKOTA FAMILY YMCA

AREA	AGE LIMIT	PARENT/GUARDIAN REQUIRED IN THE AREA	SPECIAL INSTRUCTIONS	ADDITIONAL INFORMATION
FACILITY	All ages welcome with some restrictions	YES, 9 and under must be accompanied by a parent/guardian when not in a program.	Please review Code of Conduct with all children.	Lakota YMCA reserves the right to require visits with a parent/guardian on property
LOCKER ROOM	All ages welcome with some restrictions	Children 6 and over must use gender appropriate locker rooms	Children 5 and under may use locker rooms of the opposite gender with a parent/guardian	Family Locker Room is available for parents/guardians with a child of the opposite gender or for those families assisting other family members.
CHILD WATCH	6 WEEKS—9 YEARS OLD	NO, but required to stay in the building	ALL CHILDREN MUST be scanned in by a parent/guardian	Limited to 1 hour 15 minutes per day, per child. View schedule for hours.
POOLS (INDOOR, JR. AND BUBBLE/OUTDOOR)	All ages welcome with some restrictions	YES, 9 and under in all pool areas. 10–12 years old if swimmer has a red swim band.	Children 12 and under must wear appropriate swim band while in the pool for recreational swimming.	View schedule for activities
Gymnasium	All ages welcome with some restrictions	YES, 9 and under must be accompanied by a parent/guardian	Tennis shoes only, no hard baseballs or softballs, no food or drink other than water	Open during regular facility hours. Closes 15 minutes prior to building. View schedule for changes during Basketball season.
Cardio Equipment	12 years and up	YES, 12–14 years old must have a parent/guardian with them in the fitness center	12–14 years old must have Medical Clearance Form on file.	Open Regular Facility Hours
Weight Room	13 years and up with some restrictions	YES, 13–14 years old must be accompanied by a YMCA Trainer.	15 and over	Open Regular Facility Hours
Group Fitness	12 years and up	YES, 12–14 years old must have a parent/guardian with them in the Group Fitness class	12–14 years old must have Medical Clearance Form on file.	View schedule of classes



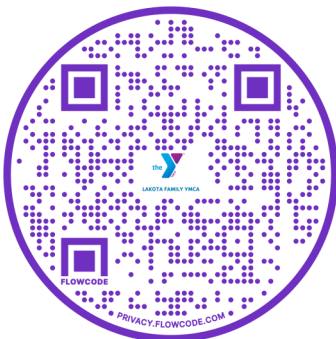
FACILITY AND PARTY RENTALS

The Lakota YMCA is available for rentals .

Perfect for:

- Birthday Parties
- Wedding Showers
- Baby Showers
- Sports Practices
- Scouting Events
- Community Meetings
- And so much more!

COME CELEBRATE WITH US



Scan QR Code for more information
or to submit a rental request



POOL RULES AND REGULATIONS

Aquatics Director, Ben.Carnahan@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 FLOATION 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.

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.

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.

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.
- Full court games are not permitted.
- Foul language and physical confrontations are grounds for removal from the facility.

FACILITY RULES AND REGULATIONS

Membership Director: Sara.Matchison@LakotaYMCA.com

FITNESS CENTER

- Individuals must be 15 years or older to use the Fitness Center and free-weight area.
- 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.
- 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.

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.
- 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**

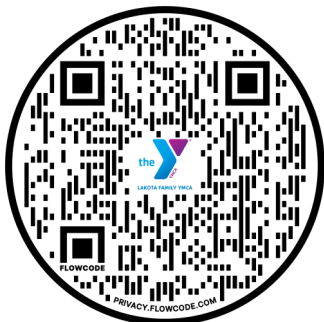


BE IN THE KNOW WHEN YOU'RE ON THE GO

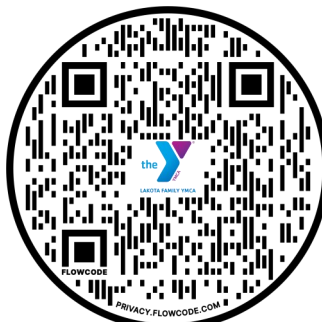
- SEARCH CLASS SCHEDULES
- STORE YOUR MEMBERSHIP CARDS
- FIND UPCOMING PROGRAMS
- CHECK Y HOURS
- GET CLASS NOTIFICATIONS
- AND SO MUCH MORE!



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APPLE STORE



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STAY SOCIAL



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