



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA

Program Guide Winter/Spring 2022

MY Y IS EVERY Y. NATIONWIDE.

Visit 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 RenewActive 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

John.Schaller@LakotaYMCA.com, Chief Executive Officer
Joe.Ayers@LakotaYMCA.com, Associate Director
Sara.Matchison@LakotaYMCA.com, Membership Director
Sean.Merritt@LakotaYMCA.com, Program/Wellness Director
Lindsay.Miller@LakotaYMCA.com, Child Care Director
Heather.Branham@LakotaYMCA.com, Billing Coordinator
Ben.Carnahan@LakotaYMCA.com, Aquatics Director
Kody.Deter@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 *1hr 15min limit

M—Th	9:30am—12:30pm, 5:30pm—8:30pm
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Indoor Pool:

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

Bubble Pool:

M-F	4:00pm—8:30pm
Sat	12:00pm—6:30pm
Sun	12:00pm—5:30pm

HOLIDAY & SEASONAL CLOSINGS:

- Friday, 12/24/2021—Christmas Eve close at 3:00pm
- Saturday, 12/25/2021—Christmas Day CLOSED
- Friday, 12/31/2021—New Years Eve close at 6:00pm
- Saturday, 1/1/2022—New Years Day CLOSED
- Sunday, 4/17/2022—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 a healthy spirit, mind and body for all.

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 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

MEMBERSHIP TYPES

Family	Parent and dependent children age 26 and under living in same
Family Household Plus	3 or more related adults living in same household including their de-
Single	Must be 18 and older
Sr. Single	Must be 55 and older
Sr. Couple	2 adults living in same household

GIVE US A TRY TODAY!

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.

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 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, American Express 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.

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

- 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.

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



LAKOTA FAMILY YMCA



NOW HIRING

SPEND YOUR TIME BUILDING SKILLS EMPLOYERS ARE LOOKING FOR WHILE POSITIVELY IMPACTING LIVES

- FREE YMCA Membership for yourself and discount for family
- Discounts on programs
- Pay range from \$9.30—\$14.00
- Flexible Schedules

BEFORE & AFTER SCHOOL CHILD CARE

We are currently accepting applications for our Before and After School Child Care Program that we have in most of the Lakota Early Childhood and Elementary Schools. Minimum requirements are:

- At least 18 years of age
- Complete a medical check
- Complete a background check
- High School Diploma.

Hours are from 7:00a to the start of the school and after school ends to 6:00p. You must enjoy working with school-aged children as we provide a fun and safe environment for the children. This is a part-time position up to 25 hours per week. We run the school year and follow the Lakota School District calendar.



LIFEGUARD

Work for LAKOTA FAMILY YMCA for 6 months, and we will pay for your LIFEGUARDING course! A SAVINGS OF \$350!!!!

REQUIREMENTS

- Age 16 and older
- Pass the American Red Cross Pre-Requisites and Course
 - 300 yard swim
 - 2 minutes tread using NO hands
 - 10lb brick retrieval for the deep end of the pool in 1 minute 40 seconds
- Able to present self as a dependable professional
- Able to maintain a safe swimming environment for all swimmers of all ages
- Able to work in a team based environment

FRONT DESK

The Lakota Family YMCA is seeking a Part-Time Front Desk Associates to serve as the front line person to greet and assist the members, visitors, and clients. Primary responsibilities include promoting, selling, and registering membership, events, and programs, answering phone calls and providing accurate information to all inquiries in a friendly and professional manner. The Front Desk is the main hub of the organization, therefore, the position will serve as the center of communication and support for the overall operations and member service functions.



Where Fun HAPPENS

OPEN HOUSE & CAMP SAMPLE DAY

Saturday, May 7, 2022

10:00am—12:00pm

CAMP ARROWHEAD 2022

(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.

REGISTRATION BEGINS

Members: February 15, 2022

Non-Members: March 1, 2022

SCIENCE & NATURE



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



Lakota Family YMCA

School's Out

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 7:00am—6:00pm. School's Out Camp schedule for the 2021—2022 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 22, 23, 27, 28, 29 & 30, 2021
Monday	January 17, 2022 Martin Luther King Day
Friday	February 18, 2022 Compensatory Day
Monday	February 21, 2022 President's Day
SPRING BREAK	March 14-18, 2022
Monday	March 21, 2022 Teacher PD
Friday	April 15, 2022

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,
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/



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.

CHILD CARE PROGRAMS

Child Care Director, Lindsay.Miller@LakotaYMCA.com

CRAYON CLUB

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 per week

Non-member Fee: \$178 per week

LEARN



GROW



THRIVE

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: TBD

Time: 5:00pm—9:00pm

Ages: 3–12

Member Fee: \$20 first child, \$15 each additional child

LAKOTA YMCA MEMBERS ONLY

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



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)

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.

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



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.



FOR YOUTH DEVELOPMENT®
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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

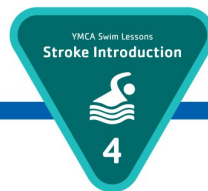
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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

SWIM LESSON PROGRAMS

Aquatics Director, Ben.Carnahan@LakotaYMCA.com

Session Dates

Winter 1: January 10—February 18

Member Registration: January 3

Non-member Registration: January 5

Winter 2: March 21—May 7

*NO CLASSES April 11—April 16

FEES:

Aquababies—Level 6

Member Fee: \$42

Non-member Fee: \$96

Pre-Competitive Swim Team and Adult

Member Fee: TBD

Non-member Fee: TBD

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

AquaBabies: Water Discovery and Exploration

(6 months–36 months)

Thursday TBD
Saturday 10:00am



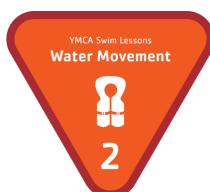
Level 1: Water Acclimation

Monday 5:30pm
Tuesday TBD
Wednesday 5:30pm
Thursday TBD
Saturday 10:30am



Level 2: Water Movement

Monday 6:00pm
Tuesday TBD
Wednesday 6:00pm
Thursday TBD
Saturday 11:00am



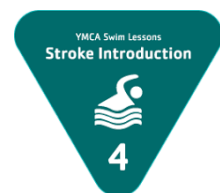
Level 3: Water Stamina

Monday 5:30pm
Tuesday TBD
Wednesday 6:00pm
Thursday TBD
Saturday 10:30am



Level 4: Stroke Introduction

Monday 6:00pm
Tuesday TBD
Wednesday 6:00pm
Thursday TBD
Saturday 11:00am



Level 5: Stroke Development

Monday 6:30pm
Wednesday 6:30pm
Saturday 11:30am



Level 6: Stroke Mechanics

Monday 6:30pm
Wednesday 6:30pm
Saturday 11:30am



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!



TBD

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 TBD

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.

PRIVATE SWIM LESSONS

(each class is 30 minutes)

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.

Semi-private swim lessons are great for two equally skilled swimmers to learn with the instructor in a small group setting.

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

- Private lessons are great for beginners
- Improve swimming skills

LAKOTA YMCA MEMBERS ONLY

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

SWIM LESSON PROGRAMS

Aquatics Director, Ben.Carnahan@LakotaYMCA.com



Private Swim Rates

1 Lesson—\$35

Semi-Private Swim Rates

1 Lesson—\$40

Semi-Private (maximum 2 swimmers)

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? _____

STINGRAYS SWIM TEAM

Head Coach, Kody.Detter@LakotaYMCA.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.

During the 2020-021 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—Kody Deter
- Assistant Coach—Bryce Alexander
- Assistant Coach—Ally Brauning
- Assistant Coach—Catherine Ott
- Assistant Coach—Ashley Becks

Website: www.lakotastingrays.com

Facebook: www.facebook.com/



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.

WORKING HARD AS A TEAM

SUMMER TRI-COUNTY STINGRAYS

CONGRATULATIONS TO OUR LAKOTA FAMILY YMCA STINGRAYS SUMMER RECREATIONAL TEAM!

The Stingray Swimmers took 2nd place at the Tri-County Swim League Championships and were High-Point winners for the 11-12 girls age group swimmers!

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 2022

Practices Begin: May 2022

MARK YOUR CALENDARS:
Tri-County Championships will be

JULY 22—JULY 23



**SOUTHWEST OHIO
YMCA SWIM LEAGUE**



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.

Dates:	Winter 1: January 12—February 16 Member Registration: December 27 Non-member Registration: December 329 Winter 2: February 23—April 6 *NO CLASS MARCH 16* Member Registration: February 8 Non-member Registration: February 10 Spring: April 5—May 10 Member Registration: March 22 Non-member Registration: March 24
Times:	Tuesday 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 5—February 9
Times:	Wednesday 6:00pm—6:45pm, 7:00pm—7:45pm
Member Fee:	\$50 (register December 18)
Non-member Fee:	\$70 (register December 20)



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. Tiny Tot's t-shirts will be passed out the week prior to scrimmages. Class is 45 minutes in length.

Dates:	April 23—May 28
Times:	Sat 9:00am, 10:00am
Member Fee:	\$50 (register March 18)
Non-member Fee:	\$70 (register March 20)

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 8—July 23 *NO CLASS July 3 or July 6
Times:	Wed 6:00pm, Sat 9:00am, 10:00am
Member Fee:	\$50 (register May 8)
Non-member Fee:	\$70 (register May 10)



YOUTH PROGRAMS

Program and Wellness Director, Sean.Merritt@LakotaYMCA.com

YOUTH FITNESS PROGRAM

This program will allow youth ages 12-15 to be guided through a 1-hour workout session guided by a YMCA 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.

For training times, contact the Lakota YMCA Front Desk

Member Fee:	FREE to Lakota YMCA Members \$10 for Reciprocal Members
Non-member Fee:	YMCA MEMBERS ONLY

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 10—February 9
Times:	Monday's or Wednesday's 7:00pm—8:00pm
Member Fee:	\$60 per session (register December 20)
Non-member Fee:	\$90 per session (Register December 22)

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.

Sessions:	January 8—February 12
Times:	Saturday 9:30am—10:15am
Member Fee:	Group 1: \$60 (register December 18)
Non-member Fee:	Group 1: \$75 (register December 20)

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:	May 2—May 30
Time:	Thursdays 4:00pm—5:00pm
Member Fee:	\$50 (register April 8)
Non-member Fee:	\$70 (register April 10)



KARATE PROGRAMS

Program and Wellness Director, Sean.Merritt@LakotaYMCA.com

Session Dates (eight-week session)

Session I: January 10—March 2

Member Registration: December 20

Non-Member Registration: December 22

Session II: March 7—May 4

NO CLASS MARCH 14-16

Member Registration: February 21

Non-Member Registration: February 23

Session III: May 9—June 29

***NO CLASS MAY 30**

Member Registration: April 25

Non-Member Registration: April 27



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.

Days:	Monday/Wednesday
Time:	6:00pm—6:30pm
Member Fee:	\$90 per session
Non-member Fee:	\$110 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:	Monday/Wednesday
Time:	6:30pm—7:30pm
Member Fee:	\$180 per session
Non-member Fee:	\$200 per session



**For more information, contact
Stephanie Buckner at
BucknerMartialArts1@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.



TBD

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 11—April 15
Member Fee: \$260 per team
Non-member Fee: \$400 per team

Registration packets available at the Front Desk beginning

Registration deadline:

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.

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.

Registration begins two weeks before start date.

Dates: January 11—February 17
Days/Times: Tuesday's and Thursday's 6:00pm—7:00pm
Member Fee: \$84 (registration begins December 20)
Non-member Fee: \$144 (registration begins December 22)

"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.



ADULT PROGRAMS

Program and Wellness Director, Sean.Merritt@LakotaYMCA.com

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.



Dates: January 13—March 3
Days/Times: Thursdays 10:00am—12:00pm
Member Fee: \$30 (registration starts December 28)
Non-member Fee: \$60 (registration starts December 31)

OPEN PICKLEBALL PLAY TUESDAY'S 10:00AM -12:00PM



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.

Session Date: March 3—April 21
Times: Thursday 6:00pm and 7:00pm
Member Fee: \$30 (registration starts December 20)
Non-member Fee: \$60 (registration starts December 22)



FITNESS TRAINING

Individual Personal Training Rates

Program and Wellness Director: Sean.Merritt@LakotaYMCA.com

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.

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

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.

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: Sean.Merritt@LakotaYMCA.com

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.



Ignite DanceFit

Pre-Choreographed urban fusion of boxing, HIIT, hip hop, dance and some serious attitude. There are 3 levels of intensity for EVERY body.



GET PAID TO WORK OUT!

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 and Wellness Director: Sean.Merritt@LakotaYMCA.com

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.



MAKE
FRIENDS
HAVE FUN!

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®

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.



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**





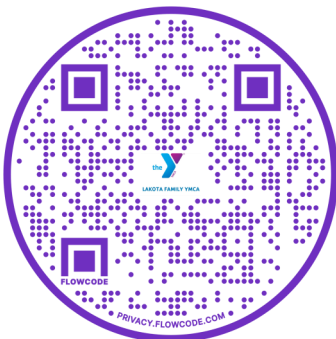
FACILITY AND PARTY RENTALS

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**

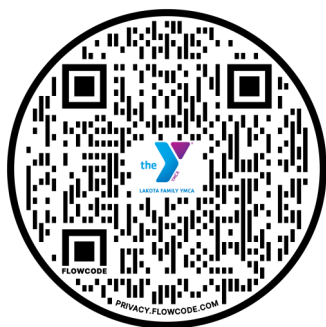


BE IN THE KNOW WHEN YOU'RE ON THE GO

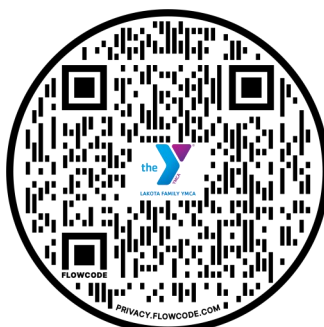
- SEARCH CLASS SCHEDULES
- STORE YOUR MEMBERSHIP CARDS
- FIND UPCOMING PROGRAMS
- CHECK Y HOURS
- GET CLASS NOTIFICATIONS
- AND SO MUCH MORE!



DOWNLOAD TODAY



GOOGLE PLAY STORE



APPLE STORE

Scan the QR Code using your smart phone or search for "DAXKO Mobile" in the App Store or Google Play.

STAY SOCIAL



@LakotaFamilyYMCA



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