

LAKOTA FAMILY YMCA PROGRAM BROCHURE SUMMER 2022



#BestSummerEver



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 Nationwide 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 Township OH 45044

PHONE

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

WEBSITE

www.LakotaYMCA.com

Y TEAM MEMBERS

John.Schaler@LakotaYMCA.com, Chief Executive Officer
Joe.Ayers@LakotaYMCA.com, Associate Director
Sara.Matchinson@LakotaYMCA.com, Membership Director
Lindsay.Miller@LakotaYMCA.com, Child Care Director
Ben.Carnahan@LakotaYMCA.com, Aquatics Director
Brandon.Fuhr-Storm@LakotaYMCA.com, Program/Wellness Director
Kody.Detter@LakotaYMCA.com, Stingrays Head Swim Coach
Kathy.Joiner@LakotaYMCA.com, Billing/Office Manager

HOURS OF OPERATION (Subject to change)

Facility:

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

Indoor Pool:

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

Outdoor Pool: & Playland 5/30/2022-9/5/2022:

M-Su	12:00pm-8:00pm
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Outdoor Pool: Hours subject to change with Lakota School Schedule

TABLE OF CONTENT

Hours of Operations	1
Membership Information	2
What Can I Do At The Y?	3
Hiring	4
Camp Arrowhead	5-6
Child Care Programs	7
Latchkey	8
Youth Programs	9
Karate Programs	10
Aquatic Programs	11-15
Rock Wall	16
Group Fitness	17
Personal Training/ Adult Programs	18-19
Rules and Regulations	20-21
Summer Events	22

Holiday & Seasonal Closings:

- Memorial Day: 5/30/2022
 - FACILITY HOURS 7am-7pm
 - CHILD WATCH CLOSED
 - OUTDOOR POOL 12pm-7pm
- 4TH OF JULY: 7/4/2022
 - FACILITY HOURS 7am-7pm
 - CHILD WATCH CLOSED
 - OUTDOOR POOL 12pm-7pm
- LABOR DAY: 9/5/2022
 - FACILITY HOURS 7am-7pm
 - CHILD WATCH CLOSED
 - OUTDOOR POOL 12pm-7pm

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. 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 at Lakota YMCA. Members must present membership card to access the YCMA.

MEMBERSHIP BENEFITS

- FREE Group Fitness classes offered daily
- FREE health and wellness programs
- FREE drop-in child care
- Swim lessons for ALL ages
- Year-round 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, Women on Weights)

And so much more!

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

MEMBERSHIP FEES & PAYMENT PLANS JOINING FEE

The joining fee is a one-time fee for new members only. Memberships that are expired or terminated for more than 60 day will need to rejoin.

PAYMENT OPTIONS MONTHLY CREDIT CARD DRAFTING

Monthly Membership remains continuous until the member requests a cancellation by the 15th of the month. All memberships are subject to the 12-month contract.

Note: Lakota YMCA rates are subject to change, and 30-day advance notice will be given.

ANNUAL

Annual dues are taken at registration or renewal. Paying annually grants a discount over monthly dues. MasterCard, Visa, Discover, Check or Cash are accepted for all transactions.

MEMBERSHIP PARTNERS

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

MEMBERSHIP INFORMATION

Membership Director: Sara.Matchison@LakotaYMCA.com

MEMBERSHIP TYPES

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

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 or visit LakotaYMCA.com.

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. Please fill out our assistance packet.

CANCELLATION POLICY

A Cancellation Form can be acquired at the Welcome Center and must be completed and returned prior to the next billing date by the 15th of the month.

NON-MEMBER SPECTATORS

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

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

Guest Pass Policy

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

7 DAY TRIAL PASS

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

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



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.



CAMP ARROWHEAD

Child Care Director: Lindsay.Miller@LaktoaYMCA.com

Stop by to meet some of our staff and get a sample of fun activities campers will experience each day!



Where Fun Happens

Sign up TODAY

Sample Day & Open
House

Saturday, May 7, 2022

10:00am-12:00pm



CAMP ARROWHEAD

Child Care Director: Lindsay.Miller@LakotaYMCA.com

WEEKLY THEMES AND FIELD TRIP 2022

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 walls, science and nature, swimming, sports, D.E.A.R program (Drop Everything And Read) and much more. Weekly in-house AND outside field trips* are included in the cost of camp. Swim lessons are offered throughout the summer at an additional fee.

Dates: **May 23, 2022-August 12, 2022**

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

Monday-Friday Day Camp, 9:00am-4:00pm

Member Fee: \$153/week

Non-member Fee: \$196/week

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

Monday-Friday Extended Camp, 7:00am-6:00pm

Member Fee: \$190/week

Non-member Fee: \$235/week

Dates and field trips are subject to change.

C.I.T. CAMP

(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 period. 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

Member Fee: \$122/week

Non-member Fee: \$155/week



- 1 May 23-May27**
#BESTSUMMEREVER
COOK OUT & KONA ICE
- 2 May 31-JUNE 3**
DISCO DAZE
BOWLING*
- 3 June 6-June 10**
AMAZING RACE
GET AIR*
- 4 June 13-June 17**
FEAR FACTOR
DR. INSECTA IS BACK!!!!
- 5 June 20-June 24**
O-H-I-O
CINCINNATI REDS*
- 6 June 27-July 1**
GOIN' GREEN
CINCINNATI OBSERVATORY
- 7 July 5-July 8**
PARTY IN THE U.S.A
INFLATABLE & CARNIVAL
- 8 July 11-July 15**
DOWN ON THE FARM
NEIDERMAN FARMS*
- 9 July 18-July 22**
SAFARI ADVENTURE
CINCINNATI ZOO*
- 10 July 25-July 29**
CAMP ARROWHEAD TALENT
TALENT SHOW
- 11 Aug 1-Aug 5**
WALK THE RED CARPET
MOVIE*
- 12 Aug 8-Aug 12**
HAWAIIAN HULLABALOO
TBD

*Offsite Field Trips

CHILD CARE PROGRAMS

Child Care Director: Lindsay.Miller@LakotaYMCA.com



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)

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)

Have toys you are looking to rehome? Consider donating them to the Lakota YMCA!

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–6:00pm

Member Fee: \$171

Non-member Fee: \$187





BEFORE & AFTER SCHOOL CHILD CARE

Child Care Director: Lindsay.Miller@LakotaYMCA.com

The Lakota YMCA Before and After School program is an active child care program for students at Arena, Cherokee, Creekside, Endeavor, Freedom, Heritage, Hopwell, Independence, Liberty, Shawnee, Union, Van Garden, Woodland & 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

2022-2023 School Year

REGISTER NOW!

Register at Lakota Family YMCA

Dates: August 16, 2022- May 24, 2023

\$55 Registration fee per child

Monday-Friday, Weekly Flat Rate

BEFORE School Care

7:00am until the start of school

Member Fee: \$59

Non-member Fee: \$73

AFTER School Care

After school until 6:00pm

Member Fee: \$76

Non-member Fee: \$91

BOTH AM and PM School Care

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

Member Fee: \$93

Non-member Fee: \$122

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

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

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

Craft, 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.



Registration opens two weeks prior to the session start date.

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 scrimages 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.

Member Fee: \$55

Non-member Fee: \$70



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.

Member Fee: \$55

Non-member Fee: \$70

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.

Member Fee: \$55

Non-member Fee: \$70

YOUTH PROGRAMS

Program/Wellness Director:

Brandon.Fuhr-Storm@LakotaYMCA.com



Tippi Toes (ages 2–12)

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

Dates: Summer: June 6–July 29th

Days/Times: Wednesday

Toddler and Me (age 18m–3y): 10:00a–10:30a

Members: \$120

Non-members: \$180

Tiny Toes (ages 2–4): 10:40am–11:10am

Members: \$120

Non-members: \$180

Ballet, Tap, Jazz (age 3–7): 11:20am–12:00pm

Members: \$140

Non-members: \$200

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 warm-up, flexibility, mobility, running mechanics, agility, full body strength and core work.

Member Fee: \$60

Non-member Fee: \$90

KARATE PROGRAMS

Session Dates

Session I: May 9–June 29

Member Registration: April 18

Non-Member Registration: April 20

Session II: July 4–August 24

Member Registration: June 27

Non-Member Registration: June 29

***Make-up offered for 7/4–TBD**

Session III: August 29 – October 19

Member Registration: August 15

Non-Member Registration: August 17

***Make-up offered for 9/5 – TBD**



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, 5th-degree Black Belt, Certified Instructor, former USA Team Member, National and Pan American Champion.



Karate Programs (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, improving 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



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 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



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.

YMCA Swim Lessons
Water Discovery



A

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.

YMCA Swim Lessons
Water Exploration



B

B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

YMCA Swim Lessons
Water Acclimation



1

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.

YMCA Swim Lessons
Water Movement



2

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.

YMCA Swim Lessons
Water Stamina



3

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

YMCA Swim Lessons
Stroke Introduction



4

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.

YMCA Swim Lessons
Stroke Development



5

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.

YMCA Swim Lessons
Stroke Mechanics



6

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



Private Swim Rates

1 Lesson-\$35
5 Lessons-\$150

Semi-Private Swim Rates

1 Lesson-\$40
5 Lessons-\$175

Semi-Private (maximum 2 swimmers)

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.

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

- Private lessons are great for beginners
- Improve swimming skills

LAKOTA YMCA MEMBERS ONLY

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

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? _____

SESSION DATES

Summer I: June 4–June 29 (4weeks)

Member Registration: May 23

Non-member Registration: May 25

Summer II: July 6–July30 (4 weeks)

Member Registration: June 27

Non-member Registration: June 29

Rapid Fire I: June 6– June 16 (2 weeks)

Monday–Thursday

Member Registration: May 23

Non-member Registration: May 25

Rapid Fire II: June 20– June 30 (2 weeks)

Monday–Thursday

Member Registration: June 15

Non-member Registration: June 17

Rapid Fire III: July 11– July 21 (2 weeks)

Monday–Thursday

Member Registration: July 6

Non-member Registration: July 8

Rapid Fire IV: July 25– August 4 (2 weeks)

Monday–Thursday

Member Registration: July 20

Non-member Registration: July 22

Fees:

AquaBabies–Level 6 (30 min):

Members: \$40

Non-members: \$60

Rapid Fire Level 1–6 Mon.–Thurs 2 wks (30 min):

Members: \$80

Non-member: \$120

Adult Group (45min)

Members: \$60

Non-member: \$90

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 the session you're 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.

Adult Swim Lessons

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

Saturday 9:00–9:45am

Member Fee: \$60

Non-member Fee: \$90

SWIM LESSON PROGRAMS

Aquatics Director: Ben.Carnahan@LakotaYMCA.com

SWIM LESSONS PROGRESSION SYSTEM

Aqua Babies (ages 6–46 months)

Saturday 10:00–10:30am

Level 1: Water Acclimation

Mondays: 10:30am–11:00am

5:30pm–6:00pm

Wednesdays: 10:30am–11:00am

5:30pm–6:00pm

Saturdays: 10:30am–11:00am

11:00am–11:30am

Rapid Fire (2wks)

Monday thru Thursday: 9:30am–10:00am

Level 2: Water Movement

Mondays: 11:00am–11:30am

6:00pm–6:30pm

Wednesdays: 11:00am–11:30am

6:00pm–6:30pm

Saturdays: 10:30am–11:00am

11:00am–11:30am

Rapid Fire (2wks)

Monday thru Thursday: 10:00am–10:30am

Level 3: Water Stamina

Mondays: 10:30am–11:00am

6:30pm–7:00pm

Wednesdays: 10:30am–11:00am

6:30pm–7:00pm

Saturdays: 10:30am–11:00am

11:00am–11:30am

Rapid Fire (2wks)

Monday thru Thursday: 9:30am–10:00am

Level 4: Stroke Introduction

Mondays: 11:00am–11:30am

6:30pm–7:00pm

Wednesdays: 11:00am–11:30am

6:30pm–7:00pm

Saturdays: 11:30am–12:00pm

11:00am–11:30am

Rapid Fire (2wks)

Monday thru Thursday: 10:00am–10:30am

Level 5: Stroke Development

Mondays: 10:30am–11:00am

7:00pm–7:30pm

Wednesdays: 10:30am–11:00am

7:00pm–7:30pm

Saturdays: 11:30am–12:00pm

12:00am–12:30am

Rapid Fire (2wks)

Monday thru Thursday: 9:30am–10:00am

Level 6: Stroke Mechanics

Mondays: 11:00am–11:30am

7:00pm–7:30pm

Wednesdays: 11:00am–11:30am

7:00pm–7:30pm

Saturdays: 11:30am–12:00pm

12:00am–12:30am

Rapid Fire (2wks)

Monday thru Thursday: 10:00am–10:30am



WORKING HARD AS A TEAM YEAR-ROUND SWIM TEAM PROGRAM



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

During the 2021-2022 season, the Lakota Stingrays had 63 participate in a championship with 93 top 10 finishes their respective events. The Stingrays also sent 19 swimmers the AA Championships and 1 swimmer to the Great Lake Zone Championships. We are excited for what the future holds for each swimmer both in and out of the pool. GO STINGRAYS!

Coaches:

- Head Coach: Kody Detter
- Assistant Coach: Bryce Alexander
- Assistant Coach: Ally Braunig
- Assistant Coach: Catherine Ott
- Assistant Coach: Ashley Becks
- Assistant Coach: Andrew Doviak

Website: www.lakotastingrays.com

Facebook: www.facebook.com/LakotaYmcaStingraysSwimTeam



STINGRAYS SWIM TEAM

Head Coach: Kody.Detter@LakotaYMCA.com

LAKOTA YMCA SUMMER SWIM TEAM

CONGRATULATIONS TO OUR LAKOTA FAMILY YMCA STINGRAYS SUMMER RECREATIONAL TEAM!

The Stingray Swimmers took 5th place at the 2019 Tri-County Swim League Championships and were High-Point winners for the 8 & Under Girls and the 9-10 Girls age groups!

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

Registration Open!

MARK YOUR CALENDARS:
Tri-County Championships will be
July 29—30, 2022



**SOUTHWEST OHIO
YMCA SWIM LEAGUE**



ROCK WALL NOW OPEN

WEDNESDAYS: 5:30-8:00PM
SATURDAYS: 11:00AM-1:00PM

Rules:

- **Must wear closed toe shoes**
- **Must be able to safely fit in harness**
- **Must follow all instructions by Rock Wall instructors**
- **Must have Rock Wall Waiver on file**

GROUP FITNESS

Program and Wellness Director:
Brandon.Fuhr-Storm@LaktoaYMCA.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.

IMPROVING THE NATION'S HEALTH AND WELL BEING

Cycling

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



Dance Jam/Zumba

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

Gentle Yoga

This class is great for everyone! Gentle Yoga includes yoga postures to strengthen and stretch, improve flexibility, repair the muscles that need love and calm your mind. A wonderful way to relieve stress and feel nurtured. Gentle yoga offers you the space and time to feel every movement that you're doing.

Muscle Mix

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

SilverSneakers® Classic

Improve strength, flexibility, posture, and balance. Exercise at your own pace with resistance tools including bands, balls, and weights.



SilverSneakers® Stability

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

Tai Chi

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

Vinyasa Yoga

A slow to medium paced class that emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa class is a moving meditation in which you will flow through sequences of traditional Sun Salutations and end with cool down poses.

Helps to improve blood circulation, restore hormonal imbalances, improve strength and balance, improve digestion, integrate awareness, alignment, flexibility and grace.

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.



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 individual exercise training and basic health information.

Sessions are up to 60 minutes in length.

Individual Personal Training Rates

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

Group Training Rates

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



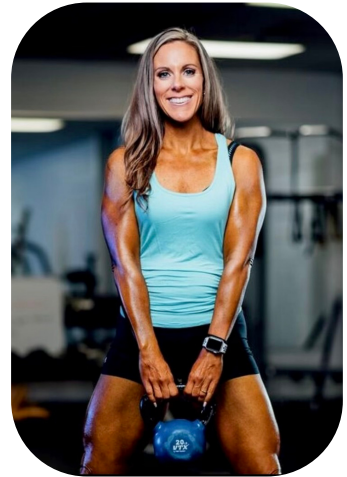
FITNESS TRAINING

Program and Wellness Director:
Brabdin.Fuhr-Storm@LakotaYMCA.com

PROGRAM FEATURES INCLUDE

- Training by a certified personal trainer.
- A comprehensive evaluation to assess your specific needs and goals.
- Short-term (1-4 sessions) and/or long-term training.
- and basic health information.
- • 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

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? _____

ADULT PROGRAMS

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

W.O.W. (WOMEN ON WEIGHTS)



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

Registration begins two weeks before start date.

Dates: Summer 1: June 7—July 14
Summer 2: July 26—September 1

Days/Times: Tuesday/Thursday
6:00pm—7:00pm

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

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

Pickle Ball

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 outdoor on a badminton-sized court and a slightly modified tennis net
- Played with a paddle and a plastic ball

*from USAPA Pickleball Webpage.

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



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 AND REGULATIONS

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.

Membership Director: Sara.Matchison@LakotaYMCA.com

FITNESS CENTER

- Individuals must be 16 years or older to use the Fitness Center and free-weight area.
- Individuals that are 15 must have taken two Fitness Training Sessions to be able to use Fitness Center without an adult present.
- Children 12—14 may use the cardio equipment area with an on-file medical clearance form. Their parent/guardian must also accompany them in the Fitness Center. They may use weight equipment while in a Fitness Training Session with a trainer only.
- Closed-toed shoes and appropriate attire must be worn.
- 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.

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.
- No more than 2 people to a basket.
- Foul language and physical confrontations are grounds for removal from the facility.

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
- Playland is open to members when the Y is open

SUMMER EVENTS

UPCOMING LAKOTA FAMILY YMCA EVENTS

ANNUAL SUMMER KICK OFF

Come out and enjoy swimming, FREE food, fire trucks, bounce houses, games, prizes, face painting, balloon artists, henna tattoos, Kona ice, music and FREE fitness classes!

This is a GREAT opportunity for you to invite your friends!

If they join, they get a month FREE. If they use you as a referral; YOU may be eligible for 1-Month FREE! Ask the Welcome Center for details on how to qualify for the "Get a Member, Get a Month" campaign.

Sunday, June 12, 2022 2-4pm

Hawaii Luau:

Join us at the outdoor pool on Wednesday at 1:30pm for a special craft by the pool. Fee will be based on craft made but will range from \$2.00

Sunday, July 10, 2022 2-4pm



COOL @ THE POOL

\$2.00 to cool off with Snow Cones or Ice Cream at the pool.

Tuesday, June 26, 2022 2-4pm
Sunday, August 7, 2022 2-4pm



CHEESEBURGER IN PARADISE

Join us for music, burgers and MORE!!!!
Wear your favorite Parrot Head attire and relax by the pool while we provide music and have the grill cooking! Music begins at 4:00pm and the grill opens at 5:00pm.

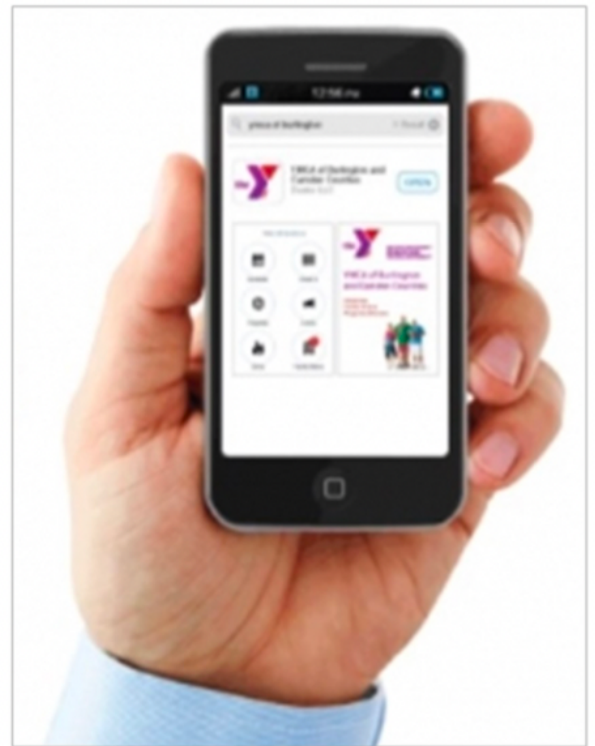
Bring \$5.00 and receive either a hamburger, cheeseburger, or two hotdogs (chips and a drink included).

Sunday, July 31, 2022 2-4pm



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



@LakotaYMCA



@LakotaYMCA