



**FOR  
YOUTH  
DEVELOPMENT**

**Nurturing the potential of every child and teen**

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health, and educational achievement.

**FOR  
HEALTHY  
LIVING**

**Improving our community's health and well-being**

The YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests. As a result, thousands of youth, adults, and families are receiving the support, guidance, and resources needed to achieve greater health and well-being for the spirit, mind and body.

**FOR  
SOCIAL  
RESPONSIBILITY**

**Giving back and providing support to our neighbors**

The YMCA has been listening and responding to the areas most critical social needs for 78 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.

**OUR MISSION**

To put christian principles into practice through programs that build a healthy spirit, mind and body for all

## Become a Member

Here at the Worthington Area YMCA, we strive to provide opportunities to learn, grow, and thrive. The Y can be a wonderful family experience. We hope your entire family will take full advantage of everything we have to offer! Take a look and find what is right for you.

Members receive program discounts and priority registration.

### Joining Fee

a one-time joining fee is applied to each new membership. If a membership lapses 30 days or more, the joining fee will be applied again upon sign-up.

Youth \$0 / College & Young Adult \$25 /

Families & Adults \$50

### Health Incentive Reimbursement Program

Many major health insurance carriers have a reimbursement plan. Check with your insurance provider and see if you qualify. \*Requires facility utilization.

### One Pass/SilverSneakers/Silver&Fit

Come in to start your free membership today. Available through your insurance plan. Requires annual verification.

### Corporate Discount

Many of the large businesses in Worthington qualify for their employees to receive a discount on the rates.

## Membership Rates

No Annual Contracts

Youth	0-18 Must have an adult/guardian present to complete membership application process	\$18/Month
Young Adult	19-25 Years Old	\$37/Month
College	Must provide proof of Full time student status at activation	\$25/Month
Adult	26-61 Years Old	\$53/Month
Adult + 1	Two adults over 18 living in the same household	\$63/Month
1 Adult House	1 Adult and youth residing in the same household	\$61/Month
Family	2 Adults and youth residing in the same household	\$71/Month
Senior	62+ Years old	\$51/Month

## YMCA HOURS

Mon- Thurs | 5:30am- 9:30pm

Fri | 5:30am - 7:30pm

Sat | 8am - 5pm

Sun | 1pm - 5pm

## CHILD WATCH HOURS

Mon/Wed/Fri | 8:30 - 10:30am

Mon-Thurs | 4:30-7:30pm

All facility rules and policies  
can be found online at  
[ymcaworthington.org](http://ymcaworthington.org)

**Voted  
Best Exercise  
Facility  
5 Years in a row!**

**Best of  
The Globe**

# Membership Perks

### GYMNASIUM



### WELLNESS CENTER



### INDOOR TRACK



### PICKLEBALL



### SENIOR COFFEE HOUR



### FREE WEIGHTS



### CHILD WATCH



### OUTDOOR POOL



### INDOOR POOL



### FREE FITNESS CLASSES



### ROCK WALL



### KIDS GYM



The Worthington Area YMCA strives to make membership available to everyone. With support from the Annual Strong Community Campaign, individuals and families are provided assistance when they cannot afford the full rate. We use a sliding fee scale based on total household income and the number of household members. We require supporting documentation to verify household size and income, and we consider special circumstances when providing assistance. Recipients are expected to be responsible for a percentage of the membership cost. Qualification for YMCA financial assistance for membership is reviewed every year.

**\*Note: Financial Assistance memberships do not receive renewal notices.**

#### How Do I Apply?

- Download the application at [ymcaworthington.org](http://ymcaworthington.org) or pick one up at the front desk
- return the completed application and copies of required documents to the Worthington Area YMCA
- Approval process may take up to 10 business days.

# IT'S GREAT TO BE

## Payment Plans

### Bank Draft

Monthly fee is drawn from a checking or savings account on the 15th of each month. If a payment or bank draft is not honored by your bank for any reason, a \$15 service fee will be applied to your account as well as a balance due. Payments are continuous until member completes cancellation process.

### Credit and Debit Card Draft

Monthly fee is drawn from the card provided on the 15th of each month. If a draft payment is declined for any reason, a balance due will be applied to your account. Payments are continuous until member completes cancellation process.

### Annual

Full year of payment is collected at the time of sale. Annual memberships are good for one year and are renewable. Annually paid dues will not be increased during the 12 month term. Renewals are subject to current rates. We accept cash, check, money order, and most major credit cards.

Non-payment results in membership termination and are still responsible for any outstanding balances

### Lost and Found

The YMCA is not responsible or liable for any damaged, lost, or stolen items. Contact the front desk to retrieve lost and found items. All content that is not recovered will be donated to a local charity after two weeks.

## Membership Cancellations

Memberships are continuous until a written request is given for termination. Members must provide notice by the 10th of that month to avoid payment. It is your responsibility to cancel your membership if you decide to discontinue use of the YMCA facility. Cancellation forms are available at the YMCA front desk. Completed forms should be emailed to [ymcafrontdesk@ymcaworthington.org](mailto:ymcafrontdesk@ymcaworthington.org)

## Additional Information

### Identification Cards

The YMCA requires members to be photographed for safety and security purposes. Identification cards are members specific. A hold will be applied to your membership if misuse is suspected.

### Membership Access

ID cards are nontransferable. If lost or broken, replacement cards are \$5.

### Gate Scans

Members participating in a health insurance incentive plan are responsible for scanning their own cards at the gate. Staff are not allowed to add visits for missed days. Contact membership services with any questions.

### Lockers

All locker rooms have lockers available for daily use. Lockers do not have locks, so bringing your own lock is encouraged. The YMCA is not responsible or liable for articles damaged, lost, or stolen. Towel/Locker Kit information available

# A YMCA MEMBER

## MY Y IS EVERY Y. NATIONWIDE

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

The reciprocal membership program is valid for YMCA full facility/full privilege members only. Program-only participants may upgrade to a full membership at any time to qualify. Silver Sneakers, Silver & Fit, One Pass, and all Short term membership are not valid on Nationwide Membership.

Visitors must present a valid YMCA membership card, a photo ID, and complete a waiver.

## STAY CONNECTED



[ymcaworthington.org](http://ymcaworthington.org)



[@worthingtonareaymca](https://www.facebook.com/worthingtonareaymca)



[@wgtnymca](https://www.instagram.com/wgtnymca)

The Worthington Area YMCA utilizes multiple ways to help members stay connected to the latest news, events, and programming. Like us on Facebook and Instagram or sign up for our Member E-Updates.

## CONTACT US

**507.376.6197**



- Option 1 - Hours & Location
- Option 2 - Pool Hours
- Option 3 - Member Services
- Option 4 - Staff Directory

## Guests and Visitors

{Photo ID required with each visit}

### Day Passes

Non-members can purchase a daily pass for:

- Youth - \$4.00
  - Age 17 and under must have a parent/guardian present to sign visitor waiver upon first visit.
  - Age 7 and under must have a paid parent/guardian with them at all times while in the facility.
- Adult - \$8.00
- Family {Parent/Guardian + dependents - \$14.00}

### Guests of Members

An individual can be a guest of a member twice per calendar year.

- Guests of any age must complete a visitor form and those 18 and over are required to show a photo ID upon each visit.
- Guests under the age of 18 must have a parent or guardian complete the visitor form prior to facility entry.
- Members are responsible for their guest and must accompany them and remain in the facility
- Guests 8 and younger must be accompanied by an adult 18 or older.
- The Y reserves the right to limit guest passes

# BE IN THE KNOW

## YMCA Code of Conduct

The Worthington Area YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to act appropriately at all times when in our facility, on our property or participating in our programs.

The Y reserves the right to deny or refuse service to any person convicted of any offense related to violent crime, the sale, possession, and/or transportation of illegal drugs, or is currently under the influence of illegal drugs or chemicals, narcotics, or intoxicating beverages. In addition, the Y conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the Y reserves the right to cancel membership, end programming, and remove visitation access.

## Privacy Policy

We keep your private information private by

- Not selling your information
- Restricting who has access to your information
- Using firewalls and encryption

For a complete notice of our privacy policy, please visit our website

## Photo Policy

The YMCA reserves the right to take photographs of adults and children using the facility or participating in programs to use for promotional materials, including YMCA website and social media. If you do not wish to be included, please inform the photographer.

For person use: audio, camers & video recording devices is prohibited in the YMCA facility unless there is implied authorization. Staff reserve the right to ask members or guests who are taking pictures of or recording to determine if there is implied authorization.

## Program Registration

Members receive a discounted registration for most programs, events, and swimming lessons. Registration can be done online and is available at any time, in person or via phone and can be done during regular YMCA business hours. Early registration is recommended as some classes are limited in size. Some registrations are not accepted over the phone, and all phone registrations require payment at the time of the call

## Program Cancellations

The Y may cancel an activity due to insufficient enrollment. When this happens, we will make every effort to contact registrants 48 hours before the scheduled start and complete refunds will be given.

At the Worthington Area YMCA and during YMCA programming, we expect staff, members and guests to behave in accordance with our mission and values, respecting the rights and dignity of others.

At the YMCA, we demonstrate Caring, Honestly, Respect and Responsibility by:

- Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and by dressing appropriately.
- Resolving conflicts in a respectful, honest and caring manner, never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a safe, caring environment, never possess, use, or distribute weapon.
- Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or use of alcohol or tobacco on YMCA premises or during YMCA programming.

The actions listed below, which are not intended to be an all inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities and programs.

- Using or possessing alcohol or illegal drugs on YMCA property, in YMCA vehicles or facilities, or at a YMCA sponsored program.
- Smoking on YMCA property - All YMCA buildings and grounds are smoke and tobacco product-free environments. This includes vaping and e-cigarettes.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical conduct with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, swearing, name calling, or shouting.
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexual revealing attire.
- Theft or behavior that results in the destructions or loss of property.
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property.
- use of social networking websites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law.
- Soliciting on YMCA property or at YMCA sponsored programs.

## FITNESS CENTER RULES & RECOMMENDATIONS

1. Open to ages 14 and older
2. Youth ages 11 to 13 can receive a pass to use the fitness center after taking and passing the Active Teens class
3. Wipe off equipment when finished
4. Ask a YMCA staff member for assistance when needed
5. Check with a physician before starting any exercise program
6. No open-toed & open-backed shoes allowed in the fitness center
7. Return equipment to proper storage area after use
8. Observe posted fitness center rules and languages
9. Spray and paper towels will be provided to wipe down each machine after use
10. The YMCA offers personal training for our facility members. Use of non-YMCA personal trainers is prohibited within our facility and may result in loss of membership
11. As a courtesy to all members, when using free weights please return equipment to its proper place at the end of your workout
12. For the safety of all members, collars are required on all free weight bars. Spotters are recommended. Please do not drop weights
13. Shirts must be worn AT ALL TIMES
14. No foul language allowed in the facility
15. No glass allowed in the facility

## POOL RULES & RECOMMENDATIONS

- Swimmer Safety: Obey lifeguards at all times and report problems or emergencies to the lifeguards. The primary function of the lifeguard is to enforce the pool rules and ensure that our pools remain healthy and safe not to discipline or "baby-sit"
- Age Requirements: Children ages 7 and younger must be accompanied by an adult in the water at all times. Children who cannot swim and have not passed a swim test must also be accompanied by an adult in the water.
- Proper Attire: Appropriate swimming attire (swimsuits) is required. No swimsuits or clothing that may be deemed inappropriate is allowed.
- Pool Safety: All swimmers must behave with caring, honest, respect, and responsibility. No running, horseplay, unnecessary roughness, fighting and foul language will not be allowed in the pool area or locker rooms. No back dives, inward dives, spins or flips from the edge of the pool. Starting blocks are only to be used under the supervision of swim team coach/instructor and only during designated times. Sitting on or hanging from pool ladders, ramps, lane lines and safety lines are not allowed. No spitting, spouting of water or blowing nose in pool. All patrons must obey lifeguards; the decision of the lifeguard is final.
- Food: In order to keep the pool area and deck clean and safe, NO glass containers, gum, candy or food of any kind is allowed in the pool area. Seating is available in the main lobby for snacks.
- Inclement Weather: The Aquatic Center will close all pools immediately in the event that lightning or thunder is present in or around the area. The pools will remain closed until 30 minutes past the last visible lightning strike or episode of thunder.
- Swim Diapers: Children who wear diapers must wear designated swimming diapers, commonly referred to as "little swimmers". Regular diapers are not allowed at any time.
- Floatation Device: Only U.S. Coast Guard approved floatation devices are allowed. Children/adults wearing a personal floatation device must be directly supervised by an adult who is in the water next to the child/adult. If you are directly supervising a child/adult who is wearing a personal floatation device you must stay in the area of the pool that you are able to touch the bottom. Floatation devices are not allowed past the safety rope/black line or in the diving well area.
- Toys and Pool Equipment: Water toys, rafts and other unapproved floatation devices from home are not allowed at any time. Absolutely no rafts or inflatables of any kind are allowed. Kick boards, pull buoys, fins and other swimming lesson equipment may be used for stroke practice under the supervision of a parent or by adults during lap swim. Lifeguards always have the discretion not to allow any equipment or toys for safety reasons.
- Health: If you have an open or exposed wound, please do not use the pools. No person with or suspected of having a communicable disease which could be transmitted through the use of the pool shall be permitted in water. Please do not enter the pool if you are experiencing or recovering from diarrhea or have had any signs or symptoms of stomach disease in the previous seven days.
- Breath Holding Training: All types of breath holding are dangerous and prohibited in all bodies of water. This includes: static, dynamic, and hypoxic training (swimmer trying to hold their breath or swimmer trying to swim as far as they can underwater)



# **WORTHINGTON AREA YMCA** **SUMMER INDOOR POOL SCHEDULE** **Effective May 31–September 2**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45–7:15am Adult Lap & Exercise Time 2 Lane Ropes	5:45–7:15am Adult Lap & Exercise Time 2 Lane Ropes	5:45–7:15am Adult Lap & Exercise Time 2 Lane Ropes	5:45–7:15am Adult Lap & Exercise Time 2 Lane Ropes	5:45–7:15am Adult Lap & Exercise Time 2 Lane Ropes		
8:00–9:00am Aquanastics		8:00–9:00am Aquanastics		8:00–9:00am Aquanastics	8:30–9:30am Adult Lap & Exercise Time 2 Lane Ropes	
9:00– 11:30am Swimming Lessons	9:00– 11:30am Swimming Lessons	9:00– 11:30am Swimming Lessons	9:00– 11:30am Swimming Lessons			
12–1:00pm Adult Lap & Exercise Time 2 Lane Ropes	12–1:00pm Adult Lap & Exercise Time 2 Lane Ropes	12–1:00pm Adult Lap & Exercise Time 2 Lane Ropes	12–1:00pm Adult Lap & Exercise Time 2 Lane Ropes	12–1:00pm Adult Lap & Exercise Time 2 Lane Ropes		1:30–2:30pm Adult Lap & Exercise Time 2 Lane Ropes
1:00–5:00pm <b>OPEN SWIM</b>	1:00–5:00pm <b>OPEN SWIM</b>	1:00–5:00pm <b>OPEN SWIM</b>	1:00–5:00pm <b>OPEN SWIM</b>	1:00–6:00pm <b>OPEN SWIM</b>	1:30–4:30pm <b>OPEN SWIM</b>	1:30–4:30pm <b>OPEN SWIM</b>
5:00–6:30pm Adult Lap & Exercise Time 2 Lane Ropes	5:00–7:00pm Adult Lap & Exercise Time 2 Lane Ropes	5:00–6:30pm Adult Lap & Exercise Time 2 Lane Ropes	5:00–7:00pm Adult Lap & Exercise Time 2 Lane Ropes	5:00–7:00pm Adult Lap & Exercise Time 2 Lane Ropes		
5:00–6:30pm Swimming Lessons	5:00–7:00pm Swimming Lessons	5:00–6:30pm Swimming Lessons	5:00–7:00pm Swimming Lessons			
6:30–8:30pm <b>OPEN SWIM</b>	Mini Stingrays 7:00–9:00pm	6:30–8:30pm <b>Open Swim</b>	Mini Stingrays 7:00–9:00pm			

# Aqua Tots

This session will help participants develop basic water skills and acclimate to an aquatics environment. Fun games, songs and activities will help parents and children have fun while developing skills. Open to participants 6 months-3 years old. An adult must be in the water with the child to provide hands on instruction.

Each session includes 8, 30 minute classes

Fees: Member: \$25 per session

Non-Member: \$50 per session.

Session 1: June 7-30

Session 2: July 5-28

Session 3: August 2-25

T/Th Evenings 5:15-5:45pm

# Mini Stingrays Swim Academy

## MINI STINGRAYS SESSION FEE

Member	Non-Member
\$50	\$80

## Ready to be a Mini Stingray?

Swimmers must be able to swim 25 yards, 1 length of our indoor pool comfortably.

Not sure if you are ready to compete on the swim team? Do you want to train and stay in shape? Then this program is for you! The 4 week session is conducted by former competitive swimmers. The instruction will focus on the following aspects of competitive swimming:

- Proper technique for each of the four competitive strokes: freestyle, breaststroke, backstroke and butterfly
- Proper technique for starts, turns and finishes

## SESSION 1

Tues/Thurs  
JUNE 7-30

## SESSION 2

Tues/Thurs  
July 5-28

- Developing a positive, winning attitude
- Social Skills that complement YMCA core values

# Swim Camp



The Worthington Stingrays Swim Team is offering a 4-day Camp for swimmers ages 6-18. Kids will receive instruction on the four competitive strokes (freestyle, backstroke, breaststroke, butterfly) Campers will work on stroke refinement and endurance while using a variety of equipment and drills. Camp will run on Tuesday/Thursday.

12 and Under

7-7:45pm

13 and Up

7:45-9:00pm

August 2, 4, 9, 11

\$30 Member \$55 Non-Member



# Lifeguard Training

FREE TRAINING!

This comprehensive course offers up to date information on how to guard, anticipate and prevent problems and to take action to help those in need. CPR, First Aid and AED certifications are included in the cost of the program. 30 hours of coursework and hands on experience. Participants must pass a 300yd swim test and prerequisite skills on the first day of class in order to remain registered. Certification is good for 2 years.

May

20-22

June

3-5



American Red Cross



# SPLASH INTO SWIMMING

## SWIM STARTERS

### A WATER DISCOVERY

Student can respond to verbal cues.

### B WATER EXPLORATION

Student can comfortably submerge his or her nose and mouth with assistance.

## SWIM BASICS

### 1 WATER ACCLIMATION

Student can go underwater voluntarily.

### 2 WATER MOVEMENT

Student can do a front and back float on his or her own.

### 3 WATER STAMINA

Student can swim 10-15 yards on his or her front and back.

## SWIM STROKES

### 4 STROKE INTRODUCTION

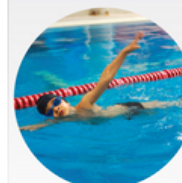
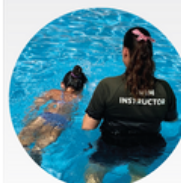
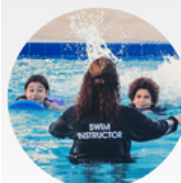
Student can swim 15 yards of front and back crawl.

### 5 STROKE DEVELOPMENT

Student can swim front crawl, back crawl, and breaststroke across the pool.

### 6 STROKE MECHANICS

Student can swim front crawl, back crawl, and breaststroke across the pool and back.



# GROUP SWIM LESSON SCHEDULE

June 2022

June AM 1 (M–Th) June 6–16	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
9–9:30am (Stage 4 9–9:40)	X		X			X		
9:35–10:05am (Stage 5 9:45–10:25)		X		X			X	
10:10–10:40am (Stage 6 10:30–11:10)	X				X			X
10:45–11:15am		X	X					

June Evening (M/W) June 6–29	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5–5:30pm	X		X					
5:35–6:05pm		X		X				
6:10–6:40pm	X				X			

June Evening (T/Th) June 7–30	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5–5:30pm (Stage 4 5–5:40)		X			X	X		
5:35–6:05pm (Stage 5 5:45–6:25)	X			X			X	
6:10–6:40pm (Stage 6 6:30–7:10)	X		X					X

June AM 2 (M–Th) June 20–30	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
9–9:30am (Stage 6 9–9:40)		X			X			X
9:35–10:05am (Stage 5 9:45–10:25)	X			X			X	
10:10–10:40am (Stage 4 10:30–11:10)		X	X			X		
10:45–11:15am	X			X				

# GROUP SWIM LESSON SCHEDULE

July 2022

July AM 1 (M-Th) July 5-14	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
9-9:30am (Stage 4 9-9:40)	X		X			X		
9:35-10:05am (Stage 5 9:45-10:25)		X		X			X	
10:10-10:40am (Stage 6 10:30-11:10)	X				X			X
10:45-11:15am		X	X					

July Evening (M/W) July 6-27	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5-5:30pm	X		X					
5:35-6:05pm		X		X				
6:10-6:40pm	X				X			

July Evening (T/Th) July 5-28	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5-5:30 (Stage 4 5-5:40)		X			X	X		
5:35-6:05 (Stage 5 5:45-6:25)	X			X			X	
6:10-6:40pm (Stage 6 6:30-7:10)	X		X					X

July AM 2 (M-Th) July 18-28	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
9-9:30am (Stage 6 9-9:40)		X			X			X
9:35-10:05am (Stage 5 9:45-10:25)	X			X			X	
10:10-10:40am (Stage 4 10:30-11:10)		X	X			X		
10:45-11:15am	X			X				

# GROUP SWIM LESSON SCHEDULE August 2022

August AM 1 (M-Th) August 1-11	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
9-9:30am (Stage 4 9-9:40)	X		X			X		
9:35-10:05am (Stage 5 9:45-10:25)		X		X			X	
10:10-10:40am (Stage 6 10:30-11:10)	X				X			X
10:45-11:15am		X	X					

August Evening (M/W) August 1-24	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5-5:30pm	X		X					
5:35-6:05pm		X		X				
6:10-6:40pm	X				X			

August Evening (T/Th) August 2-25	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5-5:30pm (Stage 4 5-5:40)		X			X	X		
5:35-6:05pm (Stage 5 5:45-6:25)	X			X			X	
6:10-6:40pm (Stage 6 6:30-7:10)	X		X					X

## Private & Semi-Private Lessons

Did you know we offer Private Swimming Lessons?

No age restrictions, to schedule your lessons  
(based on availability) please contact Joelle

Kielkopf at [joelle.kielkopf@ymcaworthington.org](mailto:joelle.kielkopf@ymcaworthington.org).

Must fill out Private Lesson Interest Form.

Each session includes 5, 30 minute lessons

Private Fee (1:1 Ratio)

\$70 Member \$115 Non-Member

Semi-Private Fee (1:2 or 3 Ratio)

\$45 per Member \$90 per Non-Member

**FIND YOUR FUN.  
FIND YOUR Y.**

For a better us.®

## Y SUMMER DAY CAMP

Open to youth 6-10 years old

**\*Must turn 6 before the program begins May 31st)**

**Program runs Monday-Friday from 8:00am-4:30pm**

**12 Week Camp \$672.50 | Early Drop Off or Late Pick Up \$141.75/each**

Summer Day Camps are fast approaching and we want you to experience all that the YMCA has to offer! Activities that campers will be involved in are designed to keep them active, learning, and exploring new things. Snacks and lunch are provided through the school lunch program each day. This program is open to youth and runs from May 31st through August 19th (12 weeks).

### SWIMMING



### OUTDOORS

### FIELD TRIPS



### ARTS & CRAFTS

## Y PRESCHOOL DAY CAMP

Open to youth 3-5 years old

**\*Must turn 3 before session 1 begins May 31st or session 2 begins July 12th**

**Program runs Tuesdays and Thursdays 8:00am-1:00pm**

**Members \$55.00 | Non-Members \$83.00 | Early Drop Off \$30.00**

### REGISTRATION OPTIONS:

Online - [ymcaworthington.org/registration](https://ymcaworthington.org/registration) | Phone - 507-376-6197 | In Person - YMCA Front Desk

# 2022 YOUTH PROGRAMS



## Peewee Baseball

This program is designed to give children the opportunity to have fun learning the fundamentals of baseball while under adult supervision. We will use special sized bats and balls that are meant to not hurt on contact. Coaches will pitch to the batters.

Cost: \$45.00

June 7 - July 29

Tuesday Practice 5:00pm  
Friday Games 5:30 or 6:30pm

Boys & Girls  
6-8 years old

## Girls Softball

This program nurtures the potential of your kids by emphasizing fun, skill development, sportsmanship, and teamwork in a positive environment. Learn skills and build character while staying active, having fun, and making friends.

Must have own glove.

Cost: \$45.00

June 1 - July 16

Practices 3:00-4:30pm  
Games and Tournaments TBD

Girls entering  
grades 3rd-6th

## Tennis

This is the perfect opportunity for both boys and girls to have fun and learn more about the game of tennis. This will teach kids the fundamentals and rules of the game. This program will allow you to try something new if you have never played or you will gain further experience

Cost: \$45.00

June 14 - August 4

Ages 6-9 9:00-10:00am  
Ages 10-14 10:00-11:00am  
Tuesday and Thursday

## Track & Field

This popular program is designed for boys and girls to try out something new or increase skills in various Track & Field events, such as running, long jump, and hurdles.

Cost: \$45.00

June 13 - August 1

Ages 6-9 9:00-10:00am  
Ages 10-14 10:00-11:00am  
Monday, Wednesday,  
and Friday

## All-Comers Track Meet

This event offers everyone an opportunity to enjoy a track meet experience. Kids will have options to participate in events from 50M dash up to the 800M run, softball throw, and standing long jump. This is partnered with the Worthington Optimist Club.

Cost: FREE

August 1 at 5:00pm

Open to Boys & Girls  
ages 2-14 years old

## REGISTRATION OPTIONS:

Online - [ymcaworthington.org/registration](https://ymcaworthington.org/registration) | Phone - 507-376-6197 | In Person - YMCA Front Desk

# 2022 YOUTH PROGRAMS

## SPORT CAMPS

Spend your time off from school with us at the YMCA! Our sports camps will not only help you develop your skills, but they are also fun! Meet new people, hang out with our coaches and get in the game. Every camp features skill development and scrimmages designed to help take you to the next level.

Basketball, Volleyball, and Soccer!

Open to Boys and Girls entering  
1st - 9th Grade

Monday-Thursday (4 days)

Cost: \$50.00

## TIES & TIARAS

Every little girl deserves a night with that special male role model in their life twirling them around the dance floor showing them how important they are to them. Attendees will be served dinner, make crafts, take a walk on the red carpet and dance the night away.

Friday, June 17th | 5:30pm - 8:30pm

Members: \$30.00

Non-Members: \$45.00

Each Additional Child: \$10.00



## T-BALL

This program is designed to give children the opportunity to have fun learning the fundamentals of baseball while under adult supervision. We will use special sized bats and balls and all players will hit from a tee. Monday Practices with games on Thursdays at 5pm, 6pm, or 7pm.

Members: \$35.00

Non-Members \$55.00

\*Volunteer Coaches Needed!



## Y-SCRAMBLERS

This program teach kids the basics of climbing, knot tying, and further techniques and skills. Look for registration to open for our summer session which will start in late June! Open to youth ages 6-14 years old.

Members: \$20.00

Non-Members \$40.00

## COUNSELOR IN TRAINING

### NEW PROGRAM!

Are you or someone you know curious about what it takes to be a summer camp counselor? This at the Worthington Area YMCA and is open to youth 11-18 years old.

What will you learn during this program?

- Conflict Resolution
- Risk Management
- Child Abuse Prevention Training
- Programming/Activities
- Working with children, peers, and adults.

9:30am-12:30pm | Tuesdays &  
Thursdays | June 21 - July 28

Members: \$60.00

Non-Members: 90.00

## Y WEDNESDAYS

### NEW PROGRAM!

This summer be on the lookout for this new program! We want to help keep kids active and social this summer. This program is open to all boys and girls, 10-15 years old.

Each Wednesday from June 15 - August 17 during the summer, the YMCA will be hosting a meetup at the Y, parks, fieldhouse, and other various locations around Worthington and will be leading activities for all ages. Sports, games, and more!

Members: \$3.00

Non-Members: \$6.00

## REGISTRATION OPTIONS:

Online - [ymcaworthington.org/registration](https://ymcaworthington.org/registration) | Phone - 507-376-6197 | In Person - YMCA Front Desk

# King Turkey Day Run/Walk

## September 17, 2022 @ 9:00am

Since 1980 runners have been participating in this scenic Run/Walk down main street Worthington and around Lake Okabena while being cheered on to the finish line on 10th St near the food vendors.

### Start Times

All races will begin at 9:00am and will be lined up with the walkers in the back of the crowd

The 5K and 10K are timed events. The 10K is a USATF certified course.

Packet pick up will be at the YMCA on Fri. September 16th from 4-6pm or day of at Trends Salon parking lot from 7:30-8:30am. All registered participants will be required to wear their bibs while participating in the event.

### Cost:

#### 5K/10K

\$25 through September 1, shirt sizes guaranteed

\$35 September 3-17, shirt sizes not guaranteed

\$40 day of registrations, shirts are not guaranteed

#### KTD WALK

\$25 through September 1, shirt sizes guaranteed

\$30 September 3-17, shirt sizes not guaranteed

\$40 day of registrations, shirts not guaranteed



### Awards

There will be a brief ceremony to award medals to the top 3 finishers in each age category for the 5K and 10K races

To register for or view additional information go to

<https://raceroster.com/events/2022/59422/king-turkey-day-runwalk>



# YOUTH WELLNESS @ THE Y

## ACTIVE TEENS



Active Teens is an exercise program designed to educate youth on the correct usage of equipment and fitness center etiquette. This program is open to youth 11-13 years old. After successful completion of the class, the youth are allowed to use the YMCA fitness center on their own.

**May 2-May 25**

**Monday & Wednesday 3:15-4:00pm**

**Members: \$20 Non-Members: \$40**

## YOUTH RUN THE YMCA



This is an organized youth running group for ages 12-18 years old designed to help you with your running needs by helping you to become a stronger runner, increase your running mileage, and help to motivate you every step of the way!

Our runs are tailored to your experience level and we aim to safely guide you towards your goals while having fun!

If you register for this program, your KTD entry will be free!

**June 20th- August 12th**

**Tuesday and Thursday 9:00 - 10:00 am**

**Members: \$35 Non-Members: \$55**

## S.W.I.F.T. PERFORMANCE SPORTS TRAINING

This program is designed to help prevent injuries and increase your athletic performance.

With SWIFT training, young athletes will improve their:

- muscle mass • dexterity • agility • physicality

Athletes will also see an improvement in speed while changing direction, learn to jump higher, run faster, and improve other aspects of their game while using their body more efficiently.



**June 6th- July 29th**

**Every Tuesday and Thursday**

**Highschool: 10:45-11:45am**

**Middle School: 12:00-1:00pm**

**Members: \$50**

**Non-members: \$90**

# Adult Health & Wellness

## Personal Training

Our nationally certified YMCA trainers are here to help take your fitness to the next level, with guided individualized exercise programs to help you achieve and maintain your health and wellness goals. If you are looking for motivation, need help reaching a goal, stuck in a comfort zone, want to learn something new, or are not sure how to utilize the fitness center equipment, let our certified trainers help you.

**Invest in yourself!**

	6 Sessions	8 Sessions	12 Sessions
30 Minutes	\$120	\$160	\$210
45 Minutes	\$165	\$220	\$285
60 Minutes	\$210	\$280	\$360

## Training Plans Tailored To You!

We offer a one time, one-on-one meeting with one of our certified personal trainers to establish your fitness goals and create an individualized exercise program to help you achieve a better, healthier you!



**2 Day Program: \$35; 3 Day Program: \$40  
4 Day Program: \$45; 5 Day Program: \$50**

## KTD Prep Training

Come join the YMCA's 2022 King Turkey Day Training Program. By registering, you are taking a step towards your personal health and gaining invaluable running knowledge for future events or even just fun runs.

There are several different plans put together by Cory Greenway to choose from for beginner, intermediate, to advanced in both the 5K run/walk and the 10K run.

There will be an informational meeting on Friday July 8th at 5:30pm at the YMCA. Here, we will decide which 2 days we would like to meet at the Middle School Track and answer any additional questions that you may have. This program is 10 weeks in length and will begin Monday July 11th and end Race Day!!

All participants will receive a discounted registration rate for your choice of 5K or 10K races. Participants will also receive custom t-shirts for participating in the training program.

**Members: \$35**

**Non-Member: \$55**





# SUMMER 2022 GROUP EXERCISE SCHEDULE

## MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Group Cycling (10)	Becca	Multipurpose Room
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	Silver Sneakers Classic	Anita	South Gym
5:15pm	Strength Train Together (R-12)	Trista	Multipurpose Room

## TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00am	Strength Train Together (R-12)	Trista	Multipurpose Room
9:15am	Silver Sneakers Yoga	Anita	South Gym
10:00am	Active Older Adults	Anita	South Gym
5:15pm	Strength Train Together (R-12)	Christy	Multipurpose Room
6:30pm	Zumba	Hector	Multipurpose Room

## WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	Silver Sneakers Classic	Anita	South Gym
4:15pm	Defend Together	Christy	Multipurpose Room
5:15pm	Strong in 30 (R-12)	Trista	Multipurpose Room

## THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00am	Strength Train Together(R-12)	Trista	Multipurpose Room
9:15am	Silver Sneakers Yoga	Anita	South Gym
10:00am	Active Older Adults	Anita	South Gym
5:15pm	Strength Train Together (R-12)	Christy	Multipurpose Room
6:30pm	Zumba	Hector	Multipurpose Room

## FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Group Cycling (10)	Becca	Multipurpose Room
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	Senior Cycling (10)	Trista	Multipurpose Room

# WORTHINGTON AREA YMCA DIRECTORY

## YMCA Board of Directors

### Officers

Kenton Meier – President  
America Voss – Vice President  
Randy Thompson – Treasurer  
Jason Gerdes – Secretary

### Directors

Lori Dudley  
Heidi Meyer  
Bill Gordon  
Pastor Mark Schreiber  
Kylie Turner  
Josh Dale  
Lucky Sayveo  
Beve Vajgrt  
Dan Bernstrom  
Gabby Bruning

City Council Representative: Chad Cummings

## OUR TEAM

### Executive Director/CEO

Meredith Daley  
P. (507) 376-6197 ext 225  
E. Meredith.Daley@ymcaworthington.org

### Business/Operations Director

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### Membership Engagement Director

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### Aquatics Director

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## CONTACT US

**507.376.6197**



- Option 1 – Hours & Location
- Option 2 – Pool Hours
- Option 3 – Member Services
- Option 4 – Staff Directory

## STAY CONNECTED



ymcaworthington.org



@worthingtonareaymca



@wgtnymca