



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

WINTER/SPRING 2012

Don M. & Margaret Hilliker YMCA



300 Sloan Blvd. Bellefontaine, OH 43311. 937.592.9622. www.hillikerymca.org

PROGRAM GUIDE

January 1 - April 30



YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

MEMBERSHIP

MEMBERSHIP RATES

(Rates include 7% sales tax)

	Monthly Draft	Joiners Fee
Youth - age 0 - 18	\$11.95	\$10.00
Adult - age 19 - 59	\$35.82	\$30.00
Senior Adult - age 60 and up	\$32.25	\$25.00
Senior Couples - At least one person who is age 60 or older	\$45.83	\$45.00
Single Adult Family/Couple - 1 adult and dependent children	\$53.72	\$45.00
Family - 2 adults and dependent children up to age 24 living in	\$59.68	\$50.00

PAYMENT OPTIONS

Membership fees may be paid through any of the following payment plans:

Cash, check or credit card - Annual full pay

Bank Draft Plan * - Automatic monthly deduction

Corporate Payroll Deduction Plan - (See your Employer)

* Preferred method of payment

FINANCIAL ASSISTANCE

The Hilliker YMCA is dedicated to serving everyone in Logan County, regardless of financial status. Scholarships are made possible through the Don M. and Margaret Hilliker Annual Support Campaign and community contributions including United Way. Scholarships for memberships and programs will be given based on individual circumstances and YMCAs ability to provide funding. Scholarship applications are available at the Welcome Center.

GUEST PASS

Guest passes are free passes provided by a representative of the Y for potential members who would like to try the Y before they join. An individual is limited to three guest passes in a calendar year.

DAY PASS

Day passes are for daily usage of the Hilliker Y facility and are limited to seven visits per calendar year. This pass is ideal for friends and family visiting out of town with members. Fees: \$5/youth (18 and under); \$10/individual; \$20/family.

COLLEGE BREAK PASS

College students living out of the area who are home on break may obtain a 30 day pass after providing college ID and current schedule. Fees: \$20/18 -24 years; \$30/25 years and older.

MEMBER BENEFITS

- Youth and family programs
- Child Watch for ages 6 weeks to 6 years while members work out or participate in a Y program
- Group water and land fitness classes included in membership
- Individualized beginner fitness programs and assessments
- Wellness coaches available to design personalized fitness programs
- Reduced rates on specialty fitness classes
- Reduced rates on program fees
- Reduced rates on rentals
- Free Wi-Fi
- Complimentary morning coffee
- AWAY program to visit other YMCAs
- Indoor walking track
- Six lane heated pool
- Heated Whirlpool

HONESTY † RESPECT † RESPONSIBILITY † CARING

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

FACILITY USE

The following rules are designed to assure the safety of all members:

- Youth under age 10, in the YMCA building or on the grounds, need to be under the direct supervision of a parent or guardian, or registered & participating in a supervised YMCA program activity.
- Certain areas of the YMCA facility are restricted by age groups or require specific supervision, such as the Wellness Center, indoor track and whirlpool.
- Clean athletic shoes must be worn in the Wellness Center and gymnasium.
- Please check program schedules and building notices as program schedules change frequently.
- Profanity or abusive language is prohibited.
- Smoking and/or tobacco use is prohibited in YMCA facilities or on grounds.
- Report any damages or items needing repair immediately to the Welcome Center.

FOOD and BEVERAGES

- Food or drinks are not permitted in locker rooms, gym, or activity areas. Water and sports drinks in sealed containers are allowed. We appreciate your help in keeping your YMCA safe and clean.

FORGOTTEN CARD POLICY

- In the event you forget your membership card, you may sign in at the Welcome Center. Lost cards can be purchased for \$3 at the Welcome Center.

FACILITY HOURS

Monday—Friday 5:00 AM– 9:00 PM
 Saturday 7:00 AM– 5:00 PM
 Sunday 12:00 PM– 5:00 PM

Pool opens 30 minutes after opening and closes 30 minutes prior to close.

HOLIDAY CLOSINGS

January 1 - New Year's Day

April 8 - Easter

REFUND POLICY

Hilliker Y memberships are non-refundable and non-transferable. A full refund or credit will be given if the Y cancels a program.

HAVE YOUR SPECIAL EVENT AT THE Y!

Rental of our facility is available for meetings, parties, gift showers, community events, church, and school functions. We also offer birthday party packages. For more information, please contact the Y at 592.9622.

FACILITY RENTAL RATES

	<u>Members</u>	<u>Community</u>
One Meeting Room	\$30 / hour	\$40 / hour
	\$115 / 4 hours	\$155 / 4 hours
	\$180 / 8 hours	\$240 / 8 hours
Two Meeting Rooms	\$60 / hour	\$80 / hour
	\$145 / 4 hours	\$195 / 4 hours
	\$210 / 8 hours	\$280 / 8 hours





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

Childcare

Child Development Center - 1/2 Day Preschool Options Now Available!

The Hilliker Y State Licensed Child Development Center serves infants, toddlers, and preschool age children. Half day preschool options are now available! The Y is committed to providing a fun, safe, and caring environment for children. The program uses Creative Curriculum and we engage children in a variety of activities to enrich their development and social skills. The Child Development Center is located at Ohio Hi Point JVS. Hours of operation are 6:30 AM - 5:30 PM Mon - Fri and the program is open year round. Children enrolled in five day, full care are eligible for swim lesson vouchers to be redeemed at members discretion.

For enrollment or information contact Program Administrator at 599-3010, ext. 1363.

Member / Program Member

Infants:	Toddlers/Preschool:	1/2 Day Preschool: (9:00 AM- 12:00 PM)
5 Days \$150.00 / \$170.00	5 Days \$125.00 / \$145.00	5 Days \$70 / \$100
3 Days \$100.00 / \$115.00	3 Days \$ 85.00 / \$100.00	3 Days \$45 / \$ 63
2 Days \$ 70.00 / \$ 80.00	2 Days \$ 60.00 / \$ 70.00	2 Days \$32 / \$ 44

Before and After School Childcare

The Hilliker Y provides Before and After School state licensed childcare for children ages 5 through 12. Children enjoy swimming, gym time, homework assistance, Bible study, and healthy morning and afternoon snacks. This program is offered Mon - Fri with Before School care from 6:00 - 8:30 AM and After School care from 3:30 - 6:00 PM. Transportation is provided to and from Bellefontaine Elementary Schools. Ben Logan has bus service to and from the Hilliker Y. Children enrolled in five day Before and After School Care are eligible for swim lesson vouchers to be redeemed at members discretion.

For enrollment or information contact the Before and After School Childcare Administrator at 592.9622.

Member / Program Member

- Before and After Care / 5 Days \$80 / \$100**
- Before and After Care / Daily Rate \$20 / \$30**
- Before OR After Care / 5 Days \$45 / \$55**
- Before OR After Care / Daily Rate \$12 / \$15**



Youth Development/Healthy Living

Aquatics

SWIM LESSONS - preregistration required

Two week sessions run Mon - Thu and are 30 minutes in length. There is a four person minimum enrollment for each session.

<u>Members</u>	<u>Program Members</u>
\$15	\$30

Session 1: Jan 9 -19 register by Jan 6

Shrimp with Parent 5:00 - 5:30 PM

Pike/Eel 5:30 - 6:00 PM

Polliwog/Guppy 6:00 - 6:30 PM

Fish/Flying Fish 6:30 - 7:00 PM

Session 2: Jan 23 - Feb 2 register by Jan 20

Ray/Starfish 5:00 - 5:30 PM

Minnow 5:30 PM - 6:00 PM

Shark 6:00 - 6:30 PM

Session 3: Feb 20 - Mar 1 register by Feb 17

Shrimp w/Parent 5:00 - 5:30 PM

Pike/Eel 5:30 - 6:00 PM

Polliwog/ Guppy 6:00 - 6:30 PM

Fish/Flying Fish 6:30 - 7:00 PM

Session 4: Mar 5 - Mar 15 register by Mar 2

Ray/Starfish 5:00 - 5:30 PM

Minnow 5:30 - 6:00 PM

Shark 6:00 - 6:30 PM

Session 5: Apr 2 - Apr 12 register by Mar 30

Shrimp w/Parent 5:00 - 5:30 PM

Pike/Eel 5:30 - 6:00 PM

Polliwog/Guppy 6:00 - 6:30 PM

Fish/Flying Fish 6:30 - 7:00 PM

Session 6: Apr 16 - Apr 26 register by Apr 13

Ray/Starfish 5:00 - 5:30 PM

Minnow 5:30 - 6:00 PM

Shark 6:00 - 6:30 PM

Private Swim Lessons - By appointment only

SATURDAY SWIM LESSONS - preregistration required

Saturday sessions run eight weeks with 30 minutes lessons

Session 7: Jan 14 - Mar 3 register by Jan 7

Shrimp w/Parent 9:00 - 9:30 AM

Pike/Eel 9:30 - 10:00 AM

Polliwog/Guppy 10:00 - 10:30 AM

Fish/Flying Fish 10:30 - 11:00 AM

Session 8: Mar 10 - Apr 28 register by Mar 3

Ray/Starfish 9:00 - 9:30 AM

Minnow 9:30 - 10:00 AM

Shark 10:00— 10:30 AM

HILLIKER HEAT SWIM TEAM (Youth membership required)

One child - \$325 Each additional child - \$250

SWIM TEAM PRACTICE

Ongoing through Mar 2, 2012

M/T/Th/F - 5:00 - 7:00 PM

S - 10:00 -11:30 AM

LAP SWIM CLUB

Members can track their laps in the pool (36 laps = 1 mile). Incentives for 25, 50, 75, and 100 miles. Tracking forms available at Welcome Center and can be filed in designated Aquatics binder.



WATER FITNESS CLASSES

AQUA FIT

M/W/F 8:00 - 9:00 AM

H2O FEELING FIT

M/W/F 9:00 - 10:00 AM

WATER WORKS

M/W/F 10:00 - 11:00 AM

AQUA BILT

M/W 6:00 - 7:00 PM

AQUA MASTERS (arthritis)

T/TH 8:00 - 9:00 AM

LIQUID TONING

S 8:00 - 9:00 AM

GUARDSTART Training Course - American Red Cross

(Formerly Junior Lifeguard) GuardStart is a program developed to prepare youth ages 11—14 to become lifeguards. See Welcome Center for course dates and details on Jan 15.

LIFEGUARD CERTIFICATION - American Red Cross

Lifeguard training will be held in the Spring. Course details, dates and times will be available at the Welcome Center after Jan 30.

Healthy Living

Group Pilates

(All Levels)
W 9:00 AM & 5:55 PM

BLT/Uppercut

(All Levels)
M/W 7:00 PM

Body Blast

(Intermediate)
M/W 5:00 PM

Dance/Hip Hop

(Beginner)
T/TH 7:00 PM

Cardio/Strength/ Tone

(Intermediate)
M/W 5:30 AM
S 8:00 AM

Cross Training

(Intermediate)
T/TH 9:00 AM

Fitness Fusion

(All Levels)
M/W/F 9:30 AM

Get Fit

(All levels)
M 10:30 AM

Indoor Group Cycle

(All Levels)
T/TH 5:30 AM
S 7:00 AM
M/W/F 8:30 AM
M 6:00 PM
W/TH 6:30 PM

\$pay class \$5 Member, \$50 Program Members per month

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Cycle Blast

(All levels)
SU 2:00 PM

Interval Intervention

(All levels)
M/W 3:45 PM

Kettle Bell Core Crazy

(All levels)
T 6:00 PM

W 10:30 AM

\$Men's Peak Challenge

(Advanced)
M/W 5:30 PM F/5:30 AM

Family Fit and Swim

(Beginner)
W 6:00 PM

Yoga for Tots

(Moms/Tots)
Th 10:00 AM

\$Peak Challenge

(Advanced)
M/W/TH 5:30 PM

Run Club "Hi Point
Harriers" (Community
Welcome) Walkers wel-
come.

S 9:00 AM at the Y

Health & Wellness

Sit & Fit

(Beginner)
M/W/F 9:15 AM

Silver Sneakers

(Beginner)
T/TH 10:00 AM

Senior Bootcamp

W 11:30 AM

Y-Dance

(Beginner)
F 10:45 AM

\$Sunrise Yoga

(Beginner)
M/W/F 6:30 AM

\$Yoga Plus

T 4:00 PM

\$Vinyasa Yoga

(All levels)
T/TH 6:15 PM
M 9:30 AM

\$Zumba

(All levels)
T/TH 5:15 PM
F 5:00 PM
S 9:30 AM
Su 12:00 PM

\$TRX (Begins 1
Feb)

W 5:10 AM
Fri 5:30 AM
Mon 5:30 PM

Personal Training

Let a certified personal trainer help you reach your goals and ensure results.

1 session \$25/M \$50/PM
3 sessions \$70/M \$130/PM
6 sessions \$135/M \$250/PM
12 sessions \$250/M \$460/PM

Pilates Training

One-on-one private or two per-son semiprivate sessions utiliz- ing a Reformer Bed. Strength- ens core and helps correct alignment issues.

Private

1 session \$20/M \$35/PM
3 sessions \$55/M \$90/PM
6 sessions \$100/M \$170/PM
12 sessions \$180/M \$270/PM

Semiprivate

1 session \$15/M \$30/PM
3 sessions \$40/M \$80/PM
6 sessions \$72/M \$115/PM
12 sessions \$120/M \$200/PM

Athletic Superior Exercise

(A.S.E.) is for athletes entering high school or college level sports who desire to take their talents to a new level. The **personal- ized** training develops athletes looking to be faster, stronger, and more explosive in their re- spective sport. There are 10 or 20 session packages that include a pre-test and post-test to meas- ure results. AFAA Certified Trainer: Aaron Shumaker

10 sessions \$220/M \$260/PM
20 sessions \$380/M \$440/PM

Class descriptions available at the Welcome Center

HONESTY † RESPECT † RESPONSIBILITY † CARING

YOUTH DEVELOPMENT

Youth Activities

Ballet

Register by Jan 4 (5 child minimum)

Children will have fun learning the grace and beauty of ballet.

Jan 7 - Mar 10

Recital - Mar 17

Ages 4 - 7, Sat 11:00 - 11:45 AM

Ages 8 - 10, Sat 11:45 AM -12:30 PM

Member

\$50

Program Member

\$100

Family Fit and Swim

Register by the 20th of the month prior

Monthly program for families to exercise together and have fun, be confident, and be healthy. Thirty minute circuit fitness classes will accommodate all levels followed by fun games in the pool.

Wed 6:00 – 7:00 PM

Member

Free

Program Member

\$40

Youth Strength Training

Register by first day of month of sessions

Youth learn to safely use the Wellness Center machines and equipment and are set up with a basic fitness program. Sessions run the first two weeks of each month on Tue and Thu from 4:30 - 5:30 PM or by appointment.

Ages 12 -14, 4:30 - 5:30 PM

Jan 3, 5, 10 & 12

Feb 7, 9, 14 & 16

Mar 6, 8, 13 & 15

Apr 3, 5, 10 & 12

Members Only

\$12

Parents Night Out

Register Wed prior to program (10 child minimum)

Bring your kids for a fun night of games, crafts, movies, swimming, storytelling, pizza and snacks. Be sure to bring pajamas and a sleeping bag!

Jan 27 / Feb 24 / Mar 30 / Apr 27

Ages 2 - 10 Fri – 6:00 - 10:00 PM

Member

1/\$20, 2/\$34, 3 + \$45

Program Member

1/\$30, 2/\$44, 3 + \$55

Home School Program

Register by Jan 7 (10 child minimum)

This program is designed to bring home schooled children together for physical education and social interaction. Activities will be tailored toward the interests of the group as a whole. A Hilliker Y staff member will write an entire program schedule just for your group.

Jan 10 - Feb 28

Tue 1:00 - 3:00 PM

Member

\$35

Program Member

\$50

Vacation Fun Days

Registration required 3 days prior to the program start

Themed adventures await for children to create, explore and discover. Fitness and swim time too! Healthy breakfast, lunch, and snacks. Field trips may be scheduled and parent/guardian permission slips will be required. Call at 592.9622 for details.

Ages 5 - 12 6:00 AM - 6:00 PM

Jan 2, 13, & 16

Feb 17 & 20

Mar 26, 27, 28, 29, & 30 Apr 6

Members

\$25/day

Program Members

\$35/day

YOUTH DEVELOPMENT

Youth Activities

Girls Volleyball Clinic

Register by Jan 9 (14 person minimum)

Coaches Randy Schmidt and Mandy Tidwell are teaming up to provide the Ultimate Volleyball Clinic. Middle school girls will have more play time as they learn to improve their skills, technique and ability to play competitive volleyball. Girls will learn sportsmanship from the area's finest. Registration will be at the Hilliker Y beginning in November for the six week session.

Grades 6 - 8

Jan 15, 22, 29, Feb 5, 12 & 19 / Sun 5:00 - 7:00 PM

<u>Member</u>	<u>Program Member</u>
\$80	\$120

Journey Scrapbooking

Register by Jan 30 (10 person minimum)

Create memories that will last a lifetime. This program can be taken with a parent, close friend, or sibling to capture the best moments of your life in a book you will treasure forever. Scrapbooks make perfect graduation and birthday gifts. Starter kit included.

Feb 6, 13, 19, 27, Mar 5, 12

Ages 10 - 18, Mon 6:00 - 7:00 PM

<u>Member</u>	<u>Program Member</u>
\$20	\$40

Yoga for Tots

Register by the 25th of each month prior to the program (5 parents with child minimum)

This class is a wonderful way to bond with your child. The two of you will see how yoga will help improve digestion, help you both sleep better, improve coordination, and help with relaxation. The program meets in Room C. This program runs monthly.

Thur 10:00 - 10:45 AM

<u>Member</u>	<u>Program Member</u>
Free	\$40

Youth Dances

Our popular series of youth dances continue. Dances are emceed by a popular DJ. The first dance of the year will be themed for winter fun. February will be a Sadie Haw

kins hoe down. Be sure to wear your hat and boots! March fun will focus on the Irish jig. Be sure to wear green! Teams of two or more can compete for "Y We Are the Best Dancers". Concessions will sold at all dances. Ages 6 - 11 must be signed in/signed out by a parent or guardian.

Jan 21 - Winter Wonderland

Feb 18 - Sadie Hawkins

Mar 17 - St. Patrick's Celebration

Ages 6 - 11, Sat 5:15 - 7:00 PM

Ages 12 - 14, Sat 7:15 - 9:15 PM

<u>Member</u>	<u>Program Member</u>
\$5	\$7

Amateur Monthly Photo Contest

Enter framed photos in color and black and white categories. Photos will be judged on monthly themes. A panel of local judges will select winners and all photos for the month will be displayed at the Y. Come to Welcome Center for details and entry form. Photos must be the sole work of the participant. Photos must be submitted by 5th Day of the Month and Judging will take place with winners announced by the 15th of each month. Registration forms will be available at the Welcome Center.

Monthly Themes:

Jan - Winter Wonderland Feb - Birds

Mar - Youth at Play Apr - Spring Has Sprung

Grades 5 - 8 and 9 -12

Youth Indoor Soccer

Meet your friends for a game of supervised indoor soccer on Saturday mornings. Young players will get to learn or refine basic skills of soccer such as dribbling, passing, and shooting. Half court play.

4th & 5th Grade / 8:00 AM

2nd & 3rd Grade / 9:00 AM

<u>Member</u>	<u>Program Member</u>
Free	\$5/week

Healthy Kids Day

Look for details at the Y on March 1

Save the date! April 28, 2011 is Healthy Kids Day at the Y! Come join the fun as we bring the community together for an exciting day for our youth with a live DJ to keep the event moving. Healthy Kids Day is collaborative event involving the Y, Mary Rutan Hospital, Family and Children First Council, Job and Family Services and other agencies, local schools and churches. Stay tuned for fliers and postings. **Healthy Kids Day Registration begins April 1! Sign up now to help us make this a commemorative event!**

Kid Fit Challenge

Kid Fit Challenge (part of **Healthy Kids Day**) will consist of timed pushups, sit ups, crab crawl, hand stands, long jump, and sprints. Ages 7 - 8, 9 - 10, and 11 -12 can participate while ages 6 and under will have fun doing an obstacle course. Participants will receive medals.

April 28

Ages 6 and Under - 10:00 AM

Ages 7 -12 - 11:00

Summer Camp

Registration begins Feb 1 and will be closed out two weeks in advance of first camp day in order to allow adequate staff and resources.

This year the Trailblazers will have a whole new look! Our focus will be on exploring nature! We are going back to the basics while teaming up with the Department of Natural Resources and spending more time outdoors, learning about nature and science, animal care, environmental awareness, and gardening. We will also teach the Child Lures curriculum, tumbling, fitness, swimming, swim lessons, and Bible study. Weekly field trips will collaborate with Ohio Department of Natural Resources, "Explore the Outdoors" program. Campers who are enrolled all summer and attend all field trips will be eligible to receive a certificate signed by the Governor of Ohio. Summer Camp registration forms will be available Jan 27 at the Welcome Center.

Easter Splash, Play & Brunch

Register by Mar 24 (20 child minimum)

Let your children celebrate the joy Easter at the Y! The day will start with a fun Easter Parade where kids are encouraged to decorate their bikes or turn their wagons into floats. Next will be fun and games in the pool where there will be a Duck Dive and Easter Egg hunt. A delicious brunch will start at 10:30 AM. The Easter Bunny will be available for photos whenever you are ready during the morning events. Door prizes will be awarded.

March 31, Ages 0 -12, 9:30 AM

<u>Members</u>	<u>Program Members</u>
\$5	\$10

Youth Martial Arts "Jeet Kune Do"

Register by Dec 28 for Session I, Feb 8 for Session II and Mar 21 for Session III

Let your kids learn to focus, learn discipline, learn respect, and learn self-defense from bullies and adult attackers. Jeet Kune Do is a fun and practical self defense art. Students will hold pads for each other and perform a number of drills to build skills and eventually do light sparring against a resisting opponent. Martial Arts Master Rich Stevenson is the instructor and program meets in Room C. Ages 13 and up may participate in the adult program. (see page 10)

Ages 6 - 12, Sessions on Wed - 6:00 - 6:30 PM

Jan 4 - Feb 8

Feb 15 - Mar 21

Mar 28 - May 2

<u>Member</u>	<u>Youth Program Member</u>
\$15	\$30

Friday Night Frenzy

Come join your friends for a fun night of dodgeball, kick-ball or basketball.

Grades K - 5, Fri 6:00 - 7:00 PM

Grades 6 - 8, Fri 7:00 - 8:00 PM

<u>Member</u>	<u>Program Member</u>
Free	\$5

Second Annual Liberty 1/2 Marathon - January 1

Register by Dec 15, 2011

Run with the Hi Point Harriers from West Liberty to East Liberty. This beautiful and scenic run will begin at Lion’s Park in West Liberty. Runners or walkers will follow County Road 5 to Zanesfield where they will pick up County Road 10 to East Liberty. All finishers will receive an award for the adventure with top finishers earning special recognition. Runners will be transported back to the start after the race. Water stops will be available on the course. Registration forms are available on the web-site or can be picked up at the Hilliker Y. Race cost is \$15 and the race is open to the community. Walkers are welcome! You can even bring your dog.

“Power in the Word” Bible Study

Join Minister Karen Cane for fellowship and inspiration on the first Thursday of each month at the Hilliker Y. Community is welcome so invite your friends and family. Don’t forget to bring your Bible.

First Thu of each month - 6:45 - 7:45 PM

Adult Martial Arts

Register by Dec 28/Session I, Feb 8/Session II, Mar 21/Session III

Jeet Kune Do is a fun and practical self defense art that is taught to the Navy S.E.A.L.’s, DEA, and FBI. Students will hold pads for each other and perform a number of drills to build attribute and eventually do light sparring against a resisting opponent. Your confidence will soar as you watch yourself transform into a dynamo with Martial Arts Master Rich Stevenson! Meets in Room B.

Sessions on Wed - 6:30 - 8:00 PM

Session I - Jan 4 - Feb 8

Session II - Feb 15 - Mar 21

Session III - Mar 28 - May 2

<u>Member</u>	<u>Program Member</u>
\$30	\$60

Amateur Power Weight Lifting Contest

You asked for it, you got it! Bench Press, Dead lift, and Curling Competition is going to take place at the Hilliker Y this Spring. The competition will start with weigh in. Weight classes will begin at 97 pounds and go through 309 plus. Age categories will be pre-junior (13 and under) all the way through Masters 4 (70 plus). Competition day will be May 12 with preregistration required by April 28. Registration forms available Feb 29.

<u>Member</u>	<u>Program Member</u>
\$30	\$60

2012 Full Ironman Triathlon

Begin your trek into the exciting world of triathlons. This is a journey you can do at your own pace. Tracking sheets will be available at the Welcome Center and can be filed in the Wellness Center or Aquatics area. All you need to do is complete 83 laps or 166 lengths in the pool, run 26.2 miles on the treadmill, or 433 laps on the indoor walking track, or 26.2 miles outdoors, and ride 112 miles on the bikes in the wellness center or outdoors. Members who complete three Full Ironman Triathlon will receive a Certificate of Completion and a YMCA t-shirt. You will then be ready for our Summer outdoor triathlon!

➔ TRX New Program

Total Body Resistance Exercise Training System developed by a former Navy SEAL is now a fitness option available at the Y. Revolutionize your workouts with a whole new series of moves utilizing the TRX. Strengthen your core in ways you never imagined as well as sculpt and define your muscles utilizing suspension training and your own body weight. Options are available to help you progress to higher levels as you become stronger. Program begins Feb 2 and lasts 30 to 45 minutes a session.

Wed - 5:10 AM

Fri - 5:30 AM

Mon - 5:30 PM

<u>Member</u>	<u>Program Member</u>
\$5	\$50

Social Responsibility **Community Involvement**

Volunteers Wanted!

"You can help out anywhere, but you **belong** at the YMCA." A Hilliker Y volunteer can lead a youth group, support fundraising, drive kids to and from school, lead a group fitness class, chaperone a youth dance, or pick many other ways to help out. One of our most important needs is to have volunteers taking the time to greet and connect with our current members, follow-up with new ones or call we haven't seen for a while. "Make a Connection That Counts." If you are interested in making a positive impact in the lives of others by becoming a Y volunteer, please contact Linda Wilcox at 592.9622 for more information.

Safehaven

This is a State Licensed After School program for all Logan County teens grades 5 - 8 who need mentors, want to experience good fellowship, receive homework help, and have fun at the Y. Youth will participate in swimming, dancing, sports, and many other activities. Program is held M/T/TH from 2:30 - 4:30 PM.

Safehaven staff will transport teens in the Y van. Any other transportation will require written permission from the parents. Teens will be picked up at the Bellefontaine Middle School at 2:30 PM and transported home after the program.

Hilliker Y Spring Craft Show - April 1

Sign up now at the Welcome Center for the Y Craft Show taking place on April 21 from 9:00 AM - 4:00 PM. Space is \$10 per table area with a limit of two tables. Participants are asked to bring their own tables. Think Spring and Summer possibilities!

Hilliker Y staff will also have activities set up for youth to plant seeds, make bouquets with wild flowers and do garden projects. Youth projects will be offered from 12:00 - 1:00 PM. Contact 592.9622 for more information.

Yoga 101 Workshop - March 10

Explore the wonderful world of yoga with Certified Yoga Instructor Teresa Marker. Teresa is also a Registered Yoga Alliance Teacher who will help you learn that Yoga is truly about finding balance in our lives. It helps you see the importance of looking inward and taking time for yourself. Learn the basics of yoga and discover ways to

deal with the stressors in our busy world. **March 10 - 12:00 - 1:30 PM**

<u>Member</u>	<u>Program Members</u>
Free	\$10

Community/Member/Staff Potluck and Cookie Exchange - April 13

Ask your friends and family to join you as you come and share your casserole and cookie recipes, following Easter Lenten season on Friday, April 13, 11:30 AM. The Hilliker Y will provide drinks, crackers, bowls, napkins, and spoons. Come hungry and leave happy as you take home a plate of delicious cookies! Sign up at the Welcome Center with what you are going to bring by **April 6**. Remember to write your recipe on a card you can display with your dishes.

2011 Hilliker Y Volunteer Recognition Day - Feb 13

All of our volunteers are personally invited to a luncheon in Room A on Mon, Feb 13, at 11:30 AM. Come let us recognize all of you who have truly helped make our YMCA a success in the Community.

2011 Hilliker YMCA Fitness Honor Roll Breakfast - Jan 23

We will recognize and honor the hard work of all 2010 Fitness Honor Roll members on Mon, Jan 23 at 7:00 AM at the Y. Come hungry and enjoy a wonderful breakfast made in gratitude by our staff. Honorary Honor Roll members will receive a t-shirt and be asked to pose for a group photo. Each participant will receive a personal invitation and family members are welcome to come to the breakfast.

CPR/AED Training - Feb 27

Register by Feb 22

The Y quarterly CPR/AED training will be conducted by Jennifer Douthwaite. This training is open to the community.

Feb 27 - 5:00-7:30 PM

<u>Members</u>	<u>Program Members</u>
\$35	\$45



Don M. & Margaret Hilliker YMCA

300 Sloan Blvd.

Bellefontaine, OH 43311



Financial assistance is available based on need and funded through annual contributions.

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

SAVE THE DATE! APRIL 28 IS HEALTHY KIDS DAY AT THE Y

In communities across the country, the Y is a leading voice stressing the importance of bringing children and families together to have fun, be active and grow together. YMCA's Healthy Kids Day is our largest national initiative event supporting our focus on healthy living. This year, the Don M. & Margaret Hilliker YMCA will communicate a strong national message to the public on the importance of children being active over the summer months.

