

Miami County YMCA  
34 East Sixth Street  
Peru IN 46970  
mcyymca.org



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GENUINE NURTURING AND DETERMINED TO HELP



- General Information
- Membership
- Preschool Programs
- Youth Programs
- Aquatic Programs
- Adult Sports
- Adult Fitness Programs

## MIAMI COUNTY YMCA 2016 FALL SCHEDULE

34 East Sixth Street, Peru IN 46970  
765 472-1979  
[www.mcyymca.org](http://www.mcyymca.org)



## GENERAL INFORMATION

**Check-in Procedures:** Membership cards are required each time you check in at the front desk. All Y members and program participants must check in at the front desk.

**Schedule Changes:** Notices concerning classes or other schedule additions or changes will be posted online at [mcmca.org](http://mcmca.org). Closings will be announced on WARU, 101.9.

**Class Enrollment & Cancellation:** All classes must be paid for at the time of sign-up to ensure your registration. Classes may be canceled if there is not sufficient participation.

**Refunds:** General programs will receive refunds if the Y fails to provide the program. A full credit or refund less any expenses will be given before the first class or program starts. A 50% credit or refund will be given after the first class or start of program. There will be no refund after the second week of the program. You will receive a 100% refund or credit for any prepaid amount of an on-going program such as SACC.

**Youth Usage:** All children 11 and younger need to be enrolled in a scheduled program or be accompanied by a parent or sibling 16 years of age or older. We reserve the right to send children home if disciplinary problems arise. Children 14 and younger must leave the Y on school nights by 8:00 p.m. unless accompanied by a parent.

**Personal Property:** The YMCA is not responsible for personal property.

**Tobacco & Alcohol:** No alcohol or tobacco products are to be used on YMCA property. Tobacco products will be confiscated from anyone under 18.

**Profanity:** We expect all persons to use acceptable language and behave in a civil manner.

**Statewide Membership Reciprocity:** Full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the state at no extra charge! Full facility/full privilege YMCA members must use their "home" branch/center at least 51% of the time. Visitors to other Y's must present a valid Y membership card and photo ID upon their first visit and complete a visiting member waiver.

### Summer Hours

May 1st - September 30th  
Monday - Friday 5:00 a.m. - 9:00 p.m.  
Saturday 8:00 a.m. - 3:00 p.m.  
Closed Sunday

### Winter Hours

October 1st - April 30th  
Mon. - Fri. 5:00 a.m. - 10:00 p.m.  
Saturday 8:00 a.m. - 5:00 p.m.  
Sunday Noon - 5:00 p.m.

### Holidays

Labor Day - Closed  
Closed at 8:00PM the day before  
Thanksgiving; Reopen at 8:00AM the  
day after Thanksgiving

Be sure to join us on Friday, October 21, 2016 from 7:00-9:00PM for our annual **Halloween Party!** Games, a Trick or Treat Walk, a Cardboard Maze, and a Costume Parade/Contest are just a few of the exciting things we have planned that night. See the front desk for more information!

## FOR SOCIAL RESPONSIBILITY

**Y Transit...**provides county wide public transportation. This service is available 6 a.m. until 6 p.m. Monday-Friday or other times by appointment. Trips can be for employment, medical care, shopping or any transportation need. While those age 60 and older are not required to pay a fare, donations are appreciated to help cover the cost of the service. Children under 10 must be accompanied by an adult unless approved in advance.

**Reservations...**need to be made the day before by 4 p.m. Reservations for Monday need to be made by 4 p.m. Friday. Standing reservations may be made, but, if not needed, should be cancelled as soon as possible. You should also schedule your return trip. Reservations will be taken on a first-call, first-serve basis; so the earlier you call, the more likely you will get a ride when you need it. Please be ready for pickup 20 minutes early. In order to stay on schedule, we will be unable to wait for you. If you cannot keep your reservation, call us to cancel as soon as possible.

### Fare Rates (per one person for one way trip)

1/2 mile of Peru city limits	\$2
Within ten miles of Peru	\$4
Outside ten miles of Peru	\$6

### Coupon Books

Coupon books may be purchased for \$10 for 12 coupons. Coupon books may be purchased at the YMCA front desk or from the drivers (correct change only).

Call Miami County YMCA Transit  
765-472-6028  
6 a.m. to 6 p.m.  
Monday - Friday

"If information is needed in another language or alternate format you may contact Kathy Brehmer at 765-472-1979, Ext. 213 or text her at 765 469-2371 or e-mail her at [kbrehmer@mcmca.org](mailto:kbrehmer@mcmca.org)."



# Carriage Club

**Carriage Club** is for men and women 60 years and better. The club includes both social and fitness programs. Keeping active and involved are as important to this age group as they are to the youth of our community. The Carriage Club is a program that helps carry out these goals. Included in the membership are many activities and programs which are listed below.

**Social Diners Club Trips**      2nd Wed. Noon or 6p.m.  
                                  1st & 3rd Wed. - varied  
                                  As planned

**Carriage Club Social Membership...** This includes everything under Carriage Club. Trips and special events have program fees that are paid by the participant.  
**Club Fee:** \$22/memb.; \$44/non memb.



## Red Hat Club

The Red Hat Club is another part of the Carriage Club Program. Ladies go on a trip each month to party with their purple outfits and red hats, enjoy teas at members homes, and have lunch at many different places.

## YMCA Carriage Club presents...

PACIFIC NORTHWEST & CALIFORNIA  
 Featuring Washington, Oregon and California

Book Now and Save \$180/Person

This trip includes transfers from the YMCA to the airport and back.

Trip provided by  
 Collette

For more information contact  
 Kathy Brehmer  
 765 472-1979  
 kbrehmer@mcymca.org

# MEMBERSHIP INFORMATION

Category	Activation Fee	Draft
Family*	\$35	\$49/mo.
Single Hhold.*	\$35	\$40/mo.
Adult (18+)	\$25	\$31/mo.
Teen (13-17)	\$10	\$15/mo.
Youth(0-12)	\$10	\$12/mo.

\*Adult Add-on eligible for Family or Single Household membership categories at \$9/mo. per adult; proof of household residence required.

**Financial assistance** based on need is available for all categories. Annual rates, corporate plans, and short term memberships are also available. Please inquire at the front desk for further information.

### Guest Passes (Unlimited)

Family	\$10/day
Adult	\$7/day
Teen	\$5/day
Youth	\$3/day

**Our membership categories and privileges are reflective of our values and are designed to be affordable, inclusive, and fair for all.**

**Family:** For households consisting of husband, wife, and any children ages 17 and under (18-25 if enrolled in High School or other post-high school educational program for a minimum of 12 credit hours)—additional adults living in the same household may be added for an additional fee (see Adult Add-on below). Privileges include usage of the gym, pool, wellness center, racquetball courts, youth fitness center, Women’s & Men’s fitness centers (must be 18 or older), and other activities—**age restrictions may apply.** Members receive reduced pricing on most program fees; wellness classes and wellness coaching are free to members. Up to 2 hours/day of babysitting is also available at no additional cost (there is a small fee of \$1.25/hour/child for over 2 hours).

**Single Household:** For households with one unmarried adult and his/her children ages 17 and under (18-25 if enrolled in High School or other post-high school educational program for a minimum of 12 credit hours)—additional adults living in the same household may be added for an additional fee (see Adult Add-on below). Privileges include usage of the gym, pool, wellness center, racquetball courts, youth fitness center, Women’s & Men’s fitness centers (must be 18 or older), and other activities—**age restrictions may apply.** Members receive reduced pricing on most program fees; wellness classes and wellness coaching are free to members. Up to 2 hours/day of babysitting is also available at no additional cost (there is a small fee of \$1.25/hour/child for over 2 hours).

**Adult Add-on:** For Family or Single Household Memberships ONLY. Additional adults ages 18+ whose permanent residence is at the same address may be added on to a Family or Single Household membership for an additional fee (see Membership Rates). Proof of residency at the same address is required.

**Adult:** For ages 18+. Privileges include usage of the gym, pool, wellness center, racquetball courts, youth fitness center, Women’s & Men’s fitness centers (must be 18 or older), and other activities—**age restrictions may apply.** Members receive reduced pricing on most program fees; wellness classes and wellness coaching are free to members.

**Teen:** For ages 13-17 (18 only if still attending high school), privileges include usage of the gym, pool, youth fitness center, and other activities in which age restrictions do not preclude participation. Teen members also receive reduced pricing on program fees. Teens 15 and older may use the wellness center.

**Youth:** For ages up through 12, privileges include open swim, open gym, and other activities in which age restrictions do not preclude participation. Youth members also receive reduced pricing on most program fees.

# Preschool Programs

**Parent Toddler Swim** (6 months-5 years old) Water adjustment period of time for your child and you.  
**Schedule:** M, W, F 11 a.m.-Noon  
**Free for members!**

**Parent & Me Swim Class** (Parent and Infant (2 months-2 years old) This program is designed to help your child become adjusted to the water.  
**Schedule:** M, W 11-11:30 a.m.  
**Fees:** \$23/member, \$46/non-member

**Preschool Swim Lessons** (2 years old-5 years old)  
**Schedule:** T, R 9:30 - 10 a.m.  
**OR**  
 T, R 5 - 5:30 p.m.  
**Sessions:** Sept 6th - Oct 13th  
 Oct 25th - Dec 6th  
**Fees:** \$23/member/session  
 \$46/non-member/session

**Tiny Tots Gym Time...** This is parent and child play time in the gym. Equipment will be set up to help your children learn coordination and also sharing with other children.  
**Only available when school is in session!**  
**Schedule:** W, F 10 - 11 a.m.  
**Free for members!**

**Tumble Gym...** (3-5 years old) A program to learn basic tumbling and gross motor skills.  
**Schedule:** W, F 9:15 - 10 a.m.  
**OR**  
 M, W 6:30 - 7:15 p.m.  
**Sessions:** Sept 12th - Oct 21st  
 Oct 31st - Dec 9th  
**Fees:** \$30/session/member  
 \$55/session/nonmember

**Preschool Education**  
**\$20 registration fee/family**  
**3 Year Old Class**  
**Schedule:** Tues -Thurs 9 -11 a.m.  
**Fees:** \$75/month/member  
 \$90/month/non-member

**4-5 Year Old Class**  
**Schedule:** Mon - Fri 9-11:30 a.m.  
**Fees:** \$95/month/member  
 \$110/month/non-member

**4-5 Year Old Class**  
**Schedule:** Mon - Fri 12:30-3 p.m.  
**Fees:** \$95/month/member  
 \$110/month/non-member  
 Fees may be drafted monthly out of a checking/savings account or off of a credit card.



**Preschool Childcare**  
**Schedule:** M - F 6 a.m. - 6 p.m.  
**Fees:** \$90/week/member  
 \$100/week/non-member  
 Fees may be drafted monthly out of a checking/savings account or off of a credit card.

**Contact Barb Althouse at**  
**balthouse@mcymca.org for more**  
**information!**

# Individual Assistance & Facility

**Assistance Available on a sliding fee scale...** Awarding the YMCA scholarships is done confidentially and assistance is based on demonstrated need. Scholarship applications are available online at mcymca.org or at the front desk for anyone with the need for assistance. You must complete the application and bring in proof of income to the front desk in order to apply. Once completed, the scholarship will be processed, and the applicant will be notified within ten business days. Questions? Contact Jenny Rhodes at jrhodes@mcymca.org or at 765-472-1979 ext. 238.

**Available Facilities...** The Miami County Y has great facilities for you or your organization to use. We have meeting rooms, a pool, a gymnasium, racquetball courts, multi-purpose rooms and a park.

*The YMCA has the right to refuse any individual or organization that competes with YMCA programs or displays behavior & values inconsistent with YMCA values or purpose.*



## Birthday Parties

Party Room  
 Pool or Youth Fitness  
 for one hour  
 \$75 for 25 children  
 +\$10 /hour when  
 The Y is closed  
 \$10 extra for  
 26-49 children

## Meeting Rooms, Multi-purpose Rooms, Kitchen

\$10/hour when Y is open  
 \$20/hour when Y is closed  
 We can provide catering for small events.  
 Price is dependent on menu.

## Gymnasium

\$25/hr. + .25/persons over 100

## Pool

\$40/hour up to 25 people  
 \$50/hour for 26-49 people  
 A 20% discount is available for groups contracting for six or more uses.

## Racquetball Courts

\$20/hour for both courts

To schedule, contact Barb Althouse at balthouse@mcymca.org or at 765-472-1979, ext. 228!

# HEALTH & FITNESS

**Wellness Center...** Whether you like to ride bikes, walk on treadmills, or train with weights, our Wellness Center has everything you need to stay in good physical condition. Young adults who are 15 and older may exercise in the wellness center located on the main floor. Kids, under the age of 15, are not allowed to use the wellness centers but are more than welcome to use the Youth Fitness Center.

**Wellness Coaching...** Fill out the wellness coaching form at the front desk. A Wellness Coach will contact you within three business days.

**Personal Training...**We have a personal trainer available at the YMCA. Brittany will motivate you to do what needs to be done to get in or stay in shape. You may train individually or with a small group of 3-4 members.  
**Fees:**  
 1 Session \$20/indiv; \$48/group  
 6 Sessions \$115/indiv.; \$288/group  
 12 Sessions \$215/indiv.;\$576/group

**Body Composition Analysis...** is a complete evaluation of the composition of lean body mass, fat, and water.  
**Fees:** \$2 members, \$10 non-members

**Fitness Classes...** Classes include POUND, Insanity, Zumba, Cardio Walk, Pilates, Yoga, Group Cycling, Aquacise, and more. A schedule is available online at [mcmca.org](http://mcmca.org) or at the front desk.  
**Free for members!**  
 \$35 for 12 classes/non-member

**Open Adult Basketball...**  
**Schedule:** M, W 6:30-8:30 p.m.  
 Free for members!

**Open Adult Volleyball...**  
**Schedule:** T, R 10:30a.m. - noon  
**Free for members!**

**Nursery Available...** Family memberships include FREE child care for two hours per day per child while the parent(s) are exercising at the Y. The nursery is open Monday through Friday 9a.m. to noon and 5-7:30 p.m. After 2 hours the cost is \$1.25/hour/child.



# SCHOOL AGE PROGRAMS



**Tae Kwon Do** (4 years old through adult)  
 Beginning M, W, F 6 - 7 p.m.  
 Int./Adv. M, W, F 7:30 - 8:30 p.m.  
**Fees:** \$25/month/member  
 \$50/month/non-member

**Progressive Gymnastics** (5 years old and older)  
 Beginning M, W 4 - 5 p.m.  
 Intermediate M, W 5 - 6 p.m.  
**Sessions:** Sept 7th - Oct 17th  
 Oct 19th - Nov 28th  
**Fees:** \$45/session (**Members Only**)

**Team Gymnastics** (Coaches Approval Required for Participation)  
 T, W, R 4 - 6 p.m. (& Competitions)  
**Fees:** \$60/month (**Members Only**)

**School Age Swim Lessons** (6 years old and older)  
 Beginning T, R 5:30 - 6:15 p.m.  
 Intermediate T, R 6:15 - 7 p.m.  
**Sessions:** Sept 6th - Oct 13th  
 Oct 25th - Dec 6th  
**Fees:** \$29/member/session  
 \$50/non-member/session

**Youth Basketball League**  
 This program is designed to teach children age 4 thru 12 the basic skills of basketball.  
**Registration:** Oct 1st - Nov 1st  
**Season Starts November 28th**  
**Fees:** \$25/member  
 \$50/non-member

**Youth Fitness Center** After school children 8 and over may use our youth fitness center as long as a parent is in the facility. A Y staff is present when it is open Monday through Friday from 3:30 to 7:00 p.m.

**School Age Childcare** Available at the YMCA and at Maconaquah Schools for before and after school and when school is out for whatever reason.

**\$20 registration fee/family**

**Peru & Maconaquah Draft Rates**  
 Before Only: \$105/mo. Member  
 \$120/mo. Non Member  
 After Only: \$125/mo. Member  
 \$140/mo. Non Member  
 Both: \$195/mo. Member  
 \$210/mo. Non Member  
 Draft Rates include 180 school days and weather delay/cancellation days. School break care or full days out of school care are available for an additional fee.

**School's Out**  
 One day only/wk.: \$25/day member  
 \$30/day non memb.  
 2 or 3 days/wk.: \$65/wk. member  
 \$75/wk. non memb.  
 4 or 5 days/wk.: \$90/wk. member  
 \$100/wk. non memb.

**Contact Barb Althouse at**  
**[balthouse@mcmca.org](mailto:balthouse@mcmca.org) for more information!**

# AQUATICS

**Parent Toddler Swim** (6 months-5 years old) Water adjustment period of time for your child and you.

**Schedule:** M, W, F 11 a.m.-Noon  
**Free for members!**

**Parent & Me Swim Class** (Parent and Infant (2 months-2 years old) This program is designed to help your child become adjusted to the water.

**Schedule:** M, W 11-11:30 a.m.

**Sessions:** Sept 6th - Oct 13th  
Oct 25th - Dec 6th

**Fees:** \$23/member, \$46/non-member

**Preschool Swim Lessons** (2 years old-5 years old)

**Schedule:** T, R 9:30 - 10 a.m.  
**OR**

T, R 5 - 5:30 p.m.  
**Sessions:** Sept 6th - Oct 13th  
Oct 25th - Dec 6th

**Fees:** \$23/member/session  
\$46/non-member/session

**School Age Swim Lessons** (6 years old and older)

Beginning T, R 5:30 - 6:15 p.m.  
Intermediate T, R 6:15 - 7 p.m.

**Sessions:** Sept 6th - Oct 13th  
Oct 25th - Dec 6th

**Fees:** \$29/member/session  
\$50/non-member/session

## Private Swim Lessons

Four half-hour classes are scheduled by appointment. Please schedule with the aquatics supervisor, Linda Alexander.

Four 30 minute classes:  
\$32/member / \$50/non-member

**Open Swim...**Children under the age of eleven must be accompanied by a parent or high school age sibling unless they can swim at a Guppy Level. Please check our new swimming rules at the front desk or pool area. We will open the pool at 2 p.m. when school is not in session.

Monday - Friday 3:30 - 5 p.m.  
Saturday 1 - 4:00 p.m.

**Free to members!**

**Family Swim...**The whole family may enjoy the pool during this time. Children age 15 and younger must leave the Y by 8 p.m. on school nights unless accompanied by a parent or guardian.

M, W, F 7 - 9 p.m.

**Adult Lap Swim...**You may swim laps or water walk during these times. You may lap swim during open swim and family swim when there is room. Youth & teens may *swim laps* if there is room.

Monday - Friday 6 - 8 a.m., 10 - 11 a.m.  
Monday - Sunday Noon - 1 p.m.  
M, W, F 6 - 7 p.m.



**Pool will be closed from Friday, August 12th, 2016 through Sunday, August 21st, 2016 for our annual pool cleaning. We are sorry for any inconvenience this may cause.**

# POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.	6-8 a.m. Lap Swim	6-8 a.m. Lap Swim	6-8 a.m. Lap Swim	6-8 a.m. Lap Swim	6-8 a.m. Lap Swim
8:00 a.m.	8-8:45 a.m. 8:45-9:30 a.m. Aquacise	8-8:45 a.m. Aquacise	8-8:45 a.m. 8:45-9:30 a.m. Aquacise	8-8:45 a.m. Aquacise	8-8:45 a.m. 8:45-9:30 a.m. Volleyball
9:00 a.m.	9:30-10 a.m. Pool Closed	9-10 a.m. Swim Lessons	9:30-10 a.m. Pool Closed	9-10 a.m. Swim Lessons	9:30-10 a.m. Pool Closed
10:00 a.m.	10-11 a.m. Lap Swim	10-11 a.m. Lap Swim	10-11 a.m. Lap Swim	10-11 a.m. Lap Swim	10-11 a.m. Lap Swim
11:00 a.m.	11 a.m.-noon Parent/Toddler	11-11:45 a.m. Swim Lessons	11 a.m.-noon Parent/Toddler	11-11:45 a.m. Swim Lessons	11 a.m.-noon Parent/Toddler
Noon	Noon-1:00 p.m. Lap Swim	Noon-1:00 p.m. Lap Swim	Noon-1:00 p.m. Lap Swim	Noon-1:00 p.m. Lap Swim	Noon-1:00 p.m. Lap Swim
1:00 p.m.					
3:30 p.m.					
5:00 p.m.	3:30-5 p.m. Open Swim	3:30-5 p.m. Open Swim	3:30-5 p.m. Open Swim	3:30-5 p.m. Open Swim	3:30-5 p.m. Open Swim
6:00 p.m.	5-6 p.m. <b>Aqua Zumba</b>	5-7 p.m. Swim Lessons	5-6 p.m. <b>AquaBoxing</b>	5-7 p.m. Swim Lessons	5-6 p.m. <b>Aqua Tai Chi</b>
7:00 p.m.	6-7 p.m. Lap Swim		6-7 p.m. Lap Swim		6-7 p.m. Lap Swim
9:00 p.m.	7-9:00 p.m. Family Swim		7-9:00 p.m. Family Swim		7-9:00 p.m. Family Swim

**Aquacise...**A great way to get in shape that is easy on the joints and muscles.

Monday-Friday 8 - 8:45 a.m.  
M, W, F 8:45 - 9:30 a.m.  
M, W, F 5 - 6 p.m.

**Fees:** Free to members  
\$35/month/non members

Saturday:  
Lap Swim 12-1pm  
Open Swim 1-4pm

Sunday:  
Lap Swim 12-1pm  
Open Swim 1-3pm