



2021 WINTER & SPRING PROGRAM GUIDE



R.C. DURR YMCA

IMPORTANT INFORMATION

CONTACT INFORMATION

R. C. DURR YMCA

5874 Veterans Way, Burlington, KY 41005

☎ 859-534-5700 📠 859-534-5777 ☀ 513-362-2075

🌐 www.MyY.org 📘 @RCDURRYMCA

🐦 @YMCA_RCDURR 📷 @ymca_rcdurr

HOURS OF OPERATION

Monday-Friday	5:00 a.m.-8:00 p.m.
Saturday	7:00 a.m.-4:00 p.m.
Sunday	12:00-4:00 p.m.

Y KID'S CLUB

(Ages: 6 weeks-9 years)

Monday-Friday	9:00-10:00 a.m.
Tuesday/Thursday	10:30-11:30 a.m. 5:45-6:45 p.m.

HOLIDAY HOURS

Easter, April 4 CLOSED

MOBILE APP

Check out the **Daxko App** (search YMCA of Greater Cincinnati) in your app store for scan card storage, online registration, push notifications, and more! Check out the **YMCA of Greater Cincinnati App** (search YMCA Cincinnati) for your club reservations and class schedules.



PROGRAM POLICIES

PROGRAM CANCELLATION POLICY

If the YMCA has to cancel a program-

At the YMCA, all of our programs have a minimum number of participants to run that program. In the event that a program does not meet that requirement, every effort will be made to move the participant to another day/time offering or similar class. If arrangements cannot be made, a credit back to your YMCA account will be issued for the FULL amount.

If the YMCA has to cancel a class*-

If the YMCA has to cancel a class for any reason, the following will take place:

- One (1) class cancelled- class make-up will be offered at a future date (if possible), or credit.
- Two (2) or more classes cancelled- one (1) class make-up will be offered at a future date and one (1) or more class credits will be issued back to YMCA program account. If make-up is not possible, two (2) credits will be given. Class credits will be issued at the end of the program session.

*Holidays and pre-scheduled closings of facilities do not count as a cancelled class. This refers to when we have to unexpectedly close a part of the facility due to unforeseen circumstances.

If the PARTICIPANT has to cancel or miss a class-

In the event that a participant is unable to attend a class for any reason, we **cannot** guarantee a make-up class or credit. For private lessons, MoveStrong®, and personal training, please provide a 24 hour notice so as to not lose that class time. Less than a 24 hour notice of a cancellation may result in that class not being able to be made up.

The term **"program"** refers to: swim lessons (private or group), youth sports, and personal training. For membership, swim team, and licensed child care, please contact the Welcome Center for the cancellation policy. The term **"class"** refers to an individual day/time/event of a program.

KEEPING YOU INFORMED

•We will continue to provide private workout rooms/locations for members who wish to remove their mask while exercising.

•Equipment & Locations:

- Treadmill- Fitness Center Office
- NuStep- Consult Room
- Elliptical- West Corridor (past the men's locker room)
- Elliptical- Performance Training Room
- Bike- Sauna (located off the pool deck)

•Cleaning of machines and equipment is even more vital when working out. Prior to and upon completion of your workout, please use the sanitizing wipes around the facility to wipe down frequently touched points on the equipment. Staff will continue to come through the facility to do more of a deep cleaning of equipment throughout your visit and the day.

•As part of our efforts to keep you safe and healthy, the R.C. Durr YMCA recently installed an airPHX air purification system in our fitness center. The airPHX system uses a proprietary non-thermal plasma technology to decontaminate air drawn through the device. The air that exits the device then cleans the air in the room by eliminating pathogens such as Coronavirus (-229E), norovirus, staph, influenza, mold, rhinovirus, MRSA, and the odors they cause in the air.

Need to cancel a program-

In the event you need to cancel out of a program, please stop by the Welcome Center as soon as you know you cannot attend the scheduled program that you are registered for. All cancellations are needed in writing; and, forms with signatures are required to cancel a program.

When cancelling a program PRIOR to the program start date, a Member Service Representative will have you fill out a PROGRAM CANCELLATION FORM and will issue a YMCA credit back to your account for the FULL amount.

When cancelling a program AFTER the program start date, a Member Service Representative will have you fill out a PROGRAM CANCELLATION FORM and will seek out the program director for approval. If approved, a PARTIAL YMCA credit may be issued back to your account for any UNUSED program classes.

ALL PROGRAM CANCELLATIONS REQUIRE A REASON BEFORE A CANCELLATION WILL BE PROCESSED.

YMCA Program or System Credits-

When issued a program or system credit onto your YMCA profile, these credits are valid for a 6 month period from the time they are issued. After the 6 month period, credit may be removed.

SESSION INFORMATION

For program offerings and session dates, continue to the following program pages. Due to COVID-19, traditional program offerings may be altered to meet the safety needs of each specific program.

AQUATIC PROGRAMS

WHAT AGE GROUP DOES MY CHILD FALL INTO?



6 months–4 years
PARENT* & CHILD
STAGES A-C



3–5 years
PRESCHOOL
STAGES P1–4



5–12 years
SCHOOL AGE
STAGES Y1–6



13+ years
TEEN & ADULT
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

*At the Y, we know families take a variety of forms; thus, 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.

SWIM STARTERS

Parent* & Child Lessons
(Stages A & B can be combined.)



A: WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.



B: WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.



C: WATER LAUNCH

For those who are ready for Water Acclimation, but not ready to go into class without a parent. Follows Water Acclimation lesson plans.

SWIM BASICS

Skills to stay safe around water



1: WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.



2: WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.



3: WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES

Skills to support a healthy lifestyle



4: STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.



5: STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.



6: STROKE MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Specialty Aquatic Classes

Teen & Adult: (13 years & up) For any level swimmer looking for tips and endurance. Will fall into Stages 1–6.

Private Swim Lessons: (3 years & up) For any level swimmer looking for personalization of lessons for learn-to-swim, stroke mechanics, drills, and more. Lessons are offered in a one-on-one setting or in a semi-private, small group setting. See the Welcome Center for pricing and registration processes.

CLASS PRICES

All Group Lessons–
Member: \$50
Non-Member: \$100

SESSION DATES

Mondays: 3/1–4/26
Thursdays: 3/4–4/29
Saturdays: 3/6–5/1
NO Classes during the week of April 12–17!

MONDAY

8 WEEKS–ONCE/WEEK

6:00–6:30 p.m.	Swim Starters * P1 * P2/3
6:30–7:00 p.m.	P/Y 4 * Y 2 * Y3
7:00–7:30 p.m.	P1 * Y1 * Y5/6
7:30–8:00 p.m.	Adult Lessons

THURSDAY

8 WEEKS–ONCE/WEEK

6:00–6:30 p.m.	P1 * Y1 * Y5/6
6:30–7:00 p.m.	P1 * P2/3 * Y1
7:00–7:30 p.m.	P/Y4 * Y2 * Y3
7:30–8:00 p.m.	Adult Lessons

SATURDAY

8 WEEKS–ONCE/WEEK

9:00–9:30 a.m.	Swim Starters * P1 * Y1
9:30–10:00 a.m.	C * P2 * Y2
10:00–10:30 a.m.	P3 * Y3 * Y5/6
10:30–11:00 a.m.	P/Y4 * P1 * Y1

For more information on our swim lesson program, please contact our Swim Lesson Coordinator, Mike, at mmcmahon@myy.org



YOUTH SPORTS

YOUTH SPRING SOCCER

Ages: 3-15 years

Member: \$65, Non-Member: \$110

Member Registration: January 10

Non-Member Registration: January 20

Coaches' Meeting: Thursday, March 11, 6:30 p.m.

First week of practice: March 15

First game: Saturday, March 27

Last game: Saturday, May 15

Makeup games: Saturday, May 22

Games are played at England-Idlewild Park

*NOTE: League will be set up and played in a traditional format for the 2021 Spring Soccer season.



YOUTH 7 on 7 FOOTBALL

The 7 on 7 Passing Clinic is a fun competitive, non-contact way to learn football. Passing is now the feature offense, and thus defense, of most teams. Passing and catching take a great deal of practice to master. Participating in 7 on 7 clinic offers athletes an exceptional, competitive way to hone their skills.

Ages: 7-15 years

Member: \$65, Non-Member: \$110

Program is set to begin in April/May. Be on the lookout for additional information regarding program registration, soon. For program details and information, contact Tami at TChapman@MyY.org



SPECIALTY SPORTS LESSONS

The R.C. Durr YMCA and Foundation for Success, with lead basketball instructor Patrick Barnett, provide group and semi-private basketball lessons to the youth in our community. These lessons are designed to help students improve their fundamentals and skills in basketball, enhance speed and agility, understand how to play the sport the right way, and grow into a successful person overall. Sign up at our front desk or online at <https://MyY.org/register>

SEMI-PRIVATE BASKETBALL LESSONS (4 WEEKS-ONCE/WEEK)

Ages: Second through Eighth Grade

Up to 4 kids per class

Member/Non-Member: \$150

Semi-private training gives participants a one-on-one feel and allows our staff to direct all their attention towards breaking down the strengths and weaknesses of these players. Our trainers deliver an abundance of creative drills, designed to improve a player's skill set. After each session, trainers will give an assessment on the player's skill level. These sessions are a great way to ensure your workout is customized, efficient, and effective.

Offerings begin Saturday, February 6

9:00-10:00 a.m.

11:30 a.m.-12:30 p.m.

SPEED & AGILITY TRAINING (4 WEEKS-ONCE/WEEK)

Ages: 8-18 years

Up to 10 kids per class

Member: \$120, Non-Member: \$120

Powerful group training, designed to increase speed and agility, boosting performance in any sport.

Offerings begin March 1-

Mondays

6:15-7:00 p.m.

7:00-7:45 p.m.

Wednesdays

6:15-7:00 p.m.

7:00-7:45 p.m.

MISSION POSSIBLE

||| | Camp Reloaded | | | |



YMCA Summer Camp R.C. DURR YMCA

Registration Packets will be available at Camp Kick-Off, Saturday, March 6 (8 a.m.-3 p.m.)! Register at this event and your registration fee will be waived.

1. Fill out a registration form (must be returned before 4 p.m. on March 6 to qualify for waived registration fee). Registrations will not be accepted prior to March 6.
2. Pay a \$35 registration fee per child (\$55 max per family) and a \$10 per week deposit (\$2 per week for families receiving scholarships). For an early bird discount, register before May 10 to pay a \$25 per child (\$45 max per family) registration fee.
3. Attend Camp Meet and Greet on May 23 at 2 p.m.

Scholarship Information

The Y offers financial scholarships to qualifying families. Please stop by the Y and speak with the Welcome Center for more information.

No one shall be denied admission to our camp or to the benefits of our program services because of race, color, national origin, sex, or handicap.

Contact: Kate Frank kfrank@myy.org

DAY CAMP

Ages: 5-12 (Kindergarten graduate)
9 a.m. - 4 p.m.

Full Time (4-5 days)

Member Price: \$150

Regular Price: \$185

Part Time (1-3 days)*

Member Price: \$130

Regular Price: \$165 (subject to availability)

* Pre- and Post-Camp included in part time rate

TEEN CAMP

Ages: 13-15

9 a.m. - 4 p.m.

Full Time (4-5 days)

Member Price: \$150

Regular Price: \$185

Part Time (1-3 days)*

Member Price: \$130

Regular Price: \$165 (subject to availability)

* Pre- and Post-Camp included in part time rate

EXTENDED CAMP

AGES: 5-15 (Kindergarten graduate)

Pre-Camp 6:30 a.m. - 9:00 a.m.

Price: \$20

Post-Camp 4:00 p.m. - 6:00 p.m.

Price: \$20

ONLINE
REGISTRATION
AVAILABLE FOR CAMP
OUTBACK 2021

Visit MyY.Org on
March 6 to get
started!

CAMP OUTBACK

WEEK	DATES	THEME
1	June 1 - 4*	Operation: Hydration
2	June 7-11	Operation: Exploration
3	June 14-18	Operation: Incantation
4	June 21-25	Operation: Computation
5	June 28 - July 2	Operation: Imagination
6	July 5-9	Operation: Investigation
7	July 12-16	Operation: Celebration
8	July 19-23	Operation: Conservation
9	July 26-30	Operation: Retro Nation
10	August 2-6	Operation: Collaboration
11	August 9-13	Operation: Improvisation

*No camp May 31



Make Friends



Grow Confident



Be Included

LEADERS IN TRAINING

Age: 13-15 (pending interview; to schedule interview contact Kate Frank at kfrank@myy.org)

9 a.m.-4 p.m.

Member Price: \$60 Regular Price: \$90

Leaders in Training (L.I.T.), will work with younger campers with the guidance of a mentor counselor. Leadership development, relationship building, and weekly training sessions are an important part of this program.

SWIM LESSONS

Swim lessons are offered each week on Mondays, Tuesdays, Thursdays, and Fridays for (4) 30 minute lessons for an additional \$25 per week. These lessons are designed to progress campers through the red-yellow-green band test procedures, and aquatic safety skills. Once a camper graduates to a green band, they will progress out of lessons.