

SPRING 2018

April/May at BFR



Bluffton Family Recreation • 215 Snider Road • Bluffton, Ohio 45817
www.bfronline.com • 419-358-4150

Classes for youth

Homeschool Rec Class

Lots of different activities in the soccer arena. Fridays, 10 a.m.
(Free for members/\$15 non-members)

Little Movers: (4 week session)

Get the wiggles out with preschool fun and games
Wednesdays, 5:30 p.m.
Same time as Wednesday TRX!
18 months to 5 years (\$15/\$30)

Basketball

Learn basics including dribbling, passing and shooting
Mondays, 5:30-6:15 p.m.
K-3rd grade (\$20/\$35)

Open Play

The arena is open for parents and child time.
Wednesdays, Fridays, 11 a.m.-noon
(Free for members, \$1 per child for non-members)

Speed Agility Training

Offered to youth from third grade through eighth. These training sessions are Mondays and Wednesdays from 4 to 4:45 p.m. (\$20/\$35)

Here's our open gym times:

Mondays - 3-5:30 & 6:15-8 p.m.
Tuesdays - 3-5 & 6:30-8 p.m.
Wednesdays 3-5:30 & 6:15-8 p.m.
Thursdays - 3-5 & 6:30-8 p.m.
Fridays - 3-8 p.m.
Saturdays - 11 a.m.-1 p.m.
Sundays - 1-5 p.m.

Kid's night out returns May 5! Same night at reverse raffle

Attention parents, especially those planning to attend the Bluffton Athletic Boosters reverse raffle:

The next BFR kid's night out, is Saturday, May 5, from 5 to 11 p.m.



Open to youth ages 4 to 12, it provides many Disney-themed activities and games. Kids are encouraged to dress up as their favorite Disney character. And, there will be a pizza, soft drinks and snacks. Registration is now underway and the cost is \$20 for members and \$30 for non-members.

U-6 soccer, Flag Football and volleyball league sign-up extended

Three popular youth activities have extended sign-ups for the spring. Sign-up deadlines are now Sunday, March 25, on each of the following programs:

- **Youth Flag Football** - Saturday mornings, April 7 - May 12
Age group: 6-12 year old boys and girls • Cost: \$75 non-member/\$40 member
- **U-6 Soccer** - Tuesdays and Thursdays, April 3 - May 10
Age group: 4-6 year old boys and girls • Cost: \$60 non-Members/\$30 members
- **4th-6th Grade Volleyball League** - Saturday mornings April 7 - May 12
9 and 10 a.m. Cost: \$60 non-members/\$30 members

All April youth & adult classes run 4 weeks

- Registration deadline is first week of April
- Ask BFR for class prices
- Call 419-358-4150 or
- Register on the web at www.bfronline.org



Final adult soccer league set for April

The final indoor winter soccer league runs from April 8 to April 29. This is an adults-only league. Team fee is \$360 and the registration deadline is March 30.

More soccer opportunities

- **Soccer fun** - 4 to 6-year-olds, learn soccer basics through games, Mondays, 4:30-5:15 p.m.
- **Open soccer** - junior high & high school, Wednesdays, 4-6 p.m.
- **Open soccer** - adults, Wednesdays, 7-9 p.m.

HIIT returns on Thursdays

High Intensity Interval Training (HIIT) classes return in April and May at 7 p.m. on Thursdays.

Classes include a series of high intensity workouts that burn more fat quickly in a shorter time. The classes are for persons who require advanced training in this area.

HIIT benefits include, getting more with less (improving endurance), a healthier heart, lower blood pressure, and boost of growth hormones.



This Bluffton third grade girls' basketball team takes a huddle during a BFR girls' basketball tournament. A boys' and girls' basketball tournament took place in early March. A Lincolnview team won the girls' tournament. In the boys' bracket, Bluffton White vs. Bluffton Red teams had a tie at the buzzer and chose not to go into overtime, thus resulting in a tie for the boys' title.

Try a TRX class this spring



Spring BFR fitness classes are in place with several new offerings. One of the new classes covers Total-body Resistance Exercise (TRX).

TRX is a suspension training system, using a mix of support and mobility training in strength, flexibility, endurance, balance, coordination, power and core all at once. It uses gravity and movement to generate the engagement of the entire body.

• **TRX classes:**
Mondays, 5:30 a.m.

Tuesdays, 5:30 a.m. & 7 p.m.

Wednesdays, 5:30 a.m.
& 5:30 p.m.

Thursdays, 5:30 a.m. & 6 p.m.

Fridays, 5:30 a.m.

• **TRX Circuits:**
Tuesdays, 9 a.m.
Wednesday, 6:30 p.m.

For adults this spring...

Your first class in any of these program is free. Program costs after the first free class are \$6 per class or \$4 per class with a BFR membership.

All Star Aerobics

Mondays and Wednesdays at 8:30 a.m.

This total body workout focuses on posture, body awareness and core. Each class includes fitness styles including plyometrics, step, Pilates and floor work.

Yoga

- Fridays at 8:30-9:30 a.m. at BFR
- Wednesdays at 6:30 p.m. at Bluffton Public Library



Chair Yoga

- Watch for details on a Chair Yoga class instructed by Janette Reineke to be offered at BFR this spring.

Total Body Conditioning

Every day, M-F, at 7:30 a.m.

Ever-changing workouts using dumbbells and kettlebell weights, med balls, bands and core work, mixed with limited cardio portions.

Swim Classes

All BFR swim classes at Mennonite Home Communities of Ohio Maple Crest pool on Augsburg Road



- Mondays, Tuesdays, Thursdays, 9:30-10:15 a.m. Strength, range of motion and cardio
- Tuesdays and Thursdays, 8:30-9:15 a.m. Higher level cardio

Swim classes are free to SilverSneaker members.

SilverSneakers Mon-Wed-Fri

BFR offers SilverSneakers through the Healthway SilverSneakers Fitness program. It is for older adults and involves regular physical activity. Sessions are 9:45 to 10:45 a.m. on Mondays, Wednesday and Fridays.

The sessions force movement and help participants who have joint pain and arthritis issues. Sessions enable participants to strengthen bones and muscles, improve balance, reduce the risk of cardiovascular disease, reduce stress and enhance mood.

The program is offered through Medicare health plans at no additional cost. A SilverSneakers breakfast takes place on the last Tuesday of each month.

More Pickleball sessions!

BFR now offers several pickleball sessions each week. These are Tuesdays and Thursdays from 5 to 6:30 p.m. and Tuesdays and Thursday from 8:30 to 10 a.m. Pickleball is free for SilverSneakers members, and \$2 for non-Silver Sneakers members.



Become a BFR member - here's all the details:

Includes unlimited use of the facility, track, gymnasium and Fitness Center (14 years and older), plus program fee discounts.

Full-year prices:

- Family \$434
- Single parent family \$308
- Adult individual \$330
- Adult senior (55+) \$227
- Student (14+) \$227

Short-term prices:

- 1 month individual \$37
- 3 months individual \$100

Track pass

Includes unlimited use of indoor track

- Family - 6 months \$110
- Adult - 6 months \$75
- Adult - 3 months \$65
- Adult - 1 month \$18

Recreation Pass

Includes use of gym and arena during designated hours, plus unlimited indoor track use.

- 10 visit Recreation Pass \$45
- Annual Family Recreation Pass \$225

April-May building hours

- Mondays-Fridays: 5:30 a.m.- 8 p.m.
- Saturdays: 8 a.m. - 1 p.m.
- Sundays: 1 - 5 p.m.
- *BFR will close on Easter Sunday, April 1*



United Way partner!

Bluffton Family Recreation is proud to be a part of the Bluffton-Beaverdam-Richland Township United Way. The United Way supports BFR scholarships for memberships and program fees!

BFR welcomes Daniel Tinch as its executive director

Daniel Tinch joined Bluffton Family Recreation as executive director this winter.

He is a 2010 Bluffton University recreation management graduate. His wife, Mallory, is a 2009 Bluffton graduate, majoring in early childhood education. The couple lives in Findlay with their two daughters, Nora, 3 in April, and Ashlyn, 5 months.

Since 2014 he served as membership director of the Findlay Family YMCA. From 2012 to 2014 he was member of the staff of YMCA of Darke County. There he served in several roles including sports director and operations/program director.

While a student at Bluffton University, Tinch played men's soccer and tennis. During his Bluffton University years he was a frequent BFR scorekeeper for soccer and basketball games. Amy Byers will continue as BFR sports coordinator.



Daniel Tinch

Adult fitness classes at BFR

MORNINGS

MONDAY MORNING	TUESDAY MORNING	WEDNESDAY MORNING	THURSDAY MORNING	FRIDAY MORNING
5:30 a.m. TRX	5:30 a.m. TRX	5:30 a.m. TRX	5:30 a.m. TRX	5:30 a.m. TRX
7:30 a.m. Total Body Conditioning	7:30 a.m. Total Body Conditioning	7:30 a.m. Total Body Conditioning	7:30 a.m. Total Body Conditioning	7:30 a.m. Total Body Conditioning
8:30 a.m. All Star Aerobics	8:30 Water Exercise at Maple Crest	8:30 a.m. All Star Aerobics	8:30 a.m. Water Exercise at Maple Crest	8:30 a.m. Yoga Fit
9:30 a.m. Water Exercise at Maple Crest	9 a.m. TRX Circuits	9:45 a.m. Silver Sneakers	9:30 a.m. Water Exercise at Maple Crest	9:45 a.m. Silver Sneakers
9:45 a.m. SilverSneakers	9:30 a.m. Water Exercise at Maple Crest			

EVENINGS

TUESDAY EVENING	WEDNESDAY EVENING	THURSDAY EVENING
7 p.m. TRX	5:30 p.m. TRX	6 p.m. TRX
	6:30 p.m. TRX Circuits	7 p.m. HIIT
	6:30 p.m. Yoga at library	

Class fees follow:

- First class is free.
- \$4 for members
- \$6 for non- members

Childcare for evening classes:

- Free for members
- \$2 per child for non-members