



# **2022 Spring Programs**

## **April 11th-May 28th**

**Member Program Registration begins  
Monday, March 28th**

**Nonmember Program Registration begins  
Monday, April 4th**



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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Mission

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



## HOURS of OPERATION

Monday - Thursday	5 am - 10 pm
Friday	5 am - 9 pm
Saturday	7 am - 6 pm
Sunday	12-5 pm

## CLOSINGS & HOLIDAY HOURS

- Good Friday - Apr 15th - Downtown Branch & East Branch CLOSED 12-3 PM
- Easter - Apr 17th - Downtown Branch & East Branch CLOSED
- Memorial Day - May 30th - ALL Branches Closed

## ABOUT US...Locations

Downtown Branch: 300 E Lincoln Street . Findlay, OH 45840  
P 419-422-4424 F 419-422-8249

East Branch: 1400 Manor Hill Road . Findlay, OH 45840  
P 419-422-9922 F 419-422-9923

Mary Brenner Child Development Center  
231 E Lincoln Street . Findlay, OH 45840  
P 419-422-3174 F 419-422-9707

### Misc. Information:

- **LIABILITY:** The Findlay Family YMCA assumes no responsibility for injuries or illnesses of members and/or guests resulting from poor physical condition, observations or participation in any activity or use of the YMCA facilities or equipment.
- **PROPERTY LOSS:** The YMCA is not responsible for personal property lost, damaged or stolen while members and/or guests are using the YMCA facilities or YMCA program premises.
- **VALUABLES:** Please do not bring valuables to the Y. If you do, please remember that the Y is not responsible for lost or stolen articles. Lock your locker! Kit Lockers are available in the Men's and Women's Locker Room and are available on a first come, first serve basis.
- **MEMBER BEHAVIOR:** The Findlay Family YMCA is committed to providing a safe, character building, healthy and respectful environment for all members and guests. We ask individuals to act appropriately at all times. Behavior should be positive; language should be free of anger and vulgarities and actions should be at or above generally accepted standard of conduct.

## CONTACT US...

Stephanie Parsons, CEO sparsons@findlayymca.com	
Mike Brown Vice President of Finance	mbrown@findlayymca.com
Chandler Cramer, Sr Program Director-Downtown Branch	ccramer@findlayymca.com
Derek Draper, Membership & Marketing Outreach Director	ddraper@findlayymca.com
Kelly Gastio Membership Experience Director	kgastio@findlayymca.com
Nicole Gosche Child Development Director	ngosche@findlayymca.com
Chris Hailey Facilities Director	chailey@findlayymca.com
Allison Hammond Membership Coordinator	ahammond@findlayymca.com
Randy Lawless Asst. Facilities Director	rlawless@findlayymca.com
George Leatherman Aquatic Director	gleatherman@findlayymca.com
Jerry McNamee Sr Program Director-East Branch	jmcnamee@findlayymca.com
Vicki Montgomery Human Resources	vmontgomery@findlayymca.com
Katie Nielson Aquatics Coordinator	knielson@findlayymca.com
Kelly Powell Youth Enrichment Coordinator	kpowell@findlayymca.com
Jennifer Treece Development Director	jtreece@findlayymca.com
Andrea Sertell Healthy Living Director	asertell@findlayymca.com
Kiya Yeater Asst. Child Development Director	kyeater@findlayymca.com

**Sign up for Text or Email Alerts for closings &  
cancellations for the YMCA and the Child  
Development Center by going to  
[www.findlayymca.org](http://www.findlayymca.org)**



# MEMBERSHIP

Kelly Gastio, Membership Experience Director  
kgastio@findlayymca.com

## MEMBERSHIP RATES (Tax included)

TYPE	FEIF*	MONTHLY**	YEARLY
Youth 10 yrs-HS	\$10	\$13.65	\$114.75
Young Adults 18-26 years	\$25	\$29.40	\$297.15
Adult	\$50	\$49.35	\$535.50
Forever Active Adult 60+ yrs***	\$50	\$49.35	\$535.50
SilverSneakers, Prime, Silver & Fit	\$00	\$00	\$ 00
Single Parent Household (1 Adult & all kids in household)	\$70	\$59.85	\$659.40
Couples/Family Household (2 Adults & all kids in household)	\$70	\$74.55	\$840.00
Forever Active Couples/Family (2 adults-60+ years & all kids in household)	\$70	\$74.55	\$840.00

### FINANCIAL ASSISTANCE - OPEN DOORS:

The YMCA is committed to providing services to all regardless of ability to pay. Financial assistance is available through the OPEN DOORS Program. The OPEN DOORS Program is funded by your support of the 'Y' Strong Annual Giving Campaign, the United Way and the Hancock County Community Foundation.



The Findlay Family YMCA would like to show appreciation to our local heroes by offering a 10% membership discount to all our active Military, Veterans, Police, Firefighters and EMS. Stop by one of our branches to take advantage of this "Thank You for your service". For any questions please contact Kelly Gastio, Membership Experience Director at 419-422-4424 or email at [kgastio@findlayymca.com](mailto:kgastio@findlayymca.com).

**\*Fitness Equipment Investment Fee:** All monies collected will be used to invest in new wellness equipment at our Downtown and East Branch. All memberships not renewed within 30 days will be considered new members and will be required to repay the Fitness Equipment Investment Fee.

**\*\*Draft:** An automatic monthly withdrawal from your savings, checking account or credit card. This membership is continuous until it is cancelled in writing with a 30 day written notice.

**\*\*\*Forever Active Adult & Family Household Membership:** Age 60 & older-includes all wellness and water classes at no cost.

### Membership Information:

- ✓All children under the age of 10 years of age must be accompanied by a parent or guardian while in the building.
- ✓Youth: Age 10 yrs and older - still in high school
- ✓Young Adult: 18-26 yrs
- ✓Adult: 27 years and up
- ✓Single Parent Household: One Adult and all children living in the household, providing they are under 26 years of age. Foster parents and/or legal guardians caring for children in place of their parents will be considered adults for the purposes of this membership.
- ✓Family Household: Two Adults and all children living in the household, providing they are under 26 years of age. Foster parents and/or legal guardians caring for children in place of their parents will be considered parents for the purposes of this membership.
- ✓Forever Active Adult & Family Household Membership: Age 60 & older-includes all wellness and water classes at no cost.



## MEMBERSHIP

Kelly Gastio, Membership Experience Director

kgastio@findlayymca.com

## GUESTS

### **Guest of Membership holders**

- Guest pass usage is recorded and each guest within Northwest Ohio is limited to a total of 3 visits per calendar year. Continued use after the three visits would require joining the YMCA.
- For those guests of members outside of Northwest Ohio there is a limit of 3 free passes. After the 3<sup>rd</sup> visit guests may purchase unlimited day passes.
- A member can bring in either 2 individual guests or one family during a single visit. Member must be present with their guest, to use free guest pass.
- Guest ages 16 and over must present a photo ID if not accompanied by a adult/guardian.
- Guest under the age of 16 must be signed in by an adult/guardian if does not have ID.
- Inappropriate guest behavior may result in a loss of membership privileges for the sponsoring member.
- Guests must sign in, agreeing to uphold the YMCA's core values of caring, honesty, respect and responsibility. Guest information and photo will be kept on file by the YMCA.
- The definition of a family guest pass is at least one 'guest' parent or guardian with dependent children.

### **YMCA Members from other YMCA's**

Bring your membership card and photo ID and enjoy free access to almost every Y. Some restrictions apply. Participants must use at least 50% of the time at their home Y. Members from other Y's wishing to take programs are welcome to – and can sign up during nonmember registration.

### **Nonmember Day Pass**

- Nonmember pass must be purchased at the Welcome Center of either location. (Limited to 3 visits per calendar year if living within Northwest Ohio)
- Nonmember outside of Northwest can utilize unlimited paid day passes.
- Nonmember fee are as followed:
  - Youth (under the age of 18) - \$5.00
  - College (full time and under the age of 25) - \$7.00
  - Adult - \$10.00
  - Family - \$20.00
- Nonmember ages 16 and over must present a photo ID.
- Nonmembers under the age of 16 must present photo ID or be signed in by an adult/guardian.
- Nonmembers must sign in, agreeing to uphold the YMCA's core values of caring, honesty, respect and responsibility. Day pass user's information and photo ID will be kept on file by the YMCA.
- Failing to uphold the YMCA's core values will result in immediate necessary action.
- Up to 3 Nonmember day pass fees may be applied to a membership within 30 days of joining the YMCA.



## DISCOVERY CENTER

Jennifer Treece, Development Director  
jtreece@findlayymca.com

### DISCOVERY CENTER for Downtown Branch

FREE Babysitting available during the time you use the YMCA. No feeding or diapering.

*\*Parent/Guardian must remain in the Y at all times when child is in the Discovery Center*

*\*The East Branch Discovery Center will remain closed at this time\**

#### FEES

Adult Membership Holders: \$6/child/ visit

Family Membership Holders\*: FREE/child/ visit

*\*For children covered under parents Family Membership*



<i>Downtown Branch YMCA</i> <i>For ages 6 weeks - 6 years</i>	
<i>HOURS</i>	<i>(Subject to Change)</i>
Monday - Friday	8:45 AM - 12:15 PM
Monday - Thurs	4:30 - 7 PM
Saturday	8:45 AM - 12:15 PM

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## YPAC

Andrea Sertell, Healthy Living Director  
asertell@findlayymca.com

## Y-PAC

**Physical Activity Center for ages 7-13**

**Interactive Fitness and Gamify Fitness**

**Exergaming**

- Gaming bikes
- Active floor games
- Interactive climbing
- Dance and step games
- Strength and cardio
- Active wall games
- Downtown Branch

<i>HOURS</i>	<i>(Subject to Change)</i>
Monday - Thurs	4:30 - 7 PM
Saturday	8:45 AM - 12:15 PM Beginning April 16th the Y PAC will open at 8:30 AM



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# CHILD DEVELOPMENT CENTER

## MARY BRENNER YMCA CHILD DEVELOPMENT CENTER

231 E LINCOLN STREET / FINDLAY, OH 45840  
419-422-3174



### Educational Child Care

The YMCA Child Care Center would like to welcome all parents and children. The YMCA provides a variety of services for the working parents of this community. Our program consists of full day/year round care for children 6 weeks thru 5 year olds. We also provide full day/part day summer care for 5-11 years old.

#### Philosophy:

Our program is designed to enhance the lives of children and to provide a positive environment for independent growth. All children will be provided with time for learning, planning, investigating and problem solving. Valuable time spent with peers will allow for the development of social skills. Constructive, developmentally appropriate child guidance and management techniques are used at all times. Adults will model values and carefully guide children into making positive decisions. Children's positive character development is built by thought, choice, determination and the encouragement to do their best.

### Description & Fees:

#### Infants: *Ages 6 weeks to 18 months*

- Nurturing Developmental Care
- Daily Physical activities
- Infant Sign Language
- Ages & Stages Screening



##### **Fees:**

##### **Full Time:**

**Member: \$212 Nonmember: \$236**

##### **Part Time:**

**Member: \$174 Nonmember: Not Available**

#### Toddlers: *18 months-3 years*

- Non potty trained
- Creative Curriculum
- Music & Movement
- Arts & Crafts/Math & Science
- Ages & Stages Screening



##### **Fees:**

##### **Full Time:**

**Member: \$191 Nonmember: \$212**

##### **Part Time:**

**Member: \$168 Nonmember: Not Available**

#### Preschool: *3-5 Years and Potty Trained*

- Creative Curriculum
- Common Core Lesson Plans
- Swimming Lessons/Free Swim
- Indoor/Outdoor Large Motor Development
- Value & Character Development



##### **Fees:**

##### **Full Time:**

**Member: \$176 Nonmember: \$196**

##### **Part Time:**

**Member: \$142 Nonmember: Not Available**

#### Before and After School Program:

*\*Kindergarten thru 5th Grade*

**Non-school Weeks: Summer, Winter Break, Spring Break**



##### **Fees:**

##### **Full Time:**

**Member: \$176 Nonmember: \$196**

##### **Part Time:**

**Member: \$142 Nonmember: Not Available**

##### **School Weeks:**

##### **Fees:**

**Before or After members \$68/week**

**Before or After nonmember \$75/week**

**Before and After members: \$135/week**

**Before and After nonmembers: \$150/week**

**Nonschool daily members: \$48/day \$38/half day**

**Nonschool day members: before AND after participants: \$25,**

**before OR after participants: \$35**

**Nonschool day nonmembers: before AND after participants: \$35,**

**before OR after participants: \$45**

**Delay Day: \$10**

**Tuition:** The Member rate is based on a purchase of a Family Y membership.

**Tuition Payments:** Payments are due weekly on the Friday before services are rendered

**Part Time Rates:** Only available to YMCA Family Membership Holders.

**Part Time Attendance:** Up to 3 full days or 5 half days (Half days are 6:15 am-Noon or Noon-6 pm)

**Nicole Gosche, Child Development Director**  
[ngosche@findlayymca.com](mailto:ngosche@findlayymca.com)

**Kiya Yeater, Asst. Child Development Director**  
[kyeater@findlayymca.com](mailto:kyeater@findlayymca.com)



# TODDLER & YOUTH ACTIVITIES

Kelley Powell, Youth Enrichment Coordinator  
 kpowell@findlayymca.com

*Fee (unless noted):*  
**Members \$10 Nonmembers \$65**

Class Name	Description	Day, Time, Location
<b>Toddler Boot Camp</b> <i>Ages 2-3</i>	Through a range of developmentally appropriate activities, children are introduced to some of the fundamentals of sports and movement. Parents are encouraged to attend with their children. Staff will escort children to and from the Discovery Center	<ul style="list-style-type: none"> <li>Mon / 9:50-10:20 AM Downtown - West Gym</li> </ul>
<b>Toddler Art Zone</b> <i>Ages 2-5</i>	We will draw, paint, and build crafts. A great way for you, and your child to work together in this fun class.	<ul style="list-style-type: none"> <li>Tues / 10:30-11 AM Downtown - International Room</li> </ul>
<b>Toddler Music Mania!</b> <i>Ages 2-5</i>	Fun and exciting program that will focus on music exploration with toddlers and their parents! Utilizing songs, simple dances and toddler-friendly instruments. Children will experience music in a way that promotes language development, social skills, balance and coordination, and cognitive development.	<ul style="list-style-type: none"> <li>Thurs / 10:30 -11 AM Downtown - International Room</li> </ul>
<b>Little Scientists</b> <i>Ages 3-5</i>	This class invites children to explore the wonders of science in a safe, inviting environment. Our "little scientists" will learn about science safety, develop problem-solving skills, and participate in age-appropriate science experiments! Staff will escort children to and from the Discovery Center.	<ul style="list-style-type: none"> <li>Wed / 9:50-10:20 AM Downtown - International Room</li> </ul>
<b>Creative Chefs</b> <i>Grades K-3</i>	This cooking class series offers a hands-on approach so that even the youngest of chefs can tackle food prep and cooking techniques. Your child will build confidence in the kitchen as they chop, measure, cook, and taste their creations.	Tues / 4:15-5:15 Downtown - International Rm  <b>Fee: Members \$20 NonMembers \$70</b>
<b>Kids' Couch to 5k</b> <i>Grades 4-6</i>	This 7-week program is designed to get anyone, no matter what fitness level, prepared to run or jog/walk a 5K. The program begins with interval training and will teach you the proper form and pacing necessary to ultimately complete a 5K event. Grab a friend and come join this fun, supportive, and motivating group!	Mon & Thurs / 6:30-7:15 PM Emory Adams Park  <b>Fee: Members \$20 NonMembers \$70</b>
<b>Chess Academy</b> <i>Grades 4-8</i>	Have you ever been curious about the game of chess or thought you might like to learn how to play? Then come to the YMCA and have fun learning with your peers! Chess is an exercise for the mind that develops mental abilities used throughout life: concentration, critical thinking, abstract reasoning, problem solving, pattern recognition, strategic planning, and creativity. <b><i>This class is designed for <u>beginners</u> and meets <u>twice</u> a week!</i></b>	<ul style="list-style-type: none"> <li>Mon &amp; Thurs / 4:15-5:15 PM Downtown - West Pool Lounge</li> </ul> <b>Fee: Members \$20 NonMembers \$70</b>



Supervised after school environment for Grades 6-8 at the Findlay Family YMCA! Teens enjoy homework assistance, youth development, physical activity, games, snacks, and FUN.

Financial Assistance is available through the Open Doors program!

When: Monday-Friday, 2:30-6pm on School Days - Program will not be held due to inclement weather/school closing days or Scheduled Non-School Days. Transportation provided from school to YMCA: Donnell and Glenwood Middle Schools Liberty Benton Middle School, Van Buren Middle School & St. Michael's Middle School

Fee: Full-Time - 5 days/week, price per week / Members \$50 & Nonmembers \$65  
 Part-Time- 3 days/week, price per week / Members \$35 & Nonmembers \$50

**Session Dates: April 11th-May 28th**  
**Member Registration: Monday, March 28th**  
**Nonmember Registration: Monday, April 4th**

# PARENT/CHILD PRESCHOOL SWIM LESSONS

**Parent & Child/ Preschool: All Classes must have Parent in the Water with Child**

Class Name	Description	Day, Time, Location
<b>Parent/Child</b> <i>Parent with child lessons combined, making them just one level, ages 6 months to 3 years</i>	Parent and Child Aquatics is designed for children between the ages of 6 months and approximately 3 years, and their parents. The purpose of the course is to familiarize children with the water and teach swimming readiness skills. In addition, Parent and Child Aquatics provides safety information for parents and teaches parents techniques they can use to help orient their children to the water. Children build self-confidence, listening, and water safety skills as well as floating, bubbles, and kicking through songs, games, and other activities.	<ul style="list-style-type: none"> <li>Tues 5:30-6 PM</li> <li>Wed 5:30-6 PM</li> <li>Wed 6-6:30 PM</li> </ul> Downtown - East Pool <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>
<b>Preschool 1 - COMFORT in Water</b> <i>3-5 years old</i>	Preschool Aquatics Level 1 is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Swimmers learn to become comfortable in the water, allowing for teaching of technique to start in level 2. Swimmers will learn skills such as floating independently, gliding independently with their eyes in, kicking, and jumping in to swim back to the wall and climb out safely.	<ul style="list-style-type: none"> <li>Tues 5:30-6 PM</li> <li>Thurs 5:30-6 PM</li> </ul> Downtown - East Pool <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>
<b>Preschool 2 - MOVEMENT in Water</b> <i>3-5 years old</i>	Preschool Aquatics Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. This class is designed for swimmers who are comfortable in the water and are ready to learn how to move around independently. Swimmers will learn freestyle and backstroke as well as kicking on a kick board and jumping in and swimming back to the wall for safety.	<ul style="list-style-type: none"> <li>Tues 6-6:30 PM</li> <li>Thurs 6-6:30 PM</li> </ul> Downtown - East Pool <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>

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George Leatherman, Aquatics Director  
gleatherman@findlayymca.com





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# SCHOOL AGE SWIM LESSONS

## School Age Lessons: All Classes must have Parent in the Water with Child

Class Name	Description	Day, Time, Location
<b>School Age 1 – COMFORT in water</b> <i>Ages 6+</i>	School Age Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Learn-to-Swim. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water. Learn-to-Swim Level 1 skills overlap with the Preschool Aquatics Level 1 and 2 skills. This class is for new swimmers and will learn to do skills such as floating independently, gliding independently with their eyes in, kicking, and jumping in to swim back to the wall and climb out safely.	<ul style="list-style-type: none"> <li>• Wed 5:30-6 PM</li> <li>• Thurs 5:30-6 PM</li> </ul> Downtown – East Pool <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>
<b>School Age 2 – MOVEMENT in water</b> <i>Ages 6+</i>	The objective of the School Age Level 2 class is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced. This class is designed for swimmers who are comfortable in the water and are ready to learn how to move around independently.	<ul style="list-style-type: none"> <li>• Wed 6-6:30 PM</li> <li>• Thurs 6-6:30 PM</li> </ul> Downtown – East Pool <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>
<b>School Age 3 – UNDERSTANDING of Stroke</b> <i>Ages 6+</i>	The objectives of School Age Level 3 are to expand proficiency of previously learned skills by providing additional guided practice. Participants will learn, and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. This level will introduce the scissors and dolphin kicks and extend the time duration for treading water. As in all levels, new and previously addressed water safety topics are included. Participants who successfully complete Level 3 have achieved basic water competency in a pool environment.	<ul style="list-style-type: none"> <li>• Tues 6-6:30 PM</li> </ul> Downtown – East Pool <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>
<b>School Age 4 – IMPROVEMENT of Skills</b> <i>Ages 6+</i>	In School Age Level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (i.e., front crawl, elementary backstroke) for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall. <b>Parents do not have to be in the water with the child.</b>	<ul style="list-style-type: none"> <li>• Wed 5:30-6 PM</li> </ul> Downtown-West Pool <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>
<b>School Age 5 – REFINEMENT of Skills</b> <i>Ages 6+</i>	In Level 5, participants refine their performance of all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase the distances that they swim. Participants also learn to perform flip turns on the front and back. In this level they will focus on swimming for exercise and gaining stamina to move to the swim team. <b>Parents do not have to be in the water with the child.</b>	<b>Contact George Leatherman, Aquatic Director</b> <b>(gleatherman@findlayymca.com)</b> <b>or</b> <b>Katie Nielson, Aquatic Coordinator</b> <b>(knielson@findlayymca.com)</b> <b>about Swim Team.</b>

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George Leatherman, Aquatics Director  
gleatherman@findlayymca.com



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## ADULT AQUATICS

**Fees:** *Forever Active (60+ years) Members FREE*  
*Members \$16*  
*Program Participant \$45*

Class Name	Description	Day, Time, Location
<b>Aqua Zumba</b>	Muscle conditioning, improved cardiovascular endurance and muscle tone are practiced. Ideal for all fitness Levels. Non-swimmers welcome. Must maintain social distance.	<ul style="list-style-type: none"><li>• Mon 6:15-7 PM</li><li>• Tues 9:15-10 AM</li><li>• Thurs 8:15-9 AM</li></ul> Downtown - East Pool
<b>Water Volleyball</b>	<ul style="list-style-type: none"><li>• Recreational rules. A great social environment. Get your workout by cheering and laughing. Great for all!</li><li>• <b><i>Fee: Members FREE Program Participants \$45</i></b></li></ul>	<ul style="list-style-type: none"><li>• Mon, Wed Fri 10-11 AM</li></ul> Downtown - West Pool

### Masters Swimming

- Members Only
- 18 years of age & Up
- Don't let the word "Masters" intimidate you! In swimming, the word Masters simply refers to adults 18 years of age and older, that's it.
- We welcome all levels from the beginner to the advanced competitor. Are you a Triathlete? Having a structured workout can greatly improve the swimming portion of your race.
- Members will have to reserve lap swim time during any Open Lap Swim.
- ***Fee: Members Only \$20***

### 500 / 1,000 / 1,500 / 2,000 Mile Club

- Enjoy lap swimming and competing against fellow swimmers.
- Record the miles you swim with the lifeguard and make your way up to the 1,000 / 1,500 and 2,000 mile mark
- ***FREE & for Members Only***

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**George Leatherman, Aquatics Director**  
**gleatherman@findlayymca.com**



# YOUTH TUMBLING & GYMNASTICS

Class Name	Description	Day, Time, Location
<b>Tumbling Together</b> <i>For ages 2 &amp; 3 with an adult</i>	This is an adult/child interactive class. The instructor will lead the class focusing on beginning gymnastics positions and skills, as well as, direction following, turn taking and communicating with others.	<ul style="list-style-type: none"> <li>Mon 5-5:45 PM</li> <li>Wed 6-6:45 PM</li> </ul> East Branch  <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>
<b>Tumbling Tots</b> <i>For ages 3-5</i>	In this class, children will learn basic gymnastics skills, body positions, terminology, balance/coordination, direction following, turn taking and communicating with others. Some of the skills include-rolling, cartwheels, bridging and handstands. Additional beginner skills will be addressed on the equipment-balance beam and the single-rail bar.	<ul style="list-style-type: none"> <li>Mon 6-6:45 PM</li> <li>Wed 5-5:45 PM</li> </ul> East Branch  <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>
<b>Intro to Gymnastics</b> <i>For ages 5-14</i>	This is a beginner class for those who have little or no gymnastics experience. Skills include-rolling, cartwheels, round-offs, handstands, bridging, back bends, board bouncing, as well as, skills on the balance beam and single rail bar. Additional skills are introduced. As skills are mastered, student will be able to move to the next level.	<ul style="list-style-type: none"> <li>Mon 7-8 PM</li> </ul> East Branch  <b>Fee:</b> <b>Members \$15 Nonmembers \$75</b>
<b>Gymnastics I</b> <i>For ages 6-14</i>	This class is for those who have gymnastics experience and have mastered the following skills-cartwheel, round-off, handstand at the wall for 10 seconds, can hold a bridge for 15 seconds and can hold a leg up while in a bridge for 5 seconds. Skills in this class include-round-off rebounds, 1 handed cartwheels, handstand forwards roll, handstand bridge, back bends, kick-overs and front/back handsprings. Additional skills for vaulting, on the balance beam and the single-rail bar will also be taught.	<ul style="list-style-type: none"> <li>Wed 7-8 PM</li> </ul> East Branch  <b>Fee:</b> <b>Members \$15 Nonmembers \$75</b>
<b>Gymnastics II</b> <i>For ages 6-14</i>	This class is for those who are consistently able to perform the Gymnastics 1 skills and with proper technique. In this class you will continue to work and perfect the skills from Gymnastics 1 and you will also be introduced to new and more advanced skills.	<ul style="list-style-type: none"> <li>Wed 7-8 PM</li> </ul> East Branch  <b>Fee:</b> <b>Members \$15 Nonmembers \$75</b>
<b>Attire for Gymnastics:</b> Please wear clothing that you can move in without restriction- leotard, t-shirt (long enough to tuck in), athletic pants, leggings or shorts. No shoes are allowed on the mats so please plan to go bare foot or wear socks. Please do not wear jeans or pants/shirts with belts, buckles or snaps. These are damaging to the equipment. <b>*For your safety-</b> If your hair can fit into a ponytail, you must wear it up. Please leave jewelry at home.		

Session Dates: April 11th-May 28th  
 Member Registration: Monday, March 28th  
 Nonmember Registration: Monday, April 4th

Jerry McNamee, Sr Program Director-East Branch  
[jmcnamee@findlayymca.com](mailto:jmcnamee@findlayymca.com)



# YOUTH SPORTS

Jerry McNamee, Sr Program Director-East Branch  
jmcnamee@findlayymca.com

## JUDO

**Fees for Little Samurai:**  
**Members \$10 Nonmembers \$65**  
**Fees for Youth Judo:**  
**Members \$15 Nonmembers \$75**

Class Name	Description	Day, Time, Location
<b>Little Samurai</b> <i>Ages 5-8</i>	Participants will learn basic motor skills, teamwork, and basic judo techniques.	<ul style="list-style-type: none"> <li>Tues &amp; Thurs / 6-6:30 PM East Branch</li> </ul>
<b>Youth Judo</b> <i>Ages 9-12</i>	Skills taught: Ground pinning and restraining techniques; Throwing techniques; A variety of repeated practice drill elements for building of muscle strength and endurance.	<ul style="list-style-type: none"> <li>Tues &amp; Thurs / 6:45-8 PM East Branch</li> </ul>

## SOCCER

Class Name	Description	Day, Time, Location
<b>Tiny Tot Soccer</b> <i>Ages 3-5</i>	Tiny Tots Soccer is designed for first-time participants and the youngest players interested in the game of soccer but are too young to participate in the Outdoor Soccer League. Parent/Guardian participates with each player in games and activities designed to introduce children to the basics of soccer as well as agility. Tiny Tots will use games and activities (with and without a soccer ball) designed to keep players moving and active, introducing teamwork, listening and following instructions, working with others and having fun! Players should wear comfortable clothing that allows movement and is suitable for the weather. Players should wear tennis shoes and bring a water bottle. Players can bring a soccer ball (size 3), but not required. A parent or guardian will participate with each player during class.	<ul style="list-style-type: none"> <li>Thurs / 6-6:30 PM Emory Adams</li> </ul> <p><b>Fees: Members \$10 Nonmembers \$65</b></p>

## TENNIS

Class Name	Description	Day, Time, Location
<b>Red Ball</b> <i>Ages 4-5</i>	Exercise and Fun introduction to Tennis. <b>Fees: Members FREE Nonmembers \$80</b>	<ul style="list-style-type: none"> <li>Mon 6-6:30 PM</li> <li>Mon 6:30-7 PM East Branch</li> </ul>
<b>Orange Ball I</b> <i>Ages 5-8</i>	This new entry-level class teaches cooperation, stroke fundamentals, coordination, sportsmanship. <b>Fees: Members \$50 Nonmembers \$120</b>	<ul style="list-style-type: none"> <li>Tues 5-6 PM</li> <li>Tues 6-7 PM East Branch</li> </ul>
<b>Orange Ball II</b> <i>Ages 6-8</i>	<b>Fees: Members \$50 Nonmembers \$120</b>	<ul style="list-style-type: none"> <li>Tues 7-8 PM East Branch</li> </ul>
<b>Green Ball I</b> <i>Ages 8-10</i>	Entry-level class teaching stroke fundamentals, coordination, rules, sportsmanship. <b>Fees: Members \$50 Nonmembers \$120</b>	<ul style="list-style-type: none"> <li>Wed 6-7 PM East Branch</li> </ul>
<b>Green Ball II</b> <i>Ages 9-10</i>	<b>Fees: Members \$50 Nonmembers \$120</b>	<ul style="list-style-type: none"> <li>Wed 7-8 PM East Branch</li> </ul>
<b>Yellow Ball I</b> <i>Ages 10 &amp; Over</i>	Entry level class teaching stroke fundamentals, court positioning, rules. <b>Fees: Members \$50 Nonmembers \$120</b>	<ul style="list-style-type: none"> <li>Thurs 6-7 PM East Branch</li> </ul>
<b>Yellow Ball II</b> <i>Ages 11 &amp; Over</i>	<b>Fees: Members \$75 Nonmembers \$200</b>	<ul style="list-style-type: none"> <li>Thurs 7-8:30 PM East Branch</li> </ul>
<p><b>For more information on Private Tennis Lessons please contact</b> <b>Jerry McNamee, Sr Program Director-East Branch at jmcnamee@findlayymca.com</b></p>		

Session Dates: April 11th-May 28th  
Member Registration: Monday, March 28th  
Nonmember Registration: Monday, April 4th



# ADULT SPORTS

**Jerry McNamee, Sr Program Director-East Branch**  
**[jmcnamee@findlayymca.com](mailto:jmcnamee@findlayymca.com)**

## ADULT TENNIS

***Fees for 60 min class:***  
***Members \$50 Nonmembers \$120***

***Fees for 90/120 min class:***  
***Members \$75 Nonmembers \$200***

Class Name	Description	Day, Time, Location
<b>Tennis Qwik</b> <i>Ages 18 &amp; Up</i>	For adults who have never played tennis! Teaches stroke fundamentals, doubles play, rules, etiquette.	<ul style="list-style-type: none"> <li>Sat 11 AM-12 PM East Branch</li> </ul> <b><i>Fee: Members FREE Nonmembers \$120</i></b>
<b>Level 2 Drill n Play</b>	Instructional drills and match play for adults with moderate experience and skill. REQUIRED rating: 3.0-3.5	<ul style="list-style-type: none"> <li>Mon 7-8:30 PM</li> <li>Thurs 11 AM-12:30 PM East Branch</li> </ul>
<b>Level 1 &amp; 2 Match Play</b>	You show up, we take care of the rest! Matchplay with rotating partner format. REQUIRED rating 2.0-3.5	<ul style="list-style-type: none"> <li>Sat 9-11 AM East Branch</li> </ul>
<b>Pickleball for All</b>	Adults of all ages can enjoy the fastest growing sport in America!  <b><i>Fee: Members \$25 Nonmembers \$50 (Fee includes all days &amp; times)</i></b>	<ul style="list-style-type: none"> <li>Tues, Wed, Thurs, Fri, Sat 11 AM-1 PM</li> <li>Mon, Wed, Fri 5:30-7 PM</li> <li>Sun 3-5 PM East Branch</li> </ul>

**For more information on Private Tennis Lessons please contact Jerry McNamee, Sr Program Director-East Branch at [jmcnamee@findlayymca.com](mailto:jmcnamee@findlayymca.com)**

**Session Dates: April 11th-May 28th**  
**Member Registration: Monday, March 28th**  
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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOUTH FITNESS

Andrea Sertell, Healthy Living Director  
[asertell@findlayymca.com](mailto:asertell@findlayymca.com)

*Fees: Members \$10 Nonmembers \$65*

Class Name	Description	Day, Time, Location
<b>Kids Cycle &amp; Core</b> <i>Ages 10-16 years and 4'4" tall</i>	Multi-Level 30 minute cardiovascular workout on stationary bike followed by 15 minute core workout for kids of all fitness levels. Proper body alignment and techniques reviewed	<ul style="list-style-type: none"><li>Tues 5:30-6:15 PM Downtown - Cycling Studio</li></ul>
<b>Teen Strength Training</b> <i>Ages 13-15</i>	Members Only. Mandatory training program for all youth members to use the wellness facilities. Learn the proper techniques to use the equipment in the area as well as the free weights. Program runs for 4 weeks. <ul style="list-style-type: none"><li><b>Fees: Members Only FREE</b></li></ul>	<ul style="list-style-type: none"><li>Sat / 9-10 AM Downtown - Wellness Center</li></ul>

**Session Dates: April 11th-May 28th**

**Member Registration: Monday, March 28th**

**Nonmember Registration: Monday, April 4th**

# WELLNESS CENTER & PERSONAL TRAINING

Andrea Sertell, Healthy Living Director  
 asertell@findlayymca.com

Our wellness centers are the most complete and up-to-date wellness centers nationwide, providing you the very best in wellness technology, and opportunity for personal development. Over 9,000 square feet of space filled with cardiovascular equipment, weight training equipment and free weights for your use. Staffed with experienced, trained and certified staff to guide you in developing and maintaining an exercise routine to meet your very personal objectives, whether it be cardiovascular conditioning, weight management, rehabilitation of injuries or sport-specific body conditioning.

## PERSONAL FITNESS

### Commit To Be Well - ActiveTrax

This appointment is designed specifically for members who want to incorporate resistance training into their routine. Call today and make an appointment with one of our Wellness Staff!

- **Members Only - FREE**

### Body Composition

Find your fat percentage which is a great guide to enhance your personal well-being. Make an appointment with one of our Wellness Center Staff.

- Downtown & East Branch
- **Fee: Members Only FREE**

### Blood Pressure Checks

- Available upon request in the Wellness Center

## PERSONAL TRAINING

### Personal Training

One-on-one sessions of personal training for those taking their workout to the next level or Sport Specific Training (13 & Up) for the athlete.

- **Fee: Members 1/\$30 or 10/\$250 and Program Participants 1/\$60 or 10/\$500**



*Purchase 10 sessions of Personal Training and receive a "FREE" Nutrition Session with Rachel Niermann - Blanchard Valley's Dietitian. Additional sessions can be purchased at \$40 each for members or \$80 for nonmembers or "FREE" when additional 10 sessions are purchased.*

### Group Personal Training

Group of 2 members - Two is better than one. Bring a workout buddy and get the same intense personal training you would get one-on-one but have some extra motivation.

- **Fee for 2: Members Only 1/\$35 or 10/\$300**

For appointments contact: Andrea Sertell, Healthy Living Director at 419-422-4424 or email at asertell@findlayymca.com

## THRIVE IN FIVES

This is an adapted program for the group and each individual to create and sustain an improved quality of life. The program's purpose is to assist participant's ability to engage in physical activity and use the power of the group by encouraging and supporting each other to stick with your goals and stay on track.

### WHO?

- Adults (18 and over)
- Desire to create and live a healthier lifestyle

### WHAT?

- Group-based program (5 people)
- Physical activity training



### HOW?

- Month long program/ongoing program meeting at least twice a week

### WHEN/WHERE?

- YMCA set location for required workouts 2x/week
- Participants encouraged to engage in activities inside and/or outside of the YMCA for the other days of the week

### COST?

- YMCA Members only - \$100/month

**Ready to get Started?** Contact  
 Andrea Sertell, Healthy Living Director  
 at 419-422-4424 or  
 asertell@findlayymca.com



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# Group Exercise

Andrea Sertell, Healthy Living Director  
asertell@findlayymca.com

Day	Class		Time	Fee	Instructor	Location
Mon	TRX	The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much to challenge yourself!	5:45 AM	M-\$16 NM-\$45	Tonya Hayes	East Branch TRX Studio
	SilverSneakers Chair Yoga	Chair support is offered so you can perform a variety of seated and standing postures. designed to increase flexibility, balance and range of movement.	8 AM	M-\$16 NM-\$45	Dawn Crafts	Downtown Aerobics Studio
	Cardio Fusion (Meets 2X week)	Instructor will choose from kickboxing, boot camp, step, etc.	9:15 AM	M-FREE NM-\$45	Tonya Hayes	Downtown Aerobics Studio
	SilverSneakers Classic	SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants will utilize light weights, bands & a ball.	9:30 AM	M-\$16 NM-\$45	Deb Widman	Downtown East Gym
	Barre Express (1/2 hr class)	Barre is a non-impact class designed to strengthen, lengthen, tone, and balance the entire body utilizing the ballet barre and light props. Perfect 30 minute class to end your week!	9:45 AM	M-\$12 NM-\$35	Kristin Hartman	Downtown Multipurpose Rm
	Power Yoga (1/2 hr class)	A challenging, flowing sequence of poses that focuses on building strength, flexibility and balance. Will combine elements of pilates.	10:30 AM	M-\$12 NM-\$35	Kristin Hartman	Downtown Multipurpose Rm
	Group Cycling	Take your workout to the next level with this powerful interval cycling class.	10 AM	M-\$16 NM-\$45	Sara Boutwell	Downtown Cycling Studio
	Grab Bag Workout Step	Mix up your lunch time workout with this instructor's choice class. <i>Meets 3X week.</i>	11:45 AM	M-FREE NM-\$60	Missy Lenhart	Downtown Aerobic Studio
	Enhance Fitness	An evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals to stay active. <i>Meets 3X week</i>	12:15 PM	M-FREE NM-\$45	Chandler Cramer	East Branch Aerobic Studio
	TRX	The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much to challenge yourself!	5:30 PM	M-\$16 NM-\$45	Deb Widman	East Branch TRX Studio
	Cardio Sculpt Extreme	Two classes in one! 30 minutes of extreme cardio followed by 30 minutes of toning in each class.	5:30 PM	M-FREE NM-\$45	Tonya Hayes	Downtown Aerobic Studio
	Yoga	Multi level yoga class for strength, flexibility, endurance and balance.	5:30 PM	M-\$16 NM-\$45	Rhoda Sayre	Downtown Multipurpose Rm
	Zumba	Each Zumba class is designed to bring people together to sweat it on. A total workout, combining all elements.	6:35 PM	M-\$16 NM-\$45	Gigi Romero	Downtown Aerobic Studio
Tues	Group Cycling	Take your workout to the next level with this powerful interval cycling class.	5:15 AM	M-\$16 NM-\$45	Jenn Butler	Downtown Cycling Studio
	TRX	The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much to challenge yourself!	9 AM	M-\$16 NM-\$45	Sara Boutwell	East Branch TRX Studio
	Sculpt/Tone	Methods of resistance training to strengthen, shape, tone the entire body.	9:15 AM	M-FREE NM-\$45	Tonya Hayes	Downtown Aerobics Studio
	Barre	Barre is a non-impact class designed to strengthen, lengthen, tone, and balance the entire body utilizing the ballet barre and light props.	10:15 AM	M-\$16 NM-\$45	Kristin Hartman	Downtown Multipurpose Rm & Cycling Studio
	Stroller X: Mommy & Me	Find your Y Mom Tribe during this total body conditioning class with your little one in tow. This class will consist of strength training, cardio and core restoration. If weather is bad, the class will be held in the gym. We are adding a 30 minute social aspect/activity to the class for no additional cost!	10 AM Workout 10:45 AM Social	M-\$16 NM-\$45	Casey Bonnoront	Downtown & Outside

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# Group Exercise

Andrea Sertell, Healthy Living Director  
asertell@findlayymca.com

Day	Class		Time	Fee	Instructor	Location
<b>Tues Cont:</b>	<b>Grab Bag Workout Tone</b>	Mix up your lunch time workout with this instructor's choice class - <i>Meets 3X per week</i>	11:45 AM	M-FREE NM-\$60	Dale Lamb	Downtown Aerobic Studio
	<b>SilverSneakers Stability</b>	Stability is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall pre-vention & is suitable for nearly every fitness level.	1:30 PM	M-\$16 NM-\$45	Julie Kieffer	Downtown Aerobics Studio
	<b>Classic Cardio</b>	Class components consist of floor aerobics and strength training. All Levels.	5:30 PM	M-FREE NM-\$45	Julie Kieffer	Downtown Aerobics Studio
	<b>Flex &amp; Core</b>	A This class works flexibility, strength and mind-body connection. Designed for all fitness levels with the ability to challenge even the most advanced levels.	5:30 PM	M-\$16 NM-\$45	Sara Boutwell	Downtown Multipurpose RM
	<b>Strength Training Circuit</b>	Combines strength training with functional fitness moves in a circuit style workout.	5:30 PM	M-\$16 NM-\$45	Deb Widman	East Branch Aerobic Studio
	<b>Triple Tone (1/2 Hr Class)</b>	A 30 minute class jammed packed with exercises to tone and strengthen 3 areas—upper body, core & lower body	6:30 PM	M-\$12 NM-\$35	Julie Keiffer	Downtown Aerobics Studio
<b>Wed</b>	<b>AM Boot Camp</b>	Get ready for a heart pumping, fat scorching, cardio experience! This class is a mix of formats such as HIIT, plyometrics core, and weight training. Open to all fitness levels.	6 AM	M-\$16 NM-\$45	Candace McQueen	Downtown Aerobics Studio
	<b>SilverSneakers Chair Yoga</b>	Chair support is offered so you can perform a variety of seated and standing postures. designed to increase flexibility, balance and range of movement.	8 AM	M-\$16 NM-\$45	Dawn Crafts	Downtown Aerobics Studio
	<b>Cardio Fusion</b>	Instructor will cho ose from kickboxing, boot camp, step, etc. <i>Meets 2X per week</i>	9:15 AM	M-FREE NM-\$45	Tonya Hayes	Downtown Aerobics Studio
	<b>SilverSneakers Classic</b>	SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants will utilize light weights, bands & a ball.	9:30 AM	M-\$16 NM-\$45	Deb Widman	Downtown East Gym
	<b>Zumba Gold</b>	Zumba Gold is a lower-intensity version of the typical Zumba class but with no jumping and easy to follow steps. It meets the anatomical, physiological, and psychological needs of seniors or anyone who wants a low impact cardio class.	10 AM	M-\$16 NM-\$45	Lynne Scott	East Branch Aerobic Studio
	<b>Barre</b>	Barre is a non-impact class designed to strengthen, lengthen, tone, and balance the entire body utilizing the ballet barre and light props.	10:15 AM	M-\$16 NM-\$45	Chandler Cramer	Downtown Multipurpose Rm
	<b>Enhance Fitness</b>	An evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals o stay active. <i>Meets 3X week</i>	12:15 PM	M-FREE NM-\$45	Chandler Cramer	East Branch Aerobic Studio
	<b>Y Strength</b>	Using weights, balls, resistance bands, and bonus, you will target and tone the entire body. A great class to tone and build strength!	4:30 PM	M-\$16 NM-\$45	Chandler Cramer	Downtown Aerobic Studio
	<b>20-20-20</b>	Three workouts in one! Combine cardio, strength and core in 20 min segments for a total body workout.	5:30 PM	M-FREE NM-\$45		Downtown Aerobics Studio
	<b>Barre</b>	Barre is a non-impact class designed to strengthen, lengthen, tone, and balance the entire body utilizing the ballet barre and light props	5:30 PM	M-\$16 NM-\$45	Kristin Hartman	Downtown Multipurpose RM
	<b>TRX</b>	The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much to challenge yourself!	5:30 PM	M-\$16 NM-\$45	Larry Jones	East Branch TRX Studio

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# Group Exercise

Andrea Sertell, Healthy Living Director  
asertell@findlayymca.com

Day	Class		Time	Fee	Instructor	Location
Thurs	<b>Group Cycling</b>	Take your workout to the next level with this powerful interval cycling class.	5:15 AM	M-\$16 NM-\$45	Jenn Butler	Downtown Cycling Studio
	<b>Power Toning</b>	Full body, hard core training with a low impact combo of upper/lower body toning, and stretching.	9:15 AM	M-FREE NM-\$45	Sara Boutwell	Downtown Aerobic Studio
	<b>Grab Bag Workout Tone</b>	Mix up your lunch time workout with this instructor's choice class. <i>Meets 3X week</i>	11:45 AM	M-FREE NM-\$60	Dale Lamb	Downtown Aerobic Studio
	<b>Classic Cardio</b>	Class components consist of floor aerobics and strength training. All Levels.	5:30 PM	M-FREE NM-\$45	Julie Kieffer	Downtown Aerobics Studio
	<b>Group Cycling</b>	Take your workout to the next level with this powerful interval cycling class.	5:30 PM	M-\$16 NM-\$45	Tonya Hayes	Downtown Cycling Studio
	<b>Barre Express</b>	Barre is a non-impact class designed to strengthen, lengthen, tone, and balance the entire body utilizing the ballet barre and light props. Perfect 30 minute class to end your week!	5:30 PM	M-\$12 NM-\$35	Kristen Hartman	Downtown Multipurpose RM
	<b>Power Yoga (1/2 Hr Class)</b>	A challenging, flowing sequence of poses that focuses on building strength, flexibility and balance. Will combine elements of pilates.	6:15 PM	M-\$12 NM-\$35	Kristin Hartman	Downtown Multipurpose Rm
	<b>Triple Tone (1/2 Hr Class)</b>	A 30 minute class jammed packed with exercises to tone and strengthen 3 areas—upper body, core & lower body	6:30 PM	M-\$12 NM-\$35	Julie Keiffer	Downtown Aerobics Studio

Fri	<b>Insanity!</b>	Rewarding and intense workout that you will EVER try! Melt away fat, build a lean, hard body and supercharge your energy.	5:45 AM	M-\$16 NM-\$45	Tonya Hayes	Downtown Aerobics Studio
	<b>SilverSneakers Chair Yoga</b>	Chair support is offered so you can perform a variety of seated and standing postures. designed to increase flexibility, balance and range of movement.	8 AM	M-\$16 NM-\$45	Dawn Crafts	Downtown Aerobics Studio
	<b>Group Cycling</b>	Take your workout to the next level with this powerful interval cycling class.	9 AM	M-\$16 NM-\$45	Bonnie Ward	East Branch Cycling Studio
	<b>Bounce</b>	This high-intensity, low impact, trampoline-based workout will get your heart rate soaring and work every muscle in your body. You will move from the trampoline to weights all in one class while having a blast the entire time!	9:15 AM	M-\$16 NM-\$45	Chandler Cramer	Downtown Aerobic Studio
	<b>TRX</b>	The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much to challenge yourself!	10:15 AM	M-\$16 NM-\$45	Tonya Hayes	East Branch TRX Studio
	<b>Enhance Fitness</b>	An evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals to stay active. <i>Meets 3X week</i>	11:30 AM	M-FREE NM-\$45	Chandler Cramer	East Branch Aerobic Studio
	<b>Yoga</b>	Multi level yoga class for strength, flexibility, endurance and balance.	11:45 AM	M-\$16 NM-\$45	Sara & Ashley	Downtown Multipurpose RM

Sat	<b>Cardio Burn &amp; Tone</b>	Get your heart pumping exercises all while focusing on tightening and strengthen your core.	8:45 AM	M-FREE NM-\$45	Shari Hellman	Downtown Aerobic Studio
	<b>TRX</b>	The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much to challenge yourself!	8:30 AM	M-\$16 NM-\$45	Larry Jones	East Branch TRX Studio

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## LIFELONG LEARNING

Chandler Cramer, Sr Program Director - Downtown  
ccramer@findlayymca.com

## Y KNIT & QUILT

### Y Knit & Y Quilt for Adults



- If you are interested in learning how to knit or how to quilt - Join us.
- Knitters and quilters can work on their own projects. Several times a year special projects are done as a group. Example: Learn to knit socks; Fair Isle knitting; Christmas quilting projects; Quilting projects picked by group.
- Downtown Branch - West Pool Lounge
- **Fee: Members FREE - But must register Nonmembers \$2/visit**

<b>Tuesday</b>	<b>3:30-7 PM</b>
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DO YOU HAVE **concerns**  
**about falling?**

### Matter of Balance

Many older adults experience a fear of falling. People who develop this year often limit their activities, which can result in physical weakness making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity in older adults.

- 8 two hour session
- 8-12 participants
- Learn to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance
- Downtown Branch - West Pool Lounge

Tuesday & Thursdays / April 12th - May 5th  
**Fee: FREE for ALL**

## FAMILY - CENTERED CELEBRATIONS

Kelley Powell, Youth Enrichment Coordinator  
kpowell@findlayymca.com



## BIRTHDAY PARTIES

AT THE Y...

HOST YOUR BIRTHDAY PARTY

AT THE FINDLAY FAMILY YMCA!

Have your birthday party at the Findlay YMCA! The children will have the opportunity to be active while having fun in a safe environment.

You will be greeted by our Party Host in our West Pool Lounge, and they will assist with your party needs. You may choose from the birthday packages to customize your festivities ... Basic Party, Pool Party, YPAC Party, Riverside "Under the Cabana" Party. Brochure with more information available at the Y.

An in-person appointment must be made with Chandler Cramer at the time of officially booking your party reservation and FULL PAYMENT is due when officially booking your party reservation.

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