



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2022 Summer Programs

May 31st – July 16th

**Member Program Registration begins
Monday, May 16th**

**Non-Member Program Registration begins
Monday, May 23rd**





YMCA Mission

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

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HOURS of OPERATION

Effective May 31st, 2022

Monday – Thursday	5 am – 9 pm
Friday	5 am – 8 pm
Saturday	7 am – 6 pm
Sunday	12–5 pm

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

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,

CONTACT US...

Stephanie Parsons, CEO	
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	chailey@findlayymca.com
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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**



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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



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

***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.

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.



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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 3rd 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

DISCOVERY CENTER for Downtown Branch

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

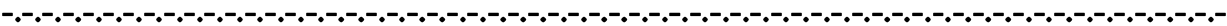
FEES

Adult Membership Holders: \$6/child/ visit

Family Membership Holders*: FREE/child/ visit



Downtown Branch YMCA	
HOURS	(Subject to Change)
Monday – Friday	8:45 AM – 12:15 PM
Monday – Thurs	4:30 – 7 PM
Saturday	8:30 AM – 12:15 PM



YP

Andrea Sertell, Healthy Living Director

Y-PAC

Physical Activity Center for ages 7-13
Interactive Fitness and Gamify Fitness
 Exergaming

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

HOURS	(Subject to Change)
Monday – Thurs	4:30 – 7 PM
Monday-Friday	8:45 AM – 12:15 PM
Saturday	8:30 AM – 12:15 PM



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CHILD DEVELOPMENT CENTER

MARY BRENNER YMCA CHILD DEVELOPMENT CENTER

231 E LINCOLN STREET / FINDLAY, OH 45840



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 years old. 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

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:

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:

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)



TODDLER & YOUTH ACTIVITIES

Kelley Powell, Youth Enrichment Coordinator

Fee (unless noted):

Members \$10 Nonmembers \$65

Class Name	Description	Day, Time, Location
Toddler Boot Camp <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"> Mon / 9:50-10:20 AM Downtown - West Gym
Toddler Art Zone <i>Ages 2-5</i> <i>(10 Spots)</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"> Tues / 10:30-11 AM Downtown - Teen Center
Toddler Music Mania! <i>Ages 2-5</i> <i>(10 spots)</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"> Thurs / 10:30 - 11 AM Downtown - Teen Center
Little Scientists <i>Ages 3-5</i> <i>(10 spots)</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"> Fri / 10 - 10:30 AM Downtown - Teen Center
Creative Chefs II <i>Grades 4-6</i>	Refine your culinary skills while earning to prepare a healthy breakfast, lunch, dinner, snack, or dessert! Please note that this class meets in the First Lutheran Church Basement at 109 East Lincoln Street.	<ul style="list-style-type: none"> Tues / 10 - 11 AM First Lutheran Church Basement Fee: Members \$35 Non-Members \$70
Chess Club <i>Grades 4-8</i>	Bring your love for the game of chess to the YMCA for some friendly competition with your peers! Whether you are a beginner or a chess master, all are welcome!	<ul style="list-style-type: none"> Mon / 4 - 5 PM Downtown - West Pool Lounge Fee: Members \$20 Non-Members \$70
Lego Lovers Club <i>Grades K-5</i>	Showcase your creativity and imagination using Legos! Students will have the option to bring a Lego project that they are currently working on or participate in a weekly Lego challenge!	<ul style="list-style-type: none"> Tues / 4 - 5 PM Downtown - Teen Center Fee: Members \$20 Non-Members \$70
Makerspace <i>Grades 3-5</i>	If you have a maker mindset and love creating something out of nothing, then this is the program for you! You will participate in STEAM activities designed to provide hands-on learning, encourage critical thinking, and boost your confidence!	<ul style="list-style-type: none"> Thur / 10 - 11 AM Downtown - West Pool Lounge Fee: Members \$20 Non-Members \$70
Photography Club <i>Grades 6-8</i>	Would you like to learn how to take creative photos with your iPhone, iPad, Smartphone, or digital camera? Each week, we will focus on a different aspect of photography, such as: perspective, lighting, special effects, and more!	<ul style="list-style-type: none"> Thur / 4 - 5 PM Downtown - West Pool Lounge Fee: Members \$20 Non-Members \$70

PARENT/CHILD PRESCHOOL SWIM LESSONS

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

Class Name	Description	Day, Time, Location
Parent/Child <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"> Tues 5:30-6 PM Tues 6 - 6:30 PM Wed 5:30-6 PM Wed 6-6:30 PM Downtown – East Pool Fee: Members \$10 Nonmembers \$65
Preschool 1 – COMFORT in Water <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"> Tues 5:30-6 PM Wed 5:30-6 PM Downtown – East Pool Fee: Members \$10 Nonmembers \$65
Preschool 2 – MOVEMENT in Water <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"> Tues 6-6:30 PM Wed 6-6:30 PM Downtown – East Pool Fee: Members \$10 Nonmembers \$65

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
Aqua Zumba	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"> Mon 7-7:45 PM Riverside Tues 9-9:45 AM Downtown - East Pool
Water Volleyball	<ul style="list-style-type: none"> Recreational rules. A great social environment. Get your workout by cheering and laughing. Great for all! Fee: Members <i>FREE</i> Program Participants <i>\$45</i> 	<ul style="list-style-type: none"> Mon, Wed, Fri 10-11 AM 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.

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

George Leatherman, Aquatics Director

gleatherman@findlayymca.com



YOUTH SPORTS

Jerry McNamee, Sr Program Director-East Branch

JUDO

Fees for Little Samurai:

Members \$10 Nonmembers \$65

Class Name	Description	Day, Time, Location
Little Samurai <i>Ages 5-8</i>	Participants will learn basic motor skills, teamwork, and basic judo techniques.	• Tues & Thurs / 6-6:30 PM East Branch
Youth Judo <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.	• Tues & Thurs / 6:45-8 PM East Branch

BASEBALL

Class Name	Description	Day, Time, Location
T-Ball <i>Grades PreK-K</i>	Our T-Ball League is offered during the summer for children entering PreK-2nd Grade. Practice/Games are held at either Emory-Adams Park or Marathon Diamonds. All grades will have a 1/2 hour practice followed immediately by an hour game.	• Mon & Wed/ 5:30-7 PM Emory Adams Fees: Members \$12 Nonmembers \$70
Coach Pitch <i>Grades 1-2</i>	Our Coach Pitch is offered during the summer for children entering grades 1 and 2. Practice/Games are held at either Emory-Adams Park or Marathon Diamonds. All grades will have a 1/2 hour practice followed immediately by an hour game.	• Tues & Thurs/ 5:30-7 PM Emory Adams Fees: Members \$12 Nonmembers \$70

FALL OUTDOOR SOCCER

Registration: June 1st-June 28th

Class Name	Description	Day, Time, Location
Lil Kickers <i>Born in 2018</i>	Players are introduced to the basics of soccer, adhering to OYSAN regulations. teams practice one night per week in the Academy program, with parent volunteer coaches assisting during practice and managing games. Academy practice on Tuesday evenings. games on Saturday mornings (Sunday afternoon games only if needed). All practices and games are at Emory Adams Park.	• Tues / 5:30-6:15 PM Emory Adams Fees: Members \$10 Nonmembers \$70
U06 Recreational Soccer <i>Born in 2017</i>	Players are introduced to the basics of soccer, adhering to OYSAN regulations. teams practice one night per week in the Academy program, with parent volunteer coaches assisting during practice and managing games. Academy practice on Tuesday evenings. games on Saturday mornings (Sunday afternoon games only if needed). All practices and games are at Emory Adams Park.	• Mon/ 5:30-6:15 PM Emory Adams Fees: Members \$10 Nonmembers \$70
U08 Recreational Soccer <i>Born in 2015-2016</i>	Players are taught soccer skills and rules of the game adhering to OYSAN regulations. U08 soccer teams practice twice per week with games on Saturday mornings. Players will be contacted by a coach in late August with specific practice information. This age division is not co-ed. All practices and games are at Emory Adams Park. Can request Tues/Thurs or Mon/Wed for practice nights.	Varies Fees: Members \$10 Nonmembers \$70

FALL OUTDOOR SOCCER

Registration: June 1st–June 28th

Class Name	Description	Day, Time, Location
U10 Born in 2013–2014	<p>Players are taught soccer skills and rules of the game adhering to OYSAN regulations.</p> <p>U10 soccer teams practice twice per week with games on Saturday.</p> <p>Players will be contacted by a coach in late August with specific practice information.</p>	Varies
U12 Born in 2011–2012	<p>All new players must submit a copy of birth certificate to complete registration. Players taught soccer skills and rules of the game adhering to OYSAN regulations. U12 soccer teams play in the Black Swamp Soccer League (BSSL). Teams may be co-ed or separated completely by gender (depends on number of players, etc).</p> <p>Teams practice twice per week at Emory Adams park.</p> <p>Game schedule made by the BSSL league; utilizing weeknights and weekends.</p> <p>Home games played at Emory Adams park; away games played at area schools. Players will be contacted by a coach mid–August with specific practice information.</p>	Varies
U15 Born in 2008–2010	<p>All new players must submit a copy of birth certificate to complete registration. Players taught soccer skills and rules of the game adhering to OYSAN regulations. U15 soccer teams play in the Black Swamp Soccer League (BSSL). Teams may be co-ed or separated completely by gender (depends on number of players, etc).</p> <p>Teams practice twice per week at Emory Adams park.</p> <p>Game schedule made by the BSSL league; utilizing weeknights and weekends.</p> <p>Home games played at Emory Adams park; away games played at area schools. Players will be contacted by a coach mid–August with specific practice information.</p>	Varies



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YOUTH FITNESS

Andrea Sertell, Healthy Living Director

Fees: Members \$10 Nonmembers \$65

Class Name	Description	Day, Time, Location
Kids Zumba <i>Ages 10-16</i>	Zumba class for the younger generation bringing kids together to sweat it out! Provides a total body workout!	<ul style="list-style-type: none"> Thurs / 9:15 – 10:15 AM Downtown – East Gym
Teen Strength Training <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"> Sat / 9–10 AM Downtown – Wellness Center

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	TRX Studio East Branch
	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.	9:15 AM	M-\$16 NM-\$45	Deb Widman	Downtown East Gym
	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	Andrea Sertell	East Branch Aerobic 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
	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
	Matter Of Balance	Many older adults experience a fear of falling. People who develop this fear 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.	9 -11 AM	FREE FOR ALL!	Varies	Downtown West Pool Lounge

Day	Class		Time	Fee	Instructor	Location
Tues Cont:	Grab Bag Workout	Mix up your lunch time workout with this instructor's choice class – Meets 3X per week	11:45 AM	M-FREE NM-\$60	Dale Lamb	Downtown Aerobic Studio
	Classic Cardio	Class components consist of floor aerobics and strength training. All Levels.	5:30 PM	M-FREE	Julie Kieffer	Downtown Aerobics Studio
	Flex & Core	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	Sara Boutwell	Downtown Multipurpose RM
	TRX Circuit	Combines strength training with TRX and functional fitness moves in a circuit style workout.	5:30 PM	M-\$16	Deb Widman	East Branch Aerobic Studio
	Triple Tone (1/2 Hr Class)	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
Wed	AM Boot Camp	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
	Group Cycling	Take your workout to the next level with this powerful interval cycling class.	9 AM	M-\$16	Becky Kupferberg	Downtown Cy- cling Studio
	Cardio Fusion	Instructor will choose from kickboxing, boot camp, step, etc. Meets 2X per week	9:15 AM	M-FREE	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.	9:15 AM	M-\$16 NM-\$45	Deb Widman	Downtown East Gym
	Enhance Fitness	An evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals to stay active. Meets 3X week	12:15 PM	M-FREE NM-\$45	Andrea Sertell	East Branch Aerobic Studio
	Y Strength	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	Elaine Wisbaker	Downtown Aer- obic Studio
	20-20-20	Three workouts in one! Combine strength, core, and flexibility in 20 min segments for a total body workout.	5:30 PM	M-FREE	Becky Kupferberg	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	5:30 PM	M-\$16 NM-\$45	Jessi Kempf	Downtown Mul- tipurpose RM
	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	Larry Jones	East Branch TRX Studio

Day	Class		Time	Fee	Instructor	Location
Thurs	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
	Power Toning	Full body, hard core training with a low impact combo of upper/lower body toning, and stretching.	9:15 AM	M-FREE	Sara Boutwell	Downtown Aerobic Studio
	Grab Bag Workout Tone	Mix up your lunch time workout with this instructor's choice class. Meets 3X week	11:45 AM	M-FREE NM-\$60	Dale Lamb	Downtown Aerobic Studio
	Classic Cardio	Class components consist of floor aerobics and strength training. All Levels.	5:30 PM	M-FREE	Julie Kieffer	Downtown Aerobics Studio
	Group Cycling	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
	Triple Tone (1/2 Hr Class)	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	Insanity!	Rewarding and intense workout that you will EVER try! Melt away fat, build a lean, hard body and super-charge your energy.	5:45 AM	M-\$16 NM-\$45	Tonya Hayes	Downtown Aerobics 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		Downtown Aerobics Studio
	Bounce	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	Tonya Hayes	Downtown 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!	10:15 AM	M-\$16 NM-\$45	Larry Jones	East Branch TRX 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. Meets 3X week	11:30 AM	M-FREE NM-\$45	Andrea Sertell	East Branch Aerobic Studio
	Yoga	Multi level yoga class for strength, flexibility, endurance and balance.	11:45 AM	M-\$16 NM-\$45	Becky Kupferberg	Downtown Multipurpose RM

Sat	Cardio Burn & Tone	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
	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!	8:30 AM	M-\$16 NM-\$45	Larry Jones	East Branch TRX Studio

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**

Tuesday	3:30-7 PM
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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 fear 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 sessions
- 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

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.