



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2022 Summer Programs

Member Program Registration begins

Monday, May 16th

Non-Member Program Registration begins

Monday, May 23rd





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## YMCA Mission

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



## 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

## CLOSINGS & HOLIDAY HOURS

- Memorial Day - May 30th - All Branches CLOSED
- 4th of July - 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
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)



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# MEMBERSHIP

Kelly Gastio, Membership Experience Director

## 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.

### 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.



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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 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 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	8:30 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
- Interactive climbing
- Strength and cardio
- Downtown Branch
- Active floor games
- Dance and step games
- Active wall games

<i>HOURS</i>	<i>(Subject to Change)</i>
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  
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 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 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*

- 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)

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Nicole Gosche, Child Development Director  
ngosche@findlayymca.com  
Kiya Yeater, Asst. Child Development Director  
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	• Mon / 9:50-10:20 AM Downtown - West Gym
<b>Toddler Art Zone</b> <i>Ages 2-5 (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.	• Tues / 10:30-11 AM Downtown - Teen Center
<b>Toddler Music Mania!</b> <i>Ages 2-5 (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.	• Thurs / 10:30 - 11 AM Downtown - Teen Center
<b>Little Scientists</b> <i>Ages 3-5 (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.	• Fri / 10 - 10:30 AM Downtown - Teen Center
<b>Creative Chefs II</b> <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.	• Tues / 10 - 11 AM First Lutheran Church Basement <b>Fee: Members \$35 Non-Members \$70</b>
<b>Chess Club</b> <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!	• Mon / 4 - 5 PM Downtown - West Pool Lounge <b>Fee: Members \$20 Non-Members \$70</b>
<b>Lego Lovers Club</b> <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!	• Tues / 4 - 5 PM Downtown - Teen Center <b>Fee: Members \$20 Non-Members \$70</b>
<b>Makerspace</b> <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!	• Thur / 10 - 11 AM Downtown - West Pool Lounge <b>Fee: Members \$20 Non-Members \$70</b>
<b>Photography Club</b> <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!	• Thur / 4 - 5 PM Downtown - West Pool Lounge <b>Fee: Members \$20 Non-Members \$70</b>

Session Dates: May 31st-July 16th

Member Registration: Monday, May 16th

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# 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>• Tues 6 - 6:30 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>• Wed 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>• Wed 6-6:30 PM</li> </ul> Downtown - East Pool <b>Fee:</b> <b>Members \$10 Nonmembers \$65</b>

George Leatherman, Aquatics Director  
gleatherman@findlayymca.com

Session Dates: May 31st-July 16th  
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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"> <li>Mon 7-7:45 PM Riverside</li> <li>Tues 9-9:45 AM Downtown - East Pool</li> </ul>
Water Volleyball	<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 Downtown - West Pool</li> </ul>

## 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 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 Samu-rai</b> <i>Ages 5-8</i>	Participants will learn basic motor skills, teamwork, and basic judo techniques.	• Tues & Thurs / 6-6:30 PM East Branch
<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.	• Tues & Thurs / 6:45-8 PM East Branch

## BASEBALL

Class Name	Description	Day, Time, Location
<b>T-Ball</b> <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. <b>Season Runs: July 18th-August 18th</b>	• Mon & Wed/ 5:30-7 PM Emory Adams  <b>Fees: Members \$12 Nonmembers \$70</b>
<b>Coach Pitch</b> <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. <b>Season Runs: July 18th-August 18th</b>	• Tues & Thurs/ 5:30-7 PM Emory Adams  <b>Fees: Members \$12 Nonmembers \$70</b>

## FALL OUTDOOR SOCCER

Registration: June 1st-June 28th

Class Name	Description	Day, Time, Location
<b>Lil Kickers</b> <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  <b>Fees: Members \$10 Nonmembers \$70</b>
<b>U06 Recreational Soccer</b> <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  <b>Fees: Members \$10 Nonmembers \$70</b>
<b>U08 Recreational Soccer</b> <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  <b>Fees: Members \$10 Nonmembers \$70</b>

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# FALL OUTDOOR SOCCER

Registration: June 1st-June 28th

Class Name	Description	Day, Time, Location
<b>U10</b> Born in 2013-2014	Players are taught soccer skills and rules of the game adhering to OYSAN regulations. U10 soccer teams practice twice per week with games on Saturday. Players will be contacted by a coach in late August with specific practice information. This age division is not co-ed. Can request Tues/Thurs or Mon/Wed for practice nights.	Varies  <b>Fees: Members \$10</b> <b>Nonmembers \$70</b>
<b>U12</b> Born in 2011-2012	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). Teams practice twice per week at Emory Adams park. Game schedule made by the BSSL league; utilizing weeknights and weekends. 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.	Varies  <b>Fees: Members \$10</b> <b>Nonmembers \$70</b>
<b>U15</b> Born in 2008-2010	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). Teams practice twice per week at Emory Adams park. Game schedule made by the BSSL league; utilizing weeknights and weekends. 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.	Varies  <b>Fees: Members \$10</b> <b>Nonmembers \$70</b>

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



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## YOUTH FITNESS

Andrea Sertell, Healthy Living Director  
asertell@findlayymca.com

**Fees: Members \$10 Nonmembers**

Class Name	Description	Day, Time, Location
<b>Kids Zumba</b> <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"> <li>Thurs / 9:15 - 10:15 AM Downtown - East Gym</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>

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# 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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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	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

Session Dates: May 31st-July 16th  
Member Registration: Monday, May 16th  
Nonmember Registration: Monday, May 23rd



# Group Exercise

Andrea Sertell, Healthy Living Director  
 asertell@findlayymca.com

Day	Class		Time	Fee	Instructor	Location
Tues Cont:	<b>Grab Bag Workout Tone</b>	Mix up your lunch time workout with this instructor's choice class - <i><b>Meets 3X per week</b></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>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>TRX Circuit</b>	Combines strength training with TRX and 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
Wed	<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>Group Cycling</b>	Take your workout to the next level with this powerful interval cycling class.	9 AM	M-\$16 NM-\$45	Becky Kupferberg	Downtown Cycling Studio
	<b>Cardio Fusion</b>	Instructor will choose from kickboxing, boot camp, step, etc. <i><b>Meets 2X per week</b></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.	9:15 AM	M-\$16 NM-\$45	Deb Widman	Downtown East Gym
	<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><b>Meets 3X week</b></i>	12:15 PM	M-FREE NM-\$45	Andrea Sertell	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	Elaine Wisebaker	Downtown Aerobic Studio
	<b>20-20-20</b>	Three workouts in one! Combine strength, core, and flexibility in 20 min segments for a total body workout.	5:30 PM	M-FREE NM-\$45	Becky Kupferberg	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	Jessi Kempf	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	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 NM-\$45	Sara Boutwell	Downtown Aerobic Studio
	Grab Bag Workout Tone	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
	Classic Cardio	Class components consist of floor aerobics and strength training. All Levels.	5:30 PM	M-FREE NM-\$45	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 supercharge 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. <i>Meets 3X week</i>	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

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## LIFELONG LEARNING

Chandlar 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**

Tuesday

3:30-7 PM



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
- Downtown Branch - West Pool Lounge

Tuesdays from 9-11 AM

**Fee: FREE for ALL**

## FAMILY - CENTERED CELEBRATIONS

Kelley Powell, Youth Enrichment Coordinator  
kpowell@findlayymca.com



AT THE Y...

### BIRTHDAY PARTIES 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 Chandlar 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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