The Findlay Y TIMES Magazine



What's New at the Findlay YMCA



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY The Findlay Family YMCA 300 E Lincoln St Findlay, Ohio 45840

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Membership

If you've lived in Findlay for a while, you might be familiar with the struggles that the Findlay YMCA has faced. Between a fire, flooding, recessions, and a global pandemic, I think the Y's resilience and continued presence here in Findlay is a real testament to the value it provides to the community. Our commitment to adapt and grow is reinforced by past, present, and future leaders within the YMCA. I feel blessed to be a part of such a team.

PMessage from the CEO

Just think, in 1888, over 130 years ago, the Findlay YMCA incorporated and was established on East Main Cross. In the late 1800's, it was moved to South Main Street and then to East Sandusky Street. It wasn't until the 1960's when a fire destroyed the East Sandusky building that the YMCA relocated to our current site. Several expansions, new programs, and renovations later, the Y's role continues to be a constant in Hancock County.

The Findlay YMCA is symbol of commitment, determination, and dedication to our areas of impact: healthy living, youth development, and social responsibility. This is a path that we are creating together, and we thank you for helping us shape it.

-Stephanie Parsons

HISTORICAL MOMENTS OF THE FINDLAY YMCA



Image from the Cliff Smith YMCA Postcard Collection [ca. 1900-1915] https://ark.digitalcommonwealth.org/ark:/50959/vm413p629

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1888	Findlay YMCA incorporated, located on East Main Cross
1897	Findlay YMCA moved to the Cass Building on South Main Street, and then moved to East Sandusky Street
1960- 1964	Fire destroys the YMCA building on Sandusky Street and a new facility is built at our current location
1970's	A gymnasium, two more handball/racquetball courts and pool were added and land was purchased for camp programming
1981	The Findlay Racquet Center was purchased by the YMCA
1995- 1998	The Y expands in-house child care three times between 1995-1998 to better accommodate the needs of the community-The Mary Brenner Child Development Center opened in 1998
2005	The East Branch opens new facilities which included five indoor tennis courts, a TechnoGym Fitness Center, a free weight room, an all-purpose room used for Judo and Cycling programs, an aerobic room, and locker room
2007	Flooding of the Blanchard River causes the worst flood damage in 100 years. YMCA staff joins the City's rescue teams using the YMCA as a point of shelter for responders and YMCA buses as transportation for flood victims being moved to the CUBE. The YMCA flooded with 6.5 feet of water, destroying all mechanical systems, meeting rooms, and offices on the lower level and forcing the YMCA to close for two weeks before operations were to continue
2008	Recession takes hold of Findlay and plans of rebuilding after the flood are postponed. In the face of the poor economy, the YMCA instead elected to reduce membership fees in an effort to provide residents better access to continues services
2009	The YMCA continues to subsidize membership in a poor economy and a strategic planning process begins to address the next three years of recovery from the floods and the impact of the recession
2010	The YMCA continues meeting social responsibilities, addressing hardships that came because of the flood and the poor economy. The YMCA took over the operation of the Riverside Community Swimming Pool, and the City Day Camp Program when the City of Findlay announced they could no longer run these facilities and programs
2012	The YMCA assumed responsibility for a new program initiative called Feed a Child, a program that would feed children on weekends who might otherwise go hungry without the support of the school lunch program that sustained them during the week (Program placed under the Halt Hunger Initiative of the United Way in 2014)
2017	A new Youth Physical Activity Center (Y-PAC) is developed at the Downtown Branch

Visit ymca.org/our-history for more details on the history of the Findlay YMCA.



WINNING WITH WELLNESS



My name is Andrea Sertell and I've been the Healthy Living Director since March. I'm excited to have joined my hometown YMCA and the amazing team of directors and staff members that all work together to offer our community and neighbors many opportunities for healthy living. I've also enjoyed meeting the Y's wonderful members and sharing fitness and nutrition tips with them!

During the summer, I ran a 12-week fitness challenge with new challenges every week. Some of our challenges were 30 minutes of exercise, 60 minute planks, how many jumping jacks one could perform, and 15 minutes of stretching/improving flexibility. At the end of the 12 weeks, people who "won" each week were entered into a drawing for a prize package from AMC Theatre. Be on the lookout for more fun and interactive programs that put wellness at the forefront!

Group Exercise



I'm happy to say we are offering many classes this Fall including some new classes like 30-minute Lunchbreak Group Cycling and Kids' Bounce Class! If there are any classes you'd like to try out, please join us! Did you know members can try a class for \$3? This is a perfect opportunity to make sure a class is right for you before committing. All you have to do is let the front desk know! We'd love to have you!

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LUNCHBREAK CYCLING

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Mondays & Wednesdays 12 pm Fall brings cozy, comfort food and root vegetables that are delicious! Here is an easy and nutritious recipe using fennel to take a summer slaw into a fall classic!

Blackened Chicken With Fennel Slaw

Ingredients:

- 1 t blackening seasoning *More if you like it spicy!* 3 T olive oil (divident)
- 1 thinly sliced fennel bulb *Feel free to add the fronds tool*3 sliced celery rips
- 3 sliced celery ribs
- 1 shredded carrot
- 1/4 c sliced red onion
- 2 T fresh lemon juice
- 1 sliced avocado
- 1/3 c crumbled Feta cheese



Directions:

- Season chicken breasts with blackening seasoning. Cook in 1 tablespoon olive oil in a large skillet over medium heat. Flip after about 8 minutes (less if using thin chicken breasts). Cook until it reaches an internal temperature of 165°
- Meanwhile, toss together the remaining ingredients along with 2 tablespoons olive oil. Add salt and pepper to taste. Serve alongside chicken.

Enjoy!

PHILANTHROPY CORNER with Jennie Treece

2022 Annual Campaign Find your WHY and Give Back to What You Love

Every year we choose a theme for our Annual Campaign. The theme for this year's campaign relates to everyone that comes to the Y, especially those who benefit from the charitable work the Y does. For me personally, I grew up at the Y, began my professional career out of college at the Y, and I have had the pleasure of watching others grow from the Y's work. I love the work the Y does: For youth, for the community, and for ALL. It's very important and easy for me to give back to this great organization that has made me (and many others) who they are today.

Chris and Scott Keller are leading the cause for this year's campaign as what they love is supporting the children in our community. They know that the Y offers much needed programming through sports, childcare, summer camp, and youth enrichment classes to youth in our community who need it most.

We have currently raised \$133,069! Please help us meet our goal of \$200,000 by donating in person or on our website at https://www.findlayymca.org/annual-campaign.



Upcoming Events November: Heritage Society Reception December: 10 Men Who Cook Fundraiser Jingle Bell Jog (Dates TBA)



Pledge Form

Name	
Address	
Email	

My Gift to the Y

I would like to give back to what I love by supporting the Findlay YMCA in supporting our community! To show my support, I am making a pledge of \$_____.

Payment Options:

Cash/Check

Credit Card on File

Donor Signature _____

BLACK SWAMP CLASSIC

Black

Swamp

Classic

HIGHLIGHTS

It was another successful year for the Black Swamp Classic, an annual event that supports Youth Obesity Prevention in Hancock County. Fifty-five teams participated, and we had a successful Monday Night Extravaganza with many sponsors and contributors. We look forward to sharing the impact this year's event has on our community.

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Thank you to all contributors to the Black Swamp Classic, benefiting the Findlay YMCA, Putman County YMCA, and the Braden Kramer Foundation.

CAMPFIRE CHRONICLES



A Summer Full of Memories

We are so grateful and humbled by what we have accomplished and the trust that has been placed in us during Summer Camp 2022. This summer, we expanded our programming with our Discovery and Enrichment Camps. Seeing all this from the perspective of a parent and a Director, I could not feel more proud of the work we do (and have done)! We have witnessed hundreds of campers enjoy the outdoors, practice the Core Values and become members of our camp family.

Equally satisfying are the parent relationships that we have built over the years. While our interactions and contacts may be limited throughout the year, I feel an incredible connection to so many amazing parents and families who find value in and prioritize the camp experience, make sacrifices to get their children here, and have undoubtedly been an integral part of our success.

As you can imagine, it takes a village to run a summer camp. Our team of counselors, directors, lifeguards, and registrar work with professionalism, a common purpose, incredible energy, and a healthy sense of humor to make each summer one that builds on the previous summer's success.

But no matter what else is going on, the most important piece of summer camp is the campers!They bring the energy and purpose to our mission at camp. In any summer, and perhaps this one in particular, it is easy to find examples of campers being their best selves, living the Core Values, and joyfully committing to being a part of a tight-knit community.Community is what makes Y Camp unique and a place that many people call "home."



Camp Director

MARY BRENNER CHILD DEVELOPMENT CENTER

CLASSROOM NEWS

CHANGES AT THE CDC

We are very excited to announce some big administrative changes at the YMCA Child Development Center!

- Kiya Yeater is now our Operations Director and handles the daily operations and member relations of the Child Development Center. Kiya can be reached at kyeater@findlayymca.com or 419-422-3174 ex 318.
- Nicole Gosche is our Administrative Director and focuses on licensing, accreditation, and billing. Nicole is based out of the Downtown branch of the YMCA and can be reached at ngosche@findlayymca.com or 419-422-4424 ex 117



YOUTH ENRICHMENT

...from Toddlers to Teens with Kelley Powell



Toddler & Youth Activities

Toddler and youth activities are in full swing at the Findlay YMCA! We are currently offering four enrichment programs for preschool-aged children:

•Toddler Boot Camp (ages 2-3)
•Little Scientists (ages 3-5)
•Toddler Music Mania (ages 2-5)
•Toddler Art Zone (ages 2-5)

For our homeschool families, we have Homeschool PE classes on Wednesday mornings. The three PE classes are divided into age groups (ages 3-5, 6-10, 11-14). We are hoping to offer more programs for homeschool students in the future, so keep an eye out for those. We are open to suggestions!

After School Kicks Program



If you or someone you know is in need of an after-school program for a middle school student, the YMCA has you covered! The After School Kicks program is a supervised environment where students receive homework assistance, youth development, physical activity, snacks, and more! The program runs Monday - Friday 2:30 - 6 PM on days when school is in session. Transportation is provided from the following middle schools to the YMCA: Donnell, Glenwood, St. Michael's, Liberty-Benton, and Van Buren.



Teen Center

During your next visit to the YMCA, be sure to check out the Teen Center. You can enjoy foosball, video games (XBox and PS4), board games, card games, or just hang out and socialize. Let us know that you were here by signing your name on the graffiti wall!

The Teen Center is currently open Monday, Wednesday, and Friday from 3 - 6PM.We are hoping to include Tuesdays and Thursdays in the near future!

• PARTY TIME • AT THE Y

The next time you are looking for a place to hold your birthday party or bridal/baby shower, look no further than the YMCA! All party packages include the use of a party room for 2 hours, a YMCA party host, and tables and chairs.



Option 1:

Basic Party Package --Great for birthday parties or bridal/baby showers!

Option 2:

East Gym Party Package --Enjoy one hour of physical activity in the East Gym (bounce house, mini trampolines, gym scooters, basketball, and more!)

Option 3:

YMCA Pool Party Package --Party guests can take part in one hour of swimming in our East Pool!

Bring your party to the YMCA and let us handle all of the logistics and clean up! For more information, please contact Kelley Powell (kpowell@findlayymca.com or 419-422-4424 ext. 115).

HTTPS://WWW.FINDLAYYMCA.ORG/EVENT-RENTALS-PARTIES



GET IN THE GAME

with Fall Youth Sports Leagues

Children, regardless of their current athletic talents, can benefit greatly from participating in a youth sports program. Whether that is Flag Football, Indoor or Outdoor Soccer, Basketball, or Swim Team, at the Y, all programs provide valuable life skills as well as instructional information that they can take with them wherever they go in life.

Here are some ways joining a sports league can foster a child's growth and development:

Self Confidence

Any time a child learns a new skill or improves an existing skill, there is a level of self confidence that comes with that achievement.

Healthy Habits

Active kids grow into active adults. Sports are a fun way for kids to get exercise and build muscles.

Leadership and Team Roles

It's no secret that today's fast-paced world requires a lot of moving pieces working together, and leaders to guide them. What better way to learn how to be a part of a team or be a team leader than at the YMCA? So parents, if you're wondering if you should sign your child up for a youth sport, the answer is yes. You'll be glad you did.

> SEE YOU ON THE ROSTER







Enjoy Swimming? Give Swim Team a try!

All ages up to 18

Swimmers must be able to swim the length of the pool unassisted Freestyle and Backstroke

*Must be a YMCA member

THE FACILITIES FACTOR

The inside scoop on all things building related with Facilities Director, Chris Hailey

Facilities has been busy with end-of-summer maintenance: Draining the West Pool, deep cleaning the sides & floor, re-grouting tile, redrilling and tapping new eyebolts for lane line ropes, and attempting to fix underwater lighting (which has reached end-of-life). Fixing those underwater lights had the pool down for a week, but all is well, and the pool is operating once again!

We've also added a new part-time member to our afternoon custodial staff which has helped us solidify a regular cleaning schedule for the Men's & Women's Steam Rooms, Hot Tub, Locker rooms, and Restrooms. It is a focus of ours to post plenty of notice in the future whenever we'll be shutting areas down to avoid any inconvenience to our members!



Additionally, we refinished all of the upstairs hardwood floors (which unfortunately had to be offlimits for 9 days!). We now have a more aggressive preventative care program underway to prolong the life of those floors. We've also changed to a more effective air filter in our HVAC systems to try to cut back on airborne particles introduced to the spaces due to the enormous amount of outside air required in our facility. Add to this our cleaning of air diffusers, etc., and we should soon be noticing a cleaner environment overall!

And speaking of HVAC systems, all our heating & cooling systems (and ALL facility infrastructure equipment) are past the 20+ year mark and remind us that they have exceeded normal operating limits constantly. With the ever-changing world of environmentally friendly refrigerant regulations, costs for repairs of existing equipment are soaring. Therefore, it has been necessary to explore sources for converting systems which has created a big challenge! Keeping equipment running is always our main focus, and our staff has been diligent in an attempt to do so.

MEMBERSHIP EVENTS







October:

- City Mission Food Drive
- Benefit Sale October 7th & 8th (Member Presale October 6th!)

November:

• Member Brunch (Date TBA)

Past Events

May-Pet Supply Drive June-Book Drive July-Book Sale and Member Trivia (Congratulations, Christina Spearman!) August-School Supply Drive and Member Appreciation Week







Members Tracy Thomas and Dale Devene



Corporate Partner Spotlight: Whirlpool



Staff Members Hollie George, Kenna Hurley, and Beth Decker

HEALTHIER EMPLOYEES ARE HAPPIER EMPLOYEES.

Thank you, Corporate Partners!







If your company would like information on how to become a corporate partner, reach out to Derek Draper, Membership and Marketing Outreach Director, a ddraper@findlayymca.com or by phone at 419-422-4424 ext 113