



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Findlay YMCA

Fall Session II

October 24th–December 17th

Member Registration: October 10th

Nonmember Registration: October 17th



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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

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

CLOSINGS & HOLIDAY HOURS

Thanksgiving Day – November 24th

- East Branch Open 8 am–12 pm
- Downtown Branch 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

CONTACT US...

Stephanie Parsons, CEO sparsons@findlayymca.com	
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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 Child Development Operations 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 email at 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 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
 jtreece@findlayymca.com

DISCOVERY CENTER for Downtown Branch and East Branch

FREE childcare 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*

FEES

Adult Membership Holders: \$6/child/ visit
 Family Membership Holders*: FREE/child/ visit
**For children covered under parents Family Membership*

Downtown Branch YMCA For ages 6 weeks – 6 years	
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

East Branch YMCA For ages 6 weeks – 6 years	
HOURS	(Subject to Change)
Tuesday and Thursday	8:45 AM – 11 AM
Friday	8:45 AM – 11:30 AM



Y-PAC

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	Effective August 18th (Subject to Change)
Monday – Thurs	4:30 – 7 PM
Saturday	8:30 AM – 12:15 PM



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Andrea Sertell, Healthy Living Director
 asertell@findlayymca.com



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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)

Nicole Gosche, Child Development Administrative Director

ngosche@findlayymca.com

Kiya Yeater, Child Development Operations 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
Toddler Boot Camp <i>Ages 2-3</i> <i>Kristy Nelson</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"> Tues / 9:50-10:20 AM Downtown - West Gym
Toddler Art Zone <i>Ages 2-5</i> <i>(10 Spots)</i> <i>Kristy Nelson</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> <i>Kristy Nelson</i>	A 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> <i>Kelley Powell</i>	This class invites children to explore the wonders of science through a wide variety of hands on activities that are appropriate for little learners.	<ul style="list-style-type: none"> Mon / 10:30 - 11 AM Downtown - Teen Center

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YOUTH AQUATICS

Katie Nielsen, Aquatics Coordinator
knielsen@findlayymca.com

PARENT/CHILD PRESCHOOL SWIM LESSONS

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 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"> Mon 5:30-6 PM Mon 6-6:30 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"> Mon 5:30-6 Mon 6-6:30 PM Downtown - East Pool Fee: Members \$10 Nonmembers \$65

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YOUTH AQUATICS

Katie Nielsen, Aquatics Coordinator
knielsen@findlayymca.com

SCHOOL AGE LESSONS

Class Name	Description	Day, Time, Location
Level 1 – Comfort in Water Ages 6+	School Age Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Learn-to-Swim. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water. Learn-to-Swim Level 1 skills overlap with the Preschool Aquatics Level 1 and 2 skills. This class is for new swimmers and will learn to do skills such as floating independently, gliding independently with their eyes in, kicking, and jumping in to swim back to the wall and climb out safely.	<ul style="list-style-type: none"> Tues 5:30–6 PM Wed 5:30–6 PM Downtown – East Pool Fee: Members \$10 Nonmembers \$65
Level 2 – Movement in Water Ages 6+	The objective of the School Age Level 2 class is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced. This class is designed for swimmers who are comfortable in the water and are ready to learn how to move around independently.	<ul style="list-style-type: none"> Tues 6–6:30 PM Wed 5:30–6 PM Downtown – East Pool Fee: Members \$10 Nonmembers \$65
Level 3 – Understanding of Stroke Ages 6+	The objectives of School Age Level 3 are to expand proficiency of previously learned skills by providing additional guided practice. Participants will learn, and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. This level will introduce the scissors and dolphin kicks and extend the time duration for treading water. As in all levels, new and previously addressed water safety topics are included. Participants who successfully complete Level 3 have achieved basic water competency in a pool environment.	<ul style="list-style-type: none"> Wed 6–6:30 PM Downtown – East Pool Fee: Members \$10 Nonmembers \$65

SWIM TEAM

Class Name	Description	Day, Time, Location
FROGS Swim Team	Frogs swim team is open to all ages. Participants are required to have a Y membership and be able to swim 25 yards of both freestyle and backstroke unassisted, without a floatation device, and without stopping.	Practice Times and Fees Vary Please reach out to Katie Nielsen for more information at knielsen@findlayymca.com

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ADULT AQUATICS

Katie Nielsen, Aquatics Coordinator
knielsen@findlayymca.com

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.	<ul style="list-style-type: none"> Mon 6:45–7:30 PM Tues 9–9:45 AM Thur 9–9:45 AM & 6:15–7 PM Downtown – East Pool Fee: Members \$16 Program Participants \$45
Water Volleyball	Recreational rules. A great social environment. Get your workout by cheering and laughing. Great for all!	<ul style="list-style-type: none"> Mon, Wed, Fri 10–11 AM Downtown – West Pool Fee: Members FREE Program Participants \$45

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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YOUTH SPORTS
Jerry McNamee, Sr Program Director–East Branch
jmcnamee@findlayymca.com

JUDO

Class Name	Description	Day, Time, Location
Little Samurai <i>Ages 5-8</i>	Participants will learn basic motor skills, teamwork, and basic judo techniques.	<ul style="list-style-type: none"> Tues & Thurs / 6-6:30 PM East Branch Fees: Members \$10 Nonmembers \$65
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.	<ul style="list-style-type: none"> Tues & Thurs / 6:45-8 PM East Branch Fees: Members \$15 Nonmembers \$75

GYMNASTICS

Class Name	Description	Day, Time, Location
Intro to Gymnastics	For ages 5-14 This is a beginner class for those who have little or no gymnastics experience. Skills include-rolling, cartwheels, round-offs, handstands, bridging, back bends, board bouncing, as well as, skills on the balance beam and single rail bar. Additional skills are introduced. As skills are mastered, student will be able to move to the next level.	<ul style="list-style-type: none"> Mon / 5-5:45 PM Mon / 7-8 PM East Branch - Upper Level Fees: Members \$15 Nonmembers \$75
Tumbling Tots	For ages 3-5 Learn basic gymnastics skills, body positions and terminology while building strength and coordination by participating in group activities and following an obstacle course full of rolling, jumping, balancing and more!	<ul style="list-style-type: none"> Mon / 6-6:45 PM Wed / 5-5:45 PM East Branch - Upper Level Fees: Members \$10 Nonmembers \$65
Tumbling Together	For ages 2 & 3 with an adult This is an adult/child interactive class. The instructor will lead the class focusing on beginning gymnastics positions and skills, as well as, direction following, turn taking and communicating with others.	<ul style="list-style-type: none"> Wed / 6-6:45 PM East Branch - Upper Level Fees: Members \$10 Nonmembers \$65
Gymnastics 1 & 2	For ages 6-14 This class is for those who have gymnastics experience and have mastered the following skills-cartwheel, round-off, handstand at the wall for 10 seconds, can hold a bridge for 15 seconds and can hold a leg up while in a bridge for 5 seconds. Skills in this class include-round-off rebounds, 1 handed cartwheels, handstand forwards roll, handstand bridge, back bends, kick-overs and front/back handsprings. Additional skills for vaulting, on the balance beam and the single-rail bar will also be taught.	<ul style="list-style-type: none"> Wed / 7-8 PM East Branch - Upper Level Fees: Members \$15 Nonmembers \$75

TINY TOT SOCCER

Class Name	Description	Day, Time, Location
Tiny Tot Soccer <i>Ages 2-5</i>	This parent/child class is for ages 2-5. Parents must supply their own size 3 ball.	<ul style="list-style-type: none"> Thurs / 5:30-6 PM East Gym Fees: Members \$10 Nonmembers \$65

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YOUTH SPORTS
 Jerry McNamee, Sr Program Director–East Branch
 jmcnamee@findlayymca.com

TENNIS

Class Name	Description	Day, Time, Location
Red Ball	This tennis class is designed for children ages 4-7.	<ul style="list-style-type: none"> • Tues 5-5:30 PM • Thur 5-5:30 PM East Branch Fees: Members \$30 Nonmembers \$40
Orange Ball	This tennis class is designed for children ages 8-11.	<ul style="list-style-type: none"> • Tues 5:30-6:30 PM • Thur 5:30-6:30 PM East Branch Fees: Members \$60 Nonmembers \$80
Green Ball	This tennis class is designed for children ages 9-12.	<ul style="list-style-type: none"> • Tues 6:30-7:30 PM • Thur 6:30-7:30 PM East Branch Fees: Members \$60 Nonmembers \$80
Middle School Tennis	This tennis class is designed for middle schoolers ages 11-14.	<ul style="list-style-type: none"> • Mon 5-6:30 PM • Wed 5-6:30 PM East Branch Fees: Members \$90 Nonmembers \$120
High School Tennis	This tennis class is designed for high schoolers ages 14-18.	<ul style="list-style-type: none"> • Mon 3:30-5 PM • Tues 3:30-5 PM • Wed 3:30-5 PM • Thur 3:30-5 PM East Branch Fees: Members \$90 Nonmembers \$120



UPCOMING YOUTH SPORTS

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

VOLLEYBALL

Registration: January 3rd–February 7th

Season: February 20th–April 8th

Class Name	Description	Day, Time, Location
Volleyball <i>Grades 3–4 & Grades 5–6</i>	<p>Youth volleyball is an exciting sport combining team play with individual skills. YMCA youth volleyball promises no try outs, no getting cut and no bench warmers! Every child plays at least half of every game while making friends and learning new techniques.</p> <p>FOCUS: The YMCA utilizes volunteer coaches to focus on participation and fun! While basic skills of the game are developed through practices and games, every child learns sportsmanship and values necessary to be successful in life. The Y sports program helps kids become not only better players, but better people as well. It's a progressive program, with multiple age-specific levels. Every child gets to play and the games are safe, exciting and fun. We encourage fair play, positive competition, and family involvement.</p>	<ul style="list-style-type: none"> TBA <p>Fees: Members \$10 Nonmembers \$70</p>

BASKETBALL– WINTER COMPETITIVE LEAGUE

Registration: November 7th–December 19th

Season: January 2nd–February 18th

Class Name	Description	Day, Time, Location
Grades 3 & 4 Boys Grades 3 & 4 Girls Grade 5 Boys Grade 5 & 6 Girls Grade 6 Boys	<p>Emphasis on fun and skill development, teamwork and sportsmanship. Dribbling passing defense and shooting will be covered. Up to 2 practices a week, games will be scheduled on weekdays and Saturdays.</p>	<ul style="list-style-type: none"> TBA <p>Fees: Members \$10 Nonmembers \$70</p>

SOCCER – INDOOR WINTER LEAGUE

Registration: November 7th–December 19th

Season: January 2nd–February 18th

Class Name	Description	Day, Time, Location
U8 & U10 <i>Grades PreK–K</i>	<p>YMCA soccer leagues are designed to teach players the basics of their sport while introducing them to healthy competition.</p> <p>Youth soccer is an exciting sport combining team play and individual skills. This Indoor league will help teach new skills for the soccer field, build upon individual footskills and teamwork toward a common goal.</p> <p>Practices/Games: Teams will play a combination game and practice for one hour on Sundays.</p>	<ul style="list-style-type: none"> TBA <p>Fees: Members \$10 Nonmembers \$70</p>

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YOUTH FITNESS

Andrea Sertell, Healthy Living Director
asertell@findlayymca.com

Class Name	Description	Day, Time, Location
Kids TRX	A 45 minute class that utilizes the TRX system for children ages 13 and up. By using the leverage of gravity and your body weight, you control the intensity of your workout.	<ul style="list-style-type: none"> Wed/ 4:30-5:15 PM East Branch Fees: Members \$10 / Nonmembers \$65
Mommy & Me Tumble (ages 1-3)	PREVIOUSLY STROLLER X: This is an adult/child interactive class. We will be jumping, balancing, rolling, running, and more! The instructor will begin class by warming up with basic gymnastic positioning and teaching a focus skill for the day. We will then move into an open gym allowing your little one to play and be creative, with you right by their side. <i>*For this session due to a scheduling issue: Our first class will be THURSDAY October 27th at 10:15am instead of Tuesday October 25th. Weeks 2-7 will resume normal time on Tuesdays at 10:15am.</i>	<ul style="list-style-type: none"> Tues/10:15-11 AM East Branch-Upper Level Fees: Members \$10 / Nonmembers \$45
Teen Strength Training (ages 13-15)	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 the first 4 weeks of the session.	<ul style="list-style-type: none"> Sat / 9-10 AM Downtown - Wellness Center Members Only: FREE

HOMESCHOOL GYM

Kelley Powell, Youth Enrichment Coordinator
kpowell@findlayymca.com

Class Name	Description	Day, Time, Location
Homeschool Gym	This program will focus on developing students' knowledge of and competency in motor skills, movement patterns, and strategies essential to perform a variety of physical activities, such as games and sports. Ages 3-5	<ul style="list-style-type: none"> Wed / 10 AM-10:30 AM Downtown East Gym Fee: \$5
Homeschool Gym	This program will focus on developing students' knowledge of and competency in motor skills, movement patterns, and strategies essential to perform a variety of physical activities, such as games and sports. Ages 6-10	<ul style="list-style-type: none"> Wed / 10:30 AM-11 AM Downtown East Gym Fee: \$5
Homeschool Gym	This program will focus on developing students' knowledge of and competency in motor skills, movement patterns, and strategies essential to perform a variety of physical activities, such as games and sports. Ages 11-14	<ul style="list-style-type: none"> Wed / 11 AM-11:30 AM Downtown East Gym Fee: \$5

Session Dates: October 24th-December 17th
Member Registration: Monday, October 10th
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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

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

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 sessions to assist in overall health
- Weekly newsletters including additional workouts, recipes, daily moves, healthy tips, etc.
- Monthly Fitness Assessments (weight, blood pressure, measurements, physical fitness, etc.)

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

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





ADULT SPORTS
Jerry McNamee, Sr Program Director–East Branch
jmcnamee@findlayymca.com

TENNIS

Class Name	Description	Day, Time, Location
Adult Beginner	This tennis class is designed for adults wanting to learn the game of tennis.	<ul style="list-style-type: none"> • Mon 8–9 PM • Wed 10:30–11:30 AM • Wed 8–9 PM East Branch <i>Fees: Members \$60 Nonmembers \$70</i>
Drill 2.5–3.0	This tennis class is designed for adults with an NTRP rating of 2.5–3.0.	<ul style="list-style-type: none"> • Mon 6:30–8 PM • Wed 9–10:30 AM • Fri 9–10:30 AM East Branch <i>Fees vary depending on class length. Please see registration for details.</i>
Drill 3.0–3.5	This tennis class is designed for adults with an NTRP rating of 3.0–3.5.	<ul style="list-style-type: none"> • Mon 9–10:30 AM • Wed 6:30–8 PM • Thu 9–10:30 AM • Thur 7:30–9 PM East Branch <i>Fees vary depending on class length. Please see registration for details.</i>
Drill 3.5–4.0	This tennis class is designed for adults with an NTRP rating of 3.5–4.0.	<ul style="list-style-type: none"> • Tues 9–10:30 AM • Tues 7:30–9 PM East Branch <i>Fees vary depending on class length. Please see registration for details.</i>

Group Exercise

Andrea Sertell, Healthy Living Director
asertell@findlayymca.com

Day	Class		Time	Fee	Instructor	Location
Mon	TRX	The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much to challenge yourself!	5:45 AM	M-\$16 NM-\$45	Tonya Hayes	East Branch TRX Studio
	Powermax	A heart pumping class of cardio and weighted exercises that will strengthen your muscles.	6:30 AM	M-\$16 NM-\$45	Haley Horstman	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	Lynne Scott	Downtown Aerobics Studio
	Cardio Fusion	Instructor will choose from kickboxing, boot camp, step, etc. Meets 2X per week	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. Meets 2X week.	11:45 AM	M-FREE NM-\$45	Missy Lenhart	Downtown Aerobics Studio
	Group Cycling (30 minutes)	30-minute powerful interval cycling class during your lunchbreak!	12 PM	M-\$16 NM-\$45	Jenn Butler	Downtown Cycling 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	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 Aerobics Studio
	Yoga	Multi level yoga class for strength, flexibility, endurance and balance.	5:30 PM	M-\$16 NM-\$45	Rhoda Sayre	Downtown Multipurpose Rm
Tues	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
	Stroller X name change	Please refer to the Youth Fitness page for Mommy & Me Tumble	10:15 AM	M-\$10 NM-\$45	Casey Bonnoront	East Branch Upper Level
	Sculpt/Tone	Methods of resistance training to strengthen, shape, tone the entire body.	9:15 AM	M-FREE NM-\$45	Tonya Hayes	Downtown Aerobics Studio
	Barre Express	30-minute non-impact class designed to strengthen, lengthen, tone, and balance the entire body using the ballet barre and light props.	10:15 AM	M-\$12 NM-\$45	Jessi Kempf	Downtown Multipurpose Room

Session Dates: October 24th-December 17th
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Group Exercise

Andrea Sertell, Healthy Living Director
 asertell@findlayymca.com

Day	Class		Time	Fee	Instructor	Location
Tues Cont.:	Grab Bag Workout Tone	Mix up your lunchtime workout with this instructor's choice class! Meets 2X per week	11:45 AM	M-FREE NM-\$45	Elaine Wisebaker	Downtown Aerobics Studio
	SilverSneakers Stability	This 45 minute class is designed to help you become stronger and improve balance. Movements taught in this class focus on exercises to improve strength of the ankle, knee, and hip joints. This class is designed for fall prevention and is suitable for nearly all fitness levels.	1:30 PM	M-\$16 NM-\$45	Julie Kieffer	Downtown Aerobics 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
	Flex & Core	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
	TRX Circuit	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
	Triple Tone (30 minutes)	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.	6:30 AM	M-\$16 NM-\$45	Candace McQueen	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	Lynne Scott	Downtown Aerobics Studio
	Cardio Fusion	Instructor will choose from kickboxing, boot camp, step, etc. Meets 2X per week	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
	Rev & Flow	REV+FLOW is a dynamic workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy-to-follow movements and uplifting music.	10:30 AM	M-\$16 NM-\$45	Kara Klink	Downtown Aerobics Studio
	Group Cycling (30 minute)	30-minute powerful interval cycling class during your lunchbreak!	12 PM	M-\$16 NM-\$45	Becky Kupferberg	Downtown Cycling 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	12:15 PM	M-FREE NM-\$45	Andrea Sertell	East Branch Aerobic Studio
	Y Strength	Using weights, exercise balls, and resistance bands, you will target and tone the entire body.	5:30 PM	M-\$16 NM-\$45	Elaine Wisebaker	Downtown Aerobics Studio

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Group Exercise

Andrea Sertell, Healthy Living Director
 asertell@findlayymca.com

Day	Class		Time	Fee	Instructor	Location
Wed Cont.:	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 Multipurpose 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
Thurs	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
	ReFit	ReFit is a cardio dance program that engages the whole person: Body, Mind and Soul. Participants will find easy to learn movements during this hour long community centered program that focus on building relationships as well as endurance.	11 AM	M-\$16 NM-\$45	Kara Klink	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
	Barre/Stretch	Two classes in one. 30 minutes of movements utilizing the barre and other small equipment to tone, strengthen and lengthen muscles, followed by 30 minutes of deep relaxing stretch exercises to promote muscle recovery and flexibility.	5:30 PM	M-\$16 NM-\$45	Shari Hellman	Downtown Multipurpose RM
	Triple Tone (30 minutes)	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	Andrea Sertell	Downtown Aerobics Studio
	Group Cycling	Take your workout to the next level with this powerful interval cycling class.	9 AM	M-\$16 NM-\$45	Bonnie Ward	East Branch Cycling Studio
	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

Session Dates: October 24th–December 17th
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Group Exercise

Andrea Sertell, Healthy Living Director
asertell@findlayymca.com

Fri Cont.:	Power Stretch	This class will help you to strengthen and lengthen your muscles, improve your flexibility and mobility, and work on your endurance through moves inspired by Yoga, Pilates, and Tai Chi.	11:45 AM	M-\$16 NM-\$45	Becky Kupferberg	Downtown Multipurpose RM
Sat	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
	Cardio Burn & Tone	Get your heart pumping with exercises that focus on tightening and strengthening your core.	8:45 AM	M-FREE NM-\$45	Shari Hellman	Downtown Aerobic Studio

Session Dates: October 24th–December 17th
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Senior Programs

Andrea Sertell, Healthy Living Director
asertell@findlayymca.com

Day	Class		Time	Fee	Instructor	Location
Mon	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	Lynne Scott	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

Tues	SilverSneakers Stability	This 45 minute class is designed to help you become stronger and improve balance. Movements taught in this class focus on exercises to improve strength of the ankle, knee, and hip joints. This class is designed for fall prevention and is suitable for nearly all fitness levels.	1:30 PM	M-\$16 NM-\$45	Julie Kieffer	Downtown Aerobics Studio
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Wed	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	Lynne Scott	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

Fri	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	Andrea Sertell	Downtown Aerobics 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

Seniors may also be interested in these low impact classes: Yoga, Barre Express, Flex & Core, Barre, Refit, Barre/Stretch, Power Stretch, and Rev & Flow. Please refer to the Group Exercise section for information about these programs..

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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

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!



Y.

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, or YPAC Party. Brochure with more information available at the

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

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