



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

Session: Fall II



Session Dates: October 27 – December 13

Member Registration: October 6

Nonmember Registration: October 13

[Register HERE](#)

Next Session – Winter I
01/05–2/20



Member Registration will open
11/24

Table of Contents

Please use these clickable links to navigate our program brochure. Return to the table of contents by clicking the colored circle in the top right of each categories page.

General Information

Membership Information

Session Dates

Discovery Center & Y Pac

Adult Group Ex

Adult Aquatics

Adult Class Descriptions

Wellness and Personal Training

Toddler Activities

Book & Cook Events

Youth Enrichment

Youth Tennis

Adult Tennis

Youth Fitness

Youth Sports

Youth Aquatics

Birthday Parties

Y Knit & Quilt

Announcements

CPR

Events



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

**Welcome to the Y
where it is our mission
to put Christian
principles into practice
through programs that
build a healthy spirit,
mind, and body for ALL.**

Our Locations:

Downtown Branch
300 East Lincoln Street
419-422-4424

East Branch
1400 Manor Hill Road
419-422-9922

**Mary Brenner Child
Development Center**
231 East Lincoln Street
419-422-3174
(F) 419-422-9707

Fall/Winter Hours (Labor Day- Memorial Day):

Monday-Thursday 5 a.m.-10 p.m.
Friday 5 a.m.-9 p.m.
Saturday 7 a.m.-6 p.m.
Sunday 12-5 p.m.

CLOSED ON THANKSGIVING AND CHRISTMAS

CLOSING AT 3 P.M. ON CHRISTMAS EVE AND NEW YEAR'S EVE

*East Branch access will remain
available for 24/7 program
members.*

• 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 Rooms 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.

[View Member Handbook](#)

Contact Us:

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Membership Rates

EFFECTIVE JANUARY 1, 2025

	YOUTH \$20 PER MONTH	+One Time Join Fee \$10
	YOUNG ADULT \$33 PER MONTH	+One Time Join Fee \$25
	ADULT \$55 PER MONTH	+One Time Join Fee \$50
	TWO ADULT HOUSEHOLD \$75 PER MONTH	+One Time Join Fee \$70
	SINGLE PARENT FAMILY \$70 PER MONTH	+One Time Join Fee \$70
	FAMILY \$85 PER MONTH	+One Time Join Fee \$70

Financial Assistance

We believe everyone should have access to the Y. If you face financial barriers that prevent you from signing up for membership, please fill out an Open Doors application or contact Derek Draper at ddraper@findlayymca.com.

Insurance-based Memberships

Many insurance companies include Y membership at no out of pocket cost to you! Speak with a membership service representative to see if your insurance provider participates.

24/7 Access

The East Branch is now 24/7! If you are interested in having access to the East Branch outside our regular operating hours, please visit the front desk.

Fob fee: \$30 | Monthly access fee: \$10 | Annual access fee: \$120



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FINDLAY YMCA 2025 SESSION SCHEDULE

Work on creating a healthy **Mind**, **Body**, and **Spirit** all year long with seven-week programs at the Y. Registration opens two weeks prior to a session start date for members and one week prior for nonmembers.

If you'd like to try a class before signing up for a session, passes are available at the front desk. The cost to try a class is FREE for members and \$10 for nonmembers.



W I N T E R I

1/6-2/22



W I N T E R II

2/24-4/12



S P R I N G I

4/14-5/31



S P R I N G II

6/2-7/19



S U M M E R

7/21-9/6



F A L L I

9/8-10/25



F A L L II

10/27-12/13



Childcare is available during the time you are using the YMCA during these hours. No feeding or diapering. Parent/Guardian must remain in the Y at all times when your child is in the Discover Center/Y-Pac.

**Discovery
Center &
YPAC**

Discovery Center

Ages 6 weeks-6 years

Downtown Branch	
Hours	(Subject to change)
Monday-Friday	8:45 AM-12:15 PM
Monday-Thursday	4:30-7 PM
Saturday	8:30 AM-12:15 PM

East Branch	
Monday and Wednesday	5-7:15 PM
Tuesday and Thursday	8:45-11 AM
Friday	8:45-11:30 AM

Y-PAC

Downtown Branch Physical Activity Center for ages 7-13

- Gaming Bikes
- Strength and Cardio
- Dance and Step games
- Interactive Climbing
- Active Floor Games
- Active Wall Games

Hours	(Subject to change)
Monday-Thursday	4:30-7 PM
Saturday	8:30 AM - 12:15 PM

Discovery Center Questions: knelson@findlayymca.com
Y-PAC Questions: asertell@findlayymca.com



MONDAY

= Maximum Class Size

Adult
Group
Exercise

- **SilverSneakers® Chair Yoga 8-8:45 AM (Meets 2x per week)** 25

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Ellie Force

- **Cardio Fusion 9:15-10:15 AM (Meets 2x a week)** 25

Downtown Aerobic Studio | Non-members \$105 | Instructor Tonya Hayes

- **SilverSneakers® Classic 9:15-10 AM** 24

Downtown East Gym | Nonmembers \$95 | Instructor Deb Widman

- **Grab Bag HIIT 11:45 AM-12:15 PM (Meets 3x a week)** 25

Downtown Aerobic Studio | Non-members \$105 | Instructor Missy Lenhart

- **Enhance Fitness® 12-12:45 PM (Meets 2x per week)** 14

East Branch Aerobic Studio | Nonmembers \$95 | Instructor Andrea Sertell

- **Parkinson's Class - Rock Steady Boxing® 1-1:45 PM (Meets M & W)** 10

East Branch Aerobic Studio | Non-members \$105 | Instructor Andrea Sertell

- **Cardio Sculpt Extreme 5:30-6:30 PM** 25

Downtown Aerobic Studio | Non-members \$95 | Instructor Tonya Hayes

- **Yoga 5:30-6:30 PM** 28

Downtown Multipurpose Room | Non-members \$95 | Instructor Rhoda Sayre

- **Zumba 6:35-7:35 PM** 25

Downtown Aerobic Studio | Non-members \$95 | Instructor Gigi Romero

TUESDAY

- **Group Cycling 5:15-6 AM** 15

Downtown Cycling Studio | Non-members \$95 | Instructor Jenn Butler

- **AM Lift Off 6-7 AM** 15

Downtown Aerobic Studio | Non-members \$95 | Instructor Candice McQueen

- **Silver Sneakers® Stability 1:30-2:15 PM** 14

Downtown Aerobic Studio | Nonmembers \$95 | Instructor Julie Keiffer

Tuesday continued...

Adult
Group
Exercise

- **TRX 8-8:45 AM** ¹¹

East Branch TRX Studio | Nonmembers \$95 | Instructor Larry Jones

- **SilverSneakers® Chair Yoga 8:05-8:50 AM (Meet 2x per week)** ²⁵

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Hillary Coughlin

- **Sculpt/Tone 9:15-10:15 AM** ²⁵

Downtown Aerobic Studio | Nonmembers \$95 | Instructor Tonya Hayes

- **Mat Pilates 101 9:15-10 AM** ¹⁶

Downtown Multipurpose Room | Nonmembers \$95 | Instructor Kelsey Witte

- **Grab Bag Workout 11:45-12:15 AM (Meets 3x per week)** ²⁵

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Jen Studer

- **TRX Circuit 5:30-6:15 PM** ¹¹

East Branch TRX Studio | Nonmembers \$95 | Instructor Deb Widman

- **Classic Cardio 5:30-6:30 PM** ²⁵

Downtown Aerobic Studio | Nonmembers \$95 | Instructor Julie Kieffer

- **Triple Tone 6:30-7 PM** ²⁵

Downtown Aerobic Studio | Nonmembers \$85 | Instructor Julie Kieffer

- **Stretch & Restore 6:30-7:30 PM** ²⁵

Downtown Multipurpose Room | Nonmembers \$85 | Instructor Amber Baker

WEDNESDAY

- **Full Body Shred 5:15-6 AM** ²⁵

Downtown Aerobic Studio | Nonmembers \$95 | Instructor Jenn Butler

- **45 Minute Group Cycling 7-7:45 AM** ¹⁵

Downtown Cycling Studio | Nonmembers \$95 | Instructor Becky Kuferberg

- **SilverSneakers® Chair Yoga 8-8:45 AM (Meet 2x per week)** ²⁵

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Ellie Force

Wednesday Continued...

Adult
Group
Exercise

- **Rev + Flow 8:45–9:45 AM** 20

Downtown Multipurpose Room | Nonmembers \$95 | Instructor Kara Klink

- **Cardio Fusion 9:15–10:15 AM (Meets 2x per week)** 25

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Tonya Hayes

- **SilverSneakers® Classic 9:15–10 AM** 24

Downtown East Gym | Nonmembers \$95 | Instructor Deb Widman

- **Grab Bag Back & Core Workout 11:45 AM – 12 PM (Meets 3X per week)** 25

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Jen Studer

- **Enhance Fitness® 12–12:45 PM (Meets 2x per week)** 14

East Branch Aerobic Studio | Nonmembers \$95 | Instructor Lora Goebel

- **Parkinson's Class – Rock Steady Boxing® 1–1:45 PM (Meets M & W)** 10

East Branch Aerobic Studio | Nonmembers \$105 | Instructor Lora Goebel

- **Barre 5:30–6:15 PM** 14

Downtown Multipurpose Room | Nonmembers \$95 | Instructor Jessi Kempf

- **TRX 5:15–6 PM** 11

East Branch TRX Studio | Nonmembers \$95 | Instructor Larry Jones

- **Cardio Drumming 5:30–6:30 PM** 24

Downtown Aerobic Studio | Nonmembers \$95 | Instructor Patty Shaver

- **Women on Weights 6:35–7:35 PM** 12

East Branch Aerobic Studio | Nonmembers \$95 | Instructor varies

THURSDAY

- **Group Cycling 5:15–6 AM** 15

Downtown Cycling Studio | Nonmembers \$95 | Instructor Jenn Butler

Thursday Continued...

Adult
Group
Exercise

- **SilverSneakers® Chair Yoga 8:05–8:50 AM (Meet 2x per week)** 25
Downtown Aerobic Studio | Nonmembers \$105 | Instructor Hillary Coughlin

- **Power Toning 9:15–10:30 AM** 25
Downtown Aerobic Studio | Nonmembers \$95 | Instructor Tonya Hayes

- **Barre 9:15–10 AM** 15
Downtown Multipurpose Room | Nonmembers \$95 | Kelsey Witte

- **REFIT 11:30 AM – 12:15 PM** 20
Downtown Aerobic Studio | Nonmembers \$95 | Instructor Kara Klink

- **Yoga 5:30–6:30 PM** 28
Downtown Multipurpose Room | Nonmembers \$95 | Instructors Rhoda and Emmy

- **Classic Cardio 5:30–6:30 PM** 25
Downtown Aerobic Studio | Nonmembers \$95 | Instructor Julie Kieffer

- **Group Cycling 5:30–6:30 PM** 15
Downtown Cycling Studio | Nonmembers \$95 | Instructor Tonya Hayes

- **Triple Tone 6:30–7 PM** 25
Downtown Aerobic Studio | Nonmembers \$85 | Instructor Julie Kieffer

FRIDAY

- **Insanity! 5:15–6:15 AM** 25
Downtown Aerobic Studio | Nonmembers \$95 | Instructor Tonya Hayes

- **Y Strength 8:15–9 AM** 25
East Branch Aerobic Studio | Nonmembers \$95 | Instructor Elaine Wisebaker

Friday Continued...

**Adult
Group
Exercise**

- **Cycle & Core 9-10 AM** ¹⁵

East Branch Cycling Studio | Nonmembers \$95 | Instructor Bonnie Ward

- **Bounce 9:15-10:15 AM** ¹⁰

Downtown Aerobic Studio | Nonmembers \$95 | Instructor Tonya Hayes

- **Power Stretch 12-12:45 PM** ²⁰

Downtown Multipurpose Room | Nonmembers \$95 | Instructor Becky Kupferberg

SATURDAY

- **Group Cycle 7:15-8 AM** ¹⁵

Downtown Cycling Studio | Nonmembers \$95 | Instructor Julie Rebholz

- **TRX 8-8:45 AM** ¹¹

East Branch TRX Studio | Nonmembers \$95 | Instructor Larry Jones

- **Cardio & Strength 8:45-9:45 AM** ²⁵

Downtown Aerobic Studio | Nonmembers \$95 | Instructor Shari Hellman

- **Cycle & Core 10-11 AM** ¹⁵

Downtown Cycling Studio | Nonmembers \$95 | Instructors Audra and Nydia

SINGLE CLASSES

- **Classic Rock Cycle , Oct. 12, 12:30-1:30 PM**

East Branch Cycling Studio | Nonmembers \$10 | Instructor Becky Kupferberg

- **Running Form Workshop, Nov. 13, 5:30 PM**

Downtown West Pool Lounge | Nonmembers \$10 | Instructor Deanna Kiesel

- **Thankfulness Yoga, Nov. 22, 8-9 AM**

Downtown Multipurpose Room | Nonmembers \$10 | Instructor Emmy Beeson

Session Dates: October 27 - December 13
Member Registration: October 6
Nonmember Registration: October 13

For questions about Adult Group Exercise programs,
contact Andrea Sertell, Healthy Living Director, at:
asertell@findlayymca.com

= Maximum Class Size

Adult
Aquatics



Water Volleyball 18

- Monday, Wednesday, and Friday
10-11 AM

Downtown West Pool

Members FREE | Nonmembers \$95



Evening Dip 25

- Monday 6-7 PM

East Pool

Members \$25 | Nonmembers \$95



Morning Dip 25

- Monday 9-10 AM

East Pool

Members \$25 | Nonmembers \$95



**500/1000/1500/2000
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 500-, 1000-, 1500-, and 2000-mile marks.

Members only: FREE



Aqua Zumba® 18

- Tuesday 9-9:45 AM
- Thursday 9-9:45 AM

East Pool

Members \$25 | Nonmembers \$95

For questions about Aquatics programs, contact Jerry McNamee, Senior Program Director, at jmcnamee@findlayymca.com

See Class Descriptions pages for more details about aquatics classes.

Session Dates: October 27 – December 13

Member Registration: October 6

Nonmember Registration: October 13

Class Descriptions

Adult
Group
Exercise

AM Lift Off

This full-body workout fuses beginner-friendly weightlifting with modern movement to build functional strength, balance, and contro. Expect dynamic lifts, core-challenging combos, and sweat-worthy circuits that train your body to move better in real life. This is strength training that meets you where you are and pushes you forward.

Aqua Zumba®

Muscle conditioning, improved cardiovascular endurance, and muscle tone are practiced. Ideal for all fitness Levels. Non-swimmers welcome.

Barre

Barre is a non-impact class designed to strengthen, lengthen, tone, and balance the entire body utilizing the ballet barre and light props.

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!

Cardio & Strength

Participants will engage in high-energy cardio workouts complemented by strength training exercises. You can expect a mix of intervals, ensuring a balanced approach to both aerobic and muscular conditioning, making it suitable for participants of varying fitness levels.

Cardio Fusion

A fun class based on a variety of cardio moves with full-body toning and core in the mix to make this your all-in-one power hour workout! Cardio time length and toning equipment (dumbbells, bench, bands, balls, etc.) will vary from week to week but you will ALWAYS get a full-body workout to fire up your metabolism and build muscle! Modifications are offered to adjust for all fitness levels.

Cardio Drumming

A full body workout that uses drum sticks, a bucket, and yoga ball. Choreographed FUN routines to all types of music. Expect to burn up to 800 calories! No experience is needed, and all routines can be modified.

Cardio Sculpt Extreme

Two classes in one! Thirty minutes of extreme cardio followed by 30 minutes of toning in each class.

Classic Cardio

Class components consist of floor aerobic and strength training. All levels.

Cycle & Core

A multi-level, 30-minute interval class followed by 15 minutes of exercises to challenge and strengthen your core muscles.

Full Body Shred

Start your day by working every muscle in your body. A combination of arms, legs, core, and cardio moves will jumpstart your morning.

Grab Bag Workout

Mix up your lunchtime workout with this instructor's choice class.

Group Cycling

Take your workout to the next level with a powerful interval cycling class.

Insanity!

The most rewarding and intense workout that you will EVER try! Melt away fat; build a lean, hard body; and supercharge your energy.

Mat Pilates 101

Designed for the pilates beginner, this class focuses on engaging the mind, breath, and joy of movements to strengthen the muscles of the core including back, hips, glutes, and abdominals.

Morning Dip

A heart-pumping, cardio-packed class. Medium-high intensity. Swimmer and non-swimmers welcome.

Power Stretch

Through movements inspired by Yoga, Pilates, and Functional Fitness, this class will help you to strengthen and lengthen your muscles as well as increase the range of motion of your joints.

Power Toning

Full-body, hardcore training with a low impact combo of upper/lower body toning and stretching.

REFIT®

REFIT® is a 45-minute cardio-focused, inspiring class that combines powerful moves and positive music for an effective and FUN workout designed for everyBODY.

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.

Rock Steady Boxing®

The program enables people living with Parkinson's disease to fight their illness by providing non-contact, boxing-style fitness classes that improve their quality of life. An effective physical exercise program to dramatically improve mobility, balance, strength, and flexibility. An assessment is required prior to registration.

Sculpt/Tone

This class offers a variety of resistance training to get the full body burn! Every week we will focus on lower and upper body segments or in compound movements that really elevate that heartrate to stoke that metabolism and build muscle that we need for everyday functional living.

Strength for Women

Build strength and confidence in a supportive environment with our women's weightlifting class. Designed for all levels, this class focuses on proper form, technique, and progression to help you achieve your fitness goals.

Stretch & Restore

A total body mobility class using gentle stretches to release tension and restore balance. Each week features a new focus to help you move and feel your best.

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.

SilverSneakers® Classic

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants will utilize light weights, bands, and a ball.

SilverSneakers® Stability

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.

Triple Tone

A 30-minute class jammed packed with exercises to tone and strengthen 3 areas: upper body, core, and lower body.

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!

NOTE: First time TRX participants should arrive 15 minutes early to the first class.

Water Volleyball

Recreational rules. A great social environment. Get your workout by cheering and laughing. Great for all!

Women on Weights

Find your inner strength in this dynamic weightlifting class for women. Whether you're a beginner or looking to level up, you'll learn essential techniques and build power in a motivating, women-focused space.

Yoga

Multi-level yoga class for strength, flexibility, endurance, and balance.

Body Composition

Find your BMR, which is a great guide to enhance your personal well-being. Make an appointment with one of our Wellness Center staff. Members only: FREE

Blood Pressure

Checks

Blood pressure checks are available upon request in the Wellness Center.

Wellness

Personal Training

One-on-one personal training sessions for those taking their workout to the next level. Sport-specific training (13 & up) for the athlete and personal TRX training is also available. Members 1/\$35 or 10/\$300 | Nonmembers 1/\$65 or 10/\$550.

Group Personal Training

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. Members Only \$1/\$40 or 10/\$350.

Health Coaching with Audra

Meet with Audra Oglesbee, Functional Medicine Certified Health Coach, for individually focused sessions on reaching your optimal health. Sessions with Audra will provide insight and information regarding evidence-based guidelines on modifiable lifestyle factors.

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 each 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. Members only: \$110/month.

Who?

Adults 18+ with a desire to create and live a healthier lifestyle

How?

Monthlong/ongoing program meeting at least 2x a week

What?

Group-based program (5 people), physical activity training sessions to assist in overall health.

When/Where?

YMCA sets location for required workouts.

**Contact Andrea Sertell, Healthy Living
Director, at asertell@findlayymca.com
to set up an appointment!**

Session Dates: October 27 – December 13

Member Registration: October 6

Nonmember Registration: October 13

**Youth
Enrichment**

**For questions about toddler activities, contact Kristy Nelson, Youth and Family Enrichment Coordinator, at knelson@findlayymca.com
Members \$25 | Nonmembers \$95 (unless otherwise noted)**

 = Maximum Class Size

Toddler Boot Camp **Ages 2-6**

Join Toddler Bootcamp for ages 2-6, where toddlers can move and burn energy through fun exercises, obstacle courses, music, and games. Each session builds strength, balance, coordination, and confidence while promoting listening skills and teamwork. Expect giggles, movement, and fun in a supportive environment. Staff can escort children to and from the Discovery Center upon request.

- Tuesday 9:50-10:20 AM
- Downtown East Gym

Toddler Art Zone **Ages 2-6**

Join our Toddler Art Class for kids aged 2-6 and their grown-ups! Enjoy playful, hands-on projects that encourage creativity and support early development using various materials. Parents will bond with their little artists while they develop skills in a mess-friendly environment. No experience needed—just come ready for fun!

- Tuesday 10:30-11 AM
- Downtown Teen Center

Toddler Music Mania **Ages 2-5**

Join us for an energetic class for kids aged 2-5 to explore music through singing, dancing, rhythm games, and instrument play. It fosters early listening, coordination, and language skills in a fun, social atmosphere with catchy songs and interactive activities. No musical experience required—just bring your enthusiasm!

- Thursday 10:30-11 AM & 4:30-5 PM
- Downtown Teen Center

Littlest Chef **Ages 2-6**

A fun hands-on cooking class designed especially for young aspiring chefs! This engaging class introduces children to the joys of cooking while building essential kitchen skills in a safe and supportive environment.

- Thursday 9:45-10:15 AM
- Downtown Teen Center

Session Dates: October 27 – December 13

Member Registration: October 6

Nonmember Registration: October 13

**Youth
Enrichment**

**For questions about Youth Enrichment Activities, contact Kristy Nelson,
Youth and Family Enrichment Coordinator, at knelson@findlayymca.com
Members \$25 | Nonmembers \$95**

= Maximum Class Size

Little Chef

Ages 4-11 ¹⁵

A fun and laid-back class that teaches new skills and reinforces the basics, these mouth-watering sessions will leave your child hungry for more cooking-inspired learning!

- Thursday 5:15-6 PM
- Downtown Teen Center

Homeschool Chef

Ages 6-12 ¹⁵

A fun and laid-back class that teaches new skills and reinforces the basics, these mouth-watering sessions will leave your child hungry for more cooking-inspired learning!

- Thursday 11:15 AM-12 PM
- Downtown Teen Center

Homeschool Gym

Ages 6-12 ²⁰

Our Homeschool Gym Class offers a structured and fun physical education experience specifically for homeschooled students.

- Tuesday 11:15 AM - 12 PM
- Downtown East Gym

Beginning Ballet

(Ages 3-4) ¹²

Students will learn the fundamentals of ballet movements while focusing on technique, balance, and foot and arm positions.
Location: Downtown Branch Multipurpose Room.

- Tuesday 4:15-4:45 PM
- Tuesday 4:45-5:15 PM

Members \$25 | Nonmembers \$95

Special Activities

Book & Cook: "How to Catch a Turkey" by Adam Wallace and Andy Elkerton
Sunday, Nov. 23, 1-2 PM , Downtown Branch Teen Center
Members \$25 | Nonmembers \$95

Join us for a festive story time and cooking adventure! We'll read the hilarious tale, "How to Catch a Turkey," and then whip up a fun, Thanksgiving-inspired snack followed by a game and Thanksgiving craft.

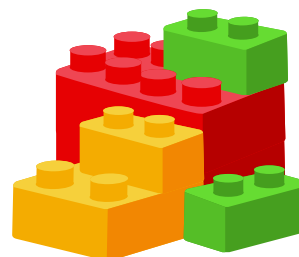


Donuts with Santa
Saturday, Dec. 6, 8:30-11 AM, Downtown Branch
Members \$5 | Nonmembers \$10

Families are invited to kick off the season with a sweet morning that includes donuts and pictures with Santa. Kids will also create a special bag of reindeer food to take home. Each family member must register separately.

Bricks & Bells (Ages 6-13)
Sunday, Dec. 7, 2-3 PM, Downtown Branch
Members \$5 | Nonmembers \$10

Celebrate the holiday season and build memories – one brick at a time – at Bricks & Bells! Kids will build and take home their own festive Lego Christmas-themed kit, play games, and enjoy tasty holiday snacks. Registration deadline ends Dec. 1.



Christmas Parents' Night Out
Friday, Dec. 12, 5-8 PM, Downtown Branch
Members \$25 | Nonmembers \$95

Give yourself the gift of a night off this holiday seasons! Drop the kids off for an evening filled with Christmas fun, including festive games, crafts, and activities designed to keep them laughing, playing, and celebrating the season. Pizza will be served for dinner. While the kids enjoy a merry night together, parents can take time to shop, wrap gifts, or simply relax.

Book & Cook: "Gingerbread Baby" by Jan Brett
Sunday, Dec. 14, 2-3 PM , Downtown Branch Teen Center
Members \$25 | Nonmembers \$95

Step into the magic of the season with a cozy story time and holiday fun! We'll read Jan Brett's classic "Gingerbread Baby," then decorate festive Christmas cookies and enjoy hands-on holiday activities. Kids will love bringing the story to life while making sweet memories to celebrate the season.



**For questions about family enrichment programs,
contact Kristy Nelson, Youth and Family Enrichment Coordinator, at
knelson@findlayymca.com**

Junior Tennis Classes

Youth
Tennis

All tennis classes take place inside at the East Branch YMCA.

NO CLASSES the week of Nov. 24 (all charges reflect 6 weeks)

= Maximum Class Size

Red Ball (Ages 4-7) 30

- Tuesday 5-5:30 PM
- Thursday 5-5:30 PM

Members \$42 | Nonmembers \$60

Intermediate (Ages 11-14) 8

- Monday 5-6:30 PM
- Wednesday 5-6:30 PM

Members \$126 | Nonmembers \$180

Orange Ball (Ages 8-12) 30

- Tuesday 5:30-6:30 PM
- Thursday 5:30-6:30 PM

Members \$84 | Nonmembers \$120

Advanced (Ages 14-18) 8

- Monday 5-6:30 PM
- Wednesday 5-6:30 PM

Members \$126 | Nonmembers \$180

Green Ball (Ages 9-12) 30

- Tuesday 5:30-6:30 PM
- Thursday 5:30-6:30 PM

Members \$84 | Nonmembers \$120



Youth classes are formatted by age. Players will be grouped by skill level if they demonstrate the requisite skill level as determined by our tennis staff. Intermediate and Advanced Classes will be combined for this session.

Session Dates: October 27 – December 13
Member Registration: October 6
Nonmember Registration: October 13

For questions about tennis programs, please contact Elizabeth Hadler, Director of Racquet Sports and Head Pro, at elizabeth_hadler@yahoo.com

Adult Tennis Classes

Adult
Tennis &
Pickleball

All tennis classes take place inside at the East Branch YMCA.

NO CLASSES the week of Nov. 24 (all charges reflect 6 weeks)

= Maximum Class Size

Adult Beginner ⁸

- Monday 6:30-7:30 PM
- Tuesday 10-11 AM
- Thursday 10:30-11:30 AM

Members \$84 | Nonmembers \$120

Drill NTRP Rating 3.0/3.5 ⁸

- Monday 9-10:30 AM
- Wednesday 6:30-8 PM
- Thursday 9-10:30 AM

Members \$126 | Nonmembers \$180

Cardio Tennis ¹⁶

Tennis class designed for adults of all levels looking to get a workout playing tennis.

- Tuesday 11 AM-12 PM
- Thursday 6:30-7:30 PM

Members \$84 | Nonmembers \$120

Shot of the Day ¹⁶

Groundstrokes, slice, volleys, serves, returns, chip and chare.

- Monday 10:30-11:30 AM

Members \$84 | Nonmembers \$120

*NEW: Sunrise Drill (more methodical) ⁸

- Wednesday 8:30-9:30 AM

Members \$84 | Nonmembers \$120



Adult Drill Classes are subject to change.

Session Dates: October 27 - December 13

Member Registration: October 6

Nonmember Registration: October 13

For questions about tennis programs, please contact Elizabeth Hadler, Director of Racquet Sports and Head Pro, at elizabeth_hadler@yahoo.com

= Maximum Class Size

Youth
Fitness

Sport Lift ¹⁵

Ages 11-15

Learn how to build strength with a program that focuses on frequency, intensity, time, and type.

- Tuesday 5 PM

Downtown Personal Training Room

Members \$25 | Nonmembers \$95

*This program counts as credit for Teen Strength Training



Teen Fitness Orientation

Ages 12-15

Free program for members only. Mandatory training program for all youth members to use the Wellness facilities. Learn gym etiquette and how to use the equipment in the Wellness area. Contact Andrea Sertell to schedule.

Downtown Wellness Center

Teen TRX ¹¹

Ages 10-15

This class will help you build strength, balance, flexibility, and core stability.

- Wednesday 4:30 PM

East Branch TRX Studio

Members \$25 | Nonmembers \$95

Session Dates: October 27 - December 13

Member Registration: October 6

Nonmember Registration: October 13

= Maximum Class Size

Youth
Fitness

Burn & Build ¹⁵

Boys 10-13 | Boys 14-17

Get ready to challenge yourself in this dynamic fitness class designed specifically for young boys. We will complete a high energy workout combining strength training and cardio exercises. Using battling ropes, boxing equipment and weights. The class focuses on building muscle, increasing endurance and burning calories.

- 14-17 Year Olds: Mondays 4:30 PM
- 10-13 Year Olds: Mondays 5:15 PM

East Branch Aerobic Room

Members \$25 | Nonmembers \$95



**For questions about youth fitness programs, contact Andrea Sertell,
Healthy Living Director, at asertell@findlayymca.com.**

Session Dates: October 27 – December 13

Member Registration: October 6

Nonmember Registration: October 13

All Judo and Gymnastics classes take place on the upper level of the East Branch. # = Maximum Class Size

Judo

Little Samurai (Ages 5-8) 24

Participants will learn basic motor skills, teamwork, and basic judo techniques.

- Tuesday and Thursday 6-6:30 PM

Members \$25 | Nonmembers \$95

Gymnastics

Tumbling Together (Ages 2-3) 12

This is an adult/child interactive class. The instructor will lead the class while the adult assists the child following an obstacle course focusing on beginning gymnastics positions and skills, direction following, turn taking, and allowing for interactions with peers.

- Monday 6-6:45 PM

Members \$25 | Nonmembers \$95

Intro to Gymnastics 12 (Ages 6-12)

This is a beginner class for those who have little or no gymnastics experience. Skills include rolling, cartwheels, round-offs, handstands, bridging, back bends, and board bouncing as well as skills on the balance beam and single rail bar. As skills are mastered, new skills will be introduced and recommendations will be made to move to the next level.

- Monday 7-8 PM
- Wednesday 5-5:45 PM

Members \$25 | Nonmembers \$95

Youth Judo (Ages 9-12) 24

Skills taught: Ground pinning and restraining techniques, throwing techniques, and a variety of repeated practice drill elements for building of muscle strength and endurance.

- Tuesday and Thursday 6:45-8 PM

Members \$25 | Nonmembers \$95

Tumbling Tots (Ages 3-5) 12

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!

- Mondays 5-5:45 PM
- Wednesday 6-6:45 PM

Members \$25 | Nonmembers \$95

Gymnastics 1 & 2 (Ages 6-14) 12

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.

- Wednesday 7-8 PM

Members \$25 | Nonmembers \$95

Session Dates: October 27 - December 13

Member Registration: October 6

Nonmember Registration: October 13

Tiny Tot Basketball

This program prepares children and their parents for organized basketball programs without the threat of competition or the fear of getting hurt. Parents and children work one-on-one during this class. Parents and children who are participating must bring a clean pair of tennis shoes for this program.

- Ages 2-4
- Wednesday 5-5:30 PM
- Downtown East Gym

Members \$25 | Nonmembers \$95

Competitive Basketball

The Competitive Youth Basketball League for grades 3-6 can practice up to twice a week and will play one game on Saturdays at various locations.

Practice times and locations are set by coaches. Team records are kept throughout the season. The season will conclude with a tournament for the 5th & 6th Grade Divisions.

See the Youth Sports Calendar on the following page for more information!



For questions about youth sports, contact Quinn Gable, Sports Director, at qgable@findlayymca.com.

Session Dates: October 27 – December 13

Member Registration: October 6

Nonmember Registration: October 6

FINDLAY FAMILY YMCA

2025 YOUTH SPORTS CALENDAR

Contact: Quinn Gable, Sports Director
 qgable@findlayymca.com 419-422-4424

SPRING

	Season Dates	Registration Dates	YMCA Member	Non-Member Participant	Age/Grade
Outdoor Soccer Little Kicker-U10	4/14-5/23	1/1-3/17	\$25	\$95	Born 2015-2020
Outdoor Soccer U12-U15	3/10-5/25	1/1-2/10	\$25	\$95	Born 2014-2016
Flag Football	4/14-5/15	2/10-3/17	\$25	\$95	Pre-K-6th

SUMMER

T-Ball	7/14-8/14	5/12-6/23	\$25	\$95	Pre KK
Coach Pitch	7/22-8/22	5/12-6/23	\$25	\$95	1st-2nd

FALL

Outdoor Soccer Little Kicker-U10	9/2-10/17	6/1-8/11	\$25	\$95	Born 2021-2016
Outdoor Soccer U12-U15	8/18-10/24	6/1-7/7	\$25	\$95	Born 2010-2015
★ Indoor Soccer U5-U6	10/26-12/14	8/4-10/7	\$25	\$95	Pre K-K
★ Basketball	10/26-12/14	8/4-10/7	\$25	\$95	Pre K-6th
★ Flag Football	9/8-10/9	7/15-8/22	\$25	\$95	Pre K-2nd

WINTER

Competitive Basketball	January 2026	11/3-12/15	\$25	\$95	3rd-6th
Volleyball	February 2026	1/2-2/5	\$25	\$95	3rd-6th
Indoor Soccer U8-U10	January 2026	11/3-12/15	\$25	\$95	Grades 1-3

For more information visit: www.findlayymca.org

RED CROSS CLASSES

Adult & Pediatric
First Aid & CPR/AED



Thursday, Nov. 20

4-8 p.m.

West Pool Lounge

Members \$80 | Nonmembers \$120

Tai Chi for Diabetes



FREE FOR EVERYONE!

Must preregister at either the Downtown Branch front desk or at findlayymca.org. Nonmembers email Andrea Sertell, Healthy Living Director, at: asertell@findlayymca.com

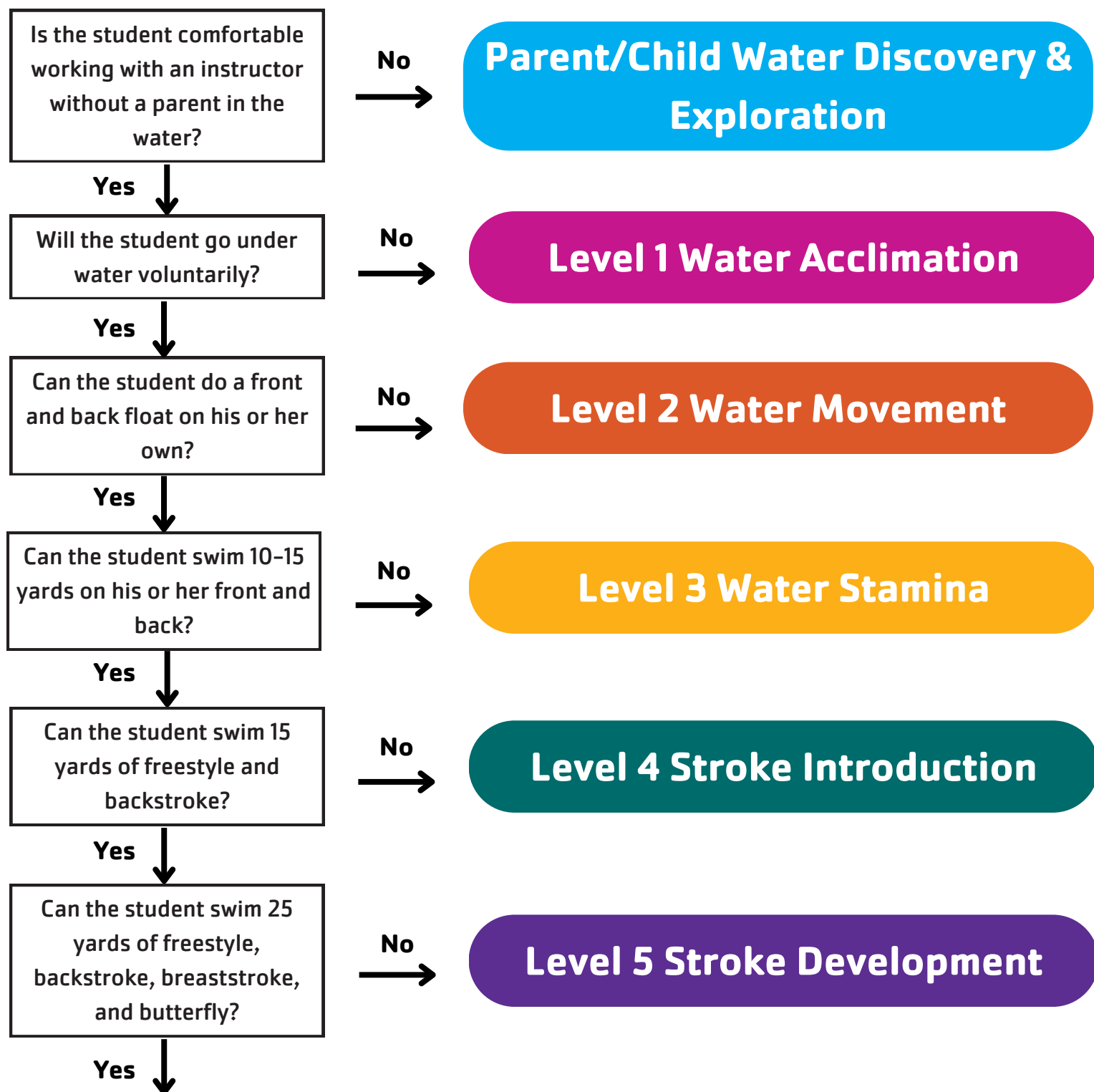
When: Mondays and Wednesdays,
Oct. 20-Dec. 10, 3-4 PM

Where: Downtown Branch – Aerobics Room

Offered in partnership with the Area Agency on Aging, Tai Chi for Diabetes is an evidence-based group program that focuses on improving the control of diabetes. The program utilizes Tai Chi's Yang and Sun Style for their ability to improve relaxation, enhance balance, and improve quality of life. It's great for those with diabetes and for those without. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and offer a variety of combinations.

Our swim lessons are structured to best serve our students at every learning level and to help them progress. To determine which class your child should be in, please refer to our flow chart. We are excited to offer this program and look forward to helping your child become a skilled and confident swimmer!

Youth
Aquatics



For questions about swim lessons,
contact Katie Ferren:
katief@findlayymca.com

All swim lessons take place in the Downtown East Pool.

Members: \$25 | Nonmembers: \$95

Youth
Aquatics

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

0 – Water Discovery & Exploration

Parents accompany children in Water Discovery & Exploration, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Parents will work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

- Tuesday 11–11:30AM ¹²
- Tuesday 5:30–6 PM ¹²
- Wednesday 5:30–6 PM ¹²
- Saturday 8:30–9 AM ¹²

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 – Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

First session: October 27–November 20

Second session: November 26–December 13

Twice-per-week class: ¹⁰

- Wednesday 6–6:30 PM
- Thursday 6–6:30 PM

Once-per-week class for regular Fall Session: ⁶

- Tuesday 11:30–12 PM
- Tuesday 6–6:30 PM
- Saturday 8:30–9 AM



All swim lessons take place in the Downtown East Pool.

Members: \$25 | Nonmembers: \$95

Youth
Aquatics

2 – Water Movement

In level 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

- Tuesday 5:30–6 PM 6
- Tuesday 6:30–7 PM 6
- Wednesday 5:30–6 PM 6
- Thursday 6:30–7 PM 6
- Saturday 9–9:30 AM 10

3 – Water Stamina

In level 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

- Tuesday 6–6:30 PM 6
- Wednesday 6:30–7 PM 6
- Thursday 6:30–7 PM 6
- Saturday 9:30–10 AM 6

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity

4 – Stroke Introduction

Students in level 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

- Tuesday 6:30–7 PM 8
- Wednesday 6:30–7 PM 6
- Thursday 5:30–6 PM 8
- Saturday 9:30–10 AM 8



All swim lessons take place in the Downtown East Pool.

Members: \$25 | Nonmembers: \$95

Youth
Aquatics

5 - StrokeDevelopment

Students in level 5 Swim Lessons focus on refining strokes, increasing endurance, and improving technique in all major swim styles. Perfect for advanced swimmers ready to build confidence and swim proficiency.

- Thursday 5:30-6 PM 12



Session Dates: October 27 - December 13
Member Registration: October 6
Nonmember Registration: October 13

For questions about swim lessons, contact Katie
Ferren at katief@findlayymca.com

Swim Team



FALL/WINTER SEASON

Bronze Frogs

Complete 25 yards of a legal freestyle and backstroke with a basic understanding of breaststroke and butterfly.

Silver Frogs

Able to legally complete 50 yards of all four strokes and complete 5 x 100 yards on a specific interval.

Gold Frogs

Able to legally and efficiently race 100 yards of all four strokes and complete 10 x 100 yards on a specific interval.

At the start of each session, swimmers are assessed for placement in the appropriate training group based on ability, maturity, focus and level of commitment. Placement is done for individual development and to ensure optimal coaching quality and safety.

For more
information about
swim team, scan:



A two-week free trial period is available for new swimmers. Swim team practice times and fees vary by group.

Please go to <https://www.gomotionapp.com/team/ohfast/page/swimmer-info/practice-schedules> for practice times.

All swimmers must be a Findlay YMCA member

For questions about the swim team, contact Head Coach Jeff Wobser at jwobser@findlayymca.com



Birthday Parties

at the Findlay Y



Choose from three fun party packages!
A YMCA Party host will greet you and assist with your party needs!



For more information about Birthday and Special Event Party Packages, contact Kristy Nelson at knelson@findlayymca.com. An in-person appointment must be made to book parties. Payment in full is required at the time of booking.

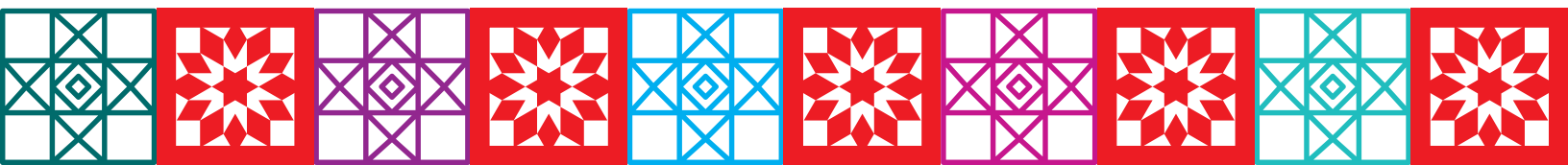
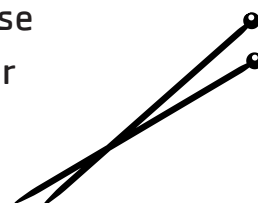


Y Knit & Quilt

Make friends while quilting and knitting or while LEARNING how to quilt and knit! Work on your own projects at your own pace in the company of other handcrafters. Several times a year, special projects are completed as a group.

Tuesday 3:30–7 pm
West Pool Lounge
Members: FREE
Nonmembers: \$2 per visit

Drop-ins welcome! Please stop at the desk on your way in.



SPECIAL ANNOUNCEMENTS:



- The hot tub is closed the first Thursday of every month for general maintenance and deep cleaning.
- The new Early Learning Center will be opening in early November!
- 24/7 access available at the East Branch!

**TO STAY UP TO DATE WITH FINDLAY YMCA HAPPENINGS,
SIGN UP FOR MONTHLY NEWSLETTERS FROM THE
FINDLAY YMCA FROM THE BOTTOM OF OUR HOMEPAGE.**

**SIGN UP FOR OUR
MAILING LIST!**



SAVE THE DATES

Follow us on socials!



@findlayymca

Men Who Cook

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**11.01.2025
6-9 PM**

Findlay Inn & Conference
Center

**Early Learning
Center Grand
Opening**

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**11.07.2025
4:30-7 PM**

ELC

**Donuts with
Santa**

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**12.06.2025
8:30-11 AM**

Downtown Branch

**Christmas
Parents' Night
Out**

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**12.12.2025
5-8 PM**

Downtown Branch