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FINDLAY FAMILY YMCA NEWS



NEW YEAR. NEW HABITS

7 week YMCA Fitness Challenge / January 23rd-March 12

Over the 7 weeks you will:

- Record food intake, workouts and progression
- Meet with a trainer once a week for coaching and high impact workout
- Prizes will be awarded for 1st, 2nd & 3rd place winners based on total weight loss
- Weigh In: week of January 23rd / Weight Out: week of March 6th
- Informational meeting on January 19th at 6 pm at the Downtown Branch

Contact Kallie Allen for more information at kallen@findlayymca.com or call 419-422-4424

NEW EQUIPMENT for 2017

Come and check out the new equipment we have at both of our branches:

Downtown Branch:

- Precor Upright Bike
- Precor Cross Functional Glide
- Star Trac Gauntlet

East Branch:

- Precor Treadmill
- 2 Precor Recumbent Bikes
- Star Trac Free Climber



For more information contact Stephanie Parsons at sparsons@findlayymca.com or 419-422-4424

CAMP MOVE IT

Strong Minds, Strong Hearts, Strong Bodies

January 23rd-March 16th
Promoting Healthy lifestyle Changes

Monday Session 6:30-7:15 pm - Kids only
Thursday Session 6:30-8 pm - Kids & Adults
(Participant's guardian MUST attend Thursday Session)

- For ages 8-12
- Fun activities, games and socializing
- Develop healthier habits
- Experience exciting challenges
- Delicious Snacks

Fee: Members \$20 & Program Participants \$30

For more information contact Chandlar Henry at chenry@findlayymca.com or 419-422-4424



SPORTS

Adult Volleyball

Join us for informal games, fun and exercise. Participants of all levels welcome to attend.

FREE for Members and \$15 for Program Participants

Contact Jerry McNamee for more information at jmcnamee@findlayymca.com or call 419-422-4424

Adult Open Badminton

Join us for informal games, fun and exercise. Participants of all levels welcome to attend. Participants must bring own racquet. FREE for Members and \$15 for Program Participants

Contact Jerry McNamee for more information at jmcnamee@findlayymca.com or call 419-422-4424



PARENT'S NIGHT OUT

Date Night for You ... Great Night for Them!

Saturday, January 28th / 5-9 pm

- Children will enjoy exciting games in the gym, crafts, light snack and a movie.
- Parent's can drop off their children beginning at 4:30 pm
- Must sign a waiver before leaving drop off.
- There will be a \$5 last fee for every half hour that you are late to pick up children.



Fee: Members \$15/child & Program Participants \$30/child

For more information contact Chandlar Hentry at chenry@findlayymca.com or 419-422-4424

2016 ANNUAL MEETING

The following individuals are being asked to consider nomination for election to serve a three year seat on the YMCA Board of Directors:

- Anthony Hixon
- Tom Zaciewski, MD
- Brandi Laurita

The Board of Directors will be making appointments to the board in 2017, each for a term at listed:

Three Years:

- JJ Preston
- Brad Longberry
- Paul Worstell
- Mike Leland

One Year:

- Chris Webb
- Kurt Heminger
- Denise Thomas
- Ben Anderson

Nominated 2017 Slate of Officers:

- Mike Needler, Jr, President
- JJ Preston, Vice President
- Denise Thomas, Secretary
- Jamie Stall, Treasurer
- Brent Finlay, CEO

Election of the new board members takes place at the Annual Meeting that will be held on Tuesday, January 31st at Blanchard Valley Hospital Marathon Auditorium beginning at 11:30

a.m. All YMCA members are welcome to attend. If you are interested in attending please RSVP to Vicki Montgomery by Thursday, January 26th at vmontgomery@findlayymca.com or 419-422-4424.

Join the YMCA during the month of January and we'll waive the Joiners Fee - A savings of up to \$70.00!

JOIN
NOW!

STAY CONNECTED

