



FINDLAY FAMILY YMCA January 2018 NEWS

Dates to Remember

- *January 30th - Annual Meeting 11:30 am @ Blanchard Valley Health Systems Marathon Auditorium*
 - *February 5th - Member Registration begins*
 - *February 12th - Program Participant Registration begins*
 - *February 19th - Winter II Programs begin*
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MEMBERSHIP SPECIAL!

INVEST IN YOUR SELF.

the YIMCA

TWO LOCATIONS FOR ONE PRICE

\$0 JANUARY
JOINER FEE

FREE CHILD WATCH,
MEMBER PROGRAM
DISCOUNTS, FREE WELLNESS
PROGRAM-ACTIVTRAX AND
MANY FREE GROUP CLASSES.

PROGRAM NEWS:

Tennis: New clinics have been added to the tennis lineup. Monday, Wednesday or Friday at 11 am. Contact Bob Cook, Tennis Coordinator for more information.

TennisFit begins with Winter II session. Great option for those who want a change of venue for their cardio workout! Look for more new and fun tennis options coming with Winter II Programs!

Babysitting Training - NEW - for youth who are planning to babysit. We'll give them the knowledge and skills necessary to safely and responsibly give care for children and infants. The recommended age for this course is 11 years

and older. For more information click [here](#) for a registration form or [contact Amanda Doty, Safety Coordinator](#).

LIVESTRONG - NEW

Begins February 20th on Tuesday & Thursdays at 11:30 a.m. at the East Branch. LIVESTRONG at the YMCA assists those who are living with, through, or beyond cancer to strengthen the LIVESTRONG at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue. It is open to adults 18 years and older.

PERSONAL TRAINING

Need some extra motivation and accountability to keep moving forward on your health journey? Have you hit a plateau in your workouts and weight loss? Personal training may be just what you need!! For the months of February and March, buy 10 session, get 2 session FREE!

ActivTrax - DROP 5

The holidays are behind us and it's time to follow through on that New Year's Resolution!!

For every pound lost during the Month of February, earn 100 points. Once you have earned 500 points, you will earn a Y prize!! So what are you waiting for... Sign up for an ActivTrax appointment today to get started!

TRIATHLON SWIM MULTI-SORT CLINIC

Join us and learn to train all 3 tri disciplines the right way to get fast. Intended for beginner to intermediate swimmers focusing on freestyle or triathlon swimming. We will break down freestyle techniques into simple components. The in-water instruction will include stroke work and drills that teach each swimmer how to feel the water in a new way and create new muscle memory for long-lasting technique improvements. We will film each swimmer from two underwater angles and review footage as a group to discuss what each swimmer can improve to become their best.

When: March 18th Time: 11:45 am-4 pm

Fee: \$55 per person / Bring swim suit



[Visit our website for more information.](#)

HELP WANTED: LIFEGUARDS

- Must have a current American Red Cross Lifeguarding Certificate and prior experience is a plus. Flexible hours, free Y membership and pay is above minimum wage. We work around school, sports and extracurricular activities. We are in the most need of early to mid-afternoon hours 5:30 am-2 pm, Monday-Friday. We will train you at a minimal cost.

SWIM INSTRUCTORS

- Must be over the age of 16 and enjoy water and helping children ages 3-14 years. Must be able to swim and be available between the hours of 4:30-6:15 pm. No certificate is needed for swim instructors but a CPR certification is a plus. Apply in person at the Findlay YMCA or send a resume to hr@findlayymca.com.

University of Findlay YMCA Night!

The University of Findlay showcased our YMCA Youth Basketball League with our kids playing at a U of F game! Lots of fun for the kids of the YMCA.



Jingle Bell Jog



The 2017 Great Scot YMCA Jingle Bell Jog raised \$6,000 for the Y's Endowment - helping keep the Y strong forever in our community. The Y's Heritage Society is a group of dedicated Y supporters that have pledged to support the Y's Endowment through planned giving. If you are interested in joining this group, please contact: Jennifer Treece, Development Director - 419-422-4424 or jtreece@findlayymca.com.

Meet Bob Cook, NEW Tennis Coordinator

Bob loves seeing people use tennis for different reasons. Fitness, time with family, social connections. It's a great vehicle for so many reasons.

In his opinion the key to our YMCA is the employees and volunteers. They are committed to helping our members become better people, and that in turn helps our community. One of Bob's goals is to see the tennis program and the East Branch facility continue to grow in popularity.



Bob is married: wife Kate, two children Emma and William. They enjoy traveling to see family and spending time together.

Hancock Soccer Association and the YMCA have merged!

Hancock Soccer Association has been serving the youth of Hancock County with recreational soccer since 1970.

Beginning with the Spring 2018 season, HSA

Recreational Soccer will be under the umbrella of the Findlay Family YMCA. Both the YMCA and HSA have a history of strong commitment to area youth. Recreation Soccer will continue to serve area youth ages 3-17 interested in learning soccer skills, building social relationships, and



implementing teamwork through healthy competition. The infrastructure and commitment of the YMCA will allow for the recreational soccer program to better serve the youth of Hancock County and take the development of soccer skills and team skills to a new higher level for players to reach their potential.

For over 130 years the YMCA has been serving children and families with cause driven programs that focus on developing skills and core values. "We are excited to carry on the traditions and honor the history of the Hancock Soccer Association, our work in youth development and program excellence serving over 3000 area children will be a focal point of our efforts, said Brent Finlay YMCA President." The recreational soccer program will continue to be a member of Ohio Youth Soccer Association North (OYSAN), United States Youth Soccer Association and the YMCA of the USA, as well as continued affiliation with United States Soccer Federation and will continue to operate under the rules and regulations established by these governing bodies.

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

2017 YMCA ANNUAL MEETING

You are cordially invited to the
**2017 Findlay Family YMCA
Annual Meeting**

January 30, 2018 beginning at 11:30 am
at Blanchard Valley Health Systems Marathon Auditorium
[Please RSVP to by replying to this email by Thursday, Jan. 25th or
call the YMCA 419-422-4424 and ask for Vicki.](#)

We hope to see you there.

Business will include:

- *Review of 2017
- *Presentation of Awards
- *Election, Appointments and Introductions of new YMCA Board members.

Nominated 2018 Slate of Officers:

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|--------------------|----------------|
| - | |
| JJ Preston | President |
| Christian Pedersen | Vice President |
| Christy Kisseberth | Secretary |
| Jamie Stall | Treasurer |
| Brent Finlay | CEO |

[VISIT OUR WEBSITE](#)