

# FINDLAY FAMILY YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## WINTER I PROGRAM SESSION Program Session Dates & Registration Dates

**Session I: January 2nd-February 17th**  
Member Registration: Mon, Dec 4th  
Program Participant Registration: Mon, Dec 11th





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## FACILITIES

### HOURS of OPERATION

Monday - Thursday	5 am - 10 pm
Friday	5 am - 9 pm
Saturday	7 am - 8 pm
Sunday	1-6 pm

### FACILITY CLOSINGS

- Nov 23rd Downtown CLOSED & East Branch OPEN 8-11 am
- Dec 24th & 25th All Branches CLOSED for Christmas
- Dec 31st All Branches OPEN 1-5 PM for New Year's Eve
- Jan 1st Downtown CLOSED & Downtown Branch OPEN 8:30 AM-12 PM

## YMCA Mission

*To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*



## ABOUT US...Locations

Association Office: 300 E Lincoln Street, Findlay, OH 45840  
P 419-422-4424 F 419-422-8249

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 should be at or above generally accepted standard of conduct.

### VOLUNTEER AT THE Y

The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. Each of our volunteers helps deliver the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it. Contact the YMCA for more information about our volunteer opportunities.

[www.findlayymca.org](http://www.findlayymca.org)

Sign up for Text or Email Alerts for closings & cancellations for the YMCA and the Child Development Center by going to [www.findlayymca.org](http://www.findlayymca.org)

## CONTACT US...

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# MEMBERSHIP RATES

## MEMBERSHIP RATES (Tax not included)

TYPE	FEIF*	MONTHLY**
Youth 10 yrs-HS	\$10	\$12.53
Young Adult 18-26 years	\$25	\$26.21
Adult	\$50	\$43.92
Forever Active Adult 60+ yrs***	\$50	\$43.92
Single Parent	\$70	\$53.14
Couples/Family (Kids FREE!)	\$70	\$64.56
Forever Active Couples/Family 60+ yrs***	\$70	\$64.56

**\*Fitness Equipment Investment Fee:** All monies collected will be used to invest in new wellness equipment at our Downtown and East Branch.

**\*\*Draft:** An automatic monthly withdrawal from your savings, checking account or credit card. This membership is continuous until it is cancelled in writing.

**\*\*\*Forever Active Adult & Family Membership:** Age 60 & older-includes all wellness and water classes at no cost.

### 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 Annual Giving Campaign, the United Way and the Hancock County Community Foundation.

Contact Daniel Tinch, Membership Director for more information at 419-422-4424 or [dtinch@findlayymca.com](mailto:dtinch@findlayymca.com)

### 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: (Widowed, divorced or one parent household): Includes all children for which parent is legally responsible under 19 yrs and full-time high school students or full-time college students (18-25 yrs).
- ✓Family: Legally married adults and all dependent children living in the household, providing the dependents are under 26 and attending high school or college on a full time basis. 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 Membership: Age 60 & older-includes all wellness and water classes at no cost.

[www.findlayymca.org](http://www.findlayymca.org)



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## MEMBERSHIP MISC.

### **Member Guest Passes for Youth Membership holders & Up**

- 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 3<sup>rd</sup> visit guests may purchase unlimited day passes.
- A member can be accompanied by 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 an 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 Ohio YMCA's**

Bring your membership card and photo ID and enjoy free access to almost every Y in Ohio. 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.

### **AWAY (ALWAYS WELCOME AT THE Y)**

The A.W.A.Y. Program is a national program with the philosophy that when you enroll in a YMCA, you become a member of a nationwide association of people. Whenever you are away from home, on business or vacation, members are warmly welcomed by other participating YMCA's throughout the United States. ***\*AWAY members are allowed 12 free visits during the calendar year and ½ price guest fee after 12 visits.***

### **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
  - Youth Adult (18-26 years of age) - \$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.



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# DISCOVERY CENTER

## FREE with a Family Membership

### DISCOVERY CENTER for Downtown & East Branch

FREE Babysitting available for children ages 6 weeks - 8 years 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/2 hr visit

Family Membership Holders\*: FREE/child/2 hr visit

Nonmembers: \$10/child/2 hr visit

*\*For children covered under parents Family Membership*

#### *Downtown Branch YMCA*

<i>HOURS</i>	<i>(Subject to Change)</i>
Mon-Fri	9 AM-12:15 PM
Mon-Thurs	4:30 PM-8 PM
Sat	8:30 AM-11:15 AM



#### *East Branch YMCA*

<i>HOURS</i>	<i>(Subject to Change)</i>
Mon-Fri	8:45 AM-12 PM
Mon-Thurs	4:30 PM-8 PM
Sat	8:30 AM-11:15 AM







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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 year olds. 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 Days:  
4-5 days/wk.: Member: \$200 Participant: \$215  
Daily rate: Member: \$ 54 Participant: \$ 59

Half Days:  
4-5 days/wk.: Member: \$148 Participant: \$163  
Daily rate: Member: \$ 44 Participant: \$ 49

### Preschool: *2 1/2—5 Years and Potty Trained*

- Creative Curriculum
- Common Core Lesson Plans
- Swimming Lessons/Free Swim
- Indoor/Outdoor Large Motor Development
- Value & Character Development



#### Fees:

Full Days:  
4-5 days/wk.: Member: \$165 Participant: \$180  
Daily rate: Member: \$ 46 Participant: \$ 41

Half Days:  
4-5 days/wk.: Member: \$125 Participant: \$140  
Daily rate: Member: \$ 36 Participant: \$ 41



### Toddlers: *18 months-3 years*

- Non potty trained
- Creative Curriculum
- Music & Movement
- Arts & Crafts/Math & Science
- Ages & Stages Screening

#### Fees:

Full Days:  
4-5 days/wk.: Member: \$180 Participant: \$195  
Daily rate: Member: \$ 51 Participant: \$ 56

Half Days:  
4-5 days/wk.:  
Member: \$148  
Participant: \$163

Daily rate:  
Member: \$ 42  
Participant: \$ 47

### Before and After School Program:

*\*Kindergarten thru 5th Grade*

#### Before School Fees:

4-5 days/wk.: Member \$ 54 Participant: \$ 69  
Daily rate Member \$ 16 Participant: \$ 21

#### After School Fees:

4-5 days/wk.: Member \$ 55 Participant: \$ 70  
Daily rate: Member \$ 17 Participant: \$ 22

#### Non School Days:

4-5 days/wk.: Member: \$165 Participant: \$180  
Full Day Member: \$ 46 Participant: \$ 51  
Half Day Member: \$ 36 Participant: \$ 41

#### Additional Fees:

\*\*Delay Day Member: \$ 8 Participant: \$ 13  
Early Release Member: \$ 8 Participant: \$ 13



\*\* Any children brought into the center before 9:00AM will be charged the before school rate and the delay day fee! Any child brought into the center after 9:00AM on delay days will be charged the before school rate.

**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



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# PARENT & CHILD SWIM LESSONS PRESCHOOL SWIM LESSONS

**Fees: Family Membership Holders \$10**  
**Program Participant \$65**

## Parent & Child Swim Lessons – Level A: Water Discovery (previously Shrimp)

- 6 months–1 year 6 months
- Water Discovery introduces infants and toddlers to the aquatic environment and gives parents guidance on developing their child’s ability. Children build skills that add to their self-confidence by learning pre-swimming skills through songs, games and play. Both parent and child benefit from learning and having fun together.

Previous Class Name	New Swim Level
Shrimps	Parent & Child Level A
Learn With Me	Parent & Child Level 0
Pike	Preschool Level 1
Eel	Preschool Level 2

<b>Tuesday 10:45–11:15 AM</b>	<b>Tuesday 5:30–6 PM</b>
	<b>Saturday 9–9:30 AM</b>

## Parent & Child Swim Lessons – Level 0: Water Acclimation with parents (previously Learn With Me)

- 1 year 6 months–5 years
- In Water Acclimation, parents and instructors prepare swimmers for independence and skill development. Participants learn all aspects of safety, appropriate class behavior, listening skills and independence from parents. Swimmer will practice bobs, proper water exit, jump-push-turn-grab, front and back float and swim-float-swim. Parents will participate, but the class focuses on preparing for swim independence.
- Downtown Branch – East Pool

## Preschool Swim Lessons – Level 1: Water Acclimation (previously Pike)

- 3 1/2–5 years
- This class is for the beginner swimmer who has advanced out of the parent & child classes. Participants learn all aspects of safety, appropriate class behavior, listening skills and independence. To advance, children must master the following benchmarks: bob; proper water exit; jump into water over their head, push off the bottom, turn and grab the side of the pool (jump-push-turn-grab); float on both front and back for 10 seconds; and swim-float-swim for 10 feet.
- Downtown Branch – East Pool

<b>Monday 4:30–5:15 PM</b>	<b>Thursday 4:45–5:30 PM</b>
<b>Tuesday 4:45–5:30 PM</b>	<b>Saturday 9:30–10:15 AM</b>

<b>Tuesday 5:30–6 PM</b>	<b>Saturday 9–9:30 AM</b>
<b>Wednesday 10–10:30 AM</b>	

## Preschool Swim Lessons – Level 2: Water Movement (previously Eel)

- 3 1/2–5 years
- In order to move to Stage 2, participants must successfully demonstrate all Stage 1 skills. This class encourages forward movement and basic self-rescue skills. Swimmers increase their endurance and distance, and learn the skill of treading water. To advance, children must master the following benchmarks: jump into water over their head, push off the bottom, turn and grab the side of the pool (jump-push-turn-grab); front and back float for 10 seconds; swim-float-swim for 5 yards; front and back glides; and tread water for 10 seconds.
- Downtown Branch – East Pool

<b>Wednesday 4:30–5:15 pm</b>	<b>Thursday 4:45–5:30 PM</b>
	<b>Saturday 9:30–10:15 AM</b>

### **Bubble Levels (Floatation Device)**

Size 3: Level 0 and Level 1  
 Size 2: Level 2  
 Size 1: Level 2

## MISC YOUTH AQUATIC PROGRAMMING

### Private Swim Lessons

- 5 -1/2 hr. lessons
- One on one instruction during private swim lessons.
- Designed for both youth and adult, from beginner to advanced.
- Please include preferred days and times when registering and you will be called for lesson set up.
- **Fee: Members \$100 Nonmembers \$125**

### Pool Guidelines for Open Swims

- Family Open: Children 7 and under must have a parent in the water. Child must take swim test to swim in the deep end.
- Family Open: Children 8–9 years old must have a parent in the pool area. Child must take swim test to swim in deep end.
- Youth Open: Ages 10–18. Children 10–13 years old must take a swim test to swim in deep end.

### Swim Tests

- Swim tests are conducted during Open Swims by appointment with the Aquatic Coordinator or Aquatic Director.
- Child who pass a swim test will be given a green band. You must bring band to every Family/Youth Open Swim. If you forget your green band you may purchase one from Member Services for \$1.



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# SCHOOL AGE SWIM LESSONS

**Fees:** *Family Membership Holders \$10*  
*Youth Members \$18*  
*Program Participant \$65*

Previous Class Name	New Swim Level
Polliwog I	School Age Level 1
Guppy	School Age Level 2
Minnow	School Age Level 3
Fish	School Age Level 4
Flying Fish & Shark	School Age Level 5

## School Age Swim Lessons - Level 1: Water Acclimation (previously Polliwog)

- 5 years and up
- This class is intended for the beginner swimmer. In this class swimmers learn all aspects of safety, appropriate class behavior, listening skills, and independence. To advance, children must master the following benchmarks: bobs; proper water exit; jump into water over their head, push off from the bottom, turn and grab the side of the pool (jump-push-turn-grab); float on both front and back for 10 seconds; and swim -float-swim for 10 feet.
- Downtown Branch - East Pool

<b>Monday</b> 4:30-5:15 PM	<b>Wednesday</b> 4:30-5:15 PM
<b>Monday</b> 5:15-6 PM	<b>Wednesday</b> 5:15-6 PM
<b>Tuesday</b> 4:45-5:30 PM	<b>Thursday</b> 5:30-6:15 PM
<b>Wednesday</b> 10:30-11:15 AM	<b>Saturday</b> 10:15-11 AM

## School Age Swim Lessons - Level 4: Stroke Development (previously Fish)

- 5 years and up
- In order to move to Stage 4, participants must complete Stage 3. Stage 4 introduces sidestroke, breaststroke and butterfly arm pulls. Water safety is reinforced through treading water and sidestroke and endurance increases as students swim 50 yards of each stroke. Advanced stroke techniques are taught for front and back crawl. To advance children must master the following benchmarks: tread water using 2 different kicks for 2 minutes; swim for 25 yards each using front crawl with rhythmic breathing, back crawl, elementary backstroke and breaststroke; swim butterfly for 15 yards; and swim for 50 yards using any combination of strokes.
- Downtown Branch - West Pool

<b>Wednesday</b> 6-6:45 PM	<b>Saturday</b> 11-11:45 AM
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## School Age Swim Lessons - Level 2: Water Stamina (previously Guppy)

- 5 years and up
- In order to move to Stage 2, participants must successfully demonstrate all Stage 1 skills. Swimmers develop intermediate self-rescue skills and increase their endurance and distance. Swimmers also learn to swim on their front and back and submerge to retrieve an object. To advance, children must master the following benchmarks: retrieve an object from the bottom of the pool; swim-float-swim for 15 yards; jump-swim-turn-swim-grab for 10 yards; tread water for 1 minutes; and swim on their front and back at the surface for 15 yards each.
- Downtown Branch - East Pool

<b>Monday</b> 5:15-6 PM	<b>Thursday</b> 5:30-6:15 PM
<b>Wednesday</b> 5:15-6 PM	<b>Saturday</b> 10:15-11 AM

## School Age Swim Lessons - Level 5: Stroke Mechanics (previously Flying Fish and Shark)

- 5 years and up
- In order to move to Stage 5, participants must complete Stage 4. Stage 5 refines stroke techniques on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Flip and open turns are introduced. To advance, children must master the following benchmarks: retrieve an object from the bottom of the pool and then tread water for 1 minute; swim for 50 yards each using front crawl, back crawl and elementary backstroke or sidestroke; swim breaststroke and butterfly for 25 yards; and swim for 150 yards using any combination of strokes.
- Downtown Branch - West Pool

<b>Wednesday</b> 6-6:45 PM	<b>Saturday</b> 11-11:45 AM
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## School Age Swim Lessons - Level 3: Stroke Introduction (previously Minnow)

- 5 years and up
- In order to move to Stage 3, participants must complete Stage 2 or complete a swim evaluation. Stage 3 introduces basic stroke technique and reinforces water safety through treading water and elementary backstroke. Swimmers are introduced to front crawl including rotary breathing, back crawl, diving, breaststroke, butterfly and elementary backstroke. To advance children must master the following benchmarks: tread water using 2 different kicks for 1 minute; swim for 15 yards each using front crawl with rhythmic breathing, back crawl, and elementary backstroke; breaststroke kick and butterfly kick for 15 yards each; and swim for 25 yards with any combination of strokes.
- Downtown Branch - West Pool

<b>Wednesday</b> 6-6:45 PM	<b>Saturday</b> 11-11:45 AM
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## Lifeguard Class

- Dec 21, 22, 28, 29
- Pre-skills include: 300 yard swim, 10lb brick off bottom of pool, tread water for 2 minutes with no hands
- You must attend ALL class sessions
- You must be 16 years old by the end of the course
- Certificate good for 2 years
- Bring goggles, swimsuit, towel, pencil/pen, highlighter, lunch/snacks (we will not break for lunch)
- **Fee: Members \$200 Nonmembers \$275**

## Family Whirlpool Hours

- Available to parents and children 11-15 years of age.
- Family Whirlpool Hours: Friday 7 PM-8:30 PM; Saturday 5 PM-7 PM and Sunday 2-4 PM.
- A parent must be in the whirlpool next to the children.





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# ADULT AQUATICS

**All fees are per day chosen.**  
*For example: If you choose Monday & Friday of Rise & Shine the Member total fee would be \$28 or \$54 for Program Participants.*

## Rise & Shine Cardio

- Medium-High Intensity.
- A heart pumping cardio-packed class.
- Swimmers and non-swimmers welcome.
- Downtown Branch - East Pool
- **Fee: Members \$14 and Program Participants \$27**

Monday 9-10 AM	Friday 9-10 AM
Wednesday 9-10 AM	

## Aqua Zumba

- Muscle conditioning, improved cardiovascular endurance and muscle tone are practiced.
- Ideal for all fitness levels. Non-swimmers welcome.
- Downtown Branch - East Pool
- **Fee: Members \$7 and Program Participants \$14**

Tuesday 9:15-10 AM	Thursday 9:15-10 AM
Tuesday 6:15-7 PM	Thursday 6:15-7 PM

## Water Volleyball

- Recreational rules.
- A great social environment.
- Get your workout by cheering and laughing. Great for all!
- Downtown Branch - West Pool
- **Fee: Members FREE and Program Participant \$27**

Monday / Wednesday / Friday	10-11 AM
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## Cardio Aqua-Cise

- Medium-High Intensity.
- A heart pumping cardio-packed class.
- Swimmers and non-swimmers welcome.
- Downtown Branch - East Pool
- **Fee: Members \$7 and Program Participants \$14**

Monday	6-6:45 PM
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## Low Impact Aquatics

- The gentle activities in warm water will help you gain strength and flexibility.
- Participants enjoy decreased pain and stiffness. East Pool
- Downtown Branch - East Pool
- **Fee: Members FREE and Program Participants \$14**


Monday 11:30-12:15 PM	Friday 11:30-12:15 PM
Wednesday 11:30-12:15 PM	

## 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
- Win prizes as you move up!
- **FREE & for Members Only**

*The YMCA, in collaboration with BVHS, offers these Open Swim Hours. These classes are held at Birchaven Village.*

**Birchaven Open Swim Hours**  
MWF / 4-7 PM  
SUN / 1-4 PM  
**Fee: \$2 per person**





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## WELLNESS CENTER & PERSONAL TRAINING

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

#### Commit To Be Well

- This appointment is designed specifically for members who want to incorporate resistance training into their routine.
- Our Wellness Staff will help you set up your ActivTrax profile and make sure you are comfortable using the equipment.
- Call today and make an appointment with one of our Wellness Staff!
- **Members Only - FREE**

#### 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

#### **Family Wellness Center Hours**

- Friday: 7-9 pm / Saturday: 5-8 pm / Sunday 2-4 pm
- Available to parents and children 11-15 years, not certified in strength training. Parents must be in arms reach of children using equipment.

#### Nutritional Coaching

If you're tired of constantly dieting without results or want to improve your cholesterol and blood pressure levels ...

- We have who you need ... Michele Jewitt.
- She can provide nutritional consultations, develop meal plans, provide nutritional guidelines and direction, perform resting metabolic rate tests, provide blood pressure and heart rate checks, conduct body composition screenings, implement dietary goal setting, and provide motivations and accountability.
- **Fee: Members Only 1/\$40 or 5/\$180 & Program Participants 1/\$60 or 5/\$275**

#### 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**



#### 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: Kallie Allen, Health & Wellness Director at 419-422-4424 or email at [kallen@findlayymca.com](mailto:kallen@findlayymca.com)



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# ADULT FITNESS

*Fees: Members \$14 & Program Participant \$27 with \*\*1/2 hr. classes: Members \$10 & Program Participants \$23*

## Balls, Bands & Weights

- Tone your abs, and lower body with the assistance of exercise balls, bands and weights.
- Downtown Branch - Aerobics Studio

**Tuesday & Thursday 6:30-7 PM**

## Step & Sculpt

- Step choreography and a variety of strength training to give you the best when it comes to boosting your heart rate and working your muscles.
- Downtown Branch - Aerobics Studio

**Monday 4:30-5:20 PM**

## Cardio Rush

- Get ready for a heart pumping, fat scorching, extreme cardio experience.
- Based on AMRAP 20:10 work ratio, this class will primarily focus on cardio, athletic, and plyometric. Some resistance and flexibility principals may also be utilized.
- Downtown Branch - Aerobics Studio

**Wednesday 6-7 AM**

## Core Fusion

- This half hour Core Fusion class focuses on core work, but also incorporates upper and lower body toning.
- East Branch - Aerobics Studio

**Monday\*\* 10-10:30 AM**

## FLEX and Core for ALL

- No experience necessary.
- Basic strengthening techniques to promote core strength, flexibility, endurance and balance.
- Downtown Branch-MultiPurpose Room

**Tuesday 5:30-6:30 PM**

## Group Cycling

- Take your cycling workout to the next level with this powerful interval class.
- East Branch - Cycling Studio

<b>Monday 9-10 AM</b>	<b>Friday 9-10 AM</b>
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## Group Cycling

- Take your cycling workout to the next level with this powerful interval class.
- Downtown Branch - Cycling Studio.

<b>Monday 10-11 AM</b>	<b>Wednesday** 11:45 AM-12:15 PM</b>
<b>Monday 5:30-6:30 PM</b>	<b>Thursday 5:30-6:30 PM</b>
<b>Tuesday 10-11 AM</b>	

## TABATA CYCLE

- Only have a half hour to workout at lunch time? No problem!
- This Tabata style cycling class is sure to get your heart rate up just in time to conquer the second half of your day.
- Downtown Branch - Cycling Studio

**Monday\*\* 11:45 AM-12:15 PM**

## INSANITY!

- Rewarding and intense workout that you will EVER try! Melt away fat, build a lean, hard body and supercharge your energy.
- Downtown Branch

**Tuesday 5:30-6:20 PM East Gym**

**Friday 5:45-6:35 AM Aerobic Studio**

## Kettlebell Burn

- This class will focus on a sequence of dynamic, functional and conditioning movements performed with a kettlebell and body weight!
- Shape and tone your muscles, while also burning fat.
- Kettlebells are limited and are first come first serve. This class is suited for ALL fitness levels.
- Downtown Branch - Aerobics Studio

**Wednesday 6:45-7:45 PM**

## R.I.P.P.E.D.

- The One Stop Body Shock® fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet.
- The first five components are taught in a 50 minute class, while the last component, Diet, can be found online. R.I.P.P.E.D. is designed for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout.
- Downtown Branch - Aerobics Studio

**Saturday 10-11 AM**

## Strength Training Circuit

- Combines strength training with functional fitness moves in a circuit style workout
- Downtown Branch - Aerobics Studio

**Thursday 6-7 AM**

# ADULT HEALTH, WELL-BEING, FITNESS Cont:

Fees: Members \$14 & Program Participant \$27 with \*\*1/2 hr. classes: Members \$10 & Program Participants \$23

## 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!
- East Branch - Upper Level

<b>Monday</b>	<b>5:30-6:30 PM</b>	<b>Wednesday</b>	<b>5:30-6:30 PM</b>
<b>Tuesday</b>	<b>8-8:45 AM</b>	<b>Friday</b>	<b>10:15-11:15 AM</b>
<b>Tuesday</b>	<b>5-5:50 PM</b>	<b>Saturday</b>	<b>8:35-9:35 AM</b>

## Yoga

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

<b>Monday</b>	<b>5:30-6:30 PM</b>	<b>Multi-Purpose Room</b>
<b>Friday</b>	<b>9:15-10:15 AM</b>	<b>Multi-Purpose Room</b>
<b>Friday</b>	<b>11:45 AM-12:30 PM</b>	<b>Aerobic Studio</b>

## Yoga Blend

- A combo of yoga, pilates and tai chi.
- This class works flexibility, strength and mind-body connection. Designed for all fitness levels with the ability to challenge even the most advanced levels.
- East Branch - Upper Level

<b>Tuesday</b>	<b>9-10 AM</b>	<b>Thursday</b>	<b>9-10 AM</b>
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## Chair Yoga

- A safe, low impact workout to enhance flexibility while using a chair.
- Downtown - Aerobic Studio
- **Fee: Members \$9 & Program Participants \$27**

<b>Monday / Wednesday / Friday</b>	<b>8-9 AM</b>
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- East Branch-Aerobic Studio
- **Fee: Members \$6 Program Participant \$18**

<b>Monday / Wednesday</b>	<b>11 AM-12 PM</b>
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## Basic Dance Fit

- Not ready to fully move and groove, but still love to dance?
- This lower impact class still gives you a great workout while listening to fun music.
- Downtown Branch - Aerobic Studio

<b>Friday</b>	<b>9:15-10:15 PM</b>
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## Dance Fit

- Love to dance?
- Take this energetic class and workout while you dance to fun music.
- Downtown Branch - Aerobic Studio

<b>Tuesday</b>	<b>7-8 PM</b>
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## ADULT GROUP EXERCISE: MEMBERS - FREE CLASSES

### 20 - 20 - 20

- Three workouts in one! Combine cardio, strength and core in 20 minutes segments for a total body workout.
- Downtown Branch - Aerobic Studio

<b>Wednesday</b>	<b>5:30-6:30 PM</b>	<b>Program Participants \$30</b>
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### All-Star Aerobics

- Class components consist of floor aerobics and strength training. All Levels.
- Downtown Branch - Aerobic Studio

<b>Tues &amp; Thurs</b>	<b>5:30-6:25 PM</b>	<b>Program Participants \$45</b>
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### Cardio Fusion

- Instructor will choose from kickboxing, boot camp, step, etc.
- Downtown Branch - Aerobic Studio

<b>Mon &amp; Wed</b>	<b>9:15-10:15 AM</b>	<b>Program Participants \$45</b>
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### Cardio Sculpt Extreme

- Two classes in one! 30 minutes of extreme cardio followed by 30 minutes of toning in each class.
- Downtown Branch - Aerobic Studio

<b>Monday</b>	<b>5:30-6:30 PM</b>	<b>Program Participants \$30</b>
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### Cardio Burn & Tone

- Cardio Burn & Tone will get your heart pumping with a variety of cardiovascular and strength exercises all while focusing on tightening and strengthen your core.
- Downtown Branch - Aerobic Studio

<b>Saturday</b>	<b>8:45-9:45 AM</b>	<b>Program Participants \$30</b>
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### Seniors In Motion

- This is a group exercise class that improves your balance, flexibility, bone density, endurance, coordination and mental sharpness and decreases your risk of falling.
- **Fee: Program Participants \$9**

<b>Monday/Wednesday</b>	<b>9:30-10:30 AM</b>	<b>Downtown-East Gym</b>
<b>Tuesday/Thursday</b>	<b>10:15-11:15 AM</b>	<b>East-Aerobic Studio</b>

### Grab Bag Workout

- Mix up your lunch time workout with this instructor's choice class.
- Downtown Branch - Aerobic Studio
- **Fee: Program Participant \$45**

<b>Mon, Tues, Wed, Thurs</b>	<b>11:45 AM-12:15 PM</b>
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### Power Toning

- Full body, hard core training with a low impact combo of upper/lower body toning, and stretching.
- Downtown Branch - Aerobic Studio

<b>Thursday</b>	<b>9:15-10:30 AM</b>	<b>Program Participants \$30</b>
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### Sculpt / Tone

- Various methods of resistance training to strengthen, shape and tone the entire body.
- Combo of weight resistance bands and balls to give you the ultimate workout.
- Downtown Branch - Aerobic Studio

<b>Tuesday</b>	<b>9:15-10:15 AM</b>	<b>Program Participants \$30</b>
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# ACTIVE OLDER ADULTS

## ADULT GROUP EXERCISE

### Chair Yoga

- A safe, low impact workout to enhance flexibility while using a chair.
- Downtown - Aerobic Studio
- **Fee: Members \$9 & Program Participants \$27**

Monday / Wednesday / Friday	8-9 AM
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- East Branch-Aerobic Studio
- **Fee: Members \$6 Program Participant \$18**

Monday / Wednesday	11 AM-12 PM
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### Seniors In Motion

- This is a group exercise class that improves your balance, flexibility, bone density, endurance, coordination and mental sharpness and decreases your risk of falling.
- **Fee: Program Participants \$9**

Monday/Wednesday	9:30-10:30 AM	Downtown-East Gym
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Tuesday/Thursday	10:15-11:15 AM	East-Aerobic Studio
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## ADULT WATER EXERCISE

All fees are per day chosen.

For example: If you choose Monday & Friday of Rise & Shine the Member total fee would be \$28 or \$54 for Program Participants.

### Rise & Shine Cardio

- Medium-High Intensity.
- A heart pumping cardio-packed class.
- Swimmers and non-swimmers welcome.
- Downtown Branch - East Pool
- **Fee: Members \$14 and Program Participants \$27**

Monday	9-10 AM	Friday	9-10 AM
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Wednesday	9-10 AM
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### Aqua Zumba

- Muscle conditioning, improved cardiovascular endurance and muscle tone are practiced.
- Ideal for all fitness levels. Non-swimmers welcome.
- Downtown Branch - East Pool
- **Fee: Members \$7 and Program Participants \$14**

Tuesday	9:15-10 AM	Thursday	9:15-10 AM
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Tuesday	6:15-7 PM	Thursday	6:15-7 PM
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## LIFELONG LEARNING

### Bridge

- If you are interested in learning how to play bridge or just want to join a group to play with - give the YMCA a call for more information. Schedule Varies.
- Downtown Branch - International Room
- **Drop In Fee: \$1 per person**

### 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 & Program Participant \$2/visit**

Tuesday	3:30-7 PM
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The YMCA, in collaboration with BVHS, offers these Open Swim Hours. These classes are held at Birchaven Village.

### Birchaven Open Swim Hours

MWF / 4-7 PM  
SUN / 1-4 PM  
**Fee: \$2 per person**



### Cardio Aqua-Cise

- Medium-High Intensity.
- A heart pumping cardio-packed class.
- Swimmers and non-swimmers welcome.
- Downtown Branch - East Pool
- **Fee: Members \$7 and Program Participants \$14**

Monday	6-6:45 PM
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### Low Impact Aquatics

- The gentle activities in warm water will help you gain strength and flexibility.
- Participants enjoy decreased pain and stiffness. East Pool
- Downtown Branch - East Pool
- **Fee: Members FREE and Program Participants \$14**

Monday	11:30-12:15 PM	Friday	11:30-12:15 PM
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Wednesday	11:30-12:15 PM
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### Water Volleyball

- Recreational rules.
- A great social environment.
- Get your workout by cheering and laughing. Great for all!
- Downtown Branch - West Pool
- **Fee: Members FREE and Program Participant \$27**

Monday / Wednesday / Friday	10-11 AM
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## YOUTH DANCE

A fun and affordable way for your child to increase their appreciation and knowledge of dance, help build coordination and make new friends. Music and movement will be age appropriate.

**Fee for Creative Ballet for ages 2&3 dance classes: Members \$10 & Program Participant \$24**

### Creative Ballet for ages 2 & 3

- Is your dancer ready to spread their wings to dance and move? Join us for this creative movement class.
- Downtown Branch - MultiPurpose Room

Thursday	5-5:30 PM
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**Fees for Beginning Ballet for ages 3-4 & 7-14 and Petite Ballet classes: Members \$14 & Program Participants \$27**

### Beginning Ballet for ages 3-4

- Have fun dancing with props while developing coordination and rhythm.
- Downtown Branch - MultiPurpose Room

Thursday	5:30-6:15 PM
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### Petite Ballet for ages 5 - 6

- This class is for those who have been through the Beginning Ballet class and are ready to learn more.
- Downtown Branch - MultiPurpose Room

Thursday	6:30-7:15 PM
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### Beginning Ballet for ages 7-14

- Learn basic ballet and jazz techniques and terminology while having fun moving to the music.
- Downtown Branch - MultiPurpose Room

Thursday	7:15-8 PM
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## Physical Activity Center

**For ages 8-13**

## Interactive Fitness and Gamify Fitness

### Exergaming

- Gaming bikes
- Interactive climbing
- Strength and cardio

- Active floor games
- Dance and step games
- Active wall games

Hours: Mon-Thurs 4:30-8 PM
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## YOUTH FITNESS

### Teen Strength Training

- Mandatory training program for all members 13-15 years of age 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 4 weeks.
- Downtown Branch - Wellness Center
- **Fee: Members Only FREE**

Saturday	9-10 AM
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### Pip Hop

- For kids 3-10 years
- Pip Hop is full of rhythm, body awareness, simple choreography and high energy craziness all set to cool music!
- Downtown Branch - Aerobics Studio
- **Fee: Members FREE & Program Participant \$20**

Tuesday	4:15-4:50 PM
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### Home School Catch Kids Club

- For ages 6-12 years.
- We are excited to bring back the Homeschool Gym Program! This class provides much more than just fun and games. With valuable skills that lead to a lifetime of health and wellness.
- Downtown Branch - East Gym
- **Fee: Family Membership Holders FREE Youth Members \$12 Program Participant \$45**

Monday	10:45-11:30 AM
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### The YPAC Fit Club (7 Weeks of Fitness Fun!)

- For ages 7-13 years
- This class is for kids that want to have fun, be active or just want to improve their fitness levels and health.
- Program is designed for all fitness and skill levels and will include circuit training, functional exercise, drills and other fun activities using body weight movement, exercise equipment and the YPAC equipment!
- Participants will receive charm incentives as they improve in the program and for their attendance and dedication to the program.
- For more information contact Chandler Henry, Program Coordinator at the Y at 419-422-4424 or email [chenry@findlayymca.com](mailto:chenry@findlayymca.com).

**Fee: Members \$35 Program Participants \$70**

Monday & Wednesday	5:30-6:15 PM
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## YOUTH ACTIVITIES

### Toddler Art Zone

- We will draw, paint, and build crafts. A great way for you, and your child to work together in this fun and exciting class.
- Downtown Branch - West Pool Lounge
- Fee: Members \$15 Program Participants \$30**



**Wednesday 11:30 AM-12:15 PM**

### Y-Guides - Ages 5-12

The Y-Guides is a great organization focused on the "dad and kids" relationship. We recognize that every family, both the kids and the parents, have a lot on their plate, so we try to minimize the time commitment while maximizing opportunities for dads to spend quality time with their kids doing fun stuff. Activities include three campouts, ice skating, a pool party, the pinewood derby, and a trip to a Mud Hens game. Contact the YMCA for more information, or email [Kallie Allen](mailto:kallen@findlayymca.com) at [kallen@findlayymca.com](mailto:kallen@findlayymca.com)



## 5th Quarter

5-8th Grade Students  
9-11 pm



### At the Downtown YMCA

- YPAC
- Bounce House
- Nerf Wars
- Basketball
- Food
- Dates: (Only Friday home games)**  
Dec 8 Dec 15  
Dec 29 Jan 19  
Jan 26 Feb 16

**FREE & OPEN TO THE COMMUNITY**

### Champions Basketball (Ages 9-13)

Training is all about improving the skills and fundamentals of our players in a more personalized setting. The workouts are hour-long sessions dedicated to 100% skill development and typically cover shooting, ball handling, passing, athleticism, defense, and/or other important basketball skills and strategies.

**Fee: Members \$50 Program Participants \$100**

**Tuesday 7-8 PM**



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## YOUTH CAMPS

**NEW**

### Christmas Camp

- Kindergarten - 5th grade
- During the holidays, are you wondering where you children will go while they're out of school?
- We can provide a nurturing and caring environment for you!
- Holiday camp is a fun and happy place for kids to enjoy activities, field trips, creative art projects, group games and more!
- 8:30 AM-5 PM
- Downtown Branch - Multipurpose Room
- Fee: December 20-22: Members \$20/day or \$50/week Program Participants \$40/day or \$100/week**

**December 26-29: Members \$20/day or \$60/week Program Participants: \$40/day or \$110/week**

## YOUTH SPORTS

### KICK, CATCH AND THROW ...

A fun introductory sports class for boys and girls. 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 and return children to the Discovery Center

### Kick, Catch, and Throw (Ages 2-3)

- Downtown Branch - East Gym

**Monday 9:50-10:10 AM**

**Fee: Family Members \$15 & Program Participants \$30**

### Kick, Catch, and Throw (Ages 4-5)

- Downtown Branch - East Gym

**Monday 9:15-9:45 AM**

### Lil' Kickers

- For ages 3-5
- Instruction will concentrate on basic skills such as dribbling, trapping & shooting.
- Work one-on-one with parents to gain skills.
- All children must have shin guards.
- Downtown Branch - East Gym
- Fee: Members \$20 Program Participants \$40**

**Thursday 5:30-6 PM**

### Lil' Dribblers

- For ages 3-5
- Developmentally appropriate introductory program for kids.
- 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.
- Downtown Branch - West Gym
- Fee: Members \$20 Program Participants \$40**

**Tuesday 5:30-6 PM**



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## YOUTH SPORTS

### Rookies Basketball

- For ages 6-8
- Does your son/daughter enjoy playing basketball? Enroll him or her today in our instructional youth basketball class.
- This class will work with experienced coaches to develop their basketball skills in an environment that encourages praise and positive reinforcement.
- Hoops will be set at 8 feet.
- Downtown Branch - West Gym
- **Fee: Members \$20 Program Participants \$40**

**Tuesday** **6:15-7 PM**

### Rookies Soccer

- For ages 6-8
- Does your son/daughter enjoy playing soccer? Enroll him or her today in our instructional youth soccer class.
- This class will work with experienced coaches to develop their soccer skills in an environment that encourages praise and positive reinforcement.
- Size 3 balls will be used. Shin guards are recommended.
- Downtown Branch - East Gym
- **Fee: Members \$20 Program Participants \$40**

**Thursday** **6:15-7 PM**

### Soccer League - 1st & 2nd Grade for Boys & Girls

- Exciting sport combining team play and individual skills. No try outs, not getting cut and no bench warmers.
- Registration through October 15th
- Games begin October 22nd
- Coaches Meeting: Thursday, October 19th / 6:30 PM
- Downtown Branch - East Gym
- **Fee: Family Members \$5 & Program Participants \$70**

**Sunday** **Between 1-5 PM**

### Basketball for Grades 3 & 4

- Competitive Youth League
- Provides a positive experience for all
- Separate league for boys and girls
- Registration Deadline 12/21
- Practices begin week of 1/8
- Games begin 1/20
- Coaches Meeting January 4th @ 6 pm - Downtown
- **Fee: Family Memberships \$5 Youth Members \$35 Program Participants \$60**

**Saturday** **1 hour between 9 am-5 pm**

### Basketball for Grades 5 & 6

- Competitive Youth League
- Provides a positive experience for all
- Separate league for 5th grade boys; 6th grade boys and 5th/6th grade girls
- Registration Deadline 12/21
- Practices begin week of 1/8
- Games begin 1/20
- Coaches Meeting January 4th @ 6 pm - Downtown
- **Fee: Family Memberships \$5 Youth Members \$35 Program Participants \$60**

**Saturday** **1 hour between 9 am-5 pm**

## YOUTH TUMBLING & GYMNASTICS / SPORTS

### Tiny Tumblers

- For ages 2 & 3 with an adult
- Introduce your child to gymnastics in this adult child interactive class.
- You assist your child while the instructor leads you in group activities and an obstacle course of gross motor and basic gymnastic skills.
- East Branch - Upper Level
- **Fee: Members \$35 & Program Participants \$60**

**Monday** **5-5:45 PM** **Wednesday** **5:45-6:30 PM**

### 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!
- East Branch - Upper Level
- **Fee: Members \$35 & Program Participants \$60**

**Monday** **5:45-6:30 PM** **Wednesday** **5-5:45 PM**

### Intro to Gymnastics

- For ages 5-14
- Learn progressive gymnastic skills, proper body positioning and terminology of gymnastics on a variety of equipment.
- East Branch - Upper Level
- **Fee: Members \$37 & Program Participants \$65**

**Monday** **6:30-7:30 PM** **Wednesday** **6:30-7:30 PM**

### Gymnastics I

- For ages 6-14
- Gymnasts should have the following skills before signing up for this class: Mastered a cartwheel; round-off; handstand at the wall and able to hold a bridge for 15 seconds.
- East Branch - Upper Level
- **Fee: Members \$37 & Program Participant \$65**

**Monday** **7:30-8:30 PM** **Wednesday** **7:30-8:30 PM**





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# YOUTH SPORTS

## JUDO

*Fee for all Judo Programs: Members \$25 Program Participant \$50*

### Little Samurai

- Ages 5-7. This class is for beginners.
- Participants will learn basic motor skills, teamwork, and basic judo techniques.
- East Branch - Upper Level

**Tuesday & Thursday 6-6:30 PM**

### Beginner Judo

- Ages 8-15. For those participants that are just beginning and hold a yellow belt.
- Skills taught: Ground pinning and restraining techniques; Throwing techniques; A variety of repeated practice drill elements for building of muscle strength and endurance.
- East Branch - Upper Level

**Tuesday & Thursday 6:30-7:30 PM**

### Advanced Judo

- Ages 8-15. Our advanced class allows students to not just learn, but to apply their judo skills.
- In this class throwing techniques are successfully applied.
- East Branch - Upper Level

**Tuesday & Thursday 7:30-8:30 PM**

### Adult Judo

- Ages 15 and up. Advanced judo techniques.
- This class will give the student opportunity to enter tournaments, attend clinics and camps.
- East Branch - Upper Level

**Tuesday & Thursday 7:30-8:30 PM**

### Speed and Agility Training for ages 9-13

- Want to increase your performance level in the areas of speed, agility, quickness and/or conditioning?
- No matter the sport, our training program is equipped with knowledgeable, skilled and seasoned trainers to take you to that next level of performance.
- This program focuses on the participants speed and agility as well as every aspect of physical performance, and will incorporate the essentials of speed training.
- Downtown Branch - Aerobics Studio
- *Fee: Member \$20 Program Participant \$40*

**Thursday 7:15-8 PM**

### Private Tennis Lessons for Youth & Adults

- Private lessons are available to all ages.
- All private lesson will be paid for 24 hours in advance of your lesson.
- Private lessons are taught by YMCA employees only.
- *Fees: Members \$44/hr & Program Participant \$85/hr*

## TENNIS - Kids

### Munchkins

- Ages 4-5 - Fun for the little ones.
- An introduction to tennis with the emphasis on FUN! Smaller nets and foam balls are used for easier success.
- East Branch - Tennis Courts
- *Fees: Members \$20 Program Participants \$41*

**Tuesday 5-5:45 PM**

### Pee Wee's

- Ages 6-7 - A step up from Munchkins.
- These kids will still be using smaller nets, but a step up ball that is designed for 8 and under players. Emphasis is on fun.
- East Branch - Tennis Courts
- *Fees: Members \$29 Program Participants \$61*

**Tuesday 5-5:45 PM**

### Intermediate for 8 & 9 year olds

- The proper fundamentals of ground strokes, serves, score keeping and proper etiquette will be taught. Players will be grouped with those of similar skill level.
- No equipment required.
- East Branch - Tennis Courts
- *Fees: Members \$39 Program Participants \$81*

**Thursday 4-5 PM**

### Intermediate for 10 & 11 year olds

- Ages 10-11
- The proper fundamentals of ground strokes, serves, score keeping and proper etiquette will be taught. Players will be grouped with those of similar skill level.
- No equipment required.
- East Branch - Tennis Courts
- *Fees: Members \$39 Program Participants \$81*

**Thursday 5-6 PM**

### Middle School

- Ages 12-14
- Clinics will focus on stroke play and live ball training.
- East Branch - Tennis Courts
- *Fees: Members \$39 Program Participants \$81*

**Tuesday 4-5 PM**

### Tennis High School Clinic

- Designed for HS/JV & Advanced Middle School players with goals of succeeding on a High School team.
- East Branch - Tennis Courts
- *Fees: Members \$58 Program Participants \$110*

**Monday 5:30-7 PM**

### Tennis High School Elite

- For committed tournament/HS players.
- Will work on individual goals to maximize on court results and develop the total player
- East Branch - Tennis Courts
- *Fees: Members \$58 Program Participants \$110*

**Monday 4-5:30 PM**



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FOR HEALTHY LIVING  
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## ADULT SPORTS

### Adult Open Basketball

- Games range from full court 5 v 5 to half court.
- Come down by yourself or with some friends and have a great time. 19 years and up.
- Downtown Branch - West Gym
- **Fee: Members FREE**  
**Participant \$10 guest pass fee**

**Monday-Friday** **11:45 AM-2 PM**

### Adult Basketball League

- Starting January 14th
- Registration Deadline January 8th
- Games on Sunday Evening beginning at 4:00pm.
- Downtown Branch - West Gym
- **Fee: \$550**

**Sunday** **4 PM**

## MARTIAL ARTS

### Adult Judo

- Ages 15 and up. Advanced judo techniques.
- This class will give the student opportunity to enter tournaments, attend clinics and camps.
- East Branch - Upper Level
- **Fee: Members \$25 Program Participant \$50**  
**Family Membership Holder \$15**

**Tuesday & Thursday** **7:30-8:30 PM**

## COURT RENTALS

### **Downtown Branch - Racquetball**

- *Court hour: 1 hour*
- Walk On: FREE (if available)
- Reserve Fee: Members: \$2.50/court hr  
Participant: \$10/court hr with guest pass fee

### **East Branch - Tennis**

- *Court hour: 1 hour*
- Walk On: FREE (if available)
- Reserve Fee: Members: \$10/court hr  
Participant: \$20/court hr with guest pass fee

### Private Tennis Lessons for Youth & Adults

- Private lessons are available to all ages.
- All private lesson will be paid for 24 hours in advance of your lesson.
- Private lessons are taught by YMCA employees only.
- **Fees: Members \$44/hr & Program Participant \$85/hr**

## ADULT TENNIS

### Beginner Tennis

- Introduction to tennis
- Emphasis is on fundamentals of all facets of the game including ground strokes, volley, serving and game playing.
- East Branch - Tennis Courts
- **Fee: Members \$39** **Program Participant \$81**

**Thursday** **6-7 PM**

### Intermediate Tennis

- This class is a follow up to the beginner class.
- Still emphasizing on stroke productions, but also doing more playing during the class.
- East Branch - Tennis Courts
- **Fee: Members \$39** **Program Participant \$81**

**Tuesday** **6-7 PM**

### H.I.T. (High Intensity Tennis) Clinic

- Players of all levels are invited to hit a lot of balls and get your cardio at the same time.
- A small amount of instruction but a whole lot of sweat!
- East Branch - Tennis Courts
- **Fee: Members \$39** **Program Participant \$81**

**Tuesday** **7-8 PM**

### RIP Class (Review, Improvement, Play)

- Adult Beginner & Intermediates. 30 minutes of reviewing strokes, 30 minutes to work on improving strokes and 30 minutes of play!
- East Branch - Tennis Courts
- **Fee: Members \$58** **Program Participant \$110**

**Saturday** **8:30-10 AM**



**Fee: Members \$25 / SilverSneakers \$0**  
**Program Participants \$50**

Times:  
 Monday 1-3 PM  
 Tuesday 1-3 PM      Thursday 1-3 PM  
 Wednesday 1-3 PM      Friday 7-9 PM

For more information contact Sean Swisher 419-422-4424 or email [sswisher@findlayymca.com](mailto:sswisher@findlayymca.com).





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## FAMILY TIME

### Toddler Art Zone

- We will draw, paint, and build crafts. A great way for you, and your child to work together in this fun class.
- Downtown Branch - West Pool Lounge
- **Fee: Members \$12 Program Participant \$24**


<b>Wednesday</b>	<b>11:30 AM-12:15 PM</b>
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### Wallyball - Fun for ALL!

Play Wallyball at the Y!

- Equipment may be checked out at Member Services
- For ages 14 & up
- All Wallyball play on Court #2





## at the Y!

**Birthday packages that could include:**

- **Swimming**
- **YPAC**
- **Bounce House**
- **Sample Themed activities: Sports, Mad Science, Super Hero, Princess Tea Party, Girls Day Out!!**

**Pick up a brochure at the Y or contact Chandlar Henry, Program Coordinator at [chenry@findlayymca.com](mailto:chenry@findlayymca.com) or call 419-422-4424**

### Me and My Adult



Calling all Moms, Dads, Grandparents & Guardians:

- Here's your chance to interact with your young child
- Activities could include: Swimming, arts & crafts, yoga, sports, music, cooking, etc.
- Classes are designed to create supportive and positive relationships between adult and children.
- Downtown Branch - West Pool Lounge
- **Fee: Members \$15 Program Participant \$30**

<b>Friday</b>	<b>10-10:30 AM</b>
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### Family Fun Nights

- Laugh, Love, Learn and Grow together with: YPAC; Arts & Crafts; Organized games in the gym; Inflatable Bounce House; Swimming and a light snack!
- **January 12th; February 9th**
- Downtown Branch
- **Fee: Members \$5 per family per date Program Participant \$15 per family per date**

<b>Friday</b>	<b>6-8 PM</b>
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### Parent's Night Out

- Games in the Y; time in the YPAC; Crafts related to each month's theme.
- Pizza
- Downtown Branch - West Pool Lounge
- **Fee: Members \$15/child Program Participant \$30/child**

<b>Sat, Dec 2nd / 5-9 PM</b>	<b>Holiday Party</b>
<b>Sat, Jan 20th / 5-9 PM</b>	<b>Happy New Year!</b>
<b>Sat, Feb 14th / 5-8 PM</b>	<b>Valentine's Day</b>

### Y-Guides - Ages 5-12

The Y-Guides is a great organization focused on the "dad and kids" relationship. We recognize that every family, both the kids and the parents, have a lot on their plate, so we try to minimize the time commitment while maximizing opportunities for dads to spend quality time with their kids doing fun stuff. The program runs in conjunction with the school year, and consists of activities that include three campouts, ice skating, a pool party, the pinewood derby, and a trip to a Mud Hens game. All of these events are voluntary, but once you experience them, we think you will agree, they are all worth marking your calendar for. Contact the YMCA for more information, or email Kallie Allen at [KAllen@findlayymca.com](mailto:KAllen@findlayymca.com)



### Family Wellness Center Hours

- Friday: 7-9 PM; Saturday: 5-8 PM; Sunday 2-4 PM
- Available to parents and children 11-15 years, not certified in strength training. Parents must be in arms reach of children using equipment.

### Family Whirlpool Hours

- Available to parents and children 11-15 years of age.
- Family Whirlpool Hours: Friday 7 PM-8:30 PM; Saturday 5 PM-7 PM and Sunday 2-4 PM.
- A parent must be in the whirlpool next to the children.



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## LIFELONG LEARNING

### 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 & Program Participant \$2/visit**

**Tuesday 3:30-7 PM**

### SENIOR LUNCH N' LEARN

#### Senior Lunch n' Learn

- Topics Include: Palliative Care in the Community, Healthy Living for your Brain and Body and Cold & Flu
- Check out the flyer at the Y!
- Downtown Branch - West Pool Lounge
- **Fee: FREE - if you want lunch complete for at the Y. Cost for lunch is \$8.25**

**Cold & Flu December 7th 11:30 AM-12:30 PM**



### Paint & Partake

Please join the Findlay YMCA and Awakening Minds Art at our paint and partake event. There will be canvas painting, coffee, Christmas Cookies, and socializing.

NO EXPERIENCE is NECESSARY.

**WHEN:** Friday, December 22nd

**TIME:** The painting will begin at 11:15am sharp so please arrive early and ready to go by 11am.

**WHERE:** Findlay YMCA Downtown Branch in the West Pool Lounge

**WHAT:** Enjoy coffee and Christmas Cookies while you paint. We will be painting a winter snowman (see above).

**FEE:** \$15/person



### BRIDGE

#### Learn to Play Bridge

- If you are interested in learning how to play bridge or just want to join a group to play with - give the YMCA a call for more information.
- Schedule Varies.
- Downtown Branch - International Room
- **Drop In Fee: \$1 per person**



**Enhance Fitness** is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance, and flexibility exercises and the fostering of strong social relationships between participants.

- Downtown Branch - Aerobics Studio
- **Fee: Members FREE & Program Participants \$80**
- For more information contact Chandler Henry, Program Coordinator at 419-422-4424 or [chenry@findlayymca.com](mailto:chenry@findlayymca.com)

**Monday, Wednesday & Friday 12:30-1:30 PM**