

Happy Valentine's Day



**February  
2017  
YMCA  
News!**

## *Winter II Program Registration*

Members registration going on NOW!

[Register here.](#)

Program Participants registration begins Monday, Feb. 13th!

### **DATE NIGHT FOR YOU GREAT NIGHT FOR THEM Parent's Night Out**



- **Tuesday, February 14th** / 5-8 p.m. Children ages 3-12 (must be potty-trained)
- Children will be having a Valentine's Day Party by enjoying exciting games in the gym, heart themed crafts and snacks, and a movie.
- Parents can drop off their children starting at 4:30 pm.
- Parents **MUST** sign waiver before leaving the YMCA at drop-off.
- There will be a \$5 late fee for every half hour that you are late to pick up your child(ren).
- The person picking up child(ren) must be the same person on the registration form and have an ID when picking up child(ren).
- Please register your child by Sunday, February 12th for planning and food purposes.

- **Fee: Members \$15/child Program Participants \$30/child**

## ActivTrax

We are excited about our program ActivTrax. This program is called "Commit to be Well". Its unique features, will help take your wellness to a new level of success! Some Y's charge an additional program fee up to \$35/month for this service.

**We are delighted to offer ActivTrax FREE with your membership.**



Members love using ActivTrax to track workout progress, develop a new work out plan each training session, guide nutritional needs to be healthy and much more.

### **WHAT IT IS**

This appointment is designed specifically for members who want to incorporate resistance training in their exercise routine. Our Wellness Staff will discuss your goals, create a program that's right for you, setup your ACTIVTRAX profile and make sure that you're comfortable using the equipment.

### **WHO SHOULD ATTEND**

EVERYONE! Whether you're new to exercise or in tip-top shape, our Commit To Be Well appointment experience is an opportunity for us to get to know one another. Whether you want to lift weights, take classes, play sports or have some other interest in mind, we want to make sure we do our part in helping you get started on the right foot.

### **WHAT IT'S NOT**

Your Commit To Be Well appointment is not a high pressure sales pitch for personal training or a medical type of appointment where you'll be poked and prodded. You don't have to worry about being uncomfortable or embarrassed; you won't be asked to do anything you don't want to do.

### **WHY IT'S IMPORTANT**

Members who attend their first appointment within the first two weeks of joining are 6X more likely to achieve their goals.

**Let's make sure you're one of them!**

**Mark Your Calendars for Upcoming Events!**

**Black Swamp Golf Classic** will take place on Tuesday, May 16 at Red Hawk Run Golf Course. Please join us for a day of golf or volunteering! [Information can be located by clicking here.](#) Proceeds raised from the Golf Outing will support the Y's Youth Obesity Prevention Initiative and the Braden Kramer Foundation- supporting families with children who are battling pediatric cancer.

**Glow Run 2017** will take place on Friday, June 23 - please watch for more details. Set a goal to make this fun run your first 5K!

## MEMBER GET A MEMBER



Bring a friend, colleague or neighbor into the YMCA to join and you can earn a month added on to your membership! [See Member Services for more information or click here for the Member Get A Member form.](#)

## Congratulations Stephanie Parsons!

Stephanie Parsons has been promoted to Operations Director to lead the Y's programming and membership services. Stephanie began her YMCA career in 2006 as the YMCA Director of Wellness. Stephanie graduated from BGSU with a degree in 2001. Stephanie leads key programming initiatives that build a stronger community for kids and families and leads the YMCA new launch of the ACTIVTRAX program Commit to be Well. Stephanie is an Organizational Leader within the YMCA of USA leadership development program. Stephanie and her husband Ryan live in Findlay and have 3 beautiful children.



Please congratulate Stephanie on her exciting new role!

## *Thank you to our Sports Volunteers!*

|              |       |           |      |         |
|--------------|-------|-----------|------|---------|
| Chris Beeman | Tim   | Franks    | Luke | Pilmore |
| Neal Boes    | Scott | Frysinger | Bret | Rickle  |

|                 |                 |                  |
|-----------------|-----------------|------------------|
| Phillip Bormuth | Shawn Fultz     | Tiffany Saltzman |
| Joe Busey       | Steve Girdler   | Nick Sayre       |
| Ed Cheney       | Jason Glaser    | Josh Schroeder   |
| Chris Clement   | Kathy Harris    | Kim Secord       |
| Dan Davis       | Robert Hatch    | Brian Smith      |
| Blake Drews     | Brian Kahle     | Scott Washburn   |
| Craig Ebright   | Russ Keckler    | Tony William     |
| Jason Elchert   | Chase Kloeppe   | Jay Yeater       |
|                 | LeDaniel Mangas |                  |

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## *My Y Story...*

We have heard many amazing life impacting stories about the Y and we are asking you to share how the Y has affected you. No story is too big or too small. [Click here to complete a "My Community... My YMCA... My Y Story" form and drop it off at the Y.](#)

**We'd love to hear from YOU!**

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## *Heritage Society*

The Findlay Family YMCA is committed to strengthening the foundations of community through our focus on YOUTH DEVELOPMENT, HEALTHY LIVING and SOCIAL RESPONSIBILITY. Through the Heritage Society membership you can show your support to the YMCA Endowment for years to come.



For more information contact Jennifer Treece, Development Director at 419-422-4424 or email at [jtreece@findlayymca.com](mailto:jtreece@findlayymca.com).

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## *Overflow Parking*

Please note the areas below that you are able to park while using the YMCA. Our thanks to these businesses and churches for their continued support.

- The stone parking lot north of the YMCA main parking lot.
- The Child Development Center parking lot on the corner of E Street & E Lincoln.
- Central Church of Christ on the corner of E Street and Hardin in undesignated spots.
- Findlay First Lutheran Church on the corner of East Lincoln and Main Street parking anytime.
- State Bank on East Lincoln Street - weekends only

## *2016 Findlay Family YMCA Annual Meeting*

The Findlay Family YMCA held its 129th Annual Meeting on Tuesday, January 31st at the Marathon Auditorium of Blanchard Valley Health System. The meeting was led by YMCA Board Chairman, Michael Needler Jr., who highlighted the successes of 2016. A Treasurer report was given by Jamie Stall. The following motions were made: Tony Hixon, Dr. Tom Zaciewski and Brandi Laurita were elected to serve a three year board term. Ben Anderson, Chris Webb, Kurt Heminger, and Denise Thomas were appointed to serve for a one year term. JJ Preston, Brad Longberry, Paul Worstell and Mike Leland were appointed to serve a three year board term. Officers were elected as follows for 2017: President: Mike Needler Jr., Vice President: JJ Preston, Secretary: Denise Thomas, and Treasurer: Jamie Stall. Paul Sears and Jensen Hiegel were recognized for their service to the board. The following awards were presented honoring volunteerism and dedication to the Y. YMCA Family of the Year was presented to: Tonya, Mike and Aubrey Hayes. YMCA Youth of the Year was presented to Jordan Trenkamp. YMCA Volunteers of the Year was presented to Matt Ball and Shawn Jordan for their dedication to the YMCA Judo program.





We are currently hiring for the following positions:

- Lifeguards
- Summer Camp Counselors
- Child Care Teachers Assistants
- Aerobics/Yoga Instructors
- Custodial Staff

[Check out our website](#), Stop in and fill out an application, [click here for an application](#) or email your resume to [hr@findlayymca.com](mailto:hr@findlayymca.com).

FINDLAY FAMILY YMCA  
300 E Lincoln Street  
Findlay, OH 45840  
419-422-4424  
[Website](#)

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