



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018

Winter Session II Programs

February 19th–April 14th

**Member Registration:
Monday, February 5th**

**Program Participant Registration:
Monday, February 12th**

**Spring Break Week—NO CLASSES
March 25th–April 1st**

www.findlayymca.org



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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

- Friday, March 30th / Downtown & East Branch / Closed from 12-3 pm for Good Friday
- Sunday, April 1st / All Facilities / CLOSED

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.

Sign up for Text or Email Alerts for closings & cancellations for the YMCA and the Child Development Center by going to 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
Silver Sneakers, Prime, Silver & Fit	\$00	\$00.00
Single Parent	\$70	\$53.14
Couples/Family (Kids FREE!)	\$70	\$66.56
Forever Active Couples/Family 60+ yrs***	\$70	\$66.56

***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

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.



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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 3rd 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.

Tuesday 10:45-11:15 AM	Tuesday 5:30-6 PM
	Saturday 9-9:30 AM

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

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

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**

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

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

Monday 4:30-5:15 PM	Thursday 4:45-5:30 PM
Tuesday 4:45-5:30 PM	Saturday 9:30-10:15 AM

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

Wednesday 4:30-5:15 pm	Thursday 4:45-5:30 PM
	Saturday 9:30-10:15 AM

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

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

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

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

Monday	5:15-6 PM	Thursday	5:30-6:15 PM
Wednesday	5:15-6 PM	Saturday	10:15-11 AM

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

Wednesday	6-6:45 PM	Saturday	11-11:45 AM
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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 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

Wednesday	6-6:45 PM	Saturday	11-11:45 AM
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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

Wednesday	6-6:45 PM	Saturday	11-11:45 AM
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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**

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.

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

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

LIVESTRONG AT THE YMCA



LIVESTRONG at the Y is a program tailored to fit specific needs of adult cancer survivors who would like to improve their quality of life before, during and after treatment. The program typically meets for 1 hour twice a week with certified instructors who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care. Program goals

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes

Support group for cancer survivors - FREE for adults 18 years or older

Contact Kallie Allen, Healthy Living Director at 419-422-4424 or email at kallen@findlayymc.com for more information and to sign up.



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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
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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
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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
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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
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Group Cycling

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

Monday	9-10 AM	Friday	9-10 AM
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Group Cycling

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

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

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
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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	Gym #2
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

Monday	6-7 AM
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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
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Strength Training Circuit

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

Thursday	6-7 AM
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Tabata

- 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
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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

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

Yoga

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

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

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

Tuesday	9-10 AM	Thursday	9-10 AM
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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**

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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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

Friday	9:15-10:15 PM
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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

Tuesday	7-8 PM
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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

Wednesday	5:30-6:30 PM	Program Participants \$30
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All-Star Aerobics

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

Tues & Thurs	5:30-6:25 PM	Program Participants \$45
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Cardio Fusion

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

Mon & Wed	9:15-10:15 AM	Program Participants \$45
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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

Monday	5:30-6:30 PM	Program Participants \$30
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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

Saturday	8:45-9:45 AM	Program Participants \$30
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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-Gym #2
Tuesday/Thursday	10:15-11:15 AM	East-Aerobic Studio

Grab Bag Workout

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

Mon, Tues, Wed, Thurs	11:45 AM-12:15 PM
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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

Thursday	9:15-10:30 AM	Program Participants \$30
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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

Tuesday	9:15-10:15 AM	Program Participants \$30
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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www.findlayymca.org

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-Gym #2
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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

Attire-Leotard, tights, leggings or shorts and a t-shirt are all appropriate. A ballet skirt if desired. Ballet or jazz shoes if available, otherwise tennis shoes. Ballet shoes are not required.

*Parents are welcome to sit in the room on the first day of class and then again on the last day for a "mini recital". Parents are welcome to observe from the hallway and windows during the session. (Parents for Creative dance classes are welcome to stay in the room for all classes.)

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

Creative Ballet for Ages 2-3

- In this class, your little dancer will explore movement to age appropriate music using a variety of props, learn beginning ballet positions and skills, build coordination and make new friends.
- Downtown Branch - MultiPurpose Room

Thursday 5-5:30 PM

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

- This class will introduce the basic ballet positions and skills, build coordination, provide opportunities for creative movement to age appropriate music and use a variety of props. Following directions, turn taking and communicating with others will also be addressed.
- Downtown Branch - MultiPurpose Room

Thursday 5:30-6:15 PM

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

Beginning Ballet for ages 7-14

- This class will introduce and review ballet positions, terminology and skills then build upon them to address technique and posture. Creative dance opportunities are given while dancing to age appropriate music. Improve your coordination, make new friends and learn a dance to perform for your family.
- Downtown Branch - MultiPurpose Room

Thursday 7:15-8 PM

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**

Mon-Thurs / Feb 19th-22nd ONLY 3:30-4:30 PM

Saturday / Feb 24, Mar 3,10,17 9-10 AM

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

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 - Gym #2
- Fee: Family Membership Holders FREE
Youth Members \$12
Program Participant \$45**

Monday 10:45-11:30 AM

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 Chandlar Henry, Program Coordinator at the Y at 419-422-4424 or email chenry@findlayymca.com.

Fee: Members \$35 Program Participants \$70

Monday & Wednesday 5:30-6:15 PM



FOR YOUTH DEVELOPMENT®
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Y-PAC 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
Sat 8:30-11:15 am

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

Wednesday **NEW TIME!** 5:45-6:15 PM

LITTLE CHEFS COOKING

- This is a hands on program for Young chefs in grades K-5 will teach children cooking can be creative, full of discovery and fun!
- Our chefs will learn kitchen safety, cooking tips and preparing recipes they can enjoy at class or take home!
- Downtown Branch - International Room
- **Fee: Members \$35 Program Participants \$70**



Wednesday 5:30-6:15 PM

American Red Cross Babysitting Course

- **Ages 11 years and older**
- This course will provide youth who are planning to babysit the knowledge and skills necessary to safely and responsibly give care to children and infants. The training will help participants develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care, basic first aid and Child/Infant CPR.
- Bring a packed lunch. Baby doll, for practice optional
- Downtown Branch - West Pool Lounge
- **Fee: Members \$90 Program Participants \$110**



Saturday, March 17th 9 AM-4 PM

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Member Registration: Monday, February 5th
Program Participant Registration: Monday, February 12th
Spring Break Week - NO CLASSES: March 25th-April 1st
www.findlayymca.org

Teen After School Program

- Who says afternoons have to be boring? The Teen After School Program is designed for 6th-8th graders to combine fun with academic enrichment and physical activity in a safe environment. The program focuses on three key elements of homework assistance, physical fitness, and enrichment activities.
 - Transportation from school to the YMCA provided
- NEW**
- Daily Schedule Example
- 2:30-3:30 pm Arrive at the YMCA & begin Homework/Snack Time
 - 3:30-5:30 pm Activities vary, including Team Building/ Fitness Challenges/Sports Clinics/Science Projects
 - 5:30-6:00 pm Departure and Free Play in the Gym/YPAC
- Fee: Members \$200 Program Participants \$275**

Monday-Friday 2:30-6 PM

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 children to and from the Discovery Center.

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

- Downtown Branch - Gym #1
- **Fee: Family Members \$15 & Program Participants \$30**

Monday 9:50-10:10 AM

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

- Downtown Branch - Gym #1
- **Fee: Family Members \$15 & Program Participants \$30**

Monday 9:15-9:45 AM

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 - Gym #1
- **Fee: Members \$20 Program Participants \$40**

Tuesday 5:30-6 PM

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 - Gym #2
- **Fee: Members \$20 Program Participants \$40**

Thursday 5:30-6 PM



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www.findlayymca.org

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 - Gym #1
- **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 - Gym #2
- **Fee: Members \$20 Program Participants \$40**

Thursday **6:15-7 PM**

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.
- Downtown Branch - Gym #1
- **Fee: Members \$50 Program Participants \$100**

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

Volleyball for Grades 3/4 & 5/6

- Youth volleyball is an exciting sport combining team play and individual skills.
- Registration Ends: March 4th
- League Play : March 12th-May 11th
- Downtown Branch - Gym #2
- **Fee: Members \$35 Family Membership Holder \$5 Program Participant \$70**

Grades 3/4	Friday 5 PM & Saturday 8 AM
Grades 5/6	Friday 5 PM & Saturday 8 AM

Flag Football 4 years - Kindergarten & Grades 1-2

- Youth flag football is an exciting sport combining team play and individual skills. Work one-on-one with parents to gain skills.
- Our league promises no try outs, no getting cut and no bench warmers! Every child plays.
- Registration Ends: April 8th League Play : April 16th-May 15th
- Eagle Creek Park
- **Fee: Members \$35 Family Membership Holder \$5 Program Participant \$70**

4 years-Kindergarten	Tues & Thurs 5:30 PM
Grades 1 & 2	Mon & Wed 5:30 PM



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YOUTH SPORTS

TUMBLING & GYMNASTICS

Attire: Please wear clothing that you can move in without restriction- leotard, t-shirt (long enough to tuck in), athletic pants, leggings or shorts. No shoes are allowed on the mats so please plan to go bare foot or wear socks. Please do not wear jeans or pants/shirts with belts, buckles or snaps. These are damaging to the equipment.

***For your safety-**If your hair can fit into a ponytail, you must wear it up. Please leave jewelry at home.

Tiny Tumblers

- For ages 2 & 3 with an adult
- This is an adult/child interactive class. The instructor will lead the class focusing on beginning gymnastics positions and skills, as well as, direction following, turn taking and communicating with others. The adult will assist the child as you follow a circuit of skills around the gym.
- East Branch - Upper Level
- **Fee: Members \$35 & Program Participants \$60**

Monday	5-5:45 PM	Wednesday	5:45-6:30 PM
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Tumbling Tots

- For ages 3-5
- In this class, children will learn basic gymnastics skills, body positions, terminology, balance/coordination, direction following, turn taking and communicating with others. Some of the skills include-rolling, cartwheels, bridging and handstands. Additional beginner skills will be addressed on the equipment-balance beam and the single-rail bar.
- East Branch - Upper Level
- **Fee: Members \$35 & Program Participants \$60**

Monday	5:45-6:30 PM	Wednesday	5-5:45 PM
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Intro to Gymnastics

- For ages 5-14
- This is a beginner class for those who have little or no gymnastics experience. Skills include-rolling, cartwheels, round-offs, handstands, bridging, back bends, board bouncing, as well as, skills on the balance beam and single rail bar. Additional skills are introduced. As skills are mastered, a recommendation from the instructor will be given to move to the next level.
- East Branch - Upper Level
- **Fee: Members \$37 & Program Participants \$65**

Monday	6:30-7:30 PM	Wednesday	6:30-7:30 PM
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Gymnastics I

- For ages 6-14
- 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.
- 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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JUDO

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

Little Samurai

- Ages 5-8
- Participants will learn basic motor skills, teamwork, and basic judo techniques.
- East Branch - Upper Level

Tuesday & Thursday	6-6:30 PM
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Youth Judo

- Ages 9-12
- 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
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Adolescent Judo

- Ages 13-16
- 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	7:30-8:30 PM
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Adult Judo

- Ages 17 and up.
- This class will give the student opportunity to enter tournaments, attend clinics and camps.
- East Branch - Upper Level

Tuesday & Thursday	8:30-9:30 PM
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Judo Team Practice

- All ages - if enrolled in judo program.
- This class is for more serious participants
- Meet fees and travel may be required
- East Branch - Upper Level
- **Fee: FREE if enrolled in Judo**

Friday	6:30-8:30 PM
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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

Thursday	7:15-8 PM
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YOUTH SPORTS

TENNIS - Youth

Champs

- A great first tennis experience for children ages 4-6.
- This is modified program teaching teamwork, socializing with other children, fine motor skills, proper etiquette. Parents will find this class to be a good stepping stone for RedBall. All equipment provided.
- East Branch - Tennis Courts
- **Fees: Members \$20 Program Participants \$41**

Monday	5:30-6 PM
Saturday	10:30-11 AM

Red Ball

- RedBall utilizes a 36' court, slightly larger ball size and smaller racquets so the game is the perfect size for children ages 5-8. Children will learn skills that include throwing, catching, ball and racquet coordination, foot-eye skills and more. Prepares these participants for OrangeBall. Rules of the sport and good sportsmanship are included in this fun curriculum. All equipment provided.
- East Branch - Tennis Courts
- **Fees: Members \$20 Program Participants \$41**

Wednesday	5:30-6 PM
Saturday	11-11:30 AM

Orange Ball

- Children ages 7-9 that have graduated from a full season of RedBall are eligible to enroll in this class. They will begin to learn better stroke mechanics such as serving, volleying, while improving technique on groundstrokes. Students are exposed to live point play and competition on a 60' court with reduced-compression tennis balls. No equipment necessary.
- East Branch - Tennis Courts
- **Fees: Members \$39 Program Participants \$81**

Tuesday	5-6 PM
Saturday	11:30 AM-12:30 PM

Green Ball

- A transition to a full 78' court is the key difference in this class. The ball is near full-compression and racquet size is full length so power becomes an important skillset. Curriculum focuses on improvement on serving, groundstrokes, volleys and strategy. Racquets are recommended. Proper court shoes should be worn. Ages 8-10 typically are best for this class if they have graduated from an entire season of OrangeBall.
- East Branch - Tennis Courts
- **Fees: Members \$39 Program Participants \$81**

Thursday	5-6 PM
Saturday	12:30-1:30 PM

Junior Level 5

- Juniors with less experience than varsity players
- East Branch - Tennis Courts
- **Fees: Members \$58 Program Participants \$110**

Tuesday	3:30-5 PM
Thursday	3:30-5 PM

Junior Level 6

- Invitation Only - Must Register through Bob Cook
- East Branch - Tennis Courts
- **Fees: Members \$68 Program Participants \$130**

Monday	3:30-5:30 PM
Wednesday	3:30-5:30 PM

TENNIS INFORMATION

It is highly recommended that all new participants in the YMCA Tennis Program contact our Tennis Director Bob Cook so you can be assured of enrollment in to the class that best suits your needs as well as the other participants. Bob can be reached at bcook@findlayymca.com or (419)422-9922 ext 18.

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.
- Contact Bob Cook for more information on Private Lessons at 419-422-9922 or bcook@findlayymca.com.
- **Fees: Members \$44/hr & Program Participant \$85/hr**

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 - Gym #1
- **Fee: Members FREE Participant \$10 guest pass fee**

Monday-Friday	11:45 AM-2 PM
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ADULT SPORTS

MARTIAL ARTS

Adult Judo

- Ages 17 and up.
- 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
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Judo Team Practice

- All ages - if enrolled in judo program.
- This class is for more serious participants
- Meet fees and travel may be required
- East Branch - Upper Level
- **Fee: FREE if enrolled in Judo**

Friday	6:30-8:30 PM
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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.
- Contact Bob Cook for more information on Private Lessons at 419-422-9922 or bcook@findlayymca.com.
- **Fees: Members \$44/hr & Program Participant \$85/hr**



**Fee: Members \$25
Silver Sneakers \$0
Program Participants \$50**

Times:
Monday 1-3 PM / 8-9:45 PM
Tuesday 1-3 PM
Wednesday 1-3 PM

Thursday 1-3 PM
Friday 7-9 PM

For more information contact Bob Cook 419-422-4424 or email bcook@findlayymca.

ADULT TENNIS

Adult Level 1

- Lesser experienced plays will enjoy learning the basics in this class.
- East Branch - Tennis Courts
- ***Fee: Members \$39 Program Participant \$81**
- ****Fee Members \$58 Program Participant \$110**

Tuesday*	6-7 PM
Wednesday**	11 AM-12:30 PM

Adult Level 2

- Fun tennis with a lot of drills for stroke improvement
- East Branch - Tennis Courts
- **Fee: Members \$58 Program Participant \$110**

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

Adult Level 3

- Fun, intense situational drill for advanced players
- East Branch - Tennis Courts
- **Fee: Members \$58 Program Participant \$110**

Friday	11 AM-12:30 PM
Saturday	9-10:30 AM

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
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Tennis Fit

- Fitness based tennis games and drills
- East Branch - Tennis Courts
- **Fee: Members \$39 Program Participant \$81**

Thursday	6-7 PM
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TENNIS INFORMATION

It is highly recommended that all new participants in the YMCA Tennis Program contact our Tennis Director Bob Cook so you can be assured of enrollment in to the class that best suits your needs as well as the other participants. Bob can be reached at bcook@findlayymca.com or (419)422-9922 ext 18.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session II: February 19th-April 14th
Member Registration: Monday, February 5th
Program Participant Registration: Monday, February 12th
Spring Break Week - NO CLASSES: March 25th-April 1st
www.findlayymca.org

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 \$15 Program Participant \$30**

Wednesday	11:30 AM-12 PM
Wednesday NEW TIME!	5:45-6:15 PM

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



Me and My Adult for ages 3-5 years

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**

Friday	10-10:30 AM
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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!
- March 9th & April 13th**
- Downtown Branch
- Fee: Members FREE per family per date Program Participant \$5 per family per date**

Friday	6-8 PM
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Parent's Night Out

- Games in the Y; time in the YPAC; Crafts related to each month's theme.
- Pizza
- Parent's drop off starting at 4:30 PM
- Downtown Branch - West Pool Lounge
- Fee: Members \$15/child Program Participant \$30/child**

March 24th	5-9 PM
April 28th	5-9 PM



at the Y!

Birthday packages that could include:

- Swimming
- YPAC
- Bounce House
- Sample Themed activities: Sports, Mad Scientist, 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 or call 419-422-4424

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.

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





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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
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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**



Paint & Partake



Please join the Findlay YMCA and Awakening Minds Art at our paint and partake event. There will be canvas painting, coffee, cookies, and socializing. Classes will take place the 4th Friday of every month.

NO EXPERIENCE is NECESSARY.

WHEN: Friday, February 23rd; March 23rd

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 cookies while you paint.

FEE: \$15/person



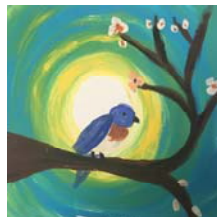
Enhance Fitness is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance, and flexibility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

- East 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

Monday	12:15-1:15 PM
Wednesday	12:15-1:15 PM
Friday	11:15 AM-12:15 PM



February



March