



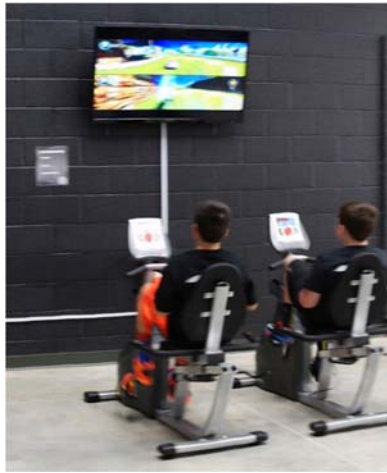
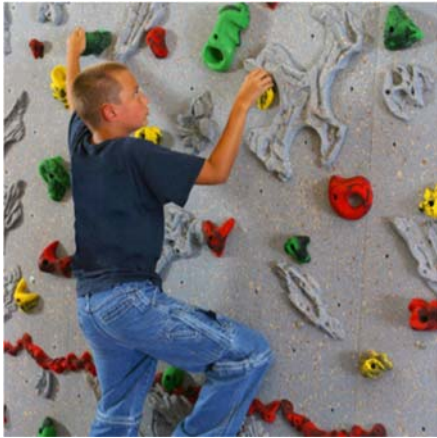
**FINDLAY FAMILY
YMCA
June 2017 NEWS**



Y-PAC

(Youth Physical Activity Center)

Interactive Fitness & Gamify Fitness



For ages 8-13

Exergaming

- Gaming bikes
- Interactive climbing
- Strength and cardio
- Active floor games
- Dance and step games
- Active wall games

Hours of Operation

Monday - Friday: 9 am-12:15 pm

More hours coming soon!

Contact Chandlar Henry, Program Coordinator for more information at chenry@findlayymca.com or call 419-422-4424.

Brought to you by the proceeds of the Black Swamp Classic!

YMCA SUMMER CAMP



Sure, summer camp is about having fun, learning new skills and enjoying the warm weather outdoors. But what you may not know is how beneficial summer day camp can be to your child. The camp experience is recognized by child development professionals as valuable in helping children mature socially, emotionally, intellectually, morally, and physically. Here's the top reasons why a YMCA Summer Day Camp is the best!

Time in the great outdoors. At a YMCA most of the child's time is spent outside. This allows children the opportunity to explore, play and be active outside of the YMCA's four walls.

Meeting new people and making new friends. At the Findlay YMCA Day Camp, counselors are encouraged to foster inclusiveness and a sense of community amongst their groups. Children can make new friends, learn from one another, and meet people that are (or aren't!) like them.

Character Development. The YMCA infuses the four core values of caring, honesty, respect, and responsibility in daily activities with the campers. Learning and having an understanding of the four core values helps children develop into kind and caring adults.

A reduction in Summer Learning Loss. Studies show that during the summer, kids can show a decline in learning compared to what they experience during the school year. At day camp, kids enjoy activities that keep them learning and engaged all summer long, helping them to retain knowledge gained during the school year.

Gaining a role model. At Day Camp, caring and professional role models are committed to helping kids build confidence and character. The loyalty, dedication and professionalism of our highly trained staff is extraordinary and gives kids someone to look up to. All Day Camp staff are 18 years or older.

A chance to discover who they are. During day camp, kids are exposed to a variety of different hobbies and activities. Exploration of these will help kids discover who they are, and what they have a passion for.

Creating lifelong memories. Summer camp is an unforgettable experience that will teach campers lessons, create special friendships and give them treasured memories they will take

with them all through their lives. They will end the summer with a renewed sense of joy, responsibility, confidence and an abundance of amazing stories to share.

An active summer. At day camp, kids get what they need to develop physically. This includes fresh air, plenty of play time, and all the good food their bodies need. Day camp gets kids off of the couch and moving!

A sense of belonging

. From group chants to team songs, team-building activities and more, children learn what it means to be a part of something. The sense of common purpose and attachment to the identity that a YMCA camp promotes go a long way to offering children a sense of being rooted.

Brent Finlay, CEO/President

[REGISTER HERE!](#)



Summer's HERE!

**Riverside Pool
NOW Open**

Hours: Noon-7 pm - Everyday!

Daily Rates: Youth \$2 & Adult \$4

CAMP MOVE IT

Strong Minds, Strong Hearts, Strong Bodies

June 19th-23rd / 9 am-4 pm
Promoting Healthy Lifestyle Changes

- For ages 8-12
- Fun activities, games and socializing
- Develop healthier habits
- Experience exciting challenges
- Delicious Snacks
- Registration deadline: June 16th



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

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

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!



REGISTER HERE!

Registration Fee:
Before June 17th: \$25
After June 17th: \$30

Contact Jennifer Treece for more information at jtreece@findlayymca.com or call 419-422-4424

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.



Contact Jennifer Treece for more information at jtreece@findlayymca.com or call 419-422-4424

2017 Annual Support Campaign

Your Y, Your Year!

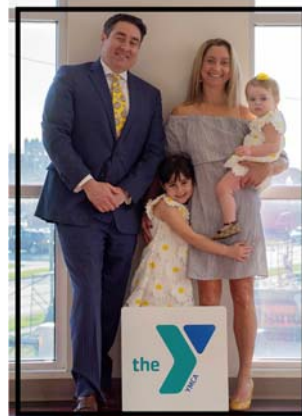
Everyday, the Findlay Family YMCA gives our community the support it needs to learn, grow and thrive. From advocacy, mentoring, disease prevention, athletics, basketball and dance classes, everything

we do helps strengthen our neighborhoods and the people who live there.

Keeping the Findlay and Hancock County community great is a full-time job. Every day, our community faces new challenges that create a greater need for the work we do. And we need your help to do it. Your gift can help our community and everyone in it shine!

We are excited to lead the 2017 Your Y, Your Year Annual Support Campaign. The Y helps so many in our community live healthier, better lives.

Kerry Kirk and Christian Pedersen



PLEASE GIVE TODAY
