



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Summer Session 2016 Program Brochure

Summer Session #1

June 6th - July 9th

**Member Registration begins May 16th
Nonmember Registration begins May 27th**

Summer Session #2

July 11th - August 13th

**Member Registration begins June 27th
Nonmember Registration begins July 4th**

www.findlayymca.org



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FACILITIES

HOURS of OPERATION

Effective May 28th, 2016

Monday - Thursday	5 am - 9 pm
Friday	5 am - 8 pm
Saturday	7:30 am - 5 pm
Sunday-Downtown	11 am - 3 pm
Sunday-East Branch	2 pm - 6 pm

FACILITY CLOSINGS

***Closings:**

**Monday, May 30th for Memorial Day*

**Monday, July 4th for Independence Day*

**EAST BRANCH- Monday, Aug 22nd - Sunday, Aug 28th*

**DOWNTOWN - Monday, Aug 29th - Sun, Sept 4th*

**Monday, Sept 5th for Labor Day*

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

Sign up for Text or Email Alerts for closings & cancellations for the YMCA and the Child Development Center by going to www.gofindlay.com
6) Community Organization Alerts

YMCA Mission

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



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.

CONTACT US...

Brent Finlay, CEO

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Daniel Tinch, Membership Director

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Jennifer Treece, Development Director

jtreece@findlayymca.com

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MEMBERSHIP RATES

MEMBERSHIP RATES (Tax not included)

TYPE	FEIF*	ANNUAL	MONTHLY**
Jr Youth 7-12 yrs	\$10	\$79.17	\$10.60
Sr Youth 13 yrs-HS	\$10	\$102.22	\$12.53
College 17-25 yrs	\$25	\$265.87	\$26.21
Adult	\$50	\$466.33	\$42.92
Forever Active Adult 60+ yrs***	\$50	\$466.33	\$42.92
Single Parent	\$70	\$576.87	\$52.14
Couples/Family (Kids FREE!)	\$70	\$701.84	\$62.56
Forever Active Couples/Family 60+ yrs***	\$70	\$701.84	\$62.56

***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



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MEMBERSHIP MISC.

Membership Information

- ✓All children under the age of 7 years of age must be accompanied by a parent or guardian while in the building.
- ✓Jr. Youth: Age 7-12 yrs
- ✓Sr. Youth: Age 13 yrs and older, still in high school
- ✓Full-time College Students: 17-25 yrs & taking 12 semester hours or more (must show proof & College ID).
- ✓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.

Member Guest Passes for Sr 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 a 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 non-member 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
 - College (full time and under the age of 25) - \$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.



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

HOURS	<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

HOURS	<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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MARY BRENNER
YMCA CHILD DEVELOPMENT CENTER
231 E LINCOLN STREET
FINDLAY, OH 45840
419-422-3174

CHILD DEVELOPMENT CENTER

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.

Infants: 6 weeks-18 months <ul style="list-style-type: none"> ◆ Nurturing developmental care ◆ Daily physical activities ◆ Infant Sign Language ◆ Free Developmental Screenings 	<i>Fees:</i>					
	Full Day Care			Half Day Care		
	4-5 days/week	Mem \$190	Nonmem \$205	4-5 days/week	Mem \$140	Nonmem \$155
	Daily Rate	Mem \$50	Nonmem \$55	Daily Rate	Mem \$39	Nonmem \$44

Toddlers: 18 months - 3 years <ul style="list-style-type: none"> ◆ Non potty trained ◆ Learning based curriculum ◆ Music and Movement ◆ Arts, Crafts, Math & Science ◆ Free Developmental Screenings 	<i>Fees:</i>					
	Full Day Care			Half Day Care		
	4-5 days/week	Mem \$170	Nonmem \$185	4-5 days/week	Mem \$130	Nonmem \$145
	Daily Rate	Mem \$47	Nonmem \$52	Daily Rate	Mem \$35	Nonmem \$40

Preschool: 2 1/2-5 years <ul style="list-style-type: none"> ◆ Developmentally appropriate Kindergarten Readiness ◆ Fun Swims and lessons ◆ Indoor/Outdoor Large Motor Development ◆ Free Developmental Screenings 	<i>Fees:</i>					
	Full Day Care			Half Day Care		
	4-5 days/week	Mem \$155	Nonmem \$170	4-5 days/week	Mem \$115	Nonmem \$130
	Daily Rate	Mem \$42	Nonmem \$47	Daily Rate	Mem \$32	Nonmem \$37

School Age Summer Adventure Program: Grades 1-5 <ul style="list-style-type: none"> *Field Trips *Soccer and Tennis Clinics *STEAM-Y Program * 10 week Reading & Writing Program *Swimming *Nutrition and Fitness Education *Character Values and Development 	<i>Fees:</i>		
	Full Days Weekly Rate:		
	4-5 days/wk.:	Member: \$155	Nonmember: \$170
	Full Days Daily Rate:		
		Member: \$ 42	Nonmember: \$ 47
Half Days Weekly Rate:			
4-5 days/wk.:	Member: \$115	Nonmember: \$130	
Half Days Daily rate:			
	Member: \$ 32	Nonmember: \$ 37	





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INFANT, TODDLER & PRESCHOOL AQUATICS

Fees: Family Membership Holders FREE Nonmembers \$35

Downtown Branch

Shrimps 6 month–2 years

For our littlest swimmers. Shrimps is designed to introduce babies and parents to the aquatic environment. This class will help parents learn realistic developmental expectations, introduce basic aquatic safety to parent and child, and provide a fun and positive first experience in the water. Shrimps will help babies with basic motor skills as well as introduce them, without fear, to a water environment. Skills include blowing bubbles floating on front and back, kicking on front and back, social interactions through songs, and basic aquatic safety knowledge for parents. This is a fun class that will help prepare your child for future swim classes! East Pool.

T / 10–10:30 AM

T / 5:30–6 PM

SAT / 9–9:30 AM

Learn with Me 2 –3 1/2 years

All Pike skills will be introduced while parents will help the child become more comfortable in the water setting as instructors prepare them for independence with bubble device. Skills presented include pool safety, appropriate class behavior, listening skills, independence from parent as well as all the basics that are covered in Pike. Parents must participate, but the focus of class will be to get the child prepared for participation on their own. East Pool.

M / 10–10:30 AM

T / 5:30–6 PM

TH / 4:45–5:15 PM

SAT / 9–9:30 AM

Pike 3 1/2–5 years

This class is designed for the preschool beginner who has had little to no real experience in the water. Children participate without parents and work on floating and kicking on their front and back, blowing bubbles, putting face in the water, basic paddle stroke, pool safety, boating safety, and water adjustment. Instructors work to create a positive experience for these little swimmers. There are no prerequisites for enrollment, other than age. (Recommended class if you are unsure of your child's skills.) East Pool.

M / 10–10:45 AM

M / 4:30–5:15 PM

T / 10–10:45 AM

T / 4:45–5:30 PM

TH / 10–10:45 AM

TH / 4:45–5:30 PM

SAT / 9:30–10:15 AM

Eel 3 1/2–5 years

For the advanced beginner who can already swim on their own with a bubble device on stomach and back without assistance. Participants will work on kicking, bubbles, putting face in water, pool safety, boating safety and front and back floats and intro to rotary breathing. East Pool.

M / 10–10:45 AM

TH / 10–10:45 PM

TH / 4:45–5:30 PM

SAT / 9:30–10:15 AM

Bubble Levels: *(Flotation Device)*

Size 3: Learn with Me, Pike

Size 2: Eel

Size 1: Eel

What Class Level?

At the end of each session please check with your child's teacher for a progress report, and what level you should sign them up for next!

If you are unsure of what level to put your 3 1/2–4 year old in – please register them in Pike. Children 5 and older put in Polliwog I.

NEW Pool Guidelines for Open Swims

- Children 7 & under must have a parent in the water
- Children 7–12 years old must have a parent in the pool area.



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YOUTH AQUATICS

Fees: Family Membership Holders FREE

Youth Members \$150

Nonmembers \$35

Downtown Branch

Polliwog I 5 years and up

Designed for the school-age beginner who has little or no experience. Emphasis is placed on water adjustment, kicking on front and back, basic paddle stroke, floating on front and back, basic backstroke, and pool safety. There are no prerequisites for enrollment other than age requirement. East Pool.

M / 10:45–11:30 AM

T / 4:45–5:30 PM

M / 4:30–5:15 PM

TH / 10:45–11:30 AM

M / 5:15–6 PM

TH / 5:30–6:15 PM

T / 10–10:45 AM

SAT / 10:15–11 AM

T / 10:45–11:30 AM

Guppy 6 years and up

This level is for the school age advanced beginner that can swim 25 yards on their own but needs to work on their freestyle technique. Rotary breathing will continue to be practiced, as well as a more advanced technique for backstroke and elementary backstroke and breaststroke. Participants will work on floating on front and back, treading water, deep water swimming, pool safety, and introduction to diving as well as breaststroke.

M / 10:45–11:30 AM

TH / 10:45–11:30 AM

M / 5:15–6 PM

TH / 5:30–6:15 PM

T / 10:45–11:30 AM

SAT / 10:15–11 AM

**Polliwog I & Guppy will be held in the EAST POOL
(unless otherwise noted).**

MISC YOUTH AQUATIC PROGRAMMING

Private Swim Lessons (5 - 1/2 hr. lessons)

Enjoy 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.

Fee: Members \$100

Nonmembers \$125

FINDLAY FROGS SWIM TEAM: For ages 5–18

Must be able to swim one length of the pool on back and stomach



- **Parent Info Meeting: Wed, May 18th / 7 pm in the West Pool Lounge @ Downtown Branch**
- Practices M, T, TH, F / 4:30–6 PM
- Meets some Wed evenings & Sat mornings

Fee: Members: \$50

Nonmembers: \$70

Family Whirlpool Hours:

Available to parents and children 11–15 years of age.

Family Whirlpool Hours:

Saturday: 2–4 pm

Sunday: 12–2 pm

A parent must be in the whirlpool next to the children.

Minnow, Fish, Flying Fish & Shark will be held in the WEST POOL.



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ADULT AQUATICS

Aqua Zumba

SESSION 1 ONLY

Muscle conditioning, improved cardiovascular endurance and muscle tone are practiced. Ideal for all fitness levels.

Non-swimmers welcome.
East Pool
T or TH / 9:15–10 AM or
T or TH / 6:15–7 PM

Fee:

Members \$7

Nonmembers \$14

Cardio Aqua-Cise

Medium-High Intensity. A heart pumping cardio-packed class. Swimmers and non-swimmers welcome. East Pool

SESSION 1: M / 6–6:45 PM

SESSION 2: T or TH / 6:15–7 PM

Fee:

Members \$10

Nonmembers \$20

Low Impact Aquatics

The gentle activities in warm water will help you gain strength and flexibility. Participants enjoy decreased pain and stiffness. East Pool

W or F / 11–11:45 AM

Fee:

Members FREE

Nonmembers \$10

Rise & Shine Cardio

Medium-High Intensity. A heart pumping cardio-packed class. Swimmers and non-swimmers welcome. East Pool

W or F / 10–10:45 AM

Fee:

Members \$10

Nonmembers \$20

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 and win prizes as you move up! Members Only.

Fee: Members FREE

Water Volleyball

Recreational rules.

A great social environment. Get your workout by cheering and laughing. Great for all! West Pool

MWF / 9:45–11 AM

SAT / 10–11 AM

Fee: Members FREE

Nonmembers MWF \$27

SAT \$14

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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RIVERSIDE POOL

YMCA MEMBERS SEASON PASSES

	Rates now through May 22nd	Rates May 23rd and on
Youth	\$35	\$45
Adult	\$60	\$80
Family	\$95	\$135

NON-MEMBERS SEASON PASSES

	Rates now through 22nd	Rates May 23rd and on
Youth	\$40	\$50
Adult	\$70	\$90
Family	\$120	\$160



Daily Rates

Youth \$2 Adult: \$4

Opening Memorial Day Weekend!

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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.

COACHING SESSION

Wellness Coaching Session – A coaching session is strongly recommended for new members or anyone new to strength and cardiovascular training. Our wellness staff will assist you in setting up a program and show you how to use all the fitness equipment. Coaching sessions are by appointment only. Please call or see one of our Wellness Center Staff to start.

Coaching Session Fee: FREE for Members

PERSONAL FITNESS

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.

Fee: Members Only FREE

Blood Pressure Checks

Available upon request in the Wellness Center

Fee: Members Only FREE

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. For appointments contact: Kallie Allen, Health & Wellness Director at 419-422-4424 or email at khitchings@findlayymca.com

Fee: Members 1 for \$30 or 10/\$250

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 1/\$35 or 10/\$300



Personal Training Studio

Experience Personal Training on a whole new level! One on one session with our highly experienced personal trainers is NOW in a private setting.

Family Wellness Center Hours:

Friday: 6–8 pm

Saturday: 2–5 pm

Sunday: 1–3 pm Downtown & 4–6 pm East Branch

Children 11–15 years, not certified in strength training, may use the wellness center (Cardio Selectorized Equipment only) with parents, in arms reach away.

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 ... Michelle Jewitt and Nancy Haines. They 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 1 session – \$60 or 5 sessions – \$180



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HEALTH, WELL-BEING, FITNESS

Fees: (unless otherwise noted)

Members: \$12

Nonmembers: \$23

ADULT GROUP EXERCISE

Balls, Bands & Weights

Tone your abs, and lower body with the assistance of exercise balls, bands and weights. Downtown Branch - Aerobics Studio
TTH / 6:30–7 PM

Basic Cycling

New to cycling? This class teaches you the fundamentals of cycling while still giving you a challenging ride. East Branch - Cycling Studio.

TH / 7–8 PM

Boot Camp

If you like intense interval training then this is the class for you with a mixture of cardio, overall toning and ab sculpting. East Branch - Aerobics Studio

T / 5:30–6:30 PM - East Branch or SUN / 1:15 PM - Downtown

Cardio Rush

Get ready for a heart pumping, fat scorching, extreme cardio experience. AM Cardio Rush is a NEW High Intensity Interval Training class for everyone. Based on AMRAP 20:10 work ratio, the class will primarily focus on cardio, athletic, and plyometric movements that are geared for performance and weight loss. Some resistance and flexibility principals may also be utilized. This class is for anyone looking to KICK IT UP a notch in their training!

Downtown Branch

M / 6:15–7 AM

NEW!

Core Fusion

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

M / 10–10:30 AM

Fee: Members \$7

Nonmembers \$20

FLEX and Core for MEN

Geared for men! No experience necessary. Basic strengthening techniques to promote core strength, flexibility, endurance and balance. Downtown Branch–Multi–Purpose Room

T / 5:30–6:30 PM

Group Cycling - East Branch

Take your workout to the next level with this powerful interval class. An indoor cycling class based on outdoor riding.

East Branch - Cycling Studio.

M / 9–10 AM or M / 6:30–7:30 PM or W / 9–10 AM or

W / 5:45–6:45 PM or F / 9–10 AM

Group Cycling - Downtown Branch

Take your workout to the next level with this powerful interval class.

An indoor cycling class based on outdoor riding. Downtown Branch - Cycling Studio.

M / 10–11 AM

M / 5:30–6:30 PM

T / 5:30–6:30 PM

W / 11:45 AM (1/2 hour for Mem \$7 & Nonmem \$20)

TH / 5:30–6:30 PM

Pound Fit

A full body cardio jam session - combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Downtown Branch - Aerobics Studio.

M / 6:45–7:30 PM

W / 6:30–7:15 PM

Kick & Core (Formerly Piloxing)

Piloxing uniquely mixes Pilates and boxing moves into a muscle sculpting, core centric interval workout. Guaranteed to whip you into shape using a class format that's both fun and challenging. Downtown Branch - Aerobic Studio.

S / 10:15–11:15 AM

TRX

The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much you want to challenge yourself! East Branch - Upper Level

W / 5:30–6:30 PM or

T or TH / 5:45–6:45 AM or

T / 8–8:45 AM or

F / 10:15–11:15 AM or

F / 6–7 AM (TRX/Insanity Combined Class)

SAT / 8:35–9:35 AM



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HEALTH, WELL-BEING, FITNESS

Fees: (unless otherwise noted)

Members: \$12

Nonmembers: \$23

Yoga

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

Downtown Multi-Purpose Room:
F / 9:15-10:15 AM

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
T / 9-10 AM or TH / 9-10 AM

Chair Yoga

A safe, low impact workout to enhance flexibility while using a chair.

MWF / 8-9 AM / Downtown - Aerobic Studio

Fee: Members \$9 Nonmembers \$27

MW / 11 AM-12 PM / East Branch-Upper Level

Fee: Members \$6 Nonmembers \$18

Basic Dance Fit (Formerly Basic Zumba)

Learn Latin moves, with Latin music in this low impact dance cardio class. Downtown Branch - Aerobic Studio.

F / 9:15-10:15 AM

Dance Fit (Formerly Zumba)

Exciting workout with unique Latin moves and rhythms.

Downtown Branch - Aerobic Studio.

T / 7-8 PM

ADULT GROUP EXERCISE - MEMBER FREE CLASSES

20 - 20 - 20

Three workouts in one! Combine cardio, strength and core in 20 minutes segments for a total body workout. A variety of aerobic classes will be performed. Instructors will choose from kickboxing, step aerobics or boot camp style classes. Downtown Branch - Aerobic Studio.

W / 5:30-6:30 PM

Fee: Members FREE Nonmembers \$20

All-Star Aerobics

A floor aerobic class designed for all skill levels.

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

TTH / 5:30-6:25 PM

Fee: Members FREE Nonmembers \$35

Cardio Fusion

A variety style aerobic class. Instructor will choose from kickboxing, boot camp, step, etc. Downtown Branch - Aerobic Studio.

MW / 9:15-10:15 AM

Fee: Members FREE Nonmembers \$35

Cardio Sculpt Extreme

Two classes in one! 30 minutes of extreme cardio followed by 30 minutes of toning in each class. Instructors will choose from a wide variety of exciting cardio styles. Downtown Branch - Aerobic Studio.

M / 5:30-6:30 PM

Fee: Members FREE Nonmembers \$20

Coast to Coast Tour

Visit a Y in each state by tracking your cardio minutes. When you reach 25 states you win! See Stephanie Parsons for more details. Downtown Branch.

Fee: Members FREE

Core Ball and Sculpt

Designed to enhance muscular & core strength with a focus on core muscles while using the ball. Downtown Branch - Aerobic Studio.

S / 8:45-10 AM

Fee: Members FREE Nonmembers \$20

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.

Downtown Branch - East Gym MW / 9:30-10:30 AM

East Branch - Upper Level TTH / 10:15-11:15 AM

Fee: Members FREE

Nonmembers \$5

Grab Bag Workout

Mix up your lunch time workout with this instructor's choice class. Designed for all skill levels. Downtown Branch - Aerobic Studio.

M, T, W, TH / 11:45 AM-12:15 PM

Fee: Members FREE Nonmembers \$35

Power Toning

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

TH / 9:15-10:30 AM

Fee: Members FREE Nonmembers \$20

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.

T / 9:15-10:15 AM

Fee: Members FREE Nonmembers \$20



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FOR HEALTHY LIVING
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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 **MWF / 8–9 AM**

Fee: Members \$9 Nonmembers \$27

East Branch–Upper Level **MW / 11 AM–12 PM**

Fee: Members \$6 Nonmembers \$18

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.

Downtown Branch – East Gym **MW / 9:30–10:30 AM**

East Branch – Upper Level **TTH / 10:15–11:15 AM**

Fee: Members FREE

Nonmembers \$5

ADULT WATER EXERCISE

Aqua Zumba

SESSION 1 ONLY

Muscle conditioning, improved cardiovascular endurance and muscle tone are practiced. Ideal for all fitness levels.

Non-swimmers welcome.

East Pool

T or TH / 9:15–10 AM or

T or TH / 6:15–7 PM

Fee:

Members \$7

Nonmembers \$14

Cardio Aqua-Cise

Medium-High Intensity. A heart pumping cardio-packed class.

Swimmers and non-swimmers

welcome. East Pool

SESSION 1: M / 6–6:45 PM

SESSION 2: T or TH / 6:15–7 PM

Fee:

Members \$10

Nonmembers \$20

Low Impact Aquatics

The gentle activities in warm water will help you gain strength and flexibility.

Participants enjoy decreased

pain and stiffness. East Pool

W or F / 11–11:45 AM

Fee:

Members FREE

Nonmembers \$10

Rise & Shine Cardio

Medium-High Intensity. A

heart pumping cardio-

packed class. Swimmers and

non-swimmers welcome.

East Pool

W or F / 10–10:45 AM

Fee:

Members \$10

Nonmembers \$20

Water Volleyball

Recreational rules.

A great social environment.

Get your workout by cheering

and laughing. Great for

all! West Pool

MWF / 9:45–11 AM

SAT / 10–11 AM

Fee: Members FREE

Nonmembers MWF \$27

SAT \$14

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.

T / Begins at 4 PM

Fee: Members FREE

Nonmembers \$2/visit (must bring receipt to class)

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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Member Registration begins May 16th
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Nonmember Registration begins July 4th

YOUTH FITNESS

Dance - Session 1 ONLY

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. Downtown YMCA.

Happy Feet for ages 2-3 (with adult)

Have fun and dance with your child in this interactive class. Props will be used for movement and creative dance. Multi-Purpose Room - Downstairs
TH / 5-5:30 PM

Beginning Ballet and Jazz for ages 3-5

Have fun dancing with props while developing coordination and rhythm. Multi-Purpose Room - Downstairs
TH / 5:30-6:15 PM

Petite Ballet for ages 4 - 6

This class is for those who have been through the Beginning Ballet class and are ready to learn more. Multi-purpose Room - Downstairs
TH / 6:30-7:15 PM

Beginning Ballet and Jazz for ages 7-13

Learn basic ballet and jazz techniques and terminology while having fun moving to the music. Multi-purpose Room - Downstairs
TH / 6:30-7:15 PM

Fee for all above dance classes: Members \$9 Nonmembers \$20

Teen - 13 and Up

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.

S / 9-10 AM

Fee: Members Only FREE



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YOUTH SPORTS

TUMBLING AND GYMNASTICS Session 1 ONLY

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. Come ready to have fun with your child!
Downtown Branch – East Gym.
M / 5-5:45 PM
Fee: Members \$30 Nonmembers \$50

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! Downtown Branch – East Gym.
M / 5:45-6:30 PM
Fee: Members \$30 Nonmembers \$50

Intro to Gymnastics – For ages 5-12
Learn progressive gymnastic skills, proper body positioning and terminology of gymnastics on a variety of equipment. Downtown Branch–East Gym.
M / 6:30-7:30 PM
Fee: Members \$32 Nonmembers \$50

Gymnastics I – For ages 6-13
This class will build on the fundamental skills for those who have mastered the cartwheel, bridging (holds 15 seconds), handstands at the wall. We will work on round-offs, add on skills, back-bending to kick-over skills and handsprings. Downtown Branch–East Gym.
M / 7:30-8:30 PM
Fee: Members \$32 Nonmembers \$50

T-BALL

Morning League

Registration Deadline: May 22nd
Location: Emory Adams Park
Equipment: T-shirts & hats provided
Play Begins: Week of June 6th

Game Times:
T-Ball: Mon & Wed 9:30-11 am
Coach Pitch: Tues & Thurs 9:30-11 am

Coaches Meeting
May 26th @ 5:30 pm / Downtown Branch

Fee:
\$10/Family Membership Holder
\$35/Youth Membership Holder
\$70/Nonmember

Evening League

Registration Deadline: June 19th
Location: Emory Adams Park
Equipment: T-shirts & hats provided
Play Begins: Week of July 11th

Game Times:
T-Ball Monday & Wednesdays 5:30-7 pm
Coach Pitch: Tuesdays & Thursdays: 5:30-7 pm

Coaches Meeting:
July 7th @ 5:30 pm / Downtown Branch

Fee:
\$10/Family Membership Holder
\$35/Youth Membership Holder
\$70/Nonmember

Check out our **NEW UPGRADED DAY CAMP!**

AN ALL NEW REVISED PROGRAM AND NEW SPORTS & SPECIALITY CAMP OPTIONS.

BROHCURES ARE LOCATED AT OUR FRONT DESK!

Be sure to take a look !!!!!





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YOUTH SPORTS

JUDO

Little Samurai (Ages 5-7)

This class is for beginners. Participants will learn basic motor skills, teamwork, and basic judo techniques. East Branch.
TTH / 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; General and specific warm up skills; Build up of basic Judo related fitness requirements. A variety of repeated practice drill elements for building of muscle strength and endurance. East Branch.
TTH / 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. The skills taught are more advanced from the beginning level. East Branch.
TTH / 7:30-8:30 PM

Adult Judo (Ages 15 and up)

This class will teach more advanced judo techniques. This class will give the student opportunity to enter tournaments, attend clinics and camps. East Branch.
TTH / 7:30-8:30 PM

Fee for all Judo Programs:

Members \$22 Nonmembers \$43
Family Membership Holder \$14

Judo Open Mats

Practice for all Judo members and all Ranks. Cancelled on Tournament Days. East Branch.

SAT / 10:30-11:30 AM & SAT / 1-2 PM by request

Fee: Free for registered Judo participants

TENNIS – Kids Clinics

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
T / 10-10:45 AM

Fees: Members \$14 Nonmembers \$35

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 with instruction. East Branch

T / 11-11:45 AM

Fees: Members \$25 Nonmembers \$53

Intermediate (ages 8-9) – Children who attend will be introduced to the proper fundamentals of ground strokes, serves, score keeping and proper etiquette. Players will be grouped with those of similar skill level. No equipment required. East Branch

T / 1-2 PM

Fees: Members \$34 Nonmembers \$75

Intermediate (ages 10-11) – Children who attend will be introduced to the proper fundamentals of ground strokes, serves, score keeping and proper etiquette. Players will be grouped with those of similar skill level. No equipment required. East Branch

T / 1-2 PM

Fees: Members \$34 Nonmembers \$75

Middle School (ages 12-14) – Fundamentals of tennis-learning basic strokes. Forehand backhand volleys and serving. Introduction to match play and keeping score. Players will be grouped with those of similar skill level. No equipment required. East Branch

T / 2-3 PM

Fees: Members \$34 Nonmembers \$75

Private Tennis Lessons

- Private lessons are available to all ages.
- All private lessons will be paid for 24 hours in advance.
- After you purchase your private tennis lesson package a YMCA employed Private Tennis Instructor will contact you to schedule your lesson.
- Private lessons are taught by YMCA employees only.

Fees: Members \$44/hr Nonmembers \$85/hr



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ADULT SPORTS

ADULT BASKETBALL

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.
M-F / 11:45 AM–2 PM

Fee: Members FREE

Nonmembers \$10 guest pass fee

MARTIAL ARTS

Adult Judo (Ages 15 and up)

This class will teach more advanced judo techniques. This class will give the student opportunity to enter tournaments, attend clinics and camps. East Branch.

TTH / 7:30–8:30 PM

Fee: Members \$22 Nonmembers \$43

Family Membership Holder \$14

Judo Open Mats

Practice for all Judo members and all Ranks. Cancelled on Tournament Days. East Branch.

SAT / 10:30–11:30 AM

Fee: Free for registered Judo participants

RACQUETBALL

Private Lessons with Video Instruction (1 hour)

Racquetball players from age 10 and up that are interested in receiving personal instruction to improve their game from a National Champion. You will learn and practice ball placement strategies and improve your game. Cost includes court rental fee and must be at a mutually agreed upon time. **Leave your name and number at the YMCA to arrange lessons.** Using the YMCA's glass court and viewing balcony, our instructors will video tape you and provide instant feedback on your skills and technique. This is a valuable tool you will be able to refer to while refining your skills. Downtown Branch

Fee: Member \$35 Nonmembers \$50

ADULT TENNIS

Ladies Intermediate Tennis

The next progression after the beginner class. Emphasis in this class is put on more live playing of points start to learn how to play the great game of tennis. East Branch

T / 9–10 AM

Fee: Members \$34

Nonmembers \$75

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

T / 6–7 PM

Fee: Members \$34

Nonmembers \$75

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

Lots of balls being fed for a hour of both tennis and cardio. 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

T / 7–8 PM

Fee: Members \$34

Nonmembers \$75

TENNIS – Private Lessons

- 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

Nonmembers \$85/hr

COURT RENTALS

Downtown Branch – Racquetball

Court hour: 1 hour

Walk On: FREE (if available)

Reserve Fee:

Members: \$2.50/court hr

Nonmembers \$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

Nonmembers: \$20/court hr with
guest pass fee



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FAMILY TIME

Family Wellness Center Hours:

Friday: 6–8 pm

Saturday: 2–5 pm /

Sunday: 1–3 pm Downtown

Sunday: 4–6 pm East Branch

Children 11–15 years, not certified in strength training, may use the wellness center (Cardio Selectorized Equipment only)

Family Whirlpool Hours:

Available to parents and children 11–15 years of age.

Family Whirlpool Hours:

Saturday: 2–4 pm

Sunday: 12–2 pm

A parent must be in the whirlpool next to the children.

Wallyball – Fun for ALL!

Play Wallyball at the Y!

- Equipment may be checked out at the front desk
- For ages 14 & up
- All Wallyball play on Court #2





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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.

T / Begins at 4 PM

Fee: Members FREE

Nonmembers \$2/visit (must bring receipt to class)



BRIDGE

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

