FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2012 SUMMER SESSION #2

July 16th – August 25th

(unless otherwise noted)

Member Registration: Wednesday, July 11th
Nonmember Registration: Thursday, July 12th

FINDLAY FAMILY YMCA

PROGRAM GUIDE

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FACILITIES

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ABOUT US...Locations

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

SUMMER HOURS

Monday - Thursday 5 am - 9 pm
Friday
5 am - 8 pm
Saturday 7
am - 4 pm
Sunday
1 pm - 5 pm

FACILITY CLOSINGS

***July 4th for Independence Day**
***August 26th-September 2nd for Maintenance (Downtown Branch Only)**
***Monday, September 3rd for Labor Day**
***Thursday, November 22nd for Thanksgiving**
***Monday, December 24th at 3 pm for Christmas Eve**
***Tuesday, December 25th for Christmas**

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all without regard to race, religion or ability to pay for services.

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*

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.

www.findlayymca.org

CONTACT US...

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MEMBERSHIP

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MEMBERSHIP RATES

TYPE	ANNUAL	MONTHLY*	QUARTERLY
Jr Youth 7-12 yrs	$74.73	$10.50	$31.50
Sr Youth 13 yrs-HS	$99.28	$12.55	$37.65
College 17-25 yrs	$280.36	$27.63	$82.89
Adult	$467.30	$43.21	$129.63
Forever Active Adult 60+ yrs	$467.30	$43.21	$129.63
Single Parent	$571.64	$51.90	$155.70
Family	$696.25	$62.28	$186.84
Forever Active Family 60+ yrs	$696.25	$62.28	$186.84

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

FINANCIAL ASSISTANCE – ACCESS:
The YMCA is committed to providing services to all regardless of ability to pay. Financial assistance is available through the ACCESS Program. The ACCESS Program is funded by your support of the 'Y' Strong Annual Giving Campaign, the United Way and the Hancock County Community Foundation.

"125 YEARS" A HISTORY OF CARING
The Findlay YMCA has been putting Christian principles into practice for those of all ages, income, abilities, race, and religion for 125 years. Children and families who cannot afford to pay full fee for membership and programs need the experiences the Y offers as much as those who can. The Y needs your help. Please give generously to our Annual Support Campaign and get involved by volunteering for this important cause.

Misc. Membership Information:
✓Children under 7 yrs must participate under a Family membership and must be accompanied by an adult.
✓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).
✓Forever Active Adult & Family Membership: Age 60 & older-includes all wellness classes at no cost.
✓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.

Guests:
$5 for Youth
$7 for College Students/ID
$10 for Adults
✓Maximum of 3 guest fees may be applied toward a membership if purchased within 30 days.
✓All youth must show photo ID or be accompanied by a parent.
✓All guests must show a photo ID.

A.W.A.Y (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.

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 about our volunteer opportunities.

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A PLACE FOR YOUR CHILD

DISCOVERY CENTER

DISCOVERY CENTER

(Downtown Branch Only)
Babysitting available for children ages 6 weeks - 6 years during the time you use the YMCA. No feeding or diapering.

HOURS	*(Subject to Change)*
Mon-Fri	9 AM-12:15 PM
Mon & Thurs	5 PM-8 PM
Tues & Wed	4:30-7:30 PM
Sat	8:30 AM-11:15 AM

FEES
Adult Membership Holders: $6/child/visit or $60/10 Visits
Family Membership Holders: $4/child/visit or $40/10 visits
Nonmembers: $10/child/visit
All punch cards expire 12/31/2012

Discover Center Volunteer Program

We have started a volunteer program for parents to earn free punches to the Discovery Center by volunteering 3 hours (1 shift). A shift will earn you 6 free punches to be used in the week following your volunteered shift.

All parents interested in participating in this program must go through the Discover Center Volunteer program training before they can work a shift. All details about the program will be covered in the training.

The training is free. Limit - 8.

Look for our next training in the Fall!

If there are any questions, please contact Shannon Andersen at sandersen@findlayymca.com or (419) 422-4424.

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

- Nurturing developmental care
- Daily physical activities
- Infant Sign Language
- Free Developmental Screenings

Fees:

Full Day Care

4-5 days/week	*Members $170*	*Nonmembers $183*
3 days/week	*Members $120*	*Nonmembers $132*
2 days/week	*Members $ 83*	*Nonmembers $ 93*
Add a Day	*Members $ 45*	*Nonmembers $ 50*

Half Day Care

4-5 days/week	*Members $128*	*Nonmembers $138*
3 days/week	*Members $ 77*	*Nonmembers $ 84*
2 days/week	*Members $ 59*	*Nonmembers $ 64*
Add a Day	*Members $ 30*	*Nonmembers $ 35*

Toddlers: 18 months - 3 years

- Non potty trained
- Learning based curriculum
- Music and Movement
- Arts, Crafts, Math & Science
- Free Developmental Screenings

Fees:

Full Day Care

4-5 days/week	*Members $151*	*Nonmembers $166*
3 days/week	*Members $113*	*Nonmembers $124*
2 days/week	*Members $ 75*	*Nonmembers $ 88*
Add a Day	*Members $ 40*	*Nonmembers $ 45*

Half Day Care

4-5 days/week	*Members $106*	*Nonmembers $127*
3 days/week	*Members $ 72*	*Nonmembers $ 79*
2 days/week	*Members $ 49*	*Nonmembers $ 52*
Add a Day	*Members $30*	*Nonmembers $ 35*

Preschool: 3-5 years

- Developmentally appropriate Kindergarten Readiness
- Fun Swims and lessons
- Indoor/Outdoor Large Motor Development
- Free Developmental Screenings

Fees:

Full Day Care

4-5 days/week	*Members $137*	*Nonmembers $152*
3 days/week	*Members $ 99*	*Nonmembers $108*
2 days/week	*Members $ 71*	*Nonmembers $ 76*
Add a Day	*Members $ 35*	*Nonmembers $ 40*

Half Day Care

4-5 days/week	*Members $ 96*	*Nonmembers $122*
3 days/week	*Members $ 65*	*Nonmembers $ 71*
2 days/week	*Members $ 44*	*Nonmembers $ 48*
Add a Day	*Members $ 25*	*Nonmembers $ 30*

School Aged Summer Care: Kindergarten-5th grade

- Daily field trips to parks and local businesses
- Children are placed in small groups based on age
- Swimming
- Art, science and cooking
- Trips to Camp Mosshart & climbing Alpine II Tower
- Pizza every Friday!

Fees:

Full Day Care

4-5 days/week	*Members $137*	*Nonmembers $152*
3 days/week	*Members $ 99*	*Nonmembers $108*
2 days/week	*Members $ 71*	*Nonmembers $ 76*
Add a Day	*Members $ 35*	*Nonmembers $ 40*

Half Day Care

4-5 days/week	*Members $ 96*	*Nonmembers $122*
3 days/week	*Members $ 65*	*Nonmembers $ 71*
2 days/week	*Members $ 44*	*Nonmembers $ 48*
Add a Day	*Members $ 25*	*Nonmembers $ 30*

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INFANT, TODDLER & PRESCHOOL

Fees: Family Membership Holders FREE Nonmembers $33

Shrimps 6-18 months
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 - Shrimps/Perch Combined Class
SAT / 9-9:30 AM - Shrimps/Perch/Learn with Me! Combined Class

Perch 19 months-2 1/2 years
You and your child will participate together, but a little more time will be spent in a skill structure environment. Skills include blowing bubbles, using a kickboard, less songs and more structure. 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. 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.
T /10-10:30 AM - Shrimps/Perch Combined Class
T / 5:30-6 PM - Shrimps/Perch Combined Class
SAT / 9-9:30 AM - Shrimps/Perch/Learn with Me! Combined Class

Learn with Me! 2 1/2–3 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.
W / 4:30-5 PM
TH / 10-10:30 AM
SAT / 9-9:30 AM - Shrimps/Perch/Learn with Me! Combined Class

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.

T / 10-10:45 AM	**TH / 10-10:45 AM**
T / 5:30-6:15 PM	**TH / 4:45-5:30 PM**
W / 4:30-5:15 PM	**S / 9:45-10:30 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.

T / 10-10:45 AM	**TH / 10-10:45 AM**
T / 5:30-6:15 PM	**TH / 4:45-5:30 PM**
W / 4:30-5:15 PM	**S / 9:45-10:30 AM**

Bubble Levels:
(Flotation Device)
Size 3: Perch, Learn with Me!, Pike & some Eel
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.

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YOUTH SWIM LESSONS

Fees: Family Membership Holders FREE Youth Members $11 Nonmembers $33

Polliwog I 5 years and up (NEW Age!)
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.
T / 10:45-11:30 AM TH / 10:45-11:30 AM
T / 4:45-5:30 PM TH / 5:30-6:15 PM
S / 10:30-11:15 AM

Polliwog II 6 years and up
Designed for the school-ager who is an advanced beginner and can swim the length of pool unassisted. We will work on rotary breathing, floating on front and back, basic backstroke, and pool safety. Must be able to swim the length of the pool unassisted or already passed Polliwog I. East Pool.
T / 10:45-11:30 AM TH / 10:45-11:30 AM
T / 4:45-5:30 PM TH / 5:30-6:15 PM
S / 10:30-11:15 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. East Pool.
W / 5:15-6 PM

Minnow 6 years and up
For children who can already swim 2 lengths of the pool for Minnow and 3 lengths of pool for Fish with freestyle, backstroke, and breaststroke. Proper rotary breathing technique will be stressed, and participants will be introduced to butterfly in addition to refining all the strokes. East Pool.
W / 5:15-6 PM

Fish or Flying Fish 6 years and up
Flying Fish is for children who can already swim 100 yards of freestyle and 50 yards of backstroke and breaststroke. Students will focus on technique and endurance for freestyle, backstroke, breaststroke, and butterfly. Continued work on elementary backstroke, pool safety, treading water, deep water swimming and diving. East Pool.
W / 5:15-6 PM

Shark 6 years and up
The class is for the advanced. Participant needs to be able to swim 150 yards freestyle, backstroke, breaststroke, and 50 yards butterfly. There will be a strong emphasis on technique and endurance. Class will include an expansion on rescue skills, and aquatic emergencies. East Pool.
W / 5:15-6 PM

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 $80 Nonmembers $100

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ADULT AQUATICS

Low Impact Aquatics
The gentle activities in warm water will help you gain strength and flexibility. Participants enjoy decreased pain and stiffness. East Pool
MWF / 1-2 PM or
Drop In Fee:
Members $2/class
Nonmembers $3/class
Session Fee:
Members $30
Nonmembers $60

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 $30/MWF
$10/SAT

Cardio Aqua-cise
Medium-High Intensity. A heart pumping cardio-packed class. Swimmers and non-swimmers welcome. East Pool
MWF / 6-7 PM
Drop In Fee:
Members $2/class
Nonmembers $3/class
Session Fee:
Members $30
Nonmembers $60

A.M. Adult Aquatics
Muscle conditioning, improved cardiovascular endurance and muscle tone are practiced. Ideal for all fitness levels. Non-swimmers welcome. East Pool
MWF / 9-10 AM
Fee: Members $2/class
Nonmembers $3/class

Deep H-20
Held in deep water with a floatation belt. Med Intensity. Fun way to keep fit & cool. West Pool
T or TH / 9-10 AM
Drop In Fee for T or TH: Members $2/class
Nonmembers $3/class
Session Fee for both T&TH: Members $20
Nonmembers $40

500 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

The YMCA, in collaboration with BVHS, offers these aquatic exercise classes throughout the week for community members. More programming will be added as we identify additional needs and benefits for our residents, tenants, associates and our community. These classes are held at Birchaven Village.

Low Impact Aquatics
This program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water will help you gain strength and flexibility. Participants enjoy decreased pain and stiffness.
TH / 10:30-11:30 AM
Fee: $3 per class

Active Older Adults
Muscle conditioning, improved cardio vascular endurance and muscle tone are practiced. Ideal for all fitness levels. Non-swimmers welcome.
MWF / 10:30-11:30 AM
Fee: $3 per class

Water Kickboxing
Taught by a martial arts expert. Class is a medium-high intensity workout.
TTH / 9:30-10:30 AM
Fee: $3 per class

Birchaven VILLAGE

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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.

ORIENTATIONS

Technogym Smart Key – Streamline your workout with this general fitness Smart Key program. Your appointment includes an assessment of your overall health and an orientation on all our Technogym equipment. Your program will be designed based on your goals and abilities. Your Smart Key will hold your workout information that you use at your own convenience.
Smart Key Fee: Members Only $25

Wellness Center Orientation – An orientation 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.
Orientation Fee: FREE for Members

Orientations by appointment only. Please call or see one of our Wellness Center Staff to start!

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 or
Sport Specific 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: Stephanie Parsons, Health & Wellness Director at 419-422-4424 or email at sparsons@findlayymca.com
Fee: Members 1 for $30 or 10/$200
Nonmembers 1 for $40 or 10/$300

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GET OUT
BE ACTIVE

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HEALTH, WELL-BEING, FITNESS

Fees: (*unless otherwise noted)*
Members: *1 class $10* *2 classes $20* *3 classes $30*

ADULT GROUP EXERCISE

Balls, Bands & Weights
Tone your abs & lower body with the assistance of exercise balls, bands and weights. Downtown Branch – Aerobic Studio.
T &TH / 6:30-7 PM

Cross-Training
A combo of strength, cardio and interval training. For advanced participants. Downtown Branch – Aerobic Studio.
M or W or F / 6-6:45 AM

Basic Cycling
Not ready for an intense ride – this class will be the right pace for you! A less intense class, but still challenging. East Branch – Cycling Studio.
M / 6:45 PM

Group Cycling
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 or W/5:05 AM, 9 AM, 5:30 PM
W / 6:45 PM
F / 5:05 AM, 9 AM SAT / 8:15 AM

Muscle Fusion
Great muscle conditioning and strengthening class with the use of dumbbells and resistance bands. Some cardio will be implemented. Downtown Branch – Aerobic Studio.
T / 5:30 AM
TH / 5:30 AM

Spin (Cycling) & Sculpt
30 minutes of cycling & 30 of conditioning & stretching. East Branch – Cycling Studio.
TH / 4:30 PM

Pilates
A non-impact class focusing on the muscles of the core: the abdominal muscles, back muscles, and hips. Exercises performed on a mat in a relaxed atmosphere. Downtown Branch – Aerobic Studio.
T / 10:15-11:15 AM

Yoga
Multi level yoga class for strength, flexibility, endurance and balance. Downtown Branch – Koehler Room.
M /5:30-6:30 PM W / 5:30-6:30 PM F / 9:15-10:15 AM
East Branch – Upper Level
T / 8-9 AM TH / 8-9 AM

Chair Yoga
A safe, low impact workout to enhance flexibility while using a chair.
Downtown – Aerobics Studio **M / 8-9 AM W / 8-9 AM F / 8-9 AM**
East Branch – Upper Level **M / 11 AM-12 PM W / 11 AM-12 PM**
Fee: Members $3 Nonmembers $7

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

Zumba
Exciting workout with unique Latin moves and rhythms. Downtown Branch – Aerobic Studio.
M / 6:30-7:30 pm or T / 7-8 PM or TH / 7-8 PM

Look for a special East Branch aerobics schedule for the week of Downtown Shutdown August 27th – September 1st!

www.findlayymca.org

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HEALTH, WELL-BEING, FITNESS

MEMBERS FREE CLASSES

ADULT GROUP EXERCISE

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 Nonmember $40

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

Cardio Fusion
A variety of aerobic classes will be performed. Instructors will choose from kickboxing, step aerobics or boot camp style classes. Downtown Branch – Aerobic Studio.
M&W / 9-10 AM
M / 5:30-6:30 PM
W / 5:30-6:30 PM
Fee: Members FREE Nonmembers $40 for 2 days
Nonmembers $20 for 1 day

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 / 8:30-9:15 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 / 10-11 AM**
East Branch – Lower Level **TTH / 10:15-11:15 AM**
Fee: Members FREE Nonmembers $8

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-TH/11:45 AM-12:15 PM
Fee: Members FREE Nonmembers $60

Power Toning
Full body, hard core training with a low impact combo of upper/lower body toning, Pilates and Yoga. 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

Look for a special East Branch aerobics schedule for the week of Downtown Shutdown August 27th – September 1st!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET INVOLVED

MAKE A FRIEND

2012 SUMMER SESSION #2

July 16th–August 25th
(6 week class session – unless otherwise noted)

Member Registration: Wednesday, July 11th
Nonmember Registration: Thursday, July 12th

YOUTH FITNESS

YMCA Summer Olympics (Preschool)

NEW!

- For ages 3-6 years old

Let's get ready for the Olympics! Participate in opening ceremonies, sports, games and crafts. On the last day come and watch your athlete participate in the final event and receive their medal of participation. Everyone is a winner! Downtown Branch - Multi Purpose Room.
July 23-26 / 9-11 AM
Fee: Members $35 Nonmembers $45

Aerobic Movement

Kids Street Beat - 5-12 years
A great way to get kids moving! A simple and effective aerobic workout that incorporates footwork and body movement from the Meringue, Mambo, Salsa, and Rumba to a mix of Age appropriate music. Downtown Branch - Aerobic Studio.
M / 10:30 AM
Fee: Members FREE 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 TechnoGym area as well as the free weights. Program runs for 4 weeks. Downtown Branch - Wellness Center.
S / 9-10 AM
Fee: Members Only FREE

the YMCA

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ENDLESS POSSIBILITIES

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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 – Aerobics Studio **M / 8-9 AM W / 8-9 AM F / 8-9 AM**
East Branch – Upper Level **M / 11 AM-12 PM W / 11 AM-12 PM**
Fee: Members $3 Nonmembers $7

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 / 10-11 AM**
East Branch – Lower Level **TTH / 10:15-11:15 AM**
Fee: Members FREE Nonmembers $8

ADULT WATER EXERCISE

Low Impact Aquatics
The gentle activities in warm water will help you gain strength and flexibility. Participants enjoy decreased pain and stiffness. Downtown Branch – East Pool.
MWF / 1-2 PM or
Drop In Fee:
Members $2/class
Nonmembers $3/class
Session Fee:
Members $30
Nonmembers $60

Water Volleyball
Recreational rules.
A great social environment. Get your workout by cheering and laughing. Great for all! Downtown Branch – West Pool
MWF / 9:45-11 AM
SAT / 10-11 AM
Fee: Members FREE
Nonmembers $30/MWF
$10/SAT

Deep H-20
Work done in deep water with floatation belt. Med Intensity. Fun way to keep fit & cool. Downtown Branch – West Pool.
T or TH / 9:15-10 AM
Drop In Fee for T or TH:
Members $2/class
Nonmembers $3/class
Session Fee for both T&TH:
Members $20
Nonmembers $40

A.M. Adult Aquatics
Muscle conditioning, improved cardiovascular endurance and muscle tone are practiced. Ideal for all fitness levels. Non-swimmers welcome. Downtown Branch – East Pool.
MWF / 9-10 AM
Fee: Members $2/class
Nonmembers $3/class

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. Downtown Branch – West Pool Lounge.
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 $15

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YOUTH ACTIVITIES & CAMP

YOUTH CLUBS – Education & Leadership

Leaders Club – 7th-12th graders
volunteering at the YMCA and in the community. Participating in community events and regional events including Special Olympics. Learn leadership skills - responsibility, respect, honesty, caring, giving and communication with bi-weekly club meetings. Contact the YMCA 419-422-4424 for more info!

Summer Camp (At the Y and Camp Mosshart)

The Y is welcoming any camper entering1st through 8th grade to be involved in a fun-filled summer. Some highlights this summer will be going to many different parks, pools, the Toledo Zoo, and overnight camping trips. All weekly field trips are included in the cost of camp. Our goal is to enable the campers to experience all nature has to offer, learn about the beauty of Findlay and Northwest Ohio, enjoy fishing, canoeing, games, sports, being active and building relationships and most importantly - HAVE FUN!

Campers can be dropped off beginning at 7:30 am at the Downtown Branch. They will leave for camp at 8:15 am and return at 4 pm for a hour of swimming and picked up starting at 5 pm. Bring sack lunch, swim suit & towel.

Week	Theme
June 4-8	Let the Fun Begin (Camp Tower)
June 11-15	Sports of all Sorts (Bowling Day)
June 18-22	Animal Planet (Toledo Zoo)
June 25-29	Healthy Kids Week (Healthy Kids Day)
July 2-6	Red, White, and Blue (Cook Out)
July 9-13	Speed Racer (Pinewood Derby)
July 16-20	The Great Outdoors (Mosshart Overnighter)
July 23-27	Treasurer Hunt (Pirates Cove)
July 30-Aug 3	Getting Creative (Imagination Station)
August 6-10	Lights, Camera, Action! (Movies)
August 13-17	Wet-n-Wild (Riverside Pool)

FEES:
Pay for the entire summer and get 1 week FREE!

Membership Type	*Entire Summer*	*Weekly*	*4 days*	*3 days*
Family Member Rate	*$780*	*$78*	*$63*	*$53*
Youth Member Rate	*$980*	*$98*	*$78*	*$68*
Nonmember Rate	*$1,300*	*$130*	*$105*	*$85*

All campers receive: Camp T-Shirt; Water Bottle; Lunch Box; Entered into raffle to win a new Bike - one entry for each week paid!

Pick up flyer & registration form at the Y!

City Camp (At Riverside Park)

The YMCA is welcoming any campers entering 1st-5th grade to be involved in a fun-filled summer! Some highlights this summer will be swimming at Riverside Pool, games, crafts and FUN!

Who:	Children entering grades 1-5
When	Begins June 4th - August 17th
Time:	Monday - Friday / 7:30 am-5:15 pm
What to Bring:	Please pack one bag with Sack Lunch, Swim Suit and Towel

Fees: Members $40/week Nonmembers $60/week

Parents must walk to Shelter 15 to sign children in/out each day with a counselor

Registration and payment must be made the Friday prior to attending.

SCHOLARSHIPS AVAILABLE

For information contact: Richie VanHoose, Sports/Camp Director at the Y or email at rvanhoose@findlayymca.com

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YOUTH ACTIVITIES & CAMPS

Cheer Camp (Preschool)

- For ages 3-6 years old

Learn cheers, chants and pom-pom routines…also tumbling, games and other activities. Downtown Branch – Multi Purpose Room.
July 5-6 / 9:30-11:30 AM
Fee: Members $25 Nonmembers $35

Gymnastics Camp (Preschool)

- For ages 3-6 years old

Learn basic tumbling and gymnastics skills, play games, do crafts & have fun! Downtown Branch – East Gym.
July 9-12 / 1-3 PM
Fee: Members $35 Nonmembers $45

Princess Parade (Preschool)

- For girls 3-6 years old

Become an official princess and join us for the royal events of dancing, crafts, games, stories, etiquette class and a tea party. Parents are invited to the crowning ceremony and watch their princess perform the dances they learned from 11-11:30 AM on the last day. Includes tutu and crown! Downtown Branch – Multi Purpose Room.
July 17-20 / 9:30-11:30 AM
Fee: Members $35 Nonmembers $45

YMCA Summer Olympics (Preschool)

- For ages 3-6 years old

Lets get ready for the Olympics! Participate in opening ceremonies, sports, games and crafts. On the last day come and watch your athlete participate in the final event and receive their medal of participation. Everyone is a winner! Downtown Branch – East Gym.
July 23-26 / 9-11 AM
Fee: Members $35 Nonmembers $45

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YOUTH SPORTS

TUMBLING AND GYMNASTICS

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.
T / 5:15-6 PM
Fee: Members $30 Nonmembers $40

Intro to Gymnastics – For ages 6-10
Learn progressive gymnastic skills, proper body positioning and terminology of gymnastics on a variety of equipment. Downtown Branch – East Gym.
T / 7-8 PM
Fee: Members $30 Nonmembers $40

Tumbling Tots – For ages 4 & 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.
T / 6-6:45 PM
Fee: Members $30 Nonmembers $40

Racquetball

NEW!

Junior Racquetball – Ages 10-14
Receive professional level instruction on the fast paced and challenging game of Racquetball. Nationally recognized champion will teach you rules, strategy, and specific skills: correct backhand and forehand swing, serving technique, positioning on the court and more. Participants will be entered into league play to improve their skills with fellow Junior players. Downtown Branch
W / 7-7:45pm
Fee: Members $40 Nonmembers $65

Adult Racquetball Ages 15+
Now is your chance to learn or improve your game from Findlay's National Champion. Instructions will include rules, basic swing mechanics, serving and receiving tips, game strategies and more. Downtown Branch
W / 8-8:45pm
Fee: Members $40 Nonmembers $65

Private Lessons (1.5 hours)
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 with Richie Van Hoose to arrange lesson. Downtown Branch
Fee: Members $35 Nonmembers $60

Video Instruction
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 tools you will be able to refer to while refining your skills. Video instruction is an ADD ON fee for private lessons only.
Fee: Member $15 Nonmembers $30

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YOUTH SPORTS

TENNIS – Youth Group Lessons

Level – I – Ages 4-7
A fun introduction to tennis. Emphasis on coordination, ball striking, and cooperative games. Parent participation is encouraged. No equipment required. East Branch.
TH / 4:30-5 PM or SAT / 9-9:30 AM
Fee: Members $30 Nonmembers $50

Level – II/III – Ages 8-12
Children who attend this class will be introduced to the proper fundamentals of ground strokes, serves, score keeping and proper etiquette. Plays will be grouped with those of similar skill levels. No equipment required. East Branch.
TH / 5-6 PM or SAT / 9:30-10:30 AM
Fee: Members $45 Nonmembers $80

Level – IV/V – Ages 13-17
Emphasis will be improvement on their match play skills, agility, and stroke techniques. Racquets recommended. East Branch.
T / 5-6 PM or SAT / 10:30-11:30 AM
Fee Members $45 Nonmembers $80

TENNIS – Private Lessons

- Private lessons are available to all ages.
- All private lessons will be paid for 24 hours in advance of your lesson.
- When your private lesson is paid for, at the front desk, you will be given a punch card for the package you purchased.
- After you purchase your private tennis lesson package a YMCA employed Private Tennis Instructor will contact you to schedule your lesson.
- This instructor will set up available court times for your private lesson.
- Private lessons are taught by YMCA employees only.

Contact the YMCA for prices.

COURT RENTALS

Downtown Branch – Racquetball
Court hour: 1 hour
Walk On: FREE
Reserve Fee: $2.50/court hr

East Branch – Tennis
Court hour: 1 1/2 hour
Walk On: FREE
Reserve Fee:
Members: $14/hour
Nonmembers: $40/court hr

JUDO

Lil Dragons (Ages 4-7)
This class is for beginners. Participants will learn basic motor skills, teamwork, and basic judo techniques in this class. East Branch.
TTH / 5:45-6:30 PM
Fee: Members $20 Nonmembers $50

Judo 101 (Ages 8-15)
This class is for beginners. They will learn basic Judo techniques and have the opportunity to enter tournaments. East Branch.
TTH / 6:30-7:15 PM
Fee: Members $20 Nonmembers $50

Judo 102 (Ages 8-15)
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 / 7:15-8:45 PM & S / 10 -11:30 AM
Fee: Members $20 Nonmembers $50

Judo (Ages 16 & Up)
In this class you will learn judo techniques, self-defense, physical fitness, and to how deal with others. This class will give the students the opportunity to attend clinic, camps, and enter tournaments. East Branch.
TTH / 7:15-8:45 PM
Fee: Members $20 Nonmembers $50

Judo Open Mats
Practice for all Judo members and all Ranks. Cancelled on Tournament Days. East Branch.
S / 9:30-11:30 AM
Fee: Free for registered Judo participants

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ADULT SPORTS

JUDO

Judo (Ages 14 & Up)
In this class you will learn judo techniques, self-defense, physical fitness, and how to deal with others. This class will give the students the opportunity to attend clinic, camps, and tournaments. East Branch
TTH / 7:15-8:45 PM
Fee: Members $25 Nonmembers $55

Judo Open Mats
Practice for all Judo members and all Ranks. Cancelled on Tournament Days. East Branch
S / 9:30-11:30 AM
Fee: Free for registered Judo participants

RACQUETBALL

NEW!

Adult Racquetball Ages 15+
Now is your chance to learn or improve your game from Findlay's National Champion. Instructions will include rules, basic swing mechanics, serving and receiving tips, game strategies and more. Downtown Branch
W / 8-8:45pm
Fee: Members $40 Nonmembers $65

Private Lessons (1.5 hours)
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 with Richie Van Hoose to arrange lesson. Downtown Branch
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Video Instruction
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 tools you will be able to refer to while refining your skills. Video instruction is an ADD ON fee for private lessons only.
Fee: Member $15 Nonmembers $30

www.findlayymca.org

TENNIS – Adult Group Lessons

Level I: New Players
Enjoy the experience of learning the fundamentals of playing tennis. Great Workout! No racquet required. East Branch
M / 5-6 PM

Level II: Intermediate & Advanced
Designed to expand the knowledge of players who have limited experience. Emphasis on improving stroke technique, doubles strategy. Racquet recommended. East Branch
TH / 6-7:30 PM (Intermediate) or
SAT / 11:30AM - 1 PM (Advanced)

Tennis Drills
T / 9-10:30 AM

Fee: Members $45
Nonmembers $80

TENNIS – Private Lessons

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- After you purchase your private tennis lesson package a YMCA employed Private Tennis Instructor will contact you to schedule your lesson.
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Court hour: 1 hour
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East Branch – Tennis

Court hour: 1 1/2 hour
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Members: $14/hour
Nonmembers: $40/court hour

the YMCA

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BRINGING FAMILIES CLOSER

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FAMILY TIME

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
T / 5:15-6 PM
Fee: Members $30 ***Nonmembers $40***

Toddler Art Zone
Arts and crafts will be made in this program. 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.
W/11:30 AM-12:15 PM
Fee: Members $8 ***Nonmembers $17***

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CHANGING LIFES

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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 $15

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. Downtown Branch – West Pool Lounge.
Drop In Fee: $1 per person

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SERVING YOU

SERVING ALL

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QUALITY OF LIFE

The YMCA, in collaboration with BVHS, offers these aquatic exercise classes throughout the week for community members. More programming will be added as we identify additional needs and benefits for our residents, tenants, associates and our community. These classes are held at Birchaven Village.

Low Impact Aquatics
This program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water will help you gain strength and flexibility. Participants enjoy decreased pain and stiffness.
TH / 10:30-11:30 AM
Fee: $3 per class

Active Older Adults
Muscle conditioning, improved cardio vascular endurance and muscle tone are practiced. Ideal for all fitness levels. Non-swimmers welcome.
MWF / 10:30-11:30 AM
Fee: $3 per class

Water Kickboxing
Taught by a martial arts expert. Class is a medium-high intensity workout.
TTH / 9:30-10:30 AM
Fee: $3 per class

Birchaven VILLAGE

Have you heard of the Feed-A-Child Program?

Feed-A-Child is a community collaboration between the Findlay Family YMCA, Hancock County United Way, Marathon Petroleum, and the Hancock County Community Foundation. Our goal is to send 6 square meals home every weekend, During the entire school year, for those children who qualify for the state funded or free lunch program. Last year we started with Washington School and this year we are adding Jacobs School. For only $4 a week you can provide one child's meals for the entire year. Any donation will be appreciated!

For more information contact the YMCA!

Halt Hunger In Hancock County
A United Way Initiative
A Community Collaboration