



GROWING STRONGER TOGETHER



**AT THE
AUGLAIZE/MERCER
COUNTIES
FAMILY YMCA**

FALL I

Session Dates: September 10 – October 27

Registration begins:

August 13 – Members

August 20 – Non- Members

www.amymca.org

FALL I 2018

GENERAL INFORMATION

YMCA FACILITY HOURS

Effective October 1, 2018

Mon – Thur: 5:00am – 10:00pm
 Friday: 5:00am – 8:00pm
 Saturday: 8:00am – 5:00pm
 Sunday: 1:00 pm – 5:00pm

HOLIDAY HOURS

Labor Day CLOSED
 Monday, September 3

BRANCH & CENTER LOCATIONS

Serving Auglaize & Mercer Counties
 Since 1983

NORTH BRANCH YMCA

7590 State Route 703
 Celina, Ohio 45822
 (419) 586-YMCA (9622)

SOUTH BRANCH YMCA

04075 Wuebker Road
 Minster, Ohio 45865
 (419) 629-YMCA (9622)

LIFE ENRICHMENT CENTER

11230 State Route 364
 St. Marys, Ohio 45885
 (419) 394-6254

NEW BREMEN LEARNING CENTER

Pioneer Professional Center
 714 Monroe Street
 New Bremen, Ohio 45869
 (419) 629-2507

GENERAL POLICIES

1. Children under 6 years of age shall be placed in the nursery unless they are in a supervised activity.
 2. Any youth less than 10 years of age must be accompanied by an individual 15 years of age or older while they are at the YMCA, unless they are in a supervised activity.
 3. Members and their guests are to be out of the facility within 10 minutes of the YMCA's posted closing times.
 4. Your attire must be appropriate for the activity in which you are engaged. Always keep in mind that the YMCA is a Christian organization and that your attire should be modest, providing adequate coverage to avoid offending others.
 5. Caring, Honesty, Respect, and Responsibility are the four core values upon which the YMCA is dedicated. Our YMCA members, volunteers, and staff are expected to reflect these values in their behavior and attitude here at the YMCA.
- See your YMCA Owner's Manual for specific rules, policies, and procedures. They are available at the YMCA desk.

YMCA GUEST POLICY

The purpose of our guest policy is to enhance member service to current members who are encouraging a friend to join and make reasonable accommodations for members of other YMCAs traveling in our area, and for out-of-town family of current members. Members are responsible for their guests' behavior and must accompany guests at all times. Children under the age of 18 must be accompanied by a member. Any guest age 16 and older must present a valid picture ID. We reserve the right to limit guests to prevent overcrowding the facility.

Guest of YMCA Members

Families: \$10.00 per visit
 Age 19 & Up: \$7.00 per visit
 Age 18 & Under: \$5.00 per visit

Drop In Visitors

Families: \$15.00 per visit
 Age 19 & Up: \$10.00 per visit

YMCA AMBASSADOR PROGRAM

Our YMCA Leadership recognizes that you are our most asset to this organization. You are an ambassador for the YMCA. Who, better than you, know the advantages of being a YMCA member? Who, better than you, can tell the story to your friends, neighbors, and colleagues? And who, better than you, can get them to join you as a member of the Auglaize/Mercer Counties YMCA. For every new YMCA membership, you bring in to the Auglaize/Mercer Counties YMCA, you will get a refund back to you, equal to one month of your own YMCA membership rate. For example, if you bring in a friend and he/she joins the Auglaize/Mercer Counties YMCA as either an Adult or a Family member, you will be refunded the value of one month of your own Auglaize/Mercer Counties YMCA membership. Talk to our staff at the YMCA Desk to get all the details.

AUGLAIZE/MERCER YMCA 2018 MEMBERSHIP RATES

MEMBERSHIP CATEGORY	JOINERS FEE	MONTHLY RATE
FAMILY	\$85.00	\$72.64 per mo.
ADULT	\$50.00	\$54.05 per mo.
STUDENT	\$25.00	\$26.90 per mo.

*****Corporate Membership Rates are Available*****

Down Payment:	Includes your first month's payment and the new member-joining fee, which applies to all new YMCA members and returning members whose membership has lapsed for 30 days or more.
Monthly Rate:	Based on the annual amount divided into 12 monthly installments paid through checking or savings account or credit card automatic bank draft program. We do not accept monthly over the counter membership payments.
Annual Rate:	Members may pay annually for their YMCA membership. Renewing members do not have to pay the joining fee again provided they renew their membership within 30 days of their anniversary month.
Sales Tax:	Ohio Law requires that applicable sales tax be added to each membership. Sales tax will be added at the time of enrollment.

GENERAL INFORMATION

MEMBERSHIP INFORMATION

Your Membership Includes:

3 Gymnasiums, 3 Indoor Running Tracks, Body Master Resistance Equipment, Stair climbers, Treadmills, Stationary Bikes, Elliptical Trainers, Free Weights/Hammer Strength Machines, 2 Six-Lane Swimming Pools, 2 Coed Whirlpools, Adult & Family Locker Rooms, Adult Saunas, 3 Racquetball/Handball Courts, 2 Pool Tables, 2 Table Tennis Tables, 2 Air Hockey Tables, and 2 Foosball Tables, Rowers, Jacob's Ladder, AMT, and Helix machines.

Benefits of Membership:

- Participation in YMCA classes and activities at a reduced fee. Some activities are even free for our members.
- Access to both our North and our South Branch YMCAs.
- FREE Nursery service while you work out at the YMCA.
- Early registration for classes.
- State wide reciprocity in Ohio if you are a full facility/full privilege member. See desk for details!
- Through the YMCA "AWAY" program, you can use just about any YMCA across the country. Ask at our desk about how the "AWAY" program works.

Membership Assistance Program:

The YMCA welcomes and embraces people, regardless of their abilities, income, ethnicity, or religion. It is the policy of the YMCA to provide services to all who need them regardless of their ability to pay the established fees. Those individuals or families unable to pay the full fees for YMCA programs or services may apply for financial assistance. Financial assistance support will be based on the individual's ability to pay and on the YMCA's ability to fund this service.

Membership Refund Policy:

YMCA memberships are non-refundable. Refunds may however be granted due to verified medical or hardship reasons.

Program Refund Policy:

Program credits or refunds will be issued in the event that the YMCA cancels or fails to provide the service or class that the individual has paid for. Those credits or refunds will be issued on a prorated basis. You must notify us by the Monday of the week prior to the beginning of the session to be eligible for any refund or credit.

PROGRAM REGISTRATION INFORMATION

Session Dates:

Fall I: September 10 – October 27

Registration Procedures:

- Members and Non-Members are to register for YMCA programs during the dates specified.
- Registration is on a first come first serve basis.
- Payment in full is necessary at the time of registration.
- Mail in registrations with payment will be accepted.
- Cash, personal check, MasterCard, Visa, and Discover Card are acceptable forms of payment.
- Class sizes may be limited, so registration is required to guarantee your space in a class or program.
- Pre-registration is required for all YMCA programs. It insures adequate staffing.
- The YMCA reserves the right to cancel any program or class not meeting minimum enrollment standards.

YOUR YMCA LEADERSHIP

YMCA Staff:

Susan Albers	North Branch/Membership Director
Cindy Fishbaugh	Business Director
Adele Walls	YMCA Life Enrichment Ctr. Director
Mary Williams	South Branch Director
Kay Fenters	South Branch Program Director
Megan Lefeld	North Branch Program Director
Toni Paul	New Bremen Learning Ctr. Director
Steve Koesters	Maintenance Director
Brittany Thiebeau	Fitness Coordinator

YMCA Board of Directors:

Ronald Arling	Angela S Hamberg
Lesia Arnett	Bob Klein
Tim Beck	Kelly Lloyd
Sara B Corona	Chuck Meyer
Wesley Everman	Christine Purdy (President)
Peter Falk	Jill Roy
Zachary Ferrall	Angela Schmeisser



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHILD CARE

INFANT/TODDLER ♦ PRE SCHOOL ♦ SCHOOL AGE

YMCA Learning Center

714 Monroe Street

New Bremen, Ohio 45869

419-629-2507



YMCA LEARNING CENTERS PROGRAMS

Licensed by the State of Ohio
Fun, Safe, Curriculum Based, Character Driven!

- Infant Room: 6 weeks to 18 months
- Toddler Room: 18 months – 3 years
- Preschool I Room: 3 years – 4 years (focusing on socialization and beginner skills)
- Preschool II Room: 4 – 5 years (focusing on Kindergarten readiness)
- School Age: 5 years – 12 years

PRESCHOOL ENRICHMENT

Ages 3 – 5

Two & Three-day classes available!

Provides your child with hands on learning, and the opportunity for safe stimulating and fun filled activities designed to promote socialization and learning!

- Ohio Early Learning Content Standards Curriculum based.
 - School Readiness Focus

Hours: Monday – Friday 6:00 am – 6:00 pm

Full Time and Part Time Rates Are Available

Children enrolled in daycare automatically receive the Preschool Enrichment Program.

Toddler Play Group

Class will be offered for children 18 months thru 3 years of age and will run 2 days a week; simultaneous with the preschool enrichment classes to benefit parents with younger children. This class is a great way for toddlers to experience socialization with their peers before entering preschool.

Monday & Wednesday 8:30 – 11:00 am

If you'd like to know what we're up to at the YMCA Learning Center be sure to "like" us on



SWIM LESSONS

PRE SCHOOL

Water A & B Discover AKA: Water Babies
(6 months – 3 years)

Introduces infants and toddlers to the aquatic environment. Mom and/or Dad get to be in the water with their child. What a great way to bond with your little swimmer!

Preschool Swim Program
(3 years to 5 years)

Level 1 Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills.

Skills Learned in this Class:

- Front and back glide-assisted
- Front and back float-assisted
- Jump, push, turn, grab assisted
- Roll-assisted
- Water exit

Level 2 Water Movement

Encourages forward movement in water and basic self-rescue skills performed.

Skills Learned in this Class:

- Front and back glide-independently
- Front and back float-independently
- Jump, push, turn, grab independently
- Roll- independently
- Tread water-10 seconds
- Swim, float and swim for 5 yards

Level 3 Water Stamina

Develops intermediate self-rescue skills performed at longer distances.

Skills Learned in this Class:

- Front and back crawl
- Roll
- Tread water for 30 seconds
- Swim, float and swim for 15 yards

Level 4 Stroke Intro.

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Skills Learned in this Class:

- Endurance-any stroke for 25 yards
- Front crawl -rotary breathing
- Back crawl
- Resting stroke/breaststroke/butterfly-15 yards
- Tread water for 1 minute

PRIVATE SWIM LESSONS

30 Minute Lesson Per Individual

Members \$90 for 6 Lessons

Ages 3 and up.

Non-Members \$130 for 6 Lessons

Ages 3 and up.

Please contact the Aquatic Director to schedule.

North Branch Meganl@amymca.org

South Branch Kayf@amymca.org

-NORTH BRANCH-

Preschool Programs:

Water A & B Discover	
Mon	5:30 - 6:00 pm
Mon	5:00 - 5:30 pm
Level 1	Mon 5:00 - 5:30 pm
	Mon 6:00 - 6:30 pm
	Mon 5:15 - 5:45 pm
Level 2	Mon 5:30 - 6:00 pm
Level 3	Mon 5:15 - 5:45 pm

School Age Progressive Programs:

Level 1	Mon 5:45 - 6:30 pm	Mon 6:00 - 6:45 pm
Level 2	Mon 5:45 - 6:30 pm	
Level 3	Mon 6:30 - 7:15 pm	
Level 4	Water 5	Water 6
	Tues 6:30 - 7:15 pm	

-SOUTH BRANCH-

Preschool Programs:

Water A & B Discover	
Mon	6:30 - 7:00 pm
Mon	5:15 - 5:45 pm
Level 1	Tue 5:15 - 5:45 pm
	Fri 10:00 - 10:30 am
	Sat 9:30 - 10:00 am
	Mon 5:15 - 5:45 pm
Level 2	Tue 5:15 - 5:45 pm
	Fri 10:30 - 11:00 am
	Sat 9:30 - 10:00 am
	Mon 5:15 - 5:45 pm
Level 3	Tue 5:15 - 5:45 pm
	Fri 11:00 - 11:30 am
	Sat 9:30 - 10:00 am
	Mon 5:15 - 5:45 pm
Level 4	Tue 5:15 - 5:45 pm
	Fri 11:30 - 12:00 pm
	Sat 9:30 - 10:00 am

School Age Progressive Programs:

Level 1	Mon 5:45 - 6:30 pm	Tue 5:45 - 6:30 pm	Sat 10:00 - 10:45 am
Level 2	Mon 5:45 - 6:30 pm	Tue 5:45 - 6:30 pm	Sat 10:00 - 10:45 am
Level 3	Mon 5:45 - 6:30 pm	Tue 5:45 - 6:30 pm	Sat 10:00 - 10:45 am
Level 4	Mon 5:45 - 6:30 pm	Sat 10:00 - 10:45 am	
Level 5	Mon 5:45 - 6:30 pm		
Level 6	Mon 5:45 - 6:30 pm		

SWIM CLASS FEES:

Members: \$25.00

Non-Members: \$45.00

SCHOOL AGE

Level 1 Water Acclimation

Increases comfort and underwater exploration and introduces basic self-rescue skills.

Skills Learned in this class:

- Submerge-get head and face wet
- Front and back glide-assisted
- Front and back float-assisted for 10 secs.
- Jump, push, turn, grab assisted
- Roll-assisted
- Water exit-independently

Level 2 Water Movement

Encourages forward movement in water and basic self-rescue skills performed.

Skills Learned in this Class:

- Front and back glide-independently
- Front and back float- independently
- Jump, push, turn, grab independently
- Roll- independently
- Tread water-10 seconds, then exit
- Swim, float and swim for 5 yards

Level 3 Water Stamina

Develops intermediate self-rescue skills performed at longer distances.

Skills Learned in this Class:

- Front and back crawl
- Roll
- Tread water for 1 minute and exit independently
- Swim, float and swim for 25 yards

Level 4 Stroke Intro.

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Skills Learned in this Class:

- Endurance-any stroke for 25 yards
- Front crawl -rotary breathing
- Back crawl
- Introduce Resting stroke breaststroke/butterfly-15 yards
- Tread water for 1 minutes

Level 5 Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Skills Learned in this Class:

- Endurance-any stroke combination for 50 yards
- Front crawl with bent arm recovery-25 yards
- Back crawl -25 yards
- Resting stroke/breaststroke/butterfly-25 yards
- Tread water for 2 minutes

Level 6 Stoke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

You must notify us by the Monday of the week prior to the beginning of the session to be eligible for any refund or credit.

GROUP EXERCISE

WATER EXERCISE

EARLY AQUA BOOT CAMP

A deep end class for those of you who like to get your day started off right.

M/W/F 6:00 – 6:45 am South Member \$35 Non-Member \$75

FLIP THE FLAB

Lunchtime high intensity swim class designed to give you a good cardio workout while sculpting your muscles. Must be able to swim with flippers.

M/W/F 6:00 – 6:45 am South Member \$35 Non-Member \$75

T/Th 8:00 – 8:45 am South Member \$30 Non-Member \$60

GENTLE AQUA STRETCH

FREE FOR MEMBERS!

A gentle stretch class in the shallow end. Perfect for anyone who suffers from Arthritis.

M/W 10:00 – 10:45 am North Non-Member \$60

M/W/F 8:15 – 9:00 am South Non-Member \$75

HYDROCISE

A great total body workout designed to get your muscles toned and your heart pumping! Most of this class takes place in the shallow end with some work in the deep end.

T/Th 9:00 – 9:45 am North Member \$30 Non-Member \$60

T/Th 4:00 – 4:45 pm South Member \$30 Non-Member \$60

LIQUID SALSA

A mix of Zumba and Cardio dancing in the water.

T/Th 9:45 – 10:30 am South Member \$30 Non-Member \$60

M. S. CLASS

FREE FOR EVERYONE!

This is a FREE class provided by the YMCA for anyone suffering from Multiple Sclerosis or any other debilitating muscular disorder.

Th 10:30 – 11:15 am North

SENIOR AQUA

Senior Aqua offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

T/F 10:30 – 11:15 am North Member \$30 Non-Member \$60

WATER FIT

This is a deep-water exercise program. A variety of routines and exercises are part of this class.

M/W/F 8:00 – 8:45 am North Member \$35 Non-Member \$75

M/W/F 9:00 – 9:45 am South Member \$35 Non-Member \$75

T/Th 9:00 – 9:45 am South Member \$30 Non-Member \$60

Wed 6:30 – 7:15 pm South Member \$25 Non-Member \$50

WATER WORKS

This is a great shallow water class that provides an excellent total body workout with minimal joint strain.

M/W/F 9:00 – 9:45 am North Member \$35 Non-Member \$75

M/W/F 9:15 – 10:00 am South Member \$35 Non-Member \$75

STRENGTH/CONDITIONING

AB ATTACK

FREE FOR MEMBERS!

A 30-minute, intensive class targeting core strength, and flexibility using a variety of equipment.

T/Th 5:30 – 6:00 pm North

Non-Member \$40

BARBELL STRONG

Tone your muscles through strengthening exercises such as presses, squats, curls and lifts.

T/Th 5:30 – 6:30 am South Member \$22 Non-Member \$44

BALL SCULPT

FREE FOR MEMBERS!

Utilizes stability balls to improve strength and core.

T/Th 6:30 – 7:00 pm North

Non-Member \$40

BARRE

A full body ballet inspired workout using the barre, resistance bands, medicine balls and weights to sculpt long and lean muscles.

M/W 7:15 – 8:00 am North

Member \$22 Non-Member \$44

BOOTCAMP

An intense cardio and strength workout using a variety of equipment designed to push you to your limits. Indoor or outdoor, depending on weather.

T/Th 7:35 – 8:30 pm South

Member \$22 Non-Member \$44

CARDIO PUMP

A variety of cardio and strength training segments designed for optimum heart and muscle conditioning.

T/Th 5:30 – 6:15 pm South

Member \$30 Non-Member \$60

M/W 5:45 – 6:15 am North

Member FREE Non-Member \$30

HIIT IT

High intensity interval training. Great for endurance and toning.

Sat. 8:15 – 8:45 am South

Member FREE Non-Member \$30

PUMP 30

FREE FOR MEMBERS!

An energizing 30 minutes of lifts, pulls and presses targeting upper body and core designed to sculpt and strengthen.

M/W/F 12:10 – 12:40 pm South

Non-Member \$50

T/Th 6:00 – 6:30 pm North

Non-Member \$40

F 6:00 – 6:30 am South

Non-Member \$30

R.I.P.P.E.D.

A high intensity circuit program combining the components of R.I.P.P.E.D. – Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

M/W/F 8:15 – 9:10 am South

Member \$35 Non-Member \$75

M/W 8:30 – 9:25 am North

Member \$30 Non-Member \$60

M/W 6:30 – 7:25 pm South

Member \$30 Non-Member \$60

Sat 9:00 – 9:55 am South

Member \$25 Non-Member \$50

SENIOR FITNESS

FREE FOR MEMBERS OVER 60!

Exercises designed to improve balance, strength, flexibility and functioning for daily living skills using a variety of equipment including a chair for seated and standing support.

M/W 10:15 – 11:00 am North

Member \$30 Non-Member \$60

M/W 10:20 – 11:00 am South

Member \$30 Non-Member \$60

TRX SUSPENSION TRAINING

A workout system focusing on using your own body weight against gravity. Develops strength, balance, and core stability.

M/W 6:15 – 6:45 am North

Member FREE Non-Members \$40

T/Th 5:15 – 5:45 am South

Member FREE Non-Member \$40

T/Th 8:15 – 8:45 am South

Member FREE Non-Member \$40

DROP IN DISCOUNT CARDS ARE AVAILABLE

Pay for 9 classes get the 10th FREE with the purchase of a card. Cards can be used on ANY FITNESS classes.

Card is not transferrable.

Expires one year from date of purchase.

Member \$45 Non-Member \$63

GROUP EXERCISE

FLEXIBILITY

LUNCHFIT YOGA **FREE FOR MEMBERS!**
30-minute lunch time Yoga class for stretching, strength, and stress reduction.
T/Th 12:10 – 12:40 pm South **Non-Member \$40.00**

PILATES
Basic Pilates methods will be used strengthening your “powerhouse” or core muscles, upper and lower body while improving posture.
T/Th 8:40 – 9:25 am South **Member \$30 Non-Member \$60**

SENIOR YOGA STRETCH **FREE FOR MEMBERS OVER 60!**
This class is gentle yoga stretching standing or using a chair. No floor works.
M/W 8:15 – 9:00 am South **Member \$30 Non-Member \$60**

YIN YOGA
A series of exercises focusing on stretching the connective tissues, holding postures for 3 to 5 minutes, allowing a greater movement of Chi throughout the tissues which is both pleasurable and promotes healing.
M/W 8:30 – 9:30 am North **Member \$30 Non-Member \$60**

YOGAFIT
This is a user-friendly fitness yoga which incorporates balance, flexibility, and strength as well as stress reduction.
M/W 11:15 – 12:00 pm South **Member \$30 Non-Member \$60**
M/W 6:30 – 7:15 pm North **Member \$30 Non-Member \$60**
F 9:20 – 10:05 am South **Member \$25 Non-Member \$50**

YOGA/PILATES COMBO
A combination of yoga postures and stretches followed by core Pilates work and finishing with yoga stretches and relaxation.
T/Th 8:30 – 9:30 am North **Member \$30 Non-Member \$60**

DANCE FITNESS

REFIT
Dance cardio using powerful, positive music and fitness focus behind every movement.
M/W 9:15 – 10:10 am South **Member \$30 Non-Member \$60**
M/W 5:30 – 6:25 pm South **Member \$30 Non-Member \$60**
T/Th 8:35 – 9:30 am South **Member \$30 Non-Member \$60**



**BE HEALTHY
BE STRONG
BELONG**

GROUP CYCLING

CYCLE – ROUTE 66 **CLASS LIMIT OF 10**
A slower easy pace that works for all age groups. Cycle to retro hits from the 60’s, 70’s, and 80’s.
M/W 5:30 – 6:15 pm North **Member \$30 Non-Member \$60**

CYCLE – SCULPT **CLASS LIMIT OF 10**
Group cycling combined with weights for resistance training to sculpt and tone.
M/W 5:30 – 6:30 am South **Member \$30 Non-Member \$60**
T/Th 9:30 – 10:30 am South **Member \$30 Non-Member \$60**
T/Th 6:30 – 7:25 pm South **Member \$30 Non-Member \$60**
Tues./F 8:30 – 9:30 am North **Member \$30 Non-Member \$60**
M/W/F 10:15 – 11:15 am South **Member \$35 Non-Member \$75**

CHILD WATCH

Child Watch is the Y’s in-house babysitting service for parents while they work out at the Y. Children are supervised by trained, caring YMCA staff at our Child Watch Centers located at both our North and South Branch YMCAs. The Child Watch service is available during the hours posted below for children 6 months to 6 years old. Children can stay in Child Watch up to 1½ hours.

Child Watch Hours/Fees

North Branch YMCA

8:30 – 11:30am & 4:30 – 7:30pm **Mon**
8:30 – 11:30am & 4:00 – 8:00pm **Tue.**
8:30 – 11:30am & 4:30 – 7:30pm **Wed.**
8:30 – 11:30am & 5:00 – 8:00pm **Thur.**
8:30 – 11:30am & 4:00 – 5:30 pm **Fri**
9:00 – 11:00am **Sat.**
CLOSED **Sun.**

South Branch YMCA

8:10 – 11:30am & 5:00 – 7:45 pm
8:10 – 11:30am & 5:00 – 7:45 pm
8:10 – 11:30am & 5:00 – 7:45 pm
8:10 – 11:30am & 5:00 – 7:45 pm
8:10 – 11:30am
9:00 – 11:00am
CLOSED

Fees: YMCA Members – FREE! Non-Members – \$5.00/child/hr.

GYMNASTICS



STRENGTH, FLEXIBILITY AND COORDINATION

The YMCA's Progressive Gymnastics program is designed to take your gymnast from his/her current skill level to more advanced skills at their own pace. Our instructors are experienced gymnasts who see each child as an individual and work with them to develop a greater confidence in their abilities. All our classes are co-ed.

Mommy & Me 1 ½ to 3 years old

Parents will participate. This class is an introduction to tumbling and gymnastics skills for toddler age children.

North Tuesday 6:30-7:00 pm

Tiny Tots 3 to 5 years old

Participants will learn coordination skills for basic tumbling. Skills learned in this class include: forward and backwards rolls, handstands and cartwheels. Children must be able to listen and carry out instructions to enroll in this class.

North Tuesday 5:15-5:45 pm

South Tuesday 4:15-4:45 pm

South Saturday 9:00-9:30 am

Big Wheels 5 & 6 years old

Basic tumbling skills will be learned in this class including: pushing and holding a bridge, handstands, forward and backward rolls and cartwheels. This class introduces front and back walkovers and round-offs.

South Tuesday 4:45-5:15 pm

South Saturday 9:30-10:00 am

Beginner Tumbling Ages 6 & up

For athletes who are new to gym apparatus and can do a cartwheel.

North Tuesday 4:45-5:15 pm

Little Team

Participants will begin intermediate tumbling skills such as back extension rolls, hand stands, round-offs, front and back walkovers. This class will introduce standing back handsprings and front springs. This class does not have an age requirement to enroll, however, instructor approval will be needed.

South Tuesday 5:15-6:00 pm

South Saturday 10:00-10:45 am

Advanced Gym

This class focuses on more advanced floor exercise technique in addition to the beam, bars and vault.

North Tuesday 5:45-6:30 pm

South Tuesday 6:00-6:45 pm

South Saturday 10:45-11:30 am

Advanced Tumble

Participants of this class will be concentrating on floor technique, specifically, back handsprings and other combinations with back handsprings. Ability to do a back walkover and a strong round-off is required to enter this class.

South Tuesday 6:45-7:30 pm

South Saturday 11:30 am - 12:15 pm

YMCA Members	Non-Members
\$25.00	\$50.00

YOUTH DEVELOPMENT

AMFY WAVES SWIM TEAM

North Branch/South Branch

All swimmers are invited to join our Winter Competitive Swim League. We swim at meets in the Southwest Cluster – it's a great way to make new friends from other local towns!

Practices are held after school from mid-September through March.

Our swim team will help you to maintain or increase your swimming skills, let you compete with other teams, and have fun! We have experienced, quality coaches who teach competitive swimming skills while making it fun for you!

Practices are held after school from mid-September through March. For more information on parent meetings and practice times, please visit the swim team website (www.amfywaves.com).

Please contact: **Matt** at
Mattreiss07@gmail.com or 937-672-9483

KIDS INSTRUCTIONAL SOCCER

September 12 – October 29

Bumble Bee Ages 5 & 6
North Branch Mon. 6:30 – 7:00 pm
South Branch Thurs. 6:00 – 6:30 pm

Fees: YMCA Members: \$20.00
Non – Members: \$40.00



SOCCER WITH SUPPORT

September 12 – October 29

Parent/Child Class Ages 3 & 4
North Branch Mon. 6:00 – 6:30 pm
South Branch Thurs. 5:30 – 6:00 pm

Fees: YMCA Members: \$20.00
Non – Members: \$40.00

THE GREAT PUMPKIN SPLASH



South Branch Sat., Oct. 6th 1–2:30 pm
A day to swim in our Pumpkin Patch followed by
Pumpkin Painting

Members: \$3.00 Non- Members: \$5.00
Pre-Registration is required by Sept. 30th

HALLOWEEN HOOPLA



North & South Branches
Kindergarten–5th

Friday, October 19 6:00 to 10:00 pm

FREE PRIZE TO THE FIRST 20 CHILDREN REGISTERED!
Join us for an evening of fun. Wear your costume, and
don't forget your swimsuit & towel. Snacks provided.

Fees:	YMCA Members	Non Members
Through Oct. 5	\$15.00	\$20.00
Starting Oct. 6	\$20.00	\$25.00

YMCA YOUTH BASKETBALL LEAGUE



**WE'RE ON
YOUR TEAM!**

Youth Basketball

January 5, 2018 – February 23, 2018

For Boys and Girls in 3rd & 4th grade.

The YMCA's Youth Basketball Program is operated under the YMCA's philosophy of fair play, sportsmanship, and most important...Everybody Plays/Everybody Wins

Note: If you register by October 12, you can save \$10.00 on your child's league fees.

Fees:	YMCA Members	Non-Y-Members
	\$ 25.00/Player	\$ 50.00/Player (Through Oct. 12)
	\$ 35.00/Player	\$ 60.00/Player (Oct. 13 – Oct. 31)

Volunteer coaches are needed. Our volunteers are vital to the success of the YMCA's Youth Sports programs. Contact the YMCA at 419-586-9622 or 419-629-9622 to add your name to the list of caring, dedicated volunteer coaches.

*Games will be played at both the North & South YMCA.
Registration forms available at both branches of the YMCA

SPECIAL EVENTS

KICK THE SUGAR HABIT

South Branch September 13 – October 26
Thurs. 6:30 – 7:15 pm

If you are struggling with stubborn weight or health issues because of your sweet tooth, then this class is for you!

In this proven program you will
Identify where sugar is hiding in your diet
Learn to crush your cravings
Retrain your taste buds
Go from a sugar burner to a fat burner.

Fees: YMCA Members: \$40.00
 Non – Members: \$50.00



CPR/AED TRAINING



BLS – BASIC LIFE SUPPORT

Professional level CPR for lifeguards, nurses, EMTs, Personal Trainers

North Branch: Wed., August 22 5 pm – 9 pm
South Branch: Wed., September 19 5 pm – 9 pm

Fees: Members: \$40.00
 Non-Members: \$50.00



**FAMILY FUN DAYS!
FREE for Members**

**Come to the Y for
some FREE Family
FUN**

NORTH BRANCH DATES
Friday, Sept. 21, 5:00 to 7:00 pm Flick & Float
Sunday, Oct. 14, 2:00 – 4:00 pm Movie in the Gym

SOUTH BRANCH DATES
Friday, Sept. 28 5:00 to 7:00 pm Circus Pool Party
Friday, Oct. 26 5:00 to 7:00 pm Halloween Pool Party



FIRST AID TRAINING

Professional level CPR for lifeguards, nurses, EMTs, Personal Trainers

North Branch: Wed., August 29 5 pm – 9 pm
South Branch: Wed., September 26 5 pm – 9 pm

Fees: Members: \$40.00
 Non-Members: \$50.00

SOUTH BRANCH CHICKEN DINNER SALE

Tuesday Sept. 25th 4:00 – 6:00 pm

**\$7.00 per dinner Dinner includes: ½ chicken, applesauce, roll, chips.
Tickets must be purchased prior to Sept. 15**

***Proceeds to benefit a New Squat Rack for the South Branch.**

Join us for a fun BIRTHDAY PARTY

Party Rental includes a 2-hour party for 12 children, usage of Party Room, and usage of pool and gymnasium.

You are responsible for any activities, food, and clean up.

Additional children may attend for an extra charge.

Call the North Branch at 419-629-9622 or the South Branch 419-629-9622 for details and available dates.



PICKLEBALL

Try your hand at a game that's part tennis, part badminton. One of the best things about a pickleball game (unlike tennis) is that even if you've never played a racquet sport in your life, you can be playing and having a blast within the first hour. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. All abilities and ages are welcome.

Starts the week of September 11 and goes through October 27

North	Tuesday	12:00 – 2:00 pm
South	**Thursday	1:00 – 3:00 pm
	**Friday	7:30-9:30 am

** Excludes School Days Off and Snow days

Non-Members Drop In Fee: \$7 Non-member
\$10 Couple

When you shop at AMAZON SMILE a portion of your purchase price will be donated to the Auglaize Mercer Counties Family YMCA at no additional cost.

amazon smile



You shop. Amazon gives.

SENIOR CHAIR VOLLEYBALL

South Branch
Tuesdays 10 am – 11 am

YMCA Members: FREE
Non-Members: \$2.00

SENIOR WATER VOLLEYBALL

South Branch
Mondays 10-11 am

YMCA Members: FREE
Non-Members: \$2.00

The YMCA conducts regular sex offender screenings on all members participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.



LIFE ENRICHMENT CENTER

11230 State Route 364
St. Marys, Ohio 45885
(419) 394-6254



OTTERBEIN
SENIOR LIFESTYLE CHOICES

Lifestyle Community

ST. MARYS

**For Our Members Age 55 and over:
at Otterbein St. Marys**

Amenities Include:

- **Warm Water Therapy Pool. Water temperature is 90 degrees.**
 - 27 x 50 feet
 - ADA Ramp
 - Three Lap Lanes
- **Men, Women & Family Locker Rooms**
 - ADA Accessible
- **Fitness Center**
 - Precor Cardio & Weight Equipment
- **Aerobics Room**
- **Lounge & Library**

Life Enrichment Center Hours:
Effective October 1, 2018

Monday – Thursday	7 am – 7 pm
Friday	7 am – 6 pm
Saturday	9 am – 3 pm
Sunday	1 pm – 5 pm

**Stop in for a facility tour or to
take a class!**

Arthritis Plus Water Class **FREE FOR MEMBERS** **Monday/Wednesday/Friday** **9:00 – 9:45 am**
 This is an Arthritis program plus a little more exercise included. We work every part of your body and we build balance, range of motion, and strength. This class is a great way to start if you are new to exercise. You won't even get your hair wet!

Water Walking Plus **Monday/Wednesday/Friday** **2:30 – 3:15 pm**
 We will warm up with stretches of all kinds. We will walk many different ways using our entire body, with some aerobics. This is great for balance and coordination. Members under 60 years old drop in fee: \$5 Non-Members \$7

Water Blast **Tuesday & Thursday** **10:15 – 11:00 am**
 This is a great water workout with some dance and yoga moves all done to upbeat music, along with barbells and noodles at the end of class. It also provides agility, flexibility and some cardiovascular with minimal joint strain. This will also help improve balance, coordination and strength.

Water Volleyball **FREE FOR MEMBERS** **Wednesday** **10:00 am**
 Join the fun with beach ball volleyball!

Fitness Yoga **Monday/Wednesday** **4:45 – 5:30 pm**
 This class has Yin, Hatha, and Pilates. You will build strength, flexibility, and balance while de-stressing.
 Members under 60 drop in fee \$5.00 Non-Member \$7.00

Yoga Stretch **Monday/Wednesday** **1:30 – 2:15 pm**
 This class is gentle yoga class, stretching, standing or using a chair. This class will help increase strength, balance and relaxation. No floor work.
 Members under 60 drop in fee \$5.00 Non-Member \$7.00

Seniorize **Tuesday/Thursday** **9:00 – 10:00 am**
 Exercises designed to improve balance, strength, and flexibility and functioning for daily living skills using a variety of equipment including a chair for seated and standing support.
 \$15/ month for an adult \$20/ month for a couple **FREE FOR MEMBERS OVER 60**

Strength & Stretch **Monday/Wednesday** **10:00 – 10:45 am**
 A class designed to help mobility problems. A good cardio and strength workout, without putting strain on joints and bones.
 Members under 60 drop in fee \$5.00 Non-Member \$7.00

PUNCH CARDS AVAILABLE instead of drop in fees.