



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

## **THE AUGLAIZE/MERCER COUNTIES FAMILY YMCA PROGRAM GUIDE**



# **SPEND SUMMER WITH US!**



**June Session is May 27-June 23**  
Registration begins:  
Members-May 6  
Non-Members-May 13

**July Session is June 24 to July 21**  
Registration begins:  
Members-June 3  
Non-Members-June 10

**August Session is July 22-August 18**  
Registration begins:  
Members-July 1  
Non-Members-July 8

[www.amymca.org](http://www.amymca.org)

**June — August 2019**



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## AUGLAIZE MERCER COUNTIES FAMILIES FAMILY YMCA

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

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

**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

## AUGLAIZE MERCER FAMILY YMCA LEADERSHIP

### YMCA STAFF

Cindy Huffman	Business Director
Adele Walls	YMCA Life Enrichment Ctr. Director
Kay Fenters	South Program Director/Aquatics
Megan Lefeld	North Program Director/Aquatics
Brittany Thiebeau	Fitness Coordinator
Toni Paul	New Bremen Learning Ctr. Director
Steve Koesters	Maintenance Director
Matt Reiss	AMFY Swim Team Coach

### YMCA BOARD OF DIRECTORS

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

## Child Watch Hours of Operation

### North Branch YMCA

8:30 – 11:30am & 4:30 – 7:45 pm  
 8:30 – 11:30am & 4:00 – 8:15 pm  
 8:30 – 11:30am & 4:30 – 7:45 pm  
 8:30 – 11:30am & 5:00 – 8:15 pm  
 8:30 – 11:30am  
 9:00 – 11:00am  
 CLOSED

Mon.  
 Tues.  
 Wed.  
 Thur.  
 Fri.  
 Sat.  
 Sun.

### South Branch YMCA

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

Our Child Watch Program has a time limit of 1.5 hours per day. Members with a Family Membership may use our Child Watch at no additional charge for children 6 weeks to 6 years.

Members with an individual membership will be charged \$5 per child, per hour.

## PROGRAM REGISTRATION INFORMATION

### 4 Week Sessions

#### June Session is May 27 to June 23

Registration begins: Members May 6  
Non-Members May 31

#### July Session is June 24 to July 21

Registration begins: Members June 3  
Non-Members June 10

#### August Session is July 22 to August 18

Registration begins: Members July 1  
Non-Members July 8

### Registration Procedures:

- Members and Non-Members can register during specified dates.
- Registration is first come first serve.
- Full Payment is due at time of registration.
- Mail in registrations with payment are accepted.
- Cash, personal check, MasterCard, Visa, and Discover are accepted.
- Registration is required for Swim Lessons, Gymnastics, Stem and Youth Sports.
- The YMCA reserves the right to cancel Program/class not meeting enrollment standards.
- You must notify us by Monday of the week prior to the beginning of the session to be eligible for any refund or credit.
- Members taking classes that are limited due to equipment availability must pick up a class reservation card. Cards are only available 60 minutes before class. Only one card per member. NO reserving cards for others.

### GROUP EXERCISE

1. Stop by the Membership Desk to pick up the latest copy of our Group Exercise schedule.
2. Circle the classes you want to try, the ones you plan to attend, and at least one that you wouldn't have tried normally.
3. Tack the schedule up somewhere you will see it daily and make the commitment to an active lifestyle.
4. Join us for the classes you circled! Fitness classes are FREE for Auglaize Mercer YMCA Members!

### Facility Age Guidelines

Please remember that children under the age of 10 must be supervised by a parent or guardian (at least 16 years of age) when in our YMCA facility. Youth of all ages are not permitted to be left in the building over 3 hours each day. Some areas of the facility may have different age guidelines or schedules, so please ask the at the Membership Desk if you are unsure. Thank you for your cooperation with these guidelines, these were created to help keep all of our members safe.

### YMCA Mission

The Auglaize Mercer YMCA Mission is to put Christian principles into practice through programs that build healthy spirit mind and body for all.



### North & South Branch Facility Hours

Monday - Friday.....5am - 10pm  
Saturday ..... 7am - 6pm  
Sunday ..... 1pm - 5pm

<b>Memorial Day</b>	<b>5 am to Noon</b>
<b>July 4th</b>	<b>5 am to Noon</b>
<b>Labor Day</b>	<b>5 am to Noon</b>



### Guest Pass 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.

#### Daily Pass Guest Fees with Members

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

#### Daily Pass Guest Fees with out a Member

Families:	\$15.00 per visit
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# YMCA Learning Center

## CHILD CARE

**INFANT/TODDLER PRE-SCHOOL SCHOOL AGE**

**Full Time and Part Time Rates Are Available**

Children enrolled in daycare automatically receive the Preschool Enrichment Program.

### YMCA Learning Center

714 Monroe Street

New Bremen, Ohio 45869

419-629-2507

tonip@amymca.org

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

#### 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

#### 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



#### SUMMER FUN PROGRAM

Are you looking for something fun for your school aged child to do this summer? This is the program just for your family! We will be using the YMCA pool and gym as well as field trips to offer a well-rounded program for your child. It also focuses on keeping children's minds engaged in learning during the summer months while incorporating fun summer activities. Space is limited.

Call today to reserve your spot!  
419-629-2507

Program will run: June 3—August 9, 2019

At The YMCA Learning Center kids have the opportunity to make friends, have fun, get active, and discover who they are and what they can achieve.



# YMCA SWIM LESSONS

Member Swim Lesson Price: \$15.00

Non-Member Swim Lesson Price: \$26.00

4 Week Sessions

## Parent/Child Swim Lessons For 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 Lessons

### Pre Water 1: Water Acclimation (3 years to 5 years)

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

### Pre Water 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently. Participants must demonstrate all Level 1 skills before moving to Level 2. Skills introduced: Submerging to look at an object and treading water.

### Pre Water 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than previous stages. Participants must successfully demonstrate all Level 2 skills before moving to Level 3. Skills Introduced: swim on front/back, submerge and retrieve an object.

### Pre Water 4: Stroke Introduction

Introduces basic stroke technique in front/back crawl and reinforces safety through treading water and elementary backstroke. Skills Learned in this Class: are stroke for 25 yards, Front crawl -rotary breathing, Back crawl, Resting stroke/breaststroke/butterfly-15 yards, Tread water for 1 minute

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.

## -NORTH BRANCH-

### One Week Sessions: (Monday-Friday)

June 17 - June 21	OR	June 24 - June 28
OR July 8 - July 12		
Pre Water 1		10:00am - 10:30am
Pre Water 2		10:30am - 11:00am
Water 1		11:00am - 11:45pm

### 4-Week Sessions:

Water A & B	Mon	5:30 - 6:00pm
Pre Water 1	Mon	5:00 - 5:30 pm
Pre Water 1	Mon	6:00 - 6:30 pm
Pre Water 2	Mon	5:15 - 5:45pm
Pre Water 3	Mon	5:15 - 5:45pm
Water 1	Mon	5:45 - 6:30pm
Water 2	Mon	5:45 - 6:30pm
Water 3	Tues	5:00 - 5:45pm
Water 4	Tues	5:45 - 6:30pm
Water 5	Tues	5:45 - 6:30pm
Water 6	Tues	5:45 - 6:30pm

## -SOUTH BRANCH-

### One Week Sessions: (Monday - Friday)

June 10 - June 14	OR	June 17 - June 21
OR July 8 - July 12		
Pre Water 1		10:00am - 10:30am
Pre Water 2		10:00am - 10:30am
Pre Water 3		10:00am - 10:30am
Pre Water 4		10:00am - 10:30 am
Water 1		10:30am - 11:15am
Water 2		10:30am - 11:15am
Water 3		10:30am - 11:15am

### 4-Week Sessions:

Water A & B	Mon	6:30 - 7:00pm
Pre Water 1	Mon	5:15 - 5:45pm
Pre Water 1	Tues	5:15 - 5:45pm
Pre Water 1	Fri	10:00 - 10:30am
Pre Water 2	Mon	5:15 - 5:45pm
Pre Water 2	Tues	5:15 - 5:45pm
Pre Water 2	Fri	10:30 - 11:00am
Pre Water 3	Mon	5:15 - 5:45pm
Pre Water 3	Tues	5:15 - 5:45pm
Pre Water 3	Fri	11:00 - 11:30 am
Pre Water 4	Mon	5:15pm - 5:45pm
Water 1	Mon	5:45pm - 6:30pm
Water 1	Tues	5:45pm - 6:30pm
Water 2	Mon	5:45pm - 6:30pm
Water 2	Tues	5:45pm - 6:30pm
Water 3	Mon	5:45pm - 6:30pm
Water 3	Tues	5:45pm - 6:30pm
Water 4	Mon	5:45pm - 6:30pm
Water 5	Mon	5:45pm - 6:30pm

### **PRIVATE SWIM LESSON**

**30 Minute Lesson Per Individual**  
**Members \$90 for 6 Lessons**  
**Non Members \$130 for 6 Lessons**

**Ages 3 and up.**

### **SEMI-PRIVATE SWIM LESSON**

**6- 30 Minute Lesson**

**Members \$60/2 people**  
**Non Members \$80/2 people**  
**Ages 3 and up.**

Please contact the Aquatic Director to schedule:

North Branch [Meganl@amymca.org](mailto:Meganl@amymca.org)  
South Branch [Kayf@amymca.org](mailto:Kayf@amymca.org)

June Session is May 27 to June 23

Registration begins: Members May 6  
Non-Members May 31

July Session is June 24 to July 21

Registration begins: Members June 3  
Non-Members June 10

August Session is July 22 to August 18

Registration begins: Members July 1  
Non-Members July 8

## School Age Swim Lessons

### Level 1: Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Skills introduced: Bobs, front and back float, jump, push, turn, and grab, and swim float swim.

### Level 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently. Participants must successfully demonstrate all Level 1 skills before moving to Level 2. New Skills introduced: Submerging to look at an object and treading water.

### Level 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than previous stages. Participants must successfully demonstrate all Level 2 skills before moving to Level 3. New Skills Introduced: swim on front, swim on back, submerge and retrieve and object.

### Level 4: Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl, and reinforces water safety through treading water and elementary backstroke. Participants must successfully complete Level 3 prior to advancing to level 4. New skills introduced are swimming 25 yards of each stroke, rotary breathing, diving, breaststroke, resting strokes, and butterfly.

### Level 5: Stroke Development

Introduces breast stroke and butterfly and reinforce water safety through treading water and side stroke.

### Level 6: Stroke Mechanics

Refines stroke techniques on major competitive strokes. New skills: flip and open turns, and swimming 150 yards of each stroke.

# Group Exercise

**SATURDAY SIZZLE at the South Branch**  
**Customize your own weekend workout!**  
**Whether you want to focus on abs, upper**  
**body, lower body or endurance training.**

**We have the class for you!**

**Come to one, two or all three!**

**GLUTES & GUTS** 7:15 am

**Abs & Lower**

**HIIT & STRENGTH** 8:00 am

**Upper body & interval**

**R.I.P.P.E.D.** 9:00 am

**Full body, high intensity class focusing on**  
**strength, agility, and endurance training.**



## GROUP CYCLING

### CYCLE ROUTE 66\*

45 minutes of lower easy pace cycling that works for all ages.

Cycle to Retro hits from the 60's, 70's, and 80's.

**NORTH BRANCH** M/W 5:30 pm

### CYCLE SCULPT\*

55 minutes group cycling with weights for resistance training to sculpt and tone.

**SOUTH BRANCH** M/W 5:30 am

T/TH 9:30 am

T/TH 6:30 pm

M/W/F 10:15 am

**NORTH BRANCH** T/TH 8:45 am

T/TH 8:30 pm

\*Reservation card required. See Page 2 for details.

## CARDIO DANCE FITNESS

**A combination of REFIT, and ZUMBA.**

**Come sweat, dance and laugh using positive**  
**music with a fitness focus.**

### SOUTH BRANCH :

9:15—10:10 am M/W

5:30—6:25 pm M/W

8:35—9:30 am T/TH

### NORTH BRANCH :

6:15—7:15 pm T/TH

## PUMP 30

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

**South Branch** M/W/F 12:10 pm

F 6:00 am

**North Branch** T/TH 5:45 pm

## CARDIO PUMP

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

**South Branch** T/Th 5:30-6:15 pm

**North Branch** M/F 5:45—6:15 am

## BARBELL STRONG \*

Start your day by toning your muscles with presses, squats, curls and lifts. Don't miss this great 60 minute barbell workout.

\*Reservation card is required. See page 2.

**SOUTH BRANCH** T/Th 5:30 am

## HIIT & STRENGTH

**SOUTH BRANCH** T/TH 7:30 pm-8:15 pm

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

A high intensity 55 minute circuit program combining the components of Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

**NORTH BRANCH** M/W 6:45 pm

**SOUTH BRANCH** M/W/F 8:15 am

M/W 6:30 pm

Sat. 9:00 am

## TOTAL BODY CIRCUIT\*

A 30 minute mix of TRX and circuit training to build endurance and strengthen muscles. \*Reservation card is required.

**NORTH BRANCH** M/W 6:15 am

**SOUTH BRANCH** T/TH 5:15 am

T/TH 8:15 am



# Group Exercise

# Water Fitness

## PILATES

Basic Pilates methods will be used strengthening your "powerhouse" or core muscles, upper and lower body while improving posture.

South Branch T/Th 8:40 – 9:25 am

## 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.

North Branch M/W 8:30 – 9:30 am

## YOGAFIT

This is a user friendly fitness yoga which incorporates balance, flexibility, and strength as well as stress reduction.

South Branch T/Th 12:10 – 12:40 pm  
F 9:20 – 10:05 am

North Branch M/W 6:30 – 7:15 pm

## YOGA/PILATES COMBO

A combination of yoga postures and stretches followed by core pilates work and finishing with yoga stretches and relaxation.

North Branch T/Th 8:30 – 9:30 am

## GENTLE AQUA STRETCH

This 45 minute class is for older adults looking for increased flexibility

Great for adults with arthritis.

SOUTH BRANCH M/W/F: 8:15am

NORTH BRANCH M/W 10:00am

## WATER FIT

Improve flexibility, cardio and build muscle in 45 minutes. Float belts are used to help. Swimming skills are not necessary.

SOUTH BRANCH M/W/F 9:00am

T/Th 9:00am

NORTH BRANCH M/W/F 8:00am

## WATER WORKS

This is a great 45 minute shallow water class that provides an excellent total body workout with minimal joint strain.

NORTH BRANCH M/W/F 9:00am

SOUTH BRANCH M/W/F 9:15 am

## EARLY AQUA BOOT CAMP

A deep end 45 minute class for those of you who like to get your day started off right.

SOUTH BRANCH M/W/F 6:00 am

## FLIP THE FLAB

A 45 minute high intensity swim class to give you a good cardio workout while sculpting your muscles. Must be able to swim with flippers.

SOUTH BRANCH M/W/F 6:00 am

T/Th 8:00am

## WATER WALKING

During this 45 minutes the pool's shallow end will be CLOSED for those who want to walk the pool without disruption.

NORTH BRANCH Th 10:30 am

## HYDROCISE

A great 45 minute 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.

NORTH BRANCH T/Th 9:00 am

SOUTH BRANCH T/Th 4:00 pm



## SUMMER WEIGHT ROOM/CARDIO ROOM TRAININGS

**FREE** for all Members  
Recommended for new members.

**Required for all members  
ages 12-15.**

To schedule an orientation call the North Y at 419-586-9622, the South Y at 419-629-9622, or email [brittanyt@amymca.org](mailto:brittanyt@amymca.org)

## Personal Training

Need some extra help reaching your fitness goals? Let one of our fitness trainers help you! Whether your goals are weight loss, strength building, running, or more. We would love to work with you.

Y-Members: \$30.00 per hour session  
Non-Members: \$45.00 per hour session  
Small Group 2-4 people \$20.00 per hour session  
\$35.00 per hour session

Package Special-per individual  
Members: \$125 for 6 sessions  
Non-Members: \$150 for 6 sessions



To schedule your session, please contact [brittanyt@amymca.org](mailto:brittanyt@amymca.org)



# Youth Development

## GYMNASTICS

**June Session is May 27 to June 23**

Registration begins: Members May 6  
Non-Members May 31

**July Session is June 24 to July 21 SOUTH ONLY**

Registration begins: Members June 3  
Non-Members June 10

**August Session is July 22 to August 18 NORTH ONLY**

Registration begins: Members June 3



### **Mommy & Me Ages 1 1/2 to 3**

This class is a parent participation class with an introduction to tumbling and gymnastics..

North Tues 6:30-7:00 pm

### **Tiny Tots Ages 3 to 5**

This class will teach coordination skills for basic tumbling, including forward and backwards rolls, handstands and cartwheels.

North Tues 5:15-5:45 pm

South Tues 4:15-4:45 pm

### **Big Wheels Ages 5 & 6**

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 Tues 4:45-5:15 pm

### **Beginner Tumbling Ages 6 & up**

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

North Tues 4:45-5:15 pm

### **Little Team**

This class will learn 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.

South Tues 5:15-6:00 pm

### **Advanced Gym**

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

North Tues 5:45-6:30 pm

South Tues 6:00-6:45 pm

### **Advanced Tumble**

This class concentrates on floor technique, back handsprings and other combinations. Ability to do a back walkover and a strong round-off is required to enter this class.

South Tues 6:45-7:30 pm

## YMCA FALL YOUTH SOCCER LEAGUE September 7 – October 19, 2019



The Auglaize/Mercer Counties Family YMCA is pleased to again be conducting its popular Youth Soccer League for boys and girls grades 1 through 6. The YMCA's Youth Soccer Program is operated under the YMCA's philosophy of fair play, sportsmanship, and most important...

**"Everybody Plays / Everybody Wins"!**

Participants may register in person, or by mail.

**Note:** *If you register by July 19, you can save \$10.00 on your child's league fees.*

League Fees:	<u>YMCA Members</u>	<u>Non-Members</u>
By June 22:	\$ 25.00	\$ 50.00
June 23 – July 9	\$ 35.00	\$ 60.00

*Volunteer Coaches are needed. Our volunteers are vital to the success of the YMCA's Youth Sports programs.*

*All games will be played at our South Branch soccer fields.*

## AMFY WAVES SWIM TEAM

North Branch / South Branch

### LONG COURSE SEASON (June 3-early August)

*Focuses on long-course meet preparation, and more strenuous training*

Prior swim team experience is required (YMCA team, USA team, etc.)

Prior AMFY swimmers can register for the practice group in which they finished in the past season

New swimmers contact Coach Matt for an evaluation for group placement [mattreiss07@gmail.com](mailto:mattreiss07@gmail.com)

Fees include swim team dues, does NOT include meet fees and YMCA membership

**ALL LONG COURSE SWIMMERS MUST BE FULL YMCA MEMBERS OF AUGLAIZE-MERCER FAMILY YMCA**

Team suit suggested, not required

For more information, see our team website:

[amfywaves.com](http://amfywaves.com)



# Youth Development

**SAFETY AROUND WATER WEEK**  
**June 3rd – June 7th**  
**For ages 3 - 12**  
**FREE FOR EVERYONE !!**



**Sponsored by**  
**Grand Lake Health Systems**

Join us for a week of learning fundamental water safety skills. Children will learn to be more comfortable with being in the water and will learn “Jump, Push, Turn, Grab” and “Swim, Float, Swim.” These skills will help any child who unexpectedly finds themselves in the water.

Several other water safety topics will be covered.

Classes run in ½ hour increments from 9 to 11 am.

Class times will be assigned when you register.

For more details please contact [meganl@amymca.org](mailto:meganl@amymca.org) at the North Y or [Kayf@amymca.org](mailto:Kayf@amymca.org) at the South Y.

Registration begins May 1st, 2019 and is **REQUIRED.**

**YOUTH FITNESS**  
**For Grades 4-8**  
 North and South Branch

T/TH 6:45-7:15 pm



Help your child maintain an active lifestyle over their summer break! This class will focus on FUN and Fitness, with games and activities.

**Free for Members**  
**\$7 per class for Non – Members**

**THE GREAT OUTDOORS**

South Branch

June 24 – June 27

5:00 pm - 7:00 pm Ages 6 - 11

A fun week of games, crafts, learning and tons of fun! All while experiencing the great outdoors.

**Fees: YMCA Members: \$15.00**  
**Non – Members: \$30.00**



**PLAY**

**July Session only SOUTH BRANCH**

A time of games, sports, crafts and fun!

Ages 3, 4, and 5  
 Ages 6, 7, and 8

Thurs. 5:00-5:30 pm  
 Thurs. 5:30-6:00 pm

**Fees: YMCA Members: \$15.00**  
**Non – Members: \$30.00**

**KIDS NIGHT OUT**

South Branch

For ages 6 and up!

Fri. August 2 6:00 pm – 9:00 pm

Fun night at the Y! Games, Food and Prizes!!

**MIDDLE SCHOOL NIGHTS**

North Branch

July 12 August 16  
 6:00 pm – 9:00 pm

**SUMMER KICK OFF  
COLOR-DANCE-A-THON  
South Branch  
Friday June 14 6-8 pm**

**Join us for an outdoor ReFit COLOR DANCE-A-THON!  
Registration includes a T-Shirt and  
dinner provided by Holy Smokes BBQ.**

**There will also be door prizes and a 50/50 Raffle**

**Registrations starts May 1st and end May 31st.  
No T-Shirt for any Late registrations.**



**WE ARE MORE  
THAN JUST A GYM**

# STAY ACTIVE STAY HEALTHY ACTIVE OLDER ADULT PROGRAMS

## SilverSneakers Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercise for your fitness level.

North Branch T/TH 11 am – 11:45 am

South Branch T/TH 11 am – 11:45 am

## SENIOR FITNESS

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.

North Branch M/W 10:30 – 11:15 am

South Branch M/W 10:20 – 11:00 am

## SENIOR YOGA STRETCH

This class is gentle yoga stretching standing or using a chair. No floor work.

South Branch M/W 8:15 – 9:00 am

North Branch T/TH 10:00– 10:45 am

## GENTLE AQUA STRETCH

This 45 minute class is designed for older adults looking for increased flexibility using gentle stretches in the water. Great for adults with arthritis.

South Branch M/W/F 8:15am

North Branch M/W 10:00am

## SENIOR AQUA

Senior Aqua offers 45 minutes of shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

NORTH BRANCH T/TH 12 Noon

## DO YOU HAVE PARKINSON'S DISEASE?

The YMCA and Joint Township Memorial Hospital is partnering to offer a Parkinson Support exercise class and monthly educational meeting. The purpose of this partnership is to aid in the physical, mental, and social well-being of individuals living with Parkinson's and their care partners.

### SOUTH BRANCH

EXERCISE CLASS Fri. 10:15 am

Members: FREE

Non-Members \$7.00 per class

SUPPORT GROUP FREE for everyone

March 29 11 am

April 26 11 am

May 31 11 am

## WATER VOLLEYBALL

South Branch Mon. 10—11 am

## CHAIR VOLLEYBALL

South Branch Tues. 10 - 11 am

Thurs. 10-11am



## SENIOR APPRECIATION DAY at the South YMCA

Wednesday, August 21

FREE EVENT for adults age 60 and over. Come to the YMCA for a fun filled day.

<b>SCHEDULE OF EVENTS:</b>	Water Fitness Class	8:30 – 9:15 am
	Water Volleyball	9:15 – 9:45 am
	Silver Sneaker Classic	9:30 – 10:00 am
	Chair Volleyball	10:00 – 11:00am
	Bingo	11:00 am- 12:00pm
	Lunch*	12:00- 1:00 pm

**\*Meat Provided – Please bring a covered dish to share.**

50/50 drawing

Please register by August 17 for planning purposes.



# LIFE ENRICHMENT CENTER

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



## 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:

**Monday – Thursday 7 am – 7 pm**  
**Friday 7 am – 6 pm**  
**Saturday 8 am – 2 pm**  
**Sunday 1 pm – 5 pm**

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

**419-394-6254**

<b>Arthritis Plus Water Class</b>	<b>Monday/Wednesday/Friday</b>	<b>9:00 – 9:45 am</b>
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!		
<b>Water Walking Plus</b>	<b>Monday/Wednesday/Friday</b>	<b>2:30 – 3:15 pm</b>
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.		
<b>Water Blast</b>	<b>Tuesday &amp; Thursday</b>	<b>10:15 – 11:00 am</b>
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.		
<b>Water Volleyball</b>	<b>Monday/Wednesday/Friday</b>	<b>10:00 am</b>
Join the fun with beach ball volleyball!		
<b>Fitness Yoga</b>	<b>Monday/Wednesday</b>	<b>4:45 – 5:30 pm</b>
This class has Yin, Hatha, and Pilates. You will build strength, flexibility, and balance while de-stressing.		
<b>Yoga Stretch</b>	<b>Monday/Wednesday</b>	<b>1:30 – 2:15 pm</b>
This class is gentle yoga class, stretching, standing or using a chair. This class will help increase strength, balance and relaxation. No floor work.		
<b>Seniorcize</b>	<b>Tuesday/Thursday</b>	<b>9:00 – 10:00 am</b>
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.		
<b>Sit &amp; Fit</b>	<b>Monday/Wednesday/Friday</b>	<b>11:00 – 11:30 am</b>
Increase muscle strength and range of motion. The fitness instructor can modify for your fitness level.		
<b>Strength &amp; Stretch</b>	<b>Monday/Wednesday</b>	<b>10:00 – 10:45 am</b>
A class designed to help mobility problems. A good cardio and strength workout, without putting strain on joints and bones.		
<b>Silver Sneaker Classic Conditioning</b>	<b>Friday</b>	<b>1:30 – 2:30 pm</b>
Increase muscle strength and range of movement, improve activities for daily living. You will use a chair for seated exercises and standing support. Instructor can modify the exercise for your fitness level.		

**ALL CLASSES ARE FREE FOR MEMBERS. NON MEMBERS CAN DROP IN FOR \$7.00**