



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

THE AUGLAIZE/MERCER COUNTIES FAMILY YMCA PROGRAM GUIDE



September Session is Sept. 2 - Sept. 29
Registration begins:
Members-July 29
Non-Members-August 5

November Session is Oct. 28 - Nov. 24
Registration begins:
Members-October 7
Non-Members-October 14

October Session is Sept. 30 - Oct. 27
Registration begins:
Members-September 9
Non-Members-September 16

December Session is Nov. 25 - Dec. 21
Registration begins:
Members-November 4
Non-Members-November 11

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

| | |
|-------------------|------------------------------------|
| Kay Fenters | Branch Executive Director |
| Cindy Huffman | Business Director |
| Adele Walls | YMCA Life Enrichment Ctr. Director |
| Brittany Thiebeau | Health and Wellness Director |
| Toni Paul | New Bremen Learning Ctr. Director |
| Steve Koesters | Maintenance Director |
| Matt Reiss | AMFY Swim Team Coach |
| Rob Fleming | Program Director |
| Brooklyn Baker | Program Director |
| Hannah Dresher | Membership Director |

YMCA BOARD OF DIRECTORS

| | |
|-----------------------------|-------------------|
| Christine Purdy (President) | |
| Ronald Arling | Nikki Wilges |
| 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

Hours Beginning September 11, 2019

North Branch YMCA

8:30 – 11:30am & 4:30 – 7:30 pm
8:30 – 11:30am & 4:00 – 8:00 pm
8:30 – 11:30am & 4:30 – 7:30 pm
8:30 – 11:30am & 5:00 – 8:00 pm
8:30 – 11:30am & 4:00-5:30 pm
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
8:00 – 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 INFORMATION

Registration Procedures:

- Members and Non-Members can register during specified dates located on the front cover.
- Registration is first come first serve.
- Full Payment is due at time of registration.
- Cash, personal check, MasterCard, Visa, and Discover are accepted.
- Registration is required for Swim Lessons, Gymnastics, 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.

Benefits of a Membership:

- Participation in YMCA classes and activities at a reduced fee. Some activities are free for our members.
- Access to both our North and South Branch YMCAs.
- FREE nurse service with a family membership while you workout 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.

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 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

| | |
|---------------|---------------|
| Labor Day | 5 am to Noon |
| Thanksgiving | CLOSED |
| Christmas Eve | 5 am to Noon |
| Christmas Day | CLOSED |
| New Years Eve | 5 am to 6 pm |
| New Years Day | 10 am to 8 pm |



**WE ARE MORE
 THAN JUST A GYM**

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 without a Member

| | |
|-------------------|-------------------|
| Families: | \$15.00 per visit |
| Adult 19 & Older: | \$10.00 per visit |

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 - 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 years – 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**

Toddler Play Group

Classes 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 am – 11:00 am



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 underwater 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: stroke for 25 yards, Front crawl - rotary breathing, Back crawl, Resting stroke/breaststroke/butterfly-15 yards, Tread water for 1 minute

-NORTH BRANCH-

Preschool Programs:

| | | |
|---------------------------------|-----|----------------|
| Water A & B Discover | | |
| | Mon | 5:30 - 6:00 pm |
| Level 1 | Mon | 5:00 - 5:30 pm |
| | Mon | 6:00 - 6:30 pm |
| Level 2 | Mon | 5:15 - 5:45 pm |
| | 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 |
| | Mon | 6:30 - 7:15 pm |
| Level 3 | Mon | 6:30 - 7:15 pm |
| | Thurs | 6:30 - 7:15 pm |

-SOUTH BRANCH-

Preschool Programs:

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

Sept Session is Sept. 2 to Sept. 29

Registration begins: Members July 29
Non-Members Aug. 5

Oct. Session is Sept. 30 to Oct. 27

Registration begins: Members Sept. 9
Non-Members Sept. 16

Nov. Session is Oct. 28 to Nov. 24

Registration begins: Members Oct. 7
Non-Members Oct. 14

Dec. Session is Nov. 25 to Dec. 21

Registration begins: Members Nov. 4
Non-Members Nov. 11

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.

PRIVATE SWIM LESSON

Members: \$90 for 6 Lessons
Ages 3 and up.

SEMI-PRIVATE SWIM LESSON

Members: \$60/2 people
Ages 3 and up.

30 Minute Lesson Per Individual

Non Members: \$130 for 6 Lessons

6- 30 Minute Lesson

Non Members: \$80/2 people

Please contact the Aquatic Director to schedule:

North Branch: Brooklynb@amymca.org

South Branch: Robf@amymca.org

Group Exercise

**ALL CLASS TIMES ARE SUBJECT TO CHANGE.
PLEASE PICK UP A CLASS CALENDAR AT THE FRONT
DESK FOR A CURRENT SCHEDULE.**



SATURDAYS at the *South Branch*

Join us on Saturdays at 8 am for a bootcamp style fitness class! Each class will work ALL muscle groups and help to build cardiovascular endurance. This class is for all fitness levels!

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.

NORTH BRANCH

T/TH 8:45 am

SOUTH BRANCH

M/W 5:30 am

T/TH 9:30 am

T/TH 6:30 pm

M/W/F 10:15 am

CARDIO DANCE FITNESS

A combination of REFIT, and ZUMBA.

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

NORTH BRANCH

T/H 6:15-7:15 pm

SOUTH BRANCH

M/W 9:15-10:10 am

M/W 5:30-6:25 pm

T/TH 8:35-9:30 am

PUMP 30

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

NORTH BRANCH

T/TH 5:45 pm

SOUTH BRANCH

M/W/F 12:10 pm

FRI 6:00 am

CARDIO PUMP

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

NORTH BRANCH

M/F 5:45 - 6:15 am

SOUTH BRANCH

T/TH 5:30 - 6:15 pm

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

Interval training to improve cardiovascular endurance. Great for toning muscles and burning body fat.

SOUTH BRANCH

T/TH 7:30 - 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

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



FLEXIBILITY

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.

NORTH BRANCH

M/W 6:30 – 7:15 pm

SOUTH BRANCH

M/W 6:30 - 7:30 am

M/W 11:15 am - 12:05 pm

M/W 5:30 - 6:30 pm

T/TH 12:10 - 12:40 pm

FRI 9:20 - 10:05 am

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

AQUA CARDIO DANCING

AQUA ZUMBA - T/TH 8:00 - 8:45 am NORTH BRANCH

LIQUA SALSA - T/TH 9:00 - 9:45 am SOUTH BRANCH



Cardio dancing IN the water! Some of our most popular dancing classes can be enjoyed as a lower impact aquatics workout!

Water Fitness

GENTLE AQUA STRETCH

This is a low intensity 45 minute class for older adults looking for increased flexibility. Great for adults with arthritis.

NORTH BRANCH

M/W 10:00 am

SOUTH BRANCH

M/W/F 8:15 am

WATER FIT

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

NORTH BRANCH

M/W/F 8:00 am

SOUTH BRANCH

M/W/F 9:00 am

Wed 6:30 pm

T/TH 9:00 am

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 9:00 am

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 8:00 am

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

Wellness Center Orientations

If you are unfamiliar with our equipment, new to the facility, or just starting a workout program let one of our wellness center attendants walk you through an orientation. During this 45 minute orientation we will show you how to safely use the equipment you are interested in, and we will go over some general fitness guidelines to get you started.

Orientations are RECOMMENDED for all new members.

Orientations are REQUIRED for any member age 12-15 before they are allowed access to the wellness centers in our facilities.

To schedule your orientation, please contact brittanyt@amymca.org or stop in at the North or South front desk.



Youth Development

GYMNASTICS



Member: 15.00 Non-member: \$30.00

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

Sat. 9:00-9:30 am
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

Sat. 9:30-10:00 am
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

Sat. 10:00-10:45 am
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

Sat. 10:45-11:30 am
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

Sat. 11:30-12:15 am
Tues. 6:45-7:30 pm



**GET IN
THE GAME.**

YMCA YOUTH BASKETBALL LEAGUE

January 4, 2020 – February 22, 2020

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 11, you can save \$10.00 on your child's league fees.

Fees: YMCA Members Non Y - Members

Early bird: \$ 25.00/Player \$ 50.00/Player (Through Oct. 11)
Late: \$ 35.00/Player \$ 60.00/Player (Oct. 12 – Nov. 1)

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**

KIDS INSTRUCTIONAL BASKETBALL

November Session– October 28th–November 24th
December Session– November 25th–December 21st

**YOUTH
Basketball**



K-Dribblers Ages 5 & 6

| | | |
|--------------|-------|----------------|
| North Branch | Mon | 6:30 – 7:00 pm |
| South Branch | Thurs | 5:00 – 5:30 pm |

Little Stars Grades 1- 2

| | | |
|----------------------|-------|----------------|
| North Branch | Mon | 7:00 – 7:45 pm |
| South Branch (Girls) | Thurs | 5:30 – 6:15 pm |
| South Branch (Boys) | Thurs | 6:15 – 7:00 pm |

Fee: YMCA Members: \$ 15.00
Non – Members: \$ 26.00

Youth Development

Kids Instructional Soccer

September Session– Sept. 2nd - 29th
October Session– Sept. 30th - Oct. 27th

Bumble Bee Ages 5 & 6

NORTH Mon. 6:00-6:30 pm
SOUTH Thurs. 6:00-6:30 pm

Fees: Members: \$15.00
Non-Members: \$26.00

Soccer with Support

September Sessions– Sept. 2nd - 29th
October Session– Sept. 30th - Oct. 27th

Parent/Child Class Ages 3 & 4

NORTH Mon. 5:30-6:00 pm
SOUTH Thurs. 5:30-6:00 pm

Fees: Members: \$15.00
Non-Members: \$26.00



YMCA LIFEGUARD CERTIFICATION

Will be offered at the North and South Branch
October 2019 and December 2019

Must be 16 years old by the last day of class. Students must attend 100% of the class and complete assigned e-learning. Please bring a conservative swim suit and a pack lunch to every class. Dates and times will be posted closer to the months. Ask front desk for any questions.

Fee: Members: \$175.00
Non Members: \$225.00



BLS – BASIC LIFE SUPPORT

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

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

YMCA ANNUAL TURKEY SWIM

Just in time for Thanksgiving dinner. Any YMCA Adult Member can participate. Each day from **November 7 through November 18**, when you come in to swim laps, simply go to the guard and draw a poker chip.

That chip will have a number on it. You must swim the number of laps noted on the chip. You may swim more laps, but you will only be credited with the number on the chip you drew. You may only draw one chip each day.

Your progress will be tracked on our special **Turkey Chart** in the pool area. The swimmer with the most laps after November 18th will win a **FREE** turkey!

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. The times will be announced at our **Parent Fair on Tuesday, August 27 from 5-7 p.m. at the North YMCA.**

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!

COME AND SEE WHAT YMCA SWIM TEAM IS ALL ABOUT!
Visit their website at : www.amfywaves.com

If you have any questions, please contact: Matt at
Mattreiss07@gmail.com or 937-672-9483



SANTA IS COMING!

We hope you've been good this year. Come to the YMCA visit with Santa.

Bring the little ones and your camera!

North Branch: Wed., Dec. 11th
6:00-7:00 pm

South Branch: Mon., Dec. 2nd
6:00-7:00 pm

FREE for everyone!!



FAMILY FUN DAYS

NORTH BRANCH DATES

Friday, November 15, 5:00-7:00 pm
Under the Sea Pool Party
Friday, December 13, 5:00-7:00 pm
Christmas Pool Party

SOUTH BRANCH DATES

Friday, November 22, 5:00 to 7:00 pm
Safari Pool Party

Parents Night Out- Kids Night In

Get in some last minute holiday shopping, or just take a much needed break while we keep the kids busy with some fun Holiday activities.

•Must Be Registered by December 16•

North & South Branch: Fri., Dec. 20
6:00-9:00 pm

Fees: Members: Free
Non Members: \$5.00

TRUNK OR TREAT

Do you have a fun Halloween costume? Maybe some cool decorations or props? Bring them to the YMCA's Trunk or Treat and help make sure kids in your area have a safe place to celebrate Halloween.



SOUTH BRANCH

Friday, October 18 6:00-8:00 pm

Holiday Peddler Show

South Branch: On German Family Christmas
10am to 2pm

*Bring in 5 canned good items and get a no joiners fee at the YMCA

If interested in setting up a booth please contact Kay at kayf@amymca.org



Halloween Hoopla

(Children in Kindergarten- 5th Grade)

Join us for an evening of fun and excitement. There will be activities planned including a costume contest, swimming, crafts, snacks, and much more! Wear your costume and bring a swimsuit and towel.

FREE PRIZE TO THE FIRST 20 CHILDREN REGISTERED!

•A \$5 late fee will be assessed to all registrations starting Sept. 23.



North & South Branch: Friday, Oct. 4th
6:00- 10:00 pm

Fees: Members: \$15
Non Members: \$20

STAY ACTIVE STAY HEALTHY

ACTIVE OLDER ADULT PROGRAMS

SILVERSNEAKERS CLASSIC

Increase muscle strength, promote greater 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 10:15 am – 11:00 am

SOUTH BRANCH

M/W 10:20 am - 11:00 am

SENIOR YOGA STRETCH

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

NORTH BRANCH

T/TH 10:00 am– 10:45 am

SOUTH BRANCH

M/W 8:15 am - 9:00 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.

NORTH BRANCH

M/W 10:00 am

SOUTH BRANCH

M/W/F 8:15 am

SENIOR AQUA

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

NORTH BRANCH

Tues 10:00am

T/TH 12:00 pm

SENIOR APPRECIATION DAY

North Branch

Wednesday, September 14th

FREE EVENT for adults age 60 and over. Come to our North Branch for a fun filled day where we will demonstrate all the programs and activities offered to active older adults!

Water Classes, Fitness Classes, Chair Volleyball, Bingo

Lunch will be served at Noon. Meat & drinks provided.
Please bring a side to share.

Register by September 14th.



The YMCA and Joint Township Memorial Hospital is partnering to offer a weekly 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 Fridays 10:15 am

Members: FREE

Non-Members \$7.00 per class

SUPPORT GROUP FREE for everyone

August 23rd 11 am

September 27th 11 am

October 25th 11 am

November 18 @ JTDHM Rm 1 & 2 - 1 pm

WATER VOLLEYBALL

South Branch

Mon. 10 - 11 am

CHAIR VOLLEYBALL

South Branch

Tues. 10 - 11 am

Thurs. 10-11am



SilverSneakers[®]
by Tivity Health

PARTICIPATING LOCATION!!!



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
- **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

Arthritis Plus Water Class **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.

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 **Monday/Wednesday/Friday** **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.

Yoga Stretch **Monday/Wednesday** **3:30– 4:15 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.

Seniorcize **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.

Sit & Fit **Monday/Wednesday/Friday** **11:00 – 11:30 am**
 Increase muscle strength and range of motion. The fitness instructor can modify for your fitness level.

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.

Classic Conditioning Sponsored by Silver Sneakers **Friday** **12:00 – 12:45 pm**
 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