



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

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



**September Session is Sept 7 to Oct 4**  
Registration begins:  
Members-August 10  
Non-Members-August 17

**November Session is Nov 2 to Nov 29**  
Registration begins: Members-Oct 12  
Non-Members-Oct 19

**October Session is Oct 5 to Nov 1**  
Registration begins:  
Members- Sept 14  
Non-Members- Sept 21

**December Session is Nov. 30 to Dec 19**  
Registration begins: Members-Nov 9  
Non-Members-Nov 16



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
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## 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 Judy	Branch Executive Director
Cindy Huffman	Business Director
Beth Noneman	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
Shantelle Fogt	Program Director
Brooklyn Quellhorst	Program Director
Hannah Dresher	Membership Director
Caitlin Lammers	Youth Sports Coordinator

### YMCA BOARD OF DIRECTORS

Christine Purdy (President)	
Lesia Arnett	Chuck Meyer
Sara B Corona	Gretchen Rentz
Peter Falk	Jill Roy
Zachary Farrell	Jennifer Ranly
Angela S Hamberg	Nikki Wilges
Mike Kiehl	Brian Stetler

## 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

8:00 – 11:00 am & 5:00 – 8:00 pm  
 8:00 – 11:00 am & 5:00 – 8:00 pm  
 8:00 – 11:00 am & 5:00 – 8:00 pm  
 8:00 – 11:00 am & 5:00 – 8:00 pm  
 8:00 – 11:00 am  
 8:00- 10:00 am  
 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.
- Activtrax—all classes, lap lanes, and child watch visits require reservations. Visit [amymca.org](http://amymca.org) and click on Reservations in the menu bar. You may also reserve over the phone by calling the North Branch at 419-586-9622 or South Branch at 419-629-9622.

### 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 –8 pm  
 Saturday ..... 7am - 6pm

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



### 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

# 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

#### 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

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

**Water Discovery  
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

**PRIVATE SWIM LESSON** 6-30 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 brooklynb@amymca.org  
South Branch shantellef@amymca.org

## -NORTH BRANCH-

### Preschool Programs:

Water A & B Discover		
	Mon	5:00 - 5:30 pm
	Mon	5:45 - 6:15 pm
<b>Level 1</b>	Wed	5:00 - 5:30 pm
<b>Level 2</b>	Mon	5:00 - 5:30 pm
	Wed	5:45 - 6:15 pm
<b>Level 3</b>	Mon	5:45 - 6:15 pm
	Wed	6:30 - 7:00 pm

### School Age Progressive Programs:

<b>Level 1</b>	Mon	6:00 - 6:45 pm
	Wed	5:00 - 5:45 pm
<b>Level 2</b>	Mon	5:00 - 5:45 pm
	Wed	6:00 - 6:45 pm
<b>Level 3</b>	Mon	6:00 - 6:45 pm
	Wed	6:00 - 6:45 pm
<b>Level 4</b>	<b>Water 5</b>	<b>Water 6</b>
	Thurs	5-5:45 pm

## -SOUTH BRANCH-

### Preschool Programs:

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

### School Age Progressive Programs:

<b>Level 1</b>	Tue	5:45 - 6:30 pm
<b>Level 2</b>	Tue	5:45 - 6:30 pm
<b>Level 3</b>	Mon	5:30 - 6:15 pm
	Tue	5:45 - 6:30 pm
<b>Level 4</b>	Mon	5:30 - 6:15 pm
<b>Level 5</b>	Mon	5:30 - 6:15 pm
<b>Level 6</b>	Mon	5:30 - 6:15 pm

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Registration begins: Members July 27  
Non-Members Aug. 3

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Registration begins: Members Sept 14  
Non-Members Sept 21

Nov. Session is Nov. 2 to Nov. 29

Registration begins: Members Oct. 12  
Non-Members Oct 19

Dec. Session is Nov. 30 to Dec. 19

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

## School Age Swim Lessons

### School Age 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.

### School Age 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.

### School Age 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.

### School Age 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.

### School Age 5: Stroke Development

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

### School Age 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

## 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—6:15 pm

### CYCLE SCULPT\*

Group cycling with weights for resistance training to sculpt and tone.

SOUTH BRANCH M/W 5:30—6:15 am

T/TH 6:45—7:30 pm

M/W/F 10:45—11:30 am

NORTH BRANCH T/TH 8:30—9:15 am

## DRY NEEDLING DEMOS

Do you want to learn more about dry needling and what to try this treatment for yourself? Join us for this FREE demo and learn how dry needling can help your aches and pains.

North Y October 15th 3:30-5 pm

South Y October 14th 9:30-11 am

Offered by Grand Lake Rehab



SATURDAYS at the South Branch  
8:00—8:45am

Join us on Saturdays for a bootcamp style fitness class for all ages and abilities. Each class will work ALL muscle groups and help to build cardiovascular endurance.

### PUMP 30

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

SOUTH BRANCH F 6:00—6:30 am

NORTH BRANCH T/TH 5:45—6:15 pm

### CARDIO DANCE FITNESS

A combination of REFIT, and ZUMBA. Come sweat, dance and laugh using positive music with a fitness focus.

NORTH BRANCH T/TH 6:30—7:15 pm

SOUTH BRANCH M/W 9:30—10:15 am

M/W 5:30—6:15 pm

T/TH 8:30—9:15 am

### 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/W 7:00—7:45 am

### 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—7:30 pm

SOUTH BRANCH M/W/F 8:15—9:00 am

T/TH 5:30—6:15 am

### TOTAL BODY CIRCUIT\*

A 30 minute mix of TRX and circuit training to build endurance and strengthen muscles.

\*Reservation card is required.

SOUTH BRANCH T/TH 5:30—6:00 am

## WEIGHT ROOM/CARDIO ROOM ORIENTATIONS

**FREE for all Members**  
**Recommended for new members.**  
**Required for all members ages 12-15.**

### Personal Training Available - Limited Spots

For information email [brittanyt@amymca.org](mailto:brittanyt@amymca.org)



**\*\*ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE\*\***



# 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 8:30—9:15 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—9:15 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

**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—9:15 am

## FUNCTIONAL YOGA

This class will help you develop strength and aid in injury prevention. The focus of this class is to restore the body to a highly functional level by exploring proper alignment and movement patterns that become a template for all physical activity.

**VIRTUAL VIA ZOOM** M/W 7:00-8:00 pm



# Water Fitness

## 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 8:00—8:45 am

**NORTH BRANCH** M/T/W 10:00—10:45 am

## 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 10:00—10:45 am

**NORTH BRANCH** M/W/F 8:00—8:45 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—9:45 am

**SOUTH BRANCH** M/W/F 9:00—9:45 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—6:45 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** T/TH 8:15—9:00 am

## WATER WALKING

During this 45 minutes the pool will be CLOSED for those with limited mobility who want to walk the pool without disruption.

**NORTH BRANCH** Th 10:00—11:00 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—9:45 am

**\*\*ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE\*\***

# Youth Development

## GYMNASTICS

**Sept Session is Sept. 7 to Oct. 4**

Registration begins: Members July 27  
Non-Members Aug. 3

**Oct. Session is Oct. 5 to Nov. 1**

Registration begins: Members Sept 14  
Non-Members Sept 21

**Nov. Session is Nov. 2 to Nov. 29**

Registration begins: Members Oct. 12  
Non-Members Oct 19

**Dec. Session is Nov. 30 to Dec. 19**

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



**Member Gymnastics Price: \$15.00**  
**Non-Member Gymnastics Price: \$26.00**

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

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

North Mon 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 Mon 5:15-5:45 pm

South Tues 5:00-5:30 pm or Sat 9:00-9:30 am

### 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 5:30-6:00 pm or Sat 9:30-10:00 am

### Beginner Gym and Tumble Ages 6 & up

This class is for those who are new to gym apparatus and can do a cartwheel. This class will learn tumbling skills such as back extension rolls, hand stands, round offs, front and back walk-overs.

North Mon 4:45-5:15 pm

South Tues 6:00-6:45 pm or Sat 10:00-10:45 am

### Advanced Gym and Tumble

This class focuses on more advanced floor technique such as back handsprings and other combinations, alongside bar, beam and vault techniques.

North Mon 5:45-6:30 pm

South Tues 6:45-7:30 pm or Sat 10:45-11:30 am

\*Financial assistance available upon request



## YMCA LIFEGUARD CERTIFICATION

**If you are interested in a flexible, year-round job, then lifeguarding is for you!**

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.

South Branch: October 19-22 from 5-10 pm and October 24 9 am to 1 pm.

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

## Crossover or Renew Lifeguard Certification Lifeguarding/First aid/CPR

South Branch: November 9-11 from 5-9 pm

Members \$50.00 Non Members \$75.00



## BLS – BASIC LIFE SUPPORT

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

North Branch: Sat, November 14 9 am – 1 pm

South Branch: Wed, September 30 5-9 pm

Wed, October 28 5-9 pm

Wed, November 25 5-9 pm

Wed, December 23 5-9 pm

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

**\*\*ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE\*\***



# Youth Development

## YMCA YOUTH BASKETBALL LEAGUE



**WE'RE ON  
YOUR TEAM!**  
Youth Basketball

**January 2, 2020– February 20, 2021**

**For Boys and Girls in 1st-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 10, 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. 10)  
 \$ 35.00/Player    \$ 60.00/Player (Oct. 11 – Nov 2)  
**Registration ends November 2nd, 2020**

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**

For info contact: [caitlinl@amymca.org](mailto:caitlinl@amymca.org)

## AMFY WAVES SWIM TEAM

North Branch/South Branch

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!**

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

\*Financial assistance available upon request

**\*\*ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE\*\***

## KIDS INSTRUCTIONAL BASKETBALL

November Session—Nov. 2–Nov 29  
 December Session— Nov. 30– Dec. 19

**YOUTH  
Basketball**



<b>Itty Bitty Ballers</b>	<b>Ages 3 &amp; 4</b>
North Branch	Mon 6:30 – 7:00 pm
South Branch	Thurs 5:00 – 5:30 pm
<b>Mini Dribblers</b>	<b>Ages 5 &amp; 6</b>
North Branch	Mon 7:00 – 7:45 pm
South Branch I	Thurs 5:30 – 6:15 pm
South Branch II	Thurs 6:15 – 7:00 pm
<b>Fee:</b>	<b>YMCA Members: \$ 15.00</b>
	<b>Non – Members: \$ 26.00</b>

## KIDS INSTRUCTIONAL SOCCER

**October Session– Oct 5– Nov 1**

**Bumble Bee Ages 5 & 6**

North Branch Mon. 6:00 – 6:30 pm  
 South Branch Thurs. 6:00 – 6:30 pm

**Super Shooters Grades 1 & 2**

North Branch Mon. 6:30 – 7:15 pm

**Fees: YMCA Members: \$ 15.00**  
**Non – Members: \$ 26.00**

## SOCCER WITH SUPPORT

**Parent/Child Class Ages 3 & 4**

North Branch Mon. 5:30 – 6:00 pm  
 South Branch Thurs. 5:30 – 6:00 pm

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





### VISIT WITH SANTA!

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

Bring the little ones and your camera!

North Branch: Mon Dec. 14th  
6-7 PM

South Branch: Mon Dec. 7th  
6-7 PM

**FREE FOR EVERYONE!!!!**

### 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 12th\*\***

North and South Branch: Friday Dec 18th  
6-9 PM

Fees: Members: FREE

Non Members: \$5.00

Ages 5-11

### YMCA ANNUAL TURKEY SWIM



Just in time for Thanksgiving dinner. Any YMCA Adult Member can participate.

Each day from **November 9 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!**

Advance registration is not necessary, but you must be 18 years of age or older to participate. This event is for **Auglaize Mercer Counties YMCA Members Only!**

\*Financial assistance available upon request



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**

Fri. Oct 23rd

6-7 PM

**FREE TO ALL!**

### UNDER THE SEA CINEMA FAMILY MOVIE NIGHT IN THE POOL

**NOW SHOWING**



SEPTEMBER 11th 7-9 PM

Members FREE

Non Members pay guest fee

**\*\*ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE\*\***

# 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	11:00—11:45 am
South Branch	T/TH	9:30—10:15 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	9:00—9:45 am
South Branch	M/W	9:10—9:55 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	9:45—10:30 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	8:00—8:45 am
North Branch	M/T/W	10:00—10:45 am



## Pickleball

All equipment is provided by the Y. All abilities and ages are welcome. Gymnasium will be shared with other activities if all 3 Pickleball courts are not being used.

**North**  
Monday-Thursday 12-2:00 pm

**South**  
Tuesday/Thursday 1-3:00 pm  
Friday 7-10 am

\*\*\* Excludes School days off and Snow Days\*\*\*

## WATER VOLLEYBALL

South Branch Mon. 10:45- 11:30 am

## CHAIR VOLLEYBALL

South Branch Tues. 10:30- 11:30 am  
Thurs. 10:30- 11:30 am



## Thankful for our Seniors Potluck

1st week of November  
More information will be provided soon!

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

We will sample classes available for our active older adults, play bingo, and enjoy a meal together!

**\*\*ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE\*\***



# 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 7am – 7 pm**  
**Friday 7 am – 6 pm**  
**Saturday 8 am – 2 pm**  
**Sunday 1pm – 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**

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