



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER



Winter 2012 Membership and Program Guide

Winter I: January 9 – February 25, 2012

Winter II: February 27 – April 14, 2012

Winter I: Member Registration: December 12, 2011
Non Member Registration: December 19, 2011

Winter II: Member Registration: February 6, 2012
Non Member Registration: February 13, 2012

On-line registration available at 6:00 am on the above dates.

AUGLAIZE/MERCER FAMILY YMCA

North Branch

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

South Branch

04075 Wuebker Road
Minster, Ohio 45865
419-629-9622

www.amymca.org

GENERAL INFORMATION



FROM THE CEO'S DESK



It's been a year now since the Y unveiled its new brand strategy to increase understanding of the impact our organization makes in the community, so that more people might take advantage of the YMCA's unique capacity to foster lasting personal and social change.

The Y has always been about changing lives for the better. We view participation in our programs and services as a means to a greater end. Therefore, through our rebranding effort, we wanted to help our communities learn more about our work so we can help our communities learn and grow.

By simplifying how we describe our programs, we hope it will be apparent that everything we do is designed to nurture the potential of children and teens (Youth Development), improve health and well-being (Healthy Living) and motivate people to support their neighbors and the larger community (Social Responsibility).

Our Staff and Board of Directors are dedicated people who care a great deal about this YMCA. They work together to provide programs and services for our members and the communities we serve. New programs have been introduced and existing programs have been strengthened. As always, we encourage your suggestions. **As much as we would like to hold to no rate increase for 2012, operating costs including the mandatory minimum wage increase here in Ohio have increased to the point that our YMCA leadership has decided to implement a modest increase in our membership rates for 2012.**

Everyone contributes to the success of this organization through their financial support, by bringing in colleagues as prospective members, and by promoting the YMCA to your friends and neighbors. This is your YMCA. Our success depends on your participation and commitment to our mission and goals. As a Y-Member you are a part of a YMCA Family that stretches across the country and around the world. I hope you take pride in our history, and continue to support us through your membership and through supporting our campaign to build a better YMCA. We have a proud heritage, and we are looking forward to an exciting future.

The information contained in this program and membership guide will answer most of your questions regarding our programs and services. Please read through it carefully.

Allen Baskett

E. Allen Baskett
Chief Executive Officer

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.

-NOTE-

See your **YMCA Owners Manual** for specific rules, policies, and procedures. They are available at the YMCA desk.

AUGLAIZE/MERCER YMCA 2012 MEMBERSHIP RATES

MEMBERSHIP CATEGORY	DOWN PAYMENT	MONTHLY RATE
FAMILY	\$187.86 down	\$62.62 per mo.
ADULT	\$139.80 down	\$46.60 per mo.
STUDENT	\$ 69.57 down	\$23.19 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.

YMCA GUEST POLICY

The purpose of our guest policy is to permit our YMCA members to introduce potential members to the benefits of being a YMCA member. Guests of members must be accompanied by the member.

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: \$3.50 per visit

Drop In Visitors

Families: \$15.00 per visit
Age 19 & Up: \$10.00 per visit
Age 18 & Under: \$5.00 per visit

GENERAL INFORMATION

MEMBERSHIP INFORMATION

Your Membership Includes:

3 Gymsnasiums, 3 Indoor Running Tracks, Body Master Resistance Equipment, Stairclimbers, 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.

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.
- 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:

- Winter I: January 9 – February 25
- Winter II: February 27 – April 14

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:

E. Allen Baskett	Chief Executive Officer
Susan Albers	Membership Director
Chuck Behm	Maintenance Director
Cindy Fishbaugh	Business Director
Johna Hemmelgarn	South Branch Fitness Coordinator
Mindy Pond	New Bremen Center Site Coordinator
Cindy Storrer	South Branch Office Manager
Adele Walls	Program Director – South Branch
Heather Wenning	Program Director – North Branch

YMCA Board Officers:

Larry Stelzer	President
Scott Frey	Vice-President
Bob Klein	Immediate Past President

YMCA Board of Directors:

Cindy Berning	Bob Klein	Larry Stelzer
Brenda Boeke	Matt Miller	Dan Uhlenhake
Scott Frey	George Moore	Fred Wiswell
Kevin Harlan	Lu Smith	

YMCA AMBASSADOR PROGRAM

Our YMCA Leadership recognizes that you are our most valuable 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.

YMCA MISSION: *To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.*

CHILD CARE

INFANT/TODDLER ♦ PRE SCHOOL ♦ SCHOOL AGE

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

Transportation may be available for some school districts if not provided by the school.

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

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

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

Transportation may be available for some school districts if not provided by the school.

NEW

Toddler Play Group

NEW

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

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. Children can stay in Child Watch up to 1½ hours.

Child Watch Hours/Fees

North Branch YMCA

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

Fees: YMCA Members – FREE!

South Branch YMCA

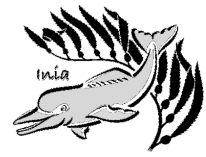
8:00 – 11:30am & 5:00 – 8:00pm	
8:30 – 11:30am & 5:00 – 8:15pm	
8:00 – 11:30am & 5:00 – 8:15pm	
8:30 – 11:30am & 5:00 – 8:00pm	
8:30 – 11:30am	
9:00 – 11:00am	
CLOSED	

Non-Members – \$5.00/child/hr.





SWIM LESSONS



PRE SCHOOL

Water Babies Swim Program

(6 months – 3 years)

This is a nationally recognized program that introduces parents and their new swimmers to the joys and benefits of the water. The class is for children age 6 months to 3 years of age and their parents. That's right! **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)

Your child will learn the basics of water safety plus the skills that will help to make him or her more confident in and around the water.

Pike:

Our beginner level program. No skills are required to register for this class.

Skills Learned in the Pike Class:

- Paddle stroke 10 yds. front/back/side with a floatation device.
- Swim 5 ft. on front/back/side w/o a floatation device.
- Tread water with a floatation device for 30 seconds.

Eel:

Must have completed and passed Pike class or be proficient in the skills developed in the Pike class.

Skills Learned in the Eel Class:

- Paddle stroke 25 yds. front/back/side with a floatation device.
- Paddle stroke 15 ft. front/back/side w/o a floatation device.
- Tread water without floatation for 10 seconds.
- Jump in and swim 10 yds. with floatation.

Ray:

Must have completed and passed the Eel class or be proficient in the skills developed in the Eel class.

Skills Learned in the Ray Class:

- Front/Back crawl 25 yds. with floatation.
- Front crawl 20 ft. w/o floatation using rhythmic breathing.
- Side stroke 15 yds. with floatation.
- Side stroke 20 ft. w/o floatation.
- Back crawl 20 ft. w/o floatation.
- Tread water for 30 sec. with floatation.
- Front/Back float for 30 sec. w/o floatation.
- Survival float for 1 minute unassisted.
- Swim 15 yds. front and back wearing a life jacket.

Starfish:

Must have completed and passed the Ray class or be proficient in the skills developed in the Ray class.

Skills Learned in the Starfish Class:

- Front crawl with rhythmic breathing for 25 yds with floatation, and 40 ft. w/o floatation.
- Back crawl 25 yds with floatation, and 40 ft. w/o floatation.
- Side stroke 25 yds with floatation, and 40 ft. w/o floatation.
- Front/Back float for 1 min. w/o floatation.
- Tread water for 30 sec. w/o floatation.
- Survival float for 2 min. unassisted.

-NORTH BRANCH-

Preschool Programs:

Water Babies	Mon	5:30 - 6:00 pm
Pike	Mon	5:00 - 5:30 pm
	Mon	6:00 - 6:30 pm
	Fri	10:00 - 10:30 am
Eel	Sat	9:00 - 9:30 am
	Mon	5:15 - 5:45 pm
	Fri	10:00 - 10:30 am
Ray	Sat	9:00 - 9:30 am
	Mon	5:15 - 5:45 pm
	Fri	10:00 - 10:30 am
	Sat	9:00 - 9:30 am

School Age Progressive Programs:

Polliwog	Mon	5:45 - 6:30 pm
	Sat	9:30 - 10:15 am
Guppy	Mon	5:45 - 6:30 pm
	Sat	9:30 - 10:15 am
Minnow	Sat	10:15 - 11:00 am
Fish	Flying Fish Shark	
	Sat	10:15 - 11:00 am

-SOUTH BRANCH-

Preschool Programs:

Water Babies	Mon	6:30 - 7:00 pm
Pike	Mon	5:15 - 5:45 pm
	Tue	5:15 - 5:45 pm
	Fri	10:00 - 10:30 am
	Sat	9:30 - 10:00 am
Eel	Mon	5:15 - 5:45 pm
	Tue	5:15 - 5:45 pm
	Fri	10:30 - 11:00 am
	Sat	9:30 - 10:00 am
Ray	Mon	5:15 - 5:45 pm
	Tue	5:15 - 5:45 pm
	Fri	11:00 - 11:30 am
	Sat	9:30 - 10:00 am
Starfish	Mon	5:15 - 5:45 pm
	Tue	5:15 - 5:45 pm
	Sat	9:30 - 10:00 am

School Age Progressive Programs:

Polliwog	Mon	5:45 - 6:30 pm
	Tue	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am
Guppy	Mon	5:45 - 6:30 pm
	Tue	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am
Minnow	Mon	5:45 - 6:30 pm
	Tue	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am
Fish	Mon	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am
Flying Fish	Mon	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am
Shark	Mon	5:45 - 6:30 pm

SWIM CLASS FEES:

Members:	\$15.00
Non-Members:	\$33.00

SCHOOL AGE

Progressive Program

The YMCA's Progressive Swim Program for school age youth age 6 and up is designed to take your swimmer from his/her current skill level to more advanced swimming levels through a progression of skills which allow the swimmer to develop confidence and security in and around the water.

Polliwog: Our beginning level swim program. No skills are required to register for this class.

Skills Learned in the Polliwog class:

- Rhythmic breathing.
- Paddle Swim 25 yds. w/ assistance.
- Swim 25 yds. front/back and flutter kick w/ assistance.
- Side kick w/ assistance.
- Swim 20 ft. front/back w/o assistance.
- Survival float 1 min. with assistance.

Guppy: Must have completed and passed the Polliwog class or be proficient in the skills developed in the Polliwog class.

Skills Learned in the Guppy Class:

- Swim 25 yds. front crawl w/ rotary breathing, 25 yds. paddle stroke w/o assistance, and 25 yds. backstroke w/ & w/o assistance.
- Jump into deep water, then paddle or back float.
- Survival float for 1 min.

Minnow: Must have completed and passed the Guppy class or be proficient in the skills learned in the Guppy class.

Skills Learned in the Minnow Class:

- Swim 25 yds. front/back crawl w/ good form.
- Breast stroke kick.
- Side stroke kick.
- Survival float for 3 min.
- Tread water for 1 min.

Fish: Must have completed and passed the Minnow Class or be proficient in the skills learned in the Minnow class.

Skills Learned in the Fish Class:

- Swim 50 yds. of each of the following strokes. Elementary Back Stroke, Breast Stroke, Back Crawl, Front Crawl, and Side Stroke
- Tread water for 3 min.
- Survival float for 6 min.

Flying Fish: Must have completed and passed the Fish Class or be proficient in the skills learned in the Fish class.

Skills Learned in the Flying Fish Class:

- Swim the 200 yd individual medley. (fly/back/breast/free)
- Swim 50 yds each of Butterfly, Breast Stroke, and Front Crawl.
- Swim 100 yds Elementary Back stroke w/ glide.
- Tread water using egg beater kick.
- Survival float for 6 min. w/clothing on.

Shark: Must complete and pass the Flying Fish class or be proficient in the skills taught in the Flying Fish class.

GROUP EXERCISE

WATER FITNESS CLASSES

SPECIAL PRICING

For Our Senior YMCA Members

If you are a YMCA member 60 years of age or older...All YMCA Fitness Classes are FREE for you!

Senior Aqua

Activate your aqua exercise urge for variety! Senior Aqua offers LOTS of fun & shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a noodle is used to improve strength, balance and coordination.

Arthritis Class

This program is co-sponsored by the YMCA and the Arthritis Foundation.

This is a FREE CLASS for our YMCA Members.

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.

Water Fit

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

Early Rise Watercise!

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

M. S. Class

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

Water Works

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

-NORTH BRANCH-

Water Fitness Program Schedule:

Hydrocise

T/Th 9:00 - 9:45 am

Arthritis Class (Y-Members FREE)

M/W 10:00 - 10:45 am

MS Class -Free Class-

Th 10:30 - 11:30 am

Senior Aqua

T/F 10:30 - 11:15 am

Water Fit

M/W/F 8:00 - 8:45 am

Water Works

M/W/F 9:00 - 9:45 am

Land Fitness Program Schedule:

Step/Circuit

M/W 9:30 - 10:30 am

Basic Kickboxing

T/Th 5:45 - 6:30 pm

Pulse Plus (Y-Members FREE)

Tue 6:35 - 7:10 pm

-SOUTH BRANCH-

Water Fitness Program Schedule:

Arthritis Class (Y-Members FREE)

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

Water Fit

M/W/F 9:00 - 9:45 am

Wed 6:30 - 7:15 pm

Early Rise Watercise

M/W/F 6:00 - 6:45 am

Hydrocise

T/Th 9:00 - 9:45 am

T/Th 4:00 - 4:45 pm

Water Works

M/W/F 9:15 - 10:00 am

Land Fitness Program Schedule:

Fitness Mix

T/Th 5:30 - 6:25 pm

A.M. Cardio Pump

T/F 6:00 - 6:45 am

Pump 30

F 8:30 - 9:00 am

F 12:10 - 12:40 pm

Cycle @ Noon

M/W 12:10 - 12:40 pm

LAND FITNESS CLASSES

SPECIAL PRICING

For Our Senior YMCA Members

If you are a YMCA member 60 years of age or older...All YMCA Fitness Classes are FREE for you!

Fitness Mix

A "Mix" of conditioning programs. A variety of fitness classes such as circuit training, pilates, intervals, step aerobics, sports drills, stability balls, and more are included. The training is formatted to accommodate many different fitness levels to enhance a healthy lifestyle.

Step/Circuit

This is a medium to high intensity aerobic fitness class using the step in different combinations with abdominal and muscular resistance training.

A.M. Cardio Pump

Our early morning circuit class combining cardio work such as walking/jogging laps, calisthenics, jump rope, etc. with weight and resistance training to get a great complete workout to start the day!

Pulse Plus

This work out includes easy to follow aerobic moves, drums alive, or stability ball. We'll include some ab work, a cool down for a complete body workout.

This is a FREE CLASS for our YMCA Members.

Pump 30

30 minutes of resistance and weight training using dumbbells, tubes, bands and bars targeting arms, shoulders, chest, back, and core to tone, sculpt and strengthen.

Basic Kickboxing

This class will include core work, kickboxing fundamentals, in addition to weight training and abdominal work.

Cycle @ Noon

A 30 minute cardio class during lunch! Using the bikes, we will ride climb and cycle our way through each instructor led course.

Classes must have a minimum of 5 participants registered. Please sign up in advance to make sure that your class will run as scheduled.



HOLIDAY SAMPLER CLASSES

Both YMCA Branches will be offering a variety of classes over the holiday break. Please check at the Front Desk for a current schedule of classes.

HEALTH & FITNESS CLASS FEES

7 week session (No Partial Class Payments)

If the class meets	1x / wk	2x / wk	3x / wk
Y-Mem.	\$ 10.00	\$ 16.00	\$ 20.00
Non-Mem.	\$ 38.00	\$ 48.00	\$ 58.00

SPECIALTY FITNESS CLASSES

FITNESS YOGA

This is a user-friendly, fitness yoga. Our instructors are trained through the Yogafit program which incorporates balance, flexibility, strength, and power as well as maximize stress reduction. Relax and stay fit!

PILATES

Basic pilates methods will be introduced for sculpting long, lean muscles. Working your "powerhouse" or center core muscles will firm abdominals, hips, buns, and thighs and improve strength and posture.

YOGA/PILATES COMBO

This is a combination of yoga postures and stretches followed by core abdominal pilates work and finishing with yoga stretches and relaxation. You get core strength and toning along with yoga flexibility and power all in one great class!

ZUMBA

Zumba is a fusion of Latin and International music with body sculpting movements and easy to follow dance steps. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt. **Ditch the workout and join the PARTY!**

GROUP CYCLING

Also called "spinning," this class will warm you up, take you cycling through flats, hills, and sprints, all are techniques designed to improve cardiovascular performance and "burn" calories. Limit 12 per class.

CYCLE - SCULPT

Combining the best of two workouts! We will be using group cycling for cardio results and weights for resistance training to sculpt and tone specific body areas. Don't miss your chance at taking the workout that burns calories, builds strength and makes the time fly by! Limit 11 per class.

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. It's an effective one stop body shock.

SPECIALTY FITNESS CLASS FEES

7 week session (No Partial Class Payments)

If the class meets	1x/wk	2x/wk	3x/wk
Y-Mem.	\$ 14.00	\$ 22.00	\$ 26.00
Non-Mem.	\$ 43.00	\$ 53.00	\$ 63.00

Zumba Drop In Rate:

\$5.00/class Member or Non Member

-NORTH BRANCH-

Fitness Yoga

M/W 5:30 - 6:15 pm

M/W 6:30 - 7:15 pm

Pilates

T/Th 6:35 - 7:10 pm

Yoga/Pilates Combo

T/Th 8:30 - 9:25 am

Group Cycling

M/W 5:45 - 6:30 pm

M/W 10:15 - 11:00 am

Zumba

M/W 9:10 - 10:05 am

T/Th 5:30 - 6:30 pm

Zumba - Lite

M/W 10:10 - 10:55 am



-SOUTH BRANCH-

Pilates

T/Th 8:40 - 9:25 am

Fitness Yoga

Wed 7:30 - 8:15 pm

Yoga/Pilates Combo

Fri 10:00 - 10:50 am

Yoga - Lite Fitness

T/Th 12:10 - 12:40 pm

Zumba

M/W 9:15 - 10:10 am

M/W 5:30 - 6:25 pm

Sat 10:00 - 10:55 am

Zumba - Lite

Fri 11:00 - 11:45 am

T.G.I.Z.

Th 7:30 - 8:15 pm

F 9:05 - 9:55 am

Cycle/Sculpt

T/Th 9:30 - 10:30 am

T/Th 6:30 - 7:25 pm

M/W 10:15 - 11:15 am

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

M/W 8:15 - 9:10 am

M/W 6:30 - 7:25 pm

Sat 9:00 - 9:55 am

OTHER FITNESS CLASSES

FREE for Members!

YOGA - LITE FITNESS

Here's a 30 minute lunch time Yoga class for healthy stretching, strength, and stress reduction which might just fit into your busy schedule.. TRY IT OUT!

T.G.I.Z.

Thank Goodness It's Zumba and we get to dance! We will be using Zumba and hip-hop dancing for a fun cardio workout. Ditch the workout and join the party!

ZUMBA - LITE

This is Zumba at a basic level with the dance modified and broken down to a more moderate pace. Great for anyone who wants an introduction to Zumba, Seniors, or those that want a low to mid-level class. **Ditch the workout and join the PARTY!**

OTHER FITNESS CLASS FEES

7 week session (No Partial Class Payments)

If the class meets	1x/wk	2x/wk
Y-Mem.	FREE	FREE
Non-Mem.	\$ 22.00	\$ 32.00

PERSONAL TRAINING

(North & South Branch)

Anyone who wants to make a change, whether you are starting a brand new fitness program or simply changing a training program to something different. We will work with individuals who want to gain strength, tone muscle, or simply lose weight. Traditional and non-traditional modalities to train, including weight machines, free-weights, cardiovascular machines, stability balls, medicine balls, and thera-bands. I would *love* to help you on your path to fitness success!!

Contact Our Instructor to Make an Appointment:

Brian Tontrup	419-236-2745
Angel Delong	419-733-3066
Eric Ranly	419-733-2010
Laurissa Dalrymple	260-849-0144

Fees:

Y-Members:	\$25.00 per hour session
Non-Members:	\$30.00 per hour session

GYMNASTICS

NEW FLIPS & TRICKS NEW North Branch

Saturdays
Boys Only 9 – 10 am
Ages 6 – 10 10 – 11 am
Age 11 & Up – 11 – 12 noon
Ages 6 and up

This gymnastics class will consist of a series of acrobatic skills from illusions and leaps to aerials and backhand springs. Our instructor, Arianna, is a graduate from the Toledo School of the Arts.

Fees: YMCA Members: \$17.00
Non- Members: \$38.00



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.

North Branch Gymnastics

Beginner Tumbling *Ages 6 & up*
For those new to the gym equipment and can do a cartwheel.

Mon 4:45 pm – 5:15 pm

Tiny Tots *3 to 5 years*
Basic beginner skill here. Cartwheels, forward and back rolls, and coordination skills.

Mon 5:15 pm – 5:45 pm

Advanced Gym *6 years and up*
When you have mastered cartwheels and backbends, you now begin working on routines with more advanced skills.

Mon 5:45 pm – 6:15 pm

Fees:
YMCA Members \$17.00
Non- Members \$38.00

South Branch Gymnastics

Mommy & Me *1 1/2 to 3 years*
This is a class filled with fun for Mom, Dad and your little one. Learn activities one can do related with gym equipment...Fun For All!!!

Tue 4:15 pm – 4:45 pm

Big Wheels *4 & 5 years*
In this class your young gymnast must be able to listen and carry out instructions.

Tue 5:15 pm – 5:45 pm
Sat 10:45 am – 11:15 am*

All Boys Class
Gymnastics just for boys!
Tue *4 & 5 years* 6:15 pm – 6:45 pm
Tue *6 & up* 6:45 pm – 7:15 pm

Tiny Tots *3 to 5 years*
Basic beginner skill here. Cartwheels, forward and back rolls, and coordination skills.

Tue 4:45 pm – 5:15 pm
Sat 10:15 am – 10:45 am*

Beginner Tumbling *6 & up*
For those new to the gym equipment and can do a cartwheel.

Sat 11:15 am – 11:45 am*

Cheer It Up! *6 years and up*
Jumps, Cheers, Gymnastics – All fun!!!
Sat 11:45 am – 12:15 pm*

*Saturday classes are Winter II session only.

Fees:
YMCA Members \$17.00
Non- Members \$38.00

SPECIALTY GYMNASTICS

Little Team *Under 6 years*
Advanced gymnastics with Betty's approval.
Tue 5:45 pm – 6:15 pm

Advanced Gym *6 years and up*
When you have mastered cartwheels and backbends, you now begin working on routines with more advanced skills.
Tue 7:15 pm – 8:00 pm
Sat 12:15 pm – 1:00 pm*

*Saturday class is Winter II session only.

Fees:
YMCA Members \$20.00
Non- Members \$41.00

SENIOR ACTIVITIES

SENIOR FITNESS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

North Branch
M/W 11:00 – 11:45 am

South Branch
M/W 9:15 – 10:00 am

SENIOR FITNESS PLUS

This class consists of more standing and cardio intensity.

South Branch M/W 10:15 – 11:00 am

Members – FREE!
Non Members – \$45.00 per session

SENIOR CARDS

Join our "sharks" for fun and fellowship at the YMCA. We will be hanging out and playing cards. Bring your friends and play any type of cards. FREE for everyone!

North Branch Mondays 10–11 am
South Branch Tuesdays 1 – 3 pm

SENIOR VOLLEYBALL

South Branch
Tuesdays 10 am – 11 am

North Branch
Wednesdays 10 am – 11 am

Ask Adele–South or
Heather–North
for more details!

YMCA Members: FREE
Non-Members: \$2.00

YOUTH PROGRAMS

DANCE CLASS

North Branch

A great way to work out while learning many different styles of dance. This includes basic jazz, ballet, contemporary, modern, and ethnic techniques. Dance is great for working out, staying in shape and just having fun! Ages 6 & up.

DEMO: Tuesday, January 3 from 6:30 – 7:30 pm FREE!

Winter I & Winter II Sessions: Tuesdays 5:45 – 6:30 pm

FEES: Members: \$17.00 Non Members: \$38.00

SUNDAY SOCCER CLINICS

South Branch

Learn proper techniques, basic skills and fundamentals along with team play. Inside or outside weather permitting. Wear your tennis shoes and comfortable clothes.

February 28 – April 15

Sundays 6-9 years old 1:00 – 2:00 pm
10 & up 2:00 – 3:00 pm

**Fees: YMCA Members: \$17.00
Non-Members: \$38.00**

EAGLES DIVING

An excellent program for learning the basics of competitive diving for any youth up to age 18. Limit of 6 per session.

Pre-Registration is Required

North Branch Saturday 10:00-11:30 am

**Fees: YMCA Members: \$ 35.00
Non- Members: \$ 70.00**

ZUMBATOMIC!

Join your friends for a party – shakin, movin, and rockin to Latin and international beats like hip hop, salsa, and cumbia. The Zumba formula is modified for children ages 3-12. Your kids will have a blast and get fit!

South: Thursday 10:40 – 11:15 am Ages 3 – 5

**Fees: YMCA Members: \$15.00
Non – Members: \$33.00**

KIDS INSTRUCTIONAL BASKETBALL

Winter I Session Only : January 9 – February 25

K-Dribblers Ages 5 & 6
North Branch Mon 6:00 – 6:30 pm
South Branch Mon 5:00 – 5:30 pm

Little Stars Grades 1- 2
North Branch Mon 6:30 – 7:15 pm
South Branch (Girls) Mon 5:30 – 6:15 pm
South Branch (Boys) Mon 6:15 – 7:00 pm

**Fee: YMCA Members: \$ 15.00
Non – Members: \$ 33.00**

SPORTS OF ALL SORTS

Winter II Session Only February 27 – April 14

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

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

Grades 1 & 2
North Branch Mon. 6:30 – 7:15 pm
South Branch Thurs. 6:30 – 7:15 pm

**Fee: YMCA Members: \$ 15.00
Non – Members: \$ 33.00**



IRON BEAR MARTIAL ARTS SCHOOL



www.ironbearmartialarts.com

Martial Arts is an excellent way to stay in shape, improve your balance and coordination, and for young people, it's an excellent character building skill. We invite you to come meet the instructors and learn more about this program. This program runs on a monthly schedule.

Classes Meet:
Kids Karate M/W 5:30 pm – 6:00 pm
Karate/Taekwondo/Jodoryu JujitsuM/W 6:00 pm – 7:15 pm

**Fees: Call Dave Weaver at 419-584-1958 or
Visit www.ironbearmartialarts.com**

Pay one fee, attend as many classes as you want! Registration is welcome any time. Make fees payable to: Iron Bear Martial Arts.

SPECIAL EVENTS

WALLEYBALL CLASS

North Branch Ages 14 and Older

Thursdays 6:30 – 7:30 pm

Learn how to play walleyball (it's like volleyball in a racquetball court)! This class is for beginners or those wanting to improve basic techniques. Mike Gause will be the instructor.

Fees:

Members: \$15.00
Non Members: \$33.00

ADULT 4 on 4 BASKETBALL LEAGUE

South Branch

League Begins: Mondays

Starting in January 16th

8-10 pm

Registration Deadline is December 28, 2011. Registration forms available at both branches of the YMCA.

Fee: \$250.00/team

HAPPY THE HIPPO

North Branch

An inflatable hippo will be in the shallow end of the pool. Come to swim and have fun. Don't forget your swimsuit and towels!

January 29, February 26, March 25

Sundays 2 – 4 pm

RED CROSS LIFEGUARDING CLASS

South Branch

Class Dates: January 20,21,22 & 27,28,29

or

March 23,24,25 & 30, 31, April 1

Friday 6-9 pm

Saturday 8 – 5 pm

Sunday 1 – 5 pm

***A class will be added at the North Y call Heather at 419-586-9622 to be placed on the list.**

This is a Red Cross certification which includes Lifeguarding, CPR, and First Aid. You must be 15 years old by the end of the class. 100% attendance is required.

Members: \$150.00
Non-Members: \$200.00

ANNUAL EASTER EGG HUNT

Saturday, March 31

North Branch – 11:00 am

South Branch – 1:00 pm

Youth 2 – 8 years of age.

Bring your Easter Baskets! We will have lots of eggs and other goodies to hunt. Don't be surprised if we get a special visit from the Easter Bunny as well. It's going to be lots of fun, so don't miss it!

05192-01 Fees: YMCA Members FREE!
Non-Members: \$ 2.00/per child
Advance Registration is appreciated

WATER EASTER EGG HUNT

South Branch

Hunt your Easter Eggs in the pool. We will have goodies for everyone and an extra prize for each age group who finds the hidden treasure. Pre-registration by March 25th is required.

Saturday, March 24

3 & 4 years old 11:00 am

5 - 8 years old 11:15 am

Members: FREE!

Non-Members: \$2.00/child

YMCA HEALTHY KIDS DAY

Saturday, April 28

9:00am – 1:00pm

North Branch YMCA

Join us on **Saturday, April 28**, for the YMCA's annual **Healthy Kids Day** here at the North Branch of the Auglaize/Mercer Counties YMCA. There will be lots of information on kids health, demonstrations, and rides for children of all ages. This event is open to the public. There is no admission fee.



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

2011 Sustaining Campaign Donors

The Auglaize Mercer Family YMCA wishes to thank these individuals and businesses for stepping up and being counted as "Y" Sustainers. Their support of our "Sustaining Our Mission" Annual Fund Campaign enables the YMCA to continue its mission to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

It's not too late to add your name to our list. Just contact us here at the YMCA and find out how you can Sustain Our Mission and help the YMCA to build strong kids, strong families, and strong communities.

Robert Klein, Campaign Chair
YMCA Volunteer

Allen Baskett, Chief Executive Officer
YMCA Staff

Chairman's Elite Level Donors: \$5,000 and above

Crown Equipment

Grand Lake Health System

Precision Strip

Chairman's Plus Level Donors: \$2,500 to \$4,999

Emerson Climate Technologies, Inc.
Heinrich Family Foundation

Minster Bank
Minster Service Club

YMCA Foundation

Chairman's Level Donors: \$1,000 to \$2,499

Buschur Electric
Falcon Financial Services
First National Bank
Kevin & Amy Harlan

Minster Civic Association
Minster Journeymans Club
New Bremen/New Knoxville
Rotary Club

St. Marys Foundry
St. Marys Rotary Club

Mission Level Donors: \$500 to \$999

Katherine Bachman
Celina Aluminum
PrecisionTechnology

Cotterman & Company
Robert Fleming

Eldon Houts
Minster Machine
Schwieterman's Drug Store

James & Shirley Shenk
St. Augustine Orphan Society
Stammen Insurance

Century Level Donors: \$100 to \$499

Allen & Margaret Baskett
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John & Cindy Storrer

Sustainer Level Donors: \$10 to \$99

Susan Albers
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Ted Beckman

Chuck & Vicki Behm
Cindy Fishbaugh
Ann Heitbrink
Mary Heitkamp

Kathy Manbeck
Barbara Moeller
Susie Moeller
Gehret Nursery

Martha Olberding
Mindy Pond
Michelle Roeckner

James & Nancy Siegel
Adele Walls

AUGLAIZE/MERCER COUNTIES FAMILY YMCA

YMCA FACILITY HOURS

Effective September 26th, 2011

Mon – Thur: 6:00am – 10:00pm
 Friday: 6:00am – 9:00pm
 Saturday: 8:00am – 5:00pm
 Sunday: 1:00 pm – 5:00pm

HOLIDAY CLOSINGS

Christmas Eve

Saturday, December 24, 2011

Christmas Day

Sunday, December 25, 2011

New Years Eve

Saturday, December 31, 2011
 Open 8 am – 1 pm

New Years Day

Sunday, January 1, 2012

Easter

Sunday, April 8, 2012

Be A YMCA Volunteer

Looking for a way to gain experience in a particular field? Looking for a way to make a difference? Be a YMCA volunteer. It's a great way to serve your community.

www.amymca.org



Become a Y Facebook Fan!

- Auglaize Mercer Family YMCA
- YMCA New Bremen Learning Ctr.

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)

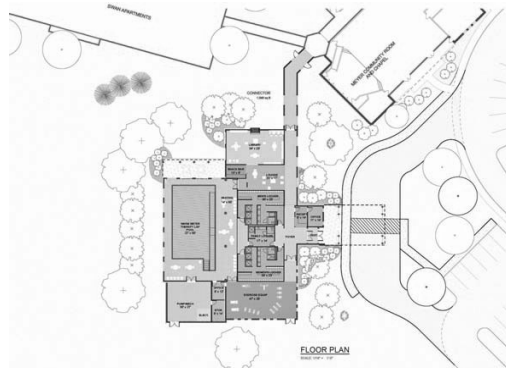
NEW BREMEN

LEARNING CENTER

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

COMING SOON

The Otterbein St Marys / YMCA "LIFE ENRICHMENT CENTER"



Life Enrichment Center Amenities

Warm Water Therapy Pool

- Water aerobics
- Open swimming
- Warm water therapy and exercise
- Spacious locker and changing areas

Exercise Room

- BLT – Balance, Lengthen and Tone classes
- Line-dancing, Zumba and much more!

Library

Snack Bar and Lounge

The Otterbein St Marys / YMCA Life Enrichment Center will operate as a benefit for the Residents of Otterbein St Marys and Auglaize/Mercer Counties Family YMCA Members age 60 and older. The Life Enrichment Center is expected to be open by the end of April 2012.

A JOINT OPERATING PARTNERSHIP

