



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ENDLESS SUMMER FUN AND FITNESS

AUGLAIZE/MERCER COUNTIES FAMILY YMCA



**Summer 2017
Membership and Program Guide**

Summer I: June 12 – July 15, 2017
Summer II: July 17 – August 19, 2017

Summer I Member Registration:	May 15, 2017
Summer I Non-Member Registration:	May 22, 2017
Summer II Member Registration:	June 19, 2017
Summer II Non-Member Registration:	June 26, 2017

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

www.amymca.org

GENERAL INFORMATION

YMCA FACILITY HOURS

Through May 25, 2017

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

May 26, 2017 – October 1, 2017

Mon – Thur:	6:00am – 9:00pm
Friday:	6:00am – 7:00pm
Saturday:	8:00am – 3:00pm
Sunday:	CLOSED

HOLIDAY CLOSINGS

Memorial Day

Monday, May 29, 2017

Fourth of July

Tuesday, July 4, 2017

Be A YMCA Volunteer

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

BRANCH & CENTER LOCATIONS

Serving Auglaize & Mercer Counties
Since 1983

NORTH BRANCH YMCA

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

SOUTH BRANCH YMCA

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

LIFE ENRICHMENT CENTER

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

NEW BREMEN LEARNING CENTER

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

GENERAL POLICIES

1. Children under 6 years of age shall be placed in the nursery unless they are in a supervised activity.

2. Any youth less than 10 years of age must be accompanied by an individual 15 years of age or older in the building 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 Owner's Manual** for specific rules, policies, and procedures. They are available at the YMCA desk.

YMCA GUEST POLICY

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

Guest of YMCA Members

Families: \$10.00 per visit
Age 19 & Up: \$7.00 per visit
Age 18 & Under: \$3.50 per visit

Drop In Visitors

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

AUGLAIZE/MERCER YMCA 2017 MEMBERSHIP RATES & DEFINITIONS

MEMBERSHIP CATEGORY	DOWN PAYMENT	MONTHLY RATE	
FAMILY	\$157.64 down	\$72.64 per mo.	Family Membership: Includes two adults living in the same household and legal dependents as defined by the IRS.
ADULT	\$104.05 down	\$54.05 per mo.	Adult Membership: Individual 18 years of age or older.
STUDENT	\$ 51.90 down	\$26.90 per mo.	Student Membership: An individual youth 6 to 17 years of age. Or a full-time college student (12 hours per semester) up to age 24.

*****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. 30 Days written notice required to cancel monthly payment plan. Forms are available at the Y-Desk. Phone cancellations not accepted.
Annual Rate:	Members may pay annually for their YMCA membership. Renewing members do not have to pay the joining fee again provided they renew their membership within 30 days of their anniversary month.
Sales Tax:	Ohio Law requires that applicable sales tax be added to each membership. Sales tax will be added at the time of enrollment.

GENERAL INFORMATION

MEMBERSHIP INFORMATION

Your Membership Includes:

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

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:

Summer I: June 12 – July 15, 2017

Summer II: July 17 – August 19, 2017

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	North Branch Director
	Membership Director
Cindy Fishbaugh	Business Director
Adele Walls	YMCA Life Enrichment Ctr. Director
Mary Williams	South Branch Director
	Marketing Director
Kay Fenters	South Branch Program Director
Judi Bailey	North Branch Program Director
Toni Paul	New Bremen Learning Ctr. Director
Steve Laux	Maintenance Director

YMCA Board of Directors:

Ron Arling	Pete Falk	Bob Klein/President
Lesia Arnett	Erin Frilling	Chuck Meyer
Tim Beck	Sharon Green	Marie Olberding Wes
Everman	Dr. Robert Hiskey	Christina Purdy

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.

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

SUMMER FUN PROGRAM

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

Call today to reserve your spot!

Program will run: May 30 – August 11, 2017

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

Toddler Play Group

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

Monday & Wednesday 8:30 – 11:00 am

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

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

South Branch YMCA

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

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

COME PLAY
WITH US!



SWIM LESSONS

PRE-SCHOOL

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

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

Preschool Swim Program (3 years to 5 years)

Pre Water 1 Formerly Pike

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

Skills Learned in this Class:

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

Pre Water 2 Formerly Eel

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

Skills Learned in this Class:

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

Pre Water 3 Formerly Ray

Develops intermediate self-rescue skills performed at longer distances.

Skills Learned in this Class:

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

Pre Water 4 Formerly Starfish

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

Skills Learned in this Class:

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

PRIVATE SWIM LESSONS

30 Minute Lesson per Individual

Members \$90 for 6 lessons

Non-Members \$130 for 6

Lessons

Please contact us to schedule Private Swim Lessons. Ages 3 and up.

-NORTH BRANCH-

One Week Sessions: (Monday-Friday)

June 12 – June 16 OR June 19 – June 23

Pre Water 1	10:00am – 10:30am
Pre Water 2	10:30am – 11:00am
Pre Water 3	10:30am – 11:00am
Water 1	11:00am – 11:45am
Water 2	11:45am – 12:30pm

3-Week Sessions: (Tuesday & Thursday)

June 27 – July 13 OR July 18 – August 3

Pre Water 1	5:15pm – 5:45pm
Pre Water 2	5:15pm – 5:45pm
Pre Water 3	5:15pm – 5:45pm
Water 1	5:45pm – 6:30pm
Water 2	5:45pm – 6:30pm

5-Week Sessions: (Monday OR Saturday)

June 12 – July 15 OR July 17 – August 19

Water A & B	Mon	5:30pm – 6:00pm
Pre Water 1	Mon	5:00pm – 5:30pm
Pre Water 1	Mon	6:00pm – 6:30pm
Pre Water 1	Sat	9:00am – 9:30am
Pre Water 2	Mon	5:15pm – 5:45pm
Pre Water 2	Sat	9:00 am – 9:30am
Pre Water 3	Mon	5:15pm – 5:45pm
Pre Water 3	Sat	9:00am – 9:30am
Water 1	Mon	5:45pm – 6:30pm
Water 1	Sat	9:30am – 10:15am
Water 2	Mon	5:45pm – 6:30pm
Water 2	Sat	9:30am – 10:15am
Water 3	Sat	10:15am – 11:00am
Water 4	Sat	10:15am – 11:00am
Water 5	Sat	10:15am – 11:00am
Water 6	Sat	10:15am – 11:00am

-SOUTH BRANCH-

One Week Sessions: (Monday – Friday)

June 12 – June 16 OR June 19 – June 23

Pre Water 1	10:00am – 10:30am
Pre Water 2	10:00am – 10:30am
Pre Water 3	10:00am – 10:30am
Pre water 4	10:00am – 10:30 am
Water 1	10:30am – 11:15am
Water 2	10:30am – 11:15am
Water 3	10:30am – 11:15am

3-Week Sessions: (Tuesday & Thursday)

June 27 – July 13 OR July 18 – Aug. 3

Pre Water 1	10:00am – 10:30am
Pre Water 2	10:00am – 10:30am
Pre Water 3	10:00am – 10:30am
Water 1	10:30am – 11:15am
Water 2	10:30am – 11:15am
Water 3	10:30am – 11:15am

5-Week Sessions: (Monday OR Friday)

June 12 – July 15 OR July 17 – August 19

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

SWIM CLASS FEES:

Members: \$25.00

Non-Members: \$45.00

SCHOOL AGE

Water 1 Formerly Polliwog

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

Skills Learned in this class:

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

Water 2 Formerly Guppy:

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

Skills Learned in this Class:

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

Water 3 Formerly Minnow:

Develops intermediate self-rescue skills performed at longer distances.

Skills Learned in this Class:

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

Water 4 Formerly Fish:

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

Skills Learned in this Class:

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

Water 5 Formerly Flying Fish:

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

Skills Learned in this Class:

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

Water 6 Formerly Shark:

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

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

HEALTHY LIVING

FIND YOUR PERFECT CLASS!

For your convenience and ease at choosing a class targeted toward your fitness level, please use the following scale: 1 = Beginner, 2 = Intermediate, 3 = Advanced

*Many classes offer modifications to accommodate a wide range of exercise levels.

WATER EXERCISE

SENIOR AQUA 1

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

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

ARTHRITIS CLASS 1

FREE FOR MEMBERS!

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

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

M/W/F 8:15 – 9:00 am South Non Member \$60

M. S. CLASS 1

FREE FOR EVERYONE!

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

Th 10:30 – 11:15 am North

HYDROCISE 1,2,3

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

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

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

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

WATER FIT 1,2,3

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

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

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

EARLY AQUA BOOT CAMP 1,2,3

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

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

WATER WORKS 1,2,3

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

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

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

DROP IN FEE: PAY AS YOU COME!

\$5/class Members \$7/class Non Members

Class sizes are limited and subject to cancellation. Drop in registration available on a first come-first served basis.

FLEXIBILITY

YOGAFIT 1,2

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

***M/W 6:30 – 7:15 pm North Member \$30 Non Member \$60**

***M/W 11:15 – 12:00 pm South Member \$30 Non Member \$60**

F 10:00 – 10:45 am South Member \$25 Non Member \$50

***Summer II ONLY**

YIN YOGA 1,2,3

A series of exercises focusing on stretching the connective tissues, holding postures for 3 to 5 minutes, allowing a greater movement of Chi throughout the tissues which is both pleasurable and promotes healing.

M/W 8:30 – 9:30 am North Member \$30 Non Member \$60

LUNCHFIT YOGA 1,2,3

FREE FOR MEMBERS!

30 minute lunch time Yoga class for stretching, strength, and stress reduction.

T/Th 12:10 – 12:40 pm South Non Member \$40.00

PILATES 1,2,3

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

T/Th 8:40 – 9:25 am South Member \$30 Non Member \$60

YOGA/PILATES COMBO 1,2,3

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

T/Th 8:00 – 9:00 am North Member \$30 Non Member \$60

SENIOR YOGA STRETCH 1

FREE FOR MEMBERS OVER 60!

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

M/W 9:15 – 10:00 am South Member \$30 Non Member \$60

BALL SCULPT 1,2,3

FREE FOR MEMBERS!

Utilizes stability balls to improve strength, balance, core and flexibility.

T/Th 6:30 – 7:00 pm North Non Member \$40

PERSONAL TRAINING

North & South Branch

Need help reaching your fitness goals? I would love to help you on your path to fitness success!!

Judi Bailey 419-305-5191 TRX & ACE Certified

Y-Members: \$30.00 per hour session

Non-Members: \$35.00 per hour session

Package Special: 6 – One Hour Sessions

Members: \$125 Non Members: \$150

Small Group Training for 2-4 people 6 – One Hour Sessions

Members: \$150 Non Members: \$200

*If any of the participants in the group are not members the non member fee applies.

STRENGTH/CARDIO/CONDITIONING

CARDIO PUMP 1,2

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

T/Th 5:30 – 6:15 pm South Member \$30 Non Member \$60

T/F 6:00 – 6:30 am South Member FREE Non Member \$40

PUMP 30 1,2,3

FREE FOR MEMBERS!

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

T/Th 6:00 – 6:30 pm North Non Member \$40

***M/W/F 12:10 – 12:40 pm South** Non Member \$50

*** SUMMER I ONLY**

R.I.P.P.E.D. 2,3

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

M/W 8:15 – 9:10 am South Member \$30 Non Member \$60

M/W 6:30 – 7:25 pm South Member \$30 Non Member \$60

Sat 9:00 – 9:55 am South Member \$25 Non Member \$50

TRX SUSPENSION TRAINING 2,3

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

South Limit – 10 North Limit – 7

M 4:45 – 5:15 pm North Member FREE Non Members \$30

W 6:30 – 7:15 pm North Member \$25 Non Member \$50

T/Th 5:45 – 6:15 am South Member FREE Non Member \$40

SENIOR FITNESS

FREE FOR MEMBERS OVER 60!

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

M/W 10:15 – 11:00 am North Member \$25 Non Member \$50

SENIOR FIT

FREE FOR MEMBERS OVER 60!

This class adds more standing and cardio to Senior Fit.

M/W 10:20 – 11:00 am South Member \$25 Non Member \$50

HIIT 1,2,3

High intensity interval training. Great for endurance and toning.

M/W 5:45 – 6:30 am South Member \$30 Non Member \$60

T/Th 7:30 – 8:15 pm South Member \$30 Non Member \$60

Sat. 8:15 – 8:45 am South Members FREE Non Member \$30

CARDIO CHISEL 2,3

FREE FOR MEMBERS!

Improve your strength, agility, and balance as you work your way through this high intensity circuit of exercises timed in intervals.

Wed. 5:45 – 6:15 pm North* Non Member \$30

*North Branch Class will be held outside weather permitting.

Fri. 8:15 – 8:45 am South Non Member \$30

WALKING

WALK STRONG WITH THE Y

FREE FOR MEMBERS!

Join one of our walking groups for a beautiful 30 minute walk outdoors (weather permitting) to rejuvenate your mind, body and spirit. All abilities welcome. Must be over 18.

T/Th 7:00 – 7:30 pm North

Non Member \$40

DANCE FITNESS

REFIT 1,2,3

Dance cardio using powerful, positive music and fitness focus behind every movement.

M/W 9:15 – 10:10 am South Member \$30 Non Member \$60

M/W 5:30 – 6:25 pm South Member \$30 Non Member \$60

T/Th 8:35 – 9:30 am South Member \$30 Non Member \$60

LINE DANCE CLASS 1,2,3

A great class for dancers of all ages and skill levels! We'll learn basic steps and dances to all music genres: Country, Pop, Electro, Rock and much more.

***M/W 6:30 – 7:30 pm North**

Member \$30 Non Member \$60

****T/Th 6:30 – 7:30 pm North**

Member \$30 Non Member \$60 *

***SUMMER I ONLY**

****SUMMER II ONLY**

GROUP CYCLING

CYCLE – ROUTE 66 1,2

CLASS LIMIT OF 10

A slower easy pace that works for all age groups. Cycle to retro hits from the 60's, 70's, and 80's.

****M/W 5:30 – 6:15 pm North**

Member \$30 Non Member \$60

***F 9:00 – 9:45 am South**

Member \$25 Non Member \$50

***SUMMER I ONLY**

****SUMMER II ONLY**

CYCLE – SCULPT 1,2,3

CLASS LIMIT OF 10

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

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

T/Th 6:30 – 7:25 pm South Member \$30 Non Member \$60

***M/W 10:15 – 11:10 am South** Member \$30 Non Member \$60

***SUMMER I ONLY**

RIPPED RIDE 1,2,3

CLASS LIMIT OF 10

This 60-minute class will kick your Ride workout up a notch by throwing TRX, weights, kettlebells and body bars into the mix, maximizing your calorie burn and toning your abs, arms, shoulders, chest and back.

F 10:00 – 11:00 am North Members \$25 Non Member \$50

CORE WORK

AB ATTACK 1,2,3

FREE FOR MEMBERS!

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

T/Th 5:30 – 6:00 pm North Non Member \$40

TO THE CORE 1,2,3

Uses muscle sculpting; core firming moves of Pilates combined with the strength and flexibility benefits of yoga.

M/W 7:30 – 8:30 pm South Member \$30 Non Member \$60

DROP IN FEE: PAY AS YOU COME!

\$5.00/class Members \$7.00/class Non-Members

Class sizes are limited and subject to cancellation. Drop in registration available on a first come-first served basis.

GYMNASTICS

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.

7 week session

North & South Branch

June 13 – July 25, 2017 (NO CLASS ON JULY 4th)

Mommy & Me *1 ½ to 3 years old*

This class is an introduction to tumbling and gymnastics skills for toddler age children. Parents will participate alongside their child to guide them in their learning experience. We will work fine and gross motor skills.

North	Tuesday	6:30 pm – 7:00 pm
South	Tuesday	4:15 pm – 4:45 pm

Tiny Tots *3 to 5 years old*

Athletes will learn coordination skills for the basic tumbling skills such as forward and backwards rolls, handstands and cartwheels.

Class Requirement: Child must be able to listen and carry out instructions.

North	Tuesday	5:15 pm – 5:45 pm
South	Tuesday	4:45 pm – 5:15 pm

Big Wheels *5 & 6 years old*

Athletes carry out instructions and skills learning the basic tumbling skills such as pushing and holding a bridge, hand stands, forward and backwards rolls and cartwheels. This class introduces front and back walkovers and round-offs.

South	Tuesday	5:15 pm – 5:45 pm
-------	---------	-------------------

Beginner Tumbling *Ages 6 & up*

For those new to the gym equipment and can do a cartwheel.

North	Tuesday	4:45 pm – 5:15 pm
-------	---------	-------------------

Little Team *Ages 6 & up*

Athletes will learn the basic tumbling skills such as back extension rolls, hand stands, cartwheels, round-offs, front and back walkovers. Athletes will work on both dominate and non-dominate side skills. This class introduces standing back handsprings and round off back handsprings.

South	Tuesday	5:45 pm – 6:30 pm
-------	---------	-------------------

Advanced Gym *6 years and up*

This class focuses on standing back handsprings, round-off back handsprings. Other skills such as toe touch back handsprings, cartwheel back handspring, back walkover back handspring, back extension back handspring and front springs. Needs approval to move into this class, a back walkover and strong round off is required.

North	Tuesday	5:45 pm – 6:30 pm
South	Tuesday	6:30 pm – 7:15 pm

YMCA Members	Non- Members
\$25.00	\$50.00

UPCOMING EVENTS

SENIOR APPRECIATION DAY

South YMCA

Wednesday, August 23

FREE!! FREE!! FREE!! FREE!!

This is for adults age 60 and over. Come to the YMCA for a fun filled day. We are offering some of our most popular classes so you can give them a try and see what you think!

Please register by August 18 for planning purposes.

SENIOR APPRECIATION DAY SCHEDULE OF EVENTS:

Deep Water & Arthritis Class	8:30 – 9:15 am
Water Volleyball	9:15 – 9:45 am
Senior ReFit	9:00 – 9:30 am
Senior Fitness Class	9:30 – 10:00 am
Chair Volleyball	10:00 – 11:00am
Bingo	11:00 am- 12:00pm
Lunch	12:00-1:00 pm

Meat Provided – Please bring a covered dish.

MORE PROGRAMS

SPLISH SPLASH

South Branch Summer I ONLY

Come join us for some fun in the pool!

*Shallow end

Wednesdays Ages 5 & 6 4:00 – 4:30 pm
Grades 1 & 2 4:30 – 5:15 pm

Members: \$20.00 Non-Members: \$40.00

KIDS CLUB

Summer Session I only SOUTH BRANCH

June 15 -July 13

An explosion of learning and fun with crafts, sports, and more!

Thursdays

Ages 3 & 4 4:30 – 5:00 pm
Ages 5 & 6 5:00 – 5:30 pm
Grades 1 & 2 5:30 – 6:15 pm

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

KIDS INSTRUCTIONAL BASEBALL

Summer Session I only NORTH BRANCH

June 12 – July 15

T-Ball for Two Ages 3 & 4
North Branch Mon. 6:30 – 7:00 pm

Coach Pitch Ages 5 & 6
North Branch Mon. 7:00 – 7:30 pm

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

SPORTS OF ALL SORTS

Summer Session II only

July 17 – August 19

Ages 3 & 4
North Branch Mon. 6:30 – 7:00 pm
South Branch Thurs. 4:00 – 4:30 pm

Ages 5 & 6
North Branch Mon. 7:00 – 7:30 pm
South Branch Thurs. 4:30 – 5:00 pm

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

FLICK N' FLOAT

1st Friday of June, July and August
South Branch

2nd Friday of June, July and August
North Branch

Come enjoy family Movie Night in the pool.

Bring your own floatation device
(no water wings please).

Movies will be family friendly.

Snacks provided after the flick in the lobby area.

*Ages 12 and under must have a parent in the
pool.

Fees: Members: \$ 5.00
 Non Members: \$10.00

YMCA FALL YOUTH SOCCER LEAGUE

August 26 – October 21, 2017

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

"Everybody Plays / Everybody Wins"!

Participants may register in person, or by mail.

Note: *If you register by June 21, you can save \$10.00 on your child's league fees.*

League Fees:	<u>YMCA Members</u>	<u>Non-Members</u>
By June 21:	\$ 25.00	\$ 50.00
Starting June 22:	\$ 35.00	\$ 60.00

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.

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

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 Jujitsu M/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.

ADULT CLASSES ALSO OFFERED!

SPECIAL EVENTS

YMCA LIFEGUARDING CLASS

Class Dates:

South Branch

Registration Deadline: May 30

June 5 - 8 8 am - 3 pm

This certification includes YMCA Lifeguard, BLS, First Aid and Emergency Oxygen Administration. You must be 16 years old by the end of the class.

100% attendance is required.

Members: \$175.00

Non-Members: \$225.00

YMCA LIFEGUARD CROSSOVER/RECERTIFICATION CLASSES

YMCA Lifeguard/First Aid/CPR

North Branch

Friday, May 26 8 am - 2 pm

Must register by May 19

South Branch

Sunday, May 21 11 am - 5 pm

Must register by May 14

Online learning is required before class begins. Includes YMCA lifeguard, BLS, First Aid, and Emergency Oxygen Administration.

Bring a sack lunch.

Member: \$50.00 Non Member: \$75.00

BLS – BASIC LIFE SUPPORT

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

North Branch: Wednesday, June 14 5 pm - 9 pm

South Branch: Saturday, June 10 9 am - 1 pm

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

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.

COME AND SEE WHAT YMCA SWIM TEAM IS ALL ABOUT!

If you have any questions, please contact:

Tammy Slechter 419-236-1242

THE PERFECT START YOGA CLASS

South Branch

Start each month off right with a Yoga Class.

1st Saturday of the Month

10-11 am

Drop in day of class to register.

Members: \$5 Non-Members \$7

OUTDOOR CLASSES*

SUNSET FLOW

North Branch

Mon./Wed. 7:30 pm - 8 pm

Free your mind and finish your day with a destressing full body flow and meditation.

FREE for MEMBERS

Non-Members \$40.00

BEACH BODY BLAST

North Branch

Mon./Wed. 5:30 pm - 6 pm

Get ready to blast fat in the sand for a fun full body workout! The next best thing to being on the beach.

FREE for MEMBERS

Non-Members \$40.00

CARDIO CHISEL

North Branch

Wed. 5:45 pm - 6:15 pm

Improve your strength, agility, and balance as you work your way through this high intensity circuit of exercises timed in intervals.

FREE for MEMBERS

Non-Members \$30.00

BIKE FOR THE HEALTH OF IT

South Branch

Tues./Thurs. 8:00 - 8:30 am

2-4 miles of relaxing bike ride to enjoy nature and spend some time with others who like to bike.

FREE for MEMBERS

Non-Members \$40.00

***Classes will be held outside weather permitting and inside when necessary and will follow Session dates**

YMCA Capital Improvement Campaign

The Auglaize/Mercer Counties Family YMCA Board of Directors announced in November of 2014 that the "Y" had embarked on a \$1,600,000 Capital Improvement Campaign to raise funds for facility and equipment upgrades for both full service branch locations in Celina and Minster, plus its Learning Center/Child Care location in New Bremen.

This is the first major fund raising campaign for the YMCA since the Y conducted its debt reduction campaign back in 1999 to eliminate a long term building debt. Since that debt was eliminated, the YMCA has maintained operations of its North Branch in Celina, its South Branch in the Minster/New Bremen area, the Y's New Bremen Learning Center, and more recently, adding the Life Enrichment Center at Otterbein St Marys.

It's been more than 9 years since our "Y" has raised any significant capital improvement funds. During those 9 years our membership has grown, our programs and services have increased, and our community partnerships have expanded. With this growth comes the need to update our facilities and equipment. The funds raised from this campaign will be used to make much needed improvements to YMCA facilities and equipment. Also included in these improvements will be some renovations at both the North and South Branch locations.

We will be putting these dollars to immediate use to upgrade and replace worn and outdated equipment, improve the appearance of and expand some areas of our facilities, reduce our line of credit, and strengthen our deferred maintenance programs says Scott Frey, Board President and Campaign Chairman. "We need the support of the communities we serve to help us build a better, stronger "Y" for the communities of Auglaize and Mercer Counties".

FREQUENTLY ASKED QUESTIONS

Q: Don't my membership dollars cover these needs?

A: No...your membership dollars only help to cover general operating expenses related to utilities, general and administrative personnel costs, normal maintenance costs related to every day wear and tear, and other expenses related to member services.

Q: What about the program fees I pay for YMCA classes and activities?

A: Program fees go directly toward the cost of the class or activity you are participating in.

Q: I contribute to the United Way and Combined Charities. Where do those dollars go?

A: The YMCA receives no money from either of these agencies. The YMCA conducts its own "Sustaining Our Mission" Annual Fund Campaign. Those dollars go directly to provide YMCA programs and services to individuals and families in our communities who want and need our services but cannot afford to pay the full cost themselves. A portion of the Capital Improvement Campaign dollars will be used for this purpose rather than run two campaigns in the same year.

YMCA Capital Improvements To Date...

- ✓ New Signage at North, South, and New Bremen Learning Center Locations.
- ✓ Renovated South Br. Adult Locker Rooms which included New Floor, New Lockers, New Countertops/Sinks, Changing Stalls in Women's Locker Room, and New Handicap Access Benches.
- ✓ New Sinks/Countertops in the South Branch Youth & Family Locker Rooms.
- ✓ New Spinning Bikes at North & South Branches.
- ✓ Paid off all equipment leases and our operating line of credit debt.
- ✓ New HVAC Units for North Br. Racquetball Cts.
- ✓ New HVAC Unit for South Br. Locker Rooms.
- ✓ New Dumbbells in the North Branch weight room.
- ✓ New Lobby Furniture at North Br.
- ✓ TRX Fitness System at North Br.
- ✓ Re-Paint South Br Pool.
- ✓ Update South Br Pool Filter.
- ✓ North Branch Locker Room HVAC Unit Updated.

Many more improvements are planned for 2017.

YMCA Capital Improvement Campaign Pledge Form

Name: _____ Address: _____
City: _____ State: _____ E-Mail: _____
Phone: _____

Pledge Amount: _____ Amt. Enclosed

Please bill me as follows... _____ Annually for _____ years in _____ (month)

Signature: _____ Date: _____

Your pledge form may be dropped off at any Auglaize/Mercer Family YMCA Location



LIFE ENRICHMENT CENTER

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



OTTERBEIN
SENIOR LIFESTYLE CHOICES

Lifestyle Community

ST. MARYS

- For Our Members Age 55 and over:

at Otterbein St. Marys

Amenities Include:

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

Life Enrichment Center Hours: May – September 2017

Monday – Thursday	7am – 7 pm
Friday	7am – 6 pm
Saturday	9 am – 2 pm
Sunday	Closed

Stop in for a facility tour or to
take a class!
419-394-6254

Arthritis Water Class **FREE FOR MEMBERS** **Monday/Wednesday/Friday** **9:00 – 9:45 am**

This program is co-sponsored by the YMCA and the Arthritis Foundation. We work every part of your body and we build balance, range of motion, and strength. This class is a great way to start if you are new to exercise. You won't even get your hair wet!

Water Walking Plus **Monday/Wednesday/Friday** **2:30 – 3:15 pm**

We will warm up with stretches of all kinds. We will walk many different ways using our entire body, with some aerobics. This is great for balance and coordination. Members under 60 years old drop in fee: \$5 Non Members \$7

Aquafit Water Class **Tuesday/Thursday** **10:15 – 11:00 am**

This is a great shallow water workout that provides agility, flexibility and some cardiovascular with minimal joint strain. This will also help improve balance, coordination and strength. Members under 60 years drop in fee: \$5 Non Members \$7

Water Volleyball **FREE FOR MEMBERS** **Wednesday** **10:00 am**

Join the fun with water, 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** **1:30 – 2:15 pm**

This class is gentle yoga class, stretching, standing or using a chair. This class will help increase strength, balance and relaxation. No floor work.

FITNESS CLASS DROP-IN CARDS ARE AVAILABLE: Pay for 9 classes and get the 10th class FREE!

Members: \$45 Non Members: \$63

5 week sessions available for classes that meet twice a week.

Members under 60: \$12 Non Members: \$36