



FALL FUN FOR EVERYONE



AUGLAIZE/MERCER COUNTIES FAMILY YMCA

FALL I

Registration begins:
August 14 – Members
August 21 – Non Members

Session Dates:
September 11 – October 28

FALL II

Registration begins:
October 2 – Members
October 9 – Non Members

Session Dates:
October 30 – December 16

www.amymca.org

FALL 2017

Pg. 2 **GENERAL INFORMATION**

YMCA FACILITY HOURS

Effective October 2, 2017

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

HOLIDAY HOURS

Labor Day CLOSED
 Monday, September 4

Thanksgiving Day CLOSED
 Thursday, November 23

DAY AFTER THANKSGIVING
 Friday, November 24
 Open 7am – 8 pm

Christmas Eve CLOSED
 Sunday, December 24

Christmas Day CLOSED
 Monday, December 25

New Years Eve CLOSED
 Sunday, December 31

New Years Day
 Monday, January 1
 Open 1pm – 5 pm

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 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.
- See your **YMCA Owners 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 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 the facility.

Guest of YMCA Members

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

Drop In Visitors

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

AUGLAIZE/MERCER YMCA 2017 MEMBERSHIP RATES

MEMBERSHIP CATEGORY	DOWN PAYMENT	MONTHLY RATE
FAMILY	\$157.64 down	\$72.64 per mo.
ADULT	\$104.05 down	\$54.05 per mo.
STUDENT	\$51.90 down	\$26.90 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.

GENERAL INFORMATION

MEMBERSHIP INFORMATION

Your Membership Includes:

3 Gymnasiums, 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.
- **State wide reciprocity in Ohio if you are a full facility/full privilege member. See desk for details!**
- 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:

Fall I: September 11 – October 28

Fall II: October 30 – December 16

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.

YMCA staff:

E. Allen Baskett
Susan Albers
Cindy Huffman
Adele Walls
Mary Williams
Kay Fenters
Judi Bailey
Toni Paul
Steve Laux

Chief Executive Officer
North Branch Director / Membership Director
Business Director
YMCA Life Enrichment Ctr. Director
South Branch Director / Marketing Director
South Branch Program Director
North Branch Program Director
New Bremen Learning Ctr. Director
Maintenance Director

YMCA Board of Directors:

Ron Arling	Sharon Green	Marie Oiberding
Leisa Arnett	Robert Hiskey	Christine Purdy / President
Tim Beck	Bob Klein	Jill Roy
Wes Everman	Kelly Lloyd	
Pete Falk	Chuck Meyer	

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.

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

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

If you'd like to know what we're up to at the YMCA Learning Center be sure to "like" us on



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 for children 6 months to 6 years old. Children can stay in Child Watch up to 1½ hours.

Child Watch Hours/Fees

North Branch YMCA

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

South Branch YMCA

8:10 – 11:30am & 4:15 – 8:00pm	
8:10 – 11:30am & 4:45 – 8:00pm	
8:10 – 11:30am & 4:15 – 8:00pm	
8:10 – 11:30am & 4:45 – 8:00pm	
8:10 – 11:30am	
9:00 – 11:00am	
CLOSED	

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



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)

Level 1 Water Acclimation 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

Level 2 Water Movement 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

Level 3 Water Stamina 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

Level 4 Stroke Intro. 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

Unsure what class to register for?

FREE Swim Lesson Assessment.

South Branch

Monday Aug. 21 4:30 to 5:30 PM

Each child's evaluation will be approximately 5 minutes. No registration required.

PRIVATE SWIM LESSONS

30 Minute Lesson Per Individual

Members \$90 for 6 Lessons

Ages 3 and up.

Please contact the Aquatic Director to schedule.

-NORTH BRANCH-

Preschool Programs:

Water A & B Discover

Mon	5:30 - 6:00 pm
Wed	1:00 - 1:30 pm

Level 1

Mon	5:00 - 5:30 pm
Mon	6:00 - 6:30 pm
Wed	1:30 - 2:00 pm
Sat	9:00 - 9:30 am

Level 2

Mon	5:15 - 5:45 pm
Wed	2:00 - 2:30 pm
Sat	9:00 - 9:30 am

Level 3

Mon	5:15 - 5:45 pm
Wed	2:00 - 2:30 pm
Sat	9:00 - 9:30 am

School Age Progressive Programs:

Level 1	Mon	5:45 - 6:30 pm
	Sat	9:30 - 10:15 am

Level 2	Mon	5:45 - 6:30 pm
	Sat	9:30 - 10:15 am

Level 3	Sat	10:15 - 11:00 am
---------	-----	------------------

Level 4	Water 5	Water 6
	Sat	10:15 - 11:00 am

-SOUTH BRANCH-

Preschool Programs:

Water A & B Discover

Mon	6:30 - 7:00 pm
-----	----------------

Mon	5:15 - 5:45 pm	
Level 1	Tue	5:15 - 5:45 pm
	Fri	10:00 - 10:30 am
	Sat	9:30 - 10:00 am

Mon	5:15 - 5:45 pm	
Level 2	Tue	5:15 - 5:45 pm
	Fri	10:30 - 11:00 am
	Sat	9:30 - 10:00 am

Mon	5:15 - 5:45 pm	
Level 3	Tue	5:15 - 5:45 pm
	Fri	11:00 - 11:30 am
	Sat	9:30 - 10:00 am

Mon	5:15 - 5:45 pm	
Level 4	Tue	5:15 - 5:45 pm
	Sat	9:30 - 10:00 am

School Age Progressive Programs:

Level 1	Mon	5:45 - 6:30 pm
	Tue	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am

Level 2	Mon	5:45 - 6:30 pm
	Tue	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am

Level 3	Mon	5:45 - 6:30 pm
	Tue	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am

Level 4	Mon	5:45 - 6:30 pm
	Sat	10:00 - 10:45 am

Level 5	Mon	5:45 - 6:30 pm
---------	-----	----------------

Level 6	Mon	5:45 - 6:30 pm
---------	-----	----------------

SWIM CLASS FEES:

Members: \$25.00

Non-Members: \$45.00

SCHOOL AGE

Level 1 Water Acclimation 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

Level 2 Water Movement 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

Level 3 Water Stamina 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

Level 4 Stroke Intro. 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

Level 5 Stroke Development 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

Level 6 Stoke Mechanics 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.

GROUP EXERCISE

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

GENTLE AQUA STRETCH 1 **FREE FOR MEMBERS!**

A gentle stretch class in the shallow end. Perfect for anyone who suffers from Arthritis.

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

M/W/F 8:15 – 9:00 am South Non Member \$75

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

Wed 6:30 – 7:15 pm South Member \$25 Non Member \$50

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

LIQUID SALSA 2,3

A mix of Zumba and Cardio dancing in the water.

T/Th 9:45 – 10:30 am South Member \$30 Non Member \$60

FLIP THE FLAB 1,2,3

Lunchtime high intensity swim class designed to give you a good cardio workout while sculpting your muscles. Must be able to swim with/without flippers.

T/Th 12:00 – 12:45 pm South Member \$30 Non Member \$60

DROP IN FEE: PAY AS YOU COME!

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

Class sizes are limited and subject to cancellation. Drop in registration available on a first come-first serve 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 11:15 – 12:00 am South Member \$30 Non Member \$60

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

M/W 7:45 – 8:30 pm South Member \$30 Non Member \$60

F 9:20 – 10:05 am South Member \$25 Non Member \$50

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 8:15 – 9:00 am South Member \$30 Non Member \$60

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

SUNRISE YOGA 1,2,3

Awaken your body, calm the mind and prepare to face the day.

T/TH 6:00 – 6:45 am South Member \$30 Non Member \$60

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 Certified & ACE Certified
judib@amymca.org

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 Available. Please Contact Judi for details.

GROUP EXERCISE

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

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
T/Th 4:55 – 5:25 pm South Non Member \$40

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

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/F 8:15 – 9:10 am South Member \$35 Non Member \$75
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 against gravity. Develops strength, balance, and core stability. South Limit – 10 North Limit – 7

M/W 8:00 – 8:45 pm South Member \$30 Non Member \$60
M 4:45 – 5:15 pm North Member FREE Non Members \$30
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 \$30 Non Member \$60

SENIOR FIT PLUS 1,2

FREE FOR MEMBERS OVER 60!

This class adds more standing and cardio to Senior Fit.

M/W 10:20 – 11:00 am South Member \$30 Non Member \$60

HIIT IT 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 4:30 – 5:15 pm South Member \$30 Non Member \$60
Sat. 8:15 – 8:45 am South Member FREE Non Member \$30

HAVE A BALL 1,2,3

FREE FOR MEMBERS!

Utilizes stability balls to improve strength and core.

T/Th 6:30 – 7:00 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

NEW FOR FALL!

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.

Tues. 6:30 – 7:30 pm North Member \$25 Non Member \$50

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
***Fall I 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

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/F 10:15 – 11:15 am South Member \$35 Non Member \$75

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

DROP IN DISCOUNT CARDS ARE AVAILABLE

Purchase a Drop In Punch Card. Pay for 9 classes get the 10th FREE with the purchase of a card.

Card is not transferrable. Card will not be replaced if lost or stolen. Expires one year from date of purchase.

Member \$45 Non Member \$63

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. All of our classes are co-ed.



Mommy & Me **1 ½ to 3 years old**

Parents will participate. This class is an introduction to tumbling and gymnastics skills for toddler age children.

North Tuesday 6:30-7:00 pm

Tiny Tots **3 to 5 years old**

Participants will learn coordination skills for basic tumbling. Skills learned in this class include: forward and backwards rolls, handstands and cartwheels. Children must be able to listen and carry out instructions to enroll in this class.

North Tuesday 5:15-5:45 pm

South Tuesday 4:15-4:45 pm

South Saturday 9:00-9:30 am

Big Wheels **5 & 6 years old**

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 Tuesday 4:45-5:15 pm

South Saturday 9:30-10:00 am

Beginner Tumbling **Ages 6 & up**

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

North Tuesday 4:45-5:15 pm

Little Team

Participants will begin intermediate tumbling skills such as back extension rolls, hand stands, round-offs, front and back walkovers. This class will introduce standing back handsprings and front springs. This class does not have an age requirement to enroll, however, instructor approval will be needed.

South Tuesday 5:15-6:00 pm

South Saturday 10:00-10:45 am

Advanced Gym

This class focuses on more advanced floor exercise technique in addition to the beam, bars and vault. This class does not have an age requirement to enroll, however, instructor approval will be needed.

North Tuesday 5:45-6:30 pm

South Tuesday 6:00-6:45 pm

South Saturday 10:45-11:30 am

Advanced Tumble

Participants of this class will be concentrating on floor technique, specifically, back handsprings and other combinations with back handsprings. Instructor approval, ability to do a back walkover and a strong round-off is required to enter this class.

South Tuesday 6:45-7:30 pm

South Saturday 11:30 am -12:15 pm

YMCA Members
\$25.00

Non- Members
\$50.00

YOUTH DEVELOPMENT

LINE DANCING FOR KIDS! New for Fall

Beginner- friendly line dance class for kids! Perfect for children aged 6 and up.

SPACE IS LIMITED

North Branch: Thursday 6:30 pm – 7:30 pm

Members: \$20.00 Non Members: \$40.00

YMCA YOUTH BASKETBALL LEAGUE

January 6, 2018 – February 24, 2018

For Boys and Girls in 3rd & 4th grade.

The Auglaize/Mercer Counties Family YMCA is pleased to again be conducting its popular Youth Basketball League for boys and girls in 3rd & 4th grade. The YMCA's Youth Basketball Program is operated under the YMCA's philosophy of fair play, sportsmanship, and most important...

Everybody Plays/Everybody Wins

Participants may register in person, by mail, or over the phone with Visa, Mastercard, or Discover.

Note: If you register by October 13, 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. 13)
\$ 35.00/Player \$ 60.00/Player (Starting Oct. 14 Through Oct.)

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**

GAME DAY!!

For ages 7 and up

**South Branch: Mondays in October/November
3:15 pm – 5:00 pm**

Join us for organized games such as Capture the Flag, Kickball, Scatterball, etc. Teams will be divided day of games, based on ages.

Members: FREE Non Members: \$3.00 per day

SCAVENGER HUNT & MOVIE DAY

**Grades 1st – 6th South Branch
Friday Nov. 3rd 1 – 4 PM**

**Members: \$3.00 Non Members: \$5.00
Register by October 30th**

KIDS INSTRUCTIONAL SOCCER

Fall I Session Only: September 12 – October 29

Bumble Bee Ages 5 & 6
North Branch Mon. 6:30 – 7:00 pm
South Branch Thurs. 6:00 – 6:30 pm
Fees: YMCA Members: \$20.00
Non – Members: \$40.00

SOCCER WITH SUPPORT

Parent/Child Class Ages 3 & 4
North Branch Mon. 6:00 – 6:30 pm
South Branch Thurs. 5:30 – 6:00 pm
Fees: YMCA Members: \$20.00
Non – Members: \$40.00

KIDS INSTRUCTIONAL BASKETBALL

Fall II Session Only : October 31 – December 17

K-Dribblers Ages 5 & 6
North Branch Mon 6:30 – 7:00 pm
South Branch Mon 5:00 – 5:30 pm
Little Stars Grades 1-2
North Branch Mon 7:00 – 7:45 pm
South Branch (Girls) Mon 5:30 – 6:15 pm
South Branch (Boys) Mon 6:15 – 7:00 pm
Fee: YMCA Members: \$ 20.00
Non – Members: \$ 40.00

TEEN STRENGTH – TRX COMBO

This class is designed for teens 13-17 using TRX, weights, kettlebells, body bars and more. Great for developing strength, balance and core.

SPACE IS LIMITED

North Branch: Monday 4:15 pm – 4:45 pm

Members: FREE Non Members: \$50.00

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 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.**

ADULTS WELCOME!

SPECIAL EVENTS

SOUTH BRANCH CHICKEN DINNER SALE

Tues. Sept. 26 4:00 – 6:00 pm

\$7.00 per ticket

Tickets must be purchased prior to Sept. 15

*Proceeds benefit New Program equipment for the South Fitness Department.

THE GREAT PUMPKIN SPLASH

South Branch Sat., Oct. 7th 1–2:30 pm
A day to swim in our Pumpkin Patch followed by Pumpkin Painting

Members: \$3.00 Non Members: \$5.00
Pre-Registration is required by Sept. 30th

HALLOWEEN HOOPLA

North Branch

Kindergarten–5th Grade

Fri. Oct. 20 6:00 pm – 10:00 pm

South Branch

Kindergarten – 5th Grade

Fri. Oct. 20 6:00 pm – 10:00 pm

FREE PRIZE TO THE FIRST 20 CHILDREN REGISTERED!
 Join us for an evening of fun. Wear your costume, and don't forget your swimsuit & towel. Snacks provided.

Fees:	YMCA Members	Non Members
Through Oct. 4	\$15.00	\$20.00
Starting Oct. 5	\$20.00	\$25.00

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 first day of class. **Participants must complete all e-learning classes and turn in completion certificates before the first class.** Participants must attend 100% of classes and pass the water test and written exams with an 80% or higher in each chapter to obtain the certification.

North Branch: December 27 - 30 8:30 am–3:30 pm

Registration deadline is December 19.

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

FRIDAY FAMILY FUN NIGHT

South Branch

FREE for Members

Come to the Y for Friday Family Fun from 5:00 to 7:00 PM for themed Open Swim in the Pool. You won't want to miss this **POOL PARTY!**

Friday, September 22

Friday, November 24

Friday, October 27

Friday, December 22

AMFY WAVES SWIM TEAM

North Branch/South Branch

All swimmers are invited to join our Winter Competitive Swim League. We swim at meets in the Southwest Cluster – it's a great way to make new friends from other local towns!

Practices are held after school from mid-September through March. The times will be announced at our **organizational meeting Tuesday, August 29 at 7 p.m. at the North YMCA or Thursday, August 24 at 7 p.m. at the South YMCA.**

Our swim team will help you to maintain or increase your swimming skills, let you compete with other teams, and have fun! We have experienced, quality coaches who teach competitive swimming skills while making it fun for you!

COME AND SEE WHAT YMCA SWIM TEAM IS ALL ABOUT!

If you have any questions, please contact:
 Tammy Slechter 419-236-1242

YMCA ANNUAL TURKEY SWIM

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

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

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

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!**

If you'd like to know what we're up to be sure to "like" us on



SPECIAL EVENTS

Spinfest Spin-a-Thon 2017



This HIGH ENERGY, FUN FILLED, instructor led stationary cycling event will benefit the Auglaize Mercer Family YMCA supporting quality programming by raising funds specifically for much needed fitness equipment.

Registered participants will obtain sponsors and ride for a 1 hour block of time. You may choose to follow the instructor, or freestyle riding at your own pace. There will be 3 time slots to choose from. Add to the fun and form a team of 2 or 4 switching riders every 30 or 15 minutes! Amazing door prizes will be given away throughout each hour to the riders. **This Spin-a-thon is for ANY skill or fitness level.** We encourage anyone who would like to participate to join us! Sign up on your own, be part of a team, make a donation or become a sponsor! The event is open to anyone. You do not have to be a member to join in the fun! This event will be held at our North Branch in Celina on Sunday, November 12, 2017 from 1:30 – 5:30 pm. Registration forms and sponsor sheets are available at both branches. The registration fee is \$40.00 per one hour session for either a single person or team.

For more details contact Judi Bailey at judib@amymca.org or 419-586-9622

BLS – BASIC LIFE SUPPORT

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

South Branch: Wed., August 23 5 pm – 9 pm
North Branch: Wed., September 20 5 pm – 9 pm
South Branch: Sat., November 18 9 am – 1 pm
North Branch: Sat., December 16 9 am – 1 pm

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

PICKLEBALL

Try your hand at a game that's part tennis, part badminton. One of the best things about a pickleball game (unlike tennis) is that even if you've never played a racquet sport in your life, you can be playing and having a blast within the first hour. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. All abilities and ages are welcome.

Starts the week of September 11.

North	Tuesday	12:00 – 2:00 pm
South	**Thursday	1:00 – 3:00 pm
	**Friday	8:15-10:15 am

**** Excludes School Days Off and Snowdays**

Monthly Fee: \$15 Members \$25 Non Member
Drop In Fee: \$5 Members \$7 Non Members

Join a Cause for your Community

When dealing with life's daily demands, people need a place to go where they can feel supported and receive help in trying times. A place where adults can find life balance; children can reach their full potential; seniors can be active and find camaraderie; and families can connect and strengthen relationships. By becoming involved with the Auglaize Mercer YMCA, individuals have the opportunity to improve their health and well-being and connect with the community, all while participating in their favorite program or activity at the Y.

"The Auglaize Mercer YMCA is a community that is dedicated to helping individuals achieve a balance of spirit, mind and body," said Allen Baskett, CEO, Auglaize Mercer YMCA. "We encourage everyone to get involved by joining the Y where they can take advantage of the resources and support to be healthy and connected."

As a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility, the Y seeks to ensure that everyone, regardless of age, income or background, has an opportunity to learn, grow and thrive.

Auglaize Mercer YMCA offers a variety of programs to help achieve greater health and well-being, nurture youth and inspire individuals to give back to better their community.

To learn more about the Auglaize Mercer YMCA, contact us at 419-586-9622 or 419-629-9622, or visit www.amymca.org for more information.



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:
Effective October 2, 2017**

Monday – Thursday 7am – 7 pm
Friday 7 am – 6 pm
Saturday 9 am – 3 pm
Sunday 1pm – 5 pm

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

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!			
Hump Day Water Wipe Out		Wednesday	5:00 – 5:45 pm
Get your feet off the ground with upbeat music using barbells and noodles, it will get your body moving and heart pumping.			
Members Free		Non Members \$7.00/class	
.....			
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.			
Women On Weights		Friday	11:00 am by Appointment
Anyone interested in doing a 15 minute program with weights? See Adele for more information.			
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.			
Seniorcize		Tuesday/Thursday	9:00 – 10:00 am
Exercises to Improve balance, strength, and flexibility. Some standing exercises and some chair.			
FITNESS CLASS DROP-IN CARDS ARE AVAILABLE: Pay for 9 classes and get the 10th class FREE!			
Members: \$45 Non Members: \$63			

TURKEY TRACKS
 Just in time for Thanksgiving dinner. Any adult member can participate. Each day from November 6th – November 17th every time you take a 45 min. water class you draw a chip (1 entry per day) whatever number appears you will be credited on our chart. On Nov. 18th whoever has the highest points will win a FREE Turkey! LEC Members Only!