



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



# **BEST SUMMER EVER**



## **AUGLAIZE/MERCER COUNTIES FAMILY YMCA**

### **Summer 2018 Membership and Program Guide**

**Summer I: June 11 – July 14, 2018**

**Summer II: July 16 – August 18, 2018**

**Summer I Member Registration: May 14, 2018**

**Summer I Non-Member Registration: May 21, 2018**

**Summer II Member Registration: June 18, 2018**

**Summer II Non-Member Registration: June 25, 2018**

**On-line registration available at 5:00 am on the above dates.**

**[www.amymca.org](http://www.amymca.org)**

# GENERAL INFORMATION

## YMCA FACILITY HOURS

*Through May 24, 2018*

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

*May 25, 2018 – September 30, 2018*

Mon – Thur:	5:00am – 9:00pm
Friday:	5:00am – 7:00pm
Saturday:	8:00am – 3:00pm
Sunday:	CLOSED

## HOLIDAY CLOSINGS

Memorial Day  
Monday, May 28, 2018

Fourth of July  
Wednesday, July 4, 2018

## 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

- Children under 6 years of age shall be placed in the nursery unless they are in a supervised activity.
- 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.
- Members and their guests are to be out of the facility within 10 minutes of the YMCA's posted closing times.
- 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.
- 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: \$5.00 per visit

### Drop In Visitors

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

## AUGLAIZE/MERCER YMCA 2018 MEMBERSHIP RATES & DEFINITIONS

MEMBERSHIP CATEGORY	JOINERS FEE	MONTHLY RATE	
FAMILY	\$85.00	\$72.64 per mo.	<u>Family Membership:</u> Includes two adults living in the same household and legal dependents as defined by the IRS.
ADULT	\$50.00	\$54.05 per mo.	<u>Adult Membership:</u> Individual 18 years of age or older.
STUDENT	\$25.00	\$26.90 per mo.	<u>Student Membership:</u> An individual youth 6 to 17 year 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.

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## 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, Rowers, Jacob's Ladder, AMT, and Helix machines.

### 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.
- Nationwide Reciprocity Program

### 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 11 – July 14, 2018

Summer II: July 16 – August 18, 2018

### 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:

Lowell Nees	Interim Chief Executive Officer
Susan Albers	North Branch/Membership Director
Cindy Fishbaugh	Business Director
Adele Walls	YMCA Life Enrichment Ctr. Director
Mary Williams	South Branch Director
Kay Fenters	South Branch Program Director
Megan Lefeld	North Branch Program Director
Toni Paul	New Bremen Learning Ctr. Director
Steve Koesters	Maintenance Director
Brittany Thiebeau	Fitness Coordinator

### YMCA Board of Directors:

Ronald Arling	Angela S Hamberg
Lesia Arnett	Bob Klein
Tim Beck	Kelly Lloyd
Sara B Corona	Chuck Meyer
Wesley Everman	Christine Purdy (President)
Peter Falk	Jill Roy
Zachary Ferrall	Angela Schmeisser

## 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

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

### 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 29– August 10, 2018



### 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

The YMCA Childcare program is focused on providing enriching experiences which assist a child's cognitive, physical and emotional development. Our child care programs are staffed by well trained, educated adults who care about your child. The YMCA Learning Center allows parents to go to work knowing that their children are thriving in a safe and supportive environment.

"Children are the world's most valuable resource and its best hope for the future" – John Fitzgerald Kennedy

We are pleased to have you consider the YMCA Learning Center, We pledge to do our best to meet all of your family's needs and expectations. For more information please contact Toni Paul at [tonip@amymca.org](mailto:tonip@amymca.org)

# 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

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

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

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

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

## -NORTH BRANCH-

### One Week Sessions: (Monday-Friday)

June 11 – June 15 OR June 18 – June 22  
OR June 25 – June 29

Pre Water 1	10:00am – 10:30am
Pre Water 2	10:30am – 11:00am
Pre Water 3	11:00am – 11:30am
Water 1	11:30am – 12:15pm

### 3-Week Sessions: (Tuesday & Thursday)

June 11– June 28

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 11 – July 14 OR July 16 – August 18

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 11 – June 15 OR June 18 – June 22  
OR June 25 – June 29

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

### 3-Week Sessions: (Tuesday & Thursday)

June 25– July 13 OR July 16 – August 3

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

### 5-Week Sessions: (Monday OR Friday)

June 11– July 13 OR July 16 – August 17

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:	\$18.00
Non-Members:	\$33.00

## SCHOOL AGE

### Water 1

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

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

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

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

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

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.

### 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.

Online registration opens at 5:00 am the day of registration. Please create an account ahead of time and register at [www.amymca.org](http://www.amymca.org).

# HEALTHY LIVING

## WATER EXERCISE

### EARLY AQUA BOOT CAMP

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 \$25 Non Member \$55

### FLIP THE FLAB

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 8:00 am – 8:45 am South Member \$22 Non Member \$44

### GENTLE AQUA STRETCH FREE FOR MEMBERS!

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

M/W 10:00 – 10:45 am North Non Member \$44

M/W/F 8:15 – 9:00 am South Non Member \$44

### HYDROCISE

A great total body workout designed to get your muscles toned and your heart pumping!

T/Th 9:00 – 9:45 am North Member \$22 Non Member \$44

T/Th 9:00 – 9:45 am South Member \$22 Non Member \$44

T/Th 4:00 – 4:45 pm South Member \$22 Non Member \$44

### M. S. CLASS 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

### SENIOR AQUA

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 \$22 Non Member \$44

### WATER FIT

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 \$25 Non Member \$55

M/W/F 9:00 – 9:45 am South Member \$25 Non Member \$55

### WATER WORKS

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 \$25 Non Member \$55

M/W/F 9:15 – 10:00 am South Member \$25 Non Member \$55

## ALL FITNESS CLASSES

**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.

Drop In Card Available! Stop by the Front desk to learn how to get a FREE Class Drop in.

## STRENGTH/CARDIO/CONDITIONING

### AB ATTACK

**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 \$29

### BARBELL STRONG

A group barbell class that tones your muscles through strengthening exercises such as presses, squats, curls and lifts.

T/Th 5:30 – 6:30 am South

Member \$22 Non Member \$44

### BARRE

A full body ballet inspired workout using the barre, resistance bands, medicine balls and weights to sculpt long and lean muscles.

M/W 7:15 – 8:00 am North

Member \$22 Non Member \$44

### BOOTCAMP

An outdoor intense cardio and strength workout. We will use a variety of exercise equipment designed to push you to your limits. In bad weather, we will use the the upstairs fitness room.

T/Th 7:35 – 8:30 pm South

Member \$22 Non Member \$44

### HIIT IT

High intensity interval training. Great for endurance and toning.

Sat. 8:15 – 8:45 am South

Members FREE Non Member \$22

### PUMP

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

\*M/W/F 12:10 – 12:40 pm South Member FREE Non Member \$36

T/Th 6:00 – 6:30 pm North

Member FREE Non Member \$29

T/Th 5:30 – 6:15 pm South

Member \$22 Non Member \$44

F 6:00 – 6:30 am South

Member FREE Non Member \$22

\* SUMMER I ONLY

### 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.

M/W/F 8:15 – 9:10 am South

Member \$25 Non Member \$55

M/W 6:30 – 7:25 pm South

Member \$22 Non Member \$44

M/W 8:30 – 9:30 am North

Member \$22 Non Member \$44

Sat 9:00 – 9:55 am South

Member \$18 Non Member \$36

### 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 \$22 Non Member \$44

M/W 10:20 – 11:00 am South

Member \$22 Non Member \$44

### TRX SUSPENSION TRAINING

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

South Limit – 10 North Limit – 7

M/W 6:30 – 7:00 am North

Member FREE Non Members \$29

T/Th 5:45 – 6:15 am South

Member FREE Non Members \$29

T/Th 8:15 – 9:00 am South

Member \$22 Non Members \$44

# HEALTHY LIVING

## FLEXIBILITY

### YOGAFIT

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 \$22 Non Member \$44  
\*\*M/W 11:15–12:00 pm South Member \$22 Non Member \$44  
\*\*SUMMER II ONLY

### YIN YOGA

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

M/W 8:30 – 9:30 am North Member \$22 Non Member \$44

### LUNCHFIT YOGA

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 \$29

### PILATES

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 \$22 Non Member \$44

### YOGA/PILATES COMBO

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 \$22 Non Member \$44

### SENIOR YOGA STRETCH

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 \$22 Non Member \$44

### BALL SCULPT

FREE FOR MEMBERS!

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

T/Th 6:30 – 7:00 pm North Non Member \$29

## DANCE FITNESS

### REFIT

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

M/W 9:15 – 10:10 am South Member \$22 Non Member \$44

M/W 5:30 – 6:25 pm South Member \$22 Non Member \$44

T/Th 8:35 – 9:30 am South Member \$22 Non Member \$44

## GROUP CYCLING

### CYCLE – ROUTE 66

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 \$22 Non Member \$44

### CYCLE – SCULPT

CLASS LIMIT OF 10

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

M/W 5:30 – 6:30 am South Member \$22 Non Member \$44

\*M/W/F 10:15 – 11:00 am South Member \$25 Non Member \$55

T/Th 9:30 – 10:30 am South Member \$22 Non Member \$44

T/Th 6:30 – 7:25 pm South Member \$22 Non Member \$44

\*SUMMER I ONLY

### RIPPED RIDE

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.

Tues/F 10:00 – 11:00 am North Members \$22 Non Member \$44

## 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 \$29

## 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 caring staff at our Child Watch Rooms. The Child Watch service is available during the hours posted below. Children can stay in Child Watch up to 1½ hours.

### Child Watch Hours

#### North Branch YMCA

8:30 – 11:00am & 4:30 – 8:00pm

8:30 – 11:30am & 4:30 – 7:30pm

8:30 – 11:00am & 4:30 – 8:00 pm

8:30 – 11:30am & 5:00 – 7:30 pm

8:30 – 11:00am

CLOSED

Mon

Tue.

Wed.

Thur.

Fri

Sat./Sun.

9:00 – 11:00am & 5:00 – 7:45pm

9:00 – 11:00am & 5:00 – 7:45pm

9:00 – 11:00am & 5:00 – 7:45pm

9:00 – 11:00am & 5:00 – 7:45pm

9:00 – 11:00am

CLOSED

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





# 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 12 – July 24, 2018**

### **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 pm – 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. Child must be able to listen and carry out instructions to enroll in this class.

North            Tuesday        5:15 pm – 5:45 pm

South            Tuesday        4:15 pm – 4:45 pm

### **Big Wheels** *5 & 6 years old*

Basic tumbling skills will be learned in this class including: pushing and holding a bridge, handstands, forward and backwards rolls and cartwheels. This class introduces front and back walkovers and round-offs.

South            Tuesday        4:45 pm – 5:15 pm

### **Beginner Tumbling** *Ages 6 & up*

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

North            Tuesday        4:45 pm – 5:15 pm

### **Little Team**

Participants will begin intermediate tumbling skills such as back extension rolls, handstands, 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 is needed.

South            Tuesday        5:15 pm – 6:00 pm

### **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 is needed.

North            Tuesday        5:45 pm – 6:30 pm

South            Tuesday        6:00 pm – 6:45 pm

### **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 pm – 7:30 pm

<b>YMCA Members</b>	<b>Non- Members</b>
\$25.00	\$50.00



# YOUTH PROGRAMS

## SAFETY AROUND WATER WEEK

June 4<sup>th</sup> – June 8<sup>th</sup>

For ages 3-12 \$ 5.00 per child

Join us for a week of learning fundamental water safety skills. Children will learn to be more comfortable to being in the water and will learn "Jump, Push, Turn, Grab" and "Swim, Float, Swim." These skills will help any child who unexpectedly finds themselves in the water.

Several other water safety topics will be covered.

Classes run in ½ hour increments from 9 to 11 am.

Class times will be assigned when you register.

For more details please contact [meganl@amymca.org](mailto:meganl@amymca.org) at the North Y or [Kayf@amymca.org](mailto:Kayf@amymca.org) at the South Y.

## 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: \$ 15.00  
Non – Members: \$30.00

## BASKETBALL CAMP

For Boys & Girls

Grades 3<sup>rd</sup> through 6<sup>th</sup>

Local Basketball Players Carson Manger and Trey Naylor will be partnering with the Y to teach kids the game of basketball. They will learn the fundamental techniques to play the game, to be a good team mate and learn good sportsmanship.

Boys camp is 5-6 pm

Girls camp is 6-7 pm

South Branch June 11 – June 14th

North Branch June 18 – June 21st

Fees: YMCA Members: \$ 15.00  
Non – Members: \$30.00

## PLAY

Summer Session II only SOUTH BRANCH

A time of games, sports, crafts and fun!

Ages 3, 4, and 5 Mon. 5:00-5:30 pm

Ages 6, 7, and 8 Mon. 5:30-6:00 pm

Fees: YMCA Members: \$ 15.00  
Non – Members: \$30.00

## YOUTH SPORTS AGILITY 101

For Grades 4-8

Get ready for Sports Season by Improving your overall agility with ladder, cone, dot and various other drills. In this circuit style class, we will cover all your sports needs and more.

M/W 7:00 – 7:30 pm

North and South Branches

Fees: YMCA Members: \$22.00  
Non – Members: \$44.00

## LITTLE LOTUS KIDS YOGA

Summer Session II only SOUTH BRANCH

M/W 10:30 – 11:00 am South

For ages 6 and up

This yoga class will give your child the ability to have increased body awareness, focus, flexibility and strength. This class will incorporate standing poses twists, core work, balancing poses, forward bends, back bends and restorative poses.

Fees: YMCA Members: \$ 15.00  
Non – Members: \$30.00

## SPORTS CAMPS

North & South Branches July 16 – July 19

5:00 pm – 7:00 pm

A week of fun with a variety of different sports. Each day you will learn about a certain sport and the skills to play each sport. On the final day we will have a day of Olympic Games!

Ages 6, 7, and 8 will be grouped together

Ages 9, 10, and 11 will be grouped together

Fees: YMCA Members: \$ 15.00  
Non – Members: \$30.00

## THE GREAT OUTDOORS

North & South Branches

June 25 – June 28

5:00 pm – 7:00 pm Ages 6-11

A fun week of games, crafts, learning and tons of fun! All while experiencing the great outdoors.

Day 1 Trees & Plants  
Day 2 Bugs  
Day 3 Water & Water Safety  
Day 4 Adventure & Game Day

Fees: YMCA Members: \$ 15.00  
Non – Members: \$30.00

## SUMMER WEIGHT ROOM/CARDIO ROOM TRAININGS

for ages 11 – 15 FREE for Members

11-15 year old MUST go through orientation

Summer PTR Trainings Mondays 7:00-8:00 pm, or the last Thursday of May-June-July from 1:00 to 2:00 pm. Please call the North Branch at 419-586-9622 or the South Branch at 419-629-9622 to schedule an appointment.

To schedule additional times please contact Brittany at [brittanyt@amymca.org](mailto:brittanyt@amymca.org)

# SPECIAL EVENTS

## YMCA LIFEGUARDING CLASS

Class Dates:

North Branch

May 29, 6 pm – 9 pm

June 4 – 7 9 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

Must register by May 1

North Branch

Thurs. May 17 4 pm – 9 pm

South Branch

Tues. May 15 4 pm – 9 pm

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

## YMCA FALL YOUTH SOCCER LEAGUE

August 25 – October 20, 2018

The Auglaize/Mercer Counties Family YMCA is pleased to again be conducting its 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 July 22, you can save \$10.00 on your child's league fees.*

League Fees:	YMCA Members	Non-Members
By June 22:	\$ 25.00	\$ 50.00
June 23 – July 9	\$ 35.00	\$ 60.00

*Volunteer Coaches are needed. Our volunteers are vital to the success of the YMCA's Youth Sports programs. Contact Kate at the YMCA [kates@amymca.org](mailto:kates@amymca.org) to add your name to the list of caring, dedicated volunteer coaches.*

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

## BLS – BASIC LIFE SUPPORT

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

South Branch: Wednesday, June 20 5 pm – 9 pm

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

## OUTDOOR CLASSES NORTH BRANCH

### SUNSET FLOW

North Branch

Mon./Wed. 7:00 – 7:30 pm

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

FREE for MEMBERS

Non-Members \$29.00

### BEACH BODY BOOTCAMP

North Branch

Mon./Wed. 6:00 – 6:45 pm

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

Fees: Members: \$22.00 Non-Members: \$44.00

## RUNNING CLUB

The Y Running Club is for those people who want to start running. No matter your fitness level you will be challenged to grow and improve your running abilities. South Branch will run the trail, North Branch will run along the lake.

June 4<sup>th</sup> – August 25<sup>th</sup>

We will meet for interval runs

Mon. North Branch 6am – 6:30 am

Wed. South Branch 6am – 6:30 am

Saturdays 7:00 am – 8:00 am Run will alternate

between Branches for a 1 hour long run. You will be given a schedule.

T-Shirts will be provided.

Fees: YMCA Members: \$ 50

Non – Members: \$ 75

Join our Facebook Group  
Auglaize/Mercer YMCA Running Club  
For up to date information.

For more information please contact Brittany at  
[Brittanyt@amymca.org](mailto:Brittanyt@amymca.org)

## SENIOR APPRECIATION DAY at the South YMCA

Wednesday, August 22

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

SCHEDULE OF EVENTS:	Deep Water & Arthritis Class	8:30 – 9:15 am
	Water Volleyball	9:15 – 9:45 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 to share.

**50/50 drawing**

## Join us for a fun BIRTHDAY PARTY

Party Rental includes a 2-hour party for 12 children, usage of Party Room, and usage of pool and gymnasium.

You are responsible for any activities, food, and clean up. Additional children may attend for an extra charge.

Call the North Branch at 419-629-9622 or the South Branch 419-629-9622 for details and available dates.



## PICKLEBALL

COME JOIN US!

North Branch – Tuesdays 12 – 2 pm

South Branch – Thursdays 1 – 3 pm

Fridays 7:30 – 9:30 am

STARTING MAY 1<sup>st</sup>

FREE FOR MEMBERS!!!

Non Members Drop In Fee:     \$7 Non Member  
   \$10 Couple

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

## AMFY WAVES SWIM TEAM

North Branch/South Branch

LONG COURSE SEASON (June 1- late July/early August)

- Focuses on long-course meet preparation, more strenuous training
- After registering with the YMCA, parents will be contacted about registering with the AMFY team website (nominal fee for this) for meet sign-ups
- Prior swim team experience is required (YMCA team, USA team, etc.)
- Prior AMFY swimmers can register for the practice group in which they trained last season
  - New swimmers contact Coach Matt for an evaluation for group placement
- Fees include swim team dues, does NOT include meet fees and YMCA memberships
- ALL LONG COURSE SWIMMERS MUST BE FULL YMCA MEMBERS OF AUGLAIZE-MERCER FAMILY YMCA
- Team suit suggested, not required

Long Course Season Practice Schedule

RED & WHITE groups combine for Long course

Mon. South Branch 3:45 – 5:00 pm

Tues. North Branch 3:45 – 5:00 pm

Thur. North Branch 3:45 – 5:00 pm

BLUE & GOLD groups combine for Long course

Mon. North Branch 6:00 – 8:00 am

Tues. South Branch 6:30 – 8:00 am

Wed. North Branch 6:00 – 8:00 am

4:00 – 5:30 pm

Thurs. South Branch 6:30 – 8:00 am

Fri. North Branch 6:00 – 8:00 am

Fees:

RED & WHITE \$110

BLUE & GOLD \$120

Registration ends May 30

REGISTRATION IS **FIRST-COME, FIRST SERVE**

Tentative Meet Schedule:

June 8-10: Summer Classic at Miami University

June 16: Cuda Classic at M.E. Lyons, Cincinnati

June 24: Countryside Invite, Lebanon

July 12-15: Summer Champs at Miami University

*Further questions? Contact Coach Matt  
(mattreiss07@gmail.com, 937-672-9483)*



# 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 2018**

<b>Monday – Thursday</b>	<b>7am – 7 pm</b>
<b>Friday</b>	<b>7am – 6 pm</b>
<b>Saturday</b>	<b>7am – 12 pm</b>
<b>Sunday</b>	<b>Closed</b>

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

**Arthritis Plus Water Class FREE FOR MEMBERS**      Monday/Wednesday/Friday      9:00 – 9:45 am  
This class is a great way to start if you are new to exercise. We work every part of your body and we build balance, range of motion, and strength.

Members under 60 drop in fee \$5.00      Non Member \$7.00

**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 drop in fee \$5.00      Non Member \$7.00

**Water Blast**      Tuesday & Thursday      10:15 – 11:00 am

This is a great water workout with some dance and yoga moves all done to upbeat music, along with barbells and noodles at the end of class. It also provides agility, flexibility and some cardiovascular with minimal joint strain. This will also help improve balance, coordination and strength.

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

Join the fun with beach ball volleyball!

.....  
**Fitness Yoga**      Monday/Wednesday      4:45 – 5:30 pm

This class has Yin, Hatha, and Pilates. You will build strength, flexibility, and balance while de-stressing.

Members under 60 drop in fee \$5.00      Non Member \$7.00

**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.

Members under 60 drop in fee \$5.00      Non Member \$7.00

**Seniorcize**      Tuesday/Thursday      9:00 – 10:00 am

Exercises designed to improve balance, strength, and flexibility and functioning for daily living skills using a variety of equipment including a chair for seated and standing support.      \$15.00 per month for an adult \$20.00 a month for a couple

Members under 60 drop in fee \$5.00      Non Member \$7.00

**Strength & Stretch**      Monday/Wednesday      10:00 – 10:45 am

A class designed to help mobility problems. A good cardio and strength workout, without putting strain on joints and bones.

Members under 60 drop in fee \$5.00      Non Member \$7.00

**PUNCH CARDS AVAILABLE instead of drop in fees.**