



NO PLACE

175^{YEAR}
ANNIVERSARY



Like This Place

Session: Spring I, 2026

Session Dates: April 12 - May 31, 2026

Member Registration: March 23

Nonmember Registration: March 30

[Register HERE](#)



Next Session: Summer Session II
June 1 - July 18



Member Registration will open
May 11



THE

Find What
You Need

PLACE

Please use the clickable links below to navigate our program brochure. Return to the table of contents by clicking the colored circle in the top right of each categories page.

[General Information ...3](#)

[Membership Information ...4](#)

[Session Dates ...5](#)

[Discovery Center & Y Pac ...6](#)

[Adult Group Ex ...7](#)

[Adult Aquatics ...12](#)

[Adult Class Descriptions ...13](#)

[Wellness and Personal Training ...17](#)

[Youth Enrichment ...18](#)

[Youth Special Activities ...20](#)

[Youth Tennis ...21](#)

[Adult Tennis ...22](#)

[Youth Fitness ...23](#)

[Youth Sports ...25](#)

[Sports Calendar ...28](#)

[Lifeguard Certification ...29](#)

[CPR and Livestrong ...30](#)

[Youth Aquatics ...31](#)

[Birthday Parties ...37](#)

[Y Knit & Quilt ...38](#)

[Summer Day Camp ...38](#)

[Healthy Kids Day ...39](#)

[Announcements ...40](#)

[Events ...41](#)



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

**Welcome to the Y
where it is our mission
to put Christian
principles into practice
through programs that
build a healthy spirit,
mind, and body for ALL.**

Our Locations:

Downtown Branch
300 East Lincoln Street
419-422-4424

East Branch
1400 Manor Hill Road
419-422-9922

Early Learning Center -
Downtown
300 East Lincoln Street-A
419-422-3174
(F) 419-422-9707

**Fall/Winter Hours (Labor Day-
Memorial Day):**

Monday-Thursday 5 a.m.-10 p.m.
Friday 5 a.m.-9 p.m.
Saturday 7 a.m.-6 p.m.
Sunday 12-5 p.m.

**CLOSED FOR MEMORIAL DAY,
Monday, May 25**

**East Branch access will
remain available for 24/7
program members.*

• **LIABILITY**

The Findlay Family YMCA assumes no responsibility for injuries or illnesses of members and/or guests resulting from poor physical condition, observations or participation in any activity or use of the YMCA facilities or equipment.

• **PROPERTY LOSS**

The YMCA is not responsible for personal property lost, damaged or stolen while members and/or guests are using the YMCA facilities or YMCA program premises.

• **VALUABLES**

Please do not bring valuables to the Y. If you do, please remember that the Y is not responsible for lost or stolen articles. Lock your locker! Kit lockers are available in the Men's and Women's Locker Rooms and are available on a first come, first serve basis.

• **MEMBER BEHAVIOR**

The Findlay Family YMCA is committed to providing a safe, character building, healthy and respectful environment for all members and guests. We ask individuals to act appropriately at all times. Behavior should be positive; language should be free of anger and vulgarities, and actions should be at or above generally accepted standard of conduct.

[View Member Handbook](#)

Contact Us:

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Membership Rates

EFFECTIVE JANUARY 1, 2026

	YOUTH \$20 PER MONTH	+One Time Join Fee \$10
	YOUNG ADULT \$35 PER MONTH	+One Time Join Fee \$25
	ADULT \$58 PER MONTH	+One Time Join Fee \$50
	TWO ADULT HOUSEHOLD \$79 PER MONTH	+One Time Join Fee \$70
	SINGLE PARENT FAMILY \$73 PER MONTH	+One Time Join Fee \$70
	FAMILY \$87 PER MONTH	+One Time Join Fee \$70
	FOREVER ACTIVE ADULT (60+) \$46 PER MONTH	+One Time Join Fee \$40

Financial Assistance

We believe everyone should have access to the Y. If you face financial barriers that prevent you from signing up for membership, please fill out an Open Doors application or contact Derek Draper at ddraper@findlayymca.com.

Insurance-based Memberships

Many insurance companies include Y membership at no out of pocket cost to you! Speak with a membership service representative to see if your insurance provider participates.

24/7 Access

The East Branch is now 24/7! If you are interested in having access to the East Branch outside our regular operating hours, please visit the front desk.

Fob fee: \$30 | Monthly access fee: \$10 | Annual access fee: \$120



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FINDLAY YMCA 2026 SESSION SCHEDULE

Work on creating a healthy **Mind**, **Body**, and **Spirit** all year long with seven-week programs at the Y. Registration opens two weeks prior to a session start date for members and one week prior for nonmembers. If you'd like to try a class before signing up for a session, passes are available at the front desk. The cost to try a class is FREE for members and \$10 for nonmembers.



W I N T E R I

1/5-2/21



W I N T E R II

2/22-4/11



S P R I N G I

4/12-5/31



S U M M E R I

6/1-7/18



S U M M E R II

7/19-9/5



F A L L I

9/6-10/24



F A L L II

10/25-12/12



Childcare is available during the time you are using the YMCA during these hours. No feeding or diapering. Parent/Guardian must remain in the Y at all times when your child is in the Discover Center/Y-Pac.



Discovery Center

Ages 6 weeks-6 years

Downtown Branch	
Hours	(Subject to change)
Monday-Friday	8:45 AM-12:15 PM
Monday-Thursday	4:30-7 PM
Saturday	8:30 AM-12:15 PM

East Branch	
Monday and Wednesday	5-7:15 PM
Tuesday and Thursday	8:45-11 AM
Friday	8:45-11:30 AM

***Summer hours start
Thursday, May 21**

Y-PAC

Downtown Branch Physical Activity Center for ages 7-13

- Gaming Bikes
- Strength and Cardio
- Dance and Step games
- Interactive Climbing
- Active Floor Games
- Active Wall Games

Hours	(Subject to change)
Monday-Thursday	4:30-7 PM
Saturday	8:30 AM - 12:15 PM

Discovery Center Questions: knelson@findlayymca.com
Y-PAC Questions: asertell@findlayymca.com



MONDAY

**Adult
Group
Exercise**

- **Strong Start 5:15-6 AM**

Downtown Aerobic Studio | Non-members \$105 | Instructor Julie Rebholz

- **SilverSneakers® Chair Yoga 8-9 AM (Meets 2x per week)**

Downtown Aerobic Studio | Nonmembers \$115 | Instructor Ellie Force

- **Cardio Fusion 9:15-10:15 AM (Meets 2x a week)**

Downtown Aerobic Studio | Non-members \$115 | Instructor Tonya Hayes

- **SilverSneakers® Classic 9-9:45 AM (Meets 2X per week)**

Downtown East Gym | Nonmembers \$95 | Instructor Deb Widman

- **Grab Bag HIIT 11:45 AM-12:15 PM (Meets 3x a week)**

Downtown Aerobic Studio | Non-members \$115 | Instructor Missy Lenhart

- **Enhance Fitness® 12-12:45 PM (Meets 2x per week)**

East Branch Aerobic Studio | Nonmembers \$115 | Instructor Andrea Sertell

- **Parkinson's Class - Rock Steady Boxing® 1-1:45 PM (Meets M & W)**

East Branch Aerobic Studio | Non-members \$115 | Instructor Andrea Sertell

- **Cardio Fusion PM 5:30-6:30 PM**

Downtown Aerobic Studio | Non-members \$105 | Instructor Tonya Hayes

- **Yoga 5:30-6:30 PM**

Downtown Multipurpose Room | Non-members \$105 | Instructor Rhoda Sayre

- **Women on Weights 6:15-7:15 PM**

East Branch Aerobic Studio | Nonmembers \$105 | Instructor varies

- **Zumba 6:35-7:35 PM**

Downtown Aerobic Studio | Non-members \$105 | Instructor Gigi Romero

TUESDAY

**Adult
Group
Exercise**

- **Group Cycling 5:15-6 AM**

Downtown Cycling Studio | Non-members \$105 | Instructor Jenn Butler

- **AM Lift Off 6-6:45 AM**

Downtown Aerobic Studio | Non-members \$105 | Instructor Candice McQueen

- **TRX 8-8:45 AM**

East Branch TRX Studio | Nonmembers \$105 | Instructor Larry Jones

- **SilverSneakers® Chair Yoga 8-9 AM (Meet 2x per week)**

Downtown Aerobic Studio | Nonmembers \$115 | Instructor Hillary Coughlin

- **Sculpt/Tone 9:15-10:15 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Tonya Hayes

- **Grab Bag Workout 11:45-12:15 AM (Meets 3x per week)**

Downtown Aerobic Studio | Nonmembers \$115 | Instructor Jen Studer

- **TRX Circuit 5:30-6:15 PM**

East Branch TRX Studio | Nonmembers \$105 | Instructor Deb Widman

- **Classic Cardio 5:30-6:30 PM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Julie Kieffer

- **Triple Tone 6:30-7 PM**

Downtown Aerobic Studio | Nonmembers \$9=105 | Instructor Julie Kieffer

- **Stretch & Restore 6:30-7:30 PM**

Downtown Multipurpose Room | Nonmembers \$105 | Instructor Amber Baker

WEDNESDAY

Adult
Group
Exercise

- **Full Body Shred 5:15–6 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Jenn Butler

- **45 Minute Group Cycling 7–7:45 AM**

Downtown Cycling Studio | Nonmembers \$105 | Instructor Becky Kupferberg

- **SilverSneakers® Chair Yoga 8–8:45 AM (Meet 2x per week)**

Downtown Aerobic Studio | Nonmembers \$115 | Instructor Ellie Force

- **Rev + Flow 8:45–9:45 AM**

Downtown Multipurpose Room | Nonmembers \$105 | Instructor Kara Klink

- **Cardio Fusion 9:15–10:15 AM (Meets 2x per week)**

Downtown Aerobic Studio | Nonmembers \$115 | Instructor Tonya Hayes

- **SilverSneakers® Classic 9–9:45 AM (Meets 2x per week)**

Downtown East Gym | Nonmembers \$115 | Instructor Deb Widman

- **Silver Sneakers® Stability 10–10:30 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Deb Widman

- **Yoga 10–11 AM**

Downtown Multipurpose Room | Nonmembers \$115 | Instructor Constance Kirk
Karls

- **Grab Bag Back & Core Workout 11:45 AM – 12 PM (Meets 3X per week)**

Downtown Aerobic Studio | Nonmembers \$115 | Instructor Jen Studer

- **Enhance Fitness® 12–12:45 PM (Meets 2x per week)**

East Branch Aerobic Studio | Nonmembers \$115 | Instructor Lora Goebel

- **Parkinson's Class – Rock Steady Boxing® 1–1:45 PM (Meets M & W)**

East Branch Aerobic Studio | Nonmembers \$115 | Instructor Lora Goebel

- **Barre 5:30–6:30 PM**

Downtown Multipurpose Room | Nonmembers \$105 | Instructor Jessi Kempf

- **TRX 5:15-6 PM**

East Branch TRX Studio | Nonmembers \$105 | Instructor Larry Jones

- **Cardio Drumming 5:30-6:30 PM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Patty Shaver

- **Women on Weights 6:15-7:15 PM**

East Branch Aerobic Studio | Nonmembers \$105 | Instructor varies

THURSDAY

- **Group Cycling 5:15-6 AM**

Downtown Cycling Studio | Nonmembers \$105 | Instructor Jenn Butler

- **SilverSneakers® Chair Yoga 8-9 AM (Meet 2x per week)**

Downtown Aerobic Studio | Nonmembers \$115 | Instructor Hillary Coughlin

- **Power Toning 9:15-10:30 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Tonya Hayes

- **Barre 9:15-10 AM**

Downtown Multipurpose Room | Nonmembers \$105 | Kelsey Witte

- **REFIT 11:30 AM - 12:15 PM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Kara Klink

- **Yoga 5:30-6:30 PM**

Downtown Multipurpose Room | Nonmembers \$105 | Instructors Rhoda and Emmy

- **Classic Cardio 5:30-6:30 PM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Julie Kieffer

- **Group Cycling 5:30-6:30 PM**

Downtown Cycling Studio | Nonmembers \$105 | Instructor Tonya Hayes

- **Triple Tone 6:30-7 PM**

Downtown Aerobic Studio | Nonmembers \$95 | Instructor Julie Kieffer

FRIDAY

Adult Group Exercise

- **Insanity! 5:15-6:15 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Tonya Hayes

- **Y Strength 8:15-9 AM**

East Branch Aerobic Studio | Nonmembers \$105 | Instructor Elaine Wisebaker

- **Cycle & Core 9-10 AM**

East Branch Cycling Studio | Nonmembers \$105 | Instructor Bonnie Ward

- **Bounce 9:15-10:15 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Tonya Hayes

- **Power Stretch 12-12:45 PM**

Downtown Multipurpose Room | Nonmembers \$105 | Instructor Becky Kupferberg

SATURDAY

- **Group Cycle 7:15-8:00 AM**

Downtown Cycling Studio | Nonmembers \$105 | Instructor Becky Kupferberg

- **TRX 8-8:45 AM**

East Branch TRX Studio | Nonmembers \$105 | Instructor Larry Jones

- **Cardio & Strength 8:45-9:45 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Shari Hellman

- **Cycle & Core 10-11 AM**

Downtown Cycling Studio | Nonmembers \$105 | Instructors Audra and Nydia

Session Dates: April 12 - May 31
Member Registration: March 23
Nonmember Registration: March 30

For questions about Adult Group Exercise programs,
contact Andrea Sertell, Healthy Living Director, at:
asertell@findlayymca.com

Water Volleyball

- Monday, Wednesday, and Friday
10-11 AM

Downtown West Pool

Members FREE | Nonmembers \$105

Morning Dip

- Monday, 9-10 AM
- Wednesday, 9-10 AM

East Pool

Members \$25 | Nonmembers \$105

Aqua Zumba®

- Tuesday, 9-10 AM
- Thursday, 9-10 AM

East Pool

Members \$25 | Nonmembers \$105

Evening Dip

- Thursday, 7:15-8:15 PM

East Pool

Members \$25 | Nonmembers \$105

500/1000/1500/2000

Mile Club

Enjoy lap swimming and competing against fellow swimmers. Record the miles you swim with the lifeguard and make your way up to the 500-, 1000-, 1500-, and 2000-mile marks.

Members only: FREE

For questions about Aquatics programs, contact Jerry McNamee, Senior Program Director, at jmcnamee@findlayymca.com

See Class Descriptions pages for more details about aquatics classes.

Session Dates: April 12 – May 31

Member Registration: March 23

Nonmember Registration: March 30

Class Descriptions

Adult
Group
Exercise

AM Lift Off

Get ready for a heart-pumping, fat-scorching, extreme cardio experience! This class is a mix of formats such as H.I.I.T., kickboxing, plyometrics, core, and weight training. Open to all fitness levels.

Aqua Zumba®

Muscle conditioning, improved cardiovascular endurance, and muscle tone are practiced. Ideal for all fitness Levels. Non-swimmers welcome.

Barre

Barre is a non-impact class designed to strengthen, lengthen, tone, and balance the entire body utilizing the ballet barre and light props.

Bounce

This high-intensity, low-impact, trampoline-based workout will get your heart rate soaring and work every muscle in your body. You will move from the trampoline to weights all in one class while having a blast the entire time!

Cardio Fusion PM

A fun class based on a variety of cardio moves with full-body toning and core in the mix to make this your all-in-one power hour workout! Cardio time length and toning equipment (dumbbells, bench, bands, balls, etc.) will vary from week to week but you will ALWAYS get a full-body workout to fire up your metabolism and build muscle! Modifications are offered to adjust for all fitness levels.

Cardio Drumming

A full body workout that uses drum sticks, a bucket, and yoga ball. Choreographed FUN routines to all types of music. Expect to burn up to 800 calories! No experience is needed, and all routines can be modified.

Cardio Sculpt Extreme

Two classes in one! Thirty minutes of extreme cardio followed by 30 minutes of toning in each class.

Classic Cardio

Class components consist of floor aerobic and strength training. All levels.

Cycle & Core

A multi-level, 30-minute interval class followed by 15 minutes of exercises to challenge and strengthen your core muscles.

Full Body Shred

Start your day by working every muscle in your body. A combination of arms, legs, core, and cardio moves will jumpstart your morning.

Grab Bag Workout

Mix up your lunchtime workout with this instructor's choice class.

Group Cycling

Take your workout to the next level with a powerful interval cycling class.

Insanity!

The most rewarding and intense workout that you will EVER try! Melt away fat; build a lean, hard body; and supercharge your energy.

Morning Dip

A heart-pumping, cardio-packed class. Medium-high intensity. Swimmer and non-swimmers welcome.

Power Stretch

Through movements inspired by Yoga, Pilates, and Functional Fitness, this class will help you to strengthen and lengthen your muscles as well as increase the range of motion of your joints.

Power Toning

Full-body, hardcore training with a low impact combo of upper/lower body toning and stretching.

REFIT®

REFIT® is a 45-minute cardio-focused, inspiring class that combines powerful moves and positive music for an effective and FUN workout designed for everyBODY.

Rev + Flow®

Rev + Flow® is a dynamic workout that's easy on joints without compromising the intensity of the workout. Rev + Flow strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy-to-follow movements and uplifting music.

Rock Steady Boxing®

The program enables people living with Parkinson's disease to fight their illness by providing non-contact, boxing-style fitness classes that improve their quality of life. An effective physical exercise program to dramatically improve mobility, balance, strength, and flexibility. An assessment is required prior to registration.

Sculpt/Tone

This class offers a variety of resistance training to get the full body burn! Every week we will focus on lower and upper body segments or in compound movements that really elevate that heartrate to stoke that metabolism and build muscle that we need for everyday functional living.

Stretch & Restore

A total body mobility class using gentle stretches to release tension and restore balance. Each week features a new focus to help you move and feel your best.

Strong Start

A full-body strength training class designed to energize your morning, build muscle, and set a positive tone for the week ahead.

SilverSneakers® Chair Yoga

Chair support is offered so you can perform a variety of seated and standing postures. Designed to increase flexibility, balance and range of movement.

SilverSneakers® Classic

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants will utilize light weights, bands, and a ball.

SilverSneakers® Stability

Designed to help you become stronger and improve balance. Movements taught in this class focus on exercises to improve strength of the ankle, knee, and hip joints. This class is designed for fall prevention and is suitable for nearly all fitness levels.

Triple Tone

A 30-minute class jammed packed with exercises to tone and strengthen 3 areas: upper body, core, and lower body.

TRX

The TRX system uses the leverage of gravity and your body weight to perform exercises. You control the intensity and how much to challenge yourself!

NOTE: First time TRX participants should arrive 15 minutes early to the first class.

Water Volleyball

Recreational rules. A great social environment. Get your workout by cheering and laughing. Great for all!

Women on Weights

Find your inner strength in this dynamic weightlifting class for women. Whether you're a beginner or looking to level up, you'll learn essential techniques and build power in a motivating, women-focused space.

Yoga

Multi-level yoga class for strength, flexibility, endurance, and balance.

Y Strength

Build strength with weights, balls, and resistance bands. In this class, you will target and tone the entire body.

Body Composition

Find your BMR, which is a great guide to enhance your personal well-being. Make an appointment with one of our Wellness Center staff. Members only: FREE

Blood Pressure

Checks

Blood pressure checks are available upon request in the Wellness Center.

Wellness

Personal Training

One-on-one personal training sessions for those taking their workout to the next level. Sport-specific training (13 & up) for the athlete and personal TRX training is also available. Members 1/\$35 or 10/\$300 | Nonmembers 1/\$65 or 10/\$550.

Group Personal Training

Two is better than one! Bring a workout buddy and get the same intense personal training you would get one-on-one but have some extra motivation. Members Only \$1/\$40 or 10/\$350.

Health Coaching with Audra

Meet with Audra Oglesbee, Functional Medicine Certified Health Coach, for individually focused sessions on reaching your optimal health. Sessions with Audra will provide insight and information regarding evidence-based guidelines on modifiable lifestyle factors.

Thrive in Fives

This is an adapted program for the group and each individual to create and sustain an improved quality of life. The program's purpose is to assist each participant's ability to engage in physical activity and use the power of the group by encouraging and supporting each other to stick with your goals and stay on track. Members only: \$110/month.

Who?

Adults 18+ with a desire to create and live a healthier lifestyle

How?

Monthlong/ongoing program meeting at least 2x a week

What?

Group-based program (5 people), physical activity training sessions to assist in overall health.

When/Where?

YMCA sets location for required workouts.

Contact Andrea Sertell, Healthy Living Director, at asertell@findlayymca.com to set up an appointment!

Session Dates: April 12 – May 31
Member Registration: March 23
Nonmember Registration: March 30

**Youth
Enrichment**

For questions about Youth Enrichment Activities, contact Kristy Nelson, Youth and Family Enrichment Coordinator, at knelson@findlaymca.com
Members \$25 | Nonmembers \$105

Storybook Chefs **Ages 2-6**

Join our Storybook Chef class for your young cooks to explore the joys of cooking! This hands-on class features fun, age-appropriate recipes, teaching kids about ingredients, basic kitchen skills, and healthy foods. Participants will build confidence and creativity while making tasty snacks in a safe environment.

- Thursday, 9:45 - 10:15 a.m.
- Downtown Branch Teen Center

Homeschool Energy Break **Ages 6-12**

A fun energy break designed to get kids moving! We'll play active games, do simple exercises, and tackle exciting obstacle courses to burn energy and have fun.

- Tuesday, 11:15 a.m. - 12 p.m.
- Downtown East Gym

Mini Music Makers **Ages 2-6**

Join us for an energetic class for kids to explore music through singing, dancing, rhythm games, and instrument play. These will foster early listening, coordination, and language skills in a fun, social atmosphere with catchy songs. No musical experience required - just bring your enthusiasm!

- Thursday, 10:30-11 a.m.
- Location: Downtown Branch Teen Room

Recipe Rangers **Ages 4-11**

This fun, laid-back class will teach new skills and reinforce the basics. The mouth-watering sessions will leave your child hungry for more cooking-inspired learning.

- Thursday, 5:15-6 p.m.
- Location: Downtown Branch Teen Center



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Member Registration: March 23

Nonmember Registration: March 30

**Youth
Enrichment**

**For questions about Youth Enrichment Activities, contact Kristy Nelson, Youth and Family Enrichment Coordinator, at knelson@findlaymca.com
Members \$25 | Nonmembers \$105**

Art Explorers

Ages 2-6

Join our Art Explorers for kids ages 2-6 and their grown-ups! Enjoy playful, hands-on projects that encourage creativity and support early development using various materials. Parents will bond with their little artists while they develop skills in a mess-friendly environment. No experience needed. Just come ready for fun!

- Tuesday, 10:30-11 a.m.

Location: Downtown Branch Teen Center

Little Movers

Ages 2-6

Join Little Movers, where toddlers can move and burn energy through fun exercises, obstacle courses, music, and games. Each session builds strength, balance, coordination, and confidence while promoting listening skills and teamwork. Expect giggles, movement, and fun in a supportive environment. Staff can escort children to and from the Discovery Center upon request.

- Tuesday, 9:50-10:20 a.m.
- Downtown East Gym



Special Activities

Members \$25 | Nonmembers \$105

Daddy Daughter Dance

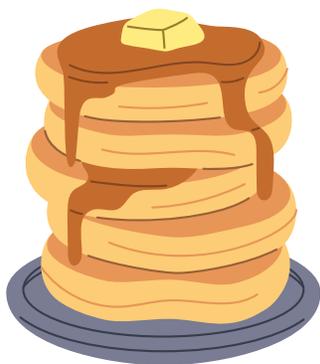
Friday, May 8, 7-8:30 PM, Downtown Branch West Gym

Join us for a magical evening of dancing, laughter, and unforgettable memories at our Under the Sea-themed Daddy Daughter Dance! Enjoy ocean-inspired decor, fun music, sweet treats, and paid professional photo opportunities with J. Warrington Visual Creations. Dress up and dive in for a fantastic night celebrating the special bond between dads and daughters!



Mom's Morning Out

Saturday, May 9, 9 AM - 12 PM, Downtown Branch Teen Room



Calling all moms! Treat yourself to a relaxing morning while we take care of the kids. A special event designed to give moms a little well-deserved time off while their children enjoy a fun, creative, and memorable experience. While you enjoy your morning, kids will create a heartfelt Mother's Day gift just for you, enjoy guided activities with our caring YMCA staff, and share a delicious pancake breakfast with friends.

No More Homework Party

Friday, May 29, 9:30-11 a.m., Downtown Branch

Celebrate the end of school with bounce house fun, scooters, cupcakes, and much more! Let's kick off summer break with friends, laughter, and zero homework!



For questions about family enrichment programs, contact Kristy Nelson, Youth and Family Enrichment Coordinator, at knelson@findlayymca.com

Junior Tennis Classes

All tennis classes take place outside at the UF courts (Armstrong Complex). Indoor backup at East Branch Y.

Spring Session I: April 13 - May 31

*NO CLASSES Monday, May 25 (Memorial Day)

Red Ball (Ages 4-7)

- Tuesday, 5-5:30 PM
- Thursday, 5-5:30 PM

Members \$49 | Nonmembers \$70

Orange Ball (Ages 8-12)

- Tuesday, 5:30-6:30 PM
- Thursday, 5:30-6:30 PM

Members \$98 | Nonmembers \$140

Green Ball (Ages 9-12)

- Tuesday, 5:30-6:30 PM
- Thursday, 5:30-6:30 PM

Members \$98 | Nonmembers \$140

Intermediate (Ages 11-14)

- Monday, 5-6:30 PM

Members \$126 | Nonmembers \$180

- Wednesday, 5-6:30 PM

Members \$105 | Nonmembers \$150

Advanced (Ages 14-18)

- Monday, 5-6:30 PM

Members \$126 | Nonmembers \$180

- Wednesday, 5-6:30 PM

Members \$105 | Nonmembers \$150



Youth classes are formatted by age. Players will be grouped by skill level if they demonstrate the requisite skill level as determined by our tennis staff. Intermediate and Advanced Classes will be combined for this session.

Session Dates: April 12 - May 31

Member Registration: March 23

Nonmember Registration: March 30

For questions about tennis programs, please contact Elizabeth Hadler, Director of Racquet Sports and Head Pro, at elizabeth_hadler@yahoo.com

Adult Tennis Classes

All tennis classes take place outside at the UF courts (Armstrong Complex). Indoor backup at the East Branch Y.

Spring Session I: April 13 - May 31

*No classes Monday, May 25 (Memorial Day)

Adult Beginner

- Monday (6 weeks), 6:30-7:30 PM
Members \$84 | Nonmembers \$120
- Tuesday, 10:30-11:30 AM
Members \$98 | Nonmembers \$140

Drill NTRP Rating 3.0/3.5

- Monday (6 weeks), 9-10:30 AM
Members \$126 | Nonmembers \$180
- Wednesday 6:30-8 PM
- Thursday 9-10:30 AM
Members \$147 | Nonmembers \$210

Sunrise Drill (more methodical)

- Wednesday 8:30-9:30 AM
Members \$98 | Nonmembers \$140



Adult Drill Classes are subject to change.

Session Dates: April 12 - May 31
Member Registration: March 23
Nonmember Registration: March 30

For questions about tennis programs, please contact Elizabeth Hadler, Director of Racquet Sports and Head Pro, at elizabeth_hadler@yahoo.com

Teen Fitness Orientation

Ages 12-15

Free program for members only. Mandatory training program for all youth members to use the Wellness facilities. Learn gym etiquette and how to use the equipment in the Wellness area. Contact Andrea Sertell to schedule.

Downtown Wellness Center

Teen TRX

Ages 10-15

This class will help you build strength, balance, flexibility, and core stability.

- Wednesday, 4:15-5 PM

East Branch TRX Studio

Members \$25 | Nonmembers \$105



Session Dates: April 12 - May 31
Member Registration: March 23
Nonmember Registration: March 30

Burn & Build

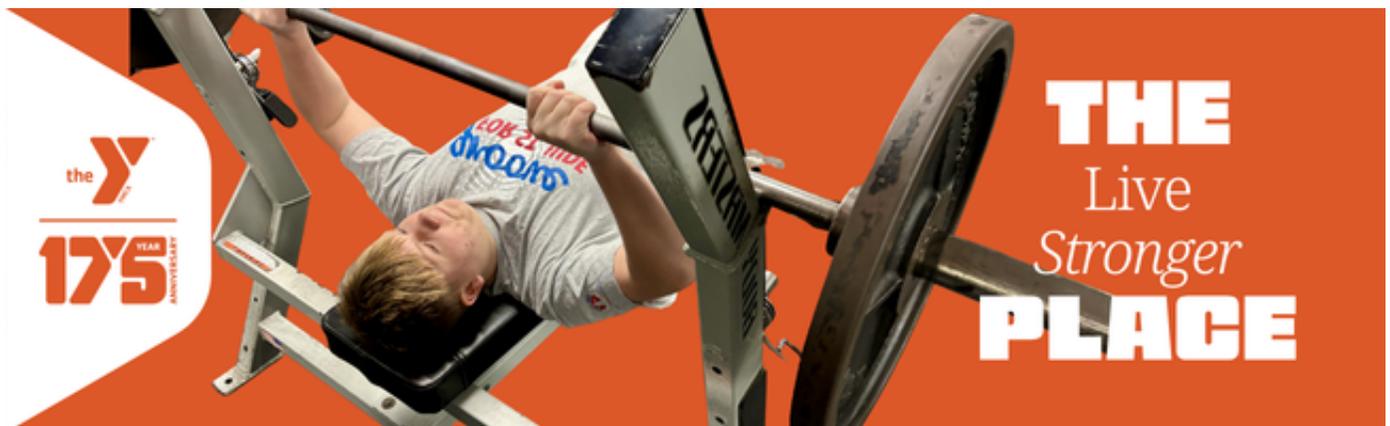
Boys 10-13 | Boys 14-17

Get ready to challenge yourself in this dynamic fitness class designed specifically for young boys. We will complete a high energy workout combining strength training and cardio exercises. Using battling ropes, boxing equipment and weights. The class focuses on building muscle, increasing endurance and burning calories.

- 14-17 Year Olds: Mondays, 4:30-5:15 PM
- 10-13 Year Olds: Mondays, 5:15-6 PM

East Branch Aerobic Room

Members \$25 | Nonmembers \$105



**For questions about youth fitness programs, contact Andrea Sertell,
Healthy Living Director, at asertell@findlaymca.com.**

Session Dates: April 12 - May 31

Member Registration: March 23

Nonmember Registration: March 30

All Judo and Gymnastics classes take place on the upper level of the East Branch.

Judo

Little Samurai (Ages 5-8)

Participants will learn basic motor skills, teamwork, and basic judo techniques.

- Tuesday and Thursday, 6-6:30 PM

Members \$25 | Nonmembers \$105

Gymnastics

Tumbling Together (Ages 2-3)

This is an adult/child interactive class. The instructor will lead the class while the adult assists the child following an obstacle course focusing on beginning gymnastics positions and skills, direction following, turn taking, and allowing for interactions with peers.

- Monday, 6-6:45 PM

Members \$25 | Nonmembers \$105

Intro to Gymnastics (Ages 6-12)

This is a beginner class for those who have little or no gymnastics experience. Skills include rolling, cartwheels, round-offs, handstands, bridging, back bends, and board bouncing as well as skills on the balance beam and single rail bar. As skills are mastered, new skills will be introduced and recommendations will be made to move to the next level.

- Monday, 7-8 PM
- Wednesday, 5-5:45 PM

Members \$25 | Nonmembers \$105

Youth Judo (Ages 9-12)

Skills taught: Ground pinning and restraining techniques, throwing techniques, and a variety of repeated practice drill elements for building of muscle strength and endurance.

- Tuesday and Thursday, 6:45-8 PM

Members \$25 | Nonmembers \$105

Tumbling Tots (Ages 3-5)

Learn basic gymnastics skills, body positions, and terminology while building strength and coordination by participating in group activities and following an obstacle course full of rolling, jumping, balancing, and more!

- Mondays, 5-5:45 PM
- Wednesday, 6-6:45 PM

Members \$25 | Nonmembers \$105

Gymnastics 1 & 2 (Ages 6-14)

This class is for those who have gymnastics experience and have mastered the following skills: cartwheel, round-off, handstand at the wall for 10 seconds, can hold a bridge for 15 seconds, and can hold a leg up while in a bridge for 5 seconds. Skills in this class include round-off rebounds, 1-handed cartwheels, handstand forwards roll, handstand bridge, back bends, kick-overs, and front/back handsprings. Additional skills for vaulting, on the balance beam, and the single-rail bar will also be taught.

- Wednesday, 7-8 PM

Members \$25 | Nonmembers \$105

Session Dates: April 12 - May 31

Member Registration: March 23

Nonmember Registration: March 30



T-Ball

Findlay YMCA T-Ball is designed for Pre-K - Kindergarten players who are just beginning their baseball journey. The program focuses on building fundamental skills such as throwing, catching, hitting off a tee, base running, and learning basic field positions. Emphasis is placed on repetition, encouragement, and fun in a positive YMCA environment.

- PreK-Kindergarten (ages 3-5)
- Tuesday, 5:30 PM
- Emory Adams Park
- REGISTRATION OPENS ON MAY 1

Members \$25 | Nonmembers \$105



Tiny Tots Basketball

This program prepares children and their parents for organized basketball programs without the threat of competition or the fear of getting hurt. Parents and children work one on one during this class. Parents and children who are participating must bring a clean pair of tennis shoes for this program.

- Ages 2-4
- Tuesday, 5:30-6 PM
- Downtown Branch East Gym

Members \$25 | Nonmembers \$105



Coach Pitch

Findlay YMCA Coach Pitch is designed for players entering first and second grade (ages 6-8) who are ready to continue building their baseball skills in a more structured setting. The program focuses on improving fundamentals such as hitting off a live coach pitch, throwing accuracy, catching, fielding ground balls, and base running.

Players begin developing a stronger understanding of game play, including defensive positioning, making plays in the field, and basic offensive situations. Through structured practices and games, participants build confidence, teamwork, communication, and sportsmanship in a positive YMCA environment.

- First and second grades (ages 6-8):
- Mondays and Wednesdays, 5:30 PM
- Emory Adams Park

Members \$25 | Nonmembers \$105

**For questions about youth sports,
contact Quinn Gable, Sports Director:
qgable@findlayymca.com.**

➔ Rookies Basketball

Rookies Basketball is a beginner-level class designed specifically for young children ages 6 to 8. This program introduces the basic skills of basketball in a fun, supportive, and non-competitive environment. Players will learn how to dribble, pass, shoot, and move on the court through age-appropriate drills and games that focus on motor skill development, coordination, and skill development.

- Ages 6-8
- Tuesday, 6:15 - 7 PM
- Downtown Branch East Gym

Members \$25 | Nonmembers \$105

➔ Middle School Basketball Training

Looking to improve your game? Our Middle School Basketball Training at the Findlay Family YMCA is a great place to build skills and gain confidence on the court. Led by Coach Kevin Noreen, this program is open to ages 11-14 and focuses on the fundamentals: ball handling, shooting, passing, defense, and understanding the game.

- Ages 11-14
- Monday, 5:30-7 PM
- Downtown Branch East Gym

Members \$25 | Nonmembers \$105



For questions about youth sports, contact Quinn Gable, Sports Director, at qgable@findlayymca.com.

FINDLAY FAMILY YMCA

2026 YOUTH SPORTS CALENDAR

Contact: Quinn Gable, Sports Director
 qgable@findlayymca.com 419-422-4424

SPRING

	Season Dates	Registration Dates	YMCA Member	Non-Member Participant	Age/Grade
Outdoor Soccer Little Kicker-U10	4/13-5/21	1/1-3/16	\$25	\$105	Born 2015-2020
Outdoor Soccer U12-U15	3/9-5/24	12/15-1/16	\$25	\$105	Born 2014-2016
Flag Football	4/13-5/14	2/9-3/23	\$25	\$105	Pre-K-6th

SUMMER

T-Ball	7/6-8/6	5/12-6/23	\$25	\$105	Pre KK
Coach Pitch	7/6-8/6	5/12-6/23	\$25	\$105	1st-2nd

FALL

Outdoor Soccer Little Kicker-U10	8/31-10/15	6/1-8/10	\$25	\$105	Born 2021-2016
Outdoor Soccer U12-U15	August - October	June - July	\$25	\$105	Born 2010-2015
Indoor Soccer U5-U6	10/25-12/6	8/4-10/12	\$25	\$105	Pre K-K
Basketball	10/26-12/19	8/4-10/7	\$25	\$105	Pre K-6th
Flag Football	9/7-10/8	7/13-8/20	\$25	\$105	Pre K-2nd

WINTER

Competitive Basketball	January 2027	11/2-12/14	\$25	\$105	Pre K-6th
Volleyball	February 2027	1/1-2/8	\$25	\$105	3rd-6th
Indoor Soccer U8-U10	January 2027	11/2-12/14	\$25	\$105	1st-3rd

For more information visit: www.findlayymca.org



Lifeguard Certification

The American Red Cross Blended Learning Lifeguard Course combines online training with in-person skills sessions to prepare you for professional lifeguarding. Complete the online modules at your own pace, then train on-site to learn water rescues, surveillance skills, CPR/AED, and First Aid.

In-person classes will be held at the Downtown Branch West Pool.

Member Price: \$180
Nonmember Price: \$250

June Certification Course

In-person Class Dates:

Friday, April 17, 4:15-9 p.m.

Saturday, April 18, 9 a.m. - 6 p.m.

Sunday, April 19, 9 a.m. to 6 p.m.





**American
Red Cross**

First Aid/CPR/AED

Classes are conducted using American Red Cross courses. Participants will earn an American Red Cross certification in CPR/AED and First Aid.

In-person classes will be held at the Downtown Branch West Pool Lounge.

Member Price: \$84

Nonmember Price: \$126

April Certification Course

Registration Deadline: April 29, 2026

In-person Class Date:

Thursday, April 30, 4-8 PM

Join our LIVESTRONG® community!

LIVESTRONG® at the YMCA is a small-group physical activity and well-being program that meets at the Y twice each week for 12 weeks for 60 minutes each session.

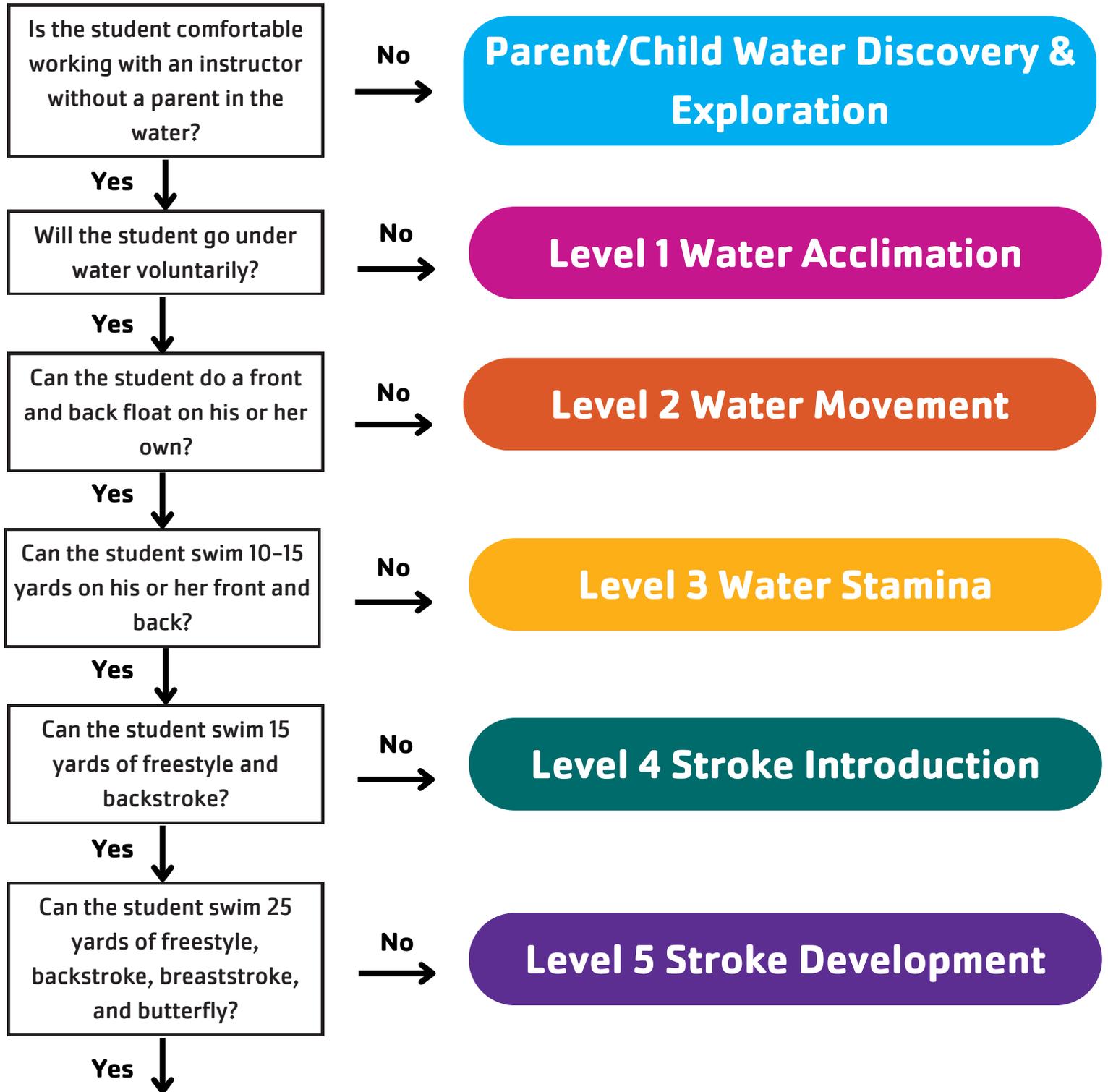
Participating Ys create a welcoming community in which cancer survivors can improve their strength and physical fitness. diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG® Foundation has been Y-USA's partner in developing and delivering LIVESTRONG® at the YMCA.

**When: Tuesdays and Thursdays, 10:30-11:30 AM
Where: Downtown Branch Wellness Center**

**For more information, contact:
Chandler Cramer, YMCA Operations Director
phone: 419-422-4424 ext. 126
email: ccramer@findlayymca.com**

Our swim lessons are structured to best serve our students at every learning level and to help them progress. To determine which class your child should be in, please refer to our flow chart. We are excited to offer this program and look forward to helping your child become a skilled and confident swimmer!

Youth
Aquatics



For questions about swim lessons,
contact Katie Ferren:
katief@findlayymca.com

All swim lessons take place in the Downtown East Pool.

Members: \$25 | Nonmembers: \$105

Youth
Aquatics

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

0 - Water Discovery & Exploration

Parents accompany children in Water Discovery & Exploration, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Parents will work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

- Tuesday 11-11:30AM
- Wednesday 5:30-6 PM
- Wednesday 6-6:30 PM
- Saturday 8:30-9 AM

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 - Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

First session: April 12 - May 5

Second session: May 7-31

Twice-per-week class:

- Tuesday 5:30-6 PM
- Thursday 5:30-6 PM

Once-per-week class for regular Spring Session:

- Tuesday 11:30 AM - 12 PM
- Wednesday 5:30-6 PM
- Saturday 8:30-9 AM



All swim lessons take place in the Downtown East Pool.

Members: \$25 | Nonmembers: \$105



2 - Water Movement

In level 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

First session: April 12 - May 5

Second session: May 7-31

Twice-per-week class:

- Tuesday 5:30-6 PM or 6-6:30 PM
- Thursday 5:30-6 PM or 6-6:30 PM

Once-per-week class:

- Wednesday 6-6:30 PM
- Saturday 9-9:30 AM

3 - Water Stamina

In level 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

First session: April 12 - May 5

Second session: May 7-31

Twice-per-week class:

- Tuesday 6-6:30 PM
- Thursday 6-6:30 PM

Once-per-week class:

- Wednesday 6:30-7 PM
- Saturday 9:3-10 AM

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity

4 - Stroke Introduction

Students in level 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

First session: April 12 - May 5

Second session: May 7-31

Twice-per-week class:

- Tuesday 6:30-7 PM
- Thursday 6:30-7 PM

Once-per-week class:

- Saturday 9:30-10 AM



All swim lessons take place in the Downtown East Pool.

Members: \$25 | Nonmembers: \$105



5 - Stroke Development

Students in level 5 Swim Lessons focus on refining strokes, increasing endurance, and improving technique in all major swim styles. Perfect for advanced swimmers ready to build confidence and swim proficiency.

First session: April 12 - May 5

Second session: May 7-31

Twice-per-week class:

- Tuesday 6:30-7 PM
- Thursday 6:30-7 PM



THE
Just Keep
Swimming
PLACE

Private Swim Lessons

We offer private swim lessons for those of any age and ability. Interested patrons should complete and/or submit a request for private lessons at our Downtown Branch front desk or email Katie Ferren at katief@findlayymca.com

Session Dates: April 12 - May 31
Member Registration: March 23
Nonmember Registration: March 30

For questions about swim lessons, contact Katie Ferren at katief@findlayymca.com

Swim Team



SPRING/SUMMER SEASON

Bronze Frogs

Practice:

Mondays, 5-6 PM
Tuesday, 4:30-5:30 PM
Thursday, 5-6 PM

Join the Findlay YMCA Frogs Swim Team as a member of the Bronze practice group for spring!

Stroke Proficiency:

- 25 yards freestyle and backstroke
- Basic understanding of butterfly and breaststroke

Focus and Effort:

- Able to work in a group setting, take directions from a coach, and make adjustments to stroke technique.

Additional requirements:

- Comfortable in deep water

Silver Frogs

Practice:

Monday, 4-5 PM (East Pool)
Tuesday, 5-6 PM (West Pool)
Wednesday, 4:30-5:30 PM (East Pool)
Thursday, 4-5 PM (East Pool)

Join the Findlay YMCA Frogs swim team as a member of the Silver practice group for spring!

Stroke Proficiency:

- Legally compete in 50 yards of all 4 strokes

Focus and Effort:

- Can take and implement multi-step directions
- Requires minimal oversight from the coaching staff

Additional requirements:

- Understands how to read a pace clock and maintain intervals

Gold Frogs

Join the Findlay YMCA Frogs Swim Team as a member of the Gold practice group for spring!

Stroke Proficiency:

- Legally and effectively race 100 yards of all 4 strokes

Focus and Effort:

- Able to maintain focus and effort throughout the full workout
- Corrections are for technique, not reminders on behavior, effort, or distractions

Additional requirements:

- Comfortable in deep water

Minimum Practice Set Standards:

- Complete 10 X 100s on a 1:45 interval (Gold Group 1)
- Complete 5 X 100s on a 2-minute interval (Gold Group 2)

Additional Requirements:

- Athlete understands and takes responsibility for attendance, performance, practice habits, and how these relate to meet performance.

Practice: Monday, 4-5 PM (Group 1), 5-6 PM (Group 2)
Tuesday, 3:30-5 PM
Wednesday, 4-5 PM (Group 1), 5-6 PM (Group 2)
Thursday, 4-6 PM

Swim Team



SPRING/SUMMER SEASON

At the start of each session, swimmers are assessed for placement in the appropriate training group based on ability, maturity, focus and level of commitment. Placement is done for individual development and to ensure optimal coaching quality and safety.



For more information about swim team, scan:



A two-week free trial period is available for new swimmers. Swim team practice times and fees vary by group.

Please go to <https://www.gomotionapp.com/team/ohfast/page/swimmer-info/practice-schedules> for practice times.

All swimmers must be a Findlay YMCA member

For questions about the swim team, contact Head Coach Jeff Wobser at jwobser@findlayymca.com



Birthday Parties

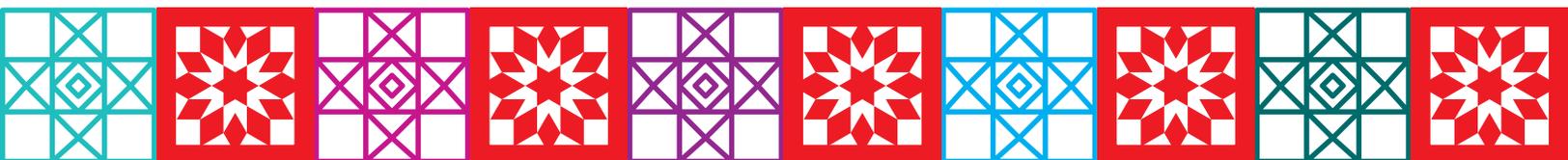
at the Findlay Y



Choose from three fun party packages!
A YMCA Party host will greet you and assist with your party needs!



For more information about Birthday and Special Event Party Packages, contact Kristy Nelson at knelson@findlayymca.com. An in-person appointment must be made to book parties. Payment in full is required at the time of booking.

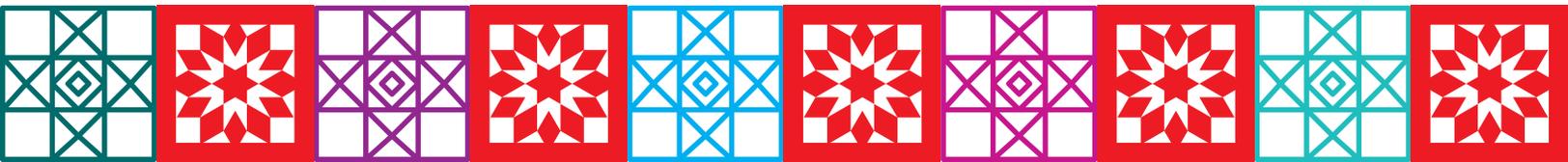
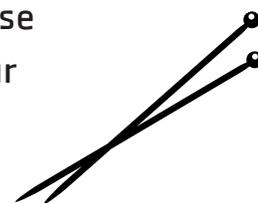


Y Knit & Quilt

Make friends while quilting and knitting or while **LEARNING** how to quilt and knit! Work on your own projects at your own pace in the company of other handcrafters. Several times a year, special projects are completed as a group.

Tuesday 3:30–7 pm
West Pool Lounge
Members: FREE
Nonmembers: \$2 per visit

Drop-ins welcome! Please stop at the desk on your way in.





NO PLACE



Like This Place

Findlay Family YMCA
SUMMER DAY CAMP 2026



findlayymca.org/camps

Discovery Camps ● Traditional Camps ● Preschool Camps ● Leaders in Training



175 YEAR ANNIVERSARY



HEALTHY KIDS DAY[®]

Free To The Public!



NATIONAL SPONSORS



LOCAL SPONSORS



Friday, APRIL 17 | 5-8 PM
University of Findlay Koehler Center

Findlay Family YMCA
419-422-4424 ymca.org/hkd

SPECIAL ANNOUNCEMENTS:



- The hot tub is closed the first Thursday of every month for general maintenance and deep cleaning.
- A new membership category, Forever Active, is available for those ages 60 and up!
- 24/7 “workout whenever” access available at the East Branch.

Have a membership or program-related question or comment?

VISIT OUR
ONLINE SUPPORT CENTER!



www.findlayymcamso.org/new/

TO STAY UP TO DATE WITH
FINDLAY FAMILY YMCA HAPPENINGS,

VISIT OUR WEBSITE!



Experience YMCA360

Exciting news for members: As part of your Findlay Family YMCA membership, you now have YMCA360 access! This on-demand and livestreaming service – developed by and for YMCAs – brings the Y experience seamlessly to mobile devices, TV’s, streaming devices, and the web at no additional cost!

With YMCA360, pursuing a healthier lifestyle is now possible anytime, anywhere. Members can view and participate in hundreds of group exercise classes, view daily fitness classes, and much more, 24 hours a day, 7 days a week, 365 days a year.

Members can start exploring and using YMCA360 now. This spring, look for additional messaging from us that explains how to use the service, what it is, and why it’s a huge benefit. Experience your Y like never before!

THE STUDIO IS ALWAYS OPEN



BRING A FRIEND, TAKE A CLASS
YMCA360.ORG

LEARN MORE

www.ymca360.org

SAVE THE DATES

Follow us on socials!



@findlayymca

Healthy Kids Day



4.17.2026

5-8 PM

UF Koehler Center

**Daddy Daughter
Dance**



5.8.2026

7-8:30 PM

Downtown Branch

**Mom's Morning
Out**



5.9.2026

9 AM - 12 PM

Downtown Branch

**Memorial Day -
CLOSED**



5.25.2026

**No More
Homework Party**



5.29.2026

9:30-11 AM

Downtown Branch