



NO PLACE

175^{YEAR}
ANNIVERSARY

Like This Place

Session: Fall I, 2026

Session Dates: September 6 - October 24, 2026

Member Registration Opens: August 17

Nonmember Registration Opens: August 24

[Register HERE](#)



Next Session: Fall II
October 25 - December 12



Member Registration will open
October 5



THE Find What *You Need* **PLACE**

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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/Spring Hours:

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 ON LABOR DAY,
September 8**

**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:

CEO

Stephanie Parsons
sparsons@findlayymca.com

Executive Assistant to the CEO

Vicki Montgomery
vmontgomery@findlayymca.com

Vice President of Finance

Mike Brown
mbrown@findlayymca.com

HR Business Administrator

Erik Swanson
eswanson@findlayymca.com

Operations Director

Chandler Cramer
ccramer@findlayymca.com

Development Director

Kimberly Ray
kray@findlayymca.com

Membership Experience Director

Sarah Logsdon
slogsdon@findlayymca.com

Communications Director

Joy Brown
jbrown@findlayymca.com

Community Outreach Director

Derek Draper
ddraper@findlayymca.com

Senior Program Director

Jerry McNamee
jmcmamee@findlayymca.com

Sports Director

Quinn Gable
qgable@findlayymca.com

Healthy Living Director

Andrea Sertell
asertell@findlayymca.com

ELC Administrative Director

Nicole Gosche
ngosche@findlayymca.com

ELC Operations Director

Heather Moore
hmoore@findlayymca.com

Facilities Director

Bob Downing
bdowning@findlayymca.com





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. Hours are subject to change.

**Discovery
Center &
YPAC**

Discovery Center

Ages 6 weeks-6 years

Downtown Branch

Monday-Friday	8:45 AM-12:15 PM
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Monday-Thursday	4:30-7 PM
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Saturday	8:30 AM-12:15 PM
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East Branch (hours effective August 17)

Monday	8:45-11 AM; 5-7 PM
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Tuesday	8:45-11 AM
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Wednesday	5-7:15 PM
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Thursday	CLOSED
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Friday	8:45-11:30 AM
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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

Monday-Thursday	4:30-7 PM
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Saturday	8:30 AM - 12:15 PM
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Discovery Center Questions: slogsdon@findlayymca.com
Y-PAC Questions: asertell@findlayymca.com



MONDAY

Adult
Group
Exercise

- **Strong Start, 5:15–6 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Christie Geller

- **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 | Nonmembers \$115 | Instructor Tonya Hayes

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

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

- **Yoga, 11–11:45 AM**

Downtown Multipurpose Room | Nonmembers \$105 | Instructor Whitney Money

- **Grab Bag Workout, 11:45 AM – 12:15 PM**

Downtown Multipurpose Room | Nonmembers \$95 | 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 | Nonmembers \$115 | Instructor Lora Goebel

- **Yoga, 5:30–6:30 PM**

Downtown Multipurpose Room | Nonmembers \$105 | Instructor Rhoda Sayre

- **Zumba, 6:35–7:35 PM**

Downtown Aerobics Studio | Nonmembers \$105 | Instructor Gigi Romero



TUESDAY

Adult
Group
Exercise

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

Downtown Cycling Studio | Nonmembers \$105 | Instructor Christie Geller

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

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Candice McQueen

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

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

- **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

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

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

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

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

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

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

- **SilverSneakers® Chair Yoga, 8:05-8:50 AM (Meets 2x per week)**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Hillary Coughlin

- **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, 9:50-10:20 AM**

Downtown East Gym | Nonmembers \$105 | Instructor Deb Widman

- **Grab Bag Back & Core Workout, 11:45 AM - 12 PM**

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

THURSDAY

- **Group Cycling, 5:15–6 AM**

Downtown Cycling Studio | Nonmembers \$105 (taxes waived) | Instructor Jenn Butler

- **AM Lift Off, 6–6:45 AM**

Downtown Aerobic Studio | Nonmembers \$105 | Instructor Candice McQueen

- **SilverSneakers® Chair Yoga, 8:05–8:50 AM (Meets 2x per week)**

Downtown Aerobic Studio | Nonmembers \$105 | 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 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: Sept. 6 – Oct. 24
Member Registration: Aug. 17
Nonmember Registration: Aug. 24

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

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

YMCA 360™

Download the YMCA 360 app to
keep track of your mileage!

Aqua Zumba

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.

- Tuesday & Thursday, 9-10 AM

Downtown East Pool

Members \$25 | Nonmembers \$105

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: Sept. 6 – Oct. 24

Member Registration Opens: Aug. 17

Nonmember Registration Opens: Aug. 24

Class Descriptions

Adult
Group
Exercise

AM Lift Off

This full-body workout fuses beginner-friendly weightlifting with modern movement to build functional strength, balance, and control. Expect dynamic lifts, core-challenging combos, and sweat-worthy circuits that train your body to move better in real life. Strength training that meets you where you are and pushes you forward.

Aqua Zumba®

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

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 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 Fusion

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 & Strength

Participants will engage in high-energy cardio workouts complemented by strength training exercises. You can expect a mix of intervals, ensuring a balanced approach to both aerobic and muscular conditioning, making it suitable for participants of varying fitness levels.

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.

Enhance Fitness

Evidence-based group exercise program for older adults, designed to improve strength, balance, and flexibility while preventing falls.

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.

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.

TRX Circuit

Combines strength training with TRX and functional fitness moves in a circuit-style workout.

Water Volleyball

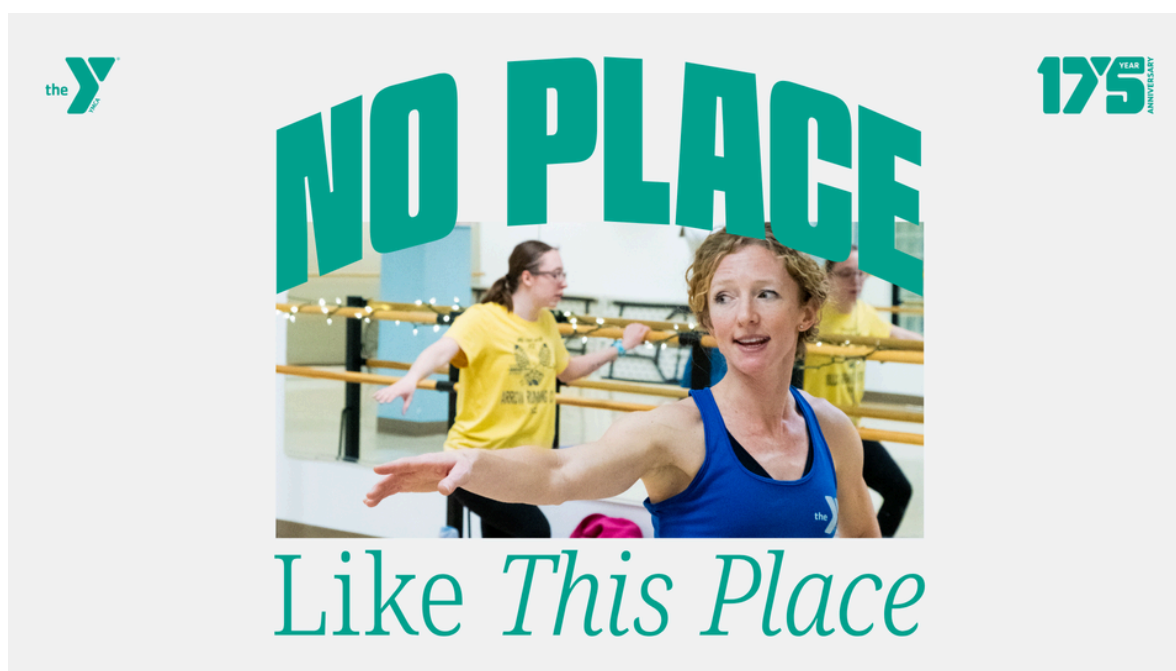
Recreational rules. A great social environment. Get your workout by cheering and laughing. Great for all!

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.

Sport-Specific Training

New at the Y! Elevate your performance with training tailored to your goals. Whether you're developing core skills, refining technique, or getting ready for competition, our coaches provide the guidance and support you need to improve with confidence. Open to all ages and skill levels, from young athletes and high school players to collegiate competitors and adults in recreational leagues. Basketball and Football training now offered, with more options to come!

1-hour individual session, Y members \$45 and nonmembers \$70; 1-hour group session (2-6 athletes) - \$80 Y member group rate only one participant (needs to be a Y member to qualify) and \$130 nonmember group rate.

Health Coaching

Meet with a health coach for individualized sessions designed to help you achieve your health and wellness goals. Through personalized support and practical strategies, you'll gain the tools and confidence to make positive lifestyle changes that support your overall well-being.

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.

- For adults 18+ with a desire to create and live a healthier lifestyle.
- A monthlong/ongoing program meeting at least 2x per week.
- Group-based (5 people), physical activity training sessions to assist in overall health.
- YMCA sets location for required workouts.

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

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 Jerry McNamee at jmcnamee@findlayymca.com

Session Dates: Sept. 6 – Oct. 24
Member Registration: Aug. 17
Nonmember Registration: Aug. 24

**Youth
Enrichment**

**For questions about Youth Enrichment Activities, contact Jerry McNamee, Sr.
Program Director, at jmcnamee@findlayymca.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

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 Center



THE
Make
New Friends
PLACE

Junior Tennis Classes

Youth
Tennis

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

Fall Session I: September 6 – October 24

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 \$147 | Nonmembers \$210

Advanced (Ages 14–18)

- Monday, 5–6:30 PM

Members \$126 | Nonmembers \$180

- Wednesday, 5–6:30 PM

Members \$147 | Nonmembers \$210



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: Sept. 6 – Oct. 24

Member Registration Opens: Aug. 17

Nonmember Registration Opens: Aug. 24

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.

Fall Session I: September 6 – October 24

Adult Beginner

- Monday, 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, 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: Sept. 6 – Oct. 24
Member Registration Opens: Aug. 17
Nonmember Registration Opens: Aug. 24

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

Youth Fitness Classes

Youth
Fitness

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

Teen Cycle

Ages 11–15

Spin your way to fitness!

- Wednesday, 3:30–4:15 PM

Downtown Branch Cycling Studio

Members \$25 | Nonmembers \$105



Session Dates: Sept. 6 – Oct. 24
Member Registration Opens: Aug. 17
Nonmember Registration Opens Aug. 24

Burn & Build

Boys 11-16

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.

- Mondays, 5:15-6 PM

East Branch Aerobic Room

Members \$25 | Nonmembers \$105

Youth
Fitness



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

Session Dates: Sept. 6 – Oct. 24

Member Registration Opens: Aug. 17

Nonmember Registration Opens: Aug. 24

Judo

Little Samurai (Ages 5-8)

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

- Tuesday and Thursday, 6-6:30 PM
- East Branch upper level

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

Beginning Ballet

Students will learn the fundamentals of ballet movements while focusing on technique, balance, and foot and arm positions.

- PreK-Kindergarten (ages 3-4)
- Wednesday, 4:30-5 PM
- Downtown Branch Multipurpose Room

Members \$25 | Nonmembers \$105



Gymnastics

Tumbling Together (Ages 2-3)

A fun, parent-child class introducing basic movement, balance, and coordination through tumbling activities. Parents actively participate alongside their little ones as they follow an obstacle course, walk on beams, and hang from bars in a safe, supportive environment. Perform for building confidence and social skills through play.

- Monday, 6-6:45 PM
- East Branch, Judo/gymnastics area

Instructor Tina Pruitt

Members \$25 | Nonmembers \$105

Tumbling Tots (Ages 3-5)

Designed for young children to explore on their own! This class focuses on basic tumbling, balance, and body awareness using mats, beams, bars, and fun obstacle courses. Instructors guide tots through playful skill-building activities that develop strength and coordination.

- Monday, 5-5:45 PM
- Wednesday, 6-6:45 PM
- East Branch, Judo/gymnastics area

Instructor Tina Pruitt

Members \$25 | Nonmembers \$105

Session Dates: Sept. 6 - Oct. 24

Member Registration Opens: Aug. 17

Nonmember Registration Opens: Aug. 24

Gymnastics (continued)

Intro to Gymnastics (Ages 6–12)

A beginner class introducing fundamental gymnastics skills such as rolls, cartwheels, handstands, and balance techniques.

Participants learn proper form and safety on floor, beam, and bars while building strength, flexibility, and confidence. Great for kids new to the sport!

- Monday, 7–8 PM
- Wednesday, 5–5:45 PM
- East Branch, Judo/gymnastics area

Instructor: Tina Pruitt

Members \$25 | Nonmembers \$105

Gymnastics 1 & 2 (Ages 6–14)

This progressive class builds on foundational skills with increased focus on technique, flexibility, and control. Gymnasts practice skills on multiple apparatuses, developing strength and coordination while working toward more advanced skills. Perfect for those ready to take the next step after Intro to Gymnastics.

- Wednesday, 7–8 PM
- East Branch, Judo/gymnastics area

Instructor: Tina Pruitt

Members \$25 | Nonmembers \$105

Basketball *Registration now open for Youth Basketball!*

Tiny Tots Basketball (Ages 3–5)

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.

- Wednesday, 5:30–6 PM
- Downtown Branch

Members \$25 | Nonmembers \$105

Rookies Basketball (Ages 6–9)

Rookies Basketball is a beginner-level class designed specifically for young children. This program introduces the basic skills of basketball in a fun teaching 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.

- Wednesday, 6:15–7:15 PM
- Downtown Branch

Members \$25 | Nonmembers \$105

Upcoming Registration Dates:

COMPETITIVE BASKETBALL (PreK–6th grades)

November 2 – December 14

VOLLEYBALL (3rd–6th grades)

January 1 – February 8, 2027

INDOOR SOCCER (1st–3rd grades)

November 2 – December 14

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



**American
Red Cross**

CPR/First Aid Training

Thursday, Sept. 17
4-8 PM

Wednesday, Oct. 14
4-8 PM

Downtown Branch West Pool Lounge

Member Price: \$84

Nonmember Price: \$126



Ready, Set, Knead *Starts early on Sept. 9!*

A Special Activities course for adults interested in learning how to bake! Spend one afternoon each week creating homemade baked goods with friends. You'll leave class with an oven-ready recipe, baking instructions, and the confidence to finish your creation at home. Each week will feature a new favorite.

Wednesdays, 1-1:45 PM

Downtown Branch Teen Room

Instructor: Emily Rial

Members \$25 | Nonmembers \$105

Join our LIVESTRONG® community!

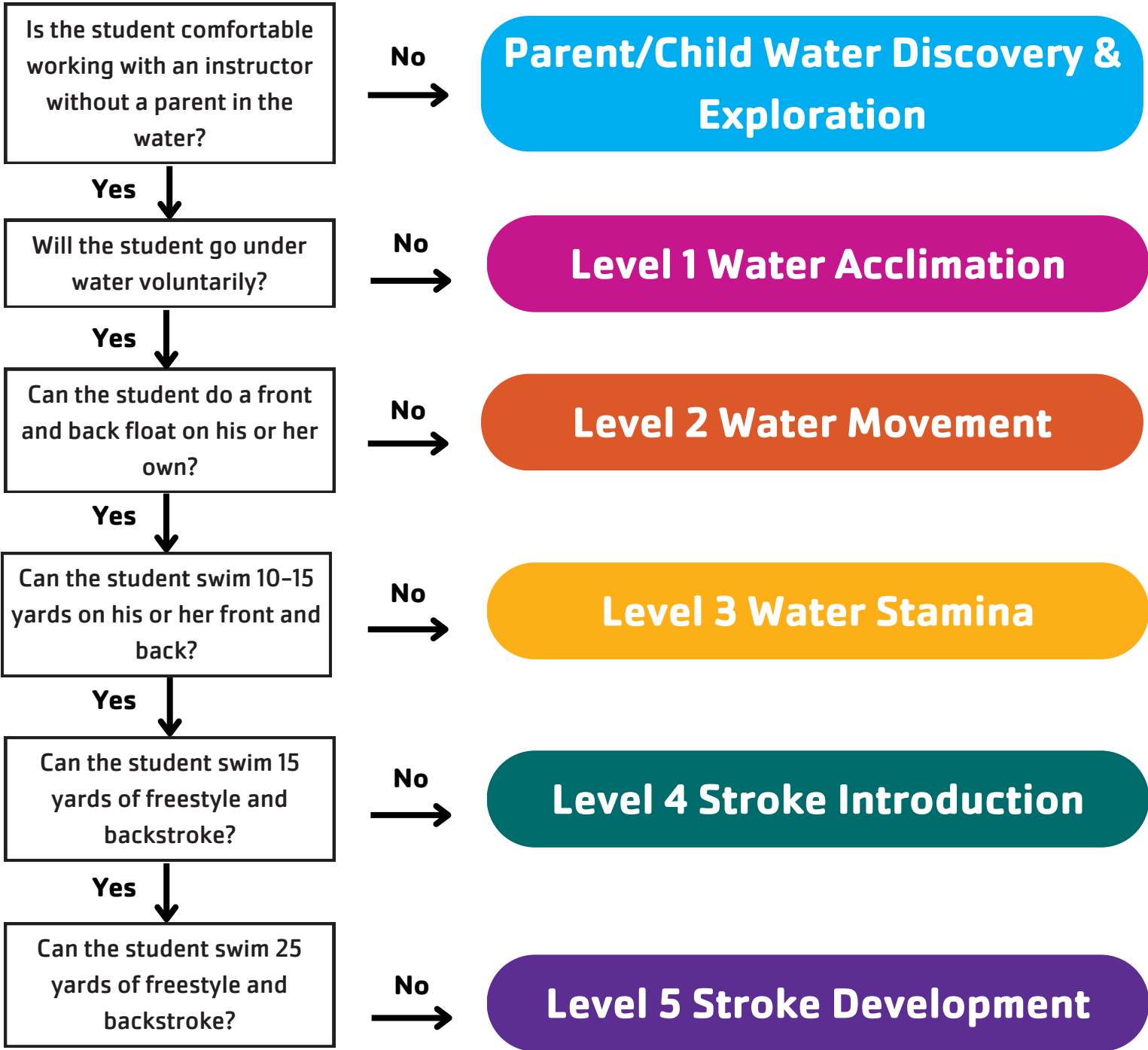
LIVESTRONG® at the YMCA is a small-group physical activity and well-being program that meets at the Y twice each week for 12 weeks for 60 minutes each session. Participating Ys create a welcoming community in which cancer survivors can improve their strength and physical fitness. diminish the severity 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!



For questions about swim lessons,
contact Jerry McNamee:
jmcnamee@findlayymca.com

All swim lessons take place in the Downtown Branch 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, 5:30-6 PM and 11-11:30 AM
- 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.

- Tuesday & Thursday, 6:30-7 PM (two sessions, from Sept. 8-29 and from Oct. 1-22)
- Tuesday, 11:30 AM-12PM
- Wednesday, 5:30-6 PM
- Saturday, 8:30-9 AM



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.

- Tuesday & Thursday, 6-6:30 PM (two sessions, from Sept. 8-29 and from Oct. 1-22)
- Tuesday & Thursday, 6:30-7 PM (two sessions, from Sept 8-29 and from Oct. 1-22)
- Wednesday, 6-6:30 PM
- Saturday, 9-9:30 PM

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.

- Tuesday & Thursday, 6-6:30 PM (two sessions, from Sept. 8-29 and from Oct. 1-22)
- Wednesday, 6:30-7 PM
- Saturday, 9:30-10 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.

- Tuesday & Thursday, 7-7:30 PM (two sessions, from Sept. 8-29 and from Oct. 1-22)
- Saturday, 9-9:30 AM

5 – Stroke Development

Students in level 5 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.

- Tuesday & Thursday, 7-7:30 PM (two sessions, from Sept. 8-29 and from Oct. 1-22)
- Saturday, 9:30-10 AM

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 Jerry McNamee at jmcnamee@findlayymca.com

Swim Team

Winter Season

Join our FROGS Swim Team! No matter your skill level, we'll help you learn, advance, and have fun. The team is not only growing in numbers, but winning competitions.

- A two-week free trial period is available for new swimmers. Swim team practice times and fees vary by group.
- All swimmers must be a Findlay YMCA member
- For questions about the swim team, contact Head Coach Jeff Wobser at jwobser@findlayymca.com

SWIM
TEAM
DETAILS



Bronze Practice Group

Our Bronze practice group is geared to our newest swim team members. Swimmers must be able to complete 25 yards of freestyle and backstroke, work in a group setting, and be comfortable in deep water. There are three practices offered per week, with practices split between Bronze 1 and Bronze 2, primarily based on age. Practices are as follows:

Bronze 1 (Age 10 and up)

- Monday, 4:30-5:15 PM
- Tuesday, 4:30-5:30 PM
- Thursday, 4:30-6 PM

Bronze 2 (Age 9 and under)

- Monday, 5:15-6 PM
- Wednesday, 4:30-5:30 PM
- Thursday, 4:30-6 PM

Cost: \$390



Silver Practice Group

for ages 10 and up, our Silver practice group is our mid-progression swim team level. Swimmers must be able to complete 50 yards of all four strokes, follow multi-step directions with minimal oversight, and understand how to read a pace clock. Practices are as follows:

- Monday and Wednesday, 5:30-7 PM
- Tuesday, 6-7 PM
- Thursday, 4-5 PM
- Friday, 4:30-6 PM (starting November 6)

Cost: \$600

Pre/Post High School Season Silver Practice Group

This practice group is for high school swimmers who will practice with their high school team during the high school swim season, while participating in the Silver practices pre-and post high school season. Group ability requirements and practice times are the same as the standard Silver Practice Group. Cost: \$300.

Gold Practice Group

For ages 10 and up, our Gold practice group is for our most advanced swimmers. Swimmers must be able to meet minimum practice set requirements. They understand and take responsibility for attendance and practice habits, and how these relate to meet performance. Practices are as follows:

- Monday – Friday, 4-6 PM (Fridays starting November 6)

Cost: \$780

Pre/Post High School Season Gold Practice Group

This practice group is for high school swimmers who will practice with their high school team during the high school swim season while participating in the Gold practices pre- and post-high school season. Group ability requirements and practice times are the same as the standard Gold practice group. Cost: \$390



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 Chandler Cramer, Operations Director, at ccramer@findlayymca.com. An in-person appointment must be made to book parties. Payment in full is required at the time of booking.

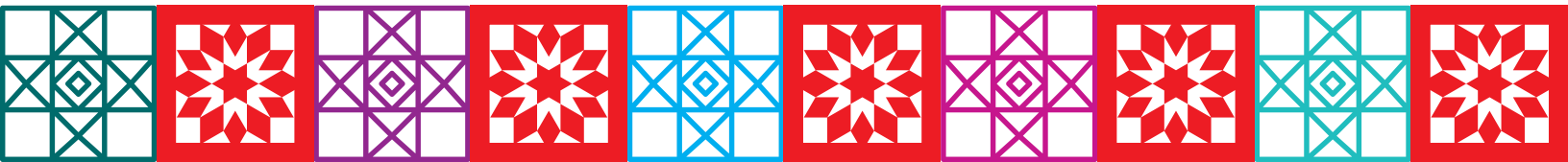
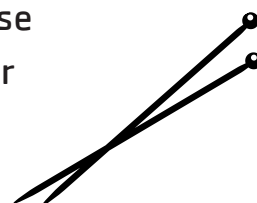


Y Knit & Quilt

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.



SPECIAL ANNOUNCEMENTS:



- The hot tub is closed the first Thursday of every month for general maintenance and deep cleaning.
- 24/7 “workout whenever” access is 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!

YMCA 360™

LEARN MORE

www.findlayymca.org/ymca360

www.ymca360.org

SAVE THE DATES

Follow us on socials!



@findlayymca

**Labor Day
CLOSED**

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9.7.2026

**Black Swamp
Golf Outing**

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9.14.2026

9.15.2026

Findlay Country Club

**Findlay
Halloween Parade**

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10.27.2026

7 PM

South Main Street

**Findlay
Trick-or-Treat**

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10.31.2026

6-8 PM

**Men Who Cook
fundraiser**

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11.7.2026

Findlay Country Club

