



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

HEALTHY HAPPENS HERE

**ALL GROUP AEROBICS CLASSES
FREE OF CHARGE TO MEMBERS!**



Kathy, Sean, Missy, Sharon

**MEMBER HANDBOOK &
PROGRAM BROCHURE
SUMMER 2013**

**WAPAKONETA FAMILY YMCA
1100 DEFIANCE ST.
WAPAKONETA, OH 45895
419-739-9622
WWW.WAPAKYMCA.ORG**

Scan here with your mobile device to go to
the Wapakoneta Family YMCA webpage →



ABOUT US

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAPAKONETA FAMILY YMCA

1100 Defiance Street
Wapakoneta, OH 45895
Phone: 419-739-9622
Fax: 419-739-9623
www.wapakymca.org

Become our Fan on Facebook
Follow us on Twitter @WapakY

YOUR YMCA STAFF

Joshua Little	CEO
Sarah Finkelmeier	Program Director
Melanie Schnippel	Membership/Program Director
Lisa Adkins	Financial Director
Marc Dyrness	Property Manager
Jenny Boyer	Program Coordinator

BUILDING HOURS

Summer: (through October 13, 2013)

Monday–Thursday
5:00 am–10:30 pm
Friday 5:00 am–8:00 pm
Saturday 7:00 am–5:00 pm
Sunday 1:00–5:00 pm

Winter: (begin October 14, 2013)

Monday–Friday
5:00 am–10:30 pm
Saturday 7:00 am–8:00 pm
Sunday 1:00 pm–5:00 pm

The YMCA reserves the right to change the building hours for lack of usage.

Note: The building closes promptly at the times listed and the pool closes 1/2 hour earlier. Please plan your workout accordingly.

EMAIL ANNOUNCEMENTS

Would you like to have more advanced notice of class schedules, pool and gym closings? Sign up at the courtesy counter and you will be put into our email database. The YMCA staff will e-mail you with reminders and updates of the programs and other activities happening at your YMCA.

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REGISTER ONLINE!

Summer: June 10–August 17, 2013

Member Registration: May 20, 2013

Potential Member Registration: May 28, 2013

CLOSINGS:

Memorial Day: May 27, 2013

Independence Day: July 4, 2013

Labor Day: September 2, 2013

Maintenance Shutdown: August 24–September 2

Pool closed August 21–September 2

BROCHURE PHOTOGRAPHY

Photographs of Wapakoneta Family YMCA members by ClouStudio. Visit them at www.cloustudio.com.

ONLINE REGISTRATION

1. Go to www.wapakymca.org
2. Click on "Register for Programs"
3. Search for classes and Log In
4. If you need help click "Help" or call the YMCA

Scan here with your mobile device to go to online registration.



OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR CAUSE

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

WHAT WE DO

The Y makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's health and well-being and provides opportunities to give back and support neighbors.

A WELCOME FROM OUR CEO

Welcome to the Wapakoneta Family YMCA! You will find the latest issue of our program brochure to be filled with important information on the quality programs, memberships and community collaborations that your YMCA is involved in.

As our families begin to enjoy the summer months and perhaps make plans for local and long-distance travel plans it is important to remember that the YMCA is a national movement. Your Wapakoneta Family YMCA membership is valid at any YMCA in the world that accepts A.W.A.Y. members (Always Welcome at YMCAs). There are restrictions and not all YMCAs participate but we will be happy to check to see if your destination YMCA is a participating member. Also, don't forget to take your "Vacation Kit" so you can work out while enjoying your vacation!

Thanks for giving us your feedback on the member surveys. We are working to improve your YMCA every day!

God Bless,

Joshua Little
CEO

BOARD MEMBERS

President: Mike Burton
Vice President: Jeff Dorner
Secretary: Julie Miars Golden
Treasurer: Alan Davis

Don Bergfeld
Morgan Dirr (student)
Jeff Dorner
Denny Faller
Tom Finkelmeier, Jr.
Ron Gasior
Dr. Dan Harpster
Aaron Holtz
Keith Horner
Mark Jarvis

Rex Katterheinrich
Chad Metzger
Heather Nolte
Kelli Price
Mary Ruck
Ed Shroyer
Beth Steiner
Kay Wellington
Jim West
Deb Zwez

"That all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me." John 17:21

MEMBERSHIP RATES

Choose the membership that's best for you:

**All memberships are based on a one-year contract.*

<u>Membership Category</u>	<u>Monthly Bank Draft Rate</u>
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<i>Family (includes spouse and children up to age 18 or full time college students)</i>	<i>\$51.34</i>
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<i>Single (ages 19 and up)</i>	<i>\$40.07</i>
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<i>Student (ages 8-18 OR up to age 23 and attending college full time)</i>	<i>\$14.72</i>
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**All monthly rates include 7% sales tax*

**Membership rates are subject to change*

JOINER'S FEE

All new memberships will pay a one-time Joiner's Fee, as long as your membership remains current. A thirty-day grace period will be granted to those wishing to re-join after the membership has lapsed. The Joiner's Fee is set aside for maintenance and repair of the facility.

<u>Membership Category</u>	<u>Joiner's Fee</u>
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<i>Family</i>	<i>\$75.00</i>
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<i>Single</i>	<i>\$45.00</i>
---------------	----------------

<i>Student</i>	<i>\$15.00</i>
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MEMBERSHIP PAYMENTS

Your membership can be paid in one of two ways.

EASY PAY—An easy way to pay as you go! Your checking, savings, or credit card is debited one time per month. This is the preferred method of payment.

ANNUAL PAYMENT—Membership fees may be paid in full upon joining, and yearly thereafter. Cash, check or credit card payments are accepted.

CORPORATE MEMBERSHIPS

The YMCA is very proud of the many companies who invest in the good health of their employees and support the YMCA Corporate Membership Plan. Please contact the YMCA for details on becoming a corporate member.

RETURNED CHECK AND NSF POLICY

There is a \$25 fee for any bank drafts or checks returned for insufficient funds.

GUEST PASS POLICY

All guests must be accompanied by a YMCA member. Members may bring any number of guests to visit, but each guest is limited to only three paid visits each year. **NOTE:** The YMCA reserves the right to limit guest passes at peak times/seasons.

Rates: Family \$15 Single \$7 Student \$3

ALL ADULT GUESTS MUST SHOW PHOTO I.D.

MEMBERSHIP CANCELLATIONS

YMCA membership is based on a one year contract. No refunds are given on membership dues—unless authorized by the CEO. Memberships being paid by monthly bank draft may be put on hold for up to three months, one time per year with a "hold" fee. At the end of the three month time period, the monthly bank draft will resume at the current membership rate.

Hold Fee:

Family—\$15.00/month

Single—\$10.00/month

Student—\$5.00/month

TRANSFERRING MEMBERSHIPS

Members will be allowed to transfer their memberships to Wapakoneta from another YMCA without being charged the Joiner's Fee. Wapakoneta Family YMCA members transferring to another YMCA will need to check with the new YMCA to determine what their policy is. If you have questions, please see the Courtesy Counter.

SNOWBIRD POLICY

Members who reside outside of the community for more than 3 months have the option to extend their hold contract 6 months with proof of residency outside the area. Hold fees will apply. See the Membership Director for more details.

MEMBERSHIP CARDS

While we try to recognize each of our members on every visit, we sometimes may not remember everyone's name! To help us track our member's usage of the facility, you must present your membership card with every visit. Your card is non-transferable and remains the property of the Wapakoneta Family YMCA. If you lose your card, you may purchase a replacement card for a nominal fee.

A PLACE TO BELONG

The YMCA is a membership-based organization, an association of people who come together for the common good. YMCA members tell us that the reason they join the Y, or the reason they stay, is because they like being part of something bigger than themselves; they feel a spirit of community, a sense of caring, a cause.

When you're a member of the YMCA,

- You are part of the nation's leading nonprofit organization committed to strengthening communities through youth development, healthy living and social responsibility.
- You can improve yourself through high-quality activities and programs that focus on you as a total person—in spirit, mind, and body.
- You benefit from the stability of a charitable organization that has been operating since 1844.
- You're a member of a community that welcomes and embraces people of all abilities, incomes, races, and religions.
- You belong to an association that offers financial aid to people who can't pay the full membership or program fees.
- You're as likely to hear the voices of Preschoolers as you are the laughter of older adults, and the conversations of teens.

If you're not a member of the YMCA, please join us. If you are, we'd love for you to become more involved. To find out more, please talk to the YMCA staff at the Courtesy Counter, or to any staff member or volunteer that you know.

BENEFITS OF MEMBERSHIP

- Advance Registration for classes at reduced rates.
- Free Family Events
- Free Adult Fitness
- Free use of Fitlinxx exercise technology
- Free Wellness Center Orientations
- Unlimited use of the facility during building hours.
- Free Babysitting

WHY JOIN THE Y?

The YMCA's emphasis on our mission and the core values of caring, honesty, respect, responsibility and faith set it apart from all the other ways and places you can exercise. We are a community service organization dedicated to improving the lives of men, women, the young and not so young from all walks of life. As proud as the YMCA is of its programs, we always remember that they are only a means to a much more important goal; that goal is to help all people reach their God-given potential in spirit, mind and body. The YMCA staff is more committed to the full participation of all members than to the limited involvement of the few whom excel. We believe our activities must reflect quality, be consistently challenging, and above all, enjoyable for participants. The YMCA offers more than just exercise. It is a way to a healthier and happier lifestyle.

WHAT WE'RE FOR

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen through...

- Child Care
- Education & Leadership
- Swim, Sports & Play
- Camp

FOR HEALTHY LIVING

Improving the nation's health and well-being through...

- Family Time
- Health, Well-Being & Fitness
- Sports & Recreation
- Group Interest

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors through...

- Social Services
- Global Services
- Volunteerism & Giving
- Advocacy

FINANCIAL ASSISTANCE

At the YMCA, no one is turned away due to their inability to pay. Scholarship dollars provide membership and program assistance to those who would otherwise be unable to participate. Please join our commitment to the community and make a contribution. Your contribution is tax deductible and will make a difference for generations to come.

Financial assistance is available to those who qualify. Those not able to pay the full fee may be awarded partial financial assistance based on their demonstrated ability to pay and the YMCA's ability to fund the subsidy. Assistance will be granted on the basis of financial need resulting from low income, hospital expenses, etc. For more information, contact Joshua Little, CEO, at (419)739-9622. Applications are available at the Courtesy Counter.

FOOD AND BEVERAGES

No food or drink is permitted in the facility except a water bottle. Food and drinks must be kept in the lobby vending area.

PARKING

There are two parking areas available for your convenience. The main lot is north of the facility, and spaces are available in front of the YMCA. Please do not park in handicapped spaces, unless you have state-issued handicapped placards or license plates. Several spaces are reserved for patients of St. Rita's at the Wapak YMCA during their business hours. Please be respectful of their patients and park in the main lot. Violators may be towed.

LOST AND FOUND

If you lose an item while at the Y, please check with the Courtesy Counter staff. Valuable items will be kept safely in the administrative offices.

TOWEL SERVICE

- Towel service is provided to all members. We ask that members limit themselves to one towel per person.
- Dirty Towel Bins are provided in the locker rooms and Wellness Center. Please leave towels in the bins so they can be laundered.
- Due to the volume of towels needed, we can not provide towels to swim team members during practices and meets. Please bring one from home. We appreciate your cooperation.

GETTING STARTED

Signing up for a free wellness orientation within your first 30 days of membership is an easy first step. A trained fitness professional will meet with you privately to assess your current fitness level, discuss your goals, answer any questions you may have, and recommend appropriate exercise programs for you. We want you to get the most out of your YMCA membership and our staff is always available to help out and give advice. Contact the Courtesy Counter for more details.

BABYSITTING

Babysitting service is provided for children ages 6 weeks to 7 years old, for up to two hours each day during the posted hours of service. Parents must be in the building. If your child is displaying symptoms of illness, please do not bring your child to the YMCA.

Hours

Monday-Friday - 8:00-11:30 am

Monday-Thursday - 5:00-8:30 pm

Saturday - 8:00-11:30 am *

* Hours may be adjusted according to attendance

Fees

Members-FREE!

Potential Members-\$3.25/visit per child

HOLIDAY SCHEDULE

The YMCA will be closed for the following holidays so that our staff members may enjoy the holidays with their families:

New Year's Eve-Close at 5:00 pm

New Year's Day-Open 1:00 pm-5:00 pm

Easter-Closed

Memorial Day-Closed

4th of July-Closed

Labor Day-Closed

Thanksgiving Day-Closed

Christmas Eve-Close at 12:00 pm

Christmas Day-Closed

SUGGESTIONS

Your thoughts and suggestions are important to us and will be instrumental in helping us be successful. Please complete a "We're Glad You Asked" form, and our answers to your questions/suggestions will be posted on the "We're Glad You Asked" Bulletin Board in a timely manner. We appreciate your input!

AWAY PROGRAM

The Wapakoneta Family YMCA is part of the AWAY program (Always Welcome At YMCA's). If you are traveling out of town and would like to use your YMCA membership, check www.ymca.net for YMCA locations across the country, or ask the Courtesy Counter Staff for assistance.

YMCA VACATION KITS

Are you planning an upcoming vacation? Don't forget to take us with you! Pick up a YMCA "Vacation Kit" to use while you're gone. The kit includes exercise equipment that can be easily packed into your suitcase, instructions, and a special gift-one to keep and one to give away. Just remember to return the kit to us once you get back from vacation, but keep the gift for yourself. See Sarah Finkelmeier for details.

CHILDREN'S SAFETY AT THE YMCA

Children under 8 must be accompanied by an adult or sibling 15 or older at all times.

While YMCA members age 8 and older are allowed in the facility without adult supervision, it is important that parents understand their responsibility for their actions. YMCA staff can not be everywhere at once, and do not personally supervise younger children and their whereabouts. Parents should talk with their children about being responsible while in and around the YMCA.

MEMBERSHIP REVOCATION

While the Wapakoneta Family YMCA is a non-profit organization, it is still a private entity. Membership is a privilege-not a right. Any person behaving in a manner that is not consistent with our values and mission may have their membership revoked. All matters will be handled through the CEO.

FACILITY FEATURES

- Full, College-Size Gymnasium
- Six-lane Swimming Pool
- Whirlpool
- Walking/Running Track (16 laps to a mile)
- Two Aerobics Rooms
- Most Adult fitness classes-Free to members
- Water Exercise classes-Free to members
- 6,400 Square Foot Wellness Center including: Magnum Strength Training Circuit, complete free weight area, stretching area, seating area, and over 30 pieces of cardiovascular equipment including: Treadmills, Elliptical Trainers, XRides, AMT's, Upright Bikes, Recumbent Bikes, Hybrid Bikes, Interactive Bikes, Stairclimber, Rower, and Upper Body Ergometer
- Fitlinxx @ Intelligent Exercise Solutions
- Four Locker Rooms
- Nursery
- Conference Room
- Community Room
- Youth Center
- Reception Area/Lobby

VOLUNTEER

No matter what your special talent, interests and schedule are, you can help change someone's life at the YMCA. If you share our commitment to the continued well-being of our youth and community, please consider becoming a YMCA volunteer. See page 20 for more details!

WELLNESS CENTER

- Must be age 16 to use the Wellness Center.
- Teens ages 13-15 must complete the Teen Weight Training course to utilize the Wellness Center. Teen trainings from other facilities do not transfer to the Wapak YMCA.
- The YMCA reserves the right to deny access for improper equipment use.
- Children 12 and under are not permitted in the Wellness Center, for their safety and yours.
- Closed-toe athletic shoes are required.
- See Wellness Center for a complete list of policies.

TRACK

- The track may be used by anyone 13 and older.
- Children 12 and under are not permitted on the track without a parent within arms reach.
- All walkers and runners must show respect for each other.
- Walkers should walk on the inside lane, and runners should run on the outside lane.
- Please walk or run in single file to avoid collisions.

POOL/WHIRLPOOL

- No running on deck.
- A swimsuit must be worn at all times.
- Children 6-11 must be accompanied by a parent in the whirlpool.
- Children 5 & under are not permitted in the whirlpool.
- Children 7 & under must be accompanied by a parent in the pool within arms reach.
- Starting Blocks are used for competitive swimming. They are not for use during open swim.
- Do not hang on the lane lines.
- Children in diapers must wear proper swim diapers in the pool.
- See Pool Rules sign in the pool area for a complete list of policies.

YOUTH CENTER

- Youth Center is open for youth ages 8-17 during scheduled hours. Youth ages 6 & 7 may use the Center but must be signed in and out by a parent.
- All YMCA policies apply while using the Youth Center.

GYMNASIUM

- Closed-toe athletic shoes must be worn at all times.
- Profanity is not permitted. We are a family organization.
- Hard balls (baseballs/softballs) are not permitted in the gym when busy. Other balls (basketballs, soccer balls, playground balls, or Nerf @ type balls) may be used if approved by the YMCA staff.
- No dunking or hanging on rims.
- Personal belongings should be stored in secured lockers.

AEROBICS ROOMS

- The Aerobics Rooms are to be used for Group Exercise Classes only, and are not open for general use.
- Closed-toe athletic shoes must be worn.
- Children 13-15 must be accompanied by an adult to participate in an aerobics class.

LOCKER ROOMS

- Four Locker Rooms are available.
- The Family Boy's and Family Girl's Locker Rooms are for families, and anyone under the age of 18.
- Adult Men's and Adult Women's Locker Rooms are for those 18 and older.
- Lockers are available for your use during the period of your visit. Locks left on lockers overnight will be removed to allow use by other members.
- We strongly advise the use of locks to protect your personal items. The YMCA is not responsible for lost or stolen articles.

COMMUNITY ROOM

- The Community Room is available for rentals, birthday parties, and community meetings. Other programming such as child care and fitness classes are held in the Community Room as well.

DRESS CODE

- This is a family facility. YMCA members and guests using the facility are expected to be appropriately dressed.
- Shirts and shoes must be worn at all times, and closed-toe athletic shoes MUST be worn in the Wellness Center and Gym.
- The YMCA staff reserves the right to determine what is appropriate. Those not willing to follow this policy may be asked to change clothes or leave the building.

WEATHER POLICY

- If Wapak City Schools are delayed for weather, the YMCA will hold all classes as scheduled.
- If Wapak City Schools are closed due to weather, the YMCA will not hold any scheduled classes before 12:00 pm.
- For changes due to severe weather, please tune to Clear Channel radio stations or WLIO TV.
- In the event of a severe thunderstorm, the pool may be temporarily closed.
- When in doubt, contact the YMCA at (419)739-9622.

REFUNDS AND CREDITS

- We do not give refunds on YMCA memberships. Memberships are based on a year long contract.
- Class credits are as follows: 100% if the individual cancels prior to the first class and 50% if cancellation occurs after the first class. No credit is given after the second class.
- If the YMCA cancels a class, a full credit is given.

CANCELLATIONS AND CHANGES

- The YMCA reserves the right to cancel or make changes in classes or scheduling as needed. We apologize for any inconveniences these changes may cause. Class cancellations will result in class credits or a change of class.

MEMBER CODE OF CONDUCT

- Membership is a privilege. While in and around the YMCA, all members are expected to exhibit the values of caring, honesty, respect, and responsibility toward others and the YMCA facility. This facility has been provided by members of the community and is maintained by your membership dollars. Any behavioral problems or concerns should be directed to the YMCA staff immediately.
- The YMCA expects its members to behave appropriately. Please observe the following conduct policies:
- Show respect to others... Please respect YMCA staff and members.
- Show respect to property... Please take care of your YMCA facilities and equipment, they are for your enjoyment.
- Be honest! Please don't steal...If something doesn't belong to you, leave it alone.
- Use only appropriate language and participate with respectful behavior. Take responsibility for yourself and be on your best behavior.
- Please follow the instructions of the YMCA staff.
- No running, yelling, fighting, littering, teasing, or bullying or any behavior that could hurt or injure yourself, other members and staff, or the facility.
- No inappropriate touching.
- No illegal activity is permitted.

PROGRAM REGISTRATION

Advanced registration with full payment is required for all programs.

- Members are given priority through an advanced registration period. At the conclusion of that time, potential members may register by paying a class fee. Potential member use is limited to the respective class or program.
- Phone and fax registrations with Visa, Discover or MasterCard will also be accepted.
- Class registrations can not be held without payment. If a program is cancelled by the Y, a full refund or credit will be given.
- Class registration will be on a first come, first served basis. Everyone must pre-register for classes. If classes are full, individuals will be put on a waiting list. Every attempt will be made to place participants in a class. The YMCA reserves the right to cancel classes due to a lack of registered participants or low participation. Aerobic classes must have a minimum of five participants to run the class. Children 13-15 must be accompanied by an adult to participate in a fitness class. Fitness class size is limited to 20-25 participants. Group Cycling is limited to 12 participants.

OOPS!

- We cancelled it because we didn't know you wanted it. Sometimes excellent courses with super instructors are cancelled when too many people wait until the last minute to register. Our courses have to be cost recoverable, and we need a minimum of students enrolled before a class will run. To avoid any inconvenience to students, we cancel classes with no registrations ahead of time. Avoid disappointment-register early.



We take your outpatient therapy needs personally.

When you choose outpatient therapy services at St. Rita's Medical Center, our dedicated staff will be there for you with individualized care. That's because we believe the road to recovery is best traveled with someone who understands your goals and knows how to help you achieve them. For the best in physical, occupational or speech therapy, we are on your side – and by your side – every step of the way.

Call the location nearest you or visit www.stritas.org for more information.



The Region's Leader In Healthcare.

Ottawa – 419.523.5391, Delphos – 419.996.5684,
Lima – 419.226.9019, Wapakoneta – 419.738.4022

CAMP

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

SUMMER DAY CAMP

Kids will swim, do arts and crafts, play games and learn Character Development values. Each week will have a special theme and a field trip to great places including the Columbus Zoo, Ft. Wayne TinCaps, Kings Island, COSI and Ohio Caverns. Camp is from 9am-4pm and runs from June—August. Early morning and late afternoon camps available to accommodate your work schedule. For children entering K and leaving 5th grade.

Registrations now being accepted.

Fee: \$80/week YMCA Members, \$65/3 days or less
\$98/week Potential Members, \$80/3 days or less

KAMP KERMIT

We will sing, paint, tell stories, do arts and crafts and much more! Kamp runs from 9am-12pm. Registration begins May 20. For Preschoolers ages 2-5 not yet enrolled in K.

June 17-21
July 15-19
July 29-August 2
August 12-16

Fee: \$35/week YMCA Members
\$45/ week Potential Members

.....
Financial Assistance and Sibling Discounts are available for all
Camps. Please contact Jenny for more information!
.....



Ava & Amber



Nolan

SAFETY CAMP

Two jam-packed days of safety and fun. Camp is in June for kids leaving 2nd-5th grades. Safety Camp is a combination of learning and playing. Camp includes swimming, canoe races, water games, gun safety, fire safety and lunch both days. Camp runs from 9am-5pm with extended care available.

Date: June 11 & 12

Fee: \$10 until June 7
\$15 from June 8-10

SAFETY CAMP, JR.

This abbreviated version of Safety Camp is geared toward your younger camper. Campers will be taught important safety information in a fun setting directed at their level. Camp is for children entering K-2nd grades. Look for more information to follow.

Date: June 13, 9:00am-1:00pm (snack is included)

Fee: \$7 until June 10
\$10 from June 11 & 12

CHILD CARE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM N' SWIM (K-5TH GRADE)

Our school-age child care program can accommodate you both before and after school. Before school care begins at 6am with activity stations and time for breakfast before Wapakoneta City Schools pick the students up at 7:30am. After-school care begins with the YMCA bus picking students up at Criddersville Elementary School, Wapakoneta Elementary School and Wapakoneta Middle School. After-school hosts snacks, gym, pool and homework time before 6pm pick-up.

*Financial Assistance is available.
Multiple sibling discount is available.*

ADVENTURE CLUB

When Wapak City Schools are closed for holidays or inclement weather, we invite your K-5th grader to spend the day with us. Adventure Club is available from 7:30 am-6:00 pm. Daily activities include gym play, swimming, arts, and more. Please send your child with a swim suit and towel, and a healthy lunch.

Scheduled dates: October 11
November 26 & 27

Adventure club is also held when school is canceled due to inclement weather

Fee: Members: \$19/Day, Additional Sibling \$14/Day
Potential Members: \$26/Day, Additional Sibling \$21/Day

SWIM, SPORTS & PLAY

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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YOUTH SPORTS & RECREATION

SOCCER

LITTLE KICKERS (AGES 3-4)

First experience with soccer. Emphasis is on fundamentals and teamwork.

Tuesday 5:30-6:00 pm

GOALIES (AGES 5-6)

The next step in soccer. Emphasis is on skills and fundamentals. Scrimmages will be played.

Tuesday 6:15-7:00 pm

Fee: \$28/Member, \$57/Potential Member

*Class will be held outdoors—please dress accordingly

T-BALL

LITTLE FIELDERS (AGES 3-4)

First experience with T-ball. Emphasis is on fundamentals and teamwork.

Monday 5:30-6:00 pm

LITTLE HITTERS (AGES 5-6)

The next step in T-ball. Emphasis is on fundamentals. Scrimmages will be played.

Monday 6:15-7:00 pm

Fee: \$28/Member, \$57/Potential Member

*Class will be held outdoors—please dress accordingly

YOUTH GAME NIGHT

Join us the second Monday of each month for fun gym games! We will play Scatterball, Capture the Flag, or you can give us your suggestions.

Fee: Free/Members, \$2per night/Potential Members

YOUTH GAME NIGHT WILL RESUME OCTOBER 14

PICK UP DODGEBALL

Join us on Monday evenings to play dodgeball! Teams will be divided each night. Rules are available at the beginning of each game.

DODGEBALL WILL RESUME SEPTEMBER 16



SWIM, SPORTS & PLAY

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS

All gymnastics classes feature floor, beam, bar and vault exercises.

Please read prerequisites as they have changed

PARENT & TOT (AGES 2-3)

Mom or dad comes to class with the little gymnast in this fun class. Together you will learn the basics.

Thursday 5:15-5:45pm

TUMBLE WEEDS (Beginner)

Fun for participants in the beginning stages of gymnastics.

Thursday 6:00-6:30pm

TEENS

TEEN DANCES

Join us for a fun night of music, games, and pizza. Dances are for teens in 5th-8th grades. Dances are held at the YMCA from 8-10:30 pm.

Fee: \$3.00 at the door

DANCES WILL RESUME IN OCTOBER

WMS TRANSPORTATION

Did you know the YMCA offers transportation from the Middle School to the YMCA everyday after school? If you're a teen member of the YMCA, pick up your permission slip at the Courtesy Counter and return it to Jenny as soon as possible.

TEEN WEIGHT TRAINING-see page 14

YOUTH FITNESS

KIDS YOGA

Using games, props and imaginative play, this fun, interactive class teaches basic yoga poses, breathing and relaxation techniques. Come on a yoga adventure and exercise your body and your mind!

KIDS YOGA WILL RESUME FALL I SESSION

ROLLERS (Intermediate)

Participants will build on their skills from Tumbleweeds. Gymnasts must be able to bridge with their head off the ground and cartwheel.

Thursday 6:45-7:15 pm

SWINGERS (Advanced)

Participants build on prior levels. Must have instructor approval.

Thursday 7:30-8:00 pm

It is common for participants to be at the same level for multiple sessions

Fee: \$28/Member, \$57/Potential Member

YOUTH CENTER

A room for you!! A gathering place for kids to be kids! The Youth Center is open to youth ages 8-17 years and ages 6 & 7 if signed in and out by a parent. You'll have a ball playing Wii ® sports games, becoming a rock star on Guitar Hero ®, or showing off your dance moves on Dance Dance Revolution ®. Or, try our new 12-in-1 game table! The Youth Center also includes space to just "hang out" with your friends, and play board games. Be sure to stop by the YMCA and pick up your Youth Center Promise. All participants must have one on file.

***NEW* CONCESSION STAND!** For a small cost, your child can purchase a healthy snack or drink while they have fun in the Youth Center.

SUMMER HOURS: Tuesday/Thursday 5:00-7:30pm
Saturday 10:00am-12:00pm

YOUTH PILATES

Pilates works the entire body with emphasis on core strength and function for overall health. Benefits for youth include: developing body awareness, boosting self-esteem & confidence, developing coordination and balance, and much more!

YOUTH PILATES WILL RESUME FALL I SESSION

Ages 8-12
Class meets in Studio B
FREE TO MEMBERS

SWIM, SPORTS & PLAY

AQUATICS

SWIM LESSONS

Morning Lessons

Session I: June 10-13, 17-19

Session II: July 8-11, 15-17

Session III: August 5-8, 12-14

Preschool (3-5 years) 10:00-10:30am

Youth (6 years and over) 10:30-11:15am

Parent/Child (6 mo.-3 years) 11:15-11:45am

Swim Team Prep (Advanced)

Pre-requisite for Swim Team Prep: Must be able to pass swim test (swim to deep end, tread water for 60-seconds, swim to shallow)

Evening Lessons

Session I: June 11, 18, 25, July 2, 9, 16, 23

Parent/Child (6 mo.-3 years) 5:30-6:00pm

Preschool (3-5 years) 6:00-6:30pm

Youth (6 years and over) 6:30-7:15pm

Fee: \$20/Members

\$40/Potential Members

Swimmers are encouraged to bring swim goggles and a cap. We ask that your child not wear a swimming mask for lessons since this interferes with teaching proper breathing technique. Children in diapers are required to wear proper swim diapers in the pool. Swim goggles, caps, and swim diapers are available for purchase at the Courtesy Counter.

PRIVATE SWIM LESSONS

Get personalized instruction with our private swim lessons. Private Swim Lessons are ideal for people of all ages and swim abilities. Swim lessons are 30 minutes in length. Pre-payment is required.

Fees: Members	Potential Members
3 for \$36	3 for \$55
5 for \$60	5 for \$85
7 for \$84	7 for \$115
10 for \$120	10 for \$160

SEMI-PRIVATE SWIM LESSONS

Lessons are 30 minutes in length and accommodate two individuals of similar swim ability.

Fees: Members	Potential Members
3 for \$60	3 for \$100
5 for \$100	5 for \$155
7 for \$140	7 for \$200
10 for \$180	10 for \$260

SCUBA

A Scuba Schools International Open Water certification offers you adventures anywhere you go! This class will be led by Instructor Gene Mertz from Long Lake Scuba who brings years of teaching experience to this exciting course. Ages 10 & up. SCUBA classes will be run as demanded. Must have 6 individuals interested to hold the course. Please leave your name, phone number and interest at the Courtesy Counter.

Fee: \$360

YMCA SPLASH

This week of free swim lessons is for beginning swimmers only. Children will learn basic swimming skills, water safety and character development values. Registration is limited, so register early! Registration begins May 1 and ends May 24. This event is sponsored by the Wapakoneta Breakfast Optimist Club.

June 3-7

Preschool (Ages 3-5) 5:30-6:00pm

Youth (Ages 6-10) 6:00-6:45pm

FREE TO THE PUBLIC!



Callie, Kya

SWIM, SPORTS & PLAY

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS

YMCA LIFEGUARD CERTIFICATION

If you're interested in a flexible, year-round job, then lifeguarding is for you! Must be 16 years old by the last class, have access to a computer & printer and have an email address.

Course description and pre-requisites are available in the Lifeguarding brochure at the Courtesy Counter. Participants must complete all e-learning classes and turn in completion certificates before the first class. Participants must attend 100% of classes and pass the water test and written exams with an 80% or higher in each chapter to obtain the certification.

Participants must be registered for the course to attend the Scheduling Meeting. Class dates and times will be scheduled at this meeting so please have flexibility in your weeknight and weekend schedules.

DATE: FALL I SESSION

Fee: \$200/Member, \$240/Potential Member
Fees are non-refundable.

YMCA LIFEGUARD RENEWAL/CROSSOVER

This class is for those who need recertified in Lifeguarding. **All certifications must be current** (Lifeguarding, CPR/AED, First Aid and Oxygen Administration) and proof of certifications is required. All e-learning assignments must be completed and turned in before the class. A written and water test will be given.

DATE: FALL II SESSION

Fee: \$60/Member, \$85/Potential Member
Textbook: YMCA Lifeguarding 5th edition is required. Additional fee for the book is \$35
Fees are non-refundable.

Must have 4 participants to hold class



Lucas, Mark, Nick, Ryan, Jerry

COMPETITIVE SWIM TRAINING PROGRAM

Stay in peak swimming performance during the summer months with the YMCA Competitive Swim Training Program! This program is geared toward B2 caliber swimmers or B1 swimmers with coach's recommendation. Focus of the program is on distance and endurance to help the competitive swimmer qualify for Zones, Nationals, High School District and High School State meets.

May 1-July 28

Monday's & Wednesday's 6:00-8:00pm

Sunday's 4:30-6:30pm

*Monday night practice during Wapak W.O.A.L meets will be rescheduled

Fee: \$175/Wapak YMCA Member

\$185/Potential Member or other YMCA

FAMILY TIME

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FATHER/SON MORNING

Spend a morning with your little man. Plans include games and activities just for boys! See flyers for more details. Fathers, Grandfathers and Uncles are welcome with boys ages 4-12.

Saturday, June 8

9:00am-12:00pm

\$25/couple YMCA Members

YOUTH ACTIVITY NIGHT

Youth Grades 2-4 are invited to the YMCA for a night of fun including Wii games, dodgeball, swimming arts & crafts and games.

YOUTH ACTIVITY NIGHT WILL RESUME IN THE FALL

FAMILY TIME AT THE Y

On Friday evenings, half the gym will be reserved for families only. Please see a staff member if you would like to use additional equipment.

Friday's

6:00-8:00pm

PLAN A PARTY AT THE YMCA!

The YMCA is equipped with a small conference room for parties of 24 or less, and a large Community Room for groups up to 80 people. Our two rooms are excellent for Business Meetings, Luncheons, Baby Showers, Bridal Showers, and Birthday Parties. The YMCA also offers Personal Birthday Party Instructors. We can plan as little or as much of your child's party as you would like, from decorations and invitations to just a few games. Our Dinosaur Bounce House is available as a terrific addition to any party for \$30 per hour. The YMCA can also help you with after-hour parties for your company, Service Club, or Post Prom.

Rental rates start at \$40, contact Melanie Schnippel

SPORTS & RECREATION

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIKE TOUR

Join the Wapakoneta Family YMCA and Revolution Cycling Team for the 11th Annual Summer Moon Festival Bike Tour on Saturday, July 20! Routes of 12, 25, 40 & 62-miles are available with snack stops including fresh fruit and delicious homemade cookies. Our Bike Tour attracts people of all ages and exercise levels, so whether you are beginner or avid cyclist, join us to explore the beautiful countryside that Auglaize County has to offer. Arby's Roast Beef lunch is provided after the ride for all cyclists. Our 12-mile ride is family friendly, and bike trailers are welcome. All participants must wear a bike helmet. This event is part of the Road to Fitness Challenge!

Brochures are available in the lobby or by visiting www.wapakymca.org.

EVENING VOLLEYBALL & BASKETBALL

Open play ... a prime time to brush up on skills or join a pick-up game just for fun and fellowship. Must be high school age to play.

Volleyball:

Monday/Wednesday

8:00-10:15pm

Basketball:

Tuesday/Thursday

8:00-10:15 pm

Fee: Free to members, \$5/Potential Member



HEALTHY LIFESTYLES

WEEKLY RECIPES

Eating healthy is an important part of a balanced lifestyle. Each week a new recipe will be available at the Courtesy Counter and posted on our website. If you have a healthy and delicious recipe to submit, please bring in a copy. We will do our best to feature it as a Weekly Recipe.

CPR/AED TRAINING

Tuesday, August 6
6:00 pm
Fee: \$45
Open to the Community

FIRST AID TRAINING

Tuesday, August 13
6:00 pm
Fee: \$45
Open to the Community

All certifications are through the American Safety and Health Institute (ASHI) and are open to those ages 13 and up.

These are great trainings for parents, grandparents, babysitters, or anyone who would like the skills and training to respond quickly and effectively in an emergency situation.

ADULT WELLNESS CHECKS

Auglaize Acres will conduct Wellness Checks the 3rd Wednesday of each month from 9:00-10:30am.
FREE AND OPEN TO THE PUBLIC!

WELLNESS CHECKS WILL RESUME IN THE FALL!

Come meet Marcus Young from Summit Hearing Solutions. He will offer an informative seminar to reconnect with those you love.

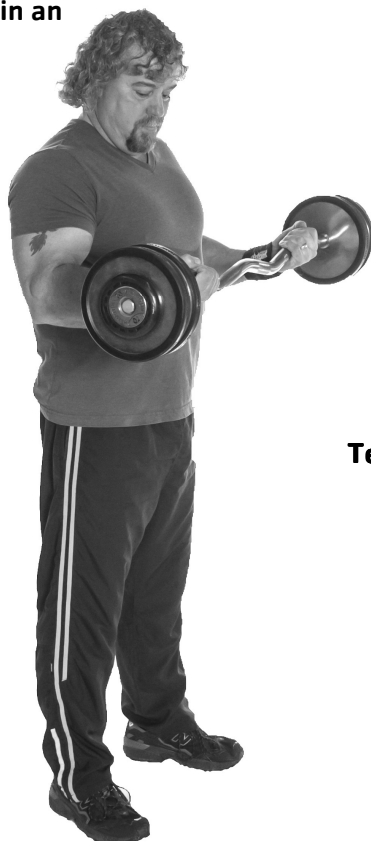
CHAIR MESSAGES

Forget all your worries with a chair massage by Andy Carter, Licensed Massage Therapist. The neck, shoulders and back will be focused on, as well as the feet and lower legs in the longer time slots.

Massages are by appointment only.

	Members	Potential Members
10 min.	\$9.00	\$12.00
15 min.	\$12.00	\$15.00
20 min.	\$15.00	\$20.00

*7% sales tax will be added to prices



Terry

HEALTH, WELL-BEING & FITNESS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL FITNESS

WELLNESS CENTER ORIENTATION

Let the YMCA staff show you how to correctly use the cardiovascular and weight equipment in the newly added Wellness Center. Orientations are available to Members 16 and over at no cost. Please contact the Courtesy Counter for an appointment. Teens 13-15 may utilize the Wellness Center after successful completion of the Teen Weight Training Course.

PERSONAL TRAINING

Achieve your fitness potential with one-on-one instruction from one of our certified personal trainers. You will receive a fitness program tailored to meet your goals.

**Weight Loss*General Athletic Training*
Sport-Specific Training
*Strength & Conditioning*Maintenance*
*Functional Training*Much More!*

Members	Potential Members
1 Hour-\$25	1 Hour-\$48
3 Hours-\$66	3 Hours-\$125
5 Hours-\$110	5 Hours-\$185
10 Hours-\$190	10 Hours-\$280

**Please note: One hour of personal training includes a 30-minute consultation with a YMCA Personal Trainer and a workout program. No instruction is given in the Wellness Center. The YMCA strongly urges purchasing 3-10 hours of personal training for best results.*

BODY COMPOSITION TESTING

The OMRON Fat Lost Monitor estimates body fat percentage by use of the Bioelectrical Impedance method. More information on this method is available at the Courtesy Counter. Informational sheet and Health History Questionnaire and Liability Form must be signed upon registration.

YMCA Members: \$5/test OR \$20/5 tests
Potential Members: \$8/test
Expires 12 months from date of purchase.

Body composition testing must be pre-paid and appointment must be scheduled with a trained staff member. Early morning hours and times just before closing cannot be guaranteed.

BODY FAT TESTING WILL BE AVAILABLE FOR PURCHASE BEGINNING JUNE 10!

TRX SUSPENSION TRAINING

TRX Suspension Training offers you a total-body functional workout where you control the intensity of the exercises. It uses a system of ropes and webbing to allow users to work against their body weight to develop core strength and joint and muscular stability. TRX will be available in the Wellness Center when YMCA Wellness Coaches are on duty.

TRX PERSONAL TRAINING

One-on-one instruction will help you maximize your workout and achieve your fitness goals!

1 Hour-\$25

Additional Hours-\$15

Medical clearance may be required prior to appointment.

SEMI-PRIVATE PERSONAL TRAINING

Find a workout partner and boost your motivation!

	2 people	3 people
3 hours	\$110	\$150
5 hours	\$180	\$240
10 hours	\$300	\$360

TEEN WEIGHT TRAINING

This course is mandatory for teens 13-15 years old who want to have access to the Wellness Center and is designed to give a comprehensive and informative training. Teens will learn correct use of equipment, rules, strength training principles and more. This class meets Monday evening. Class size is limited to 3 participants.

Fee: \$15/Members only

FitLinxx®

Fitlinxx® is an exercise technology system that offers a unique tool for you to maximize your time in the YMCA and minimize exercise anxiety through interactive coaching on each piece of equipment. Fitlinxx® remembers your seat settings, range of motion, and weight lifted on each piece of strength equipment, to ensure a safe and effective workout. Additionally, on the cardiovascular equipment, with the simple entry of a 5-digit PIN number, Fitlinxx® will automatically track what you completed on that machine. Fitlinxx® will then allow you to generate progress reports, which are conveniently emailed to you each month. The software is easy to use, with no extra keys, fees or cards necessary. Teens 13-15 who have successfully completed the Teen Weight Training class may schedule Fitlinxx® orientation. And the best part? It's FREE with your YMCA Membership! To get your orientation, contact the YMCA at (419)739-9622.

HEALTH, WELL-BEING & FITNESS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

For your convenience and ease at choosing a class targeted toward your fitness level, please use the following scale:

1 = Beginner 2 = Intermediate 3 = Advanced

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

Studio A: Upstairs aerobics room
Studio B: Main level (former AOA/Youth Center)

All classes will meet in Studio A unless otherwise specified.

GROUP CLASSES

STEP AEROBICS

This high-intensity, calorie-burning workout is sure to challenge participants of all fitness levels. A fantastic cardio workout, this class includes muscle toning and flexibility.

Monday/Wednesday
5:30-6:15 pm (1, 2, 3)

CROSS TRAINING

Cross Training includes different activities each class to minimize boredom and maximize exercise results. Class incorporates all the components of fitness.

Monday/Wednesday
9:00-9:45 am (1, 2)
Tuesday/Thursday
6:00-6:45 am (1, 2, 3)

TOTAL BODY SCULPT (FORMERLY BODY SHOP)

This class utilizes weights, bands & body bars to keep your body at its peak performance.

Tuesday/Thursday
9:05-9:50 am (2, 3)

ZUMBA

Zumba fuses Latin rhythms and easy-to-follow moves creating a dynamic and exciting class. The class combines fast and slow rhythms and resistance training for an easy to follow high-energy workout.

Monday
9:45-10:30am (1, 2, 3)
Wednesday
9:45-10:30am (1, 2, 3)

BOOT CAMP

We know you'll break a sweat in this fast-paced class! This class combines high-intensity cardio and endurance drills with strength exercises for a total body workout. Enlist now for an extraordinary workout!

Sunday
2:15-3:00pm (2, 3)

PRIME TIME FITNESS

Keep a spring in your step with PrimeTime Fitness! Class includes strength, cardio, flexibility and balance exercises. This class is targeted toward men and women 55 years and older who are interested in keeping healthy and fit through their golden years!

Monday/Wednesday
10:30-11:15 am (1, 2)

TURBOKICK

TurboKick is a combination of intense kickboxing moves as well as dance moves that is choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge!

Saturday
8:15-9:00 am (2, 3)

KETTLEBELL PUMP

CAN YOU HANDLE IT? This class promises to deliver a high intensity workout and is ideal for anyone who wants to burn calories, increase flexibility, build strength and improve cardiovascular endurance. This 30-minute workout feels like an hour—you will tone your body and boost your energy level!

Monday/Wednesday
6:30-7:15pm (1, 2, 3)
Tuesday/Thursday
6:30-7:10pm (1, 2, 3)

A limited number of kettlebells will be available for participants. Due to class size and weight preference, participants may choose to bring their own kettlebell.

PILATES

Try this series of mat exercises which are designed to improve muscle strength and flexibility, balance, posture, and overall well-being. Pilates is for beginners to advanced exercisers.

Monday/Wednesday
9:45-10:15 am (1, 2) *Studio B*
Tuesday/Thursday
9:00-9:45 am (1, 2) *Studio B*

The YMCA has a limited selection of mats available but it is strongly recommended you bring your own.

Members enjoy ALL Group Aerobics classes listed free of charge! Potential members pay \$65 for classes meeting one time per week, \$105 for two times per week, and \$120 for classes three times per week.

HEALTH, WELL-BEING & FITNESS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HATHA YOGA

Enhance your intuition, coordination and fluid strength. Exercises are based on YogaFit methods and include and promote breathing, stretching, endurance, relaxation, visualization, balance, increased energy and more.

Monday/Wednesday
6:00-6:30am (1, 2, 3) *Studio B*
6:30-7:30 pm (1, 2) *Studio B*

PI-YO

A combination of pilates and yoga that lengthens, strengthens and tones muscles while improving flexibility. The class is suitable for all exercise levels and offers many options for modifications.

Saturday
9:15-10:00am (1, 2, 3) *Studio A*

The YMCA has a limited selection of mats available but it is strongly recommended you bring your own.

Members enjoy ALL Group Aerobics classes listed free of charge! Potential members pay \$65 for classes meeting one time per week, \$105 for two times per week, and \$120 for classes three times per week.

WATER ACTIVITIES

PACE ARTHRITIS AQUATICS

This class is designed to maintain and/or increase range of motion, flexibility, and endurance. The warm water, moderate pace and gentle exercise make it ideal for persons with physical limitations caused by arthritis, previous injury, etc., as well as for those who are less active.

Monday/Wednesday/Friday
8:15-9:00 am (1)

SENIOR SPLASH

A water aerobics class designed especially for seniors. Come and create your own fountain of youth!

Tuesday/Thursday
10:15-11:00 am (1)

GROUP CYCLING

This non-impact program combines music, motivation, and a superior cardiovascular workout. An instructor will motivate and lead you through the proper progression of exercise intensity, but you control the amount of resistance appropriate for your fitness level.

Monday/Wednesday
5:45-6:30 am (2)
8:15-8:45 am (1, 2)
Tuesday/Thursday
5:30-6:15 pm (2, 3)
7:15-8:00 pm (1, 2, 3)
Saturday
10:15-11:00 am (2, 3)

**Group Cycling classes are limited to 12 participants*

CYCLE AND CORE

Join us for a 30-minutes on the bike followed by 10 minutes of core strengthening exercises.

Tuesday/Thursday
8:15-9:00am (1, 2, 3)

ALL GROUP AEROBICS CLASSES FREE OF CHARGE!

AQUA AEROBICS

This aerobic water exercise program is held in the shallow end and is designed for both the swimmer and non-swimmer. A great way to exercise without stress to the joints.

Tuesday/Thursday
8:30 am-9:15 am (1, 2, 3)
Monday/Wednesday
5:00-5:45 pm (1, 2, 3)

AQUA VARIETY

If you're looking for variety in your workout, give this class a try. The instructor will lead shallow aerobics, deep water aerobics, water jogging, strength and conditioning.

Monday/Wednesday
9:15-10:00 am (1, 2, 3)
Tuesday/Thursday
11:15 am-12:15 pm (1, 2, 3)

**All of our water aerobics classes are accommodating to pregnant women.
A doctor's clearance is recommended.**

COUCH TO 5k

If you've ever wanted to train for and complete a 5k but don't know where to start, this program is for you! Our instructor-led training sessions will give you guidance and the group setting will offer you motivation and fun. The 2nd annual Monster Dash 5K (open to the public) will conclude the program!

THE COUCH TO 5K TRAINING PROGRAM WILL RESUME FALL I SESSION!

*Ages 16 & over

*A maximum of 25 individuals will be accepted

*This program is for BEGINNING runners only. Those with 5k experience should not register for this program.

*A run/walk training plan will be followed

*All training will be done outside, so please dress accordingly.

Fee: \$25/Member, \$40/Potential Member

ACTIVATE AMERICA

Activate America is a national YMCA initiative to address the lifestyle crisis in the United States with a focus on health seekers.

Health seekers are people of all ages who try to live a healthy lifestyle but struggle to do so. Their successful pursuit of health and well-being requires continuous, supportive relationships and environments.

Your Wapakoneta Family YMCA is committed to reaching out to health seekers to give them the guidance they need to make positive lifestyle changes. We are continuously making changes that will benefit health seekers. Some of the changes we've made to date include:

- Removing regular soda from the vending machines
- Adding levels on our Group Fitness and Water classes to make it easier to choose a class based on exercise level
- Increased staffing in the Wellness Center with the addition of Wellness Coaches to offer guidance to members
- Debuted online registration Winter I 2012 to make it easier to register for YMCA programs
- Adding a Community Garden in May of 2012 to allow community members the opportunity to grow their own fruits and veggies.

MONSTER DASH 5K-Get Your Ghoul On!

Join us for the 2nd annual Monster Dash 5K! All you need are your running shoes and Halloween spirit to have a freakishly good time! The 3.1 mile well-marked course winds through the flower streets on fairly flat terrain. Join us afterward for the Graveyard Smash where there will be refreshments, snacks, awards and prizes for those who showed up in costume.

Monday, October 28, 2013
6:00pm

Registration forms will be available August 1 at the YMCA and on the website at www.wapakymca.org.

Volunteer Opportunity: If you're not a runner or walker and would like to participate, we always need volunteers! Please see Sarah for more details!

THE MONSTER DASH 5K IS OPEN TO THE PUBLIC!

Activate America is an ongoing initiative and we will continue to make changes to support health seekers in and out of the Wapakoneta Family YMCA.



GROUP INTERESTS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY GARDEN

SPREAD AN EPIDEMIC OF GOOD HEALTH!

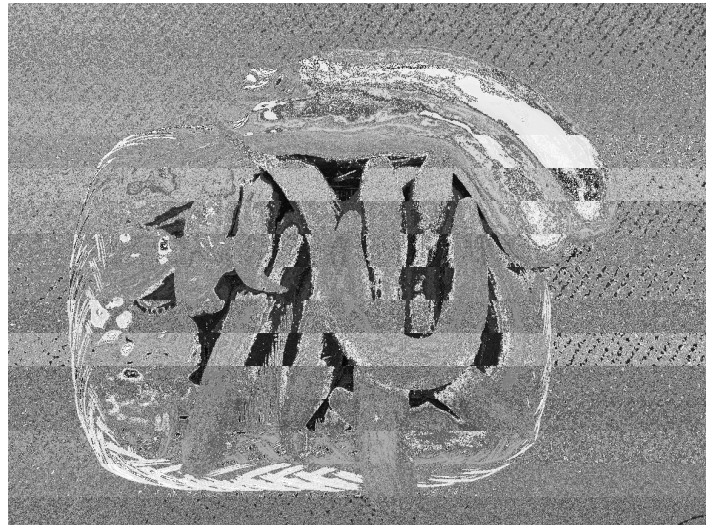
We provide the plots, soil, water, tools and compost, you provide the rest! We can accommodate individuals, service groups, food banks, etc., so don't miss this exciting opportunity!

ALL PLOTS ARE SOLD FOR THE 2013 GROWING SEASON. RESERVATIONS FOR THE 2014 GROWING SEASON WILL BE ACCEPTED BEGINNING OCTOBER 2013.

Several 10'x15' plots are available as well as handicap-accessible plots (8'x4'). Rates for the 2014 growing season are as follows:
YMCA Members: \$15/plot
Service & Community Groups: \$15/plot
Food Banks: 1st plot FREE, 2nd plot \$10
Potential Members: \$25/plot

Please see Sarah for details.

ACCA - Auglaize County Council on Aging
THE ACCA WILL BE BACK TO THE WAPAK FAMILY YMCA IN THE FALL!



Vegetables grown in the YMCA Community Garden

BER-GUST FARMS— Community Supported Agriculture

The Wapak Family YMCA and Ber-Gust Farms are collaborating to bring all-natural and chemical-free produce to YMCA members. By joining this C.S.A (Community Supported Agriculture) you will have fresh, local produce delivered to the YMCA each week for you to pick up. The program runs approximately 22 weeks beginning in June.

Fee: \$15/week Half Bushel
\$25/week Full Bushel

Spots are limited! This program is open exclusively to Wapak YMCA members. Registration forms located in the YMCA lobby or contact Rick Kabara from Ber-Gust Farms at 419-230-2195 for more details.

VOLUNTEERISM & GIVING

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Whether you want to help people improve their overall health, support children and youth as they grow into adults, create a welcoming environment or simply make a difference in someone's life, the Y has a wide variety of volunteer opportunities where you can make a difference.

Volunteer opportunities available in the following areas:

- Swim Lessons
- Wellness Center
- Bike Tour
- Teen Dances
- Lock-In's

- Youth Sports
- Monster Dash 5k
- Nursery
- Day Camp
- Before & After School Care
- Fundraising
- Landscaping
- Committees

For a complete description of volunteer opportunities and age requirements, please see the Volunteer Opportunity Brochure at the Courtesy Counter.