



PROGRAM GUIDE

Fort Meigs YMCA
Anthony Wayne YMCA
May- August 2024



GENERAL INFORMATION

FORT MEIGS BRANCH HOURS

Monday - Thursday	4:30AM - 10PM
Friday	4:30 - 9PM
Saturday	6AM - 6PM
Sunday	12PM - 6PM

ANTHONY WAYNE HOURS

Monday - Thursday	5:15AM - 7:00PM
Friday	5:15AM - 6:00PM
Saturday	8:00AM - 12:00PM
Sunday	Closed

Stay connected
on the go

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WITH EVERY MEMBERSHIP.

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WHY WE'RE HERE

FOR YOUTH DEVELOPMENT

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, the Y provides all youth with tools and resources they need to succeed in life.

FOR HEALTHY LIVING

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. Thee programs and all the Y does are in service of making us - our Ys and our communities - better.

FOR SOCIAL RESPONSIBILITY

We know that when we work together, we move individuals, families and communities forward. The Y responds to society's most pressing needs by developing innovative solutions to help those in need reach their full potential. We are committed to inspiring a spirit of service by uniting individuals to participate towards positive social change.

WHAT CAN YOU DO AT THE Y?

Ages 0 - 2

Ages 3 - 5

Ages 6 - 12

Ages 13 - 17

Parent/Child Swim Lessons

Preschool Swim Lessons

School Age Swim Lessons

Competitive Swim Lessons

Fort Meigs YMCA Swim Team

Kidzone, Ages 6wks - 10

Fit 101, Ages 10 - 17

Sports Performance Training, Ages 7 - 17

ABCs & 123s, Ages 2 - 4

Music Lessons

Dance Lessons

Art Classes, Ages 2 - 12

Youth Sports, Ages 3 - 14

Kids That Cook, Ages 3 - 8

Learn to Kayak, Ages 10+

Birthday Party Rental

Family Fun Zone, (Sat 9 - 10AM) @ Anthony Wayne YMCA

Gymnastics @ the YMCA Gymnastics Center

YMCA Childcare

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Sports.....pg 20

Family Programs.....pg 24

WHAT CAN YOU DO AT THE Y?

Adults 18+

Active Older Adults

Family

Community & Special Events

Intermediate or Advanced Swim, Ages 16+

Private, Semi-Private or Family Swim Lessons

100 Mile Swim Club

Fit 101

Smart Start

Healthy Living Initiatives: Chronic Disease Prevention

Massage Packages

Personal Training Packages

Pickleball

Birthday Party Rental

Family Fun Zone, (Sat 9 - 10AM) @ Anthony Wayne YMCA

Gymnastics @ the YMCA Gymnastics Center

YMCA Childcare

Aquatics.....pg

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Family Programs.....pg

Sports.....pg

YMCA Gymnastics.....pg



DEVELOPING SKILLS AT YOUR PACE



MONTHLY STEP 1

- Typically age 2 and up
- One month commitment
- Learn age appropriate skill fundamentals while developing confidence
- Classes meet once per week
- Curriculum meets monthly to reinforce skills



ACADEMY STEP 2

- Typically age 6 and up
- Session commitment (Sep.-Dec.) & (Jan.- May)
- Classes meet one or two times a week
- Curriculum progresses to prepare for performance
- May also perform at local events and recitals
- Additional costs
- Improve strength, flexibility and coordination while developing confidence and friendships
- Available in Gymnastics, Dance, Cheer, Ninja, and swim
- Director approval may be required

TEAM STEP 3

- Designed for athletes that are dedicated to their sport
- Compete in local, regional state, and/or national competitions depending on the sport
- May also perform at local events and recitals
- Available in Gymnastics and Cheer
- Teams require auditions and/or director approval



YMCATOLEDO.ORG



PROGRAM CALENDAR

MONTHLY EXPERIENCE

Explore age-appropriate skill fundamentals while developing confidence.

Enjoy activities including:

Member Monthly Cost: \$25

Swim Lessons, Creative Arts, Sports Clinics

Non-Member Monthly Cost: \$50

Registration for January - April Experience Programs Starts:

4/8/2024 For Members

4/15/2024 For Non-Members

MAY						
a	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY						
S	M	T	W	T	F	S
	1	2	3		5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



First Day Monthly Experience



Last Day Monthly Experience



Holiday

AQUATICS @ FM YMCA

EXPERIENCE: PARENT/CHILD SWIM LESSONS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<p>Swim Starters</p> <p>Ages 6-36months</p> <p>Class in therapy pool</p> <p>**Class in lap pool</p>	<p>Parent/Child class. Learn to blow bubbles, tow, float, roll and wall grab.body positions, safety and to tow, float, roll and monkey crawl</p> <p>Enjoy the water with play.</p>	<p>WED 11:30-12PM**</p> <p>TH 6:00 - 6:30PM</p> <p>TH 6:30-7:00PM</p> <p>SAT 9-9:30AM</p> <p>SAT 9:30-10AM</p> <p>SAT 10-10:30AM</p> <p>SAT 10:30-11AM</p> <p>SAT 11-11:30AM</p> <p>SAT 11:30-12PM</p>	<p>TUES 6:00 -6:30PM</p> <p>TUES 6:30-7:00PM</p> <p>SAT 9-9:30AM</p> <p>SAT 9:30-10AM</p> <p>SAT 10-10:30AM</p> <p>SAT 10:30-11AM</p> <p>SAT 11-11:30AM</p> <p>SAT 11:30-12PM</p>	<p>TUES 6:00 -6:30PM</p> <p>TUES 6:30-7:00PM</p> <p>SAT 9-9:30AM</p> <p>SAT 9:30-10AM</p> <p>SAT 10-10:30AM</p> <p>SAT 10:30-11AM</p> <p>SAT 11-11:30AM</p> <p>SAT 11:30-12PM</p>	<p>TUES 6:00 -6:30PM</p> <p>TUES 6:30-7:00PM</p> <p>SAT 9-9:30AM</p> <p>SAT 9:30-10AM</p> <p>SAT 10-10:30AM</p> <p>SAT 10:30-11AM</p> <p>SAT 11-11:30AM</p> <p>SAT 11:30-12PM</p>

EXPERIENCE: PRESCHOOL SWIM LESSONS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<p>Swim Basics Stage 1</p> <p>Ages 3 - 5</p>	<p>Develop comfort and safety in water. Learn to submerge, glide, float, roll and water exit.</p>	<p>MON 6:15-6:45PM</p> <p>TUES 5-5:30PM</p> <p>WED 12-12:30PM</p> <p>WED 5:45-6:15PM</p> <p>TH 9:30-10:00AM</p> <p>TH 7-7:30PM</p> <p>SAT 9:30-10AM</p> <p>SAT 10-10:30AM</p> <p>SAT 11-11:30AM</p>	<p>MON 5:30- 6:00PM</p> <p>MON 6:00- 6:30PM</p> <p>TUES 5:30- 6:00PM</p> <p>TUES 6:00- 6:30PM</p> <p>WED 5:00- 5:30PM</p> <p>WED 6:00-6:30PM</p> <p>TH 6:30-7:00PM</p> <p>SAT 10-10:30AM</p> <p>SAT 11-11:30AM</p>	<p>MON 5:30- 6:00PM</p> <p>MON 6:00- 6:30PM</p> <p>TUES 5:30- 6:00PM</p> <p>TUES 6:00- 6:30PM</p> <p>WED 5:00- 5:30PM</p> <p>WED 6:00-6:30PM</p> <p>TH 6:30-7:00PM</p> <p>SAT 10-10:30AM</p> <p>SAT 11-11:30AM</p>	<p>MON 5:30- 6:00PM</p> <p>MON 6:00- 6:30PM</p> <p>TUES 5:30- 6:00PM</p> <p>TUES 6:00- 6:30PM</p> <p>WED 5:00- 5:30PM</p> <p>WED 6:00-6:30PM</p> <p>TH 6:30-7:00PM</p> <p>SAT 10-10:30AM</p> <p>SAT 11-11:30AM</p>

Does your child go underwater voluntarily? Look at Swim Basics Stage 2

<p>Swim Basics Stage 2</p> <p>Ages 3 - 5</p>	<p>Focus on body position, control, directional change and treading.</p>	<p>MON 5:45-6:15PM</p> <p>TUES 7-7:30PM</p> <p>WED 12:30-1PM</p> <p>WED 5:15-5:45PM</p> <p>WED 6:45-7:15PM</p> <p>TH 11:15-11:45AM</p> <p>TH 6-6:30PM</p> <p>SAT 9-9:30AM</p> <p>SAT 10:30-11AM</p> <p>SAT 11:30-12PM</p>	<p>MON 4:30-5PM</p> <p>MON 5:30-6PM</p> <p>TUES 5:30-6PM</p> <p>TUES 7-7:30PM</p> <p>WED 6:00-6:30PM</p> <p>TH 6-6:30PM</p> <p>SAT 9-9:30AM</p> <p>SAT 10:30-11AM</p> <p>SAT 11:30-12PM</p>	<p>MON 4:30-5PM</p> <p>MON 5:30-6PM</p> <p>TUES 5:30-6PM</p> <p>TUES 7-7:30PM</p> <p>WED 6:00-6:30PM</p> <p>TH 6-6:30PM</p> <p>SAT 9-9:30AM</p> <p>SAT 10:30-11AM</p> <p>SAT 11:30-12PM</p>	<p>MON 4:30-5PM</p> <p>MON 5:30-6PM</p> <p>TUES 5:30-6PM</p> <p>TUES 7-7:30PM</p> <p>WED 6:00-6:30PM</p> <p>TH 6-6:30PM</p> <p>SAT 9-9:30AM</p> <p>SAT 10:30-11AM</p> <p>SAT 11:30-12PM</p>
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Can your child do a front and back float on their own? Look at Swim Basics Stage 3

<p>Swim Basics Stage 3</p> <p>Ages 3 - 5</p>	<p>Develop skills in forward movement, rhythmic breathing and coordinated arm/leg action.</p>	<p>MON 5:15-5:45PM</p> <p>TUES 6:00-6:30PM</p> <p>WED 1-1:30PM</p> <p>WED 6:15-6:45PM</p> <p>TH 10:45-11:15AM</p> <p>TH 5-5:30PM</p> <p>SAT 9-9:30AM</p> <p>SAT 11-11:30AM</p>	<p>MON 4:30-5PM</p> <p>MON 5:45-6:15PM</p> <p>TUES 5:00-5:30PM</p> <p>TUES 6:00-6:30PM</p> <p>TUES 7-7:30PM</p> <p>WEDS 5:30-6PM</p> <p>WEDS 7:15-7:45PM</p> <p>TH 5-5:30PM</p> <p>SAT 9-9:30AM</p> <p>SAT 11-11:30AM</p>	<p>MON 4:30-5PM</p> <p>MON 5:45-6:15PM</p> <p>TUES 5:00-5:30PM</p> <p>TUES 6:00-6:30PM</p> <p>TUES 7-7:30PM</p> <p>WEDS 5:30-6PM</p> <p>WEDS 7:15-7:45PM</p> <p>TH 5-5:30PM</p> <p>SAT 9-9:30AM</p> <p>SAT 11-11:30AM</p>	<p>MON 4:30-5PM</p> <p>MON 5:45-6:15PM</p> <p>TUES 5:00-5:30PM</p> <p>TUES 6:00-6:30PM</p> <p>TUES 7-7:30PM</p> <p>WEDS 5:30-6PM</p> <p>WEDS 7:15-7:45PM</p> <p>TH 5-5:30PM</p> <p>SAT 9-9:30AM</p> <p>SAT 11-11:30AM</p>
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Can your child swim 10 - 15 years on their front and back on their own? Look at Swim Strokes Stage 4

<p>Swim Strokes Stage 4</p> <p>Ages 3 - 5</p>	<p>Progress to stroke technique in front/back crawl, breaststroke and butterfly kick.</p>	<p>MON 6:45-7:15PM</p> <p>WED 5:15-5:45PM</p> <p>TH 10-10:30AM</p> <p>TH 12-12:30PM</p> <p>TH 5:30-6PM</p> <p>SAT 10:30-11AM</p>	<p>MON 4:30-5:00PM</p> <p>MON 6:30-7:00PM</p> <p>TUES 5:30-6:00PM</p> <p>WED 6:00-6:30PM</p> <p>TH 5:30-6:00PM</p> <p>SAT 10 -10:30AM</p>	<p>MON 4:30-5:00PM</p> <p>MON 6:30-7:00PM</p> <p>TUES 5:30-6:00PM</p> <p>WED 6:00-6:30PM</p> <p>TH 5:30-6:00PM</p> <p>SAT 10 -10:30AM</p>	<p>MON 4:30-5:00PM</p> <p>MON 6:30-7:00PM</p> <p>TUES 5:30-6:00PM</p> <p>WED 6:00-6:30PM</p> <p>TH 5:30-6:00PM</p> <p>SAT 10 -10:30AM</p>
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AQUATICS @ FM YMCA

EXPERIENCE: SCHOOL AGE SWIM LESSONS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
Swim Basics Stage 1 Ages 6 - 12	Develop comfort and safety in water. Learn to submerge, glide, float, roll and water exit.	MON 7:15-7:45PM TUES 6:30-7PM WEDD6:15-6:45PM TH 7:30-8PM	MON 5:00-5:30PM TUES 6:30-7PM WEDS 5:00-5:30PM WEDS 7:15-7:45PM TH 7:00-7:30PM SAT 9:30-10:00AM	MON 4:30-5:00PM MON 6:30-7:00PM TUES 5:30-6:00PM WED 6:00-6:30PM TH 5:30-6:00PM SAT 10 -10:30AM	MON 4:30-5:00PM MON 6:30-7:00PM TUES 5:30-6:00PM WED 6:00-6:30PM TH 5:30-6:00PM SAT 10 -10:30AM

Does your child go underwater voluntarily? Look at Swim Basics Stage 2

Swim Basics Stage 2 Ages 6 - 12	Focus on body position and control, directional change and treading water.	TUES 5:30-6:PM WED 5:45-6:15PM SAT 9:30-10AM	TUES 6:30-7:00PM WEDS 5:30-6:00PM WEDS 7:15-7:45PM SAT 10:30-11AM SAT 11:30-12PM	MON 6:00-6:30PM TUES 5:00-5:30PM TUES 6:30-7:00PM WEDS 5:30-6:00PM WEDS 7:15-7:45PM SAT 10:30-11AM SAT 11:30-12PM	TUES 6:30-7:00PM WEDS 5:30-6:00PM WEDS 7:15-7:45PM SAT 10:30-11AM SAT 11:30-12PM
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Can your child do a front and back float on their own? Look at Swim Basics Stage 3

Swim Basics Stage 3 Ages 6 - 12	Develop skills in forward movement, rhythmic breathing and coordinated arm/leg action.	MON 6:45-7:15PM TUES 7:30-8PM WED 6:45-7:15PM TH 6:30pm-7PM SAT 10-10:30AM SAT 11:30-12PM	MON 5:00-5:30PM MON 6:30-7PM TUES 5:00-5:30PM WED 5:30-6PM TH 7:15-7:45PM SAT 9:30-10AM SAT11:15-11:45AM	MON 5:00-5:30PM MON 6:30-7PM TUES 5:00-5:30PM WED 5:30-6PM TH 7:15-7:45PM SAT 9:30-10AM SAT11:15-11:45AM	MON 5:00-5:30PM MON 6:30-7PM TUES 5:00-5:30PM WED 5:30-6PM TH 7:15-7:45PM SAT 9:30-10AM SAT11:15-11:45AM
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Can your child swim 10 yards on their front and back on their own? Look at Swim Strokes Stage 4

Swim Strokes Stage 4 Ages 6 - 12	Progress to stroke technique in front/back crawl, breaststroke and butterfly kick.	MON 6:00-6:45PM TUES 6:30-7:15PM WED 7:15-8:00PM TH 5:00-5:45PM TH 7:15-8:00PM SAT 10:30-11:15A	MON 5:00-5:45PM WED 6:30-7:15PM TH 6:30-7:15PM SAT 10:30-11:15A	MON 5:00-5:45PM WED 6:30-7:15PM TH 6:30-7:15PM SAT 10:30-11:15A	MON 5:00-5:45PM WED 6:30-7:15PM TH 6:30-7:15PM SAT 10:30-11:15A
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Can your child swim 15 yards of front and back crawl? Look at Swim Strokes Stage 5

Swim Strokes Stage 5 Ages 6 - 12	Learn all major competitive strokes and continue to develop technique.	TUES 5:00-5:45PM TUES 7:15-8PM TH 5:45- 6:30PM SAT 9:00-9:45AM	MON 6:15-7PM WED 6:30-7:15PM TH 5:00:5:45PM SAT 9:00-9:45AM	MON 6:15-7PM WED 6:30-7:15PM TH 5:00:5:45PM SAT 9:00-9:45AM	MON 6:15-7PM WED 6:30-7:15PM TH 5:00:5:45PM SAT 9:00-9:45AM
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Can your child swim front crawl, back crawl and breaststroke across the pool? Look at Swim Strokes Stage 6

Swim Strokes Stage 6 Ages 6 - 12	Refine technique and complete lesson progression. Learn about competitive swim and swimming for a healthy lifestyle.	TUES 5:45- 6:30PM TH 6:30-7:15PM SAT 9:45 10:30AM	WEDS 6:30-7:15PM TH 5:45-6:30PM SAT 9:45 10:30AM	WEDS 6:30-7:15PM TH 5:45-6:30PM SAT 9:45 10:30AM	WEDS 6:30-7:15PM TH 5:45-6:30PM SAT 9:45 10:30AM
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AQUATICS @ FM YMCA

EXPERIENCE: AQUATICS SPECIALTY

PROGRAM	DESCRIPTION	MAY
<u>Competitive Swim</u> Ages 9-15	Must complete Swim Stage 6. Refine skills and focus on turns, starts, sets, and endurance.	MON 7:15-8PM SAT 11:15-12PM

LIFEGUARD CLASSES

April 13th & 14th 8am-6pm, April 20 & 21 8am -6pm, May 4th & 5th 8am-6pm

AGES 15+

YOU WILL BE ELIGIBLE FOR HIRE IF YOU COMPLETE THE CLASS

100 MILE SWIM CLUB

Ages 13+.

Challenge yourself in this self-paced program to swim 100 miles in 2024! After registering, members will receive a link to log miles electronically. Recorded laps must be completed at the Y. Swimmers who meet their end of year goal receive an exclusive t-shirt!



FORT MEIGS SWIM TEAM

Ages 6+.

Spring Season: April 15th -May 31st

Summer Season: June 3rd- July 19th

New swimmers must attend an evaluation on April 2nd from 5:30-7pm to be assigned a practice group based on their ability and age.

EXPERIENCE: TEEN & ADULT SWIM

PROGRAM	DESCRIPTION	MAY
<u>Intermediate Lap Swim</u> Ages 16+	Perfect your stroke techniques and coordinating breathing. Drills and interval training are used to increase endurance and cardiovascular strength.	TUES 9:15-10:15 & TH 9:15-10:15
<u>Advanced Lap Swim</u> Ages 16+	Emphasis on swim conditioning and building endurance using proper technique. Advanced swim drills and sprints will be incorporated into class.	TUES 10:15-11:15 & TH 10:15-11:15

PRIVATE SWIM LESSON PACKAGES

Private swim lessons allow you to work towards personal swim goals. Lessons are 30 minutes each and available by appointment only. To connect with YMCA aquatics staff, fill out an interest form for the swim package of your choice.

Swim Package of 4 Lessons	Member Cost	Non-Member Cost
<u>Private Swim Lessons (1-on-1)</u>	\$110	\$190
<u>Semi-Private Lessons (2 people)</u>	\$70 per person	\$125 per person
<u>Family Private Lessons (4 people)</u>	\$145 per family	\$250 per family



ARTS & HUMANITIES @ FM YMCA

EXPERIENCE: CREATIVE ARTS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
Art for Tiny Tots Ages 2 - 3	Students and their parent will discover and explore many different art materials and create together.	WED 11-11:30	WED 11-11:30	WED 11-11:30	WED 11-11:30
Preschool Art Ages 3 - 5	Get familiar with different art mediums such as paint, crayons, watercolor and more!	TH 10:30-11:00	TH 10:30-11:00	TH 10:30-11:00	TH 10:30-11:00
Arts & Crafts Ages 6 - 12	Create a variety of art projects using different mediums including paints, clay, yarns and more!	WEDS 6:45-7:15	WEDS 6:45-7:15	WEDS 6:45-7:15	WEDS 6:45-7:15

EXPERIENCE: MUSIC

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
Piano 1 Ages 7 - 12	Focus on the basics of piano including placement, musical notes, reading music, and beginner songs.	FRI 5:00-5:45	FRI 5:00-5:45	FRI 5:00-5:45	FRI 5:00-5:45
Piano 2 Ages 7 - 12	Focus on the basics of piano including placement, musical notes, reading music, and beginner songs.	FRI 6:00-6:45	FRI 6:00-6:45	FRI 6:00-6:45	FRI 6:00-6:45
Guitar Ages 6+	Learn the basics of guitar including proper fingering, chords, and scales. Please bring your own acoustic guitar	TH 5:30-6:15 TH 6:15-7:00	TH 5:30-6:15 TH 6:15-7:00	TH 5:30-6:15 TH 6:15-7:00	TH 5:30-6:15 TH 6:15-7:00

ACADEMY: MARTIAL ARTS & ACTING/IMPROV

PROGRAM	DESCRIPTION	MAY	JUNE
Tae Kwon Do Ages 6-11	Korean Karate, an excellent discipline of exercise that builds confidence and respect, increases flexibility, and promotes proper breathing and coordination of mind, body, and spirit!	SAT 1:00-1:50PM	SAT 1:00-1:50PM
Tae Kwon Do Ages 12-17	Korean Karate, an excellent discipline of exercise that builds confidence and respect, increases flexibility, and promotes proper breathing and coordination of mind, body, and spirit!	SAT 2:00-3:00	SAT 2:00-3:00
Acting & Improv Ages 12+	Acting class for all experience levels, beginners & pros welcome! Explore improvisational acting, write perform a short sketch comedy, learn monologues & techniques for auditioning for both stage and screen.	SAT 2:15-3:15	SAT 2:15-3:15

ARTS & HUMANITIES @ FM YMCA

EXPERIENCE: DANCE

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
Ballet Intro Ages 3 - 6	Develop gross motor skills and learning basic ballet positions.	SAT 9:30-10	SAT 9:30-10	SAT 9:30-10	SAT 9:30-10
Ballet 1 Ages 4 - 5	Focus on basic technique, balance and positions. Learn rhythm with a simple routine	SAT 10:00-10:30	SAT 10:00-10:30	SAT 10:00-10:30	SAT 10:00-10:30
Ballet 2 Ages 6 - 8	Focus on basic technique, balance and positions. Learn rhythm with a simple routine	SAT 10:45- 11:30	SAT 10:00-10:30	SAT 10:00-10:30	SAT 10:00-10:30
Ballet 3/4 Ages 7 - 17	Develop footwork, technique, control, strength and flexibility.	FRI 4:15-5:15	FRI 4:15-5:15	FRI 4:15-5:15	FRI 4:15-5:15
Teen Combo Ballet & Contemporary Ages 9 - 18	A beginner level class with 30 minutes of ballet & 30 minutes of contemporary dance focus.	SAT 11:45-12:45	SAT 11:45-12:45	SAT 11:45-12:45	SAT 11:45-12:45
Ballet Advanced Ages 7 - 17	Designed for students who have mastered Ballet Intermediate.	TUES 4:30-6	TUES 4:30-6	TUES 4:30-6	TUES 4:30-6
Praise Ballet Ages 7 - 17	Focus on basic movement and learn to "praise His name with dancing" as in Psalms 149.3.	TUES 6:15-6:45	TUES 6:15-6:45	TUES 6:15-6:45	TUES 6:15-6:45
Hip Hop Peeps Ages 3-5	This introduction to hip hop will focus on basic terminology, coordination, foot, and arm technique and balance.	WEDS 5:30-6	WEDS 5:30-6	WEDS 5:30-6	WEDS 5:30-6
Hip Hop Ages 6-10	Focus on basic terminology, coordination, foot, and arm technique and balance.	WEDS 6-6:45	WEDS 6-6:45	WEDS 6-6:45	WEDS 6-6:45

EDUCATION @ FM YMCA

EXPERIENCE: EDUCATION

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
Kids that Cook	Ages 3 - 5 & 5-8 Students will enjoy food exploration by creating healthy, tasty food!	FRI Ages-3-5 3-4pm Ages 5-8 4:30-5:30pm	FRI Ages-3-5 3-4pm Ages 5-8 4:30-5:30pm	FRI Ages-3-5 3-4pm Ages 5-8 4:30-5:30pm	FRI Ages-3-5 3-4pm Ages 5-8 4:30-5:30pm
ABC's & 123's	Ages 2-4 Help prepare your child for preschool by learning about letters, numbers, shapes and more.	TUES & THURS 12:15-1:00	TUES & THURS 12:15-1:00	TUES & THURS 12:15-1:00	TUES & THURS 12:15-1:00

KID ZONE

@ FORT MEIGS

Y Family Members can drop their children off for free childcare while working out!

Ages 6weeks to 10yrs old

Mornings

Mon-Fri

9:00am-12pm

Afternoons

Mon-Thurs

4:45pm-8:00pm

Weekends

Saturday

8:00am-12pm

2024 GYMNASTICS CALENDAR

Spring 1 April 22nd - June 8th

Pre Reg April 1st

Member Reg April 8th

Non Member April 15th

Summer June 17th - August 10th

Pre Reg May 27th

Member Reg May 3rd

Non Member June 10th



GYMNASTICS

ACADEMY PROGRAMS

PROGRAM	DESCRIPTION	SPRING 1	SUMMER	COST
Punkins Ages 1-2 (w/parent)	Movement education for "furniture walkers" through 24 months, with parent. Introductory gymnastics skills with emphasis on large motor skill development, balance, and coordination	TH 9:30-10:00 5:30-6:00 SAT 8:30-9:00	TH 9:30-10:00 5:30-6:00pm SAT 8:30-9:00am	Members: \$42 Non Members \$84
Scooters Ages 2-3 (w/parent)	Introductory gymnastics skills with emphasis on large motor skill development, balance, and coordination	MON 9:30-10:00 TUES 9:30-10:00 5:30-6:00 WEDS 9:30-10:00 TH 6:00-6:30 SAT 9:00-9:30 10:00-10:30	MON 9:30-10:00 TUES 9:30-10:00 5:30-6:00 WEDS 9:30-10:00 TH 6:00-6:30 SAT 9:00-9:30 10:00-10:30	Members: \$42 Non Members \$84
Mitey 3's Ages 3 (Parent Aided)	Program promotes strength, balance, coordination, flexibility, focus and gross motor skills. Progressive gymnastics skills are introduced and developed as the gymnast's skill level improves.	MON 10:00-10:45 TUES 10:00-10:45 4:45-5:30 6:00-6:45 WEDS 10:00-10:45 TH 10:00-10:45 SAT 12:00-12:45	MON 10:00-10:45 TUES 10:00-10:45 4:45-5:30 6:00-6:45 WEDS 10:00-10:45 TH 10:00-10:45 SAT 12:00-12:45	Members: \$44 Non Members \$88
Mitey 4's Ages 4-5	Coed, Age specific to 4 & 5 year olds, without parent. Gymnastics equipment-based classes. Developmentally appropriate program promotes strength, balance, coordination, flexibility, focus and gross motor skills. Progressive gymnastics skills (beginner-intermediate) are introduced and developed as the gymnast's skill level improves. Equipment includes all "big kid" Olympic events sized for "little kids"!	MON 10:45-11:30 TUES 10:45-11:30 12:30-1:15 4:00-4:45 WEDS 10:45-11:30 TH 10:45-11:30 12:30-1:15 4:00-4:45 4:45-5:30 6:30-7:15 SAT 10:30-11:15 11:15-12:00	MON 10:45-11:30 TUES 10:45-11:30 12:30-1:15 4:00-4:45 WEDS 10:45-11:30 TH 10:45-11:30 12:30-1:15 4:00-4:45 4:45-5:30 6:30-7:15 SAT 10:30-11:15 11:15-12:0	Members: \$44 Non Members \$88
Special Needs Motor Movers	We've created an engaging space for children who may need additional supports or a calmer place in which to learn. Our aim is to provide all children quality developmental programming. Children with Autism Spectrum Disorders and/or Motor Development Delays may benefit from this class.	SAT 2:00-2:30 2:45-3:15	SAT 2:00-2:30 2:45-3:15	Members: \$42 Non Members \$84
Preschool Open Gym Ages 0-6	You and your children can play together under staff supervision on our trampoline, in our foam pit, or test your balance on our beams.	WEDS 12:00-1:00	WEDS 12:00-1:00	Members: \$44 Non Members \$88 (Infants are free)

GYMNASTICS

ACADEMY PROGRAMS

PROGRAM	DESCRIPTION	SPRING 1	SUMMER	COST
Girls 1 Ages 5-6	Beginning gymnastics skills. Introduction to all four events. For ages 5-6.	MON 6:30-7:30 TUES 4:00-5:00 5:05-6:05 6:15-7:15 TH 12:30- 1:30 4:00-5:00 5:05-6:05 6:15- 7:15 SAT 9:00-10:00 10:00-11:00	MON 6:30-7:30 TUES 4:00-5:00 5:05-6:05 6:15-7:15 TH 12:30- 1:30 4:00-5:00 5:05-6:05 6:15- 7:15 SAT 9:00-10:00 10:00-11:00	Members: 46 Non members \$92
Girls 2 Ages 7+	Beginning gymnastics skills. Introduction to all four events. For ages 7 and up.	TUES 4:00-5:00 5:05-6:05 6:15-7:15 TH 12:30-1:30 4:00-5:00 5:05-6:05 6:15-7:15 SAT 9:00-10:00 10:00-11:00	TUES 4:00-5:00 5:05-6:05 6:15-7:15 TH 12:30-1:30 4:00-5:00 5:05-6:05 6:15-7:15 SAT 9:00-10:00 10:00-11:00	Members: 46 Non members \$92
Girls 3	Intermediate level. Continues to build on skills learned in Girls 1 & 2. Body position and form stressed. For ages 5 and up	TUES 4:00-5:00 5:05-6:05 6:15-7:15 TH 12:30-1:30 4:00-5:00 5:05-6:05 6:15-7:15 SAT 9:00-10:00 10:00-11:00	TUES 4:00-5:00 5:05-6:05 6:15-7:15 TH 12:30-1:30 4:00-5:00 5:05-6:05 6:15-7:15 SAT 9:00-10:00 10:00-11:00	Members: 46 Non members \$92
Girls 4	Advanced Intermediate. Successful completion of Girls 3 skills is required. For ages 6 and up.	TUES 5:05-6:05 6:15-7:15 WED 6:30-7:30 TH 12:30-1:30 5:05-6:05 6:15-7:15 SAT 11:00-12:00	TUES 5:05-6:05 6:15-7:15 WED 6:30-7:30 TH 12:30-1:30 5:05-6:05 6:15-7:15 SAT 11:00-12:00	Members: \$46 Non Member: \$92
Girls 5/6 (60 or 90min) Ages 6+	GIRLS 5: Advanced. Students progressing out of Girls 5 may move to Girls 6 or try out for Pre-team (June/Dec. only). GIRLS 6: Most Advanced. Open-ended skill development, for girls not interested in competitive gymnastics or still training for Pre-Team/Gymcat tryouts.	(60min) TH 12:30-1:30 (90min) MON 6:30-7:30 TUES 6:15-7:45 WEDS 6:30-7:30 TH 6:15-7:45 SAT 11:00-12:30	TH 12:30pm-1:30pm	Members: \$46 Non Member: \$92

GYMNASTICS

ACADEMY PROGRAMS

PROGRAM	DESCRIPTION	SPRING 1	SUMMER	COST
Boys Level 1	Beginning gymnastics skills. Introduction to all six men's gymnastics events. Body and spatial awareness stressed. For ages 5 and up.	TUES 4:00-5:00 5:05-6:05 TH 4:00-5:00 5:05-6:05	TUES 4:00-5:00 5:05-6:05 TH 4:00-5:00 5:05-6:05	Members: \$46 Non Member: \$92
Boys Level 2	Boys progress to this level after successful completion of Boys' Level 1 and coach recommendation. Skills build progressively from the beginner level. For ages 6 and up.	TH 5:05-6:05pm	TH 5:05-6:05pm	Members: \$46 Non Member: \$92
Mitey Ninja Ages 5-6	Active kids are BACK! Put down the video game & jump over the couch! Ninja challenges kids of all ages using Jonathan Horton's G2N (gymnast to ninja)'s system and curriculum to be active, creative and skillful. You can call it warrior, parkour or ninja...we call it fun!!! Co-ed.	SAT 10:30-11:15 11:15-12:00	SAT 10:30-11:15 11:15-12:00	Members: \$44 Non Member: \$88
Junior Ninja Ages 6-9	Active kids are BACK! Put down the video game & jump over the couch! Ninja challenges kids of all ages using Jonathan Horton's G2N (gymnast to ninja)'s system and curriculum to be active, creative and skillful. You can call it warrior, parkour or ninja...we call it fun!!! Co-ed.	MON 7:30-8:30 TUES 7:30-8:30 SAT 12:45-1:45	MON 7:30-8:30 TUES 7:30-8:30 SAT 12:45-1:45	Members: \$46 Non Member: \$92
Super Ninja Ages 10-14	Active kids are BACK! Put down the video game & jump over the couch! Ninja challenges kids of all ages using Jonathan Horton's G2N (gymnast to ninja)'s system and curriculum to be active, creative and skillful. You can call it warrior, parkour or ninja...we call it fun!!! Co-ed.	TH 7:30-8:30pm	TH 7:30-8:30pm	Members: \$46 Non Member: \$92

GYMNASTICS

INDIVIDUAL EVENT SKILLS CLASSES- COED

PROGRAM	DESCRIPTION	SPRING 1	SUMMER	COST
Bar Skills	A class concentrating on strength and skill development needed for bars.	TH 7:30-8:30pm	TH 7:30-8:30pm	Members: \$46 Non Member: \$92
Tumbling 1	Beginning tumbling. Skills include: forward and backward rolls, cartwheels, handstands, round offs and bridge kick-overs. For ages 5 and up	MON 7:30-8:30 TUES 7:30-8:30pm TH 1:30-2:30 7:30-8:30pm SAT 12:45-1:45	MON 7:30-8:30 TUES 7:30-8:30pm TH 1:30-2:30 7:30-8:30pm SAT 12:45-1:45	Members: \$46 Non Member: \$92
Tumbling 2	For ages 6 and up. Intermediate tumbling. Skills include: power round off, front and back walkovers, front and back handsprings.	MON 7:30-8:30 TUES 7:30-8:30pm TH 1:30-2:30 7:30-8:30pm SAT 12:45-1:45	MON 7:30-8:30 TUES 7:30-8:30pm TH 1:30-2:30 7:30-8:30pm SAT 12:45-1:45	Members: \$46 Non Member: \$92
Tumbling 3	Advanced tumbling. Skills include: Connected tumbling series, multiple handsprings, front and back saltos, aerials.	TUES 7:30-8:30pm TH 7:30-8:30pm	TUES 7:30-8:30pm TH 7:30-8:30pm	Members: \$46 Non Member: \$92
Teens & Tweens	Designed for girls ages 11 and older. You're never too old to start! An age sensitive option for beginners and gymnasts of all skill levels.	TUES 7:30-8:30pm	TUES 7:30-8:30pm	Members: \$46 Non Member: \$92
Mitey Miss	This class is 75 minutes, 2 days a week. These gymnast work on gymnastics shapes and skills from both USAG Level 2 and 3 competitive routines. COACH PLACEMENT ONLY!	TUES 5:05 - 6:20 TH 5:05 - 6:20	TUES 5:05 - 6:20 TH 5:05 - 6:20	Members: \$116 Non Member: \$232
Girls Pre-Team	Pre-team gymnasts will focus heavily on USAG Level 3 competitive routines and skills. COACH PLACEMENT ONLY!	MON 6:30 - 8:00pm WEDS 6:30-8:00pm	MON 6:30 - 8:00pm WEDS 6:30-8:00pm	Members: \$138 Non Member: \$276
Competitive Teams Y's Guys Boy;s Gymnastics Team	Y's Guys compete USAG routines at USAG meets throughout Ohio and Michigan. Practice year round. USAG levels 4 -10. Boys Training Team Coach placement ONLY. Boys work with team coaches on skill progressions leading to competitive levels.	Call Jai Charles at 419-874-1815 or email toledo.ysguys@gmail.com for more information		
Competitive Teams Gymcat Girl's Gymnastics Team	GYMCATS compete in the Northwest Ohio YMCA District and USAG System- USAG routines are used. Levels 3-10	Call Jesse Hodulik at 419-874-1815 or email jhodulik@ymcatoledo.org for more information		

HEALTHY LIVING @ FM YMCA

FITNESS, HEALTH & WELLNESS



FIT 101: Ages 18+

is a free orientation to our Wellness Center. Meet with YMCA staff to review gym etiquette and receive training on proper use, settings and safety of equipment.

YOUTH AGES 10-17 MUST COMPLETE OUR FREE FIT 101 ORIENTATION BEFORE USING OUR WELLNESS CENTERS.

YOUTH FIT 101: Ages 10 - 12

After completing orientation, youth members are eligible to use all cardio equipment with an adult present.

TEEN FIT 101: Ages 13 - 17

After completing orientation, teen members are eligible to use all cardio and strength training equipment.

GET STARTED WITH SMART START

A supportive community is an important part of well-being. Studies show that 70% of people achieve success when working with a partner towards their goal, compared to 30% of those who work alone.

Our fitness and wellness staff want to be your partner on your wellness journey.

Smart Start appointments are 1-on-1 with a YMCA employee to help identify your goals in a stress-free environment. Spend 30 minutes with our trained staff to set yourself up for success and make the most of your Y membership.

[Schedule your free session today!](#)



ACTIVE OLDER ADULTS (AOA)

Our Active Older Adult (AOA) programs are designed for men and women in their 50's and older. Fort Meigs YMCA offers different enrichment programming such as "Paint & Sip" & "Create & Sip" as well as fitness classes which promote well-being while fostering friendships and camaraderie. Branches of the YMCA of Greater Toledo offer SilverSneakers®, Silver & Fit®, and Renew Active®.



HEALTHY LIVING @ FM YMCA



PERSONAL TRAINING

Want ongoing personal attention? Schedule 30 minute sessions with an experienced, certified personal trainer who will develop, monitor, and modify your exercise program to meet your needs.

Members ages 18+ receive 1 FREE personal training demo. Submit an interest form to connect with our wellness staff now.

Plan on training with a friend? Schedule 1 FREE demo of personal training PLUS for a group of 2 - 6 people.

Personal Training: 1-on-1	Package Cost	Personal Training PLUS: 2-6 people	Cost per Person
1 Session	\$35	1 Session	\$20
4 Sessions	\$124	4 Sessions	\$72
8 Sessions	\$224	8 Sessions	\$136
12 Sessions	\$300	12 Sessions	\$192
16 Sessions	\$400	16 Sessions	\$256
20 Sessions	\$500	20 Sessions	\$320

HEALTHY LIVING INITIATIVES: CHRONIC DISEASE PREVENTION

The YMCA of Greater Toledo offers evidence-based wellness programs for those facing chronic disease or reclaiming their health. All programs are FREE and open to the community. Complete our [Healthy Living Interest Form](#) to connect with Y staff.



Current Programs at Fort Meigs YMCA

Weight Loss	Open to anyone ages 18 and older 12-one hour group discussions led by trained facilitators Information about food, activity, stress, sleep	Begins week of 1/29 FM Thursdays, 5:30pm
Livestrong	Open to all individuals who have been diagnosed with cancer of any type - can be a recent diagnosis or from years ago	Begins January FM 12-1:30pm
Diabetes Prevention	For individuals with 5.7 - 6.4% A1C, 100 - 125mg/dL fasting glucose or a prediabetes or gestational diabetes diagnosis.	Begins Feb 6, 2024 FM, Tues, 5:30pm
Heart Attack and Stroke Prevention	Open to individuals with hypertension that have not experienced a recent cardiac event. Weekly blood pressure monitoring.	Begins Feb 22, 2024 FM Thurs 6:30pm

PILATES

Pilates is designed to help lengthen and strengthen the muscle systems of the body, focusing on core stability and strength without building bulk. Certified Pilates teachers use a variety of apparatus including reformer, chair, and trapeze table. Members can have a one on one Pilates personal training session or double their time by practicing with another member (up to 5 people). Cost is a single 1-on-1 personal training session per person.

Members ages 18+ receive 1 FREE personal training demo. Submit an interest form to connect with our wellness staff now.

*Pilates Mat group exercise classes are free and maybe found on the group exercise schedule. Tuesdays at 12:00pm and Fridays at 9:15am

Personal Training: 1-on-1	Package Cost
1 Session	\$35
4 Sessions	\$124
8 Sessions	\$224
12 Sessions	\$300
16 Sessions	\$400
20 Sessions	\$500



SPORTS @ FM YMCA

ACADEMY: YOUTH SPORTS LEAGUES

PROGRAM	DESCRIPTION	OPEN REG	CLOSE REG	PRACTICE START	COST
Youth Flag Football Ages 5-8	Youth Flag Football is volunteer coach led and focuses on creating a love for the game, gaining knowledge of football and having fun! Session runs for 8 weeks. Equipment provided by the program = NFL Team Reversible Jersey and flag football belt.	3/18/24	4/10/24	4/22/24	MEMBERS \$55 NON-MEMBERS \$110
Cross Country Ages 3-14	Cross Country is volunteer coach led and focuses on basic technique, endurance and having fun! Session runs for 8 weeks. Practice and meets will occur on weekday evenings.	3/18/24	4/10/24	4/22/24	MEMBERS \$35 NON-MEMBERS \$75
T-Ball Ages 3-5	This co-ed program is designed to help players learn basic skills. This is a practice/play program that will be 60 minutes long: the first 30 minutes are practice and the last 30 minutes is playing a game.	5/13/24	6/5/24	6/17/24	MEMBERS \$25 NON-MEMBERS \$55
Couch Pitch Ages 5-7	This volunteer coach pitch program is designed to help players learn basic skills. Practices will occur on a weeknight for an hour and a half and will feature stationary work with coaches in 3 stations for 45 minutes, with game play to follow. Games will occur for 45-minutes or 4 innings.	5/13/24	6/5/24	6/17/24	MEMBERS \$35 NON-MEMBERS \$75

SPORTS @ FM YMCA

EXPERIENCE: ADULT SPORTS

PROGRAM	DESCRIPTION	OPEN REG	CLOSE REG	PROGRAM TIME	COST
Phase 1 Pickleball (Beginner)	This is an entry-level, 4- week class where you learn the basics of pickleball from the rules, to the skills to drills. You will learn how to serve, return and understand how to play pickleball.	4/15/24	Two weeks before practice starts	MONDAY'S 90 MINS.	MEMBERS ONLY \$30
Phase 2 Pickleball	This is a 4-week mid-level class with emphasis on pickleball hand and eye coordination, serves, returns and dinking.	4/15/24	Two weeks before practice starts	MONDAY'S 90 MINS.	MEMBERS ONLY \$30



SPORTS

@ ANTHONY WAYNE YMCA

YOUTH SPORTS CLINICS

PROGRAM	DESCRIPTION	MAY	JUNE
Pickleball (Ages 8-12)	Phase 1 is for beginners is for someone who has never played pickleball before or the novice who has not had any formal instruction	TUES 5:30-7:00pm	TUES 5:30-7:00pm
Pickleball (Ages 13+)	Phase 1 is for Beginners is for someone who has never played pickleball before or the novice who has not had any formal instruction. Blue Creek Park, Whitehouse	WEDS 5:30-7:30	N/A
Soccer (Ages 3-5)	Practice/Play format. This programming places a strong emphasis on fun, fair play, equal playing time, and learning the fundamentals of soccer. Blue Creek Park, Whitehouse	TUES 5:30-7:30pm	TUES 5:30-7:30pm
T-ball (Ages 3-5)	Practice/Play format. This programming places a strong emphasis on fun, fair play, equal playing time, and learning the fundamentals of T-Ball Blue Creek Park, Whitehouse	WEDS 5:30-7:30	WEDS 5:30-7:30

EXPERIENCE: YOUTH SPORTS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
Strength & Conditioning (ages 8-12)	Strength and conditioning is the application of resistance, plyometric, agility and speed training. Young athletes will enhance athletic performance, long-term health and prevent and/or rehabilitate injuries.	TUES 5:00-5:45PM	TUES 5:00-5:45PM	TUES 5:00-5:45PM	

EXPERIENCE: YOUTH SPORTS CLUB

PROGRAM	DESCRIPTION	MAY	JUNE
Walking/Running Club (Ages 13+)	This active healthy club likes to walk, jog or run to improve their physical health. Our goal is to getting moving one step at a time at the pace that best suits your fitness level.	TUES 6:00-7:00PM	TUES 6:00-7:00PM

SPORTS

@ ANTHONY WAYNE YMCA

EXPERIENCE: ADULT SPORTS

PROGRAM	DESCRIPTION	MAY	JUNE
Phase 1 Pickleball Members 18+	For beginners, someone who has never played pickleball before or the novice who has not had any formal instruction	MON 5:30-7:00PM TUES 9-10:30am	MON 5:30-7:00PM TUES 9-10:30am
Phase 2 Pickleball Members 18+	Building off of Phase 1 Pickleball, using safe and balanced mobility and being able to sustain a short rally with players of equal ability.	TH 9:00-10:30am TH 10:30-12pm	TH 9:00-10:30am TH 10:30-12pm
Phase 3 Pickleball Members 18+	Building off Phase 2, understands the fundamentals and is learning proper court positioning. Knows the fundamental rules.	TUES 12-1:30pm TH 10:30-12	TUES 12-1:30pm TH 10:30-12
Phase 4 Pickleball Members 18+	Utilizing Phase 1, 2 and 3 and taking play to the next level.	TUES 10:30-12 TH 10:30-12 TH 12-1:30	TUES 10:30-12 TH 10:30-12 TH 12-1:30
Pickleball Skills & Drills	Improve your 3rd shot drop and dink. This is for experience players only (not for beginners). Mastering skills and drills learned from Phase 3 and Phase 4	TUES 12-1:30 TH 9-10:30	TUES 12-1:30 TH 9-10:30
Pickleball Drop and Dink	Improve your 3rd shot drop and dink shot. Experience players only (not for beginners)	TUES 9-10:30am	TUES 9-10:30am

ACADEMY: ADULT SPORTS LEAGUES (8 weeks)

PROGRAM	DESCRIPTION	WINTER 1	WINTER 2	SPRING
Phase 1-5 Pickleball (Beginner) Members 18+	Introduction and continuing lessons to master the sport; Phases 1-5 Learn the rules and scoring, how to play the game. Setting up the net; paddles and balls. Demonstrates forehand, backhand and volley. Accurately places a serve into the correct square. Practice warm up drills.	Registration Opens: 12/4/23 Session Starts: 1/2/24-2/25/24 \$50/members only	Registration Opens 2/12/24 Sessions Starts 2/26/24-4/21/24 \$50/member only.	Registration Opens: 4/8/24 Session starts 4/22/24 -6/16/24 \$50/member only

SPORTS PERFORMANCE TRAINING @ ANTHONY WAYNE YMCA



FIT 101: Ages 18+

is a free orientation to our Wellness Center. Meet with YMCA staff to review gym etiquette and receive training on proper use, settings and safety of equipment .

YOUTH AGES 10-17 MUST COMPLETE OUR FREE FIT 101 ORIENTATION BEFORE USING OUR WELLNESS CENTERS.

YOUTH FIT 101: Ages 10 - 12

After completing orientation, youth members are eligible to use all cardio equipment with an adult present.

TEEN FIT 101: Ages 13 - 17

After completing orientation, teen members are eligible to use all cardio and strength training equipment.



SPORTS PERFORMANCE TRAINING

Ages 7-18

Athletes will be trained on speed, weights, strength and agility by a certified ACE (American Council of Exercise) Sports Performance Specialist.

KIDS STRENGTH AND CONDITIONING

Ages 8 - 12

Strength and conditioning is the application of resistance, plyometric, agility and speed training.

FAMILY PROGRAMS

@ ANTHONY WAYNE YMCA



KIDZONE

KidZone drop-in babysitting allows children ages 6 weeks - 10 years to enjoy activities, games, and crafts while you spend time in our facility. Take a swim, workout or join a group exercise classes with peace-of-mind care for up to 2 hours. KidZone is free for children on an active YMCA membership.

All of our caring and dedicated KidZone staff are CPR and First Aid certified. In our commitment to child protection, all staff also have criminal, child abuse, and FBI background clearances.

KIDZONE HOURS

Mornings	MONDAY - FRIDAY	9AM - 11AM
Evenings	MONDAY - THURSDAY	5:45PM - 6:45PM
Weekends	SATURDAY	8:30AM - 10:30AM



FAMILY FUN ZONES

Come join our YMCA staff every week for evenings of fun for your whole family. Race through our 60' inflatable obstacle course. Take a splash during open swim. Enjoy music, games, snacks and more. Meet new friends and grow your community as you connect with other YMCA families!

Kids ages 0 - 9 years must be supervised by an adult at all times.

FAMILY FUN ZONE HOURS

SATURDAY	9:00AM-10:00AM
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[Click here for Family Fun Zone schedules at our other YMCA of Greater Toledo branches!](#)



BIRTHDAYS

@ FORT MEIGS YMCA

2 HOUR PARTY FOR UP TO 15 KIDS (MAX CAPACITY)
60 MINUTES OF CHOSEN ACTIVITY FROM PACKAGE
60 MINS IN GATHERING ROOM FOR FOOD & GIFTS
PARTY HOST THROUGHOUT THE PARTY
3 PIZZAS, COOKIE CAKE & WATER

"JUMP AROUND"
PARTY PACKAGE

INFLATABLE FUN

Member: \$300
Non-member: \$525

'SPLISH SPLASH"
PARTY PACKAGE

POOL FUN

Member: \$250
Non-member: \$425

"WE ARE THE
CHAMPIONS"
PARTY PACKAGE

SPORTS FUN IN GYM

Member: \$250
Non-member: \$425

**FIND YOUR
REASON TO GIVE.
FIND YOUR Y.**



GIVE TODAY

Please consider the Y as you plan your end of year giving. Every day, the YMCA of Greater Toledo provides opportunities for people to grow healthy minds, build stronger bodies, and encourage a sense of belonging within our many strong communities. Your donation gives us the resources to sustain and support our mission of helping kids succeed in school, improving health and well being, and bringing people together.

YMCA CHILDCARE



The YMCA has been building community for 150 years. We are committed to your child, your family, and your community. We offer infant, toddler preschool, and before/after school care.

Our Early Childhood Curriculum is designed with lesson plans that support each child's physical, intellectual, emotional, social, and language development.

Our School Age Enrichment programs provide a well-balanced curriculum that includes homework assistance, learning new skills, and healthy play with peers.

Both programs have earned "Step Up to Quality" recognition from the State of Ohio. This voluntary system verifies that, at minimum, our Y centers:

- Provide your child with quality staff and teachers who complete 20 hours of specialized training each year
- Offer teachers who fully understand Ohio's early learning and development standards
- Build strong relationships with families
- Demonstrate their commitment to making our programs better every day

FORT MEIGS YMCA CHILD DEVELOPMENT CENTER

Step Up To Quality 4 Stars

Director: Emma Vidal

419-873-8202

Hours 6:00AM - 6:00PM

Infant Care

6 weeks - 18 months

Toddler Care

18 months - 30 months

Preschool Care

Ages 3 - 4

FORT MEIGS YMCA SCHOOL-AGE CARE

Step Up To Quality 4 Stars

Director: Brooke Bearley

419-873-8202

Hours 6:30am-6:00pm

School-Age Care

Perrysburg Schools K-4

Before & After
School

Fort Meigs

Woodland

Toth

Frank

Please submit an interest form if you would like more information about

[YMCA Early Childhood programs](#) for children ages 6 weeks - 5 years

or [YMCA School Age programs](#) for kids ages 5 - 12 years.

For additional assistance, our Child Care office is available at 419.474.3995