



# PROGRAM GUIDE

Eastern Community YMCA

May - August 2024



REV 3.8.2024



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST SUMMER EVER

Specialty & Sports Camps  
EASTERN COMMUNITY YMCA

## JUNE

### Gymnastics Camp (Ages 3-5)

June 3-6 9am-12 pm

Build confidence and explore new skills or perfect your current skills at camp! Our camp will focus on the four main events which include floor, beam, bars, and vault for beginners through intermediate levels. The goal is to increase skills and develop proper technique while having fun in a safe environment. Campers will enjoy craft time as well!

### Sports of all Sorts (Ages 7-12)

June 3-6 9am-12pm

This high energy camp will explore the fundamentals and drills of soccer, basketball, baseball, hockey, cross country and more. There will be awards on the last day for campers that complete their sports goal.

### Sports of all Sorts (Ages 3-6)

June 10-13 9am-12pm

This high energy camp will explore the fundamentals and drills of soccer, basketball, baseball, hockey, cross country and more. There will be awards on the last day of campers that complete their sport goals.

### Gymnastics Camp (Ages 6-12)

June 10-13 9am-12 pm

Build confidence and explore new skills or perfect your current skills at camp! Our camp will focus on the four main events which include floor, beam, bars, and vault for beginners through intermediate levels. The goal is to increase skills and develop proper technique while having fun in a safe environment. Campers will enjoy craft time as well!

### Soccer Camp (Ages 3-5)

June 17-20 9-12pm

This high energy camp will explore the fundamentals and drills of soccer with dribbling, footwork, scoring and more. There will be awards on the last day for campers that complete their sports goal.



## JUNE

### Volleyball Camp (Ages 6-10)

June 17-20 1-4pm

Come learn the fundamentals of volleyball that will be taught through drills and exercises that focus on passing, setting, hitting and serving. Participants will develop a good sense of teamwork and respect for their teammates. Your camper will have a chance to develop their skills in an environment that emphasizes good sportsmanship, cooperative play, and a love of recreational sports.

### Bump, Set, Splash Camp (Ages 7-12)

June 24-27 1-4pm

Come learn the fundamentals of volleyball with a side of fun! Participants will work on their passing, setting and serving in the gym and in the pool. Bring your swim suit and a towel each day. Your camper will have a chance to develop their volleyball skills in a fun environment.



### Slip and Slide Into Summer Fun (Ages 6-12)

June 22-25 1-4pm

YUSA swim lessons plus different water activities everyday  
Come prepared to swim and have fun!

## JULY

### Soccer Camp (Ages 6-12)

July 8-11 9-12pm

This high energy camp will explore the fundamentals and drills of soccer with dribbling, footwork, scoring and more. There will be awards on the last day for campers that complete their sports goal.

### Slip and Slide Into Summer Fun (Ages 6-12)

July 22-25 1-4pm

YUSA swim lessons plus different water activities everyday  
Come prepared to swim and have fun!



## AUGUST

### Slip and Slide Into Summer Fun (Ages 6-12)

August 5-8 1-4pm

YUSA swim lessons plus different water activities everyday. Come prepared to swim and have fun!

# GENERAL INFORMATION

## EASTERN COMMUNITY YMCA

### BRANCH HOURS

Monday - Thursday	5AM - 9PM
Friday	5AM - 8PM
Saturday	6AM - 4PM
Sunday	12PM - 4PM

### KIDZONE HOURS

Monday - Thursday	8:45AM - 12PM 5PM - 8PM
Friday	8:45AM - 12PM
Saturday	8:45AM - 12PM
Sunday	Closed

### FAMILY FUN ZONES

Friday	5:30 - 7:30PM
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Stay connected  
on the go

THE YMCA360 APP IS INCLUDED  
WITH EVERY MEMBERSHIP.

APPLE IOS  
Download

GOOGLE PLAY  
Download

Visit [www.ymcatoledo.org](http://www.ymcatoledo.org)

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to YMCA  
News alerts



## 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 needs by developing innovative solutions to help people each their full potential. We are committed to inspiring a spirit of service by uniting individuals to participate in positive change.

# 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

## YMCA CHILD DEVELOPMENT CENTER AT OWENS COMMUNITY COLLEGE

Step Up To Quality 5 Stars

Director: Jodi Halka

Phone: 567.661.7404

Hours: 6:30AM - 6PM

Infant Care

6 weeks - 18 months

Toddler Care

18 months - 30 months

Preschool Care

Ages 3 - 4

## YMCA CHILD DEVELOPMENT CENTER AT ST. CHARLES

Step Up To Quality 4 Stars

Director: Christina Cassaubon

Phone: 419.696.7560

Hours: 6AM - 6PM

Infant Care

6 weeks - 16 months

Toddler Care

Ages 2 -3

Preschool Care

Ages 3 - 5

School-Age Care

Oregon Schools Grades K - 6

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

# WHAT CAN YOU DO AT THE Y?

**Ages 0 - 2**

**Ages 3 - 5**

**Ages 6 - 12**

**Ages 13 - 17**

Family Fun Zones (Fridays 5:30PM - 7:30PM)

Parent/Child Swim Lessons

Preschool Swim Lessons

School Age Swim Lessons

100 Mile Swim Club

Kidzone, Ages 6wks - 10

Fit 101, Ages 10 - 17

Ballet, Ages 3 - 8

Hip Hop, Ages 3 - 8

Movement, Ages 1.5 - 6

Beginner Tumbling

Art Explorers

Basketball Clinic

Soccer Clinic

Birthday Party Rental

Eastern Community YMCA Food Co-Op

YMCA Childcare

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# WHAT CAN YOU DO AT THE Y?

**Adults 18+**

**Active Older Adults**

**Family**

**Community & Special Events**

Family Fun Zones (Fridays 5:30PM - 7:30PM)

100 Mile Swim Club

Private, Semi-Private or Family Swim Lessons

Fit 101

Smart Start

Healthy Living Initiatives: Chronic Disease Prevention

Massage Packages

Personal Training Packages

Pickleball Beginner

Pickleball Phase 2

Healthy Kids Day  
Coming Spring 2024!  
in collaboration with  
Oregon Schools

Birthday Party Rental

Eastern Community YMCA Food Co-Op

YMCA Childcare

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# 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](http://YMCATOLEDO.ORG)





# PROGRAM CALENDAR

## MONTHLY EXPERIENCE

Explore age-appropriate skill fundamentals while developing confidence.

Member Monthly Cost: \$25

Non-Member Monthly Cost: \$50

Registration for May - August Monthly Experience Starts:

4/8/2024 For Members

4/15/2024 For Non-Members

MAY						
a	M	T	W	T	F	S
	1	2	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	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	4	5	6
7	8	9	10	11	12	13
14	15	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	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		



First Day Monthly Experience



Last Day Monthly Experience



Holiday

# AQUATICS

## EXPERIENCE: PARENT/CHILD SWIM LESSONS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
Swim Lessons - Adult/Child (Ages 6-36 months)	Parent/Child class. Learn endurance, personal safety skill development. Song and games are an important part of instruction.	SAT 9:30 - 10AM	SAT 9:30 - 10AM	SAT 9:30 - 10AM	SAT 9:30 - 10AM
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## EXPERIENCE: PRESCHOOL SWIM LESSONS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
Swim Basics Stage 1 Ages 3 - 5	Develop comfort and safety in water. Learn to submerge, glide, float, roll and water exit.	MON 5:30 - 6PM SAT 10 - 10:30AM	MON 5:30 - 6PM SAT 10 - 10:30AM	MON 5:30 - 6PM SAT 10 - 10:30AM	MON 5:30 - 6PM SAT 10 - 10:30AM
<b>Does your child go underwater voluntarily? Look at Swim Basics Stage 2</b>					
Swim Basics Stage 2 Ages 3 - 5	Focus on body position, control, directional change and treading.	MON 6 - 6:30PM SAT 10:30 - 11AM	MON 6 - 6:30PM SAT 10:30 - 11AM	MON 6 - 6:30PM SAT 10:30 - 11AM	MON 6 - 6:30PM SAT 10:30 - 11AM
<b>Can your child do a front and back float on their own? Look at Swim Basics Stage 3</b>					
Swim Basics Stage 3 Ages 3 - 5	Develop skills in forward movement, rhythmic breathing and coordinated arm/leg action.	MON 6:30 - 7PM SAT 11 - 11:30AM	MON 6:30 - 7PM SAT 11 - 11:30AM	MON 6:30 - 7PM SAT 11 - 11:30AM	MON 6:30 - 7PM SAT 11 - 11:30AM
<b>Can your child swim 10 - 15 yards on their front and back on their own? Look at Swim Strokes Stage 4</b>					
Swim Strokes Stage 4 Ages 3 - 5	Progress to stroke technique in front/back crawl, breaststroke and butterfly kick.	SAT 11:30 - 12PM	SAT 11:30 - 12PM	SAT 11:30 - 12PM	SAT 11:30 - 12PM

## 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

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



# AQUATICS

## EXPERIENCE: SCHOOL AGE SWIM LESSONS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<b>Swim Basics Stage 1</b> Ages 6 - 12	Develop comfort and safety in water. Learn to submerge, glide, float, roll and water exit.	SAT 9 - 9:30AM	MON 6 - 6:30PM SAT 9 - 9:30AM	MON 6 - 6:30PM SAT 9 - 9:30AM	MON 6 - 6:30PM SAT 9 - 9:30AM
<b>Does your child go underwater voluntarily? Look at Swim Basics Stage 2</b>					
<b>Swim Basics Stage 2</b> Ages 6 - 12	Focus on body position and control, directional change and treading water.	MON 6 - 6:30PM SAT 9:30 - 10AM	MON 6:30 - 7PM SAT 9:30 - 10AM	MON 6:30 - 7PM SAT 9:30 - 10AM	MON 6:30 - 7PM SAT 9:30 - 10AM
<b>Can your child do a front and back float on their own? Look at Swim Basics Stage 3</b>					
<b>Swim Basics Stage 3</b> Ages 6 - 12	Develop skills in forward movement, rhythmic breathing and coordinated arm/leg action.	MON 7 - 7:30PM SAT 10 - 10:30AM	MON 7 - 7:30PM SAT 10 - 10:30AM	MON 7 - 7:30PM SAT 10 - 10:30AM	MON 7 - 7:30PM SAT 10 - 10:30AM
<b>Can your child swim 10 yards on their front and back on their own? Look at Swim Strokes Stage 4</b>					
<b>Swim Strokes Stage 4</b> Ages 6 - 12	Progress to stroke technique in front/back crawl, breaststroke and butterfly kick.	MON 6:30 - 7:15PM WED 5:30 - 6:15PM SAT 10:30 - 11:15	MON 7 - 7:45PM WED 5:30 - 6:15PM SAT 10:30 - 11:15	MON 7 - 7:45PM WED 5:30 - 6:15PM SAT 10:30 - 11:15	MON 7 - 7:45PM WED 5:30 - 6:15PM SAT 10:30 - 11:15
<b>Can your child swim 15 yards of front and back crawl? Look at Swim Strokes Stage 5</b>					
<b>Swim Strokes Stage 5</b> Ages 6 - 12	Learn all major competitive strokes and continue to develop technique.	SAT 11:15 - 12PM	SAT 11:15 - 12PM	SAT 11:15 - 12PM	SAT 11:15 - 12PM
<b>Can your child swim front crawl, back crawl and breaststroke across the pool? Look at Swim Strokes Stage 6</b>					
<b>Swim Strokes Stage 6</b> Ages 6 - 12	Refine technique and complete lesson progression. Learn about competitive swim and swimming for a healthy lifestyle.	MON 5:15 - 6PM	MON 5:15 - 6PM	MON 5:15 - 6PM	MON 5:15 - 6PM

## 100 MILE SWIM CLUB (AGES 13+)

Challenge yourself in this self-paced program to hit a goal of swimming 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!



# ARTS & HUMANITIES

## EXPERIENCE: CREATIVE ARTS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<b>Art Explorers Ages 3 - 6</b>	Focus on the basic elements of art and color to help develop fine motor skills.	MON 4 - 5PM	MON 4 - 5PM	MON 4 - 5PM	MON 4 - 5PM
<b>Art Explorers Ages 7 - 12</b>	Create projects in different elements of art media.	MON 5 - 6PM	MON 5 - 6PM	MON 5 - 6PM	MON 5 - 6PM

## EXPERIENCE: DANCE

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<b>Ballet 1 Ages 3 - 5</b>	Focus on technique, balance, and positions. Practice rhythm with a simple routine.	WED 5 - 5:30PM SAT 10:15 - 10:45	WED 5 - 5:30PM SAT 10:15 - 10:45	WED 5 - 5:30PM SAT 10:15 - 10:45	WED 5 - 5:30PM SAT 10:15 - 10:45
<b>Hip Hop 1 Ages 3 - 5</b>	Focus on balance, coordination and expression. Practice rhythm with a simple routine.	WED 6 - 6:30PM SAT 11:15 - 11:45	WED 6 - 6:30PM SAT 11:15 - 11:45	WED 6 - 6:30PM SAT 11:15 - 11:45	WED 6 - 6:30PM SAT 11:15 - 11:45
<b>Ballet 2 Ages 6 - 8</b>	Focus on technique, balance, and positions. Practice rhythm with a simple routine.	WED 5:30 - 6PM SAT 10:45 - 11:15	WED 5:30 - 6PM SAT 10:45 - 11:15	WED 5:30 - 6PM SAT 10:45 - 11:15	WED 5:30 - 6PM SAT 10:45 - 11:15
<b>Hip Hop 2 Ages 6 - 8</b>	Focus on balance, coordination and expression. Practice rhythm with a simple routine.	WED 6:30 - 7PM SAT 11:45 - 12:15	WED 6:30 - 7PM SAT 11:45 - 12:15	WED 6:30 - 7PM SAT 11:45 - 12:15	WED 6:30 - 7PM SAT 11:45 - 12:15

## EXPERIENCE: GYMNASTICS & MOVEMENT

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<b>Movement Education Ages 18 - 35 months</b>	Child/Parent class. Intro to skills for balance, large motor development and coordination.	TUE 10 - 10:30AM TUE 4:30 - 5PM	-----	-----	-----
<b>Movement Education Ages 3 - 4</b>	Run, jump, tumble, climb, and roll while building social interaction through play.	TUE 10:30 - 11AM TUE 5 - 5:30PM	-----	-----	-----
<b>Movement Education Ages 5 - 6</b>	Run, jump, tumble, climb, and roll while building social interaction through play.	TUE 5:30 - 6PM SAT 1 - 1:30PM	-----	-----	-----
<b>Beginner Tumbling Ages 7 - 12</b>	Intro to rolls, cartwheels, handstands and bridge kicks.	TUE 6 - 6:45PM SAT 1 - 1:30PM	-----	-----	-----

# SPORTS

## EXPERIENCE: ADULT SPORTS

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<b>Phase 1 Pickleball Members 18+</b>	Learn the fundamentals. This class is designed for those who have never played.	TUE 1 - 2:30PM WED 5 - 6:30PM	-----	-----	-----
<b>Phase 2 Pickleball Members 18+</b>	Focus on skills such as hand and eye coordination, serves, returns and dinking.	WED 6:30 - 8PM THURS 1 - 2:30PM	-----	-----	-----

## YOUTH SPORTS - LEAGUES

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<b>Soccer Ages 3-4</b>	Learn fundamentals of soccer 6 weeks from 4/29-6/16 (No Memorial Day weekend)	SAT 10 - 11AM	SAT 10 - 11AM	-----	-----
<b>Soccer Ages 5-6</b>	Learn fundamentals of soccer 6 weeks from 4/29-6/16 (No Memorial Day weekend)	SAT 11 - 12PM	SAT 11 - 12PM	-----	-----
<b>Soccer Ages 7-10</b>	Learn fundamentals of soccer 6 weeks from 4/29-6/16 (No Memorial Day weekend)	SAT 12 - 1PM	SAT 12 - 1PM	-----	-----

PROGRAM	DESCRIPTION	MAY	JUNE	JULY	AUGUST
<b>Cross Country Ages 5-14</b>	Focuses on basic technique, endurance and most importantly having fun!	MON 6 - 7pm Meets on WED 6:15 at various branches	-----	-----	-----

# HEALTHY LIVING

## 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!](#)



## MASSAGE

Massage can help control stress, increase immunity, boost mental health, manage pain and improve fitness. Basic includes 1 hour of Swedish or Relaxation massage. Extra includes 1 hour of Deep Tissue massage.

Massage Package	Basic Cost	Extra Cost
1 Session	\$40	\$45
3 Sessions	\$105	\$120
6 Sessions	\$192	\$216

# HEALTHY LIVING



## 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 Member
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.

Fill out our [Healthy Living Interest Form](#) to connect with Y staff.



### Programs at Eastern Community YMCA

Weight Loss Workshop	12 week program for a healthier weight through sustainable lifestyle changes. Set goals for nutrition, activity, stress and sleep.	\$25
Diabetes Prevention	25 sessions in a year for people with 100 - 125 mg/dL fasting glucose, 5.7 - 6.4% A1C, or a prediabetes or gestational diabetes diagnosis.	\$25
Heart Attack and Stroke Prevention	8 week program open to individuals with hypertension that have not experienced a recent cardiac event. Weekly blood pressure monitoring.	\$25
Exercise Class for Parkinson's	Join ongoing sessions. For those with Parkinson's that do not use a cane or walker. Improve motor skills with gait, line and dexterity exercises.	\$25

# FAMILY PROGRAMS

## FREE FOR YMCA MEMBERS



### 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 at EASTERN COMMUNITY YMCA

Mornings	MONDAY - FRIDAY	8:45AM - 12PM
Evenings	MONDAY - THURSDAY	5PM - 8PM
Weekends	SATURDAY	8:45AM - 12PM



### 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 ZONES at EASTERN COMMUNITY YMCA

FRIDAYS	5:30PM - 7:30PM
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[Click here for Family Fun Zone schedules at our other YMCA of Greater Toledo branches!](#)



# FAMILY PROGRAMS

## AVAILABLE FOR ALL: Y MEMBERS & THE COMMUNITY

### EASTERN COMMUNITY YMCA FOOD CO-OP



The Eastern Community YMCA is proud to partner with Enpuzzlement to provide resources to the community. For \$10 a month, you can get \$50+ worth of food and non-food items.

To participate, please call us at 419 - 691 - 3523 or visit our Member Service desk to register and pay your \$10 deposit.

#### Food Co-Op Participation Dates

Register by	12PM	3rd Monday of the month
Pick up at	10AM - 4PM	3rd Wednesday of the month

Food Co-op provided by Enpuzzlement and coordinated by YMCA volunteers.

### BIRTHDAY PARTY RENTAL



Celebrate with us for a special day! Party rentals are 2 hours total in length for up to 20 children. A party host is provided to assist with set up, clean up and keep your party on schedule. Also included are 2 large pizzas, 24 cupcakes, water, table covers and seating.

During your scheduled party time, there will be 1 activity hour of your package choice. All guests must have a signed YMCA waiver and follow the inflatable or swimming rules, policies and procedures.

Party Packages	Member Cost	Community Cost
Inflatable Party: Giant inflatable in the gym	\$300	\$525
Swim Party: Indoor pool, lifeguard on duty	\$250	\$425

Please allow two weeks advanced notice to reserve your party rental. Full payment is required to book your party date.

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



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.



# PROGRAM STYLES

## MONTHLY EXPERIENCE

Explore fundamental skills

Member Cost: \$25

Non-Member Cost: \$50

Examples: Swim, Art, Sports Clinic

### REGISTRATION BEGINS:

12/4/2023 For Members

12/11/2023 For Non-Members

JANUARY						
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			

FEBRUARY						
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		

MARCH						
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						

APRIL						
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				

First Day Monthly Experience  
 Holiday (Building hours may vary)

Last Day Monthly Experience  
 Program Break for Leader Development

## ACADEMY PROGRAMS

Build strength & technique

Develop confidence & friendships

7 - 8 weeks in length

Cost varies by program

Examples: Recital Dance, Adult Art

### REGISTRATION BEGINS:

12/4/2023 For Members

12/11/2023 For Non-Members

2/12/2024 For Members

2/19/2024 For Non-Members

JANUARY						
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	1	2	3

FEBRUARY						
S	M	T	W	T	F	S
25	26	27	28	29	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	1	2	3	4	5	6

First Day: Academy Programs  
 Holiday (Building hours may vary)

Last Day @ YMCA Gymnastics Center  
 Last Day: Academy Programs

## ACADEMY SPORTS

In-depth sports skills with practices & officiated Saturday games

8 weeks in length

Cost varies by program

Examples: Basketball League, Soccer League

### REGISTRATION BEGINS:

11/20/2023 Open for All

1/22/2024 Open for All

JANUARY						
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	1	2	3

FEBRUARY						
S	M	T	W	T	F	S
25	26	27	28	29	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	1	2	3	4	5	6

First Day: Academy Sports  
 Holiday (Building hours may vary)

First Game Day  
 Last Day: Academy Sports