

PROGRAM GUIDE



2026 EXPERIENCE CALENDER



Program Session First Day Program Session Last Day Program Break / No Class Holiday, Hours may vary

January									
Su	Мо	Tu	We	Th	Fr	Sa			
28	29	30	31	1	2	3			
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February								
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November								
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December									
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SWIM LESSONS

Scan to view class dates & times

Members: \$30 / Non-Members: \$75

ADULT / CHILD A & B / AGE 6-36 MONTHS

Class Duration: 30 mins

Build comfort, confidence, and safety in the water through songs, games, and guided

parent participation.

BASICS STAGE STAGE 1/AGES: 3-5, 6-12

Class Duration: 30 mins

Student develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include submerge, front glide, front float, back float, back glide, water exit and roll.

BASICS STAGE STAGE 2 / AGES: 3-5, 6-12

Class Duration: 30 mins

In Stage 2, students focus on body position and control, directional change, and forward movement in the water also continuing to practice how to safely exit in the event of falling into a body of water. Skills include submerge, front glide, front float, back float, back glide, water exit, roll and tread water.

BASICS STAGE STAGE 3 / AGES: 3-5, 6-12

Class Duration: 30 mins

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stager also introduces rhythmic breathing and integrated arm and leg action. Skills include submerge, swim on front, swim on back, water exit, roll, and tread water.



SWIM LESSONS CONT.

Scan to view class dates & times

SWIM STROKES STAGE 4 / AGES: 3-5, 6-12

Class Duration: 45 mins

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills include front crawl, breaststroke butterfly, back crawl, dive, resting stroke, and tread water.

SWIM STROKES-STAGE 5 (AGES 6-12)

Class Duration: 45 mins

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Skills taught include front crawl, breaststroke, butterfly, back crawl, dive, resting stroke, and tread water.

SWIM STROKES-STAGE 6 (AGES 6-12)

Class Duration: 45 mins

In Stage 6, student refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Skills taught include front crawl, breaststroke, butterfly, back crawl, dive, resting stroke, and tread water.





SWIM SPECALITY

Scan to view class dates & times

HOME SCHOOL SWIM LESSONS BEGINNERS (AGES 3-6)

Class Duration: 30 mins

Members: \$50

Non-Members: \$75

Basic swimming skills for beginners or intermediate swimmers to support themselves in shallow and deep water. Learning safety around water while

having fun!

TEEN BEGINNER (AGES 13-17)

INTERMEDIATE LAP SWIMMING (AGES 16+)

Class Duration: 60 mins

Members: \$50

Designed for the previous beginning lap swimmer or anyone with the ability to swim at least a few lengths of the pool using some form of freestyle. The emphasis will be on perfecting freestyle and backstroke techniques, including coordinating breathing and arm stroke timing. Endurance and cardiovascular strengthening will be achieved by the use of drills with limited interval training. NOT recommended for new or very weak swimmers.

ADVANCED LAP SWIM (AGES 16+)

Class Duration: 60 mins

Members: \$50

This class is designed for the previous intermediate lap swimmer or triathlete. Emphasis on swimming conditioning—building endurance using proper technique for multiple strokes. Interval training advanced swimming drills and some sprint work will be incorporated into the workout.



COMPETITIVE SWIM

Scan to view class dates & times

COMPETITIVE SWIM (AGES 10-14)

Class Duration: 45 mins

Members: \$30 / Non-Members: \$75

Must complete School-Age Swim Strokes 6 and know all strokes. Work on the refinement of skills

in all strokes. Will also focus on turns, starts, sets, and endurance.

COMPETITIVE SWIM CLINIC FOR SWIM TEAM MEMBERS (AGES 9-12)

For current swim team members seeking additional stroke development. Registration requires prior approval from Coach Mary Chris.







ART

Scan to view class dates & times

Members: \$30 / Non-Members: \$75

ART FOR TINY TOTS (AGES 1-3)

Class Duration: 30 mins

Class for parent and child to explore different

mediums together (and we clean up!).

ARTS & CRAFTS (AGES 6-12)

Class Duration: 45 mins

Students will create a variety of art projects using different mediums including but not limited to acrylic paints, yarns, natural

materials and more.

CROCHET (AGES 9-12)

Class Duration: 45 mins

Learn to Crochet- Explore fun and creative crocheting class for children. Learn new patterns, skills and techniques. Students will learn basic terminology and how to start crocheting! No experience necessary.

RESIN ART (8-12)

Class Duration: 45 mins

Art resin, also known as epoxy resin, is a synthetic material made from two parts: a polymer resin and a hardener. When mixed together, these two parts undergo a chemical reaction that hardens the liquid resin into a solid plastic that resembles glass. The hardening process can take 24–72 hours. Once dry, the resin is non-toxic, hard, shiny, and waterproof. Students will use non-toxic UV Resin to make creations such as jewelry, keychains, figures, suncatchers and more!

CLAY CREATIONS (AGES 6-12)

Class Duration: 45 mins

For kids to explore clay and understand the foundations of hand building. Students will be given air dry clay and instruction to create a fun and unique creation. Examples of some projects: coil pots, animal sculptures/dishes, garden decorations, flower pots and more! Students will be able to decorate their creations with them.



ART CONT.

Scan to view class dates & times

PRESCHOOL ART CLASS (AGES 3-5)

Class Duration: 30 mins

Students will learn to create art using many different mediums! If student is not potty trained,

parent needs to stay in a class.

ADULT PAINTING (AGES 18+)

Class Duration: 90 mins

Members: \$30

Discover your inner artist and learn to create your own work of art in this fun and friendly class. Learn step-by-step how to paint a beautiful painting. No experience is necessary, and all supplies are included for you to create an 11 x 14 painting in a relaxing atmosphere. All supplies are included.

Instructor: Mary Claire Roe

Mary Claire's love of art began as early as Kindergarten. She graduated from Kendall School of Design, in Grand Rapids, MI. in 1973. She began teaching acrylic painting classes in 2013 at the Eastern Community YMCA, The 577 Foundation since 2015, the Oregon Senior Center since 2017 and Fort Meigs YMCA since 2021. She has participated in many art shows in Michigan and Ohio since 2011.



DANCE

Scan to view class dates & times

DANCE SAMPLER (AGES 3-5)

Class Duration: 45 mins

Members: \$30 / Non-Members: \$75 An imaginative introduction to dance that invites young movers to explore the rhythms and basics of ballet, tap, and Hip Hop. While rotating through styles each week, dancers begin building foundational coordination, musicality, and movement confidence in a playful setting.

DANCE SAMPLER (AGES 6-10)

Class Duration: 45 mins

Members: \$30 / Non-Members: \$75 A fun, fast-paced class where dancers explore foundational elements of ballet, tap, jazz, Hip Hop, and more. Each week focuses on a new style, helping students

build rhythm, coordination, and confidence while discovering what inspires them most.

DANCE SAMPLER (AGES 11-14)

Class Duration: 45 mins

Members: \$30 / Non-Members: \$75

Designed for older beginners or curious movers, this class offers a quided exploration of styles like ballet, jazz, hip-hop, musical theater, lyrical, and contemporary. Dancers explore foundational technique, musicality, and expressive movement while discovering their personal interests in dance.

EXPLORE WITH ME (AGES 1-2)

Class Duration: 30 mins

Members: \$30 / Non-Members: \$75

A caregiver-and-me class focused on guided movement, rhythm play, and sensory exploration to support early development. This class builds foundational coordination, musical awareness, and bonding in a playful,

supportive environment.



DANCE CONT.

Scan to view class dates & times

EXPLORE WITH ME (AGES 2-4)

Class Duration: 30 mins

Members: \$30 / Non-Members: \$75
This caregiver-and-me class blends
music, imaginative movement, and dance
games to nurture creativity and early
coordination. Dancers develop balance,
rhythm, and basic dance foundations

through playful, interactive exploration.

PRESCHOOL MOVEMENT (AGES 3-4)

Class Duration: 30 mins

Members: \$30 / Non-Members: \$75

A creative movement class that invites preschoolers to explore music and motion through imaginative play and dance-based activities. This class supports gross motor development, rhythm, and self-expression in an upbeat, nurturing environment.



EDUCATION

Scan to view class dates & times

STEM (AGES 3-5)

Class Duration: 30 mins

Members: \$30 / Non-Members: \$75

This program is designed to leverage the natural curiosity of preschoolers, providing engaging opportunities to explore the wonders of STEM through hands on learning. In this program, we will engage in critical thinking, learn to collaborate with their peers, learn how to solve problems, develop essential math and science skills, Increase literacy and develop their creativity.



EDUCATION CONT.

Scan to view class dates & times

STEM (AGES 6-12)

Class Duration: 60 mins

Members: \$30 / Non-Members: \$75

STEM is an acronym that stands for science, technology, engineering and math and STEM programs

tend to focus on the foundational skills of innovation, problem-solving and critical thinking.

KIDS THAT COOK (AGES 3-5)

Class Duration: 45 mins

Members: \$30 / Non-Members: \$75

Students will learn basic cooking skills each week when they cook their own meal while trying new ingredients, spices, and recipes.

KIDS THAT COOK (AGES 6-12)

Class Duration: 60 mins

Members: \$30 / Non-Members: \$75

Students will learn the fundamentals of cooking while exploring an array of fun recipes! They will get to take their food

creations and recipes home.





MUSIC

Scan to view class dates & times

GUITAR BEGINNER (AGES 6+)

Class Duration: 45 mins

Members: \$30 / Non-Members: \$75

Learn the basics of guitar including proper fingering, chords, and scales. Please bring

your own acoustic guitar.

PIANO 1 (AGES 7-12)

Class Duration: 45 mins

Members: \$30 / Non-Members: \$75

Beginner level program. Students will focus on the basics of piano including placement, musical notes, reading music, and beginner songs. This program is taught on electric

keyboards that are provided.



YOUTH SPORTS LEAGUES

Scan to view class dates & times

BASKETBALL LEAGUE (AGES 3-4)

Class Duration: 60 mins

Members: \$30 / Non-Members: \$75

Our Practices/Play program is designed to balance skill-building with fun competition. Each day is divided into two parts:

- First Half Team practice and skill development
- Second Half A game against another team

This format helps players learn and apply new skills right away in a game setting.





YOUTH SPORTS LEAGUES CONT.

Scan to view class dates & times

SOCCER LEAGUE (AGES 3-4)

Class Duration: 60 mins

Members: \$30 / Non-Members: \$75

Youth Soccer is volunteer coach led and focuses on basic skills, building a love for the game, gaining knowledge of the the sport and most importantly having fun! At the Y, what happens off the field is just as important as what happens on the field. By stressing the importance of teamwork and teaching the Y's core values of Caring, Honest, Respect, Responsibility and Faith, our youth sports leagues teach kids how to be good sports and good citizens.



BASKETBALL CLINIC (AGES 9-12)

Class Duration: 60 mins

Members: \$30 / Non-Members: \$75

Take it to the hoop to learn the fundamentals of basketball. Learn the basics of dribbling, passing, shooting, offensive play, along with some gameplay. It's teamwork at its best! Players of all ability and experience levels are welcome.







PICKLEBALL LESSONS

Scan to view class dates & times

PHASE 1 (BEGINNERS) AGE 13+

Class Duration: 60 mins

Member: \$30

Phase 1 Beginner—perfect for newcomers to pickleball, covering safety, scoring, and essential strokes to get you game-ready.

PHASE 2 AGE 13+

Class Duration: 60 mins

Member: \$30

Phase 2 Intermediate—build on the basics with improved control, balance, and rallies

that keep the game in motion.



YMCA360APP >>>



The YMCA360 app is designed to help you move better, feel stronger, and live healthier—no matter where you are on your fitness journey. Whether you're a beginner taking your first steps or an experienced athlete looking to level up, we've got the tools and motivation you need to reach your goals.

FREE WITH YOUR MEMBERSHIP

- Convenient Check-In (barcode in app)
- Branch Information:
 - View Branch Hours
 - KidZone Hours
- Access group exercise schedules
- Notifications & Updates
 - Receive in-app messages and push notifications about branch-specific updates, such as temporary pool closures
- Workout Tracking
- Live & On-Demand Classes





《 Apple • • • • • • • Google Play **》**

DOWNLOAD THE APP TODAY



GETTING STARTED

FITNESS, HEALTH & WELLNESS

FIT 101: Ages 18+

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 THERAPY

Available at Eastern Community YMCA only.

Massage Therapy 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



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 <u>1 FREE personal training demo</u>. Submit an interest form to connect with our wellness staff now. Plan on training with a friend? Schedule <u>1 FREE demo of personal training</u> PLUS for a group of 2 – 6 people.



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

Personal Training PLUS: 2-6 people	Cost per Member
4 Sessions	\$72
8 Sessions	\$136
12 Sessions	\$192
16 Sessions	\$256
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 <u>Healthy Living Interest Form</u> to connect with Y staff.

\$25 with Membership includes the following programs:

Programs at the YMCA		
DIABETES	Diabetes ManagementDiabetes Prevention	
BLOOD PRESSURE & HEART HEALTH	 Heart Attack and Stroke Prevention Blood Pressure Self-Monitoring 	
WEIGHT MANAGEMENT	 Healthy Weight and Your Child Teen Healthy Lifestyle Weight Loss 	
HEALTHY LIFESTYLES FOR ALL	 Exercise Class for Parkinson's Disease LIVESTRONG at The YMCA Tobacco Cessation SMARTfit Tai Chi for Arthritis and Fall Prevention BrainSavers 	



CHILD CARE OFFERINGS

SUPPORTING FAMILIES IS AT THE HEART OF WHAT WE DO!

The YMCA offers high-quality child care that's more than a place to play — it's a place where children grow in spirit, mind, and body while parents gain peace of mind.



The YMCA is committed to your child, your family, and your community. We've been building community for more than 160 years through our family, wellness, and child care centers. We offer infant and toddler care, preschool, and before and after school programs.

BEFORE & AFTER SCHOOL LOCATIONS			
Byrnedale Elementary	Fairfield Elementary	Frank Elementary	
Fort Miami Elementary	Fort Meigs Elementary	Greenwood Elementary	
Grove Patterson Elementary	Lenawee Y Child Development Center	McGregor Elementary	
Maumee Intermediate	Meadowvale Elementary	Ottawa Hills Elementary	
Silver Creek Elementary	Toth Elementary	Woodland Elementary	

EARLY CHILDCARE EDUCATION LOCATIONS			
Anderson Enrichment Center (Wolf Creek)	YMCA Child Development Center at Byrnedale Elementary	YMCA Child Development Center at DeVeaux Elementary	
YMCA Child Development Center At Fort Meigs	YMCA Child Development Center at Owens Community College	YMCA Child Development Center at St. Charles	
Sylvania YMCA Child Development Center			



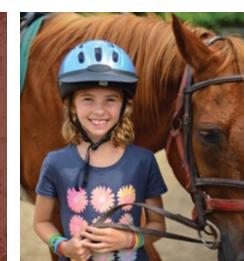








Part of YMCA of Greater Toledo Located in Jackson Michigan 517.536.8607 www.ymcastorercamps.org



> TRADITIONAL CAMPS

From first-time campers to seasoned explorers, every child will discover fun, friendship, and new skills at YMCA Storer Camps! Packed with exciting outdoor activities like archery, swimming, boating, arts & crafts, and campfires, each program is designed to grow confidence, independence, and a love for adventure!

Adventurer (Ages 7-8)

A two-night intro to camp with archery, critter room visits, campfires, and more!

(Sessions: Sun-Tues & Wed-Fri)

Ranger (Ages 8-9)

A taste of swimming, boating, and archery while building confidence away from home.

Pioneer (Ages 10-11)

A mix of scheduled and free-choice activities for a personal camp experience.

Explorer (Age 12)

Strengthen leadership, build friendships, and enjoy classic camp fun!





RANCH CAMPS

Saddle up for an unforgettable experience at Ranch Camp! Campers will enjoy two daily horseback riding lessons (weather permitting) alongside exciting main camp activities like swimming, open boating, exploring the critter room, arts & crafts, and more.

Nestled in our exclusive Ranch Camp area, campers will immerse themselves in a true equestrian adventure tailored to their age and skill level:

Taste of Ranch (Ages 8-10)

A fun introduction to riding and ranch life!

Saddle Up Ranch (Ages 10-12)

Build confidence in the saddle and expand horsemanship skills.

Ranch (Ages 13-16)

A deeper dive into advanced riding techniques and horse care.

Rough Riders (Ages 14-15)

2 Weeks, by Application Only.

This two-week advanced program is for returning Ranch campers ready to level up their horsemanship and character. Highlights include intensive riding lessons and a competitive rodeo experience!

YMCA Storer Camps

> TEEN CAMPS

Trailblazers (Ages 13-16)

Our coed teen village fosters community, leadership, and personal growth. Campers build character, develop lasting friendships, and make unforgettable memories through fun and adventure.

Pathfinder & Outback 2 Weeks (Ages 13-16)

Campers embrace simple living, build independence, and bond in a close-knit community while enjoying camp adventures, including an off-site canoe trip. Boys join Outback, girls join Pathfinder-each with unique traditions and shared activities.

Expedition (Ages 13-16)

Sleep under the stars, cook over a fire, and explore the wild! Learn wilderness skills like fire-building, shelter-making, and orienteering while embracing "Leave No Trace" ethics.





> TEEN LEADERSHIP AND SPECIALTY CAMPS

Leadership Development Program (LDP)

2 weeks, Age 16

Our coed teen village fosters community, leadership, and personal growth. Campers build character, develop lasting friendships, and make unforgettable memories through fun and adventure.

Counselor in Training (CIT) Application Required

3 weeks, Age 17

This three-week program prepares teens for future camp roles through leadership training, hands-on childcare experience, and counselor shadowing. CITs learn, grow, and make lasting friendships, finishing with a week of cabin living to put their skills into action!

BIRTHDAY PARTIES

Celebrate your birthday with us by hosting a memorable, fun-filled party at the Y! Just choose a theme and our party hosts will take it from there. The kids will have a blast playing non-stop games and when it is time for treats in the party room, our hosts will keep the fun rolling. Best of all, when the fun is done, the mess is ours and your house is still intact!

GYMNASTICS CENTER PARTIES

LOCATION: 12745 Eckel Junction Rd. Perrysburg, OH

Gymnastic floor set up includes a game, free play with stations including the G2N Ninja Station, parachute and obstacle upon request. Lobby set up includes tables, chairs, table coverings, plates, napkins, and utensils. The party will be held in the SWAMP gym. The gymnastics facility can accommodate up to 20 children max (not including infants). For safety reasons, any child ages 3 and under will require a parent or guardian to stay with them at all times during the party.

EASTERN COMMUNITY YMCA

LOCATION: 2960 Pickle Rd. Oregon, OH

INFLATABLE PACKAGE

Gymnastic floor set up includes a game, free play with stations including the G2N Ninja Station, parachute and obstacle upon request. Lobby set up includes tables, chairs, table coverings, plates, napkins, and utensils. The party will be held in the SWAMP gym. The gymnastics facility can accommodate up to 20 children max (not including infants). For safety reasons, any child ages 3 and under will require a parent or guardian to stay with them at all times during the party.

PARTY PACKAGE

Celebrate with us! Party Package Includes 2 hours of fun for in your choice of party theme, pizza, tasty treat, water bottles, and table cloths for 20 kids. A party host will be available through the party to provide assistance, and set up and clean up. Please allow four weeks advanced notice when reserving your birthday party with the YMCA. Full payment is required to reserve your birthday party. All participants must have a signed liability waiver.

FORT MEIGS YMCA

LOCATION: 13415 Eckel Junction Rd. Perrysburg, OH

All parties include: 2-hours with a max of 15 kids, 75 minutes of chosen activity from package choice, 45 minutes in gathering room for food & gifts (if time permits) and dedicated party host.

JUMP AROUND - Inflatable Run

SPLISH SPLASH - Pool Fun

WE ARE THE CHAMPIONS - Sport fun in the gym

SYLVANIA YMCA / JCC

LOCATION: 6465 W. Sylvania Ave. Sylvania, OH

All parties include: 2-hours with a max of 20 kids, 60 minutes of chosen activity from package choice, 60 minutes in gathering room for food & gifts (if time permits) and dedicated party host.

JUMP AROUND - Inflatable Run

SPLISH SPLASH – Pool Fun (only available Memorial Day – Labor Day in the outdoor pool)

WE ARE THE CHAMPIONS - Customized sport fun in the gym

YARD GAMES - Multiple yard game stations



FAMILY FUN **ZONES!**





Francis Family YMCA

2000 W Dean Rd | Temperance, MI Starts: Sept 25, 2025 - Ends: May 28, 2026 Runs the 2nd & 4th Thursday of each month 5p-7p

Eastern Community YMCA

2960 Pickle Road | Oregon, OH Starts: Sept 5, 2025 - Ends: May 22, 2026 Every Friday 5:30-7:30pm

Sylvania YMCA/ JCC

6465 Sylvania Ave | Sylvania, OH Starts: Oct 8, 2025 - Ends: April 29, 2026 Every Wednesday 5:30-7pm

FREE TO YMCA MEMBERS!

ymcatoledo.org

FUN FOR THE WHOLE FAMILY!