

WAYMAN D. PALMER YMCA | JAN - MAY 2026



# PROGRAM GUIDE



# 2026 EXPERIENCE CALENDAR



KEY							
<span style="background-color: #0070C0; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Program Session First Day						
<span style="background-color: #E69138; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Program Session Last Day						
<span style="background-color: #A9A9A9; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Program Break / No Class						
<span style="background-color: #FFF; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Holiday, Hours may vary						

January							
Su	Mo	Tu	We	Th	Fr	Sa	
28	29	30	31	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							
Su	Mo	Tu	We	Th	Fr	Sa	
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	

March							
Su	Mo	Tu	We	Th	Fr	Sa	
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	

April							
Su	Mo	Tu	We	Th	Fr	Sa	
29	30	31	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

May							
Su	Mo	Tu	We	Th	Fr	Sa	
26	27	28	29	30	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	

June							
Su	Mo	Tu	We	Th	Fr	Sa	
31	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	1	2	3	4	

July							
Su	Mo	Tu	We	Th	Fr	Sa	
28	29	30	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	

August							
Su	Mo	Tu	We	Th	Fr	Sa	
26	27	28	29	30	31	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	

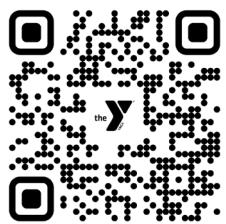
September							
Su	Mo	Tu	We	Th	Fr	Sa	
30	31	1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	1	2	3	

October							
Su	Mo	Tu	We	Th	Fr	Sa	
27	28	29	30	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	

November							
Su	Mo	Tu	We	Th	Fr	Sa	
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	1	2	3	4	5	

December							
Su	Mo	Tu	We	Th	Fr	Sa	
29	30	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	

# WAYMAN D. PALMER YMCA PROGRAMS



## 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 stage 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.

# WAYMAN D. PALMER YMCA PROGRAMS



## SWIM LESSONS CONT.

Scan to view class dates & times

### SWIM STROKES STAGE 4 / AGES: 6-12

Class Duration: 30-45 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.

### EXPERIENCE-TEEN BEGINNER (AGES 13-17)

Class Duration: 45 mins

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

### EXPERIENCE-ADULT/TEEN BEGINNER (AGES 13+)

Class Duration: 45 mins

Basic swimming skills for beginners or intermediate swimmers to support themselves in shallow and deep water. Program is available to youth ages 13-17, whether they are YMCA members or not. For adults (18+), participation is limited to active YMCA members only.



# WAYMAN D. PALMER YMCA PROGRAMS



## DANCE

Scan to view class dates & times

**Class Duration: 30 mins**

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

### **BALLET (AGE 3-8)**

Children will learn prima ballerina techniques. This will be more than just dance. We will move our bodies, learn to show emotion with movement, and express ourselves in artistic/athletic way. Most of all we will have FUN! Fee includes tights, leotard, and tutu.

### **DANCE SAMPLER (AGES 3-5)**

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.

### **EXPERIENCE-HIP HOP (AGES 9-12)**

**Class Duration: 60 mins | Members: \$30 / Non-Members: \$75**

This introduction to hip hop will focus on basic terminology, coordination, foot, and arm technique and balance stretching, jumps, expression, and creative movement. The class will learn rhythm and musicality while learning a simple routine.



## MARTIAL ARTS

Scan to view class dates & times

### EXPERIENCE- MARTIAL ARTS/KARATE (AGES 5-8)

Experience- Martial Arts/Karate (Ages 5-8) | Class Duration: 45 mins

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

If you have always wanted to try out martial arts, the Karate Experience class is for you. This class is for everyone that has never taken Karate or any martial art before. Increase muscle tone, flexibility, endurance, coordination and speed. Create a feeling of focus in daily life, increased self-esteem, respect for self and others and self-discipline. This is a beginner level introductory course. Spots are limited!



# WAYMAN D. PALMER YMCA PROGRAMS



## SPORTS

Scan to view class dates & times

### EXPERIENCE-VOLLEYBALL CLINIC (AGES 9-12)

Class Duration: 60 mins

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

Volleyball clinics give players the chance to improve their skills on the court. YMCA sports clinics are geared to help athletes develop sport-specific skills. YMCA-trained staff lead players in drills and games designed to develop the fundamental skills required for the sport. When participating in YMCA clinics, participants are sure to improve on skills, make new friends and have fun. Clinics at the Y are great lead up for participating in a league setting. Everyone plays, learns and wins in Y sports clinics.

### EXPERIENCE-FLAG FOOTBALL CO-ED (AGES 5-11)

Class Duration: 45 mins

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

### EXPERIENCE-T-BALL (AGES 3-6)

Class Duration: 45 mins

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



## 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.

# 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 FIT 101: Ages 10 – 12

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

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

### 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!](#)



# Healthy Living

## 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 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
<b>Personal training \$30/session</b>	
4 Sessions	\$120
8 Sessions	\$240
12 Sessions	\$360

Partner Training PLUS: 2-6 people	Cost per Member
<b>Partner training \$20/session per person</b>	
4 Sessions	\$80
8 Sessions	\$160
12 Sessions	\$240

## 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.

**\$25 with Membership includes the following programs:**

Programs at the YMCA	
<b>DIABETES</b>	<ul style="list-style-type: none"><li>• Diabetes Management</li><li>• Diabetes Prevention</li></ul>
<b>BLOOD PRESSURE &amp; HEART HEALTH</b>	<ul style="list-style-type: none"><li>• Heart Attack and Stroke Prevention</li><li>• Blood Pressure Self-Monitoring</li></ul>
<b>WEIGHT MANAGEMENT</b>	<ul style="list-style-type: none"><li>• Healthy Weight and Your Child</li><li>• Teen Healthy Lifestyle</li><li>• Weight Loss</li></ul>
<b>HEALTHY LIFESTYLES FOR ALL</b>	<ul style="list-style-type: none"><li>• Exercise Class for Parkinson's Disease</li><li>• LIVESTRONG at The YMCA</li><li>• Tobacco Cessation</li><li>• SMARTfit</li><li>• Tai Chi for Arthritis and Fall Prevention</li><li>• BrainSavers</li></ul>



# 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		

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**



# YMCA STORER CAMPS



Part of YMCA of Greater Toledo  
Located in Jackson Michigan  
517.536.8607  
[www.ymcastorercamps.org](http://www.ymcastorercamps.org)



# YMCA Storer Camps

## » 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!

## GYMNASICS 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.

## Birthday Parties

### 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

**LEARN MORE**



# 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](http://ymcatoledo.org)

## FUN FOR THE WHOLE FAMILY!

\*Dates and times are subject to change. See our website for the most up-to-date information.

©2025 YMCA of Greater Toledo