



FRANK AND SHIRLEY DICK YMCA | JAN - MAY 2026



PROGRAM GUIDE



2026 EXPERIENCE CALENDER



KEY

■	Program Session First Day
■	Program Session Last Day
■	Program Break / No Class
●	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	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

FRANK & SHIRLEY DICK 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 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.

FRANK & SHIRLEY DICK YMCA PROGRAMS



SWIM LESSONS CONT.

Scan to view class dates & times

SWIM STROKES STAGE 4 / AGES: 3-5, 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-HOME SCHOOL SWIM LESSONS BEGINNERS (AGES 3-6)

Class Duration: 30 mins

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



YOUTH SPORTS

Scan to view class dates & times

EXPERIENCE-BASKETBALL CLINIC (AGES 3-5)

Class Duration: 30 mins

This clinic places a strong emphasis on skill development, having fun, and learning the fundamentals of basketball.

EXPERIENCE-BASKETBALL CLINIC (AGES 6-8)

Class Duration: 45 mins

Learn the basic fundamentals of basketball through drills and fun games!



YOUTH SPORTS CONT.

Scan to view class dates & times

EXPERIENCE-BASKETBALL CLINIC (AGES 9-12)

Class Duration: 60 mins

Learn the basic fundamentals of basketball through drills and fun games!

EXPERIENCE-INDOOR SOCCER (AGES 3-5)

Class Duration: 30 mins

Learn the basic fundamentals of soccer with drills and different games.

EXPERIENCE-INDOOR SOCCER (AGES 6-8)

Class Duration: 45 mins

Learn the basic fundamentals of soccer with drills and different games.

EXPERIENCE-INDOOR SOCCER (AGES 9-12)

Class Duration: 60 mins

Learn the basic fundamentals of soccer with drills and different games.

EXPERIENCE- LACROSSE SPECIALTY SKILLS CLINIC- DEFENSIVE (AGES 9 -15)

Class Duration: 60 mins

Players will focus on mastering Defensive Skills such as how to use the D pole, body mechanics and foot work. Learn to strengthen footwork specific to defending, learn how to use your body to defend more effectively, how to use your stick to check effectively and to apply both body and stick to effectively stop the the ball handle.

Each clinic will include a 3v3 game to practice skills and put them into application.



YOUTH SPORTS CONT.

Scan to view class dates & times



EXPERIENCE: LACROSSE SPECIALTY SKILLS CLINIC- OFFENSIVE (AGES 9 -15)

Class Duration: 60 mins

Join the Lenawee Youth Lacrosse Lions (LYL Lions) coaches and players for our Youth Lacrosse Specialty Skills Clinic! Players will focus on mastering Offensive Skills such as Shooting, Dodging and Footwork. Learn to further develop skills that will strengthen your shot, practice the basic dodges that make you more of an offensive threat, learn to find space and use space to help you be a better offensive player and develop and strengthen an understanding of offense and how it works.

Each clinic will include a 3v3 game to practice skills and put them into application.



FRANK & SHIRLEY DICK YMCA PROGRAMS



ADULT SPORTS

Scan to view class dates & times

3V3 MEN'S BASKETBALL LEAGUE (TEAM REGISTRATION)

Team: \$300 per team | Runs Jan 10 – Feb 28

Get ready for fast-paced, competitive basketball! The Frank and Shirley Dick Family YMCA is excited to bring back the 3v3 Men's Basketball League, designed for players 18+ looking to challenge their skills, stay active, and enjoy the spirit of the game in a structured environment.

CO-ED 6V6 VOLLEYBALL LEAGUE

Team: \$250 per team | Runs March 7 – May 2

6v6 Adult Co-Ed Volleyball League – Returning at the YMCA! The YMCA is serving up another exciting season of friendly competition, teamwork, and community spirit! Whether you're spiking like a pro or just learning to set, there's a place for everyone on the court. Rally your friends, lace up your sneakers, and join us for fun-filled matches and good vibes!



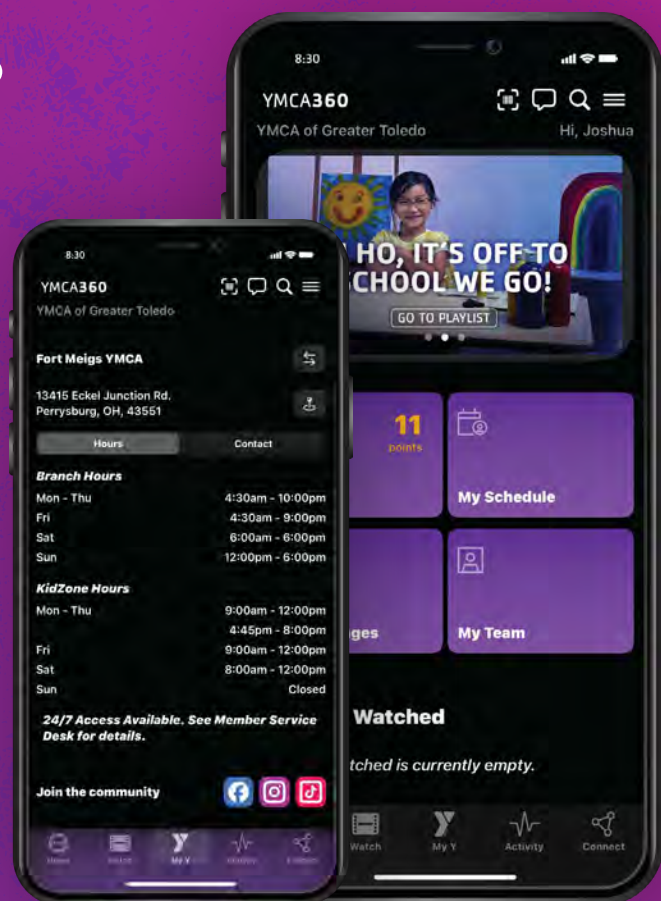
YMCA360APP >>>



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 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 \$30/session	
4 Sessions	\$120
8 Sessions	\$240
12 Sessions	\$360

Partner Training PLUS: 2-6 people	Cost per Member
Partner training \$20/session per person	
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	
DIABETES	• Diabetes Management • Diabetes 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

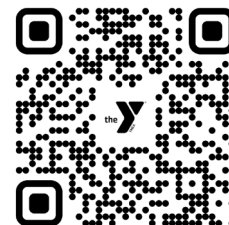


CHILD CARE OFFERINGS

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		

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



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!

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.

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!



160
1865-2025
YMCA OF GREATER TOLEDO



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!

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

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