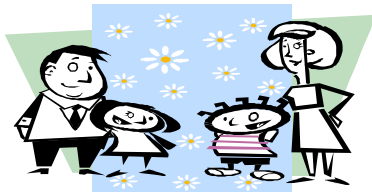


Donor Wall

- Building a YMCA in any city is a full community effort. Our YMCA would not have become a reality without contributions from many community members, business, and friends in our area.
- Listed on the wall in the lobby are the names of those that pledged money in the initial phase of making our YMCA a reality. Once again, we thank you for all your hard work and effort.
- The YMCA never turns anyone away due to their ability to pay for a membership. Financial Assistance is available to any who qualify.
- The learn more about how to become a volunteer or donor for the YMCA, contact the CEO.



YMCA Mission Statement

To Put Christian Principles into Practice
through Programs that build healthy spirit,
mind, and body
for all.

Wapakoneta Family YMCA

Wapakoneta Family YMCA
1100 Defiance Street
Wapakoneta, Ohio 45895

Phone: (419)739-9622
Fax: (419)739-9623
Email: rknous@wapakymca.org

Wapakoneta Family YMCA

Take-Home Tour Guide



YMCA

We build strong kids,
strong families, strong communities.

Making a difference for
generations to come.

www.wapakymca.org

Courtesy Counter and Lobby Area

- The Courtesy Counter is where all transactions take place—check into the building, get towels, register for classes, sign up for memberships, or just chat about the weather!
- The Lobby is a gathering place to meet with friends, relax before or after a class, read the paper or a magazine, or have a snack. Restrooms are available in the lobby area.
- Look for the Member Spotlight and Birthday Bulletin Board.

Staff Offices

- The front office area houses the Office Manager, Business Director, Property Manager, and CEO offices.
- The second office area houses the Program Directors.
- Staff are easily accessible and visible to all members. Stop in to talk anytime!

Conference Room

- Used for Summer Day Camp and the Gym N Swim After School Program, so parents can continue to work and know their children are in a safe environment.
- Also available for Birthday Party rentals and meetings for a small fee.

Nursery

- A place for the smallest YMCA members to play in a safe environment while waiting on their parents.
- Available for members free of charge, and potential members for a small fee while you are using the facility.
- Open Monday-Friday mornings and Monday-Thursday evenings.
- All staff are trained in CPR, First Aid, Blood Borne Pathogens, AED, and Child Abuse Prevention.
- For children from birth to 7 years of age.
- A variety of toys, games, activities, and videos are provided.

Fitness Center

- A room to help members improve physical well-being through cardiovascular and strength exercises. This space will help members feel better, live longer, and will help improve self-esteem, while giving an opportunity to meet others with a similar interest in wellness.
- Fifteen Cardio machines and fifteen stations of selectorized weight equipment are provided for your use.
- Open to anyone over 16 years of age. Those 13-15 years old must take a Teen Weight Training class prior to using the Fitness Center.
- Staff are available for orientations, Personal Training, and questions.

Gymnasium

- The gym provides physical activity to everyone from youth to adults. Hundreds of kids each year learn the values of Caring, Honesty, Respect, and Responsibility through

fair play in basketball, soccer, gymnastics, and many other sports. Adults participate in volleyball and basketball and make life long friends through sports activities.

- Full college-size basketball court, with a gym curtain that can be pulled to separate into two individual courts.
- Open volleyball and open basketball is held on various nights.

Free Weight Room

- Will be completed in the Fall 2003.
- The benefits of lifting free weights include added strength, flexibility, and more variety in a strength program.
- Ten stations with endless possibilities for exercise variety.
- Open for anyone 16 years and older. Those 13-15 years old must take a Teen Weight Training class prior to using the equipment.
- Staff are available for orientations, Personal Training, and questions.

Track

- Walking and running promotes wellness and cardiovascular endurance in a simple and easy form of exercise in which anyone can participate.
- Provides a family activity. You can watch your kids play in the gym while exercising with a spouse or children.
- The track is 1/16 of a mile. Sixteen laps equals one mile.
- The surface is banked and cushioned to reduce overuse injuries.

- Children under 13 must be accompanied by an adult.
- We ask that members change direction from day to day to avoid overuse injuries.

Aerobic Room

- Research has proven that exercise in a group setting can be very motivational. Aerobics promotes a group atmosphere, while forming small communities in a private environment.
- We offer a wide variety of classes, taught by certified instructors.
- Classes meet every morning, evening, and Saturdays.
- Classes are offered for those 16 and up. Youth 15 and under must take classes with a parent.
- Most classes are free of charge for members.



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Locker Rooms

- Our Locker Rooms give members the ability to shower and return to work or home activities with minimal down time.
- Family Locker Rooms give members the ability to dress and help their younger children.
- Four Lockers rooms-two family and two adult locker rooms featuring full size locker and dressing areas, and separate showers and restroom areas.
- Baby diaper changing stations are available in the family locker rooms.
- Wall-mounted hand/hair dryers available.
- Check the bulletin boards for upcoming events and programs.

Pool

- Swimming is a life long skill that has benefits for everyone from Pre-schoolers to Older Adults. Learning to swim at an early age-and continuing on through life, gives you an activity that everyone can do.
- Aquatics is easy on the joints, yet provides an excellent cardiovascular workout.
- The pool is 40 feet wide, 75 feet long, six lanes, with a depth of 3'6" to 9'3".
- The pool temperature is kept between 84-86 degrees.
- Swim lessons are offered for children 6 months-adults, both classes and private lessons.
- Check the Program Brochure for our wide

variety of water exercise classes.

- Wahoos Swim Team is for kids ages 4-18.
- Daily Open Swim and Lap Swim times available.
- Children under 8 must have an adult in the pool at all times.

Hot Tub

- Relaxing atmosphere in a small setting allows you extra time to chat with old friends, and make new ones.
- Benefits of warm water has a therapeutic effect on joints, muscles, and your spirit.
- The hot tub has a capacity of 8 persons.
- For safety reasons, children 5 and under are not allowed in the hot tub.
- Children 6-12 may use the hot tub with parental supervision.

St. Rita's at the Y

- This collaborative effort with St. Rita's Hospital provides physical, speech, and occupational therapies, cardiac rehab, sports injuries rehab, and massage services.

