



# STAY CONNECTED.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SUMMER NEWS

## Members, Volunteers, Staff and Friends of the Sandusky County

### 30-SECOND STAFF SPOTLIGHT

Let's take a moment to get acquainted with some of our staff here at the Y!

#### Ryan Fry, Youth and Adult Sports Director



Looking to make a positive impact on youth and the community, Ryan has found himself coming to our Y to share his love for sports. As a former Archie Griffin Sportsmanship Award recipient, Ryan is passionate about seeing growth in both sports and character development, while being a positive role model for youth.

With a Bachelor's degree in Education and History, and previous experience at the After-School All-Stars Ohio, the City of Sandusky and the Sandusky City Schools, Ryan has a wide range of experience with children and youth sports.

#### Betsy Sweeney, Fitness Director



Wife, Mother, Caregiver and Marathon Runner, these are just a few attributes Betsy is known for. Betsy first came to the Y when her family moved to Ohio from Virginia. Not typically a gym person, she found herself moving inside to adapt to our Ohio weather. As a familiar face here in our facility as a group Wellness Class Instructor, Betsy had a smooth transition into her new fitness director position last fall.

With a huge passion for running, completing her 3<sup>rd</sup> marathon last year, Betsy finds running her Zen, but loves all areas of fitness. Her experience as a personal trainer for NASM, and military background give her passion to help people and help them to be the best they can be, both physically and mentally.

In her spare time, Betsy enjoys spending time with her husband Joe and their 4 children, whether it's curling up with the family watching a good action movie or out on the boat.

Stop in and say 'Hello', Ryan and Betsy's office is at the counter in our Fieldhouse.

### Y LOOKING FOR LOCAL STARS

Open casting calls for future Y celebrities!

You and your family could be the next face of the Sandusky County YMCA! We'll be holding open casting calls in August for anyone interested in coming in for a photo shoot. Photo categories we will be taking pictures for are: children, adults, couples, families, and child(ren) with a parent. All ages are welcome! We are requesting participants wear plain clothing (with minimal/no logos please). Poses will be sitting, standing, and/or activity based. Any questions, more details or to schedule a date, contact Christy Zimmerman at 419-332-9622 or email Christyz@frymca.org



### ► NEWS TO NOTE

#### HOLIDAY HOURS

Independence Day  
July 4th - CLOSED

Labor Day  
September 5th - CLOSED

Thanksgiving Day  
November 24th - CLOSED

### ► UPCOMING EVENTS

**CRAFT & VENDOR SHOW**  
**SAT, NOV 19TH**  
**9:00AM - 3:00PM**  
**FREE ADMISSION**

Over 100 booths all in one area! From baby to body, home to health, sports to country, paint to print, hand-made to home-baked...and everything in between!  
More details on the web!

### ► UPCOMING EVENTS

#### FAMILY FUN NIGHTS RETURN!

Stay tuned, our Family Fun Nights will be returning this fall! Each month we'll host a different themed event exclusive for our members and their families. Details will be posted on our Facebook and website beginning in October.

[www.ATtheY.org](http://www.ATtheY.org)

Find us on facebook!

We're on Twitter!

Instagram too!



### YOUTH SPORTS – GET IN THE GAME!

More than a game, Youth sports develop children’s mind, body and spirit

Check out our line up for Fall sports registering NOW. All sports and camp flyers can be picked up at the Y Information Center or printed online at [www.ATtheY.org](http://www.ATtheY.org).

- **SUMMER SPORT CAMPS:** Daily camps with specialized sport focus running June thru August. Sport specific training for all skill levels including: Soccer, Basketball, Tennis, Baseball and Volleyball. Registration ends first day of each camp.
- **Y TRAVEL TACKLE FOOTBALL:** Fremont students in 5th or 6th grades. Home games played at Don Paul Stadium. Registration ends July 17th, practices begin Aug 1st.
- **NEW – 3RD & 4TH GRADE NFL FLAG FOOTBALL:** Co-ed league new this year partnered with the NFL! Participants will receive an NFL team-branded reversible jersey and NFL Flag football belt. Registration ends Aug 7th.
- **1ST & 2ND GRADE FLAG FOOTBALL:** Co-ed league. Basic skills of running, passing and playing defense taught in a fun atmosphere. Registration ends Aug 7th.
- **NEW – PEE WEE OUTDOOR SOCCER LEAGUE:** Co-ed outdoors league for Preschool and Kindergartners. Great way to introduce your child to outdoor soccer. Registration ends Aug 7th.
- **NEW – 1ST & 2ND GRADE OUTDOOR SOCCER LEAGUE:** Co-ed outdoor league to further develop soccer skills. Registration ends Aug 7th.
- **FREMONT FORCE CROSS COUNTRY:** Co-ed team for 4 year olds through 10th grade of all talents and experience. Running workouts as well as area running meets. Registration through August.

### » KEEP YOUR Y INFO UP TO DATE

#### NEED TO UPDATE YOUR Y ACCOUNT?

Stay connected, update your contact info, email and phone! Simply stop by the front desk or email [info@frymca.org](mailto:info@frymca.org).

### » STAY CONNECTED.

#### Y INFO ON THE GO

Stop by our webpage or Facebook and sign up for our free email list. We'll keep you up-to-date on all the happenings at the Y; like registration, new classes, special events and have exclusive offers delivered straight to your inbox!

### » STAY ACTIVE

#### KEEP MOVING THROUGH THE SEASONS. OUR NEXT SESSIONS BEGIN SOON!

#### SUMMER II SESSION

Member Registration  
July 5 - 17

Non-member Registration  
July 6 - 17

**SESSION RUNS**  
July 18 - August 28

#### FALL I SESSION

Member Registration  
August 15 - September 11

Non-member Registration  
August 17 - September 11

**SESSION RUNS**  
September 12 - October 23

### FUNNY NAME – LOTS OF FUN!

PICKLEBALL popularity is sweeping across the Y

Come check out the hottest craze at the Y - Pickleball! Described as a fun sport that combines many elements of tennis, badminton and ping-pong, groups of all ages have gotten into the game. Stop by our indoor courts during any of the following court times to join in a pick-up game. No need to bring any equipment, we'll get you started with our paddles and balls.

Monday	12:00 - 2:00 pm
Tuesday	8:00 - 10:00 am
Wednesday	12:00 - 2:00 pm
Thursday	8:00 - 10:00 am

Member Fee: FREE  
Non-Member Fee: \$7 daily or \$35 for 6-week pass



### MAKING IT FIT – AUTISTIC SWIM LESSONS

Free private swim lessons offered at the Y

In conjunction with the **Make It Fit Foundation**, the Y is offering FREE private swim lessons for Autistic children of Sandusky County. Classes consist of 6 half-hour, one-on-one lessons. Eligibility requirements must be met for free lessons. Contact Bonnie Hanson at 419-332-9622 or email [Bonnie@frymca.org](mailto:Bonnie@frymca.org) for more details.

