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SANDUSKY COUNTY YMCA - FREMONT, OH - P 419.332.9622 - [www.ATtheY.org](http://www.ATtheY.org)

## FALL NEWS Members, Volunteers, Staff and Friends of the Sandusky County YMCA

### SOMETHING NEW Introducing our Seasonal Newsletter

We would like to introduce our new Seasonal Newsletter! This quarterly newsletter will be both informative and entertaining- keeping you connected to all the happenings at YOUR Sandusky County YMCA. We'd love to hear from you too! If a story about the Y has meaning to you and you're willing to tell it, then we believe it's worth hearing! Story ideas and suggestions can be emailed to [christy@frymca.org](mailto:christy@frymca.org).

### IMPROVING YOUR Y Summer Improvements

This past summer was a time for improvements, a lot of changes have been going on these past couple months! While we understand the inconvenience it may have caused at times, we believe all the dust was well worth it! Pictures of our improvements can be found on our Facebook page. Thank you again for your cooperation, and thank you to everyone involved to help make our Y even better!



### ENSURING KIDS HAVE A BRIGHTER TOMORROW Child Development Center Wins State Award for Excellence in Early Care and Education!



In recognition of excellence and an ongoing commitment to children, YMCA Child Development Center has received a Two-Star Step Up To Quality Award from the Ohio Department of Job and Family Services, Bureau of Child Care and Development, the state agency responsible for licensing and promoting high standards among Ohio's early care and education programs.

Our Child Development Center provides a high-quality early care and education program that goes above and beyond Ohio's licensing standards. By reaching for the stars, our Child Development Center is helping the youngest children develop in a warm, nurturing

environment that fosters growth and a love for learning.

Step Up To Quality is Ohio's rating system for early care and education programs. Participants can earn a one, two or three-Star Rating by meeting an extensive list of quality benchmarks. As more parents join the workforce, more children are cared for outside the home.

Children enrolled in high quality early learning programs, particularly low income children, are more likely to stay in school, attend college, earn more money and be employed in more high-skilled jobs than their peers.

Enrollment is going on now for the 2013-2014 school year. For more information, please call our Child Care Directors at 419-332-9622.

### » SOMETHING NEW

**JACK O' LANTERN JOG**  
Sat, October 26. The Y will be hosting our first Jack O' Lantern Jog 5K Run/Walk and Kids 1K beginning at 9am at the Mosser Group Park (westbound inland bike trail entrance) located at the end of Walter Ave in Fremont. Awards for best costumed runners and for age categories. Go to our website and facebook for more details. Register today!



### » NEWS TO NOTE

**FAMILY FUN NIGHTS RETURN!**  
Friday, October 25. The Y is pleased to welcome back our Family Fun Nights the last Friday of each month. We're kicking off the season with our Halloween Night! Tickets will be available starting Oct 1st. For more info visit our website and facebook or stop at the front desk.





### ANNUAL HOLIDAY GIFT & CRAFT MARKET

Saturday, November 16 9AM – 3PM



**FREE TO THE COMMUNITY!** Save the date! Join us for our sixth annual Holiday Gift & Craft Market held at the YMCA. With over 85 booths, you're sure to find something for everyone on your shopping list. From baby to body, home to health, sports to country, paint to print, hand-made to home-baked...and everything in between! Spaces are still available for this year's show, contact Christy Zimmerman 419-332-9622 or email [info@frymca.org](mailto:info@frymca.org) for more info.

### ALL THINGS ACTIVE!

Programs begin Registration; with many new classes offered this Fall.

Thinking about adding a new activity to your routine? Below are some of the new classes and programs we have added at the Y. For details about each class or activity, please check out our Fall Program Flyer as well as our website.

#### Fitness

- ◆ BEGINNING PILATES TUESDAYS 7:00-7:45 PM
- ◆ CORE STRENGTHENING MON/THURS 12:00-12:30 PM
- ◆ FIT BALL THURSDAYS 7:00-8:00 PM
- ◆ KETTLEBELLS MON/WED 5:00-5:45 PM
- ◆ TEEN BOOTCAMP MON/WED 3:00-3:45 PM
- ◆ WOMEN ON WEIGHTS MON/WED 11:00-11:45 AM
- ◆ ZUMBA TUESDAYS 9:30-10:30 AM  
TUES/THURS 5:45-6:45 PM  
SATURDAYS 9:00-10:00 AM
- ◆ UNLIMITED FITNESS PASS!! LAND FITNESS CLASSES FOR ONE LOW PRICE!\*EXCLUDES CYCLING

#### Aquatics

- ◆ AQUA-X MON/WED 6:00-7:00 PM  
TUES/THURS 7:00-8:00 PM
- ◆ H<sub>2</sub>O TAE KWON DO TUESDAYS 10:30-11:30 AM  
FRIDAYS 5:30-6:30 PM
- ◆ YOUTH & ADULT SWIM LESSONS DAYS & TIMES VARY BY LEVEL - SEE THE DESK!

**FOR MORE PROGRAM DETAILS, PLEASE CHECK OUT OUR PROGRAM FLYER!**

### ASK OUR EXPERT NIGHTS

Beginning in October, the YMCA Facebook page will feature our first ASK OUR EXPERT NIGHT. Each month we will feature one of our experts to answer all of your questions LIVE! A wide array of topics will be covered from Aquatics to Fitness, Childcare to Sports, even Personal Training! Like our Facebook page at [www.facebook.com/YMCAFremont](http://www.facebook.com/YMCAFremont) and join in the conversation! Your questions can be submitted ahead of time to [info@frymca.org](mailto:info@frymca.org) or twitter [@FremontYMCA](https://twitter.com/FremontYMCA) #askourexpert.

### SHARE YOUR STORY

We want to know, how has the Y helped you? Has your child learned new skills and made new friends at the Y? Did you run a half marathon after training at the Y? What have you gained (or lost!) by coming to the Y? Your story has the potential to motivate others and we'd love to share it! Please see Ruth or email [ruth@frymca.org](mailto:ruth@frymca.org) and you could be in our next newsletter!

### ▶▶KEEP YOUR Y INFO UP TO DATE

#### UPDATE YOUR INFORMATION, YOU MAY WIN!

Stay connected, update your contact info, email and phone! All month long we will be collecting your updated information to be entered in a raffle for one of four fabulous prizes! Simply stop by the front desk or email [info@frymca.org](mailto:info@frymca.org).

### ▶▶NEWS TO NOTE

#### FINALLY HERE, WINTER HOURS!

Mon-Thurs	5am-10pm
Fri	5am-9pm
Sat	7am-6pm
Sun	12-5pm

### ▶▶STAY ACTIVE

#### KEEP ACTIVE ALL FALL LONG!

##### FALL I SESSION

###### Member Registration

Sept 2 - Sept 29

###### Non-Member Registration

Sept 4 - Sept 29

##### SESSION RUNS

Sept 29 - Nov 9

##### FALL II SESSION

###### Member Registration

October 28 - Nov 10

###### Non-Member Registration

October 30 - Nov 10

##### SESSION RUNS

October 10 - December 21

##### WINTER I SESSSION

###### Member Registration

December 9 - Jan 5

###### Non-member Registration

December 11 - Jan 5

##### SESSION RUNS

January 5 - February 15