



WINTER 2024 PROGRAM GUIDE

Registration: Members: December 11
General Public: December 26



Stevens Point Area YMCA



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Board of Directors

Sue Koehl, CVO/Board Chairperson
Dan Mahoney, 1st Vice Chairperson
Rachael Gadbois, 2nd Vice Chairperson
Scott Glinski, Past CVO/Board Chairperson
Erik Carlson, Committee Chairperson
Gretchen Beyer, Committee Chairperson
Brian Formella, Committee Chairperson
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Ben Martinsen
Lindsay Meyer
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Fritz Schierl
Dr. "Kit" Swiecki
Al Thompson
Mike Trzinski
Christopher Nyman

Board Members Ex Officio

Dr. George May, Board Emeritus
Gerald M. O'Brien, Board Emeritus
John Roberts, Board Emeritus (In Memoriam)



Holiday Hours & Closures

- Thanksgiving (11/23)
 - Closed
- Christmas Eve (12/24)
 - Closed
- Christmas Day (12/25)
 - Closed
- New Year's Eve Day (12/31/2023)
 - Normal Operational Hours (8:00 AM-12:00 PM)
- New Year's Day (1/1/2024)
 - Modified Operational Hours (10:00 AM- 4:00 PM)

Normal Operational Hours

- | | |
|-------------------|------------|
| • Monday-Thursday | 5am - 8pm |
| • Saturday | 6am - 2pm |
| • Sunday | 8am - 12pm |

Stevens Point Area YMCA

1000 Division St. Stevens Point, WI 54481
715-342-2980
info@spymca.org

Camp Glacier Hollow

9289 Pavelski Rd., Amherst Junction, WI 54407
715-342-2980
info@spymca.org

YMCA REGISTRATION

WINTER 1 & 2 -2024

Winter Programs	SESSION DATE	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
Winter 1	Jan. 7-Jan 20	Dec. 11	Dec. 26
Winter 2	Jan. 21-Mar 16	Dec. 11	Dec. 26
Tai Kwon Do	Jan 2-Feb 8	Dec. 11	Dec. 26

CAMP GLACIER HOLLOW

Camp Glacier Hollow	Start Date	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
Day Camp	Jun. 5	Jan. 1	Jan. 1
Overnight Camp & Adventure Trips	Jun. 9	Jan 1.	Jan. 1
Leaders-In-Training Counselors-In-Training	Jun. 9	Jan. 1	Jan. 1

SUMMER VACATION AT THE Y

Summer Vacation at the Y	Start Date	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
Summer	Jun. 5	Jan. 1	Jan. 1

FIND ALL YMCA OFFERINGS AT:
www.spymca.org



BECOME A MEMBER TODAY!

MEMBERSHIP PRICES AS OF JAN. 2024

• YOUTH (HS student & younger)	\$21
• YOUNG ADULT (18-24)	\$34
• ADULT (25-59)	\$49.50
• DOUBLE ADULT	\$68
• HOUSEHOLD	\$73
• SINGLE PARENT HOUSEHOLD	\$59
• SENIOR	\$47
• SENIOR HOUSEHOLD	\$67

ANNUAL MEMBERSHIP

Paid and renewed annually by cash, check, VISA, MasterCard, American Express, or Discover.

CONTINUOUS MEMBERSHIP

Paid through automatic bank or credit card drafts on the same day of each month (either the 1st or the 15th). Easy to cancel with 14 days written notice.

DAY PASSES	12/23 Rates	Rates as of Jan. 1
• YOUTH	\$4	\$5
• YOUNG ADULT (18-24)	\$10	\$12
• ADULT & SENIOR	\$14	\$16
• HOUSEHOLD	\$16	\$18
• MILITARY OR VETERAN	\$3	\$5

MEMBERSHIP DISCOUNTS

Check with your employer or your health insurance company. You may have a workplace wellness program or an incentive from your health insurance company which may help pay for part of your membership.

MEMBERSHIP FOR ALL – Financial Assistance

Everyone is welcome at the Y! The Stevens Point Area YMCA raises funds through our Annual Campaign, allowing us to welcome all who wish to belong. Membership assistance rates are determined by household income and size. Discounts are available on memberships and most programs.

24-7 Access

We now offer 24-7 access to any SPYMCA member for an additional fee of \$5/month, and the one time purchase of a key fob for \$20. Stop at Member Services for more information.

MEMBERSHIP POLICY

The Y welcomes all; however, for your safety, the Y maintains the right to deny access to the facility and/or participation to any person who does not meet the mission, values, or goals of the YMCA.

NO CONTRACTS, NO COMMITMENTS!

- Free Wellness Consultation with certified YMCA experts
- Household and Single Parent Household Memberships receive free Drop In Childcare
- Free access to thousands of land and water group exercise classes each week
- Complimentary Wi-Fi
- Priority registration and reduced rates for YMCA programs
- Access to pools
- State of the art Wellness Center
- 2 steamrooms
- Access to gymnasium
- Access to racquetball courts
- Special tiered member pricing for Camp Glacier Hollow Overnight Camp
- Discounted rates for Camp Glacier Hollow Day Camp
- YMCA Nationwide membership accepted at most of the 2,700 Y's across the country

HEALTH & WELLNESS-FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

(AGES 12 YEARS & UP, UNLESS OTHERWISE NOTED)

- Y Members: Free with Membership
- General Public: Day Pass required

A LISTING OF CLASS DAYS AND TIMES CAN BE FOUND ON OUR APP, OR THE SCHEDULES TAB ON OUR WEBSITE. www.snymca.org.



Family Friendly: This icon indicates Family Friendly Classes which run as usual, but are open to kids ages 7 and up accompanied by an adult. See schedule for class times that are Family Friendly



CLUB DANCE

A fun and energetic cardio dance fitness class designed to make you forget about working out and focus on having fun! The choreography is fun repetitive and easy to follow. This class is appropriate for all age levels and fitness levels.

Location: Group Exercise Studio



DANCE FITNESS

A fun and energetic cardio dance fitness class designed to make you forget about working out and focus on having fun! The choreography is fun repetitive and easy to follow. This class is appropriate for all age levels and fitness levels.

Location: Group Exercise Studio

GROUP CYCLING*

Come enjoy a heart-pumping ride while you pedal to the beat of great music using Coach By Color®. Join us for a non-impact, fitness program for all abilities and ages (kids must be about 5 ft tall to fit properly on bikes). Beginners must come 10 minutes early for bike setup! Group Cycling room. Limit 25 participants per class. *Please reserve your spot in advance

Location: Group Cycling Studio



KICKBOXING

This class combines martial arts techniques with fast-paced cardio. This high-energy workout is flexible to serve the levels of all students yet challenges every level alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Location: Group Exercise Studio

HEALTH & WELLNESS—FREE GROUP EXERCISE CLASSES

LESSONS SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY

LES MILLS BODYPUMP/ EXPRESS (AGES 13 YEARS & UP)

Bodypump™ is intended to build strength and sculpt your muscles—it is also a killer cardio workout, with many tracks spiking your heart rate and leaving you dripping with sweat. Each song track focuses on a different muscle group, with a warm-up and cool-down track opening and closing the class, and requires various weights (heavier for the bigger muscle groups, lighter for the smaller ones). You will do a high number of repetitions with lighter weights for maximum fatigue and, ultimately, to get stronger. The class is ideal for those who want to add weight lifting into their routine. 60-minute format and Express 45 minute format. Must be 13 years old & up. Location: Group Exercise Studio



BOOT CAMP

This boot camp style class will have cardio and strength intervals, circuits and more. 45 min class will fly by with this fun challenging class.

Location: Group Exercise Studio



QUICK HIIT (HIGH-INTENSITY INTERVAL TRAINING)

This class delivers a sweat drenching, calorie-blasting workout designed to maximize the EPOC (Excess Post-exercise Oxygen Consumption) effect, which means you will be burning more calories long after your workout. We combine cardio and strength in this Boot Camp-style high intensity interval training (HIIT) class to deliver a total body challenge. Energy will be high and rest will be short, so be ready to work hard to maximize your results in minimal time.

Location: Group Exercise Studio

WATER EXERCISE

This low-impact class incorporates cardiovascular and muscle conditioning exercises using the water as resistance. This environment is great for everything from athletic training to arthritis relief—water naturally offers resistance. Working in the water will help improve balance and core strength. No swimming skills are necessary.

Location: Adventure Pool

SILVERSNEAKERS CLASSIC (AGES 40 YEARS & UP)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Location: Gymnasium

HEALTH & WELLNESS-FREE GROUP EXERCISE CLASSES

LESSONS SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
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CIRCUIT

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Strength workout for lower body and upper body using hand-held weights, elastic tubing with handles, bodyweight and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. This class is appropriate for all ages. Cardio can be done at high, medium or low levels, and Strength work can be done with little to no weight, to high weight.

Location: Gymnasium

SILVERSNEAKERS YOGA (AGES 40 YEARS & UP)

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Location: Group Exercise Studio

TOTAL ABS EXPRESS

An action-packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Total Abs uses a various exercises to target the core muscles, and get results fast.

Location: Group Exercise Studio

FREE YOGA & PILATES MAT CLASSES (All Yoga and Pilates mat classes are FF)

Y Members: Free with Membership

General Public: Day pass required

GENTLE YOGA

Rejuvenate, reduce stress, increase flexibility & strength with this gentle yoga class introducing students to basic yoga postures and breathing techniques. The approach is gentle, supportive and caring.

Location: Mind Body Room

MORNING YOGA

Wake up to a dynamic flowing yoga practice so you can nurture a healthier you. Become more aware of the body and mind, cultivate strength and increase flexibility. First week of every month will be more of a Yin Yoga. All levels welcome.

Location: Group Exercise Studio

HEALTH & WELLNESS-FREE GROUP EXERCISE CLASSES

LESSONS SUBJECT
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RESORATIVE/YIN YOGA

Classes are a combination of gentle restorative postures balanced with deeper passive poses to give your body the full spectrum of tension release and relaxation. Weaving guided meditation and breath work throughout the class and offering support with props and bolsters to create a cozy and comfortable class experience.

Location: Mind Body Room



YOGA BASICS

An Ideal place for students to begin their yoga journey. This class will place emphasis on the foundational postures, as well as deepen the student's knowledge of alignment and physical condition while bringing awareness to breath. Please reserve your spot in advance.

Location: Mind Body Room



YOGA FLOW

Experience a powerful yoga flow to strengthen and stretch while balancing your body with relaxation and focus. Breath work, yoga postures and movements, stretching and relaxation incorporated in each class. Open to all experience levels (even beginners!) and individual modifications will be available. Location: Group Exercise Studio/Mind Body Room



YOGA SLOW FLOW

Experience the power of moving slow to strengthen your whole body. The pace is meditative, emphasizing peace and calm in body and mind. We hold poses longer, taking several rounds of breath in each pose, instead of moving to each breath. Open to all experience levels, including beginners. Individual modifications can also be made.

Location: Group Exercise Studio/Mind Body Room



PILATES MAT

Use this class to jumpstart core strength and flexibility, working 360° around the torso. Basic to intermediate Pilates incorporated into seated, standing and mat work.

Location: Group Exercise Studio/Mind Body

HEALTH & WELLNESS-FREE GROUP EXERCISE CLASSES

LESSONS SUBJECT
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SMALL GROUP TRAINING (AGES 12 YEARS & UP) PILATES REFORMER INTERMEDIATE

Continue your Pilates Reformer training in this small group class. Previous Pilates Reformer training is required. Limit 5 participants.

Location: Core Room.

Class Day and time:

Mondays 5:00–5:45pm or Tuesdays 9:45am–10:30am

Winter Session 1: Jan 7– Jan20 (2 weeks)

Y Member: \$20

General Public: \$25

Winter Session 2: Jan 22– March 15 (8 weeks) Mondays 5:00–5:45pm ONLY

Y Member: \$80

General Public: \$100

Winter Session 2: Jan23–Feb 27 (6 weeks) Tuesdays 9:45am–10:30am ONLY

Y Member: \$60

General Public: \$75

TRX

A form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance-training tool that leverages gravity and the user's body weight to complete the exercises. Limited to 8 participants.

Location: Core Room

Class day and time: Wednesdays 5:15p–6:00p

Winter Session 1–2 Jan 10–March 13

(10 weeks, TRX is running one combined Winter session)

Y Member: \$36 General Public \$72

Scan to see all our
amazing trainers!



GROUP EXERCISE RESERVATION INSTRUCTIONS



***Reservations open 2 days before the class start time**

TO OPEN THE GROUP EXERCISE SCHEDULE:

- Go to our website www.spymca.org
- Click on the tab "Schedules" located on the top menu bar and choose "Group Ex Classes"

OR

- Go to Y Universal app and open Group Ex schedule
- Once in the schedule, locate the class you want to take. (Go to the correct date, locate the class)
- On right side click "Sign Up"



Scan to
download the
app

THE FIRST TIME YOU REGISTER FOR A CLASS:

- Click on "Create a login" (near top)
- Enter your First and Last name, email address, and a password; confirm your password.
- Click "Register"
- Enter the email and password you created
- Click "Login"
- Click the blue "Reserve a Spot"

That's it!! It will tell you if you have a spot reserved, or if it is full. You may then log out of your account.

TO CANCEL A RESERVATION:

- Follow the same steps to open the schedule
- Open the class you registered for
- Click on "Sign Up"
- Log into your account. It will tell you in green you have a spot
- Click on blue "Cancel Reservation"

**If you do not have access to a computer,
contact the Member Services at 715.342.2980 and we will be happy to assist you.**

HEALTH & WELLNESS—PERSONAL TRAINING



LESSONS SUBJECT
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PERSONAL TRAINING

Our nationally-certified Personal Trainers are excited to help you take your fitness to a whole new level. No matter what your current ability, we will help you set challenging goals and give you the training prescription to attain them. Do not let a physical limitation hold you back. Our trainers are equipped to help with special concerns or limitations.

SMART START (Y MEMBERS ONLY – AGES 12 YEARS & UP)

Smart Start Coaching is a free 3-session coaching program, and is available to new and current YMCA members. During the program, you will meet with our highly trained wellness professionals to establish your goals, develop a personalized fitness plan, and experience a customized personal training session!

Appointment 1: Consultation and Goal Setting (about 30mins).

Appointment 2: Equipment Orientation and Body Composition (about 45mins).

Appointment 3: Customized 30 min. Personal Training Session.

By appointment only

Y Member: FREE

BODY COMPOSITION (AGES 10 YEARS & UP)

The scale is not the only tool to measure your fitness, but it is an actual measure of your health. Body composition measures the percentage of fat compared to fat-free mass (muscle, bone, and water) in your body. If you lose 5 pounds of fat and gain 5 pounds of muscle you will lose inches, burn fat, and raise your metabolism. Get your body composition numbers and reveal whether any adjustments to your exercise program or eating habits need to be made to reach your health and wellness related goals.

Location: Personal Training Office. By appointment only.

Y Member: \$19

General Public: \$38

PREMIUM CONSULT

Are you looking to improve the way you move, maximize your workouts, and stay injury free? Our experienced trainers will work with you to identify your goals and will provide you with a structured program that is designed specifically for you. You will be assessed through a detailed movement screen to identify movement imbalances that may contribute to aches, pains, and decreased performance. Sign up today to get moving and feeling your absolute best. Two 30-minute sessions.

Y Member: \$68

General Public: \$136

HEALTH & WELLNESS-PERSONAL TRAINING

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PERSONAL TRAINING

PERSONAL TRAINING PACKAGES (Y MEMBERS ONLY – AGES 10 YEARS & UP)

Find out what you are capable of! Team up with a certified personal trainer to receive a fitness plan that is tailored just for you. We have the knowledge and expertise to create innovative and engaging programs for athletes, recreational exercisers, teens, rehabilitation referrals, special populations and active older adults. The constant motivation, support, and encouragement will provide a fun, uplifting experience, and get you on the right track toward accomplishing your goals. Sessions are 60 minutes each and may be scheduled any time based on Trainers availability. Unused sessions expire within six months.

PERSONAL TRAINING 2-Person PACKAGES (1-2 TRAINING)

Y MEMBERS ONLY – AGES 10 & UP

If you are more comfortable teaming up with a friend or family member, we offer 2-Person training sessions. *Each appointment made counts as a session for both people, even if one doesn't show.

SMALL GROUP TRAINING 3-6 People

Y MEMBERS ONLY – AGES 10 & UP)

You can train together with your friends or family members to make an impact on your health and fitness. You create the group, save money and have fun with others while getting fit. *Each appointment made for the group counts as a session for all group members, even if a group member doesn't attend.

Class Name	1 Session	3 Sessions	5 Sessions	10 Sessions	15 Sessions
Personal Training Individual	\$50	\$140	\$220	\$360	\$480
2-Person Training	\$29/person	\$89/person	\$120/person	\$212/person	\$300/person
Group Training 3+people	\$23/person	\$62/person	\$98/person	\$117/person	\$209/person

Ask About Our Additional Training Programs:

Virtual Personal Training, Aquatics Personal Training, Speed/Agility Training, and Performance Training.

By appointment only. Please contact Andy Molski to schedule. 24-Hour Cancellation Policy.

HEALTH & WELLNESS—PERSONAL TRAINING

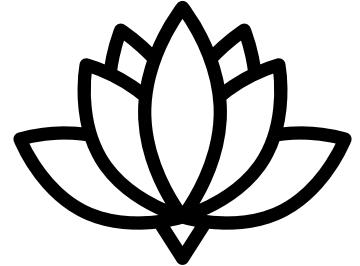
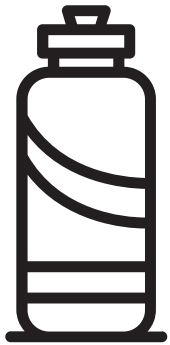
LESSONS SUBJECT
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PILATES PERSONAL TRAINING

Experience one-on-one or 2-person training with a Certified Stott Pilates trainer. Choose mat or reformer Pilates or a combination of both, personalized to fit your needs.

Class Name	1 Session	5 Sessions	10 Sessions
Pilates Personal Training	\$46	\$175	\$320
Pilates 2-Person Training	\$29/person	\$109/person	\$183/person
General Public-Individual	\$72	\$280	\$490

Pilates Packages purchased at Front Desk and appointments will set up after purchase.
24-Hour Cancellation Policy.



HEALTH & WELLNESS- INTERVENTION PROGRAMS

LESSONS SUBJECT
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DIABETES MANAGEMENT PROGRAM (AGES 18 YEARS & UP)

This is an evidence-based, 12-week exercise program specifically designed to help you manage type 2 diabetes. The program will consist of a group training with a trainer, and independent work. The program consists of a combination of aerobic exercises, resistance and flexibility exercises and strength training. This combination and dose of exercises has been shown to be a highly effective way to improve overall health, increase insulin sensitivity, and decrease long-term effects of diabetes among participants.

Location: Wellness Center

Cost: Free

For more information about the Diabetes Management program, contact Andy Molski amolski@spymca.org

MS/PARKINSONS WATER EXERCISE PROGRAM (AGES 18 YEARS & UP)

This free water exercise-based program is designed for people with mobility issues related to MS, Parkinsons, or other reasons. The class will meet once a week on Mondays in the pool for gentle exercise to help with mobility.

Location: Adventure Pool

Cost: Free (This program is funded by United Way of Portage County)

For more information, contact Amy Fox afox@spymca.org.

LIVESTRONG ® AT THE YMCA (AGES 18 YEARS & UP)

This free 12-week exercise-based program is designed for cancer survivors who have become de-conditioned and fatigued from their treatment and/or disease. The Y will empower you to improve your energy level and self-esteem, build muscle mass and strength, increase flexibility and endurance, and improve your ability to do everyday tasks.

Location: Wellness Center

Cost: Free (This program is funded by United Way of Portage County)

For more information, please contact Amy Fox afox@spymca.org.

SOLE TO SOUL EXERCISE PROGRAM (AGES 18 YEARS & UP)

The YMCA Sole to Soul Program was designed to create an opportunity for individuals struggling with stress, depression, and anxiety to find support and hope through health, wellness, and exercise. The program provides YMCA Wellness Coaches to assist with creating a personalized plan that is designed to alleviate the symptoms of depression, stress and anxiety through exercise.

Cost: Free (This program is funded by United Way of Portage County)

Referral is required from medical provider.

For more information, please contact Andy Molski amolski@spymca.org

HEALTH & WELLNESS- INTERVENTION PROGRAMS

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CORPORATE WELLNESS PROGRAM

Happier and healthier workers are an asset to any business! Here at the Y, we support youth development, healthy living, and social responsibility. Join with us to ensure you and your company have a healthy and engaged workforce, by supporting the health and wellbeing of your employees! The Y has the expertise to help you develop a stronger, more vibrant and productive workforce, by offering your employees discounted memberships, on-site fitness assessments, worksite wellness presentations, wellness challenges, group fitness classes, stress management and much more. This partnership sets up a streamlined process to ensure access to any participating YMCA.

For more information, please contact Member Services at 715.342.2980

TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE YMCA Partnership with Advanced Physical Therapy Associates

****Referral Based Only****

After completing therapy, individuals may benefit from an independent exercise program in the supportive environment of the Stevens Point Area YMCA. A certified personal trainer will contact you to set up an initial consult and training/rehab plan after consultation with your clinician. The training/rehab plan will then be carried out by a Wellness Center staff coach. Appointments must be scheduled for the same time each week. You will be granted access to the Stevens Point Area YMCA for 4 weeks.

Y Members: \$60 (Financial Assistance Available)

General Public: \$160

Please have your clinician contact Andy Molski, P 715.952.9379 E amolski@spymca.org

HEALTH & WELLNESS- WELLNESS CENTER SERVICES

LESSONS SUBJECT
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WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 16 YEARS & UP)

Are you new to our facility or simply want to learn more? This one-hour appointment with wellness staff will introduce you to our cardiovascular machines and strength training circuit. We will cover how to set up and adjust equipment, and cover any questions you may have.

Location: Wellness Center

By appointment only, call or stop in to register at Wellness Center Desk.

Y Members: Free

YOUTH WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 8-15 YEARS)

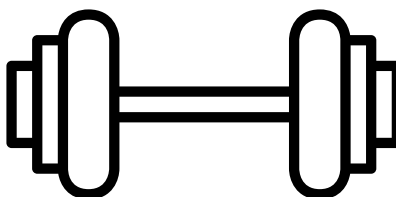
Required for youth ages 8-14 years before using the Wellness Center. This 30-60minute appointment will introduce you to our cardiovascular machines and Youth strength training circuit. We will cover how to set up and adjust equipment and which equipment is allowed for age groups.

Location: Wellness Center

By appointment only, call or stop in to register at Wellness Center Desk

Y Members: Free

PLEASE NOTE: Youth ages 8-12 years old are not allowed to use free weights. 8&9 year olds are limited to cardio equipment only. 10-12 are limited to cardio and the youth circuit only. All Youth 8-12 years old Must always be accompanied by a parent or guardian while in the Wellness Center. Parent or guardian must stay within eyesight of youth at all times.



MARTIAL ARTS

WINTER REGISTRATION INFORMATION

YMCA Member Registration: Monday, December 11th

General Public Registration: Monday, December 26th



TAE KWON DO (AGES 7 AND UP)

Olympic style Tae Kwon Do/Karate teaches kicks, blocks, punches, forms, sparring and discipline. Advanced students will learn self-defense techniques. World Tae Kwon Do Federation Certified belt level testing is an ongoing part of the program. Uniform required and can be ordered at first class. Kids must be 7 years old by the start of the session to enroll.

WINTER SESSION 1 Jan 2–Feb 8

WINTER SESSION 2 Feb 20–Apr 4 (No classes Mar 19&21 Spring break)

DAYS: Tuesdays and Thursdays

TIME: 6:45–7:45PM

Location: All Purpose Room

Y Members: \$44 (6 weeks, 12 classes)

General Public: \$88 (6 weeks, 12 classes)

TAI CHI (AGES 13 AND UP)

Study this ancient Chinese form for balance, strength, relaxation and health. No uniform required. Tai Chi is considered a highly effective exercise for mind and body health. Exercises are designed to improve muscular strength, flexibility, and fitness.

Winter SESSION 1 Jan 7–March 11 (10 weeks combined 2 sessions)

DAYS: Mondays

TIME: 6:15–7:45PM

Location: All Purpose Room

Y Members: \$49 (10 weeks)

General Public: \$98 (10 weeks)

DANCE

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WINTER REGISTRATION INFORMATION

YMCA Member Registration: Monday, December 11th

General Public Registration: Tuesday, December 26th

LITTLE DANCERS (AGE 3-5)

Introduce your Little Dancer to movement, music, and rhythm with a class that emphasizes fun and self-esteem. This class will focus on basic ballet, and jazz moves, to get your Little Dancer started in dance. The children will be learning a dance routine that will be featured at the last class of the session. Mind Body Room. 13-week session.

Location: TBD

Fridays 8:30-9am

Winter-Spring Session: Feb 2-May 10 (no class March 22 and one additional week for instructor performance)

BALLROOM DANCE BEGINNER (AGE 14 and up)

Learn the basic figures and etiquette that will help you feel more confident at any social dance event. Instruction will focus on Foxtrot and Swing. No prior experience necessary, all levels welcome; singles welcome.

Location: Group Exercise Studio

Fridays 6:00-7:00PM

Winter Session: Feb 16-April 5 (no class March 15th)

Y Member: \$42

General Public: \$84

BALLROOM DANCE INTERMEDIATE (AGE 14 and up)

This class is suited to those who have taken Foxtrot and Swing classes previously. Participants already understand the basic steps and are ready to learn more, singles welcome.

Location: Group Exercise Studio

Fridays 7:00-8:00PM

Winter Session: Feb 16-April 5 (no class March 15th)

Y Member: \$42

General Public: \$84

STAFF CONTACT

Amy Fox, Health & Wellness Director, P 715.952.9303 E afox@spymca.org

ACTIVE OLDER ADULTS



WINTER 2024 REGISTRATION INFORMATION
WINTER 1 SESSION: January 7–January 20, 2024)
WINTER 2 SESSION: January 21 – March 16, 2024

Active Older Adults (AOA) in the YMCA experience a strong sense of belongingness and a network of friends who provide supportive communities for sustained health and well-being. Through on-going, fun, safe, and engaging programs, activities, and events, AOA participants increase their self-confidence and sense of achievement while building relationships and celebrating the success and milestones of each older adult within their AOA community. Older adults, individuals 55 and above, are a significant and growing segment of our communities. All AOA benefit from engaging in YMCA activities that enhance connections, decrease a sense of isolation, and improve overall well-being.

AOA (Active Older Adults) Luncheons

The Active Older Adults Luncheon group meets the second Tuesday of each month (unless there is a holiday, schedule conflict, etc.) at 12:30pm. Each month a theme is announced and either a potluck at the Y or a local restaurant is chosen for this fun social time. (Everyone pays for their own meal). Register at Member Services.

AOA Social Groups, Day Trips and More.....Stayed tuned – even more fun and exciting programs to come!!

If you have any questions or ideas for any additional programming, please contact Kristy Bridenhagen at 715-952-9365 or email Kbridenhagen@spymca.org

AQUATIC WINTER EVENTS

SWIM INTO STORIES

Free event to all!

December 15, 2023

Join the staff of the Portage County Library as they share story time on our pool deck, followed by family swim time. Slide and Mushroom will be on!

Pool rules apply!

Children 6 and under MUST have an adult in the pool with them.

Children 7-13 have to have a parent on the pool deck

Lifejackets available for use

Class Max: 310

Y Member: FREE

General Public: FREE



**Watch for new
dates on our
website!**



STAFF CONTACT

McKenzi Klasinski, Aquatics Director, P 715.952.9377 E mklasinski@spymca.org

PARENT- CHILD CLASSES & PRESCHOOL SWIM LESSONS

WINTER 2:

Winter 2 Session: January 21–March 16 (8 Weeks)

YMCA Member Registration: December 11

General Public Registration: December 26

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

•All lessons will meet once per week. See class listings below for prices.

•If your first choice is not available, please ask Membership Services to add you to the waitlist.

PARENT-CHILD CLASSES: AGES 6 MONTHS–3 YEARS

PARENT/CHILD STAGE A/B: WATER DISCOVERY/WATER EXPLORATION

Infants and toddlers are introduced to the aquatic environment. A parent will accompany their child into the water for each lesson. This class focuses on strengthening the parent and child relationship while teaching the fundamentals of motion in water and water safety. Class Max: 12

Class Name	Location	Age	Day	Start	End	Y Member Genral Public
Parent and Child Stage A/B	ADV POOL	6 months–3 years	M	9:30 AM	10:00 AM	\$16 \$84
Parent and Child Stage A/B	ADV POOL	6 months–3 years	M	6:00 PM	6:30 PM	\$16 \$84
Parent and Child Stage A/B	ADV POOL	6 months–3 years	T	5:15 PM	5:45 PM	\$16 \$84
Parent and Child Stage A/B	ADV POOL	6 months–3 years	W	4:30 PM	5:00 PM	\$16 \$84
Parent and Child Stage A/B	ADV POOL	6 months–3 years	TH	5:15 PM	5:45 PM	\$16 \$84

PRESCHOOL SWIM LESSONS : AGES 3–5 YEARS

PRESCHOOL STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool. Participants are introduced to floating, kicking, blowing bubbles, and pool safety with an instructor's assistance. This level also introduces underwater exploration and introduces basic self-rescue skills performed with assistance.

Class Name	Location	Age	Day	Start	End	Y Member Genral Public
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	M	4:30 PM	5:05 PM	\$56 \$84
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	M	4:30 PM	5:05 PM	\$56 \$84
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	T	9:30 AM	10:05 AM	\$56 \$84
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	W	4:30 PM	5:05 PM	\$56 \$84
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	W	5:15 PM	5:50 PM	\$56 \$84
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	TH	6:00 PM	6:35 PM	\$56 \$84

PRESCHOOL STAGE 2: WATER MOVEMENT

The beginner swimmer continues to adjust to chest-deep water while swimming 10 yards independently. Swimmers continue progress on forward movement, floating, kicking, & blowing bubbles independently. This level also incorporates basic self-rescue model of "jump, swim, turn, swim, grab."

Class Name	Location	Age	Day	Start	End	Y Member General Public
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	M	4:30 PM	5:05 PM	\$56 \$84
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	M	5:15 PM	5:50 PM	\$56 \$84
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	T	4:30 PM	5:05 PM	\$56 \$84
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	T	5:15 PM	5:50 PM	\$56 \$84
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	T	6:00 PM	6:35 PM	\$56 \$84
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	W	6:00 PM	6:35 PM	\$56 \$84
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	TH	10:15 AM	10:50 AM	\$56 \$84
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	TH	5:15 PM	5:50 PM	\$56 \$84

PRESCHOOL SWIM LESSONS & PRIVATE LESSONS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

WINTER 2:

Winter 2 Session: January 21–March 16 (8 Weeks)

YMCA Member Registration: December 11

General Public Registration: December 26

•All lessons will meet once per week. See class listings below for prices.

•If your first choice is not available, please ask Membership services to add you to the waitlist.

PRESCHOOL STAGE 3: WATER STAMINA

Swimmers strive to improve their existing stroke skills with exposure to treading water, rhythmic breathing, and underwater swimming. Additionally, the basic self-rescue model of “jump, swim, turn, swim, grab” is performed at longer distances than in previous stages.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	M	10:05 AM	10:40 AM	\$56 \$84
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	M	6:00 PM	6:35 PM	\$56 \$84
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	T	6:00 PM	6:35 PM	\$56 \$84
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	W	6:00 PM	6:35 PM	\$56 \$84
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	TH	4:30 PM	5:05 PM	\$56 \$84
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	TH	6:45 PM	7:20 PM	\$56 \$84

PRIVATE SWIM LESSONS

Offered for all ages and ability levels. Students work on swimming skills appropriate for their ability and in accordance with their individual goals. Water safety is stressed to all participants. Lessons are 30 minutes.

Y Member: 1 Lesson \$30, 4 Lessons \$120

General Public: 1 Lesson \$45, 4 Lessons: \$180

* Private Lessons are not offered during Group Lesson Times (Monday– Thursday 4:30pm–6:35pm)

To register, please fill out a private swim lesson request form. Forms are available on our [website](#). An aquatic staff member will contact you to arrange times that fit your schedule.

Payment must be received before the first scheduled lesson. Participants must bring their receipts to each lesson as proof of payment. Please be aware that it may take several weeks to find an instructor, and even longer if you have limited availability.

LEARN TO SWIM | YOUTH

LESSONS SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY

WINTER 2:

Winter 2 Session: January 22–March 15 (8 Weeks)*Longer session*

YMCA Member Registration: December 10

General Public Registration: December 26

- All lessons will meet once per week. See class listings below for prices.
- If your first choice is not available, please ask Membership services to add you to the waitlist.

YOUTH SWIM LESSONS : AGES 6-13 YEARS

Your child will learn personal safety, stroke development, and rescue skills. Lessons are once a week for 35 minutes. Class Max: 6.

YOUTH STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool. Participants are introduced to floating, kicking, blowing bubbles, forward motion, and pool safety with an instructor's assistance. This level also introduces underwater exploration and introduces basic self-rescue skills performed with assistance.

YOUTH STAGE 2: WATER MOVEMENT

Swimmers continue to build on their floating, kicking, and gliding skills without assistance. This level also incorporates the basic self-rescue model of "jump, push, turn, grab" in deep water as well as introducing treading water. Those that just passed out of youth stage 1 should enroll in Water Movement.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	M	4:30 PM	5:05 PM	\$56 \$84
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	M	5:15 PM	5:50 PM	\$56 \$84
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	T	5:15 PM	5:50 PM	\$56 \$84
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	W	4:30 PM	5:05 PM	\$56 \$84

Class Name	Location	Age	Day	Start	End	Y Member General Public
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	M	4:30 PM	5:05 PM	\$56 \$84
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	M	6:00 PM	6:35 PM	\$56 \$84
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	T	6:00 PM	6:35 PM	\$56 \$84
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	W	6:00 PM	6:35 PM	\$56 \$84
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	W	6:45 PM	7:20 PM	\$56 \$84
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	TH	5:15 PM	5:50 PM	\$56 \$84

YOUTH STAGE 3: WATER STAMINA

Swimmers strive to improve their existing skills from Stage 2. Independent swimming of 15 yards on both front and back will be introduced. Additionally, the basic self-rescue model of "jump, swim, turn, grab" is performed at longer distances than previous stages.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	M	5:15 PM	5:50 PM	\$56 \$84
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	T	5:15 PM	5:50 PM	\$56 \$84
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	T	6:45 PM	7:20 PM	\$56 \$84
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TH	4:30 PM	5:05 PM	\$56 \$84
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TH	6:00 PM	6:35 PM	\$56 \$84
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TH	6:45 PM	7:20 PM	\$56 \$84

LEARN TO SWIM | YOUTH

**LESSONS SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY**

WINTER 2:

Winter 2 Session: January 22–March 15 (8 Weeks)

YMCA Member Registration: December 11

General Public Registration: December 26

•All lessons will meet once per week. See class listings below for prices.

•If your first choice is not available, please ask Membership services to add you to the waitlist.

YOUTH STAGE 4: STROKE INTRODUCTION

Swimmers strive to improve their existing stroke skills of front and back crawl in addition to learning dolphin and breaststroke kick. This level reinforces water safety through treading water. Additionally, the basic self-rescue model of “jump, swim, turn, swim, grab” is performed at longer distances than previous stages.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Youth Stage 4 – Stroke Introduction	ADV POOL	6–13 years	M	5:15 PM	5:50 PM	\$56 \$84
Youth Stage 4 – Stroke Introduction	ADV POOL	6–13 years	M	6:45 PM	7:20 PM	\$56 \$84
Youth Stage 4 – Stroke Introduction	ADV POOL	6–13 years	T	4:30 PM	5:05 PM	\$56 \$84
Youth Stage 4 – Stroke Introduction	ADV POOL	6–13 years	W	4:30 PM	5:05 PM	\$56 \$84
Youth Stage 4 – Stroke Introduction	ADV POOL	6–13 years	TH	6:45 PM	7:20 PM	\$56 \$84

YOUTH STAGE 5: STROKE DEVELOPMENT

Swimmers focus on breaststroke and butterfly, and reinforces front crawl, back crawl, and water safety through treading water. Swimmers should be able to swim 25–50 yards of the pool for each stroke.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Youth Stage 5 – Stroke Development	ADV POOL	6–13 years	M	6:45 PM	7:20 PM	\$56 \$84
Youth Stage 5 – Stroke Development	ADV POOL	6–13 years	T	6:45 PM	7:20 PM	\$56 \$84
Youth Stage 5 – Stroke Development	ADV POOL	6–13 years	W	5:15 PM	5:50 PM	\$56 \$84

YOUTH STAGE 6: Stroke Mechanics

Refines stroke technique on all major strokes and encourages swimming as part of a healthy lifestyle.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Youth Stage 6 – Stroke Mechanics	ADV POOL	6–13 years	W	6:45 PM	7:20 PM	\$56 \$84

DOLPHINS SWIM TEAM

The Stevens Point Area YMCA welcomes swimmers of all ages and ability levels!

Our focus is to coach each individual at his or her level with the goal of improving both competitive and lifelong swimming skills.

Swimmers new to SPDY should take advantage of a two week trial. Sign up for a trial period at anytime!

STAFF CONTACT: Coach Eric Demrow at edemrow@spymca.org or (715) 952-9350.

Level	Age
Junior Dolphins	(Mostly) Under 11
Developmental	12 or Under
Junior	12 or Under
Junior Elite	9+ Years
Senior	12 and Up
Senior Elite	14 and Up

Practices

The Dolphins have no specific attendance requirements for meets or practices. We recognize that athletes have different objectives for participation, and we wish for all swimmers to feel comfortable in their experiences. For this reason, swimmers may elect to compete in meets or not. In regard to practice; however, athletes and parents alike should understand that more attendance, participation, and effort equate to greater progress and success in the pool. One of our goals is to create strong swimmers in the individual medley events, so all swimmers will continue to improve all strokes! A focus on stroke technique combined with moderate training sets will increase the swimmer's capacity for work, and our hope is that the swimmers will be able to achieve the goals they have set for themselves.

Swimming on our team encourages growth, healthy body, healthy mind, and healthy friendships! We hope you will join us!

For more information, please visit
www.gomotionapp.com/team/wispdy/page/home

YOUTH SPORTS

**LESSONS SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY**



WINTER 1 SESSION: January 8-January 20,2024 (2 Weeks, 6 classes)

WINTER 1 OFFERINGS!

KIDS DUATHLON TRAINING (AGES 6-12)

This Coed program will include running and swimming. We will have a great time running in the gym and swimming laps and end on the last day with a fun race! All levels welcome!

Class Max: 18

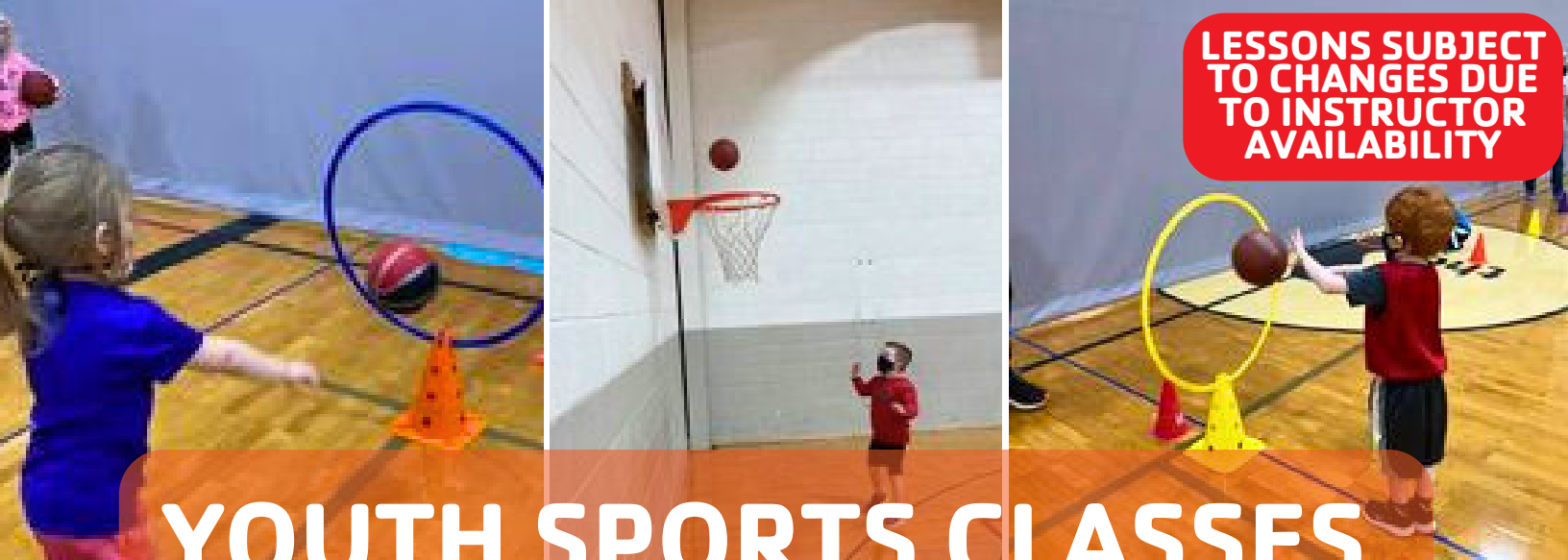
Class Name	Location	Age	Day	Start	End	Y Member General Public
Kids Duathlon Training	M-Gym T-Pool W-Gym (Last day Pool/gym)	6-9 years	M,T,W	4:30 PM	5:10 PM	\$28 \$36

MIGHTY SPORTSTERS (AGES 3-5)

This coed program introduces children to a variety of sporting opportunities and group games. This program is indoors. Parent participation required. We offer a variety of games and programming each session.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member Genral Public
Mighty Sportsters	North Gym	3-5 Years	M,W	5:30 PM	6:10 PM	\$24 \$32



YOUTH SPORTS CLASSES

WINTER 2 SESSION: January 22 – March 16, 2024 (8 Weeks, 8 classes)

WINTER 2 OFFERINGS!

mighty sportsters

This coed program introduces youth to a variety of sporting opportunities including t-ball, soccer, basketball, and other group games. This program will primarily run outdoors. Certain weeks will be indoors or if there is inclement weather. Parents/Guardians are encouraged to participate.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member Genral Public
Mighty Sportsters	YMCA Fields	3-5 Years	T	4:00 PM	4:40 PM	\$32 \$56
Mighty Sportsters	YMCA Fields	6-8 Years	T	4:00 PM	4:40 PM	\$32 \$56
Mighty Sportsters	YMCA Fields	9-12 Years	T	5:00 PM	5:40 PM	\$32 \$56
Mighty Sportsters	YMCA Fields	13-15 Years	T	5:00 PM	5:40 PM	\$32 \$56

little dribblers

Little Dribblers includes instruction on basic basketball skills and techniques. Through learning the fundamentals of basketball such as dribbling passing, shooting, Little Dribblers will provide opportunities to build motor skills and coordination.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Little Dribblers	North Gym	3-5 Years	TH	4:00 PM	4:40 PM	\$32 \$56
Little Dribblers	North Gym	6-8 Years	TH	5:00 PM	5:40 PM	\$32 \$56



YOUTH SPORTS LEAGUES

YOUTH SPORTS LEAGUES

- An Informational welcome letter, rosters, and schedules emailed the Wednesday before the start of the session.
- Time listed below is the range of time that games are played.
 - Grades K-1 (45 min), 2-3 (60 min), 4-6 (60 min)
- Game times are determined after registration is close. Final schedule for rosters and games confirmed by the Wednesday before the first Saturday.
- YMCA jerseys are mandatory for all youth sports leagues and can be purchased (and reused) for \$15 each at the Member Services Desk.
- **BASKETBALL:** Balls provided but can bring their own.
- Please arrive no more than 10 minutes prior to the start time of your leagues games.
- A \$10 late fee will apply for league registration after the listed deadline.

VOLUNTEER YOUTH SPORTS COACHES are **ALWAYS** needed for youth sports programs. Helping youth grow in skills and self-confidence is rewarding and fun! To get involved please contact McKenzi Klasinski mklasinski@spymca.org

BASKETBALL MADNESS (Grades K-6)

This co-ed program emphasizes the basic skill development of basketball. This league will allow each participant the opportunity to learn fundamental skills such as dribbling, shooting, passing, and rebounding while playing games against opposing teams. Week 1-3 is skill instruction/practice, followed by 5 weeks of games in a fun and supportive environment. A Game schedule and rosters will be emailed. Registration Deadline Jan 17. Game times listed below are subject to change depending on registrations. Grades K-1 (45 min), 2-3 (60 min), 4-6 (60 min)

Class Name	Location	Age	Day	Start	End	Y Member General Public
Basketball League	North/South Gym	Grade K-1	SA	9:00 AM	9:45 PM	\$48 \$96
Basketball League	North/South Gym	Grade 2-3	SA	10:00 AM	11:00 AM	\$48 \$96
Basketball League	North/South Gym	Grade 4-6	SA	11:15 AM	12:15 PM	\$48 \$96

INSTRUCTIONAL GYMNASTICS

WINTER 1 SESSION: January 7 – January 20, 2024 (2 Weeks)
WINTER 2 SESSION: January 21 – March 16, 2024 (8 Weeks)
NO CLASSES March 17–23, 2024 Spring Break Week
 Registration: Members: December 11 | General Public: December 26

An informational welcome letter will be emailed to you the Friday before the start of the session

ADULT TOT (Walkers – 3 years with Parent/Adult)

This class is primarily for child/adult bonding and fun! Instructor led activities include circle time, stretching, structured play and free play. Children will explore various types of body movement—tumbling, jumping, climbing, and swinging— through structured play. Any child in attendance must be registered for the class.

Class Max: 12

Class Name	Day	Class Times	Location	Program Cost
Adlut Tot	Tuesdays	9:30 AM – 10:00 AM	Gymnastics Center	Winter 1: YMCA Member: \$16 General Public: \$40 Winter 2: YMCA Member: \$16 General Public: \$96
Adult Tot	Wednesdays	9:30 AM – 10:00 AM	Gymnastics Center	Winter 1: YMCA Member: \$16 General Public: \$40 Winter 2: YMCA Member: \$16 General Public: \$96

TINY TWISTERS (AGES 3–4 YEARS)

Tiny Twisters is for the child who is ready to explore the Gymnastics Center on their own, with their peers and a coach for the first time. This class introduces children to the dynamic sport of gymnastics in a positive and fun setting. Children will strengthen gross motor movements as well as improve balance, flexibility and body control.

Class Max: W1–6, W2–8

Participants must be potty trained

Class Name	Day	Class Times	Location	Program Cost
Tiny Twisters	Tuesdays	10:30 AM – 11:10 AM	Gymnastics Center	Winter 1: YMCA Member: \$20 General Public: \$40 Winter 2: YMCA Member: \$48 General Public: \$96

INSTRUCTIONAL GYMNASTICS

WINTER 1 SESSION: January 7 – January 20, 2024 (2 Weeks)
WINTER 2 SESSION: January 21 – March 16, 2024 (8 Weeks)
NO CLASSES March 17–23, 2024 Spring Break Week
 Registration: Members: December 10 | General Public: December 26

MIGHTY MOVERS (AGES 3 ½ – 5 YEARS)

More fun, more fitness, more skills! Children will learn basic skills to further their gymnastic and physical ability with a focus on coordination, balance, social skills and building self-confidence. Children are introduced to all gymnastic equipment including floor, bars, beam, vault, and rings.

Class Max: W1-6, W2-10

New participants MUST be at least 3 ½ years old and potty trained

Class Name	Day	Class Times	Location	Program Cost
Mighty Movers	Fridays	9:30 AM – 10:10 AM	Gymnastics Center	Winter 1: YMCA Member: \$20 General Public: \$40
Mighty Movers	Thursdays	5:20 PM – 6:00 PM	Gymnastics Center	Winter 2: YMCA Member: \$48 General Public: \$96

SUPERHERO TRAINING ACADEMY (3-5 YEARS)

Do you want to learn to fly through the air and jump over tall buildings? Come join the Superhero Training Academy and swing, climb, jump, balance and even fly your way around the gymnastics center. The Superhero Training academy is a class that will allow your tot to use their super strength to safely explore the gymnastics center while learning the core values behind all Superheroes; Respect, Responsibility, Caring and Honesty.

Class Max: W1-6, W2-10

Participants MUST be potty trained

Class Name	Day	Class Times	Location	Program Cost
Superhero Training Academy	Fridays	10:30 AM – 11:10 AM	Gymnastics Center	Winter 1: YMCA Member \$20 General Public \$40 Winter 2: YMCA Member: \$48 General Public: \$96

PROGRESSIVE GYMNASTICS

WINTER 1 SESSION: January 7 – January 20, 2024 (2 Weeks)

WINTER 2 SESSION: January 21 – March 16, 2024 (8 Weeks)

NO CLASSES March 17–23, 2024 Spring Break Week

Registration: Members: December 10 | General Public: December 26

At the Y, our gymnastic coaches care about the safety and well-being of your child. Gymnasts are evaluated throughout each session to ensure correct class placement. All gymnasts progress at different rates. Some may move through levels quickly, while others may spend a year or more in each level. Both are quite normal and should not be a cause for concern.

If you have any questions regarding your child's placement, please contact Kristy Bridenhagen, Gymnastics Director: kbridenhagen@spymca.org, 715.952.9365

BEGINNERS AGES 5+

This introductory class is the first class in a series of progressions to aid your young gymnast in developing balance, strength, flexibility, and respect for the beauty and power of this sport. No experience needed. Children must be 5 years of age by September 1. **TUES Class**

Max: W1–6, 2–12

THURS Class Max: W1–8, W2–8

Class Name	Day	Class Times	Location	Program Cost
Beginner	Tuesdays	4:15 PM – 5:00 PM	Gymnastics Center	Winter 1: YMCA Member: \$21 General Public: \$42 Winter 2: YMCA Member: \$52 General Public: \$104
Beginner	Thursdays	4:15 PM – 5:00 PM	Gymnastics Center	Winter 1: YMCA Member: \$21 General Public: \$42 Winter 2: YMCA Member: \$52 General Public: \$104

INTERMEDIATES (COACHES CONSENT ONLY)(AGES 5+)

This is the second class in our progressive series for your young gymnast. The focus is on flexibility and a higher level of skill on all equipment.

Class Max: W1–8, W2–8

Class Name	Day	Class Times	Location	Program Cost
Intermediates	Thursdays	4:15 PM– 5:00 PM	Gymnastics Center	Winter 1: YMCA Member: \$21 General Public: \$42 Winter 2: YMCA Member: \$52 General Public: \$104

PROGRESSIVE GYMNASTICS

WINTER 1 SESSION: January 7 – January 20, 2024 (2 Weeks)
WINTER 2 SESSION: January 21 – March 16, 2024 (8 Weeks)
NO CLASSES March 17–23, 2024 Spring Break Week
 Registration: Members: December 10 | General Public: December 26

At the Y, our gymnastic coaches care about safety and well-being of your child. Gymnasts are evaluated throughout each session to ensure correct class placement. All gymnasts progress at different rates. Some may move through levels quite quickly while others may spend a year or more in each level. Both are quite normal and should not be a cause for concern.

If you have any questions regarding your child's placement, please contact Kristy Bridenhagen, Gymnastics Director: kbridenhagen@spymca.org, 715.952.9365

ADVANCED (COACHES CONSENT ONLY) (AGES 5+)

This third class in our progressive series and created for the gymnast who is focused, completed Beginner and Intermediate classes, and has excelled in the sport. A skill-oriented class where the gymnast has attempted to master their fundamental skills and is ready to be challenged at a higher level.

Class Name	Class Dates	Course Schedule	Course Location	Program Cost
Advanced	Tuesdays	5:00 PM – 6:00 PM	Gymnastics Center	Winter 1: YMCA Member: \$25 General Public: \$50 Winter 2: YMCA Member: \$55 General Public: \$110



TEAM LEVEL GYMNASTICS

September 11, 2023– August 2024

PRE-TEAM (COACHES CONSENT ONLY)

Pre-team is designed to prepare gymnasts for advanced skills and routines for competition, and a stepping-stone to join our competitive team. This is a continuous program for advance level gymnasts who wish to participate on our competitive gymnastics team. Participants will practice and condition 2x per week in a safe and controlled environment. September 11, 2023–August 16, 2024

Level	Location	Age	Day	Start	End	Y Member
Pre- Team	Gymnastics Center	5 years & up	M/W	4:30 PM	6:00 PM	\$76/month

GIRLS' TEAM LEVEL 2 – 10 & Xcel (2023–2024 SEASON – WITH COACH CONSENT ONLY)

The Gymnastics Competitive Team is comprised of levels 2– 10 and Xcel Levels. Team members work on skills, conditioning & dance for USAG Compulsory & Optional Routines. Our team offers gymnasts opportunities to excel in a safe, enthusiastic, and motivating environment. Team participation promotes sharing, cooperation, and compromise. Team members boost self-esteem by setting and achieving goals while acquiring new skills. Our team gymnasts have established a reputation of being honest and responsible whether they are competing out of town or in their own gym. Our team prides themselves not only on their gymnastic skills but also on their unparalleled commitment to excellence in school and community. Acceptance to team is by invitation only. You must be a current Y member to participate.

September 11, 2023–August 16, 2024

Level	Location	Age	Day	Start	End	Y Member
Level 2	Gymnastics Center	5 years & up	M/W	4:30PM	6:30PM	\$81/month
Level 3	Gymnastics Center	6 years & up	M/W	4:30PM	6:30pm	\$81/month
Level 4	Gymnastics Center	7 years & up	T/TH	6:00PM	8:00PM	\$81/month
Level 5	Gymnastics Center	7 years & up	T/TH	6:00 PM	8:00 PM	\$81/month
Level 6 and Up	Gymnastics Center	10 years & up	T/TH	6:00 PM	9:00 PM	\$86/month
Xcel (All Levels)	Gymnastics Center	10 years & up	M/W	6:00pm	8:00PM	\$81/month

PRIVATE LESSONS- TEAM LEVEL ONLY (Ages 5 years & up)

Offered for all team levels. A coach will work with your gymnasts on appropriate skills for their level and in accordance with their individual goals. Private Lessons are 1 hour.

To register, contact Theresa Christianson, Gymnastics & Youth Sports Coordinator to set up a time for your private lesson then purchase your lesson(s) at Member Services. Present your receipt to the coach at your private lesson as proof of payment. Please be reminded, it may take several weeks to schedule a private lesson or longer if you have limited availability.

By appointment only
Y Members Only: \$40/hour

ADAPTED PROGRAMS



WINTER REGISTRATION INFORMATION

WINTER 1 SESSION: January 7 – January 20, 2024 (2 Weeks)

WINTER 2 SESSION: January 21 – March 16, 2024 (8 Weeks)

NO CLASSES March 17-23, 2024 Spring Break Week

YMCA Member Registration: Monday, December 10

General Public Registration: Tuesday, December 26

REGISTRATION CONFIRMATIONS FOR ALL GROUP/SOCIAL EVENTS

- You must be registered for the group/social events
- Once you email or call, you will receive a confirmation email or phone call from Kristy with all the meeting/event information for that specific meeting/event.
- Your confirmation email will include all of the information needed for in-person or virtual events

ADAPTED GROUPS

OUR COMMUNITY MEMORY CAFE (All AGES) – In person

Our Community Memory Cafe is for those experiencing early stage dementia, mind memory loss or cognitive impairment—accompanied by their caregivers, family and friends. It is a great opportunity to socialize with those in similar circumstances, enjoy games, music and other fun activities! Our Community Memory Cafe is providing a safe, comfortable, engaging environment where people with memory loss and their care partners can laugh, learn and connect with others sharing the same journey. All Memory Cafes held virtually until further notice.

To Register: Contact the Aging and Disability Resource Center (ADRC) – 715.343.1401

LOCATION: The Aging Disability and Resource Center at the Lincoln Center, (ADRC).

1519 Water Street, Stevens Point, WI 54481

DATE: 2nd Wednesday of the Month

TIME: 10:30 AM–12:00 PM

FEE: Y Member & General Public: Free

“TIL” WE MEET AGAIN! TRANSITIONING TO INDEPENDENT LIFESTYLES (ADULTS)

“TIL,” designed for the adult with intellectual disabilities to become more comfortable within their surrounding community and meets every Thursday, virtually, for 60 minutes and participants will plan their upcoming weekly events with each other. We will enjoy each other’s company all while playing games, telling stories & jokes, and anything that the group would like to participate in and most importantly giving all of us a wonderful peer group to socialize with! We also will be continuing doing some fun outings throughout the winter months!

To Register: Contact Kristy Bridenhagen, using email: Kbridenhagen@spymca.org or call

715.952.9365

DATE: Thursdays – Virtually/In-Person

TIME: 9:30 AM–10:30 AM

FEE: Y Member & General Public: Free

You must register for the group/social events, once registered; you will then receive an email from Kristy with your confirmation and/or password to enter meeting/event if virtual or during the specific in-person scheduled time. 34

ADAPTED SOCIAL EVENTS



ADAPTED RECREATION VALENTINES DANCE (All AGES) – In-Person

Come join all of your friends for a great night of music, socializing and fun! There will be dancing, games and even a chance to make a card for a special someone. Concessions will be available for purchase.

**To Register: Contact Kristy Bridenhagen, using email:
Kbridenhagen@spymca.org or call
715.952.9365**

DATE: Saturday, February 17 (Please use blue doors to the East of our main entrance)

TIME: 6:00–8:30PM in the Y main gym.

FEE: Y Member & General Public: \$5.00 – Caregivers FREE

ADAPTED RECREATION BIRTHDAY DANCE (ALL AGES) – In-Person

Please come and help me celebrate my birthday while I celebrate all of your birthdays! We will celebrate everyone's special day all while having a BLAST with all of your friends! Happy Birthday to all!!

Concessions will be available for purchase.

**To Register: Contact Kristy Bridenhagen, using email:
Kbridenhagen@spymca.org or call
715.952.9365**

DATE: Saturday, May 18 (Please use blue doors to the East of our main entrance)

TIME: 6:00–8:30PM in the Y main gym.

FEE: Y Member & General Public: \$5.00 – Caregivers FREE

STAFF CONTACT

Kristy Bridenhagen, Gymnastics & Adapted Director, P 715.952.9365 E kbridenhagen@spymca.org

ADAPTED SPORTS

LESSONS SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY



ADAPTED RECREATION WINTER SESSION

ADAPTED SPORTS RUN FROM JANUARY 9 – APRIL 14, 2024

NO CLASSES THE WEEK OF March 17 – 23, 2024 Spring Break Week

Member Registration: December 11

General Public: December 26

If you are unable to register online, please contact Kristy at kbridenhagen@spymca.org or call Kristy at 715.952.9365 for a hard-copy registration form.

Please do not arrive any earlier than 3:45 PM for any program.

ADAPTED SPORTS & SPECIAL OLYMPICS

ADAPTED RECREATION BASKETBALL (ADULTS) & BASKETBALL SKILLS (ADULTS)

Adapted Recreation Basketball is appropriate for all ability levels from basic skills to the more advanced players. Basketball improves the athlete's overall aerobic fitness level plus allows the athlete to participate as a team member. We will offer Basketball Skills Competition this year again! If you or your team qualifies at the district basketball tournament, you/your team will move on and compete at the State Spring Games at UW-Oshkosh, April 12-14, 2024. Come and join the fun!! Space is limited.

Program runs January 9 – April 14, 2024. MAX: Team Basketball-30 / Basketball Skills-30

Class Name	Location	Age	Day	Start	End	Program Cost
Team Basketball	YMCA Gym	18 year & older	T/TH	4:00 PM	5:15 PM	YMCA Member - \$31 General Public - \$42
Basketball Skills	YMCA Gym	18 years & older	T/TH	4:00 PM	5:15PM	YMCA Member - \$31 General Public - \$42

ADAPTED RECREATION SWIMMING (ADULTS)

Adapted Recreation Swimmers will be training two times per week as preparation for competing in the Special Olympic swimming competitions, if you qualify at the district swim meet you will move on and compete at the State Spring Games at UW-Oshkosh, April 12-14, 2024. If you prefer not to compete at these events, we will also be offering in-practice fun competitions. Basic swim skills are preferred. Space is limited.

Program runs January 31 – April 14, 2024. MAX: 20

Class Name	Location	Age	Day	Start	End	Program Cost
Adapted Swimming	Adventure Pool	18 years & up	T/TH	6:30 PM	7:30 PM	YMCA Member - \$31 General Public - \$42



CHILD CARE CENTER

CHILD CARE CENTER LEADERSHIP TEAM

Stephanie Gross–School Age Director, P. 715.952.9339 E. sgross@spymca.org
 Julie Trembl–Child Care Assistant Director, P. 715.952.9337 E. jtrembl@spymca.org
 Taylor Martens–Behavioral Intervention Specialist, P. 715.952-9354 E. tmartens@spymca.org
 Rachael Mews–Enrollment Specialist, P. 715.342.2999 E. rmews@spymca.org

YMCA CHILD CARE CENTER

STATE LICENSED • AGES 6 WEEKS–6 YEARS

Call for availability. Financial assistance is available through Wisconsin Shares and through our Annual Campaign. Please call our Child Development Office at 715.342.2999 for more information, parent handbook and fees.
CHILD CARE CENTER HOURS: Monday–Friday
– 6:30AM–5:30PM



4-YEAR-OLD KINDERGARTEN/2023–2024 SCHOOL YEAR

STATE LICENSED • AGE 4 (BY SEPTEMBER 1, 2023)

The Y, in conjunction with the Stevens Point School District, provides two sites for 4-year-old kindergarten. Registration forms must be completed for the school at:
Bliss Center: 1900 Polk St., Stevens Point, 715.345.5456.

- Children can attend the 4K program if they are four years old on or before September 1.
- Classes run Monday, Tuesday, Wednesday, & Thursday.
- FREE for children in the Stevens Point School District or for children who have open enrolled.
- Ongoing September 2023–June 2024, we follow the Stevens Point School District schedule.

Stevens Point Area YMCA 4K 1000 Division Street Stevens Point, WI. 54481	Plover 4K Good Shepherd Church 2000 Roosevelt Drive Plover, WI. 54467
AM Session 8:20 AM – 11:30 AM	AM Session 8:15 AM – 11:25 AM
PM Session 12:30 PM – 3:40 PM	PM Session 12:25 PM – 3:35 PM



STAFF CONTACT

Stephanie Gross–Interim School Age Director, P. 715.952.9339 E. sgross@spymca.org

Amber Mroczenski–Assistant School Age Director, P. 715.952–9382 E. amroczenski@spymca.org

Taylor Martens–Behavioral Intervention Specialist, P. 715.952–9354 E. tmartens@spymca.org

Rachael Mews–Enrollment Specialist, P. 715.342.2999 E. rmews@spymca.org

Registration Packets must be completed and submitted a minimum of five working days prior to the requested start date.

SCHOOL AGE CARE (GRADES K-6)

- Pre-registration is required for all Before and After School programs. Please call the Child Development Office at 715.342.2999 for more information.
- Financial assistance is available.
- If your child’s school is closed due to illness, snow or other reasons, Before and After Care is closed.
- There will be NO PM Care provide when the district cancels after school activities due to weather.
- There will be NO PM Care offered the 3rd Friday of every month due to staff in service and trainings days.

YMCA BEFORE AND AFTER SCHOOL PROGRAM

Before School and After School Care is a high quality, state licensed youth program. Program runs from September 5, 2023–June 4, 2024. (No PM CARE JUNE 4, 2024)

Elementary schools participating include: Bannach, Madison, McDill, McKinley, Plover–Whiting, Roosevelt, and Washington. Monday – Friday when school is in session.

Before School: 6:30 AM–8:25 AM – After School: 3:25 PM–5:30 PM

SCHEDULE & FEES (PER MONTH)

Sessions/Week	Y Member	General Public
1	\$35	\$52
2	\$65	\$84
3	\$96	\$120
4	\$123	\$152
5	\$148	\$182
6	\$171	\$210
7	\$199	\$243
8	\$219	\$268
9	\$247	\$300
10	\$263	\$322



SNOW DAYS AT THE Y

Any and all full-day cancellations due to weather. Snow Days include fun-filled activities, plenty of action, arts & crafts, and more. Pre-registration for our Snow Days Program is required prior to the first snow day. On the first snow day, the fee listed above will be due by noon, this payment will secure your place for your second snow day, so on and so forth.

September 2023–June 2024.

Y Member: \$35.00

Non-Member: \$52.00

VACATION AT THE Y

Vacation at the Y is a great place to bring your child when they have a day off from school. Vacation at the Y will be offered on the following days provided below. Held at the Y. Full Day 7:00 AM–5:30 PM.

October 26	January 22	March 20
October 27	January 23	March 21
November 13	February 16	March 22
November 22	February 19	March 29
December 27	March 18	April 12
December 28	March 19	May 10
	December 29	

Y Member: \$35/day

General Public: \$52/day

WINTER SAFETY COURSES

AMERICAN RED CROSS: LIFEGUARD TRAINING (Ages 15+)

Lifeguard training courses are blended learning which will require an online component and in-person skills sessions. This course includes lifeguard training, CPR for professional rescuers, AED, and first aid. The total length of this course is designed to be 10 hours online and 20 hours in the classroom. Participants must complete a prerequisite skills test which includes swimming 300 continuous yards, 2 minutes of treading water, and a timed brick retrieval. Course graduates ages 15 and older are encouraged to apply for YMCA employment. Class Max: 10

Y Staff: Free, Y Member: \$230, General Public: \$300

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
1/12/2024 Friday 1/13/2024 Saturday 1/14/2024 Sunday	12- 4:00pm-7:30pm 13- 8:00am-5:00pm 14- 8:00am-4:30pm	American Red Cross Lifeguard Certification	Multi-Purpose Room/ Training Pool	1/4/2024
2/23/2024 Friday 2/24/2024 Saturday 2/25/2024 Sunday	23- 4:00pm-7:30pm 24- 8:00am-5:00pm 25- 8:00am-4:30pm	American Red Cross Lifeguard Certification	Conference Room/ Training Pool	2/16/2024
2/23/2024 Friday 2/24/2024 Saturday 2/25/2024 Sunday	8- 4:00pm-7:30pm 9- 8:00am-5:00pm 10- 8:00am-4:30pm	American Red Cross Lifeguard Certification	Conference Room/ Training Pool	3/8/2024

***A lunch break will be provided on Saturday and Sunday ***

Lifeguarding Recertification: (Ages 15+)

Lifeguard re-certification courses are for those who currently hold a valid lifeguard certification or the certification is no more than 30 Days Expired. The total course length for this class is designed to be 9 hours long. Participants must complete the prerequisite skills test which includes swimming 300 continuous yards, 2 minutes of treading and a timed brick retrieval. Successful completion of the review extends the individuals certification for two more years. Class Max: 10

Y Staff: Free, Y Member: \$130, General Public: \$200

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
1/14/2024 Sunday	8:00am-5:00pm	American Red Cross Lifeguard Certification	Conference Room/Training Pool	1/4/2024
2/25/2024 Sunday	8:00am-5:00pm	American Red Cross Lifeguard Certification	Conference Room/ Training Pool	2/16/2024

A lunch break will be provided

AMERICAN RED CROSS: Adult and Pediatric First Aid/CPR/AED (Ages 14+)

The American Red Cross First Aid/CPR/AED program provides participants with the knowledge and skills they need to recognize and respond appropriately to cardiac, breathing, and first aid emergencies. Emergencies can happen anytime, anywhere, to anyone. Upon completion of this course participants will receive an American Red Cross Adult and Pediatric First Aid/CPR/AED certification that lasts for two years. Blended learning classes, have an online portion, which must be completed before the start of class. Class Max: 12

Y Staff: Free, Y Member: \$85, General Public: \$120

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
1/17/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	1/10/2024
1/31/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	1/24/2024
2/17/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	2/9/2024
2/28/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	2/21/2024
3/9/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	3/2/2024

YOUR YMCA CONTACTS

STEVENS POINT AREA YMCA

- Member Service Desk
 - (715) 342-2980 x)0
- Ryan Zietlow, CEO & President
 - (715) 342-2980 | rzietlow@spymca.org
- Kristy Bridenhagen, Gymnastics & Adapted Recreation Director
 - (715)952-9365 | Kbridenhagen@spymca.org
- BreAnn Constantineau, Member Services, Marketing, and Interim Camp Director
 - (715) 952-9363 | bconstantineau@spymca.org
- Eric Demrow, Competitive Swimming Director
 - (715) 952-9350 | edemrow@spymca.org
- Nicole Edmundson, Administrative Services Director
 - (715) 952-9376 | nedmundson@spymca.org
- Amy Fox, Health & Wellness Director
 - (715)952-9303 | afox@spymca.org
- McKenzie Klasinski, Aquatics and Youth Sports Director
 - (715)952-9377 | mklasinski@spymca.org
- Stephanie Gross, Childcare Director
 - (715)952-9339 | sgross@spymca.org
- Rob Kaczmarczyk, Facilities & Maintenance Director
 - (715) 952-9352 | rkaczmarczyk@spymca.org
- Mandy Reeves, Human Resources Director
 - (715) 952-9362 | mreeves@spymca.org

CAMP GLACIER HOLLOW

- BreAnn Constantineau
 - (715) 952-9363 bconstantineau@spymca.org

YMCA CHILD CARE

- Stephanie Gross–Child Care Director & Interim School Age Director
715.952.9339 sgross@spymca.org
- Amber Mroczenski–Assistant School Age Director 715.952-9382
amroczenski@spymca.org
- Taylor Martens–Behavioral Intervention Specialist 715.952-9354 tmartens@spymca.org
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