



# SPRING 2024 PROGRAM GUIDE

Member Registration Opens: February 26th  
General Public: March 11th



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  
Marc Bouwer  
John Eckendorf  
Joe M. Kinsella Jr.  
Ben Martinsen  
Lindsay Meyer  
Ross Rettler  
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)

## 2024 Holiday Hours & Closures

- Easter (3/31)
  - Closed
- Memorial Day (5/27)
  - Closed
- Independence Day (7/4)
  - Closed
- Labor Day (9/2)
  - Closed
- Thanksgiving (11/28)
  - Closed
- Christmas Eve (12/24)
  - Closed
- Christmas Day (12/25)
  - Closed

## Normal Operational Hours

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

## 24-7 Access

We now offer 24-7 access to SPYMCA member (18 years and older) for an additional fee of \$5/month, and a one time purchase of a key fob for \$20. Stop at Member Services for more information.

### Stevens Point Area YMCA

1000 Division St. Stevens Point, WI 54481  
715-342-2980  
[info@spymca.org](mailto:info@spymca.org)

### Camp Glacier Hollow

9289 Pavelski Rd., Amherst Junction, WI 54407  
715-342-2980  
[info@spymca.org](mailto:info@spymca.org)

## Follow to see even more of what we do!



@ Stevens Point Area YMCA



@ Stevens\_Point\_Area\_YMCA

# YMCA REGISTRATION

## SPRING 1 & 2 -2024

SPRING SESSIONS	SESSION DATE	MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
Spring 1	Mar 24-May 18	Feb 26	Mar 11
Spring 2	May 19-Jun 1	Feb 26	Mar 11
Tae Kwon Do	Apr 16-May 23	Feb 26	Mar 11

## CAMP GLACIER HOLLOW

Camp Glacier Hollow	Start Date	MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
Day Camp	Jun 5	Registration Open!	Registration Open!
Overnight Camp & Adventure Trips	Jun 9	Registration Open!	Registration Open!
Leaders-In-Training Counselors-In-Training	Jun 9	Registration Open!	Registration Open!

## SUMMER VACATION AT THE Y

Summer Vacation at the Y	Start Date	MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
Summer	Jun 10	Registration Open!	Registration Open!

FIND ALL YMCA OFFERINGS AT:  
[www.spymca.org](http://www.spymca.org)





# BECOME A MEMBER TODAY!

## MEMBERSHIP RATES

• YOUTH (HS student & younger)	\$21
• YOUNG ADULT (18-24)	\$34
• COLLEGE (free 24-7 access)	\$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 15 days written notice.

## DAY PASSES

• YOUTH	\$5
• YOUNG ADULT (18-24)	\$12
• ADULT & SENIOR	\$16
• HOUSEHOLD	\$18
• MILITARY OR VETERAN	\$5

## MEMBERSHIP DISCOUNTS

You may have a Workplace Wellness Program or an incentive from your employer or health insurance provider which may help pay for part of your membership. Check with your Human Resources or Benefits Department, Insurance Provider, or our Member Services staff for additional information.

## Veteran Honors

We support and honor our Veterans. As a show of our appreciation, we offer membership discounts to our military members with valid Veteran status. Please provide a copy of your DD214, VA card, or Drivers License with Veteran designation.

## 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. Discounts are available on memberships and most programs.

## 24-7 ACCESS

We now offer 24-7 access to SPYMCA members (18 years and older) for an additional fee of \$5/month, and a 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 adhere to 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



# DROP IN CHILDCARE

We provide quality drop-in care to children 6 weeks to 8 years of age, while parents utilize the Y. Our staff provides a warm, fun and safe environment, offering exciting opportunities for your child to learn and grow.

- 3-hour limit per day - must remain in the facility at all times
- Drop-In may close 30 minutes before scheduled ending time if there are no children present
- Late pick up Fee: A minimum late fee of \$5 will be charged for any late pick up, plus \$1 for each additional minute.
- Drop-In Child Care is only available with Single-Parent Household and Standard Household Memberships.
- Mon, Wed, Fri 8:00am-11:45am
- Tue, Thur 8:45am-11:45am
- Mon-Fri 4:00pm-7:30pm (NEW, EXPANDED HOURS, beginning March 1)

## Parents Morning Out

Need child care for an appointment, errand, or just a little YOU time? Enjoy a morning out while your child(ren) have fun and play in Adventure Alley! Register online, or through Member Services. \$15/child

Beginning, April 4, through a grant from the Women's Fund of Portage County, we are proud to offer FREE PMO to anyone in our community on the first Thursday of the month! Registration required.

Upcoming dates:  
Mar 7, 14, 21, 28 (\$15/child/session)  
Apr 4 (FREE), 11, 18, 25 (\$15/child/session)  
May 2 (FREE), 9, 16, 23, 30 (\$15/child/session)

## Parents Night Out

Need child care for an appointment, errand, or just a little YOU time? Enjoy a night out while your child(ren) have fun and play in Adventure Alley! Register online, or through Member Services. \$15/child

Upcoming dates:  
Mar 8, 22  
Apr 5, 19  
May 3, 17, 31

# YOUTH ACTIVITY CENTER

Tween members (ages 8-12) now have a space to hang out, have fun together, play games, and lots of other activities! The YAC is a free offering for SPYMCA members. Our staff will lead crafts, games, and activities based on what we hear from participants... allowing their voices to be heard!

The YAC is located next to Adventure Alley.

Programs in the YAC do not require registrations. As parents or siblings utilize other areas of the Y, tweens have the YAC to themselves (with safe and supportive staff)!

Mon-Fri 4:00pm-7:30pm (NEW, EXPANDED HOURS, beginning February 23)

# 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.spymca.org](http://www.spymca.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

\*Classes with asterisk require pre-registration to reserve your spot. Instructions on how to register for classes is located on page 10.



## 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  
AVAILABILITY

## 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 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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## RESTORATIVE/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

# GROUP EXERCISE RESERVATION INSTRUCTIONS



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

## TO OPEN THE GROUP EXERCISE SCHEDULE:

- Go to our website [www.snymca.org](http://www.snymca.org)
- Click on the tab "Schedules" located on the top menu bar and choose "Group Ex Classes"
- 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"

## 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 Member Services at 715.342.2980 and we will be happy to assist you.**



# HEALTH & WELLNESS—PERSONAL TRAINING

LESSONS SUBJECT  
TO CHANGES DUE  
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AVAILABILITY

## 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 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

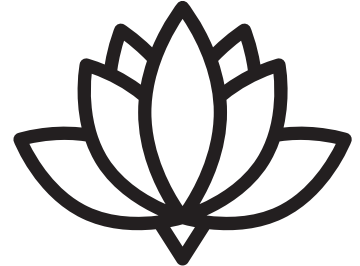
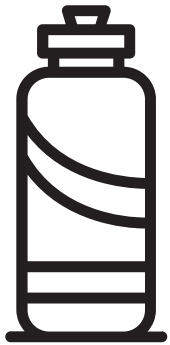
LESSONS SUBJECT  
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## PILATES PERSONAL TRAINING

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-GROUP TRAINING

LESSONS SUBJECT  
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## SMALL GROUP TRAINING (AGES 12 YEARS & UP)

### PILATES REFORMER INTERMEDIATE

#### SPRING 1 & 2

Class Name	Dates	Days	Time	Location	Class max	Fee
Pilates Reformer Intermediate	March 24-June 1 (10 weeks)	M	5:00pm-6:00pm	Core Room	5	Y Member: \$100 General Public: \$125
Pilates Reformer Intermediate	April 9-June 1 (8 weeks)	T	9:45AM-10:45 AM	Core Room	5	Y Member: \$80 General Public: \$100

### Y-FAST- Youth Athletic Development Program (AGES 10-17)

Y-FAST will focus on increasing 5 components that directly feed into youth athletic performance- speed, agility, quickness, power, and strength. Instructed by a certified personal trainer.

#### Spring Break Session March 18th-March 22nd

Class Name	Days	Time	Class max	Fee
Y- Fast	Monday-Friday	12:00PM-12:50 PM	10	Y Member: \$28 General Public: \$56

## 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

Spring Session 1-2: March 24-June 1

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

Y Member: \$36 General Public \$72

Scan to see  
all our  
amazing  
trainers!



# 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 8-14 YEARS)

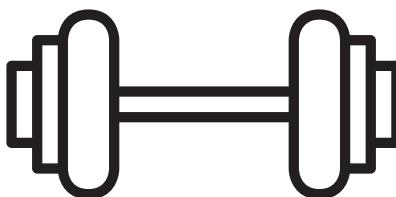
Required for youth ages 8-14 years before using the Wellness Center. This 30-60minute appointment will introduce you to our cardiovascular machines and Youth strength training circuit. We will cover how to set up and adjust equipment and which equipment is allowed for age groups.

Location: Wellness Center

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

Y Members: Free

**PLEASE NOTE:** Youth ages 12 years & under are not allowed to use free weights and limited to the youth circuit only. Must always be accompanied by a parent or guardian while in the Wellness Center.



# MARTIAL ARTS

## SPRING REGISTRATION INFORMATION

**Member Registration: February 26**

**General Public Registration: March 11**



### 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.

#### SPRING SESSION 1 April 16–May 23

**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)

**TAE KWON DO is Family Friendly! We encourage families to participate together.**

### 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.

#### SPRING SESSION 1-2 March 24–June 1 (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

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

**\*ALL DANCE CLASSES ARE CURRENTLY IN SESSION\***  
**CHECK BACK THIS SUMMER FOR DANCE PROGRAMS.**

## **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



# ACTIVE OLDER ADULTS



**SPRING 1 SESSION: March 24 – May 18, 2024 (8 Weeks)**

**SPRING 2 SESSION: May 19 – June 1, 2024 (2 Weeks)**

**YMCA Member Registration: Monday, February 26**

**General Public Registration: Tuesday, March 11**

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 fourth 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 Group

### Dinner & Senior Prom

**Friday, May 3rd, 5-8pm**

Come join the ADRC of Portage County and the Stevens Point Area YMCA for a fabulous and fun Senior prom for anyone 55 and older! Our own DJ Buffet will be playing music from all of the decades we love! Dinner offered by contribution for guests 60 and over, (suggested contribution is \$5.00)

Guests aged 55-59 the cost is \$12.00/person Please bring exact cash for donations/cost of meal

Dinner: 5:00pm

Dance 6:00pm-8:00pm

Location: YMCA Gym

Registration is required; please call Lisa (ADRC) 715-347-4856 to reserve your spot.

\*No eligible participant will be denied a meal based on the ability to contribute towards the cost of a meal.





# STEVENS POINT AREA YMCA EASTER EGG SPLASH FRIDAY 3/29

## TIMES:

Wave 1: 4-4:40PM  
Wave 2: 5-5:40PM  
Wave 3: 6-6:40 PM

## LOCATION:

Adventure Pool

## COST:

Y Member: \$6  
General Public: \$14  
(per child)

An Easter egg hunt that's sure to make a huge splash! Children will search for Easter eggs in our Adventure Pool, complete with special prizes and family fun!

Children under 7 must be accompanied by a parent in the pool.

REGISTER ONLINE OR BY CALLING  
715-342-2980



Come enjoy story time from the Portage County  
Public Library, followed by swimming, water slide,  
and family fun!

# SWIM INTO STORIES!

JANUARY 26TH

FEBRUARY 16TH

MARCH 15TH

APRIL 19TH

5-5:30PM STORY TIME, 5:30-7:30PM  
SWIM

FREE AND OPEN TO COMMUNITY  
AT THE STEVENS POINT YMCA ADVENTURE  
POOL

Presented by: Stevens Point Area YMCA &  
Portage County Public Library



PORTAGE  
COUNTY  
PUBLIC  
LIBRARY

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

# PARENT-CHILD CLASSES & PRESCHOOL SWIM LESSONS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

## SPRING 1:

Spring 1 Session: March 24–May 18 (8 Weeks)

Member Registration: February 26

General Public Registration: March 11

- 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   General 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 swim lessons allow for children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of previous level is required for registration into next level. Lessons are once a week for 35 minutes. Class Max: 4

### 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.

### 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 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	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

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

## SPRING 1:

Spring 1 Session: March 24–May 18 (8 Weeks)

Member Registration: February 26

General Public Registration: March 11

•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	6:00 PM	6:35 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.

Semi-Private lessons are also available:

30 Minutes

Cost is split between 2 participants

MUST be close in swimming skills

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

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

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

## SPRING 1:

Spring 1 Session: March 24–May 18 (8 Weeks)

Member Registration: February 26

General Public Registration: March 11

- 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	T	4:30 PM	5:05 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	5:15 PM	5:50 PM	\$56   \$84
Youth Stage 1 – Water Acclimation	ADV POOL	6–13 years	TH	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

## SPRING 1:

Spring 1 Session: March 24–May 18 (8 Weeks)

Member Registration: February 26

General Public Registration: March 11

- 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

**SPRING SESSION: April 15 – July 26, 2024**

**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](mailto:edemrow@spymca.org) or (715) 952-9350.

## Description

The Dolphin Swim Team is divided into six distinct training groups based on ability, experience, age and level of commitment. The swim team competes at the local, state, and national levels. Practice times focus on fundamental competitive swimming skills, team building, and endurance. Swimmers learn racing strategies and have the opportunity to participate in swim meets.

## Practices

No practice is mandatory; families determine their own level of involvement. The Dolphins also participate in a variety of swim meets and social events during the season. Participation in all meets and social events is optional. Swimmers sign up for each meet and event they want to participate in. Swimmers must be members of the Stevens Point Area YMCA in order to join the team.

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

SPDY is a non-profit, age group swim team that operates under the YMCA of the USA Swimming Organization through the sponsorship of the Stevens Point YMCA. Our core values serve to unite our members with a common cause, a shared belief and common principles to guide our behavior, interactions with each other and decision making. Everyone swims for a different reason, and no matter what that reason is, each swimmer is a valuable asset to our team. We believe everyone has something to offer, and has the ability to develop as an individual. We also know that we, as a team, are only as successful as the sum of our parts. Our swimmers and their families make us what we are. If you are seeking a new challenge, looking to get back into the water or wanting to try a new sport we invite you to join us.

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

# ADULT SWIM FIT



**Are you looking to take your lap swimming to the next level? Try out our Adult Swim Fit class on Tuesday and Thursday mornings in the Training Pool.**

**Adult Swim Fit provides stroke instruction and training options for all levels of adult swimmers.**

## **Dates and Times:**

**Ongoing Tuesday and Thursday, 6:00–7:00 AM.**

## **Cost:**

**10 practice punch card for \$30.**

**The group consists of recreational lap swimmers, past competitive swimmers, and triathletes.**

**Adult Swim Fit runs year round. Coaches design workouts to suit your goals and ability level while offering professional stroke instruction.**





# YOUTH SPORTS

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY



**SPRING 1 SESSION: March 24 – May 18 (8 Weeks, 8 classes)**

**YMCA Member Registration: Monday, February 26**

**General Public Registration: Tuesday, March 11**

**STAFF CONTACTS:** McKenzie Klasinski, Aquatics and Sports Director P 715.952.9377 E [mklasinski@spymca.org](mailto:mklasinski@spymca.org)  
JT Tadych, Sports Coordinator P 715-952-9364 E [jtadych@spymca.org](mailto:jtadych@spymca.org)

## SPRING 1

### 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

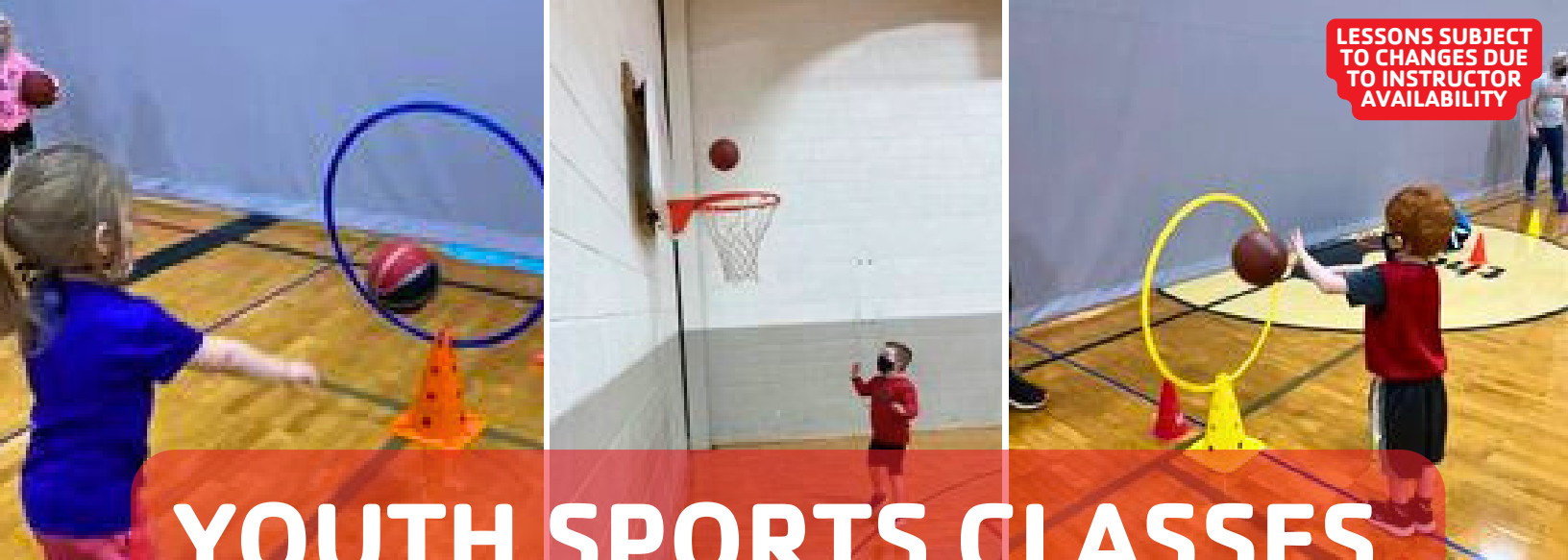
Class Name	Location	Age	Day	Start	End	Y Member   General Public
Mighty Sportsters	YMCA Fields	3-5 Years	T	4:00 PM	4:40 PM	\$32  \$56
Mighty Sportsters	YMCA Fields	6-8 Years	T	4:00 PM	4:40 PM	\$32  \$56
Mighty Sportsters	YMCA Fields	9-12 Years	T	5:00 PM	5:40 PM	\$32  \$56
Mighty Sportsters	YMCA Fields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

### KICK START SOCCER

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   General Public
Kick Start Soccer	North Gym	3-5 Years	TH	4:00 PM	4:40 PM	\$32  \$56
Kick Start Soccer	North Gym	6-8 Years	TH	5:00 PM	5:40 PM	\$32  \$56



# YOUTH SPORTS CLASSES

**SPRING 2 SESSION: May 19- June 1 (2 Weeks, 4 Classes)**

## SPRING 2 OFFERINGS!

### KIDS GOLF

This Co-ed program will introduce the various skills and technique of golf. Instruction will include stance, grip, swing, etc. through fun games and drills. Participants will need to bring their own golf clubs, as clubs are not provided. This program will run outdoors, permitting any inclement weather.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Kids Golf	YMCA Fields	6-14 Years	M,W	4:00 PM	4:40 PM	\$16   \$28

# YOUTH SPORTS CLINICS

**SPRING 1 SESSION: March 24 – May 18(8 Weeks, 8 classes)**

**SPRING 2 SESSION: May 19– June 1 (2 Weeks, 4 Classes)**

## Spike Ball

**March 25– April 12 (3 Weeks, 6 classes)**

This Co-ed program will introduce the fundamentals and techniques of spike ball. Instruction will include serving, returning, and passing through fun drills and gameplay. Spike ball is small but is currently growing in popularity. Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Spike Ball	North Gym	8-14	M, W	5:00 PM	5:40 PM	\$24   \$42

## Pickleball Clinic

**April 15– May 4 (3 Weeks, 6 classes)**

This coed program introduces youth to the skills and techniques of pickleball. Learn fundamentals, such as serving and returning through drills and fun games! This program also gives participants a chance to work on their motor skills and hand eye coordination.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Pickleball	North Gym	5-14	M, W	5:00 PM	5:40 PM	\$24   \$42

## Baseball Clinic

**May 6– May 24 (3 Weeks, 6 classes)**

This co-ed program will introduce and/or advance the fundamentals of baseball. Participants will learn skills like batting, fielding, throwing, and catching through fun skills and games. This program will be held outside permitting any inclement weather. Equipment is provided, but participants are welcome to bring their own gear. Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Baseball	YMCA Fields	6-14	M, W	5:00 PM	5:40 PM	\$24   \$42



**VOLUNTEER YOUTH SPORTS COACHES** are **ALWAYS** needed for all youth sports programs. Helping youth grow in skills and self-confidence is rewarding and fun! To get involved please contact JT Tadych.

## SPRING 1

### Soccer Madness (Grades K-6)

This co-ed program emphasizes the basic skill development of soccer. This league will allow each participant the opportunity to learn fundamental skills such as dribbling, shooting, and passing. 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. Grades K-1 (45 min), 2-3 (60 min), 4-6 (60 min)

- We will move outside if weather permits, emails will be sent morning of if warm enough.
- YMCA jerseys are mandatory for all youth sports leagues and can be purchased (and reused) for \$18 each at the Member Services Desk.

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



# ADULT SPORTS

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

**SESSION: March 24 – June 1, 2024 (10 Weeks)**

**YMCA Member Registration: Monday, February 26**

**General Public Registration: Tuesday, March 11**

## ADULT BASKETBALL LEAGUE

The adult recreational basketball league consists of a 10-week session (7 weeks regular season, 3-week playoff). This league is open to players of all levels. Grab some friends and get your teams together. If you are not part of a team, register as an individual, and we will do our best to help you find a team. This league is 5 versus 5. Teams should have a minimum of 5 players and a maximum of 12. Teams will be required to wear matching jerseys, shirts, or colors during games. Each player should have a number on their shirt as well.

**Class Max: 8 teams**

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Adult Basketball League Individual	North/South Gym	18+	T/TH	7:00 PM	9:00 PM	\$55   \$70
Adult Basketball League Team Registration	North/South Gym	18+	T/TH	7:00 PM	9:00 PM	\$350 (Team Price)



# PRESCHOOL GYMNASTICS

**SPRING 1 SESSION: March 24 – May 18, 2024 (8 Weeks)**

**SPRING 2 SESSION: May 19 – June 1, 2024 (2 Weeks)**

**YMCA Member Registration: Monday, February 26**

**General Public Registration: Tuesday, March 11**

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
Adult Tot	T	9:30 AM – 10:10 AM	Gymnastics Center	Spring 1: YMCA Member: \$16   General Public: \$96 Spring 2: YMCA Member: \$16   General Public: \$40
Adult Tot	W	9:30 AM – 10:10 AM	Gymnastics Center	Spring 1: YMCA Member: \$16   General Public: \$96 Spring 2: YMCA Member: \$16   General Public: \$40

## 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: SP1-12, SP2-6

**\*Participants must be potty trained\***

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





# PRESCHOOL GYMNASTICS

## 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: SP1-10, SP2-6

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

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

## 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: SP1-10, SP2-6

**\*Participants MUST be potty trained\***

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

# PROGRESSIVE GYMNASTICS

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.

If you have any questions regarding your child's placement, please contact Kristy Bridenhagen, Gymnastics Director: [kbridenhagen@spymca.org](mailto: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 February 1.

TUES Class Max: SP1-12, SP2-6

THURS Class Max: SP1-6, SP2-6

Class Name	Day	Class Times	Location	Program Cost
Beginner	T	4:15 PM - 5:00 PM	Gymnastics Center	Spring 1: YMCA Member: \$52   General Public: \$104 Spring 2: YMCA Member: \$22   General Public: \$44
Beginner	TH	4:15 PM - 5:00 PM	Gymnastics Center	Spring 1: YMCA Member: \$52   General Public: \$104 Spring 2: YMCA Member: \$22   General Public: \$44

## 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: SP1-8, SP2-8

Class Name	Day	Class Times	Location	Program Cost
Intermediates	TH	4:15 PM - 5:00 PM	Gymnastics Center	Spring 1: YMCA Member: \$52   General Public: \$104 Spring 2: YMCA Member: \$22   General Public: \$44



# PROGRESSIVE GYMNASTICS

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.

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

## ADVANCED (COACHES CONSENT ONLY) (AGES 5+)

This is the 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 Max: SP1-12, SP2-6

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



# TEAM LEVEL GYMNASTICS

**September 11, 2023–August 16, 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	4:30PM	6:00PM	\$78/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	\$84/month
Level 3	Gymnastics Center	6 years & up	M/W	4:30PM	6:30PM	\$84/month
Level 4	Gymnastics Center	7 years & up	T/TH	6:00PM	8:00PM	\$84/month
Level 5	Gymnastics Center	7 years & up	T/TH	6:00PM	8:00PM	\$84/month
Level 6 and Up	Gymnastics Center	10 years & up	T/TH	6:00PM	9:00PM	\$89/month
Xcel (All Levels)	Gymnastics Center	10 years & up	M/W	6:00PM	8:00PM	\$84/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 Kristy Bridenhagen 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



**SPRING 1 SESSION: March 24 – May 18, 2024 (8 Weeks)**

**SPRING 2 SESSION: May 19 – June 1, 2024 (2 Weeks)**

**YMCA Member Registration: Monday, February 26**

**General Public Registration: Tuesday, March 11**

**No Classes: MEMORIAL DAY, MONDAY, MAY 27**

## 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.

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) –

#### In Person & Virtual

TIL – designed for the adult with intellectual disabilities to become more comfortable within their community. We meet every Thursday, in-person or 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 will continue meeting virtually the majority of the month and we will meet in-person at a local coffee shop or restaurant once per month. Register in advance to receive the virtual meeting passcode and details.

**DATE:** Thursdays – Virtually/In-Person

**TIME:** 9:30 AM–10:30 AM

**FEE:** Y Member & General Public: Free



# ADAPTED SOCIAL EVENTS



## 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.**

**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: \$6.00 – Caregivers FREE



### STAFF CONTACT

Kristy Bridenhagen, Gymnastics & Adapted Recreation Director,  
P 715.952.9365 E [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)

# ADAPTED SPORTS

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

**ADAPTED RECREATION SPRING SESSION**  
**ADAPTED RECREATION SESSION RUNS: APRIL 2 – JUNE 8, 2024**

**Member Registration: February 26**  
**General Public: March 11**

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

## ADAPTED SPORTS & SPECIAL OLYMPICS

### ADAPTED RECREATION TRACK AND FIELD(ADULTS)

Running, walking, throwing, jumping... there is something for everyone to enjoy! Athletes will fine-tune their individual skills. Practices held outdoors so please dress accordingly. Participants will have the opportunity to participate in the Special Olympic District Track meet and try to qualify for the 2024 Special Olympics State Summer Games June 8-9, 2024 at UW-Whitewater.

**MAX: 40 participants**

**Practice held at Washington Elementary School**

Class Name	Location	Age	Day	Start	End	Program Cost
Adapted Track & Field	YMCA	18 years & older	T/TH	4:00 PM	5:15 PM	YMCA Member - \$31 General Public - \$42

### ADAPTED RECREATION CORN HOLE (ADULTS)

Adapted Recreation Corn hole (also known as bags) is a lawn game in which players take turns throwing 16-ounce bags of corn kernels at a raised platform (board) with a hole in the far end. CO-ED Teams of two or three will have the opportunity to try and qualify to participate in the 2024 Special Olympics State Summer Games June 8-9, 2024

**at UW-Whitewater.**

**MAX: 30 participants**

**Practice held at Washington Elementary School**

Class Name	Location	Age	Day	Start	End	Program Cost
Adapted Corn Hole	YMCA	18 years & up	T/TH	4:00 PM	5:15 PM	YMCA Member - \$31 General Public - \$42

### STAFF CONTACT

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





# CHILDCARE CENTER

## CHILDCARE CENTER LEADERSHIP TEAM

Stephanie Gross—Childcare Director, P. 715.952.9339 E. [sgross@spymca.org](mailto:sgross@spymca.org)

Julie Trembl—Childcare Assistant Director, P. 715.952.9337 E. [jtrembl@spymca.org](mailto:jtrembl@spymca.org)

Taylor Martens—Behavioral Intervention Specialist, P. 715.952-9354 E. [tmartens@spymca.org](mailto:tmartens@spymca.org)

Rachael Mews—Childcare Enrollment Specialist, P. 715.342.2999 E. [rmews@spymca.org](mailto:rmews@spymca.org)

## YMCA CHILDCARE 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.

#### CHILDCARE CENTER HOURS:

Monday–Friday – 6:30AM–5:30PM

## YMCA PRESCHOOL

### STATE LICENSED • AGES 2.5–4 YEARS

Call for availability. Financial assistance is available through our Annual Campaign.

Please call our Child Development Office at 715.342.2999 for more information, parent handbook and fees. Must be potty trained.

#### PRESCHOOL CENTER HOURS:

Monday–Wednesday–Friday 9:00AM–11:15AM

(Last day is May 17th)







# CHILDCARE CENTER

## 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.

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

# CHILD CARE SCHOOL AGE CARE



## STAFF CONTACT

Stephanie Gross–Interim School Age Director, P. 715.952.9339 E. [sgross@spymca.org](mailto:sgross@spymca.org)

Amber Mroczenski–Assistant School Age Director, P. 715.952–9382 E. [amroczenski@spymca.org](mailto:amroczenski@spymca.org)

Taylor Martens–Behavioral Intervention Specialist, P. 715.952–9354 E. [tmartens@spymca.org](mailto:tmartens@spymca.org)

Rachael Mews–Enrollment Specialist, P. 715.342.2999 E. [rmews@spymca.org](mailto: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



# **CHILD CARE SCHOOL AGE CARE**

## **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 below 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.**

**March 18**

**March 19**

**March 20**

**March 21**

**March 22**

**March 29**

**April 12**

**May 10**

**Y Member: \$35/day**

**General Public: \$52/day**



# SPRING SAFETY COURSES

## OFF SITE TRAINING:

Does your business or group want an instructor to come to you? Please contact our Aquatics Director.

## 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: \$32, Y Member: \$230, General Public: \$300

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
TBD	TBD	American Red Cross Lifeguard Certification	TBD	TBD

## 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: \$32, Y Member: \$130, General Public: \$200

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
TBD	TBD	American Red Cross Lifeguard Certification	TBD	TBD

## 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: \$48, Y Member: \$85, General Public: \$120

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
4/3/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	3/29/2024

## American Red Cross: Lifeguard Instructor

For those holding a current Lifeguard certification. Instructs participants to teach basic-level Lifeguard courses through developing their understanding of how to use the course materials, conduct training sessions, and evaluate participant's progress. No refunds. Course graduates are encouraged to apply for employment at YMCA. Class Max: 6

Y Member: \$270, General Public- \$325

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
TBD	TBD	Lifeguard Instructor	TBD	TBD

# CAMP GLACIER HOLLOW



YMCA Camp Glacier Hollow, located in Central Wisconsin, offers a variety of traditional Day Camps, Overnight Camps, and Adventure Trips for youth ages 7–17. We are dedicated to providing a safe and fun, small group environment that develops the spirit, mind and body of each individual. Y Camp is a special place where youth and teens learn about the environment, develop positive values, make meaningful friendships, learn new skills, and increase self-confidence. YMCA Camp Glacier Hollow is nestled just 14 miles east of Stevens Point on beautiful Lake Elaine. YMCA Camp Glacier Hollow is owned and operated by the Stevens Point Area YMCA, and financial assistance is available.

## SUMMER CAMP

**Day Camp:** Dive into a world of excitement with our Day Camp program! From outdoor games to arts and crafts, each day is packed with fun-filled activities guaranteed to create unforgettable memories.

**Overnight Camp:** Immerse yourself in the magic of overnight camp life! Build friendships, roast marshmallows around the campfire, and embark on thrilling adventures in the heart of nature.

**CIT/LIT Programs:** Take on leadership roles and hone your skills as a Counselor-in-Training or Leader-in-Training. Gain valuable experience, make lifelong friends, and become a role model for younger campers.

**Adventure Trips:** Embark on epic outdoor adventures with our Adventure Trips! From hiking majestic trails to conquering whitewater rapids, experience the thrill of exploring the great outdoors like never before.

**DATE:** June 5 to August 31

**WHO:** Children ages 7–17

**YMCA MEMBER:** See Camp Program Guide, Register in Advance

**GENERAL PUBLIC:** See Camp Program Guide, Register in Advance

Follow us on Facebook: “YMCA Camp Glacier Hollow”

Website: [www.spymca.org/camp](http://www.spymca.org/camp)



# CAMP GLACIER HOLLOW- EVENTS



## Maple Syrup Festival

**MARCH 30**

Come join us at Camp Glacier Hollow for our Maple Syrup Festival! Join us for live tapping & evaporation demonstrations, a pancake breakfast, wildlife education walks and talks, and more!

**DATE:** March 30, 2024

**TIME:** 9:00AM – 12:00PM

**WHO:** Families – All ages

**YMCA MEMBER:** FREE, Registration in advance preferred

**GENERAL PUBLIC:** FREE, Registration in advance preferred

## Camp Cleanup Weekend

**MAY 4**

Take part in our mission to preserve the beauty of nature as we come together to spruce up our beloved camp to prepare for the summer!

**DATE:** May 4, 2024

**TIME:** 9:00AM – 3:00PM

**WHO:** Everyone

**YMCA MEMBER:** FREE, Registration in advance preferred

**GENERAL PUBLIC:** FREE, Registration in advance preferred

## Mother Daughter Day

**MAY 11**

Escape the routine and reconnect with your daughter, or anyone that is like a daughter, in the heart of nature at Camp Glacier Hollow! Join us this Mother's Day weekend for an unforgettable experience filled with love, laughter, and adventure.

**DATE:** May 11, 2024

**TIME:** 10:00AM – 4:00PM

**WHO:** Mothers and Daughters

**YMCA MEMBER:** Adults: \$25 Children: \$15

**GENERAL PUBLIC:** Adults: \$30 Children: \$20



# 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](mailto:rzietlow@spymca.org)
- Kristy Bridenhagen, Gymnastics & Adapted Recreation Director
  - (715)952-9365 | [Kbridenhagen@spymca.org](mailto:Kbridenhagen@spymca.org)
- AJ Becker, Camp and Teen Programs Director
  - (715)952-9353 | [Abecker@spymca.org](mailto:Abecker@spymca.org)
- BreAnn Constantineau, Member Services and Marketing Director
  - (715) 952-9363 | [bconstantineau@spymca.org](mailto:bconstantineau@spymca.org)
- Eric Demrow, Competitive Swimming Director
  - (715) 952-9350 | [edemrow@spymca.org](mailto:edemrow@spymca.org)
- Nicole Edmundson, Administrative Services Director
  - (715) 952-9376 | [nedmundson@spymca.org](mailto:nedmundson@spymca.org)
- Amy Fox, Health & Wellness Director
  - (715)952-9303 | [afox@spymca.org](mailto:afox@spymca.org)
- McKenzie Klasinski, Aquatics and Youth Sports Director
  - (715)952-9377 | [mklasinski@spymca.org](mailto:mklasinski@spymca.org)
- Stephanie Gross, Childcare Director
  - (715)952-9339 | [sgross@spymca.org](mailto:sgross@spymca.org)
- Rob Kaczmarczyk, Facilities & Maintenance Director
  - (715) 952-9352 | [rkaczmarczyk@spymca.org](mailto:rkaczmarczyk@spymca.org)
- Mandy Reeves, Human Resources Director
  - (715) 952-9362 | [mreeves@spymca.org](mailto:mreeves@spymca.org)

## CAMP GLACIER HOLLOW

- AJ Becker, Camp and Teen Programs Director
  - (715)952-9353 | [Abecker@spymca.org](mailto:Abecker@spymca.org)

## YMCA CHILD CARE

- Stephanie Gross-Child Care Director & Interim School Age Child Care Director  
715.952.9339 [sgross@spymca.org](mailto:sgross@spymca.org)
- Amber Mroczenski-Assistant School Age Director  
715.952-9382 [amroczenski@spymca.org](mailto:amroczenski@spymca.org)
- Taylor Martens-Behavioral Intervention Specialist  
715.952-9354 [tmartens@spymca.org](mailto:tmartens@spymca.org)
- Rachael Mews-Enrollment Specialist  
715.342.2999 [rmews@spymca.org](mailto:rmews@spymca.org)

