



SUMMER 2024 PROGRAM GUIDE

Member registration Opens: May 6th
General Public: May 20th



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 Bower
- 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

- 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

Summer Operational Hours Beginning 5-26-24

- Monday-Friday 5am - 8pm
- Saturday 6am - 2pm
- Sunday CLOSED

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

Follow to see even more of what we do!



@ Stevens Point Area YMCA



@ Stevens_Point_Area_YMCA

YMCA REGISTRATION

SUMMER 1 & 2 -2024

SUMMER SESSIONS	SESSION DATE	MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
Summer 1	June 2-July 13	May 6	May 20
Summer 2	July 14-Aug 17	May 6	May 20

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



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



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

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:

June 6 (FREE), 13, 20, 27 (\$15/child/session)
July 11 (FREE), 18, 25 (\$15/child/session)
August 1 (FREE), 8, 15, 22 (\$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:

June 7, 28
July 12, 26
August 2



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 in the multi-purpose room. Mon-Fri 4:00pm-7:30pm

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)!

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 THE SCHEDULES TAB ON OUR WEBSITE.

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 one 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. *Watch for summer pop up classes!

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/ EXPRESS

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

CLASSES 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

CLASSES 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

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 TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



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.spymca.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
TO INSTRUCTOR
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



LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

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 TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

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 be set up after purchase.
24-Hour Cancellation Policy.

SMALL GROUP TRAINING (AGES 12 YEARS & UP)

PILATES REFORMER INTERMEDIATE

SUMMER 1 & 2

Class Name	Dates	Days	Time	Location	Class max	Y Member General Public
Pilates Reformer Intermediate	Session 1: June 3- July 8 Session 2: July 15- Aug 19	M	5:00 PM-6:00 PM	Core Room	5	Session 1: \$50 \$63 Session 2: \$60 \$75
Pilates Reformer Intermediate	Session 1: June 4- July 9 Session 2: July 16- Aug 20	T	9:45AM-10:45 AM	Core Room	5	Session 1: \$50 \$63 Session 2: \$60 \$75

HEALTH & WELLNESS-GROUP TRAINING

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

SMALL GROUP TRAINING (AGES 12 YEARS & UP)

TRX

A form of suspension training that uses bodyweight 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 5:15 PM-6:00 PM

SUMMER SESSION 1: June 5-June 19 (3 weeks)

Y Members \$11 General Public \$22

SUMMER SESSION 2: July 17-Aug 21 (6 weeks)

Y Members \$22 General Public \$44

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.

SUMMER CLASS 1: June 10-June 28

SUMMER CLASS 2: July 8-July 26

SUMMER CLASS 3: July 29-August 16

Class Name	Days	Time	Class max	Y Member General Public
Y- Fast	Mon, Tues, Thurs	11:30AM-12:30 PM OR 3:45PM-4:45PM	10	\$55 \$110

Scan to meet
our certified
Personal
Trainers!



HEALTH & WELLNESS- INTERVENTION PROGRAMS

CLASSES SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY

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 1:00p-1:45pm 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

CLASSES SUBJECT
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MOVEMENT & MUSIC PARKINSON'S CLASS

This free exercise-based class is designed for people with Parkinson Disease. Movement to music in a group setting. Using a chair and standing with weights and bands. In partnership with Aspirus Health and Wisconsin Parkinson Association. This class meets once a week on Thursdays 1:30pm-2:30pm.

Location: Group Exercise Studio

Cost: Free (paperwork required before attending 1st class)

To register email jilc@wiparkinson.org or reach out to Amy Fox afox@spymca.org for more information.

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

CLASSES SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY

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



SUMMER REGISTRATION INFORMATION

Member registration: May 6

General Public: May 20

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.

SUMMER SESSION 1: June 4–July 18 (no class week of July 4th)

SUMMER SESSION 2: July 30–Sept 5

DAYS: Tuesdays and Thursdays

TIME: 6:45 AM–7:45 PM

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.

SUMMER SESSION 1: June 3–July 8 (no class June 24th, will have class July 1st)

DAYS: Mondays

TIME: 6:15 AM–7:45 PM

Location: All Purpose Room

Y Members: \$24 (5 weeks)

General Public: \$48 (5weeks)

ACTIVE OLDER ADULTS



SUMMER 1 SESSION: June 2 – July 13, 2024
SUMMER 2 SESSION: July 14 – August 17, 2024
Member registration: May 6
General Public: May 20

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. AOA participants benefit from engaging in YMCA activities that enhance connections, decrease a sense of isolation, and improve overall well-being.

AOA (Active Older Adults) Lunch and Learns

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

Day Trips & More!

If you are an Active Older Adult who enjoys going on Adventures, this program is for you! Our day trips are planned throughout the year for fun and building friendships. Every trip is sure to be a memorable experience for all. Come, be active, stay well and have fun. For more information on our Day Trips, programs and other activities, contact Kristy Bridenhagen, at 715.952.9365 or email Kbridenhagen@spymca.org.

PARENT-CHILD CLASSES & PRESCHOOL SWIM

LESSONS

SUMMER:

SUMMER 1 Session: June 2–July 13 (No classes the week of July 1–6)

SUMMER 2 Session: July 14–August 17

Member Registration: May 6

General Public Registration: May 20

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 General Public
Parent and Child Stage A/B	ADV POOL	6 months–3 years	M	9:30 AM	10:00 AM	\$16 \$53
Parent and Child Stage A/B	ADV POOL	6 months–3 years	M	6:00 PM	6:30 PM	\$16 \$53
Parent and Child Stage A/B	ADV POOL	6 months–3 years	T	5:15 PM	5:45 PM	\$16 \$53
Parent and Child Stage A/B	ADV POOL	6 months–3 years	W	4:30 PM	5:00 PM	\$16 \$53
Parent and Child Stage A/B	ADV POOL	6 months–3 years	TH	5:15 PM	5:45 PM	\$16 \$53
Parent and Child Stage A/B	ADV POOL	6 months–3 years	TH	9:30 AM	10:00 AM	\$16 \$53

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.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	M	10:15 AM	10:50 AM	\$35 \$53
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	T	4:30 PM	5:05 PM	\$35 \$53
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	W	4:30 PM	5:05 PM	\$35 \$53
Preschool Stage 1 –Water Acclimation	ADV POOL	3–5 years	TH	6:00 PM	6:35 PM	\$35 \$53

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	5:15 PM	5:50 PM	\$35 \$53
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	T	9:30 AM	10:05 AM	\$35 \$53
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	T	5:15 PM	5:50 PM	\$35 \$53
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	W	10:15 AM	10:50 AM	\$35 \$53
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	W	5:15 PM	5:50 PM	\$35 \$53
Preschool Stage 2 –Water Movement	ADV POOL	3–5 years	TH	5:15 PM	5:50 PM	\$35 \$53

PRESCHOOL SWIM LESSONS & PRIVATE LESSONS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

SUMMER:

SUMMER 1 Session: June 2–July 13 (No classes the week of July 1–6)

SUMMER 2 Session: July 14–August 17

Member Registration: May 6

General Public Registration: May 20

•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	4:30 PM	5:05 PM	\$35 \$53
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	T	10:15 AM	10:50 AM	\$35 \$53
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	W	6:00 PM	6:35 PM	\$35 \$53
Preschool Stage 3–Water Stamina	ADV POOL	3–5 years	TH	10:15 AM	10:50 AM	\$35 \$53

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

Due to instructor availability and pool usage, private lessons from 4:30pm–6:35pm on Monday–Thursday may take longer to schedule.

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

SUMMER:

SUMMER 1 Session: June 2–July 13 (No classes the week of July 1–6)

SUMMER 2 Session: July 14–August 17

Member Registration: May 6

General Public Registration: May 20

•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.

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	\$35 \$53
Youth Stage 1 - Water Acclimation	ADV POOL	6–13 years	T	4:30 PM	5:05 PM	\$35 \$53
Youth Stage 1 - Water Acclimation	ADV POOL	6–13 years	W	5:15 PM	5:50 PM	\$35 \$53
Youth Stage 1 - Water Acclimation	ADV POOL	6–13 years	TH	4:30 PM	5:05 PM	\$35 \$53

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 2 - Water Movement	ADV POOL	6–13 years	M	6:00 PM	6:35 PM	\$35 \$53
Youth Stage 2 - Water Movement	ADV POOL	6–13 years	T	6:00 PM	6:35 PM	\$35 \$53
Youth Stage 2 - Water Movement	ADV POOL	6–13 years	W	6:00 PM	6:35 PM	\$35 \$53

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	\$35 \$53
Youth Stage 3 - Water Stamina	ADV POOL	6–13 years	TH	4:30 PM	5:05 PM	\$35 \$53

LEARN TO SWIM | YOUTH

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

SUMMER:

SUMMER 1 Session: June 2–July 13 (No classes the week of July 1–6)

SUMMER 2 Session: July 14–August 17

Member Registration: May 6

General Public Registration: May 20

•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	TH	6:00 PM	6:35 PM	\$35 \$53

YOUTH STAGE 5&6 will not be offered this summer, please contact kkort@spymca.org to discuss alternative options.

DOLPHINS SWIM TEAM



SUMMER 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 or (715) 952-9350. www.spdyswimming.org

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 AM-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.



AQUATIC EVENTS



The Great Water Balloon Fight!

August 10, 2024

10:00 AM-11:30 AM

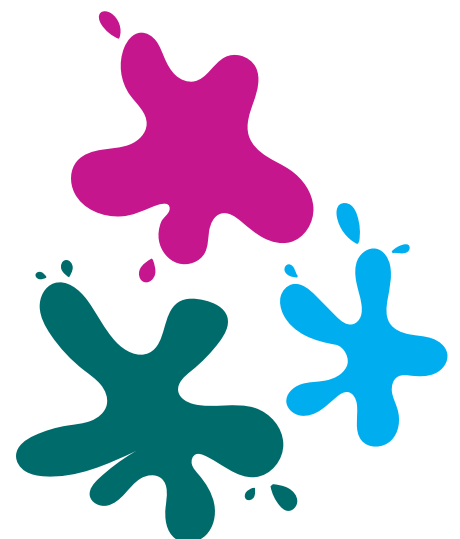
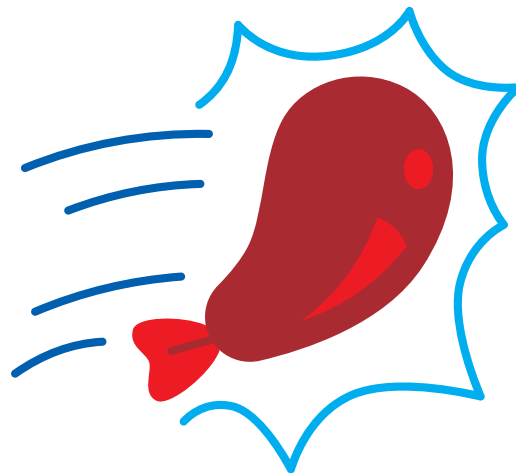
Come join our great water balloon fight! In the fields of the YMCA, we will have lots of family friendly water games, and a large water fight!

*****Donations would be appreciated, and go towards funding swimming lesson scholarships*****

Class Max: 100

Y Member: Free

General Public: Free



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

SWIM INTO STORIES!

JUNE 21ST

JULY 19TH

5:00PM-5:30PM STORY TIME,
5:30PM-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

ARTS & ENGAGEMENT

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

SUMMER:

SUMMER 1 Session: June 2-July 13 (No classes the week of July 1-6)

SUMMER 2 Session: July 14-August 17

Member Registration: May 6

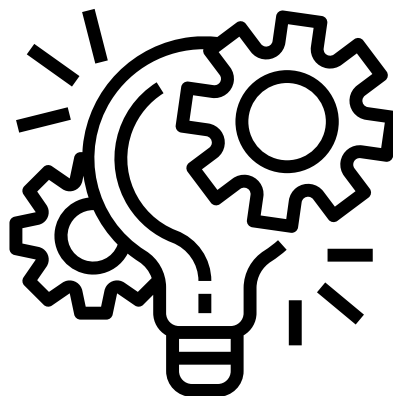
General Public Registration: May 20

STAFF CONTACT: McKenzi Klasinski, Aquatics and Sports Director P 715.952.9377 E mklasinski@spymca.org

Stroller Walk and Talk

Pack up your children, and come on a stroller walk and talk! Great way to get your steps in, while enjoying social time with other parents. Start and end at the YMCA soccer fields. All ages, genders, and abilities welcome.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Stroller Walk and Talk	YMCA Fields	Any	TH	7:00 AM	8:00 AM	FREE



ARTS & ENGAGEMENT

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

EVENTS

SUMMER:

SUMMER 1 Session: June 2-July 13 (No classes the week of July 1-6)

SUMMER 2 Session: July 14-August 17

Member Registration: May 6

General Public Registration: May 20

STAFF CONTACT: McKenzie Klasinski, Aquatics and Sports Director P 715.952.9377 E mklasinski@spymca.org

Y Tie Dye

Come play in the sun and tie-dye your own creations! Registration includes a t-shirt and bandana!

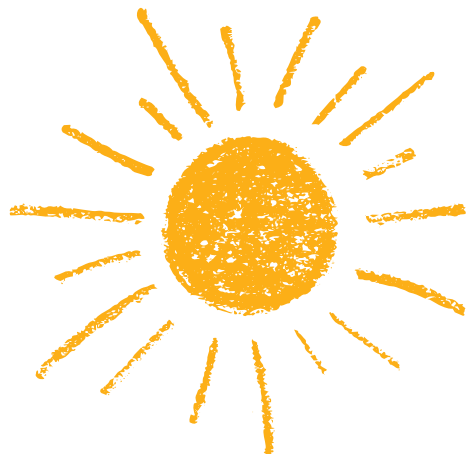
Class Name	Location	Age	Day	Start	End	Y Member General Public
Y Tie Dye	Field	Any	Wednesday, June 5	9:00 AM	9:40 AM	FREE
Y Tie Dye	Field	Any	Wednesday, July 17	10:00 AM	10:40 AM	FREE

Chalk Fest

Join us in creating a masterpiece! Each participant gets their own square to decorate. Chalk provided by the YMCA.

*Rain backup will be provided.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Chalk Fest	Field	Any	Wednesday, August 7	5:00 PM	6:00 PM	FREE
Chalk Fest	Field	Any	Wednesday, August 21	5:00 PM	6:00 PM	FREE



YOUTH SPORTS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SUMMER:

SUMMER 1 Session: June 2–July 13 (No classes the week of July 1–6)

SUMMER 2 Session: July 14–August 17

Member Registration: May 6

General Public Registration: May 20

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

Sportsters Sports

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
Mini Sportsters	YMCA Fields	3-5 Years	M	9:00 AM	9:40 AM	\$20 \$35
Mighty Sportsters	YMCA Fields	6-8 Years	M	9:00 AM	9:40 AM	\$20 \$35
Mini Sportsters	YMCA Fields	3-5 Years	M	4:00 PM	4:40 PM	\$20 \$35
Mighty Sportsters	YMCA Fields	6-8 Years	M	4:00 PM	4:40 PM	\$20 \$35

Little Sluggers Baseball

Learn the basics of T-Ball in a fun, non-competitive, and instructional program. Players participate in drills and activities to improve motor skills and learn teamwork. Everyone plays, everyone wins! Scrimmage rules modified to ensure everyone has a fun and safe experience.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Little Sluggers	Baseball Field	3-5 Years	T	9:00 AM	9:40 AM	\$32 \$56
Little Sluggers	Baseball Field	6-8 Years	T	10:00 AM	10:40 AM	\$32 \$56
Little Sluggers	Baseball Field	3-5 Years	T	4:00 PM	4:40 PM	\$32 \$56
Little Sluggers	Baseball Field	6-8 Years	T	5:00 PM	5:40 PM	\$32 \$56
Little Sluggers	Baseball Field	9-12 Years	T	6:00 PM	6:40 PM	\$32 \$56

YOUTH SPORTS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SUMMER:

SUMMER 1 Session: June 2-July 13 (No classes the week of July 1-6)

SUMMER 2 Session: July 14-August 17

Member Registration: May 6

General Public Registration: May 20

Flag Football

Learn the basics of football in a fun, slightly competitive, and instructional program. Players participate in drills and activities to improve agility and learn offensive and defensive strategy. Everyone plays, everyone wins! Scrimmage rules modified to ensure everyone has a fun and safe experience.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Flag Football	Soccer Field	6-8 Years	W	9:00 AM	9:40 AM	\$32 \$56
Flag Football	Soccer Field	9-12 Years	W	10:00 AM	10:40 AM	\$32 \$56
Flag Football	Soccer Field	6-8 Years	W	4:00 PM	4:40 PM	\$32 \$56
Flag Football	Soccer Field	9-12 Years	W	5:00 PM	5:40 PM	\$32 \$56
Flag Football	Soccer Field	13-15 Years	W	6:00 PM	6:40 PM	\$32 \$56

Kickball

Learn the basics of kickball in a fun, slightly competitive, and instructional program. Players participate in drills and activities to improve motor skills and teamwork and learn offensive and defensive skills. Everyone plays, everyone wins! Scrimmage rules modified to ensure everyone has a fun and safe experience.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Kickball	Soccer Field	5-8 Years	TH	4:00 PM	4:40 PM	\$32 \$56
Kickball	Soccer Field	9-15 Years	TH	5:00 PM	5:40 PM	\$32 \$56

YOUTH SPORTS CLASSES

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SUMMER:

SUMMER 1 Session: June 2–July 13 (No classes the week of July 1–6)

SUMMER 2 Session: July 14–August 17

Member Registration: May 6

General Public Registration: May 20

Girls Self Defense Class

These classes will teach you the potential lifesaving skills in case you were to be attacked and need to defend yourself. Instruction will cover proper technique and form for protecting and defending yourself, even if that means you have to strike back. The instructor is highly ranked and skilled in kickboxing and mixed martial arts, having achieved one of the highest belts in Muay Thai.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Girls Self Defense	Soccer Field	9–15	F	9:00 AM	10:00 AM	\$32 \$56

Co-ed Self Defense Class

These classes will teach you the potential lifesaving skills in case you were to be attacked and need to defend yourself. Instruction will cover proper technique and form for protecting and defending yourself, even if that means you have to strike back. The instructor is highly ranked and skilled in kickboxing and mixed martial arts. Achieving one of the highest belts in Muay Thai.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Self Defense	Soccer Field	6–8	F	10:30 AM	11:30 AM	\$32 \$56

YOUTH SPORTS LEAGUES

LESSONS SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY



SUMMER:

SUMMER 1 Session: June 2–July 13 (No classes the week of July 1–6)

SUMMER 2 Session: July 14–August 17

Member Registration: May 6

General Public Registration: May 20

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.

Baseball League (Grades K–6)

This co-ed program emphasizes the basic skill development of baseball. This league will allow each participant the opportunity to learn fundamental skills such as catching, hitting, and throwing. While playing games against opposing teams. Week 1–3 is skill instruction/practice, followed by 7 weeks of games in a fun and supportive environment. Grades K–1 (45 min), 2–3 (60 min), 4–6 (60 min)

YMCA Youth Sports Shirts will be part of registration and available to pick up at the start of practice the second week of the session.

Class Name	Location	Age	Day	Start	End	Y Member General Public
Baseball League	Baseball Field	Grade K-1	F	4:00 PM	4:45 PM	Summer 1&2: \$73 \$133
Baseball League	Baseball Field	Grade 2-3	F	5:00 PM	6:00 PM	Summer 1&2: \$73 \$133
Baseball League	Baseball Field	Grade 4-6	F	6:15 PM	7:15 PM	Summer 1&2: \$73 \$133

YOUTH SPORTS CLUBS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SUMMER:

SUMMER 1 Session: June 2-July 13 (No classes the week of July 1-6)

SUMMER 2 Session: July 14-August 17

Member Registration: May 6

General Public Registration: May 20

Y Run Club

This co-ed program will focus on the fun of running! Starting in the YMCA fields, warming up, and going on fun runs together! Program will focus on running form and will incorporate running based games, ending in a cool down.

T-shirt is included in registration cost.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Y Run Club	YMCA Fields	8-14 Years	T	8:00 AM	9:00 AM	\$38 \$55

YOUTH SPORTS CLINICS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SUMMER:

SUMMER 1 Session: June 2-July 13 (No classes the week of July 1-6)

SUMMER 2 Session: July 14-August 17

Member Registration: May 6

General Public Registration: May 20

SUMMER 1&2

JUNE 2- AUGUST 17

*No programming the week of July 1-6

Class Dates:

Class 1: June 3rd-June 13th

Class 2: June 17th-June 27th

Class 3: July 8th-July 18th

Class 4: July 22nd-August 1st

Class 5: August 5th-August 15th

Mini/Mighty Dancers

Learn dance styles such as hip-hop, ballet, and jazz in this 2 week, Monday through Thursday program (8 total classes). Instruction will include various techniques, dance vocabulary and routines; it will improve the participants balance, fine motor skills and group communication in a nurturing environment. On the final day the participants will be able to perform a short routine.

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Mini Dancers	Group Ex Studio/Mind Body Room	3-5 Years	M-TH	1:00 PM	1:30 PM	Per Class: \$25 \$50
Mighty Dancers	Group Ex Studio/Mind Body Room	6-8 Years	M-TH	1:45 PM	2:30 PM	Per Class: \$25 \$50

YOUTH EVENTS



Kids Triathlon

July 20, 2024

8:00 AM-11:30 AM

Run, Bike and Swim at the YMCA! Start by running in the Athletic fields, biking, and swimming across the Adventure pool! Distances will be determined based on age. More information will be sent out closer to the race. Parents are more than welcome to race with children who need assistance. Lifejackets will be provided.

T-shirt and snack included in race fee!

•MUST register by July 1 to guarantee shirt size

*All proceeds go directly to the Y's Annual Campaign. The Annual Campaign helps support our local YMCA, including financial assistance programs for community members. *

Class Max: 200

Class Name	Location	Age	Start	Y Member General Public
Kids Triathlon	ADV Pool/ Fields	3-4 Years	9:00 AM	\$27 \$36
Kids Triathlon	ADV Pool/ Fields	5-6 Years	8:45 AM	\$27 \$36
Kids Triathlon	ADV Pool/ Fields	7-8 Years	8:30 AM	\$27 \$36
Kids Triathlon	ADV Pool/ Fields	9-10 Years	8:15 AM	\$27 \$36
Kids Triathlon	ADV Pool/ Fields	11-14 Years	8:00 AM	\$27 \$36

Y Olympics

August 3, 2024

10:00 AM-11:30 AM

Summer Olympics are here! Come celebrate with fun Olympic events and activities. Free and open to the community, all ages encouraged to come.

Located in the athletic fields, and Adventure pool.

Class Max: 200

Class Name	Location	Age	Day	Start	End	Y Member General Public
Y Olympics	ADV Pool/ Fields	Any	Aug. 3rd	10:00 AM	11:30 AM	Free

STAFF CONTACT: McKenzie Klasinski, P 715.952.9377 E mklasinski@spymca.org

ADULT SPORTS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

SUMMER:

SUMMER 1 Session: June 2–July 13 (No classes the week of July 1–6)

SUMMER 2 Session: July 14–August 17

Member Registration: May 6

General Public Registration: May 20

Adult Kickball League

The adult recreational kickball league consists of two 5-week sessions. 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. Teams should have a minimum of 9 players and a maximum of 15. Teams will be required to wear matching jerseys, shirts, or colors during games.

Class Max: 100

Class Name	Location	Age	Day	Start	End	Y Member General Public
Adult Kickball League Individual	Baseball Field	18+	TH	6:00 PM	8:00 PM	\$36 \$56
Adult Kickball League Team Registration	Baseball Field	18+	TH	6:00 PM	8:00 PM	\$180 (Team Price)

Run Club

This co-ed program will focus on the fun of running! Starting in the YMCA fields, warming up, and going on fun runs together! All ages and abilities welcome.

*Registration includes T-shirt!

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member General Public
Y Run Club	YMCA Fields	Any	W	8:00 AM	9:00 AM	FREE \$15

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



PRESCHOOL GYMNASTICS

SUMMER 1 SESSION: June 2 – July 13, 2024
SUMMER 2 SESSION: July 14 – August 17, 2024
 Member registration: May 6
 General Public: May 20

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	Y Member General Public
Adult Tot	T	9:30 AM - 10:10 AM	Gymnastics Center	\$16 \$60
Adult Tot	SA	9:30 AM - 10:10 AM	Gymnastics Center	\$16 \$60

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: 8

Participants must be potty trained

Class Name	Day	Class Times	Location	Y Member General Public
Tiny Twisters	T	10:30 AM - 11:10 AM	Gymnastics Center	\$30 \$60



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: 8

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

Class Name	Day	Class Times	Location	Y Member General Public
Mighty Movers	W	9:30AM - 10:10 AM	Gymnastics Center	\$30 \$60
Mighty Movers	SA	10:30 AM - 11:10 AM	Gymnastics Center	\$30 \$60



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, 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: 12

THURS Class Max: 8

Class Name	Day	Class Times	Location	Y Member General Public
Beginners	T	4:15 PM - 5:00 PM	Gymnastics Center	\$33 \$66
Beginners	TH	4:15 PM - 5:00 PM	Gymnastics Center	\$33 \$66

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: 8

Class Name	Day	Class Times	Location	Y Member General Public
Intermediates	TH	4:15 PM- 5:00 PM	Gymnastics Center	\$33 \$66



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, 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: 12

Class Name	Day	Class Times	Location	Y Member General Public
Advanced	T	5:00 PM - 6:00 PM	Gymnastics Center	\$35 \$70



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	T/TH	5:00PM	6:30PM	\$76/month

GIRLS' TEAM LEVEL 1 – 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. Our team gymnasts have established a reputation of being honest and responsible whether they are competing out of town or in their own gym. 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 1	Gymnastics Center	5 years & up	T/TH	5:00PM	6:30PM	\$78/Month
Level 2	Gymnastics Center	5 years & up	M/W	4:15PM	6:15PM	\$81/Month
Level 3	Gymnastics Center	6 years & up	M/W	4:15PM	6:15PM	\$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	6:00PM	8:00PM	\$81/month
Level 6	Gymnastics Center	10 years & up	T F	6:00PM 10:00AM	9:00PM 1:00PM	\$89/month
Level 7 & 8	Gymnastics Center	10 years & up	T F	6:00PM 10:00AM	9:00PM 1:00PM	TBD
Xcel (All Levels)	Gymnastics Center	10 years & up	M/W	6:00PM	8:00PM	\$81/month
High School	Gymnastics Center	High School	M/TH	9:00AM	11:30AM	TBA
High School Open Gym	Gymnastics Center	High School Students	W	10:15AM	12:15PM	Included with Summer Practices
Level 1-8/Xcel Open Gym	Gymnastics Center	5 years & up	F	8:00AM	10:00AM	Included with Summer Practices

ADAPTED RECREATION



SUMMER 1 SESSION: June 2 – July 13, 2024
SUMMER 2 SESSION: July 14 – August 17, 2024
Member registration: May 6
General Public: May 20

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 SPORTS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SUMMER 1 SESSION: June 2 – July 13, 2024
SUMMER 2 SESSION: July 14 – August 17, 2024
Member registration: May 6
General Public: May 20

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

ADAPTED SPORTS & SPECIAL OLYMPICS

ADAPTED 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	Y Member General Public
Adapted Track & Field	YMCA	18 years & older	T/TH	4:00 PM	5:15 PM	\$31 \$42

ADAPTED SPORTS 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	Y Member General Public
Adapted Corn Hole	YMCA	18 years & up	T/TH	4:00 PM	5:15 PM	\$31 \$42

STAFF CONTACT

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



CHILDCARE CENTER

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.

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



CHILD CARE **SCHOOL AGE CARE**

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
8/16-8/18	16- 4:00pm-7:30pm 17- 8:00am-5:00pm 18- 8:00am-4:30pm	American Red Cross Lifeguard Certification	Multi-Purpose Room/ Training Pool	8/8/2024

*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
8/7/2024	8:00am-5:00pm	American Red Cross Lifeguard Certification	Conference Room/Training Pool	7/31/24

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
7/1/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	6/24/24
7/23/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	7/16/24
8/12/2024	4:00am-6:30pm (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Multi-Purpose Room	8/5/24

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
8/23-8/25	8/23- 4:00pm-7:30pm 8/24- 8:00am-5:00pm 8/25- 8:00am-5:00pm	Lifeguard Instructor	Training Pool/Conference Room	8/9/2024

CAMP GLACIER HOLLOW

DAY CAMP



Summer Camp: Day Camp

June 5 - August 30

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.

WK 1: Summer Kickstart

DATE: June 5-7

INFO: Jump into a season of sun-soaked fun at Summer Kickstart! From high-energy sports challenges to creative arts and thrilling adventures, this camp is the ultimate kickoff to an unforgettable summer full of laughter, friendship, and memories that last a lifetime.

WK 2: Bug's Life

DATE: June 10-14

INFO: Get ready for a buzzing adventure at Bug's Life. Campers delve into the miniature world of insects, exploring nature hikes, bug hunts, and creative crafts that celebrate the incredible diversity of the insect kingdom. It's a week filled with creepy crawly wonders and hands-on learning for our budding entomologists!

WK 3: Deserted Island

DATE: June 17-21

INFO: Shipwrecked on an island of excitement! Deserted Island brings the thrill of survival challenges, team-building activities, and tropical adventures. Campers will navigate through fun-filled scenarios, build shelters, and uncover the secrets of the island, making every day a new chapter in their thrilling desert island saga.

WK 4: Uniquely You

DATE: June 24-28

INFO: Celebrate individuality at Uniquely You! From arts and crafts to team-building games, campers explore their passions, build self-confidence, and form lasting friendships in an environment that encourages everyone to embrace their own unique qualities. It's a week dedicated to the extraordinary spirit in each and every camper.

WK 5: Out of This World

DATE: July 1-3

INFO: Blast off into adventure at Out of this World camp! Campers embark on an intergalactic journey, exploring space-themed activities, cosmic crafts, and thrilling challenges. From stargazing to astronaut training, it's a week of astronomical excitement where every camper becomes a star explorer.

CAMP GLACIER HOLLOW



Summer Camp: Day Camp Cont.

WK 6: Eco Adventure

DATE: July 8–12

INFO: Dive into the wonders of nature with Eco Adventure camp! Campers engage in eco-friendly activities, nature hikes, and conservation projects, fostering a love for the environment. It's a week dedicated to sustainable living, outdoor exploration, and creating future stewards of our planet.

WK 7: Wacky Waters

DATE: July 15–19

INFO: Make a splash at Wacky Waters camp! Campers dive into a world of aquatic fun with water games, inflatable challenges, and lakeside adventures. From paddleboarding to water balloon extravaganzas, it's a wet and wild week where the laughter flows as freely as the water.

WK 8: Wild, Wild West

DATE: July 22–26

INFO: Saddle up for an adventure at Wild Wild West camp! Campers step back in time to the era of cowboys and pioneers, participating in western-themed activities, rodeo games, and cowboy cookouts. It's a week of frontier fun, where every camper becomes a rootin' tootin' Wild West adventurer.

WK 9: Mysteries of Glacier Hollow

DATE: July 29–Aug 2

INFO: Unlock the secrets of Camp Glacier Hollow at this mysterious camp! Campers become junior detectives, solving puzzles, exploring hidden trails, and uncovering the enigmatic tales that surround the camp. It's a thrilling week of mystery and intrigue where adventure awaits at every turn.

WK 10: Glacier Hollow Olympics

DATE: August 5–9

INFO: Compete, cheer, and celebrate at Glacier Hollow Olympics! Campers engage in a week-long sports extravaganza, participating in team challenges, mini-tournaments, and a closing ceremony that celebrates the spirit of friendly competition. It's an Olympic-sized adventure for our young athletes!

WK 11: Y'ld Things

DATE: August 12–16

INFO: Embrace the whimsy at Y'ld Things camp! Campers dive into a world of creativity with wacky crafts, quirky games, and unconventional challenges. From crazy costume contests to outof-the-box art projects, it's a week where the extraordinary becomes the norm.

CAMP GLACIER HOLLOW



Summer Camp: Day Camp Cont.

WK 12: Sports Mania

DATE: August 19–23

INFO: Gear up for a week of non-stop action at Sports Mania camp! Campers sharpen their athletic skills with a variety of sports, from basketball and soccer to relay races and exciting tournaments. It's a sports lover's dream, where teamwork, competition, and fun collide.

WK 13: Messtival

DATE: August 26–30

INFO: Embrace the mess at Messtival camp! Campers unleash their creativity with messy art projects, slime-making extravaganzas, and gooey games. It's a week where getting messy is not only allowed but encouraged, creating a colorful and memorable experience for every camper.

Summer Camp: Overnight Camp

June 9 - August 23

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.

Beginning Explorer 1 (Ages 7-10)

DATE: June 9–12

INFO: Dive into the excitement of our 4-day session designed especially for first-time overnight campers... the perfect stepup from day camp to the full-throttle, 6-day overnight camping experience! Our enthusiastic counselors are here to lead the way, ensuring campers not only have a blast, but also unlock the mysteries of nature and the great outdoors. It's not just about awesome fun; it's also about boosting confidence and fostering independence. Join us for a wild ride of laughter, learning, and unforgettable adventure!

Nature Blast

DATE: June 16–12

INFO: At Nature Blast, is all about the power of experiential learning. Our campers won't just observe nature; they'll become a part of it. From hands-on activities like plant identification and wildlife tracking to interactive sessions on ecology and sustainability, every moment is an opportunity to explore, educate, and experience the wonder of our natural world. In addition to all of that fun, we've also up a special, nature-based educational opportunity that takes learning to a whole new level.

CAMP GLACIER HOLLOW

OVERNIGHT CAMP



Summer Camp: Overnight Camp

June 9 - August 23

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.

Beginning Explorer 1 (Ages 7-10)

DATE: June 9-12

INFO: Dive into the excitement of our 4-day session designed especially for first-time overnight campers... the perfect step-up from day camp to the full-throttle, 6-day overnight camping experience! Our enthusiastic counselors are here to lead the way, ensuring campers not only have a blast but also unlock the mysteries of nature and the great outdoors. It's not just about awesome fun; it's also about boosting confidence and fostering independence. Join us for a wild ride of laughter, learning, and unforgettable adventure!

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Hoofbeats

DATE: June 23-28

INFO: Saddle up, horse enthusiasts! Hoofbeats is the equestrian adventure of your dreams, tailor-made for horse-lovers!. Prepare for a week of galloping good times, as we delve into all things equine and create memories to last a lifetime. But that's not all – we're heading out of camp to hit the trails with a thrilling trail ride at a local stable. As we explore scenic paths and feel the rhythm of hooves beneath us, we'll also take some time to dive deeper into the world of horses. It's not just a ride; it's an opportunity to learn from experienced guides, ask burning questions, and soak in the rich history and beauty of these incredible animals.

CAMP GLACIER HOLLOW



Summer Camp: Overnight Camp Cont.

Beginning Explorer 2 (Ages 7-10)

DATE: June 30–July 3

INFO: Dive into the excitement of our 4-day session designed especially for first-time overnight campers... the perfect stepup from day camp to the full-throttle, 6-day overnight camping experience! Our enthusiastic counselors are here to lead the way, ensuring campers not only have a blast, but also unlock the mysteries of nature and the great outdoors. It's not just about awesome fun; it's also about boosting confidence and fostering independence. Join us for a wild ride of laughter, learning, and unforgettable adventure!

Fishin'. Huntin'. Campin'.

DATE: July 7–12

INFO: Get ready to immerse yourself in the full spectrum of living and thriving in the great outdoors. We're talking about building shelters, mastering the art of outdoor cooking, becoming a pro at fire building, and a whole lot more! But wait, there's more adventure in store! An overnight tent camp experience on The Ridge is in the works, promising an unforgettable night under the stars. And that's not all – we're spicing things up with an off-site day trip, giving you the chance to learn and practice your newfound outdoor skills in a real-world setting. This camp is not just an experience; it's an outdoor enthusiast's dream come true!

Sportsapalooza

DATE: July 14–19

INFO: Get ready to unleash your inner sports fanatic at Sportsapalooza, the ultimate overnight camp for campers hungry for a week of non-stop action and camaraderie! This isn't your average sports camp – it's a Sportsapalooza extravaganza where the thrill of the game meets the excitement of overnight adventures. Sportsapalooza is not just a camp; it's a celebration of the sports spirit. Join us for a week where every kick, throw, and sprint is a step closer to becoming a sports superstar. It's time to lace up those sneakers and get ready for the sports adventure of a lifetime!

Adventure Camp

DATE: July 21–26

INFO: Get ready for a week that's nothing short of extraordinary! This session is the perfect blend of honing outdoor recreation skills and diving into our classic camp activities. But hold on tight because the excitement doesn't stop there – we're taking a thrilling off-site trip to put our skills to the test and embark on daring new adventures! Get set for a week like no other, filled with fun, challenges, and memories that will last a lifetime!

CAMP GLACIER HOLLOW



Summer Camp: Overnight Camp Cont.

Wild Waters

DATE: July 28–August 2

INFO: Wild Waters isn't just a camp; it's a plunge into the exhilarating world of aquatic escapades. Join us for a week where every water drop becomes a memory, and the lake is the canvas for a masterpiece of summertime fun! Lake Elaine becomes our playground, where campers can kayak, paddleboard, and swim to their hearts' content. Whether you're a seasoned water sports pro or just testing the waters for the first time, our skilled instructors are here to ensure a safe and exciting experience for everyone. But wait, the excitement doesn't stop at the shoreline! We've got an off-site trip that will take campers on an aquatic adventure beyond the camp boundaries. Get ready for a day filled with even more water-based thrills

Wise Spirits (Girls-Only)

DATE: August 4–9

INFO: Welcome to Wise Spirits, a haven of empowerment, friendship, and adventure exclusively for young women who are ready to embrace their inner wisdom and embark on a journey of self-discovery. This girls-only overnight camp is more than just a getaway; it's a celebration of strength, sisterhood, and the extraordinary spirit within. At Wise Spirits, our focus is on creating an environment where girls can explore their interests, build confidence, and forge lifelong connections. From empowering activities to highlight individuality to team-building activities that foster camaraderie, every moment is designed to inspire and uplift

Strong Spirits (Boys Only)

DATE: August 11–16

INFO: Welcome to Strong Spirits, where the call of adventure meets the camaraderie of brotherhood! This boys-only overnight camp is not just a getaway; it's an immersive experience designed for young men ready to embrace challenges, build lasting friendships, and discover the strength within. Strong Spirits is all about fostering character, resilience, and leadership through a range of exciting activities. From conquering our Ropes Course and tackling team challenges to learning essential outdoor skills, every moment is an opportunity to grow.

CAMP GLACIER HOLLOW ADVENTURES



Summer Camp: Overnight Camp Cont.

Twilight Tamers

DATE: August 18–23

INFO: Welcome to the enchanting realm of Twilight Tamers, where the real adventure begins as the sun bids farewell! This unique overnight camp is tailored for those who thrive in the magic of the night, where every activity is bathed in the mysterious glow of twilight. But the fun doesn't stop there – we're taking things up a notch with special nighttime variations of classic camp activities. From moonlit arts and crafts to stargazing sessions that unveil the secrets of the cosmos, every moment is designed to ignite the sense of wonder alive in the dark.

Summer Camp: Adventure Trips

August 3–10

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: August 3–10

WHO: Children ages 12–17

YMCA MEMBER: See Camp Program Guide, Register in Advance

GENERAL PUBLIC: See Camp Program Guide, Register in Advance

Summer Camp: LIT/CIT Program

June 9–August 30

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.

DATE: June 9–August 30

WHO: Children ages 12–17

YMCA MEMBER: See Camp Program Guide, Register in Advance

GENERAL PUBLIC: See Camp Program Guide, Register in Advance

CAMP GLACIER HOLLOW- EVENTS



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

Father Son Day

June 15

Break away from the everyday and bond with your son, or anyone that is like a son, in the great outdoors at Camp Glacier Hollow! Join us this Father's Day weekend for a memorable adventure filled with excitement, camaraderie, and unforgettable moments.

DATE: June 15, 2024

TIME: 10:00AM – 4:00PM

WHO: Families – All ages

YMCA MEMBER: Adults and Children: \$20 Register in Advance

GENERAL PUBLIC: Adults and Children: \$25 Register in Advance

YOUR YMCA CONTACTS

STEVENS POINT AREA YMCA

- Member Service Desk
 - (715) 342-2980 x)0
- Ryan Zietlow, CEO & President
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CAMP GLACIER HOLLOW

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