



STEVENS POINT AREA YMCA SUMMER 2025 PROGRAM GUIDE

MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21



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BOARD OFFICERS

Dan Mahoney, CVO/Board Chairperson
Rachael Gadbois, 1st Vice Chairperson
Ben Martinsen, Treasurer
Sue Koehl, Past CVO/Board & Committee Chairperson
Erik Carlson, Committee Chairperson
Brian Formella, Committee Chairperson
Katie Young, Committee Chairperson

BOARD MEMBERS

Marc Bouwer
John Eckendorf
Joe M. Kinsella Jr.
Lindsay Meyer
Chris Nyman
Ross Rettler
Fritz Schierl
Al Thompson
Mike Trzinski
Kim Angell
Joe Jarabek
Gretchen Beyers

BOARD MEMBERS EX OFFICIO

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

STAFF MEMBERS EX OFFICIO

Ryan Zietlow, CEO

HOLIDAY HOURS

CLOSED
Memorial Day: May 26
Independence Day: July 4

NORMAL OPERATIONAL HOURS

Jan 1 – May 30	
Monday – Friday	5:00 AM – 8:00 PM
Saturday	6:00 AM – 2:00 PM
Sunday	8:00 AM – 4:00 PM
May 31 – June 30	
Monday – Friday	5:00 AM – 8:00 PM
Saturday – Sunday	6:00 AM – 2:00 PM
July 1 – Dec 31	TBD

STEVENS POINT AREA YMCA

1000 Division Street
Stevens Point, WI 54481


715.342.2980 INFO@SPYMCA.ORG


YMCA CAMP GLACIER HOLLOW


9289 Pavelski Road
Amherst Junction, WI 54407

715.342.2980 INFO@SPYMCA.ORG

FOLLOW US!

 STEVENS POINT AREA YMCA

 STEVENS_POINT_AREA_YMCA

 STEVENS POINT AREA YMCA

YMCA REGISTRATION

SUMMER 1-3 • 2025



SUMMER SESSION	SESSION DATES	MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
SUMMER 1	MAY 18 - JULY 5	APRIL 7	APRIL 21
SUMMER 2	JULY 6 - AUGUST 23	APRIL 7	APRIL 21
SUMMER 3	AUGUST 24 - AUGUST 30	APRIL 7	APRIL 21

*SELECT PROGRAMS MAY RUN DIFFERENTLY. VIEW PROGRAM DETAILS FOR MORE INFORMATION.

SUMMER PROGRAM	PROGRAM DATES	MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
YMCA CAMP GLACIER HOLLOW	JUNE 2 - AUGUST 29	JANUARY 1	JANUARY 1
SUMMER VACATION AT THE Y	JUNE 9 - AUGUST 29	JANUARY 1	JANUARY 1
TINY EXPLORERS	JUNE 9 - AUGUST 14	JANUARY 1	JANUARY 1

FIND ALL YMCA OFFERINGS AT:
[SPYMCA.ORG](https://spymca.org)

BECOME A MEMBER TODAY!

MONTHLY MEMBERSHIP RATES

Youth (HS student or younger)	\$22
Young Adult (18-24 Years)	\$35
College (Free 24-7 Access)	\$35
Adult (25-59 Years)	\$50.50
Double Adult	\$69
Single Parent Household Family	\$60
Family	\$74
Senior Adult (60+ Years)	\$48
Senior Couple Household	\$68

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 (0-18 Years)	\$5
Young Adult (19-24 Years)	\$12
Adult & Senior (25 Years & Older)	\$16
Household	\$18
Military or Veteran (with ID)	\$5

24-7 ACCESS

We now offer 24-7 access to SPYMCA members (12 years & older) for an additional fee of \$5 a month as well as a one-time purchase of a key fob for \$20. Stop at Member Services for more information.

MEMBERSHIP DISCOUNTS

Check with your Human Resources Department, Benefits Department, Insurance Provider, or our Member Services staff to see if you qualify for a Workplace Wellness Program or insurance-based membership. As part of our community support, we partner with a variety of local, regional, and national employers to offer subsidized memberships.

VETERAN HONORS

We support and honor our veterans. To demonstrate our appreciation, we offer membership discounts for our military members with valid veteran status. Please provide a copy of your DD214, VA card, or driver's 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.

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 Center orientation with a certified YMCA expert
- Family and Single Parent Household Family memberships receive free drop-in child care
- Free access to a variety of land and water group exercise classes every week
- Complimentary Wi-Fi
- Priority registration and reduced rates for YMCA programs
- Access to pools
- State of the art Wellness Center
- 2 steam rooms
- Access to gymnasium
- Access to racquetball courts
- Discounted rates for YMCA Camp Glacier Hollow Day Camp
- Special tiered member pricing for YMCA Camp Glacier Hollow Overnight Camp
- YMCA Nationwide membership accepted at most of the 2,700 Y's across the country

DROP-IN CHILD CARE

We provide quality drop-in child care to children 6 weeks to 8 years of age, while parents utilize the Y. Our staff provide a warm, fun, and safe environment.

- 3-hour limit per day - parent 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 Family and Standard Family memberships



MONDAY, WEDNESDAY, & FRIDAY · 8:00 AM – 11:45 AM | 4:00 PM – 7:30 PM

TUESDAY & THURSDAY · 8:45 AM – 11:45 AM | 4:00 PM – 7:30 PM

SATURDAY · 8:45 AM – 11:45 AM

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. Parents do NOT need to remain in the YMCA.

\$15 PER CHILD PER SESSION

UPCOMING DATES:

MAY 22, 29

JUNE 5, 12, 19, 26

JULY 10, 17, 24, 31

AUGUST 7, 14, 21, 28

REGISTRATION REQUIRED

Adventure Alley is now open to Household and Single Parent Household members Monday through Friday from 12:00 PM to 4:00 PM, Saturday from 12:00 PM to 2:00 PM, and Sunday from 8:00 AM to 4:00 PM, when not in use for other programs or rentals. This unsupervised area allows for free play for children and families while Drop-In is not in session. Children must be supervised. Stop by Member Services for more information.

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. Parents do not need to remain in the YMCA.

\$15 PER CHILD PER SESSION

UPCOMING DATES:

JUNE 6

JULY 11

AUG 1

REGISTRATION REQUIRED

**VALUE
ADDED
BENEFIT!**

YOUTH ACTIVITY CENTER

Tween members (ages 8–12) now have a space to hang out, have fun, play games, and participate in other engaging activities! The YAC is a free offering for SPYMCA members and is available to the general public with the purchase of a Day Pass. Our staff will lead crafts, games, and activities based on what we hear from participants—allowing their voices to be heard!

The YAC is open Monday through Thursday from 4:00 PM to 7:30 PM and is located in the Conference Room near the Aquatics Lobby.

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

Daily Themes – Monday: Card Games | Tuesday: Board Games | Wednesday: Puzzles (Jigsaw, Sudoku, Word Searches, etc.) | Thursday: Build It Day! (Legos, Arts & Crafts, etc.)

HEALTH & WELLNESS: FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

Y MEMBER: FREE
GENERAL PUBLIC: DAY PASS REQUIRED
(AGES 12 YEARS & UP UNLESS OTHERWISE NOTED)

A LIST OF CLASS DAYS AND TIMES CAN BE FOUND ON THE SCHEDULES TAB ON OUR WEBSITE.

SPYMCA.ORG/FACILITYSCHEDULES



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 an asterisk require preregistration to reserve your spot. Instructions on how to register for classes are located on [page 11](#).



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 ages 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 feet tall to fit properly on bikes). Beginners must come 10 minutes early for bike setup. Limit 25 participants per class. *Reservations are required for Saturday classes only. All others are drop-in classes.*

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 CHANGE 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 focuses on a different muscle group, requiring various weights (heavier for the bigger muscle groups, lighter for the smaller ones), with a warmup and cool down track opening and closing the class. You will do a high number of repetitions with lighter weights for maximum fatigue and, ultimately, to get stronger. This class is ideal for those who want to add weightlifting into their routine. 60-minute format and Express 45-minute format.

LOCATION: Group Exercise Studio



OUTDOOR BOOT CAMP

This boot camp-style class will have cardio and strength intervals, circuits, and more. The 45-minute class will fly by with this fun and challenging workout. Class will take place outside on Soccer fields. Temperatures below 50 degrees and inclement weather will move class indoors. Make sure to bring a water bottle.

LOCATION: Field/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 training 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 while using the water as resistance. This environment is great for everything from athletic training to arthritis relief. Working in the water will help improve balance and core strength. No swimming skills are necessary.

LOCATION: Adventure Pool

HEALTH & WELLNESS: FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

AOA STRENGTH AND BALANCE (AGES 40 YEARS & UP)

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

LOCATION: Gymnasium

CIRCUIT

Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. This strength workout for your lower and upper body uses handheld weights, elastic tubing with handles, bodyweight, and a ball alternated with non-impact aerobics choreography. A chair is offered for support as well as 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

CHAIR YOGA (AGES 40 YEARS & UP)

Chair 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

STRENGTH TOGETHER (AGES 13 YEARS & UP)

Strength Together is a class focused on building strength in all of the major muscle groups. Barbell and free weights will be used along with motivating music. Must be 13 and up to attend.

LOCATION: Group Exercise Studio

HEALTH & WELLNESS: FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

FREE YOGA & PILATES MAT CLASSES (ALL YOGA AND PILATES MAT CLASSES ARE FAMILY FRIENDLY)

Y MEMBER: FREE
GENERAL PUBLIC: DAY PASS REQUIRED



GENTLE YOGA

Rejuvenate, reduce stress, and increase flexibility and strength with this gentle yoga class. The class will introduce 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 and nurture a healthier you. Become more aware of the body and mind, cultivate strength, and increase flexibility. The first week of every month will be more of a Yin Yoga. All levels welcome.

LOCATION: Group Exercise Studio



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.

LOCATION: Mind Body Room/Group Exercise Studio



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 are incorporated in each class. Open to all experience levels—even beginners! Individual modifications will be available.

LOCATION: Group Exercise Studio/Mind Body Room

HEALTH & WELLNESS: FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

FREE YOGA & PILATES MAT CLASSES (All Yoga and Pilates Mat classes are Family Friendly)

Y MEMBER: Free

GENERAL PUBLIC: Day Pass Required



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. Poses are held 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 Room

GROUP EXERCISE RESERVATION INSTRUCTIONS

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

RESERVATIONS OPEN 2 DAYS BEFORE THE CLASS START TIME

TO OPEN THE GROUP EXERCISE SCHEDULE:

- Go to our website at spymca.org.
- Click on the tab '[Schedules](#)' located on the top menu bar and choose 'Group Ex Schedule'.
- Once in the schedule, locate the class you want to take (go to the correct date to locate the class).
- On the right side, click 'Sign Up'.

THE FIRST TIME YOU REGISTER FOR A CLASS:

- Click on 'Create a login' (near the 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 the class 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 that you have a spot.
- Click the blue 'Cancel Reservation' button.

**If you do not have access to a computer,
contact Member Services at [715.342.2980](tel:715.342.2980) and we will be happy to assist you.**

HEALTH & WELLNESS: PERSONAL TRAINING

SESSIONS SUBJECT TO CHANGE DUE TO TRAINER 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 is, they will help you set challenging goals and give you the training prescription to achieve them. Don't let a physical limitation hold you back! Our trainers are equipped to help with special limitations or concerns.

SMART START (AGES 12 YEARS & UP)

Smart Start Coaching is a 3-session coaching program. During this 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 30 minutes)

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

Appointment 3: Customized 30-minute Personal Training Session

This is a \$135 value for Y members and \$200 value for the general public.

By Appointment Only

Y MEMBER: \$25 (savings of \$110) | **GENERAL PUBLIC:** \$50 (savings of \$150)

VALUE
ADDED
BENEFIT!

BODY COMPOSITION (AGES 10 YEARS & UP)

The scale is not only a tool to measure your fitness, but 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 routine or eating habits need to be made to reach your health and wellness related goals.

LOCATION: Personal Training Office

By Appointment Only

Y MEMBER: \$20 | **GENERAL PUBLIC:** \$39

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 provide you with a structured program 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 feel your absolute best.

Two 30-minute sessions

Y MEMBER: \$69 | **GENERAL PUBLIC:** \$138

HEALTH & WELLNESS: PERSONAL TRAINING

SESSIONS SUBJECT TO CHANGE DUE TO TRAINER AVAILABILITY

PERSONAL TRAINING PACKAGES (AGES 10 YEARS & UP)

Find out what you are capable of! Team up with a certified personal trainer and receive a fitness plan that is tailored just for you. Our trainers 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 to get you on the right track towards accomplishing your goals. Sessions are 60 minutes each and may be scheduled any time based on the availability of trainers. Unused sessions expire within six months.

PERSONAL TRAINING 2-PERSON PACKAGES (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 attend.

SMALL GROUP TRAINING (3-6 PEOPLE) (AGES 10 & UP)

Train together with friends or family members to make an impact on your health and fitness. Create your group, save money, and have fun with others all 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.

Y MEMBER AND GENERAL PUBLIC PRICE FOR TRAINING SESSIONS

SESSION NAME	1 SESSION	3 SESSIONS	5 SESSIONS	10 SESSIONS	15 SESSIONS
Individual Personal Training	\$52 \$70	\$143 \$199	\$225 \$320	\$380 \$600	\$510 \$825
2-Person Training	\$30/person	\$89/person	\$125/person	\$220/person	\$300/person
Group Training (3+ People)	\$24/person	\$63/person	\$99/person	\$118/person	\$210/person

ASK ABOUT OUR ADDITIONAL TRAINING PROGRAMS

Virtual Personal Training · Aquatics Personal Training · Speed/Agility Training · Performance Training
By Appointment Only · 24-Hour Cancellation Policy

To schedule, contact Andy Molski at [715.952.9379](tel:715.952.9379) or amolski@spymca.org.

HEALTH & WELLNESS: PERSONAL TRAINING

SESSIONS SUBJECT TO CHANGE DUE TO TRAINER AVAILABILITY

PILATES PERSONAL TRAINING

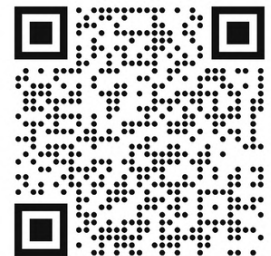
Experience one-on-one or 2-person training with a Certified Stott Pilates trainer. Choose Pilates Mat, Reformer Pilates, or a combination of both. Personalized to fit your needs.

SESSION NAME	1 SESSION	5 SESSIONS	10 SESSIONS
Pilates Personal Training	\$50	\$200	\$350
Pilates 2-Person Training	\$29/person	\$109/person	\$183/person
General Public - Individual	\$72	\$285	\$500

Pilates Packages can be purchased at the Front Desk. Appointments will be set up after purchase.

24-Hour Cancellation Policy

SCAN OR CLICK TO
MEET OUR CERTIFIED
PERSONAL TRAINERS!



HEALTH & WELLNESS: SMALL GROUP TRAINING

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

TRX (AGES 12 YEARS & UP)

TRX is 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.

SUMMER 1 SESSION: MAY 18 – JULY 5 (7 WEEKS · 7 CLASSES)

SUMMER 2 SESSION: JULY 6 – AUGUST 30 (7 WEEKS · 7 CLASSES)

(NO CLASS AUGUST 6)

CLASS NAME	LOCATION	DAY	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
TRX	Core Room	W	5:15 PM – 6:00 PM	8	\$27 \$54

PILATES REFORMER – BEGINNER & INTERMEDIATE (AGES 12 YEARS & UP)

SUMMER 1 SESSION: MAY 18 – JULY 5 (7 WEEKS · 7 CLASSES)

SUMMER 2 SESSION: JULY 6 – AUGUST 23 (7 WEEKS · 7 CLASSES)

CLASS NAME	LOCATION	DAY	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Pilates Reformer Beginner	Core Room	TH	6:00 PM – 7:00 PM	5	\$77 \$131
Pilates Reformer Intermediate	Core Room	M	5:00 PM – 6:00 PM	4	\$77 \$131
Pilates Reformer Intermediate	Core Room	T	9:45 AM – 10:45 AM	5	\$77 \$131



HEALTH & WELLNESS: HEALTHY INTERVENTION PROGRAMS

DIABETES MANAGEMENT PROGRAM (AGES 18 YEARS & UP)

This evidence-based, 12-week exercise program is specifically designed to help manage type 2 diabetes. The program will consist of group training with a trainer as well as independent work. It will incorporate aerobic exercise, resistance and flexibility exercise, and strength training. This combination and dose of exercise 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: \$30

For more information, contact Andy Molski at [715.952.9379](tel:715.952.9379) or amolski@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 deconditioned and fatigued from their treatment and/or disease. Trainers will empower participants to improve their energy level and self-esteem, build muscle mass and strength, increase flexibility and endurance, and improve ability to do everyday tasks.

LOCATION: Wellness Center

COST: Free

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

MOVEMENT & MUSIC PARKINSON'S CLASS

This free exercise-based class is designed for people with Parkinson's disease and utilizes movement to music in a group setting. Exercises will be done using a chair as well as standing with weights and bands. This class is in partnership with Aspirus Health and Wisconsin Parkinson Association. The class meets once a week on Thursdays from 1:30 PM to 2:30 PM.

LOCATION: Group Exercise Studio

COST: Free (Paperwork required before attending first class)

To register, email Jill Compton at jillc@wiparkinson.org.

For more information, email Amy Fox at afox@spymca.org.



HEALTH & WELLNESS: HEALTHY INTERVENTION PROGRAMS

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 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 techniques, 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](tel:715.342.2980).

TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE YMCA

PARTNERSHIP WITH ADVANCED PHYSICAL THERAPY ASSOCIATES

Referral Basis Only

After completing therapy, individuals may benefit from an independent exercise program in the supportive environment of the Stevens Point Area YMCA. After consultation with your clinician, a certified personal trainer will contact you to set up an initial consult and training/rehab plan. 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 MEMBER: \$60 ([Financial Assistance Available Here](#))

GENERAL PUBLIC: \$160

Please have your clinician contact Andy Molski at [715.952.9379](tel:715.952.9379) or amolski@spymca.org.

HEALTH & WELLNESS: WELLNESS CENTER SERVICES

WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 15 YEARS & UP)

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

LOCATION: Wellness Center

By Appointment Only - Call [715.342.2980](tel:715.342.2980) or stop by the Wellness Center Desk

Y MEMBER: Free

VALUE
ADDED
BENEFIT!

YOUTH WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 8-14 YEARS)

REQUIRED FOR YOUTH AGES 8-14 YEARS BEFORE USING THE WELLNESS CENTER

This 30 to 60-minute appointment will introduce you to our cardiovascular machines and youth strength training circuit. We will cover how to set up and adjust equipment as well as which equipment is allowed for each age group.

LOCATION: Wellness Center

By Appointment Only - Call [715.342.2980](tel:715.342.2980) or stop by the Wellness Center Desk

Y MEMBER: Free

VALUE
ADDED
BENEFIT!

PLEASE NOTE: Youth ages 8-10 years are allowed to use cardio equipment only. Youth ages 11-14 are limited to cardio equipment and circuit machines only. Youth must always be accompanied by a parent or guardian when using the Wellness Center and remain within sight of the minor at all times.

MARTIAL ARTS

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY



TAE KWON DO (AGES 7 YEARS & 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. A uniform is required and can be ordered during the first class. Kids must be 7 years old by the start of the session to enroll.

Tae Kwon Do is Family Friendly! We encourage families to participate together.

SUMMER 1 SESSION: JUNE 10 – JULY 24 (6 WEEKS · 12 CLASSES)

(NO CLASS JULY 1 & JULY 3)

SUMMER 2 SESSION: JULY 29 – SEPTEMBER 4 (6 WEEKS · 12 CLASSES)

CLASS NAME	LOCATION	DAYS	TIME	Y MEMBER GENERAL PUBLIC
Tae Kwon Do	All Purpose Room	T & TH	6:45 PM – 7:45 PM	\$46 \$90

TAI CHI (AGES 13 YEARS & UP)

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

SUMMER 1 SESSION: MAY 18 – JULY 5 (7 WEEKS · 7 CLASSES)

CLASS NAME	LOCATION	DAY	TIME	Y MEMBER GENERAL PUBLIC
Tai Chi	All Purpose Room	M	6:15 PM – 7:45 PM	\$35 \$70

ACTIVE OLDER ADULTS



SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
SUMMER 3 SESSION: AUGUST 24 – AUGUST 30
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

Join Active Older Adults (AOA) at the YMCA to experience a strong sense of belonging and a network of friends who provide a supportive community for sustained health and well-being. Through ongoing programs, activities, and events that are safe, fun, and engaging, AOA participants will feel an increase in self-confidence and sense of achievement while building relationships, decreasing sense of isolation, and improving their well-being.

To be added to our contact list and receive information on new and upcoming events, contact Kristy Bridenhagen at [715.952.9365](tel:715.952.9365) or kbridenhagen@spymca.org.

AOA TUESDAY LUNCH GROUP

The Active Older Adults Luncheon group meets the fourth Tuesday of each month at 12:30 PM (unless there is a holiday, schedule conflict, etc.). 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.

NEW!

AOA BRUNCH & LEARNS COFFEE, MUFFINS, AND MORE!

If you're interested in attending casual, informal events where seniors gather for a presentation and discussion around a topic of interest, or you just like to learn, then this NEW program is for you! We will offer a continental breakfast while fostering learning and social interaction! This program will meet in the Mind & Body Room for one hour every month.

Register at Member Services.

For more information on our AOA programs and activities, contact Kristy Bridenhagen at [715.952.9365](tel:715.952.9365) or kbridenhagen@spymca.org and be added to our growing list of AOA participants.

ACTIVE OLDER ADULTS



SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
SUMMER 3 SESSION: AUGUST 24 – AUGUST 30
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

AOA SOCIAL GROUPS DAY TRIPS & MORE!

If you're an Active Older Adult who enjoys going on adventures, then this program is for you! Our day trips are planned throughout the year for an opportunity to have fun and build friendships. Every trip is sure to be a memorable experience for all!

For more information on our AOA programs and activities, contact Kristy Bridenhagen at [715.952.9365](tel:715.952.9365) or kbridenhagen@spymca.org and be added to our growing list of AOA participants.

COMMUNITY MEMORY CAFÉ

Our Community Memory Café is for those experiencing early stage dementia, memory loss, or cognitive impairment—accompanied by their caregivers, family, and friends. It's a great way to socialize with those in similar circumstances while enjoying games, music, and other fun activities! Our Community Memory Café provides a safe, comfortable, and engaging environment where people with memory loss—along with their care partners—can laugh, learn, and connect with others sharing the same journey.

TO REGISTER: Contact the Aging and Disability Resource Center (ADRC) at [715.346.1401](tel:715.346.1401)

LOCATION: Aging & Disability Resource Center (ADRC) at the Lincoln Center located at 1519 Water Street, Stevens Point, WI 54481

DATE: Second Wednesday of the Month

TIME: 10:00 AM – 11:00 AM

COST: Free for Y Members & the General Public

PARENT-CHILD CLASSES & PRESCHOOL SWIM LESSONS

LESSONS SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

SUMMER 1 SESSION: MAY 18 – JULY 5

SUMMER 2 SESSION: JULY 6 – AUGUST 23

MEMBER REGISTRATION: APRIL 7

GENERAL PUBLIC: APRIL 21

• ALL LESSONS WILL MEET ONCE A WEEK. SEE CLASS LISTINGS BELOW FOR PRICES.

• IF YOUR FIRST CHOICE IS NOT AVAILABLE, PLEASE ASK MEMBER SERVICES TO ADD YOU TO THE WAITLIST.

PARENT-CHILD CLASSES (AGES 6 MONTHS – 3 YEARS)

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

Infants and toddlers are introduced to the aquatic environment. A parent will accompany their child in the water for each lesson. The class will focus on strengthening the parent-child relationship while teaching the fundamentals of motion in water and water safety.

CLASS MAX: 12 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Parent and Child Stage A/B	Adventure Pool	6 Months – 3 Years	M	9:30 AM – 10:00 AM	\$21 \$84
Parent and Child Stage A/B	Adventure Pool	6 Months – 3 Years	T	5:15 PM – 5:45 PM	\$21 \$84
Parent and Child Stage A/B	Adventure Pool	6 Months – 3 Years	W	9:30 AM – 10:00 AM	\$21 \$84
Parent and Child Stage A/B	Adventure Pool	6 Months – 3 Years	W	4:30 PM – 5:00 PM	\$21 \$84

PRESCHOOL SWIM LESSONS (AGES 3–5 YEARS)

Preschool swim lessons allow children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of the previous level is required in order to register for the next level. Lessons are once a week for 30 minutes—plus an additional 5 minutes for free play.

PRESCHOOL STAGE 1: WATER ACCLIMATION

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

CLASS MAX: 4 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Preschool Stage 1: Water Acclimation	Adventure Pool	3–5 Years	M	10:15 AM–10:55 AM	\$51 \$84
Preschool Stage 1: Water Acclimation	Adventure Pool	3–5 Years	M	4:30 PM–5:10 PM	\$51 \$84
Preschool Stage 1: Water Acclimation	Adventure Pool	3–5 Years	T	9:30 AM–10:10 AM	\$51 \$84
Preschool Stage 1: Water Acclimation	Adventure Pool	3–5 Years	T	4:30 PM–5:10 PM	\$51 \$84
Preschool Stage 1: Water Acclimation	Adventure Pool	3–5 Years	W	4:30 PM–5:10 PM	\$51 \$84
Preschool Stage 1: Water Acclimation	Adventure Pool	3–5 Years	TH	9:30 AM–10:10 AM	\$51 \$84

PRESCHOOL STAGE 2: WATER MOVEMENT

Beginner swimmers continue to adjust to chest-deep water while swimming 10 yards independently. Progress is made with forward movement, floating, kicking, and blowing bubbles without assistance. This level will also incorporate the basic self-rescue model of 'jump, swim, turn, swim, grab'.

CLASS MAX: 4 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Preschool Stage 2: Water Movement	Adventure Pool	3–5 Years	M	5:15 PM–5:55 PM	\$51 \$84
Preschool Stage 2: Water Movement	Adventure Pool	3–5 Years	T	10:15 AM–10:55 AM	\$51 \$84
Preschool Stage 2: Water Movement	Adventure Pool	3–5 Years	T	5:15 PM–5:55 PM	\$51 \$84
Preschool Stage 2: Water Movement	Adventure Pool	3–5 Years	W	6:00 PM–6:40 PM	\$51 \$84
Preschool Stage 2: Water Movement	Adventure Pool	3–5 Years	TH	10:15 AM–10:55 AM	\$51 \$84

PRESCHOOL SWIM LESSONS & PRIVATE LESSONS

LESSONS SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

- ALL LESSONS WILL MEET ONCE A WEEK. SEE CLASS LISTINGS BELOW FOR PRICES.
- IF YOUR FIRST CHOICE IS NOT AVAILABLE, PLEASE ASK MEMBER 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 over longer distances than in previous stages.

CLASS MAX: 4 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Preschool Stage 3: Water Stamina	Adventure Pool	3-5 Years	M	6:00 PM – 6:40 PM	\$51 \$84
Preschool Stage 3: Water Stamina	Adventure Pool	3-5 Years	T	6:00 PM – 6:40 PM	\$51 \$84
Preschool Stage 3: Water Stamina	Adventure Pool	3-5 Years	W	10:05 AM – 10:45 AM	\$51 \$84
Preschool Stage 3: Water Stamina	Adventure Pool	3-5 Years	W	6:00 PM – 6:40 PM	\$51 \$84

PRIVATE SWIM LESSONS

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

STAFF CONTACT: Kaitlyn Kort • kkort@spymca.org

SEMI-PRIVATE LESSONS AVAILABLE

- 30 minutes
- Cost is split between 2 participants
- **MUST** be close in swimming skills

	1 LESSON	4 LESSONS
Y MEMBER	\$36	\$144
GENERAL PUBLIC	\$52	\$208

Due to instructor and pool availability, private swim lessons Monday through Thursday from 4:30 PM to 6:35 PM may take longer to schedule.

TO REGISTER: Fill out a private swim lessons request form [here](#).

An aquatics 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 finding an instructor may take several weeks, and even longer if you have limited availability.

LEARN TO SWIM | YOUTH

LESSONS SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

- ALL LESSONS WILL MEET ONCE A WEEK. SEE CLASS LISTINGS BELOW FOR PRICES.
- IF YOUR FIRST CHOICE IS NOT AVAILABLE, PLEASE ASK MEMBER 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 40 minutes.

YOUTH STAGE 1: WATER ACCLIMATION

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

CLASS MAX: 6 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Youth Stage 1: Water Acclimation	Adventure Pool	6–13 Years	T	4:30 PM – 5:10 PM	\$51 \$84
Youth Stage 1: Water Acclimation	Adventure Pool	6–13 Years	W	5:15 PM – 5:55 PM	\$51 \$84
Youth Stage 1: Water Acclimation	Adventure Pool	6–13 Years	TH	4:30 PM – 5:10 PM	\$51 \$84

YOUTH STAGE 2: WATER MOVEMENT

Swimmers continue to build on their floating, kicking, and gliding skills without assistance. This level will introduce treading water and incorporate the basic self-rescue model of 'jump, push, turn, grab' in deep water. Those that just completed Youth Stage 1 should enroll in Water Movement.

CLASS MAX: 6 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Youth Stage 2: Water Movement	Adventure Pool	6–13 Years	M	4:30 PM – 5:10 PM	\$51 \$84
Youth Stage 2: Water Movement	Adventure Pool	6–13 Years	M	6:00 PM – 6:40 PM	\$51 \$84
Youth Stage 2: Water Movement	Adventure Pool	6–13 Years	T	6:00 PM – 6:40 PM	\$51 \$84
Youth Stage 2: Water Movement	Adventure Pool	6–13 Years	TH	5:15 PM – 5:55 PM	\$51 \$84

YOUTH STAGE 3: WATER STAMINA

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

CLASS MAX: 6 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Youth Stage 3: Water Stamina	Adventure Pool	6–13 Years	M	5:15 PM – 5:55 PM	\$51 \$84
Youth Stage 3: Water Stamina	Adventure Pool	6–13 Years	TH	4:30 PM – 5:10 PM	\$51 \$84
Youth Stage 3: Water Stamina	Adventure Pool	6–13 Years	TH	6:00 PM – 6:40 PM	\$51 \$84

LEARN TO SWIM | YOUTH

LESSONS SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

- ALL LESSONS WILL MEET ONCE A WEEK. SEE CLASS LISTINGS BELOW FOR PRICES.
- IF YOUR FIRST CHOICE IS NOT AVAILABLE, PLEASE ASK MEMBER SERVICES TO ADD YOU TO THE WAITLIST.

YOUTH STAGE 4: STROKE INTRODUCTION

Swimmers strive to improve their existing front and back crawl stroke skills, in addition to learning both the dolphin and breaststroke kick. This level will also reinforce water safety through treading water and incorporate the basic self-rescue model of 'jump, swim, turn, swim, grab', performed over longer distances than in previous stages.

CLASS MAX: 6 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Youth Stage 4: Stroke Introduction	Adventure Pool	6-13 Years	TH	5:15 PM – 5:55 PM	\$51 \$84

YOUTH STAGE 5: STROKE DEVELOPMENT

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

CLASS MAX: 6 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Youth Stage 5: Stroke Development	Adventure Pool	6-13 Years	W	5:15 PM – 5:55 PM	\$51 \$84

YOUTH STAGE 6: STROKE MECHANICS

Swimmers refine their stroke technique in all major strokes. Swimming is encouraged as part of a healthy lifestyle.

CLASS MAX: 6 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Youth Stage 6: Stroke Mechanics	Adventure Pool	6-13 Years	TH	6:00 PM – 6:40 PM	\$51 \$84

DOLPHINS SWIM TEAM

SPRING/SUMMER SEASON: APRIL 14 – JULY 31

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 are encouraged to sign up for a two-week trial. Sign up for a trial period at anytime! Fees for each level available [here](#).

STAFF CONTACT: Coach Eric Demrow • edemrow@spymca.org • [715.952.9350](tel:715.952.9350) • [Website](#)

DESCRIPTION

The Dolphins 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 level. Practices 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 Swim Team also participates 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. In order to join the team, swimmers must be members of the Stevens Point Area YMCA.

LEVEL	AGES
Junior Dolphins	(Mostly) Under 11 Years
Developmental	12 Years & Under
Junior	12 Years & Under
Junior Elite	9 Years & Up
Senior	12 Years & Up
Senior Elite	14 Years & Up

SPDY is a nonprofit, age-group swim team that operates under the YMCA of the USA Swimming Organization through the sponsorship of the Stevens Point Area YMCA. Our core values serve to unite our members through a common cause, a shared belief, and a set of common principles to guide our behavior, interactions with others, 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, as a team, we are only as successful as the sum of our parts. Our swimmers and their families make us what we are. If you're 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 AND PROMOTES A HEALTHY BODY, HEALTHY MIND, AS WELL AS HEALTHY FRIENDSHIPS! WE HOPE YOU WILL JOIN US!

SUMMER EVENTS

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
SUMMER 3 SESSION: AUGUST 24 – AUGUST 30
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

STAFF CONTACT

McKenzi Klasinski • Aquatics and Sports Director • [715.952.9377](tel:715.952.9377) • mklasinski@spymca.org

CHALK FEST

Join us in creating a masterpiece! Each participant will get their own square to decorate. Chalk will be provided. Backup days will be arranged in the case of rain.

EVENT NAME	LOCATION	AGES	DATE	TIME	Y MEMBER GENERAL PUBLIC
Chalk Fest	Field	All Ages	Wednesday, June 18	5:00 PM – 6:00 PM	FREE
Chalk Fest	Field	All Ages	Wednesday, July 30	5:00 PM – 6:00 PM	FREE

THE GREAT WATER BALLOON FIGHT

The Great Water Balloon Fight will include family-friendly water games and an epic water fight! Donations are appreciated and go towards funding swimming lesson scholarships!
EVENT MAX: 100 participants

EVENT NAME	LOCATION	AGES	DATE	TIME	Y MEMBER GENERAL PUBLIC
The Great Water Balloon Fight	Field	All Ages	Saturday, July 12	10:00 AM – 11:30 AM	FREE

Y TIE-DYE

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

EVENT NAME	LOCATION	AGES	DATE	TIME	Y MEMBER GENERAL PUBLIC
Y Tie-Dye	Field	All Ages	Wednesday, July 16	10:00 AM – 11:00 AM	\$5 \$7

YOUTH SPORTS

CLASSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

SPIKERS VOLLEYBALL

This program introduces the basics of volleyball, covering essential skills and techniques such as serving, setting, bumping, and returning. Players will have the opportunity to develop motor skills and coordination through hands-on practice. Group activities will follow skill instruction and provide time for engaging gameplay.

CLASS MAX: 20 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Spikers 1	North Gym	6-8 Years	M	4:30 PM – 5:10 PM	\$31 \$42
Spikers 2	North Gym	9-12 Years	M	5:30 PM – 6:10 PM	\$31 \$42

SLUGGERS BASEBALL

This program introduces the basics of T-ball in a fun, noncompetitive, and instructional environment. Players will participate in drills and activities designed to promote teamwork and enhance motor skills. Everyone plays, everyone wins! Modified scrimmage rules ensure a fun and safe experience for all.

CLASS MAX: 20 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Little Sluggers 1	Baseball Field	3-5 Years	W	9:00 AM – 9:40 AM	\$31 \$42
Sluggers 1	Baseball Field	6-8 Years	W	10:00 AM – 10:40 AM	\$31 \$42
Little Sluggers 2	Baseball Field	3-5 Years	W	4:30 PM – 5:10 PM	\$31 \$42
Sluggers 2	Baseball Field	6-8 Years	W	5:30 PM – 6:10 PM	\$31 \$42

YOUTH SPORTS

CLASSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

SPORTSTERS

This coed program introduces players to a wide range of sports and group games including basketball, soccer, T-ball, volleyball, and more. Parents are encouraged to join if possible.

CLASS MAX: 20 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Sportsters	Field	3-5 Years	M	9:00 AM – 9:30 AM	\$31 \$42

KICKBALL

This program introduces the basics of kickball in a fun, slightly competitive, and instructional environment. Players will participate in drills and activities designed to teach both offensive and defensive skills, enhance motor skills, and promote teamwork. Everyone plays, everyone wins! Modified scrimmage rules ensure a fun and safe experience for all.

CLASS MAX: 20 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Kickball 1	Soccer Field	5-8 Years	TH	9:00 AM – 9:30 AM	\$31 \$42
Kickball 2	Soccer Field	9-15 Years	TH	4:30 PM – 5:10 PM	\$31 \$42

PICKUP BASKETBALL GAMES

Show up and play! Join us for organized 5v5 basketball games. Shoot for teams, winners stay, call your own fouls, first to 11 win by 2!

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Youth Pickup	Gym	12-15 Years	M	6:30 PM – 7:30 PM	FREE Day Pass

YOUTH SPORTS

CLASSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

DANCE

Explore various dance styles such as hip-hop, ballet, and jazz in this 8-week program! Participants will learn key techniques, dance vocabulary, and routines, while improving fine motor skills, balance, and teamwork skills in a supportive environment. On the final day, dancers will showcase their skills with a short performance!

If your child is enrolled in licensed child care at the YMCA Child Care Center and needs staff to transport them to dance, please register for the Tuesday class if possible.

CLASS MAX: 20 participants

CLASS NAME	LOCATION	AGES	DAY	TIME	Y MEMBER GENERAL PUBLIC
Mini Dancers 1 *CC*	Mind Body Room	3-5 Years	T	9:00 AM – 9:30 AM	\$31 \$42
Mini Dancers 2	Mind Body Room	3-5 Years	T	4:30 PM – 5:10 PM	\$31 \$42

VOLUNTEER AS A YOUTH SPORTS COACH!

We are always in need of volunteer youth sports coaches for all of our programs. Make a positive impact by helping kids build their skills and self-confidence! Contact McKenzie Klasinski at [715.952.9377](tel:715.952.9377) or mklasinski@spymca.org to sign up.

ADULT SPORTS

GAMES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
SUMMER 3 SESSION: AUGUST 24 – AUGUST 30
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

STAFF CONTACT

McKenzi Klasinski • Aquatics and Sports Director • [715.952.9377](tel:715.952.9377) • mklasinski@spymca.org

PICKUP BASKETBALL GAMES

Show up and play! Join us for organized 5v5 basketball games.
Shoot for teams, winners stay, call your own fouls, first to 11 win by 2!

VALUE
ADDED
BENEFIT!

NAME	LOCATION	AGES	DAYS	TIME	Y MEMBER GENERAL PUBLIC
Park After Dark	Gym	16+ Years	T & TH	7:00 PM - 8:00 PM	FREE Day Pass

PRESCHOOL GYMNASTICS

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

**CLASSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY**

An informational welcome letter will be emailed the Friday before the session start date.

ADULT TOT (WALKERS – 3 YEARS WITH PARENT/ADULT)

This class is designed primarily for fun and to strengthen the bond between a child and their guardian. Instructor-led activities will 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 NAME	LOCATION	DAY	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Adult Tot	Gymnastics Center	W	9:30 AM – 10:10 AM	16	\$1/\$2 – \$21 \$92
Adult Tot	Gymnastics Center	SAT	9:30 AM – 10:10 AM	16	\$1/\$2 – \$21 \$92

TINY TWISTERS (AGES 3–4 YEARS)

This class is for children who are ready to explore the Gymnastics Center independently, alongside 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.

Participants must be potty trained.

CLASS NAME	LOCATION	DAY	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Tiny Twisters	Gymnastics Center	T	9:30 AM – 10:10 AM	10	\$1/\$2 – \$49 \$98

MIGHTY MOVERS (AGES 3 ½–5 YEARS)

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

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

CLASS NAME	LOCATION	DAY	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Mighty Movers	Gymnastics Center	T	10:30 AM – 11:10 AM	10	\$1/\$2 – \$49 \$98

PROGRESSIVE GYMNASTICS

SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

**CLASSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY**

At the Y, our gymnastics 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, at [715.952.9365](tel:715.952.9365) or kbridenhagen@spymca.org.

BEGINNERS (AGES 5+)

This introductory class is the first class in a series of progressions to help your young gymnast build balance, strength, flexibility, and respect for the beauty and power of this sport.

No experience needed. Children must be 5 years of age by September 1st.

CLASS NAME	LOCATION	DAY	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Beginners	Gymnastics Center	T	4:15 PM – 5:00 PM	10	S1/S2 – \$50 \$100

INTERMEDIATES (COACHES' CONSENT ONLY) (AGES 5+)

This is the second class in our progressive series for young gymnasts. The focus will be on improving flexibility and advancing skills on all equipment.

CLASS NAME	LOCATION	DAY	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Intermediates	Gymnastics Center	TH	4:15 PM – 5:00 PM	6	S1/S2 – \$50 \$100

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

This is the third class in our progressive series, designed for gymnasts who are focused, have completed Beginner and Intermediate classes, and have excelled in the sport. This skills-oriented class is for gymnasts who have attempted to master the fundamentals and are ready to be challenged at a higher level.

CLASS NAME	LOCATION	DAY	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Advanced	Gymnastics Center	T	5:00 PM – 6:00 PM	14	S1/S2 – \$51 \$102

TEAM-LEVEL GYMNASTICS

SEPTEMBER 9, 2024 – AUGUST 22, 2025

MUST BE A Y MEMBER TO BE INVITED TO PARTICIPATE IN TEAM

SCHEDULE FOR TEAM-LEVEL SUMMER SESSIONS WILL BE AVAILABLE SOON!

PRE-TEAM (COACHES' CONSENT ONLY)

Pre-team is designed to prepare gymnasts for advanced skills and routines for competition, serving as a stepping stone to our competitive team. This is a continuous program for advanced-level gymnasts who wish to participate in our competitive gymnastics team. Participants will practice and condition twice a week in a safe and controlled environment.

LEVEL	LOCATION	AGES	Y MEMBER
Pre-Team	Gymnastics Center	5+ Years	\$80/month

GIRLS TEAM LEVEL 1 – 10 & XCEL (2024-2025 SEASON) (COACHES' CONSENT ONLY)

The Competitive Gymnastics Team is comprised of Levels 1 through 10 as well as Xcel Levels. Team members work on skills, conditioning, and dance for USAG Compulsory and Optional Routines. Our team offers gymnasts the opportunity to excel in a safe, enthusiastic, and motivating environment. Our team gymnasts have established a reputation of being honest and responsible, whether they are in their own gym or competing out of town. Acceptance to team is by invitation only. You must be a current Y member to participate.

LEVEL	LOCATION	AGES	Y MEMBER
Level 1	Gymnastics Center	5+ Years	\$83/month
Level 2	Gymnastics Center	5+ Years	\$86/month
Level 3	Gymnastics Center	6+ Years	\$86/month
Level 4	Gymnastics Center	7+ Years	\$86/month
Level 5	Gymnastics Center	7+ Years	\$86/month
Level 6/7/8	Gymnastics Center	10+ Years	\$94/month
Xcel (All Levels)	Gymnastics Center	10+ Years	\$86/month
Levels 1 and 2 Open Gym	Gymnastics Center	5+ Years	Included with Season Practices
Levels 3-8 & Xcel Open Gym	Gymnastics Center	6+ Years	Included with Season Practices

ADAPTED RECREATION



SUMMER 1 SESSION: MAY 18 – JULY 5
SUMMER 2 SESSION: JULY 6 – AUGUST 23
SUMMER 3 SESSION: AUGUST 24 – AUGUST 30
MEMBER REGISTRATION: APRIL 7
GENERAL PUBLIC: APRIL 21

ADAPTED GROUPS

'TIL' WE MEET AGAIN – TRANSITIONING TO INDEPENDENT LIFESTYLES (IN PERSON & VIRTUAL)

**VALUE
ADDED
BENEFIT!**

TIL is designed to help adults with intellectual disabilities feel more comfortable within their community. We meet every Thursday, either in person or virtually, for 60 minutes. During these meetings, participants plan upcoming events together, enjoy each other's company, and engage in activities such as playing games, sharing stories, and participating in anything the group desires. Most importantly, it provides everyone with a supportive peer group to socialize with. Meetings will take place both virtually and at various locations within our community. Register in advance to receive the virtual meeting passcode and details on upcoming events and socials.

TO REGISTER: Contact Kristy Bridenhagen at [715.952.9365](tel:715.952.9365) or kbridenhagen@spymca.org

LOCATION: In Person or Virtual

DATE: Thursdays

TIME: 9:30 AM – 10:30 AM

COST: Free for Y Members & the General Public

REGISTRATION CONFIRMATION FOR GROUP & SOCIAL EVENTS

- You must be registered for the group or social event.
- Once you call or email to register, you will receive a confirmation phone call or email from Kristy Bridenhagen with all the meeting or event details, whether it takes place in person or virtually.
- To be added to our email list, please send your information to Kristy Bridenhagen at kbridenhagen@spymca.org.

ADAPTED SPORTS

CLASSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY



APRIL 8, 2025 – JUNE 8, 2025

STAFF CONTACT

Kristy Bridenhagen · Gymnastics & Adapted Recreation Director · [715.952.9365](tel:715.952.9365) · kbridenhagen@spymca.org

PLEASE DO NOT ARRIVE ANY EARLIER THAN 3:30 PM FOR ANY PROGRAM.

ADAPTED RECREATION TRACK & FIELD

Whether it's running, walking, throwing, or jumping, there's something for everyone to enjoy! Athletes will have the chance to refine their individual skills during practice, which will be held outdoors, so please dress accordingly. Participants can also compete in the Special Olympics District Track Meet on May 10th at Colby High School for a chance to qualify for the 2025 Special Olympics State Summer Games, taking place June 5th through June 7th at UW-Whitewater. To be eligible for both the District and State tournaments, participants must attend practices and be available on the tournament dates.

CLASS NAME	LOCATION	AGES	DAYS	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Adapted Recreation Track & Field	Washington Elementary School	10+ Years	T, TH	4:00 PM – 5:00 PM	45	\$35 \$45

ADAPTED RECREATION CORNHOLE

Cornhole, also known as 'bags', is a lawn game where players take turns tossing bags of corn kernels at a raised board with a hole at the far end. Coed teams of two or three will compete in the Special Olympics District Tournament on May 10 at Colby High School for a chance to qualify for the 2025 Special Olympics State Summer Games, taking place June 5th through June 7th at UW-Whitewater. To be eligible for both the District and State tournaments, participants must attend practices and be available on the tournament dates.

CLASS NAME	LOCATION	AGES	DAYS	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Adapted Recreation Cornhole	Washington Elementary School	10+ Years	T, TH	4:00 PM – 5:00 PM	30	\$35 \$45

CHILD CARE CENTER



YMCA CHILD CARE CENTER (AGES 6 WEEKS – 13 YEARS) STATE LICENSED

For availability, as well as other information such as the parent handbook and fees, please call our Child Development Office at [715.952.9354](tel:715.952.9354). Financial assistance is available through [Wisconsin Shares](#) and our [Annual Campaign](#).

PLEASE NOTE: There will be no afternoon care starting at 12:00 PM on the second Friday of each month due to staff development and training.

CHILD CARE CENTER HOURS:

Monday – Friday | 6:30 AM – 5:30 PM | **Closed July 4th and July 5th**

TINY EXPLORERS (AGES 3–6 YEARS) STATE LICENSED

Tiny Explorers is the perfect opportunity for preschool campers to get out of the house, make new friends, and have fun exploring a new theme each week. Our preschool staff creates a safe and nurturing environment for every child, fostering confidence and independence through both structured and self-selected activities.

For availability, as well as other information such as the parent handbook and fees, please call our Child Development Office at [715.952.9354](tel:715.952.9354). Financial assistance is available through our [Annual Campaign](#).

PLEASE NOTE: Children must be potty trained.

TINY EXPLORERS SCHEDULE:

June 9 – August 14 (Weekly Sessions) **No Sessions held July 4th or July 5th**
Monday – Thursday | 9:00 AM – 11:15 AM

[Click here for the Tiny Explorers Program Guide!](#)

CHILD CARE CENTER



4-YEAR-OLD KINDERGARTEN | 2025 – 2026 SCHOOL YEAR STATE LICENSED | AGE 4 BY SEPTEMBER 1, 2025

The Stevens Point Area YMCA, in conjunction with the Stevens Point Area School District, provides two sites for 4-year-old kindergarten. Registration forms must be completed at the Bliss Educational Services Center located at 1900 Polk Street, Stevens Point, WI 54481. For questions or concerns, please contact [715.345.5456](tel:715.345.5456).

- Children must be four years old on or before September 1st to attend.
- Classes will run Monday, Tuesday, Wednesday, and Thursday.
- This program is FREE for children in the Stevens Point Area School District and for children who have open-enrolled.
- The program will run from September 2025 to June 2026, following the Stevens Point Area School District schedule.

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

SCHOOL-AGE CARE



SCHOOL-AGE CARE (GRADES K-6)

- Preregistration is required for all Before & After School Care programs. Please call the Child Development Office at [715.952.9354](tel:715.952.9354) for more information.
- [Financial assistance](#) is available.
- If your child's school is closed due to illness, snow, or other circumstances, Before & After School Care will be closed.
- There will be NO PM CARE provided when the Stevens Point Area School District cancels after-school activities due to weather.
- There will be NO PM CARE offered the second Friday of each month due to staff development and training.
- Children must be part of a Household or Single Parent Household membership to receive Y Member rates.

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

YMCA BEFORE & AFTER SCHOOL CARE

Before & After School Care is a high-quality, state-licensed youth program that runs September 8th, 2025 through June 4th, 2026. The program runs Monday through Friday when school is in session.

Participating elementary schools include:

- Bannach, McDill, Plover-Whiting & Roosevelt | Located on-site at the school
- Madison, McKinley & Washington | Located at the Stevens Point Area YMCA

BEFORE SCHOOL: 6:30 AM – 8:25 AM | **AFTER SCHOOL:** 3:25 PM – 5:30 PM

	BEFORE CARE	AFTER CARE	BEFORE & AFTER CARE
Y MEMBER	\$178/week	\$178/week	\$293/week
GENERAL PUBLIC	\$250/week	\$250/week	\$3/week

SCHOOL-AGE CARE



SNOW DAYS AT THE Y

Snow Days at the Y include all full-day cancellations due to weather. This program features fun-filled activities, action-packed games, arts and crafts, and more. Preregistration is required prior to the first snow day. When a snow day occurs, the current fee will be charged to the account on file to reserve your child's spot for the next snow day, regardless of attendance.

SEPTEMBER 2025 - JUNE 2026

Y MEMBER: \$55/day

GENERAL PUBLIC: \$80/day

VACATION AT THE Y

Vacation at the Y is the perfect place for your child to spend their day off from school. This program will be offered on the following dates below. The account on file will be charged on the 1st of each month for the number of days registered for that month. The program is held at the Stevens Point Area YMCA, and transportation is not provided.

FULL DAY FROM 6:30 AM TO 5:30 PM

Y MEMBER: \$55/day

GENERAL PUBLIC: \$80/day

September 26	February 27
October 23	March 2
October 24	March 16
October 31	March 17
November 17	March 18
November 25	March 19
December 29	March 20
December 30	April 3
January 16	April 23
January 19	April 24
January 26	May 14
February 23	May 15

SCHOOL-AGE CARE: SUMMER



SUMMER VACATION AT THE Y (AGES 5-13 YEARS) STATE LICENSED

Join us for an unforgettable Summer Vacation at the Y! This program gives children the opportunity to build self-confidence, independence, and creativity, while giving parents peace of mind knowing their children are in a safe and enriching environment. With a team of dedicated, trained staff leading exciting themed activities and games, every day will be filled with fun, learning, and memories that will last a lifetime.

NO SESSIONS HELD JULY 4TH OR JULY 5TH

SESSION NAME	WEEK	DATES	Y MEMBER	GENERAL PUBLIC
No Summer Vacation at the Y	1	June 2 - June 6	-	-
New Beginnings	2	June 9 - June 13	\$200	\$240
Holiday Hits	3	June 16 - June 20	\$200	\$240
Wonders of Wildlife	4	June 23 - June 27	\$200	\$240
Fantastic 4th	5	June 30 - July 2	\$125	\$165
Fossil Fun	6	July 7 - July 11	\$200	\$240
Wild West	7	July 14 - July 18	\$200	\$240
Green Planet	8	July 21 - July 25	\$200	\$240
Voyage on the High Seas	9	July 28 - August 1	\$200	\$240
Sports Spectacular	10	August 4 - August 8	\$200	\$240
Superhero Academy	11	August 11 - August 15	\$200	\$240
Space Cadets	12	August 18 - August 22	\$200	\$240
Friendly Farewells	13	August 25 - August 29	\$200	\$240

[Click here for the Summer Vacation at the Y Program Guide!](#)

SUMMER SAFETY COURSES

COURSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

AMERICAN RED CROSS LIFEGUARD TRAINING (AGES 15+)

This course combines online learning with in-person skills sessions. The course covers lifeguard training, CPR for professional rescuers, AED, and First Aid. It is structured to include 10 hours of online learning and 21 hours of in-person classroom instruction. Participants must first pass a prerequisite skills test, which includes swimming 300 continuous yards, treading water for 2 minutes, and completing a timed brick retrieval. Course graduates aged 15 and older are encouraged to apply for employment at the YMCA. No refunds will be provided.

Y STAFF: FREE | Y MEMBER: \$250 | GENERAL PUBLIC: \$325

COURSE NAME	LOCATIONS	DATES	TIMES	COURSE MAX	SIGN-UP CLOSED
American Red Cross Lifeguard Certification	Conference Room & Training Pool	June 6 - June 8	6/6 - 4:00 PM - 7:30 PM 6/7 - 8:00 AM - 5:00 PM 6/8 - 8:00 AM - 4:30 PM	10	May 30
American Red Cross Lifeguard Certification	Conference Room & Training Pool	August 1 - August 3	8/1 - 4:00 PM - 7:30 PM 8/2 - 8:00 AM - 5:00 PM 8/3 - 8:00 AM - 4:30 PM	10	July 25

LIFEGUARD RECERTIFICATION (AGES 15+)

This course is for individuals holding a current lifeguard certification or those whose certification has expired within the past 30 days. The course is designed to be completed in 9 hours. Participants must pass a prerequisite skills test, which includes swimming 300 continuous yards, treading water for 2 minutes, and completing a timed brick retrieval. Upon successful completion, participants' certification will be extended for an additional two years. No refunds will be provided.

Y STAFF: FREE | Y MEMBER: \$145 | GENERAL PUBLIC: \$200

COURSE NAME	LOCATIONS	DATE	TIME	COURSE MAX	SIGN-UP CLOSED
American Red Cross Lifeguard Recertification	Conference Room & Training Pool	May 24	8:00 AM - 5:00 PM	10	May 16
American Red Cross Lifeguard Recertification	Conference Room & Training Pool	June 14	8:00 AM - 5:00 PM	10	June 6
American Red Cross Lifeguard Recertification	Conference Room & Training Pool	August 9	8:00 AM - 5:00 PM	10	August 1

OFF-SITE TRAINING

Does your business or organization want an instructor to come to you?

Contact McKenzie Klasinski, Aquatics Director, at [715.952.9377](tel:715.952.9377) or mklasinski@spymca.org.

SUMMER SAFETY COURSES

COURSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID/CPR/AED (AGES 14+)

Emergencies can happen at any time, anywhere, and to anyone. The American Red Cross First Aid/CPR/AED course equips participants with the knowledge and skills needed to recognize and appropriately respond to cardiac, breathing, and First Aid emergencies. Upon successful completion, participants will receive an American Red Cross Adult and Pediatric First Aid/CPR/AED certification, valid for two years. The course includes an online portion that must be completed before attending the in-person class. No refunds will be provided.

Y STAFF: FREE | Y MEMBER: \$85 | GENERAL PUBLIC: \$120

COURSE NAME	LOCATION	DATE	TIME	COURSE MAX	SIGN-UP CLOSED
Adult & Pediatric First Aid/CPR/AED	Conference Room	May 28	8:00 AM - 10:30 AM	12	May 21
Adult & Pediatric First Aid/CPR/AED	Conference Room	June 25	8:00 AM - 10:30 AM	12	June 18
Adult & Pediatric First Aid/CPR/AED	Conference Room	July 9	8:00 AM - 10:30 AM	12	July 2
Adult & Pediatric First Aid/CPR/AED	Conference Room	August 13	8:00 AM - 10:30 AM	12	August 6

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR

This course is for individuals holding a current lifeguard certification. It will equip participants with the skills to teach basic-level lifeguard courses by developing their understanding of how to use the course materials, conduct training sessions, and assess participants' progress. Course graduates are encouraged to apply for employment at the YMCA. No refunds will be provided.

Y MEMBER: \$270 | GENERAL PUBLIC: \$325

COURSE NAME	LOCATIONS	DATES	TIMES	COURSE MAX	SIGN-UP CLOSED
Lifeguard Instructor	Conference Room & Training Pool	August 15 - August 17	8/15 - 4:00 PM - 8:00 PM 8/16 - 8:00 AM - 5:00 PM 8/17 - 8:00 AM - 5:00 PM	6	August 1

SUMMER SAFETY COURSES

COURSES SUBJECT
TO CHANGE DUE
TO INSTRUCTOR
AVAILABILITY

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR RECERTIFICATION

This course is for individuals holding a current lifeguard instructor certification. It will equip participants to teach basic-level lifeguard courses by developing their understanding of how to use the course materials, conduct training sessions, and evaluate participants' progress. Course graduates are encouraged to apply for employment at the YMCA.

No refunds will be provided.

Y MEMBER: \$175 | GENERAL PUBLIC: \$200

COURSE NAME	LOCATIONS	DATE	TIME	COURSE MAX	SIGN-UP CLOSED
Lifeguard Instructor Recertification	Conference Room & Training Pool	June 27	8:00 AM – 4:00 PM (Lunch break will be 1 hour)	6	June 13
Lifeguard Instructor Recertification	Conference Room & Training Pool	August 8	8:00 AM – 4:00 PM (Lunch break will be 1 hour)	6	July 25

CAMP GLACIER HOLLOW



DAY CAMP (AGES 7-12 YEARS) STATE LICENSED

Get ready for a whirlwind of excitement! Our Day Camp offers a vibrant mix of activities, from thrilling games and creative arts to outdoor adventures and epic team challenges. Each day brings a new opportunity for your child to explore, create, and most importantly, have fun! Our dedicated team of counselors isn't just there to supervise—they're there to inspire! With a wealth of experience in fostering a safe and nurturing environment, they're committed to ensuring your child feels supported, engaged, and empowered to reach their full potential.

SESSION NAME	DATES	OPTIONAL OVERNIGHT (\$30)	Y MEMBER	GENERAL PUBLIC
Summer Kickstart	June 2 - June 6	-	\$200	\$240
Emergency Services	June 9 - June 13	-	\$200	\$240
Pirates of Lake Elaine	June 16 - June 20	-	\$200	\$240
Myths and Legends	June 23 - June 27	June 26	\$200	\$240
Stars and Stripes	June 30 - July 2	-	\$145	\$180
Eco Adventure	July 7 - July 11	July 10	\$200	\$240
Wacky Waters	July 14 - July 18	-	\$200	\$240
Wild, Wild West	July 21 - July 25	July 24	\$200	\$240
Raiders of the Lost Artifact	July 28 - August 1	-	\$200	\$240
Glacier Hollow Olympics	August 4 - August 8	-	\$200	\$240
Game Show Mania	August 11 - August 15	August 14	\$200	\$240
Survivor: Camp Edition	August 18 - August 22	August 21	\$200	\$240
Messtival	August 25 - August 29	-	\$200	\$240

[Click here for the full 2025 Camp Glacier Hollow Program Guide!](#)

CAMP GLACIER HOLLOW



OVERNIGHT CAMP (AGES 7-14 YEARS)

Our Overnight Camp gives children the chance to immerse themselves in a world of adventure, where every moment is filled with new experiences and lifelong memories! It's the perfect environment for fostering strong bonds and quality friendships that last long after camp ends. Our Overnight Campers enjoy classic camp activities like swimming, boating, group games, and hiking, as well as special-themed activities unique to each session. This summer, we'll also be taking more off-site trips with our Overnight Campers, making the adventure even more extraordinary. Join us for a journey full of camaraderie, laughter, and unforgettable experiences!

SESSION NAME	DATES	TIER A	TIER B	TIER C
Beginning Explorers 1 (Ages 7-10 Years)	June 8 - June 11	\$440	\$390	\$305
Eco Adventure	June 15 - June 20	\$595	\$540	\$465
Hoofbeats	June 22 - June 27	\$630	\$575	\$500
Beginning Explorers 2 (Ages 7-10 Years)	June 29 - July 2	\$440	\$390	\$305
Fishin', Huntin', Campin'	July 6 - July 11	\$585	\$530	\$455
Adventure Camp	July 13 - July 18	\$595	\$540	\$465
Sportsapalooza	July 20 - July 25	\$630	\$575	\$500
Wild Waters	July 27 - August 1	\$585	\$530	\$455
Wise Spirits (Girls Only)	August 3 - August 8	\$585	\$530	\$455
Strong Spirits (Boys Only)	August 10 - August 15	\$585	\$530	\$455
Twilight Tamers	August 17 - August 22	\$585	\$530	\$455

[Click here for the full 2025 Camp Glacier Hollow Program Guide!](#)

CAMP GLACIER HOLLOW



LEADERS IN TRAINING 1 PROGRAM: LIT 1 (AGES 12-14 YEARS)

Are you ready to transform your passion for camp into an exciting leadership journey? Look no further! Welcome to our Leader in Training 1 Program, where the extraordinary meets the exhilarating! This program is designed to shape you into a dynamic leader—someone who inspires others, promotes teamwork, and turns challenges into triumphs. Most importantly, it's about having fun while making a meaningful impact. As an LIT, you'll help shape the next generation of campers, foster a love for nature, and create lasting friendships. Your experience will be a perfect blend of spending time with fellow LITs and supporting our counselors in Day Camp groups. (Note: LIT 1 and LIT 2 participants are eligible for the High Adventure Trip.)

SESSION NAME	DATES	Y MEMBER	GENERAL PUBLIC
Training (Overnight)	June 8 - June 13	Tier A: \$440 Tier B: \$400 Tier C: \$315	Tier A: \$440 Tier B: \$400 Tier C: \$315
Pirates of Lake Elaine	June 16 - June 20	\$90	\$120
Myths and Legends	June 23 - June 27	\$90	\$120
Stars and Stripes	June 30 - July 2	\$55	\$70
Eco Adventure	July 7 - July 11	\$90	\$120
Wacky Waters	July 14 - July 18	\$90	\$120
Wild, Wild West	July 21 - July 25	\$90	\$120
Raiders of the Lost Artifact	July 28 - August 1	\$90	\$120
Glacier Hollow Olympics	August 4 - August 8	\$90	\$120
Game Show Mania	August 11 - August 15	\$90	\$120
Survivor: Camp Edition	August 18 - August 22	\$90	\$120
Messtival	August 25 - August 29	\$90	\$120

[Click here for the full 2025 Camp Glacier Hollow Program Guide!](#)

CAMP GLACIER HOLLOW



LEADERS IN TRAINING 2 PROGRAM: LIT 2 (AGES 15-17 YEARS)

Ready to take your camp experience to the next level? Our Leaders in Training 2 Program is the perfect opportunity for you. This is your chance to continue your journey toward becoming a skilled and inspiring camp leader. As an LIT 2, you'll help shape the experience of younger campers, cultivate a love for the outdoors, and create a strong sense of community. Whether you're 15 years old or have completed two summers of LIT 1, this program is designed to prepare you for future leadership roles, challenge you to grow, and inspire others along the way. Are you prepared to step up, lead with confidence, and make a lasting impact? The beauty of nature and the chance to create an unforgettable legacy awaits you. Join us for this transformative summer experience!

SESSION NAME	DATES	Y MEMBER	GENERAL PUBLIC
Training (Overnight)	June 8 - June 13	Tier A: \$440 Tier B: \$400 Tier C: \$315	Tier A: \$440 Tier B: \$400 Tier C: \$315
Eco Adventure	June 15 - June 20	\$90	\$120
Hoofbeats	June 22 - June 27	\$90	\$120
Beginning Explorers 2	June 29 - July 2	\$55	\$70
Fishin', Huntin', Campin'	July 6 - July 11	\$90	\$120
Adventure Camp	July 13 - July 18	\$90	\$120
Sportsapalooza	July 20 - July 25	\$90	\$120
Wild Waters	July 27 - August 1	\$90	\$120
Wise Spirits (Girls Only)	August 3 - August 8	\$90	\$120
Strong Spirits (Boys Only)	August 10 - August 15	\$90	\$120
Twilight Tamers	August 17 - August 22	\$90	\$120
NEW! LIT High Adventure Trip	August 24 - August 29	\$90	\$120

[Click here for the full 2025 Camp Glacier Hollow Program Guide!](#)

CAMP GLACIER HOLLOW



ADVENTURE TRIP: SYLVANIA WILDERNESS (AGES 12-17 YEARS)

Embark on an unforgettable journey into the heart of Sylvania Wilderness, located in the Ottawa National Forest. Spanning 18,000 pristine acres, this untouched wilderness is renowned for its crystal-clear lakes, towering pines, and breathtaking natural beauty. More than just a getaway, this immersive experience invites you to paddle through serene waters, explore hidden coves, and connect with nature in ways you've never imagined. Guided by our expert counselors, you'll gain invaluable outdoor skills in a safe and supportive environment. As night falls, we'll gather around the campfire, share stories, and bask in the glow of the star-filled sky above. Unplug from daily life, reconnect with nature, and create lasting memories on this epic adventure through Sylvania Wilderness.

SESSION NAME	DATES	TIER A	TIER B	TIER C
Sylvania Wilderness	June 21 - June 28	\$625	\$570	\$500

[Click here for the full 2025 Camp Glacier Hollow Program Guide!](#)

CAMP GLACIER HOLLOW



ADVENTURE TRIP: PICTURED ROCKS NATIONAL LAKESHORE (AGES 12-17 YEARS)

Prepare to experience the awe-inspiring beauty of Pictured Rocks National Lakeshore, nestled along Lake Superior in Michigan's Upper Peninsula. Famous for its towering, multicolored sandstone cliffs, crystal-clear waters, and lush forests, this adventure offers a rare and unforgettable connection with nature. Join our experienced counselors as we kayak through this stunning landscape, paddling beneath majestic cliffs and through hidden coves. Hike scenic trails that lead to panoramic views of the Great Lakes, serene waterfalls, and the natural rock formations that have captivated explorers for generations. Each day will present new opportunities to develop your outdoor skills and push your limits in an environment of unparalleled beauty. As the sun sets, we'll gather around the campfire, reliving the day's adventures and creating memories that will last a lifetime. Pictured Rocks National Lakeshore is more than just a trip—it's an immersion into the raw beauty of the wild, perfect for those eager to embrace adventure and create stories worth sharing.

SESSION NAME	DATES	TIER A	TIER B	TIER C
Pictured Rocks National Lakeshore	August 2 - August 9	\$625	\$570	\$500

[Click here for the full 2025 Camp Glacier Hollow Program Guide!](#)

CAMP GLACIER HOLLOW



FAMILY DAY AT CAMP GLACIER HOLLOW ALL FAMILIES WELCOME!

Join us for a day of fun and adventure at Camp Glacier Hollow's Family Day! Enjoy a variety of exciting activities including archery, kayaking, swimming, hiking, and more. End the afternoon by unwinding around the campfire, roasting s'mores and sharing stories from the day. Gather your family for a day full of laughter, outdoor exploration, and unforgettable memories!

EVENT NAME	LOCATION	AGES	DATE	TIME	Y MEMBER GENERAL PUBLIC
Family Day at Camp Glacier Hollow	Camp Glacier Hollow	All Ages	June 1	1:00 PM – 4:00 PM	\$20/family \$25/family

STAFF CONTACTS

STEVENS POINT AREA YMCA

MEMBER SERVICES DESK		715.342.2980	info@spymca.org
RYAN ZIETLOW	CEO & President	715.342.2980	rzietlow@spymca.org
TAMMY ROBINSON	CFO	715.952.9376	trobinson@spymca.org
BREANN CONSTANTINEAU	Associate Executive Director	715.952.9363	bconstantineau@spymca.org
ERIC DEMROW	Associate Executive Director	715.952.9350	edemrow@spymca.org
KRISTY BRIDENHAGEN	Gymnastics, Adapted Recreation, & Active Older Adults Program Director	715.952.9365	kbridenhagen@spymca.org
AMY FOX	Health & Wellness Director	715.952.9303	afox@spymca.org
MCKENZI KLASINSKI	Aquatics & Sports Director	715.952.9377	mklasinski@spymca.org
ROB KACZMARCZYK	Facilities & Maintenance Director	715.952.9352	rkaczmarczyk@spymca.org
MANDY REEVES	Human Resources Director	715.952.9362	mreeves@spymca.org

YMCA CHILD CARE

STEPHANIE GROSS	Child Care Senior Director	715.952.9339	sgross@spymca.org
JULIE TREML	Nutrition Coordinator	715.952.9337	jtremml@spymca.org

CAMP GLACIER HOLLOW

AJ BECKER	Camp & Teen Programs Director	715.952.9353	abecker@spymca.org
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