

STEVENS POINT AREA YMCA

PROGRAM GUIDE

A woman with dark hair tied back, wearing a black tank top, is in a gym. She is holding a black barbell across her upper back with both hands. She is looking directly at the camera with a slight smile. In the background, another person is blurred, and gym equipment like a dumbbell is visible.

SPRING 2026

TABLE OF CONTENTS

Leadership Team	pg. 3
Membership	pg. 4
Session Dates & Registration	pg. 5
Events	pg. 6
Birthday Parties	pg. 7
Group Exercise	pg. 8-12
Martial Arts	pg. 13
Small Group Training	pg. 14-15
Personal Training	pg. 16-18
Wellness Center	pg. 19
Healthy Intervention	pg. 20-21
Safety Courses	pg. 22-24
Swim Lessons	pg. 25-36
Dolphins Swim Team	pg. 37
Sports	pg. 38-48
Gymnastics	pg. 49-53
Adapted Recreation	pg. 54-55
FOREVERWELL	pg. 56-58
Child Care	pg. 59-65

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
Sue Shulfer · Committee Chairperson
Katie Young · Committee Chairperson

BOARD MEMBERS

John Eckendorf
Brian Formella
Joe M. Kinsella Jr.
Lindsay Meyer
Chris Nyman
Ross Rettler
Fritz Schierl
Al Thompson
Mike Trzinski
Kim Angell
Joe Jarabek
Gretchen Beyers
Tommy Bohler
Scott Glinski

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 CLOSINGS

Easter | April 5: CLOSED

BUSINESS HOURS

M-F 5:00 AM-8:00 PM
SAT 6:00 AM-4:00 PM
SUN 10:00 AM-4:00 PM

*Hours subject to change

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

715.952.9353 ABECKER@SPYMCA.ORG

FOLLOW US!

 STEVENS POINT AREA YMCA

 STEVENS_POINT_AREA_YMCA

 STEVENS POINT AREA YMCA

LEADERSHIP TEAM

RYAN ZIETLOW

Chief Executive Officer &
President

[715.342.2980](tel:715.342.2980)

rzietlow@spymca.org

KRISTY BRIDENHAGEN

Gymnastics, FOREVERWELL, &
Adapted Recreation Director

[715.952.9365](tel:715.952.9365)

kbridenhagen@spymca.org

TAMMY ROBINSON

Vice President of Business
Administration

[715.952.9376](tel:715.952.9376)

trobinson@spymca.org

JACOB KLATKIEWICZ

Member Experience Director

[715.952.9303](tel:715.952.9303)

jklatkiewicz@spymca.org

LORI KOZICKI

Mission Advancement Director

[715.952.9359](tel:715.952.9359)

lkozicki@spymca.org

STEPHANIE GROSS

Child Care Senior Director

[715.952.9339](tel:715.952.9339)

sgross@spymca.org

ERIC DEMROW

Competitive Swim Director

[715.952.9350](tel:715.952.9350)

edemrow@spymca.org

ROB KACZMARCZYK

Facilities & Maintenance Director

[715.952.9352](tel:715.952.9352)

rkaczmarczyk@spymca.org

AJ BECKER

Camp & Teen Program Director

[715.952.9353](tel:715.952.9353)

abecker@spymca.org

MCKENZI KLASINSKI

Aquatics & Sports Director

[715.952.9377](tel:715.952.9377)

mklasinski@spymca.org

BECOME A MEMBER TODAY!

MONTHLY RATES

Youth (High School Student or Younger)	\$23
Young Adult (Ages 18-24 Years)	\$36
College (Free 24/7 Access)	\$36
Adult (Ages 25-59 Years)	\$52
Double Adult	\$70
Single Parent Household Family	\$61
Family	\$75
Senior Adult (Ages 60+ Years)	\$49
Senior Couple Household	\$69

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 (Ages 0-18 Years)	\$6
Young Adult (Ages 19-24 Years)	\$14
Adult & Senior (Ages 25+ Years)	\$18
Household	\$20
Military or Veteran (w/ ID)	\$6

24/7 ACCESS

We offer 24/7 access to SPYMCA members and their families! Adults can add 24/7 access for just \$5/month, plus a one-time \$20 key fob. Members under 18 must be accompanied by a legal guardian.

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 discounted memberships.

VETERAN DISCOUNT

To show our gratitude for your service, we proudly offer membership discounts to 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 CONTRACT, NO COMMITMENT!

- 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
- Access to state of the art Wellness Center
- Access to 2 steam rooms
- Access to gymnasium
- Access to racquetball courts
- Discounted rates for YMCA Camp Glacier Hollow Day Camp
- YMCA Nationwide membership accepted at most of the 2,700 Y's across the country

SESSION DATES

SPRING SESSIONS 1-2 • 2026



SESSIONS	SESSION DATES	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
SPRING 1	MARCH 15-21	FEB 23	MARCH 2
SPRING 2	MARCH 22- MAY 9	FEB 23	MARCH 2

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

REGISTER FOR PROGRAMS AT:
SPYMCA.ORG



EVENTS

HEALTHY KIDS DAY

Enjoy a day of sports, games, prizes, bouncy houses and a splash of swimming!

DATE	TIME	AGES	MEMBER NON-MEMBER
April 18	10:00-1:00 PM	All Ages	FREE

STAFF CONTACT: McKenzi Klasinski • [715.952.9377](tel:715.952.9377) • mklasinski@spymca.org



BIRTHDAY PARTIES

BIRTHDAY PARTIES

Celebrate your special day at the YMCA! Choose between a Pool Party or a Sports-Themed Party for a fun, stress-free celebration. A YMCA party attendant will assist with setup and takedown, making your day a breeze. Parties must be booked at least two weeks in advance and are subject to availability based on business hours.

Maximum of 20 participants.

Pool Party Includes:

- 30 minutes of setup time
- 1 hour of party room time
- 1.5 hours of shared pool time, including the slide and mushroom feature
- Tablecloths provided
- YMCA attendant to assist the family

Sports-Themed Party Includes:

- 30 minutes of setup time
- 1 hour of party room time
- 1.5 hours of inflatable Gaga Pit or sport equipment of your choice
- Tablecloths provided
- Party lights and dance music

To request a party, please complete the form [here](#).

PARTY TYPE	TIME	AGES	MEMBER NON-MEMBER
Pool Party	F 5:00-7:30 PM SAT 1:00-3:30 PM	All Ages	\$125 \$175
Sports-Themed Party	SAT 1:00-3:30 PM SUN 1:00-3:30 PM	All Ages	\$125 \$175

STAFF CONTACT: McKenzi Klasinski • [715.952.9377](tel:715.952.9377) • mklasinski@spymca.org



GROUP EXERCISE

MEMBER: FREE | NON-MEMBER: DAY PASS | AGES 12+



Icon marks family-friendly classes open to kids ages 7+ years with an adult present

[CLICK HERE FOR THE GROUP EXERCISE SCHEDULE](#)



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



CLUB DANCE

This class features a variety of compound movements, cardio techniques, and high-intensity training to promote weight loss and strength gain.

LOCATION: Group Exercise Studio

GROUP CYCLING

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 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. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle. This fun, high-energy class is flexible to serve the levels of all students, yet challenges every level alike.

LOCATION: Group Exercise Studio

STAFF CONTACT: Adrean Gay • [715.952.9301](tel:715.952.9301) • agay@spymca.org



GROUP EXERCISE

LES MILLS BODYPUMP/EXPRESS

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 available.

LOCATION: Group Exercise Studio | **AGES:** 13+ Years



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.

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'll be burning 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

STRENGTH TOGETHER

Strength Together is a class focused on building strength in all the major muscle groups. Barbells and free weights will be used along with motivating music.

LOCATION: Group Exercise Studio | **AGES:** 13+ Years

LOW MOBILITY WATER EX

This class is for people who have mobility issues from MS, Parkinson's, Muscular Dystrophy, or other chronic conditions that have caused movement difficulty. The class provides gentle movement with a low rate of resistance to strengthen muscles, increase endurance, and improve flexibility and range of motion. Class addresses balance issues with buoyancy belts and noodles.

LOCATION: Adventure Pool

STAFF CONTACT: Adrean Gay · [715.952.9301](tel:715.952.9301) · agay@spymca.org



GROUP EXERCISE

FOREVERWELL 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

FOREVERWELL STRENGTH AND BALANCE

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

FOREVERWELL 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

FOREVERWELL CHAIR YOGA

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

STAFF CONTACT: Adrean Gay · [715.952.9301](tel:715.952.9301) · agay@spymca.org



GROUP EXERCISE



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



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: Mind Body Room/Group Exercise Studio



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: Mind Body Room/Group Exercise Studio



GROUP EXERCISE

GROUP EXERCISE RESERVATION INSTRUCTIONS

Reservations open two days before the class start time.

TO LOCATE THE GROUP EXERCISE SCHEDULE:

- Head to our website at spymca.org.
- Click the 'Schedules' tab located on the top menu bar.
- Click 'Group Ex Schedule'.

TO REGISTER FOR A CLASS:

ON DESKTOP

- Click 'My Reservations' located in the top right corner.
- Enter your email address or phone number.
- Enter your password or receive a one-time passcode.
- Click 'Login'.
- Select 'Group Ex' from the menu in the top right corner.
- Locate the class you want to take.
- Click 'Reserve'.
 - It will then tell you if you have a spot reserved or if the class is full.

ON THE APP

- Click 'Schedule'.
- Locate the class you want to take.
- Click 'Reserve'.

TO CANCEL A RESERVATION:

- Select the class you are registered for.
- Click 'Cancel Reservation'.

If you do not have access to a computer/mobile device, call Member Services at [715.342.2980](tel:715.342.2980).



MARTIAL ARTS

TAE KWON DO

Olympic style Tae Kwon Do 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. Tae Kwon Do is family friendly! We encourage families to participate together.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
April 19–May 9	T TH	6:45–7:45 PM	All Purpose Room	7+ Years	\$47 \$92

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org

TAI CHI

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	M	6:15–7:45 PM	All Purpose Room	13+ Years	\$52 \$104

STAFF CONTACT: Adrean Gay · [715.952.9301](tel:715.952.9301) · agay@spymca.org



SMALL GROUP TRAINING

TRX

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	W	5:15-6:00 PM	Core Room	12+ Years	8	\$32 \$63

PILATES REFORMER

CLASS NAME	SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
Pilates Reformer Beginner	S2: March 22-May 9	TH	6:00-7:00 PM	Core Room	12+ Years	5	\$111 \$180
Pilates Reformer Intermediate	S2: March 22-May 9	M	5:00-6:00 PM	Core Room	12+ Years	4	\$111 \$180
Pilates Reformer Intermediate	S2: March 22-May 9	T	9:45-10:45 AM	Core Room	12+ Years	5	\$90 \$150

STAFF CONTACT: Adrean Gay · [715.952.9301](tel:715.952.9301) · agay@spymca.org



SMALL GROUP TRAINING

SMALL GROUP TRAINING

Small Group Training is a 60-minute, trainer-led program designed around functional movement and progressive strength training in a small-group setting. This program emphasizes proper movement mechanics, strength efficiency, and appropriate loading to help improve bone density, strengthen ligaments and tendons, and build overall muscular strength in a safe and structured environment.

Training sessions utilize a variety of equipment, including barbells, dumbbells, medicine balls, and bodyweight movements, with programming adapted to the needs, age, and experience level of the group. Each class is limited to a maximum of 6 participants, allowing trainers to provide individualized coaching, cueing, and modifications while still fostering accountability and group motivation.

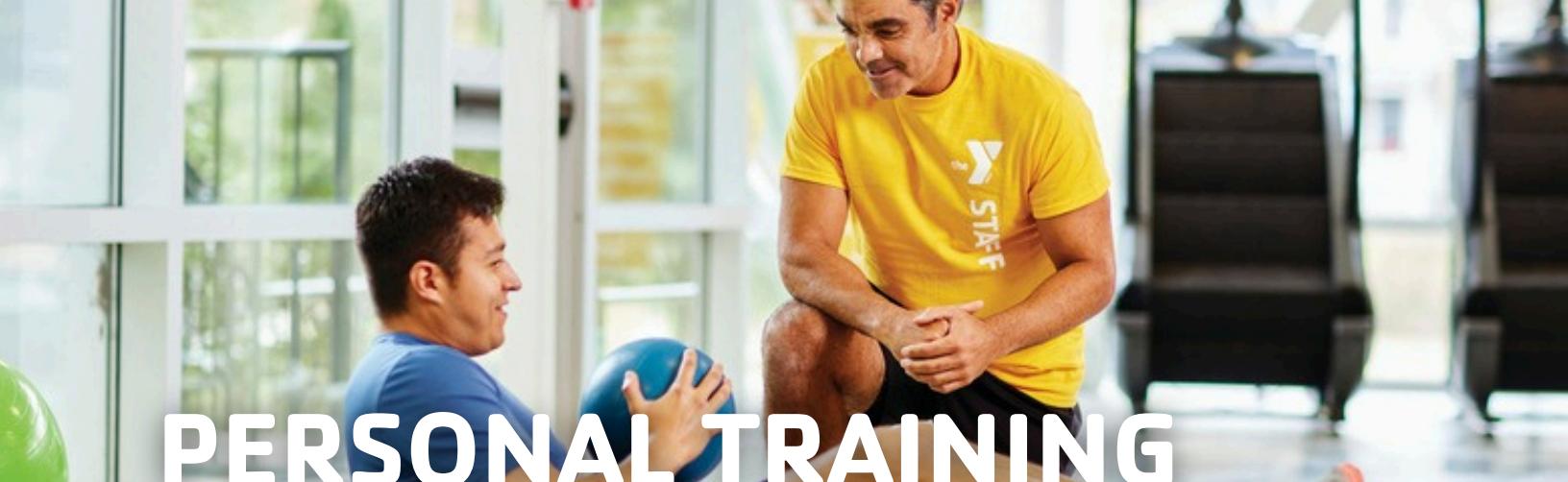
Types of Small Group Training:

- Strength & Conditioning
- Youth Strength & Development
- StrongHER
- FOREVERWELL Functional Strength

Ages 10+ Years

	3 PARTICIPANTS	4 PARTICIPANTS	5 PARTICIPANTS	6 PARTICIPANTS
6-SESSION PACKAGE (1X/WEEK)	\$60 \$80	\$45 \$65	\$30 \$50	\$25 \$45
12-SESSION PACKAGE (2X/WEEK)	\$120 \$140	\$75 \$95	\$60 \$80	\$50 \$70

STAFF CONTACT: Jacob Klatkiewicz • [715.952.9303](tel:715.952.9303) • jklatkiewicz@spymca.org



PERSONAL TRAINING

PERSONAL TRAINING PACKAGES (AGES 10+ YEARS)

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.

2-PERSON TRAINING PACKAGES (AGES 10+ YEARS)

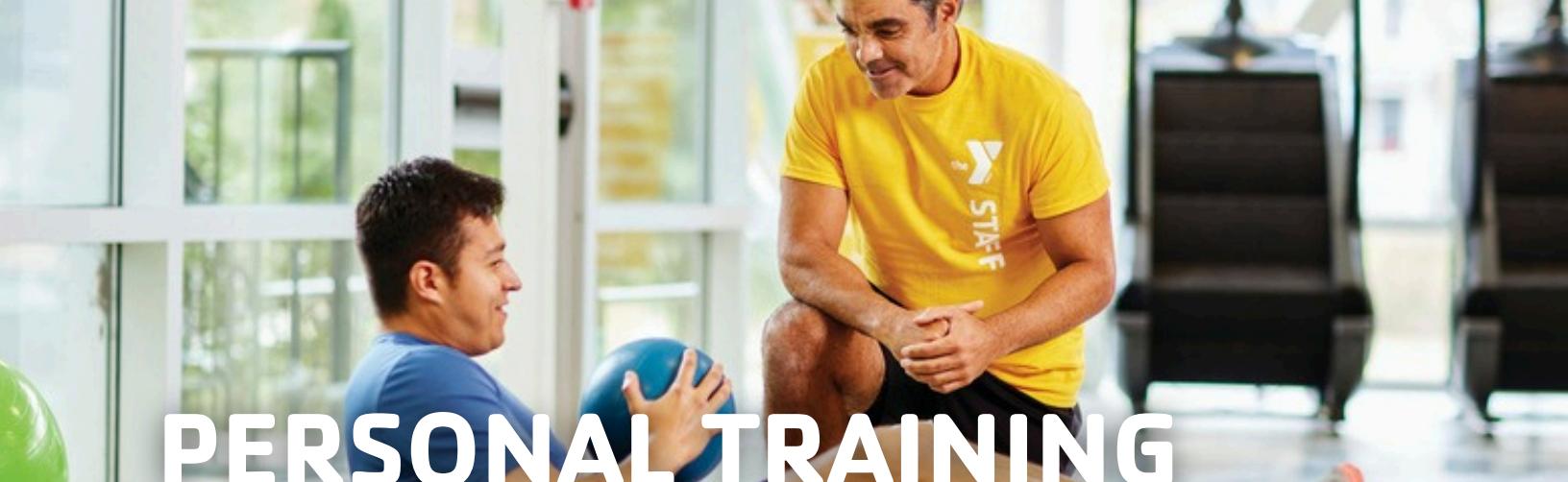
If you are more comfortable teaming up with a friend or family member, we offer 2-person training sessions. Each appointment made counts as a session for both people, even if one doesn't attend.

MEMBER AND NON-MEMBER FEES FOR TRAINING PACKAGES

PACKAGE TYPE	1 SESSION	3 SESSIONS	5 SESSIONS	10 SESSIONS	15 SESSIONS
Personal Training	\$55 \$70	\$150 \$200	\$230 \$320	\$400 \$600	\$562 \$855
2-Person Training	\$30/Person	\$89/Person	\$125/Person	\$220/Person	\$300/Person
Group Training (3-6 People)	\$24/Person	\$63/Person	\$99/Person	\$118/Person	\$210/Person

CLICK TO MEET OUR CERTIFIED PERSONAL TRAINERS!

STAFF CONTACT: Andy Molski · [715.952.9379](tel:715.952.9379) · amolski@spymca.org



PERSONAL TRAINING

SMART START ONBOARDING (AGES 12+ YEARS)

Smart Start Onboarding 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 (30 minutes)
- Appointment 2: Equipment Orientation and Body Composition (45 minutes)
- Appointment 3: Customized 30-minute Personal Training Session

Available Exclusively to New Members & Renewals | By Appointment Only

MEMBER: \$50

BODY COMPOSITION (AGES 10+ YEARS)

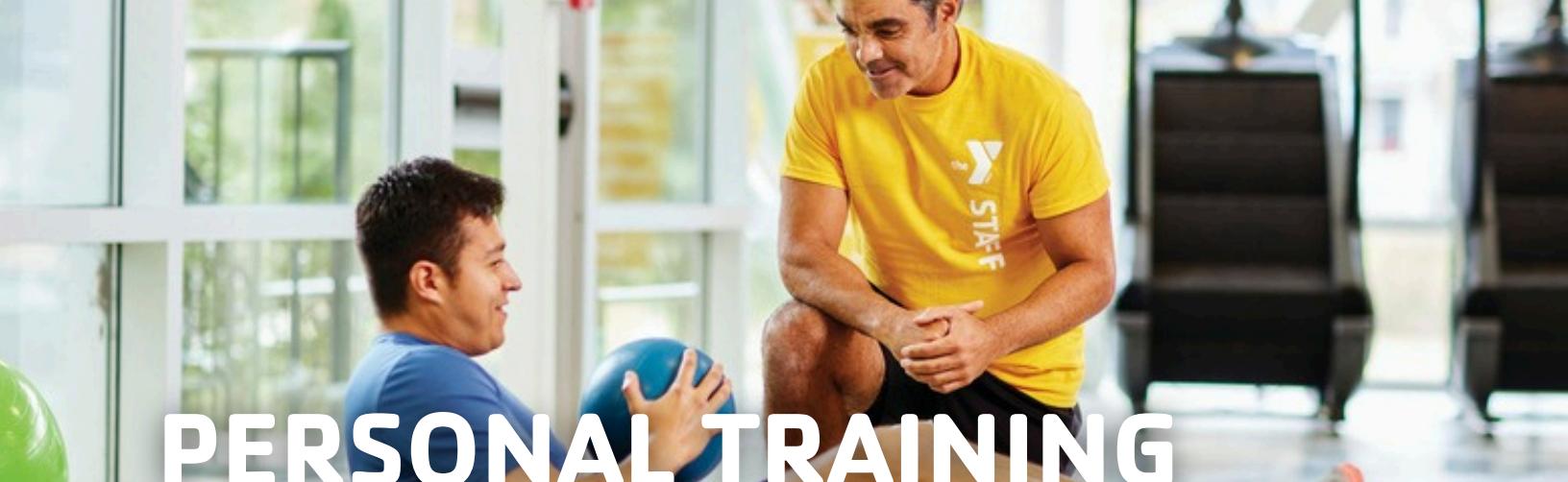
The scale is not only a tool to measure your fitness, but an actual measure of your health. Body composition measures the percentage of fat compared to fat-free mass (muscle, bone, and water) in your body. If you lose 5 pounds of fat and gain 5 pounds of muscle, you will lose inches, burn fat, and raise 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.

By Appointment Only

LOCATION: Personal Training Office

MEMBER: \$20 | NON-MEMBER: \$39

STAFF CONTACT: Andy Molski • [715.952.9379](tel:715.952.9379) • amolski@spymca.org



PERSONAL TRAINING

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.

Pilates Packages can be purchased at the front desk. Appointments will be set up after purchase.

24-Hour Cancellation Policy

MEMBER AND NON-MEMBER FEES FOR PILATES TRAINING PACKAGES

PACKAGE TYPE	1 SESSION	5 SESSIONS	10 SESSIONS
Pilates Personal Training	\$55 \$70	\$230 \$320	\$400 \$600
Pilates 2-Person Training	\$30/Person	\$125/Person	\$220/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 or amolski@spymca.org.

STAFF CONTACT: Andy Molski · 715.952.9379 · amolski@spymca.org



WELLNESS CENTER

YOUTH WELLNESS CENTER ORIENTATION

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.

PLEASE NOTE:

Youth ages 8 to 10 years are allowed to use cardio equipment only. Youth ages 11 to 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.

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

LOCATION	AGES	MEMBER
Wellness Center	8-14 Years	FREE

WELLNESS CENTER ORIENTATION

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.

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

LOCATION	AGES	MEMBER
Wellness Center	15+ Years	FREE

STAFF CONTACT: Jacob Klatkiewicz · [715.952.9303](tel:715.952.9303) · jklatkiewicz@spymca.org



HEALTHY INTERVENTION

LIVESTRONG® AT THE YMCA

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	AGES	MEMBER NON-MEMBER
Wellness Center	18+ Years	FREE

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. Paperwork is required before attending the first class. To register, email Jill Compton at jillc@wiparkinson.org.

DAYS	TIME	LOCATION	MEMBER NON-MEMBER
TH	1:30-2:30 PM	Group Exercise Studio	FREE



HEALTHY INTERVENTION

CORPORATE WELLNESS PROGRAM

Happier and healthier workers are an asset to any business! 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.

STAFF CONTACT: Member Services · [715.342.2980](tel:715.342.2980) · info@spymca.org

TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE YMCA PARTNERSHIP WITH ADVANCED PHYSICAL THERAPY ASSOCIATES

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.

Referral Basis Only | [Financial Assistance Available](#)

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

MEMBER | NON-MEMBER

\$60 | \$160



SAFETY COURSES

AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID/CPR/AED

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. 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.

COURSE DATES	TIME	LOCATION	AGES	CLASS MAX	STAFF MEMBER NON-MEMBER	SIGN UP CLOSED
March 25	5:30-8:00 PM (Blended Learning)	Conference Room	14+ Years	12	FREE \$90 \$130	March 17
April 4	10:00-12:30 PM (Blended Learning)	Conference Room	14+ Years	12	FREE \$90 \$130	March 27
April 15	5:30-8:00 PM (Blended Learning)	Conference Room	14+ Years	12	FREE \$90 \$130	April 7
May 2	10:00-12:30 PM (Blended Learning)	Conference Room	14+ Years	12	FREE \$90 \$130	April 24
May 16	10:00-12:30 PM (Blended Learning)	Conference Room	14+ Years	12	FREE \$90 \$130	May 9

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SAFETY COURSES

AMERICAN RED CROSS LIFEGUARD TRAINING

Lifeguard training courses include blended learning that 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 150 continuous yards, 2 minutes of treading water, followed by another 50 yard swim, and a timed brick retrieval. Course graduates ages 15+ years are encouraged to apply for YMCA employment.

COURSE DATES	COURSE SCHEDULE	LOCATION	AGES	CLASS MAX	STAFF MEMBER NON-MEMBER	SIGN UP CLOSED
April 24-26	April 24 4:00-8:00 PM April 25 8:00-6:00 PM April 26 8:00-6:00 PM	Conference Room & Training Pool	15+ Years	10	FREE \$260 \$340	April 17
May 8-10	May 8 4:00-8:00 PM May 9 8:00-6:00 PM May 10 8:00-6:00 PM	Conference Room & Training Pool	15+ Years	10	FREE \$260 \$340	May 1

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

Lifeguard recertification 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 150 continuous yards, 2 minutes of treading water, followed by another 50 yard swim, and a timed brick retrieval. Successful completion of the review extends the individual's certification for two more years.

COURSE DATES	TIME	LOCATION	AGES	CLASS MAX	STAFF MEMBER NON-MEMBER	SIGN UP CLOSED
March 22	8:00-6:30 PM	Conference Room & Training Pool	15+ Years	10	FREE \$150 \$215	March 16
April 5	8:00-6:30 PM	Conference Room & Training Pool	15+ Years	10	FREE \$150 \$215	March 30
May 24	8:00-6:30 PM	Conference Room & Training Pool	15+ Years	10	FREE \$150 \$215	May 15



SAFETY COURSES

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR

This course is for those holding a current lifeguard certification. It will instruct 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. No refunds. Course graduates are encouraged to apply for employment at the YMCA.

COURSE DATES	COURSE SCHEDULE	LOCATION	CLASS MAX	MEMBER NON-MEMBER	SIGN UP CLOSED
May 15-17	May 15 4:00-8:00 PM May 16 8:00-5:00 PM May 17 8:00-5:00 PM	Conference Room & Training Pool	6	\$275 \$335	May 1

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR RECERTIFICATION

This course is for those holding a current lifeguard instructor certification. It will instruct 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. No refunds. Course graduates are encouraged to apply for employment at the YMCA.

COURSE DATES	COURSE SCHEDULE	LOCATION	CLASS MAX	MEMBER NON-MEMBER	SIGN UP CLOSED
May 24	8:00-6:30 PM (1 Hour Lunch Break)	Conference Room & Training Pool	6	\$180 210	May 11

OFF-SITE TRAINING

Does your business want an instructor to come to you?

Contact Kaitlyn Kort at kkort@spymca.org.



SWIM LESSONS

PARENT-CHILD SWIM LESSONS

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

Infants and toddlers are introduced to the aquatic environment, accompanied by a parent in the water for each lesson. The class focuses on strengthening the parent-child relationship while teaching the fundamentals of movement in water and water safety.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22–May 9	M	9:30–10:00 AM	Adventure Pool	6 Months– 3 Years	12	\$23 \$85
S2: March 22–May 9	M	6:00–6:30 PM	Adventure Pool	6 Months– 3 Years	12	\$23 \$85
S2: March 22–May 9	T	10:15–10:45 AM	Adventure Pool	6 Months– 3 Years	12	\$23 \$85
S2: March 22–May 9	T	5:15–5:45 PM	Adventure Pool	6 Months– 3 Years	12	\$23 \$85
S2: March 22–May 9	W	4:30–5:00 PM	Adventure Pool	6 Months– 3 Years	12	\$23 \$85
S2: March 22–May 9	TH	5:15–5:45 PM	Adventure Pool	6 Months– 3 Years	12	\$23 \$85

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

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

PRESCHOOL SWIM LESSONS

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 to register for the next level. Lessons are once a week for 35 minutes, ending with 5 minutes of 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 also incorporates underwater exploration and basic self-rescue skills performed with support.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	M	4:30–5:10 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	T	9:30–10:10 AM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	T	4:30–5:10 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	W	4:30–5:10 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	W	5:15–5:55 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	TH	6:00–6:40 PM	Adventure Pool	3–5 Years	\$53 \$85

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

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

PRESCHOOL SWIM LESSONS

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 to register for the next level. Lessons are once a week for 35 minutes, ending with 5 minutes of free play.

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, and blowing bubbles independently. This level also incorporates the basic self-rescue model of "jump, swim, turn, swim, grab."

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	M	10:05–10:45 AM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	M	4:30–5:10 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	M	5:15–5:55 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	T	5:15–5:55 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	T	6:00–6:40 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	W	6:00–6:40 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	TH	5:15–5:55 PM	Adventure Pool	3–5 Years	\$53 \$85

STAFF CONTACT: McKenzi Klasinski • [715.952.9377](tel:715.952.9377) • mklasinski@spymca.org



SWIM LESSONS

PRESCHOOL SWIM LESSONS

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 to register for the next level. Lessons are once a week for 35 minutes, ending with 5 minutes of free play.

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	M	6:00–6:40 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	T	6:00–6:40 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	W	6:00–6:40 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	TH	4:30–5:10 PM	Adventure Pool	3–5 Years	\$53 \$85
S2: March 22–May 9	TH	6:00–6:40 PM	Adventure Pool	3–5 Years	\$53 \$85

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

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

YOUTH SWIM LESSONS

Your child will learn personal safety, stroke development, and rescue skills.

YOUTH STAGE 1: WATER ACCLIMATION

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

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	T	4:30–5:10 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	W	5:15–5:55 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	W	6:00–6:40 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	TH	4:30–5:10 PM	Adventure Pool	6–13 Years	\$53 \$85

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

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

YOUTH SWIM LESSONS

Your child will learn personal safety, stroke development, and rescue skills.

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	M	4:30–5:10 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	M	6:00–6:40 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	T	6:00–6:40 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	W	6:45–7:25 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	TH	5:15–5:55 PM	Adventure Pool	6–13 Years	\$53 \$85

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

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

YOUTH SWIM LESSONS

Your child will learn personal safety, stroke development, and rescue skills.

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	M	5:15–5:55 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	T	5:15–5:55 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	T	6:45–7:25 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	TH	4:30–5:10 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	TH	6:00–6:40 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	TH	6:45–7:25 PM	Adventure Pool	6–13 Years	\$53 \$85

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

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

YOUTH SWIM LESSONS

Your child will learn personal safety, stroke development, and rescue skills.

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	M	5:15–5:55 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	M	6:45–7:25 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	T	4:30–5:10 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	W	4:30–5:10 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	TH	6:45–7:25 PM	Adventure Pool	6–13 Years	\$53 \$85

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

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

YOUTH SWIM LESSONS

Your child will learn personal safety, stroke development, and rescue skills.

YOUTH STAGE 5: STROKE DEVELOPMENT

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

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	M	6:45–7:25 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	T	6:45–7:25 PM	Adventure Pool	6–13 Years	\$53 \$85
S2: March 22–May 9	W	5:15–5:55 PM	Adventure Pool	6–13 Years	\$53 \$85

YOUTH STAGE 6: STROKE MECHANICS

Swimmers refine stroke technique on all major strokes and swimming is encouraged as part of a healthy lifestyle.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22–May 9	W	6:45–7:25 PM	Adventure Pool	6–13 Years	\$53 \$85

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

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

ADULT/TEEN BEGINNER SWIM LESSONS

Adult/Teen Beginner Swim Lessons are designed to help participants gain basic aquatics skills and learn swimming strokes to improve proficiency. Individuals choosing Beginner Swim Lessons may have little to no swimming skills and are ready to take the first step toward learning to swim. You will work toward your own personal goals as well as water adjustment, gaining confidence, floating, basic swimming skills, and personal safety skills.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22-May 9	W	6:45-7:25 PM	Adventure Pool	16+ Years	\$53 \$85

LAP LEAGUE

Looking for a new swimming challenge? Try Lap league, a non-competitive alternative to swim team! This program offers coach and self-guided workouts for different abilities. A coach will facilitate practice, help with timed sets, provide technique instruction, and offer one-on-one coaching for specific drills to promote swimming efficiency and injury prevention. Participants must be able to swim independently in the pool.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22-May 9	M W	9:30-10:30 AM	Training Pool	16+ Years	\$102 \$168

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SWIM LESSONS

FUTURE GUARD

This course focuses on water safety and introduces essential lifeguarding skills, making it perfect for anyone interested in becoming a future lifeguard. Participants must be able to jump into 5 ft. 6 in. water, tread water for one minute, swim 25 yards on their front or back, and retrieve a diving ring from 3 feet of water. Throughout the session, participants will strengthen their swimming abilities while learning about water safety, basic lifeguarding techniques, and introductory CPR/First Aid skills. While this class does not provide certification, it is an excellent preparation course for the Full Lifeguard Certification program.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22-May 9	TH	6:00-6:40 PM	Adventure Pool	10+ Years	\$53 \$85

STAFF CONTACT: Kaitlyn Kort: [715.952.9383](tel:715.952.9383) · kkort@spymca.org



SWIM LESSONS

PRIVATE SWIM LESSONS

Private swim lessons are one-on-one, 30-minute sessions available for all ages and ability levels. Lessons are scheduled to fit your availability, based on pool and instructor scheduling. Participants focus on swimming skills appropriate for their ability and aligned with their individual goals. Water safety is stressed to all participants.

SEMI-PRIVATE SWIM LESSONS

Semi-private swim lessons are 30-minute sessions available for all ages and skill levels. The two participants must be close in swimming abilities and will split the cost. Due to instructor availability and pool usage, private lessons from 4:30 to 6:40 PM Monday through Thursday may take longer to schedule.

	1 LESSON	4 LESSONS
MEMBER	\$37	\$148
NON-MEMBER	\$55	\$220

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

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.

STAFF CONTACT: Kaitlyn Kort: [715.952.9383](tel:715.952.9383) · kkort@spymca.org



DOLPHINS SWIM TEAM

SPRING/SUMMER SEASON: APRIL 20-JULY 30

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 by contacting coach Eric. Fees for each level are available [here](#).

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

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

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 meets and social events are 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.

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!



SPORTS

SPIKERS VOLLEYBALL

Spikers Volleyball is a fun and engaging introductory volleyball program designed for kids ages 3 to 5 years. Through age-appropriate activities and games, young athletes will learn the basic skills of volleyball — like passing, setting, and movement — in a positive environment. Whether it's their first time picking up a ball or they're just full of energy, Spikers Volleyball is the perfect place to start building coordination, teamwork, and a love for the game.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	M	4:30-5:10 PM	Gym	3-5 Years	20	\$31 \$42

LEVEL 1 VOLLEYBALL

Our Level 1 Volleyball Program is perfect for beginners ages 6 years and up who are excited to learn the basics of the game. Designed as a fun and supportive introduction to volleyball, this weekly program focuses on developing fundamental skills like serving, passing, and setting, while also introducing players to the rules and flow of the game.

No experience is necessary—just a positive attitude and a willingness to learn! Whether your child is trying volleyball for the first time or building early skills, this program is all about learning, growing, and having fun on the court.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	M	5:15-6:15 PM	Gym	6+ Years	20	\$46 \$62

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SPORTS

LEVEL 2 VOLLEYBALL

Our Level 2 Volleyball Program is designed for players who have completed Level 1 or have instructor approval. This weekly program builds on the foundational skills learned in Level 1, with more advanced drills, game-like scenarios, and a continued focus on key techniques like serving, passing, setting, and team communication.

Participants will also deepen their understanding of volleyball rules, positioning, and basic strategies, all within a supportive and fun environment. Level 2 is perfect for young athletes who are ready to take the next step in their volleyball journey.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22–May 9	M	6:30–7:30 PM	Gym	6+ Years	20	\$46 \$62

SPORTSTERS

Sportsters is a multi-sport class designed for kids ages 3 to 5 years to explore, play, and get active! The class will introduce children to a variety of popular sports—like soccer, basketball, baseball, and more—through fun games and age-appropriate activities.

The focus is on building coordination, confidence, and a love for movement while giving kids the chance to discover what sports they enjoy most. Whether they're brand new to sports or full of energy and are ready to try everything, Sportsters is the perfect way to get their foot in the door and start their athletic journey.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22–May 9	TH	4:30–5:10 PM	Gym	3–5 Years	20	\$31 \$42

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SPORTS

KICKERS SOCCER

Kickers Soccer is a lively and engaging soccer program designed for kids ages 3 to 5 years. Each session introduces young players to the basics of dribbling, passing, and movement through fun games, imaginative play, and age-appropriate drills.

The focus is on developing coordination, confidence, and teamwork in a supportive environment that encourages a love for the game. Whether it's their first time on the field or they're ready to keep learning, Kickers Soccer is all about fun, friendship, and getting active.

Soccer Game Day will be on Saturday, May 2 at 9:00 AM.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	W	4:30-5:10 PM	Gym/Field	3-5 Years	20	\$31 \$42

LEVEL 1 SOCCER

Level 1 Soccer is designed for kids ages 6 years and up who are new to the game or looking to build a solid foundation. This beginner-friendly program introduces essential skills like dribbling, passing, and shooting through fun drills, interactive games, and engaging team activities that help players apply what they've learned.

Players will also begin to learn the basic rules of the game while developing confidence, coordination, and teamwork in a positive, energetic environment. It's the perfect place for young athletes to start their soccer journey and have a blast on the field!

Soccer Game Day will be on Saturday, May 2 at 9:00 AM.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	W	5:15-6:15 PM	Gym/Field	6+ Years	20	\$46 \$62



SPORTS

LEVEL 2 SOCCER

Level 2 Soccer is designed for players who have completed Level 1 or have instructor consent. This program builds on the fundamentals by reinforcing key skills like dribbling, passing, and shooting, while introducing ball control under pressure, basic positioning, and enhanced teamwork.

Sessions focus on gameplay-oriented drills and small-group activities that prepare players for real-game situations. While scrimmage opportunities are included throughout the program, the primary emphasis is on developing confidence, decision-making, and a deeper understanding of how the game is played.

Soccer Game Day will be on Saturday, May 2 at 9:00 AM.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	W	6:20-7:20 PM	Gym/Field	6+ Years	20	\$46 \$62

LEVEL 3 SOCCER

Level 3 Soccer is designed for players who have completed Level 2 or have instructor consent. This program builds on teamwork, game play, and higher-level skills. Participants will work on fundamental skills while focusing on working as a team.

Soccer Game Day will be on Saturday, May 2 at 9:00 AM.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	W	6:20-7:20 PM	Gym/Field	6+ Years	20	\$46 \$62

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SPORTS

DRIBBLERS BASKETBALL

Dribblers Basketball is a beginner-friendly basketball class designed for kids ages 3 to 5 years. This playful, high-energy program introduces young athletes to the basics of basketball—like dribbling, passing, and footwork—through age-appropriate games and activities that keep them active and engaged.

With a focus on building coordination, confidence, and teamwork, Dribblers Basketball creates a fun and supportive environment where kids can develop foundational skills while falling in love with the game. No experience needed—just bring your energy and excitement!

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22–May 9	T	4:30–5:10 PM	Gym	3–5 Years	20	\$31 \$42

LEVEL 1 BASKETBALL

Level 1 Basketball is designed for kids ages 6 years and up who are new to the sport or ready to build on basic skills. This beginner-level class focuses on key fundamentals such as dribbling, passing, shooting, and footwork through fun drills and interactive games.

In addition to skill development, players will be introduced to the rules of the game, basic court awareness, and teamwork in a supportive, high-energy environment. It's the perfect way to build confidence, improve coordination, and get ready for more structured play—no prior experience needed!

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22–May 9	T	5:15–6:15 PM	Gym	6+ Years	20	\$46 \$62

STAFF CONTACT: McKenzi Klasinski • [715.952.9377](tel:715.952.9377) • mklasinski@spymca.org



SPORTS

LEVEL 2 BASKETBALL

Level 2 Basketball is for players who have completed Level 1 or have instructor consent. This program is designed to strengthen foundational skills while introducing more advanced concepts such as ball handling under pressure, layups, defensive stance, and basic offensive movement.

Players will take part in structured drills, small-group activities, and occasional gameplay scenarios to improve court awareness, decision-making, and teamwork. Level 2 provides a supportive and active environment where young athletes can continue developing their skills and gain confidence for future league play.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	T	6:30-7:30 PM	Gym	6+ Years	20	\$46 \$62

LEVEL 3 BASKETBALL

Level 3 Basketball is designed for players who have completed Level 2 or have instructor approval. This program focuses on refining core skills and introducing more structured team play, including offensive spacing, defensive positioning, and game flow concepts.

Through high-energy drills, situational gameplay, and increased focus on communication and movement, players will strengthen their fundamentals while learning how to contribute within a team setting. Level 3 offers a challenging, encouraging environment for athletes preparing for league play or looking to take their game to the next level.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	T	6:30-7:30 PM	Gym	6+ Years	20	\$46 \$62

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SPORTS

SPRING RECITAL

All dance classes will work towards a spring recital happening Saturday, May 9. Each class will learn choreography and a routine to perform.

PARENT-TOT DANCE

Parent-Tot Dance is designed to introduce young children to the joy of movement in a fun, supportive, and nurturing environment—while sharing the experience with a parent or caregiver by their side. Perfect for toddlers, this class focuses on creating a positive first connection to dance and physical activity.

Classes incorporate age-appropriate music, simple dance movements, and playful activities that encourage children to explore movement, rhythm, and balance at their own pace. Parents and caregivers participate alongside their child, offering comfort, encouragement, and hands-on support as little dancers move to music and begin interacting with others.

This program is ideal for fostering early social skills, building confidence and independence in a safe setting, and creating meaningful bonding time between caregivers and children—all while laying the foundation for a lifelong love of movement and dance.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	M	9:00-9:30 AM	Mind Body Room	Standing-3 Years	20	\$31 \$42
S2: March 22-May 9	W	4:30-5:00 PM	Mind Body Room	Standing-3 Years	20	\$31 \$42

STAFF CONTACT: McKenzi Klasinski · [715.952.9377](tel:715.952.9377) · mklasinski@spymca.org



SPORTS

SMALL GROUP PERFORMANCE

Our Spring Recital will take place on May 9, and each class will perform one to two routines. Participants who are interested in performing additional routines may register for a small group performance. You may register with an existing group, or sign up individually and we'll thoughtfully place you with others. Each group will be paired with an instructor who will choreograph the routine and guide rehearsals. Costumes are not included and will be discussed collaboratively within each group.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	M	6:40-7:10 PM	Mind Body Room	3+ Years	4	\$37 \$46
S2: March 22-May 9	W	5:30-6:00 PM	Mind Body Room	3+ Years	4	\$37 \$46
S2: March 22-May 9	TH	6:30-7:00 PM	Mind Body Room	3+ Years	4	\$37 \$46
S2: March 22-May 9	F	5:30-6:00 PM	Mind Body Room	3+ Years	4	\$37 \$46

SOLO PERFORMANCE

Our Spring Recital will take place on May 9, and each class will perform one to two routines. Participants who are interested in performing additional routines may register for a solo performance, which includes either (8) 30-minute classes or (4) 1-hour classes. Each soloist will be paired with an instructor who will choreograph the routine and work one-on-one with the participant. Costumes are not included and will be discussed with the child's parents.

TO REGISTER: Fill out the form [here](#).

SESSION DATES	AGES	MEMBER NON-MEMBER
S2: March 22-May 9	3+ Years	\$75 \$92



SPORTS

IRISH DANCE

Join our fun new dance program! Learn traditional footwork, rhythm and choreography led by an award-winning Irish dancer. Participants will have a blast in this energetic class.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22–May 9	T	6:15–7:15 PM	Large Motor Room	6+ Years	20	\$46 \$62

STAFF CONTACT: McKenzi Klasinski • [715.952.9377](tel:715.952.9377) • mklasinski@spymca.org



SPORTS

PICK-UP FROM CHILDCARE/SCHOOL-AGE PROGRAMS

We are happy to announce that the sports department will now be offering pick-up for morning and afternoon classes from Child Care/School-Age programs. Morning classes have the option to be dropped back off with childcare. Afternoon classes can only be picked up. Parents/Guardians are responsible for picking children up at the end of the class.

If you would like to utilize this service, please fill out the form [here](#).

PRIVATE SPORTS LESSONS

Give your child the chance to grow, improve, and thrive with personalized, one-on-one coaching in the sport your family chooses. These private 30-minute lessons are designed for kids of all ages and skill levels, from beginners learning the basics to experienced athletes refining advanced techniques. Every session is tailored to meet your child where they are, helping them build confidence, develop strong skills, and foster a lasting love for movement. Lesson availability is based on instructor, sport, and space scheduling.

Families can select either a single session or a four-session package, with flexible scheduling based on coach availability, allowing training to happen weekly or multiple times per week depending on your child's goals. Before lessons begin, the parent, athlete, and coach work together to set clear, meaningful goals that guide each session. Every lesson includes a warm-up and check-in, focused skill development, and fun game-like or performance-based activities to apply those skills. Sessions also include light conditioning for overall athletic growth and finish with a cool down, reflection, and optional at-home practice ideas to support continued progress between lessons.

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

A sports staff member will contact you to arrange times that fit your schedule. Payment must be received before the first scheduled lesson. Please be aware that it may take several weeks to find a coach and even longer if you have limited availability.

STAFF CONTACT: McKenzi Klasinski • [715.952.9377](tel:715.952.9377) • mklasinski@spymca.org



SPORTS

SEMI-PRIVATE SPORTS LESSONS

Semi-private lessons offer the perfect blend of personalized coaching and shared motivation, pairing two athletes with one instructor in the sport of your family's choosing. These 30-minute sessions are designed for kids of all ages and skill levels, whether they are beginners building fundamentals or more experienced athletes refining advanced techniques. Training alongside a partner encourages teamwork, friendly competition, and social connection, while still allowing the coach to provide individualized feedback and support. Each lesson is tailored to meet both athletes where they are, helping them build confidence, improve skills, and develop a strong, lasting love for movement. Lesson availability is subject to instructor, sport, and space scheduling.

Families can choose either a single session or a four-session package, with flexible scheduling based on coach availability. This structure allows sessions to be booked weekly or multiple times per week depending on each athlete's goals and schedule. Before training begins, the coach meets with both athletes and their families to establish clear, meaningful goals that shape the direction of each lesson. Sessions begin with a warm-up and check-in, followed by targeted skill development tailored to each athlete's needs. Athletes then apply their skills through fun, game-like or performance-based activities that promote both individual growth and teamwork. Light conditioning supports overall athletic development, and each session ends with a cool down, reflection, and optional at-home practice ideas to reinforce progress between lessons.

	1 LESSON	4 LESSONS
MEMBER	\$27	\$108
NON-MEMBER	\$35	\$140

VOLUNTEER YOUTH SPORTS COACHES ARE ALWAYS NEEDED!

Helping youth grow their skills and self-confidence is both rewarding and fun!

To get involved, contact Kayla Nocchi at knocchi@spymca.org.



GYMNASTICS

PRESCHOOL GYMNASTICS

ADULT TOT

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	T	9:30-10:10 AM	Gymnastics Center	Walkers-3 Years with Guardian	16	\$25 \$98
S2: March 22-May 9	W	9:30-10:10 AM	Gymnastics Center	Walkers-3 Years with Guardian	16	\$25 \$98
S2: March 22-May 9	SAT	9:30-10:10 AM	Gymnastics Center	Walkers-3 Years with Guardian	16	\$25 \$98

TINY TWISTERS

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	T	10:30-11:10 AM	Gymnastics Center	3-4 Years	10	\$56 \$100
S2: March 22-May 9	SAT	10:30-11:10 AM	Gymnastics Center	3-4 Years	10	\$56 \$100

AN INFORMATIONAL WELCOME LETTER WILL BE EMAILED THE WEEK BEFORE THE SESSION START DATE.



GYMNASTICS

PRESCHOOL GYMNASTICS MIGHTY MOVERS

More fun, more fitness, more skills! Children will learn basic skills to further their physical and gymnastic 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. Participants must be potty trained.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	W	10:30-11:10 AM	Gymnastics Center	3 1/2-5 Years	10	\$56 \$100
S2: March 22-May 9	TH	5:20-6:00 PM	Gymnastics Center	3 1/2-5 Years	10	\$56 \$100

AN INFORMATIONAL WELCOME LETTER WILL BE EMAILED THE WEEK BEFORE THE SESSION START DATE.

PRESCHOOL OPEN GYM

Preschool Open Gym is a fun, active space where young children can explore, climb, jump, play, and try age-appropriate gymnastics skills in a welcoming environment. A parent or guardian must stay with their child during the session. Kids can move through simple obstacle courses, try beams and bars at their own comfort level, run on the Tumbl Trak, and jump in the foam pit. It's a great way for little ones to burn off energy. It's also a wonderful opportunity for parents and caregivers to meet one another and build community.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	F	9:30-11:00 AM	Gymnastics Center	5 Years & Under	20	\$5 \$10 (Per Child Per Visit)

STAFF CONTACT: Kristy Bridenhagen • [715.952.9365](tel:715.952.9365) • kbridenhagen@spymca.org



GYMNASTICS

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.

PROGRESSIVE GYMNASTICS

BEGINNERS

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	T	4:15-5:00 PM	Gymnastics Center	5+ Years	10	\$58 \$105
S2: March 22-May 9	TH	4:15-5:00 PM	Gymnastics Center	5+ Years	6	\$58 \$105
S2: March 22-May 9	SAT	11:15-12:00 PM	Gymnastics Center	5+ Years	6	\$58 \$105

STAFF CONTACT: Kristy Bridenhagen · [715.952.9365](tel:715.952.9365) · kbridenhagen@spymca.org



GYMNASTICS

PROGRESSIVE GYMNASTICS INTERMEDIATE (W/ COACH CONSENT ONLY)

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	TH	4:15-5:00 PM	Gymnastics Center	5+ Years	6	\$58 \$105
S2: March 22-May 9	SAT	11:15-12:00 PM	Gymnastics Center	5+ Years	6	\$58 \$105

ADVANCED (W/ COACH CONSENT ONLY)

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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
S2: March 22-May 9	T	5:00-6:00 PM	Gymnastics Center	5+ Years	14	\$60 \$110

STAFF CONTACT: Kristy Bridenhagen · [715.952.9365](tel:715.952.9365) · kbridenhagen@spymca.org



GYMNASTICS

TEAM-LEVEL GYMNASTICS | SEPT 8, 2025-AUG 19, 2026

TEAM SCHEDULE AVAILABLE UPON REQUEST. PLEASE EMAIL KBRIDENHAGEN@SPYMCA.ORG.

PRE-TEAM (W/ COACH 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.

LOCATION	AGES	MEMBERS ONLY
Gymnastics Center	5+ Years	\$84/Month

GIRLS TEAM LEVEL 1-10 & XCEL 2025-2026 SEASON (W/ COACH CONSENT ONLY)

The Competitive Gymnastics Team is comprised of Levels 1-10 plus 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.

LEVEL	LOCATION	AGES	MEMBERS ONLY
Level 1	Gymnastics Center	5+ Years	\$84/Month
Level 2	Gymnastics Center	5+ Years	\$88/Month
Level 3	Gymnastics Center	6+ Years	\$88/Month
Level 4	Gymnastics Center	7+ Years	\$88/Month
Level 5	Gymnastics Center	7+ Years	\$88/Month
Levels 6-9	Gymnastics Center	10+ Years	\$96/Month
Xcel (All Levels)	Gymnastics Center	10+ Years	\$92/Month
Levels 1-2 Open Gym	Gymnastics Center	5+ Years	Included w/ Season Practices
Levels 3-8 & Xcel Open Gym	Gymnastics Center	6+ Years	Included w/ Season Practices



ADAPTED RECREATION

ADAPTED RECREATION TRACK & FIELD

Running, walking, throwing, jumping—there's something for everyone to enjoy! Participants will build and fine-tune their individual athletic skills in a supportive environment. Practices are held outdoors, so please dress accordingly.

Participants may also have the opportunity to compete in the Special Olympics District Meet and State Summer Games (if they qualify).

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
April 14-June 2	T TH	3:30-4:30 PM	Gym & Washington School	10+ Years	50	\$35 \$45

ADAPTED RECREATION SKILLS CORNHOLE

Cornhole, also known as "bags," is a lawn game where players take turns tossing bags filled with corn kernels onto a raised board with a hole at the far end. Coed teams of two or three will compete in the Special Olympics District Tournament for a chance to qualify for the 2026 Special Olympics State Summer Games. To be eligible for District and State competition, participants must attend practices and be available on the scheduled tournament dates.

SESSION DATES	DAYS	TIME	LOCATION	AGES	CLASS MAX	MEMBER NON-MEMBER
April 14-June 2	T TH	3:30-4:30 PM	Gym & Washington School	10+ Years	50	\$35 \$45

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

STAFF CONTACT: Kristy Bridenhagen • [715.952.9365](tel:715.952.9365) • kbridenhagen@spymca.org



ADAPTED RECREATION

To receive information on our Adapted Recreation programs as well as new and upcoming events, contact Kristy Bridenhagen at [715.952.9365](tel:715.952.9365) or kbridenhagen@spymca.org and be added to our growing list of Adapted Recreation participants.

'TIL' WE MEET AGAIN – TRANSITIONING TO INDEPENDENT LIFESTYLES

TIL is designed to help adults with intellectual disabilities feel more comfortable within their community. 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. 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.

SESSION DATES	DAYS	TIME	LOCATION	MEMBER NON-MEMBER
S2: March 22-May 9	TH	9:30-10:30 AM	In Person or Virtual (Announced Prior to Event)	FREE

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, including whether it takes place in person or virtually.

STAFF CONTACT: Kristy Bridenhagen • [715.952.9365](tel:715.952.9365) • kbridenhagen@spymca.org



FOREVERWELL

FOREVERWELL is a healthy aging program specifically designed for adults aged 55 and older, focusing on five key dimensions of well-being: mind, body, spirit, community, and nature.

FOREVERWELL: CONNECT

TUESDAY LUNCH GROUP

Our Tuesday Lunch 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 or contact Kristy Bridenhagen at [715-952-9365](tel:7159529365) or kbridenhagen@spymca.org.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22-May 9	Fourth Tuesday of Each Month	12:30-1:30 PM	Announced Prior to Event	55+ Years	Participants are responsible for their own meal.

SOCIAL GROUPS

If you enjoy 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!

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22-May 9	Announced Prior to Event	Announced Prior to Event	Announced Prior to Event	55+ Years	Announced Prior to Event

STAFF CONTACT: Kristy Bridenhagen • [715.952.9365](tel:7159529365) • kbridenhagen@spymca.org

Contact Kristy Bridenhagen to receive updates on all our FOREVERWELL programs and events.



FOREVERWELL

FOREVERWELL: DISCOVER BRUNCH & LEARNS

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 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.

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22-May 9	Announced Prior to Event	Announced Prior to Event	Mind Body Room	55+ Years	FREE

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).

SESSION DATES	DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
S2: March 22-May 9	Second Wednesday of Each Month	10:00- 11:00 AM	Aging & Disability Resource Center (ADRC)	55+ Years	FREE

STAFF CONTACT: Kristy Bridenhagen · [715.952.9365](tel:715.952.9365) · kbridenhagen@spymca.org



FOREVERWELL

FOREVERWELL: MOVE

FOREVERWELL 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 | [Group Exercise Schedule](#)

FOREVERWELL STRENGTH AND BALANCE

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 | [Group Exercise Schedule](#)

FOREVERWELL 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 | [Group Exercise Schedule](#)

FOREVERWELL CHAIR YOGA

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 | [Group Exercise Schedule](#)

STAFF CONTACT: Adrean Gay • [715.952.9301](tel:715.952.9301) • agay@spymca.org



CHILD CARE

DROP-IN CHILD CARE ADVENTURE ALLEY

We offer quality drop-in child care for children ages 6 months to 8 years while parents enjoy Y programs and services. Our caring staff create a warm, fun, and safe environment for every child.

- 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

M	T	W	TH	F	SAT
8:00-11:45 AM	8:45-11:45 AM	8:00-11:45 AM	8:45-11:45 AM	8:00-11:45 AM	8:45-11:45 AM
4:00-7:30 PM	-				

ADVENTURE ALLEY OPEN PLAYTIME

Adventure Alley is now open to Family and Single Parent Household members Monday through Saturday from 12:00 to 4:00 PM and Sunday from 10:00 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.



CHILD CARE

DROP-IN CHILD CARE

PARENTS MORNING/NIGHT OUT

Take a little time for yourself — we've got the kids covered! Whether you're heading to an appointment, running errands, or simply need a short break, your children will enjoy a morning or night of play and discovery in Adventure Alley. Our experienced staff ensure a safe, engaging, and fun environment for all participants. Parents are not required to remain in the YMCA.

Please Note: Due to staffing and planning considerations, refunds are not available for cancellations or no-shows without at least 7 days notice.

Registration required.

PARENTS MORNING OUT

DATES	TIME	LOCATION	AGES	MEMBER NON-MEMBER
March 26 April 2, 9, 16, 23, 30 May 7	8:45-11:45 AM	Adventure Alley	6 Months-8 Years	\$15

PARENTS NIGHT OUT

DATES	TIME	LOCATION	AGES	MEMBER NON-MEMBER
March 27 April 3, 10, 17, 24 May 1, 8	4:00-7:30 PM	Adventure Alley	6 Months-8 Years	\$15



CHILD CARE

CHILD CARE

YMCA CHILD CARE CENTER

STATE LICENSED

For availability, as well as other information such as the parent handbook and fees, please call our Child Care Assistant Director 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.

DAYS	TIME	AGES
M-F	6:30 AM-5:30 PM	6 Weeks-13 Years

PRESCHOOL

STATE LICENSED

Preschool is the perfect opportunity to get out of the house, make new friends, and dive into a new theme each week. Our caring preschool staff create a safe, nurturing environment where children build confidence and independence through both structured and self-directed activities.

For availability, as well as other information such as the parent handbook and fees, please call our Child Care Assistant Director at [715.952.9354](tel:715.952.9354). Financial assistance is available through [Wisconsin Shares](#) and our [Annual Campaign](#). Children must be part of a Family or Single Parent Household membership to receive member rates.

Please Note: Children must be in the process of being potty trained.

DATES	DAYS	TIME	AGES
Sept 2-May 14	M-TH	8:30-11:30 AM	2 1/2-4 Years



CHILD CARE

CHILD CARE

4-YEAR-OLD KINDERGARTEN

STATE LICENSED

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 additional information or questions, please call [715.345.5456](tel:715.345.5456).

- 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 2, 2025 to June 4, 2026, following the Stevens Point Area School District schedule.

PROGRAM NAME	DATES	DAYS	TIME	LOCATION	AGE
YMCA 4K	Sept 2, 2025-June 4, 2026	M-TH	AM: 8:20-11:30 AM PM: 12:30-3:40 PM	Stevens Point Area YMCA	4 Years by Sept 1, 2025
Plover 4K	Sept 2, 2025-June 4, 2026	M-TH	AM: 8:15-11:25 AM PM: 12:30-3:40 PM	Good Shepherd Church	4 Years by Sept 1, 2025



CHILD CARE

SCHOOL-AGE CARE

STATE LICENSED

- Preregistration is required for all Before & After School Care programs. Please call the School Age Child Care Coordinator at [715.952.9382](tel:715.952.9382) for more information.
- Financial assistance is available through [Wisconsin Shares](#) and our [Annual Campaign](#).
- 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 offered the second Friday of each month due to staff development and training.
- Children must be part of a Family or Single Parent Household membership to receive 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

STATE LICENSED

Before & After School Care is a high-quality, state-licensed youth program that runs 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

DATES	DAYS	TIME	AGES
Sept 8-June 4	M-F	Before School Care: 6:30-8:25 AM After School Care: 3:35-5:30 PM	Grades K-6

	BEFORE CARE	AFTER CARE	BEFORE & AFTER CARE
MEMBER	\$188/Month	\$188/Month	\$303/Month
NON-MEMBER	\$260/Month	\$260/Month	\$375/Month



CHILD CARE

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. Payment is due at the time of registration. 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. Fees are non-refundable, regardless of attendance. Children must be part of a Family or Single Parent Household membership to receive member rates.

DATES	AGES	MEMBER NON-MEMBER
Sept 2025-June 2026	Grades K-6	\$65/Day \$90/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. Pre-registration is required, and a non-refundable \$5 deposit is due at the time of registration for each day selected. 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. Cancellations must be made 15 days prior to be considered for a refund. Children must be part of a Family or Single Parent Household membership to receive member rates.

TIME	AGES	MEMBER NON-MEMBER
6:30 AM-5:30 PM	Grades K-6	\$65/Day \$90/Day

DATES							
Jan 16	Jan 19	Jan 26	Feb 23	Feb 27	March 2	March 16	March 17
March 18	March 19	March 20	April 3	April 23	April 24	May 14	May 15



CHILD CARE

YOUTH ACTIVITY CENTER (YAC)

The Youth Activity Center (YAC) is the perfect place for kids to have fun, make friends, and explore new activities while parents enjoy their workout. Each session offers a safe, supervised environment with rotating themes such as puzzles, arts & crafts, building challenges, board games, and active games. Whether they're solving a mystery, creating something new, or competing in friendly challenges, there's always something exciting happening at the YAC.

No registration required.

DAYS	TIME	LOCATION	AGES	MEMBER NON-MEMBER
M TH	3:30-7:00 PM	Conference Room	8-12 Years	FREE Day Pass

STAFF CONTACT: AJ Becker · [715.952.9353](tel:715.952.9353) · abecker@spymca.org