



# PROGRAM GUIDE

2026



STEVENS POINT AREA YMCA

## TABLE OF CONTENTS

|                               |           |
|-------------------------------|-----------|
| Events .....                  | pg. 3-4   |
| Group Exercise Classes .....  | pg. 5-6   |
| Personal Training .....       | pg. 7     |
| Small Group Training .....    | pg. 8     |
| Wellness Programs .....       | pg. 9     |
| Sports .....                  | pg. 10-13 |
| Gymnastics .....              | pg. 14-15 |
| Swim Team .....               | pg. 16    |
| Swim Lessons .....            | pg. 17-18 |
| American Red Cross Classes .. | pg. 19    |
| Camp Glacier Hollow .....     | pg. 20    |
| Child Care .....              | pg. 21-23 |
| Adapted Recreation .....      | pg. 24    |
| FOREVERWELL® .....            | pg. 25-26 |

## PROGRAM REGISTRATION DATES

**SUMMER 1** | May 17-July 3

**SUMMER 2** | July 5-August 22

**SUMMER 3** | August 23-29

**Member Registration opens April 27**

**Non-Member Registration opens May 4**

.....

**FALL 1** | September 6-October 24

**FALL 2** | October 25-December 12

**FALL 3** | December 13-19

**Member Registration opens August 17**

**Non-Member Registration opens August 24**

## SEASONAL PROGRAMMING

If a program is seasonal, a colored dot will indicate the season(s) it runs. Programs offered year-round will not have a dot.

- Summer
- Fall

## INTERACTIVE GUIDE

You can explore the Stevens Point Area YMCA beyond the contents of this document.

If you see the ← icon, click to learn more.



# EVENTS



## FORE THE KIDS GOLF OUTING · JUNE 8

Join us for a tropical day on the course at the 23rd Annual Fore the Kids Golf Outing, held at the Stevens Point Country Club! This 18-hole scramble invites local businesses and community members to enjoy a day of golf, sunshine, and meaningful connection—all while supporting local kids.



## WATER BALLOON FIGHT · JULY 11

Enjoy family-friendly water games and an epic water battle! Donations support swim lesson scholarships for local children and families.



## Y TIE DYE · JULY 17

Play in the sun and create your own tie-dye masterpiece! Registration includes a t-shirt.



## CAMPFIRE ACROSS AMERICA · JULY 22

On July 22, YMCAs across the country will gather around campfires to build connection and community. Join us for a cozy indoor twist with a faux campfire in our gym, featuring snacks, story time, crafts, and games—just bring a blanket, a flashlight, and come connect with your community!

## CELEBRATE YOUR BIRTHDAY AT THE Y!



# EVENTS



## CHALK FEST · AUGUST 6

Join us in creating a community masterpiece! Each participant will receive their own square to decorate—chalk is provided, just bring your creativity.



## FALL FESTIVAL · OCTOBER 24

Join us for our Annual Fall Festival—our biggest event of the year! Enjoy a full day of fun with activities like the Pumpkin Pool Splash, bouncy houses, a glow room, pumpkin and cookie decorating, games, and so much more!



## TURKEY TROT · NOVEMBER 26

Give back to your community while enjoying a fun, family-friendly tradition! The Festival Foods Turkey Trot features an untimed 2-Mile Walk, 2-Mile Fun Run, and a timed 5-Mile Run—all supporting the YMCA and the Boys & Girls Club.



## SUMMER SWIM CHALLENGE · JUNE 1-AUGUST 31

Stay motivated all summer long with this fun swim challenge! Swim 50 miles between June 1 and August 31, track your progress on the Adventure Pool deck, and earn a special T-shirt when you finish—plus, the first to complete all 50 miles wins an extra prize!

# GROUP EXERCISE CLASSES

Members can enjoy a wide range of free group exercise classes with membership. Non-members are welcome with a day pass. Most classes are open to ages 12 and up, with select family-friendly options (marked with the ★ icon) available for children ages 7+ when accompanied by an adult.



## DANCE FITNESS ★

A high-energy cardio dance class featuring easy, repetitive choreography designed for all ages and fitness levels.

## GROUP CYCLING

A heart-pumping, music-driven indoor cycling experience using Coach By Color® in a non-impact format suitable for all abilities and ages (participants must be at least 5 feet tall). Beginners are encouraged to arrive 10 minutes early for bike setup. Classes are limited to 25 participants; Saturday sessions require reservations, while all other classes are drop-in.

## LES MILLS BODYPUMP/EXPRESS

BodyPump™ is a strength and cardio workout that uses high-repetition, light-weight training to sculpt muscles and build endurance. Each track focuses on a different muscle group and includes a warm-up and cool-down. Offered in 60-minute and Express 45-minute formats.

## CLUB DANCE ★

This class blends compound movements, cardio techniques, and high-intensity training to help build strength and support weight loss.

## KICKBOXING/EXPRESS ★

This high-energy workout blends martial arts techniques with fast-paced cardio to build stamina, improve coordination and flexibility, and burn calories while developing lean muscle. Designed to adapt to all fitness levels, it delivers a dynamic training experience.

## BOOT CAMP ★

This boot camp-style workout combines cardio and strength intervals, circuits, and more into a challenging 45-minute session.

[VIEW OUR FULL GROUP EXERCISE SCHEDULE!](#)



# GROUP EXERCISE CLASSES

## QUICK HIIT ★

This sweat-drenched HIIT workout blends cardio and strength training to maximize the EPOC effect, keeping energy high, rest short, and your body burning calories long after the class ends.

## PILATES MAT ★

This class builds core strength and flexibility by training 360° around the torso through basic to intermediate Pilates, including seated, standing, and mat-based movements.

**DISCOVER MORE GROUP EXERCISE CLASSES ON YMCA 360!**



## MORNING YOGA ★

Start your day with a dynamic, flowing yoga practice that builds body and mind awareness while developing strength and flexibility. The class includes a Yin Yoga focus during the first week of each month and offers options suitable for all levels.

## YOGA FLOW ★

Experience a powerful yoga flow that builds strength and flexibility while balancing relaxation and focus through breath work, postures, movement, stretching, and relaxation techniques. Modifications are offered for all levels, including beginners.

## STRENGTH TOGETHER

Strength Together is a strength-focused class that targets all major muscle groups using barbells and free weights, all set to motivating music to keep you moving and strong.

## GENTLE YOGA ★

Rejuvenate, reduce stress, and build flexibility and strength in this gentle yoga class. Participants will be introduced to basic yoga postures and breathing techniques in a supportive, calming environment.

## YOGA BASICS ★

An ideal starting point for your yoga journey, this class focuses on foundational postures while building alignment, body awareness, and breath connection.

## YOGA SLOW FLOW ★

Experience the power of slow, mindful movement to strengthen the whole body at a meditative pace that promotes calm in both body and mind. This class features longer-held poses, breath-focused movement, and modifications to support all experience levels.

## LOW MOBILITY WATER EXERCISE

Designed for individuals with mobility challenges related to conditions such as MS, Parkinson's, Muscular Dystrophy, or other chronic illnesses, this gentle aquatic class uses low-resistance movement to improve strength, endurance, flexibility, and range of motion. Balance work is supported with equipment such as buoyancy belts and noodles.

# PERSONAL TRAINING

Team up with a certified personal trainer and receive a fitness plan tailored to your goals. Our trainers bring the expertise and creativity to design engaging, effective programs for athletes, recreational exercisers, teens, rehabilitation referrals, special populations, and active older adults. Choose from one-on-one training or two-person sessions—ideal for friends or partners who want to stay motivated while benefiting from personalized guidance. Sessions are 60 minutes and can be scheduled at times that work best for you. Participants must be ages 10 and up.

## PILATES PERSONAL TRAINING



Experience 1-on-1 or 2-person training with a Certified Stott Pilates trainer. Choose Pilates Mat, Reformer Pilates, or a combination of both.

**MEET OUR CERTIFIED  
TRAINERS & EXPLORE  
ADDITIONAL PERSONAL  
TRAINING PROGRAMS!**



## SMART START

Ages 12+

During this three-session coaching program, you will meet with our wellness professionals to establish goals, develop a personalized fitness plan, and experience a customized personal training session. This program is available exclusively to new and renewing members.

## BODY COMPOSITION

Ages 10+

Body composition measures the percentage of body fat compared to fat-free mass, including muscle, bone, and water. Learn your body composition numbers to better understand your health and determine whether adjustments to your exercise routine or nutrition may help you reach your wellness goals.

# SMALL GROUP TRAINING

This trainer-led program focuses on functional movement and progressive strength training in a small-group setting. It emphasizes proper mechanics, strength efficiency, and appropriate loading to support bone density, strengthen ligaments and tendons, and build overall muscular strength in a safe environment. Sessions incorporate a variety of equipment, including barbells, dumbbells, medicine balls, and bodyweight exercises, with programming tailored to the group's needs, age, and experience level.

**STRENGTH &  
CONDITIONING**

Ages 10+



**SPORTS PERFORMANCE  
STRENGTH & CONDITIONING**

Ages  
10+



**STRONG-HER**

Ages 10+



**FOREVERWELL  
FUNCTIONAL STRENGTH**

Ages  
10+



**TRX**

Ages 12+



**PILATES REFORMER**

Ages 12+



# WELLNESS PROGRAMS & SERVICES

## YOUTH WELLNESS CENTER ORIENTATION

Ages  
8-14



This required appointment for ages 8–14 introduces the Wellness Center and covers how to use and adjust cardiovascular machines and the youth strength training circuit.

## WELLNESS CENTER ORIENTATION

Ages 15+



This appointment with Wellness Center staff introduces you to our cardiovascular machines and strength training circuit, including how to properly set up and adjust equipment.

## LIVESTRONG® AT THE YMCA

Ages 18+



This 12-week, exercise-based program is designed specifically for cancer survivors, offering a supportive environment to rebuild strength and confidence. Guided by trained professionals, the program focuses on building muscle and strength, improving flexibility and endurance, and making everyday activities feel easier and more manageable.

## MOVEMENT & MUSIC PARKINSON'S CLASS



This exercise-based class for those with Parkinson's disease uses movement to music to support mobility, balance, and overall well-being. Exercises are performed both seated and standing, using chairs, weights, and resistance bands. This class is in partnership with Aspirus Health and the Wisconsin Parkinson Association.

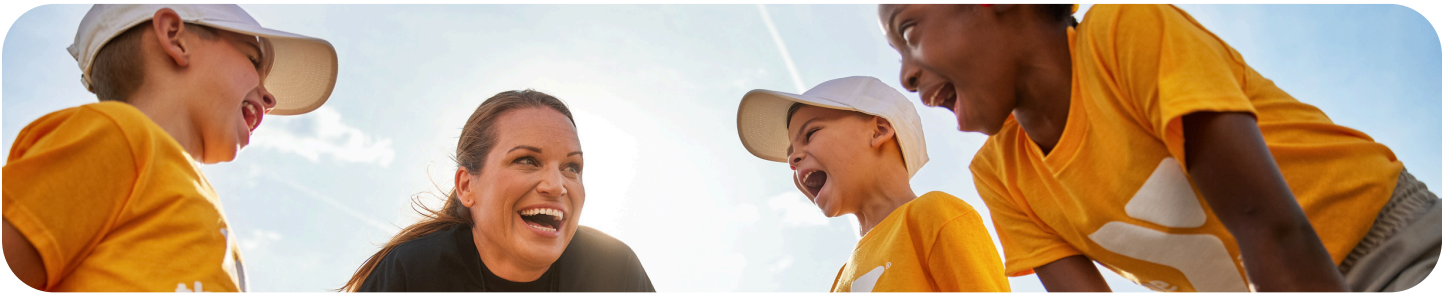
## CORPORATE WELLNESS PROGRAM

The Y offers the expertise to help you build a stronger, more vibrant, and productive workforce through discounted memberships, on-site fitness assessments, worksite wellness presentations, wellness challenges, group fitness classes, stress management techniques, and more.

## TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE Y

In partnership with Advanced Physical Therapy Associates, individuals who have completed physical therapy can continue their progress at the Y. After consultation with your clinician, a certified personal trainer will contact you to schedule an initial consultation and develop a personalized training or rehabilitation plan.

# SPORTS



## SPIKERS VOLLEYBALL Ages 3-5



This introductory volleyball program for kids ages 3–5 teaches basic skills like passing, setting, and movement through fun games and activities in a positive environment, helping athletes build coordination and teamwork.

## LEVEL 1 VOLLEYBALL Ages 6+



This program is ideal for beginners ages 6 and up, offering a fun, supportive introduction to volleyball. Participants learn fundamental skills like serving, passing, and setting while being introduced to the rules of the game.

## LEVEL 2 VOLLEYBALL Ages 6+



This program is designed for players who have completed Level 1 or received instructor approval and builds on foundational skills through drills, game-like scenarios, and continued focus on serving, passing, setting, and team communication. Participants also strengthen their understanding of rules, positioning, and basic strategy.

## FLAG FOOTBALL CAMP Ages 7-11



Our Flag Football Camp is a fast-paced, three-week program for kids ages 7–11 who want to learn and play football in a fun, safe environment. This non-contact camp focuses on building core skills such as passing, catching, route running, and teamwork through engaging drills and friendly games.

## SLUGGERS T-BALL Ages 3-5



This program introduces the basics of T-ball in a fun, instructional environment where players build teamwork and develop motor skills through engaging activities. Everyone plays, everyone wins, with modified scrimmage rules.

## LEVEL 1 BASEBALL Ages 6+



This T-ball program for kids ages 7+ offers a more structured, skill-focused experience that reinforces hitting from a tee, throwing mechanics, catching, and base running while introducing basic game rules and field positions through drills and gameplay.

# SPORTS

## KICKERS SOCCER

Ages 3-5



This engaging soccer program for kids ages 3-5 introduces the basics of dribbling, passing, and movement through fun games, imaginative play, and age-appropriate drills.

## LEVEL 2 SOCCER

Ages 6+



This program is designed for players who have completed Level 1 or have instructor consent and builds on foundational skills while introducing ball control under pressure, basic positioning, and enhanced teamwork. Sessions focus on gameplay-oriented drills that prepare players for real-game situations.

## DRIBBLERS BASKETBALL

Ages  
3-5



This beginner-friendly, high-energy program for kids ages 3-5 introduces the basics of basketball, such as dribbling, passing, and footwork, through games and activities that build coordination, confidence, and teamwork.

## LEVEL 2 BASKETBALL

Ages 6+



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

## LEVEL 1 SOCCER

Ages 6+



This program is designed for kids ages 6 and up who are new to soccer, introducing essential skills like dribbling, passing, and shooting while also teaching basic game rules.

## LEVEL 3 SOCCER

Ages 6+



This program is designed for players who have completed Level 2 or have instructor consent and builds on teamwork, gameplay, and skills while continuing to reinforce fundamental techniques with a focus on team play.

## LEVEL 1 BASKETBALL

Ages 6+



This program is designed for kids ages 6 and up who are new to the sport, focusing on fundamentals like dribbling, passing, shooting, and footwork while introducing basic rules, court awareness, and teamwork.

## LEVEL 3 BASKETBALL

Ages 6+



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

# SPORTS

## PARENT-TOT DANCE

Ages 3  
& Under



This program is designed for toddlers and uses age-appropriate music, simple dance movements, and playful activities to help children explore rhythm, balance, and movement at their own pace, with parents and caregivers participating throughout.

## LITTLE DANCERS

Ages 3-5



This playful, beginner-friendly dance class for toddlers introduces basic elements of dance through fun, imaginative activities that build gross motor skills, coordination, rhythm, and body awareness.

## LEVEL 1 BALLET

Ages 6+



This beginner introduction to classical ballet focuses on foundational technique, including basic positions, barre work, center practice, and across-the-floor movements.

## LEVEL 2 BALLET

Ages 6+



This class builds on the skills learned in Level 1 and introduces more challenging barre exercises, center work, and simple allegro, while developing posture, balance, and fluidity.

## LEVEL 1 JAZZ

Ages 6+



This high-energy, beginner-friendly class for dancers ages 6 and up introduces fundamental jazz technique, including isolations, basic turns, kicks, and footwork, while building rhythm, coordination, and stage presence.

## LEVEL 2 JAZZ

Ages 6+



This fast-paced, upbeat class is designed for dancers with a solid foundation in jazz technique who are ready to advance their skills and performance quality. It focuses on refining technique, improving flexibility and strength, and introducing more complex movements.

## LEVEL 1 CHEER

Ages 6-12



This program is a fun, energetic introduction to cheerleading for kids ages 6-12, focusing on fundamentals such as motions, jumps, chants, and beginner stunts.

## LEVEL 2 CHEER

Ages 6-12



This program builds on skills learned in Level 1 or previous experience, focusing on technique such as motions, jumps, chants, and stunts while performing spirited routines.

# SPORTS

## CHEER CLINIC

Ages 6-12



Designed for school-age children to learn cheerleading fundamentals, participants are introduced to basic motions, chants, jumps, and beginner dance routines that build confidence, coordination, and team spirit.

## LEVEL 1 HIP HOP

Ages 6-12



Step into the foundations of hip hop! Dancers will build coordination, rhythm, and core movements in a high-energy class focused on learning routines and self-expression through movement.

## IRISH DANCE

Ages 6+



This fun dance program is led by an award-winning Irish dancer, where participants learn traditional footwork, rhythm, and choreography in an energetic, engaging class.

## SPORTSTERS

Ages 3-5



This multi-sport class introduces a variety of sports such as soccer, basketball, and baseball through fun games and activities that encourage active play and coordination.

## TAE KWON DO

Ages 7+



Olympic-style Tae Kwon Do teaches kicks, blocks, punches, forms, sparring, and discipline. Advanced students also learn self-defense techniques, with World Tae Kwon Do Federation certified belt testing offered as part of the ongoing program.

## TAI CHI

Ages 13+



Study this ancient Chinese practice for balance, strength, relaxation, and overall health. Tai Chi is considered a highly effective exercise for both physical and mental well-being, with movements designed to improve muscular strength, flexibility, and fitness.

## PRIVATE & SEMI-PRIVATE LESSONS



Private and semi-private lessons offer personalized coaching for kids of all ages and skill levels, helping them build confidence, improve skills, and develop a love for movement in their chosen sport. Each session is tailored to the athlete's goals and may include skill development, game-based practice, and light conditioning, with flexible scheduling options available. Families can choose single sessions or multi-session packages, based on instructor, sport, and facility availability.

# GYMNASTICS



## ADULT TOT

Ages 3 & Under  
W/ Guardian



This class is designed primarily for fun and to strengthen the bond between child and guardian. Instructor-led activities include circle time, stretching, structured play, and free play. Children explore various types of body movement—tumbling, jumping, climbing, and swinging—through guided, imaginative play.

## TINY TWISTERS

Ages 3–4



This class is for children who are ready to explore the Gymnastics Center independently alongside their peers and a coach for the first time. Participants will strengthen gross motor movements while improving balance, flexibility, and body control.

## MIGHTY MOVERS

Ages 3.5–5



Children will learn basic skills to further their gymnastics ability while focusing on coordination and balance. Participants are introduced to gymnastics equipment including floor, bars, beam, vault, and rings.

## PRESCHOOL OPEN GYM

Ages 5 &  
Under



This program is a fun, active space where children can explore, climb, jump, play, and try age-appropriate gymnastics skills. A guardian must stay with their child during the session. Kids can move through simple obstacle courses, try beams and bars, run on the Tumbler Trak, and jump in the foam pit.

# GYMNASTICS

## BEGINNERS

Ages 5+



This introductory class is the first in a progression series designed to help young gymnasts build balance, strength, flexibility, and an appreciation for the beauty and power of the sport. No experience is needed.

## INTERMEDIATE

Ages 5+



This is the second class in our progressive series for young gymnasts, focusing on improving flexibility and advancing skills on all equipment.

## ADVANCED

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 worked to master the fundamentals and are ready to be challenged at a higher level.

## PRE-TEAM

Ages 5+



Designed to prepare gymnasts for advanced skills and routines for competition, this program serves as a stepping stone to our competitive team. Participants will practice and condition twice a week in a safe and controlled environment.



## GIRLS TEAM LEVEL 1-10 & XCEL

Ages 5+



The Competitive Gymnastics Team includes Levels 1–10 as well as Xcel levels. Team members develop skills, conditioning, and dance for USAG compulsory and optional routines. The program offers gymnasts the opportunity to excel in a safe, enthusiastic, and motivating environment. Team athletes are known for their honesty and responsibility both in the gym and at competitions. Acceptance to the team is by invitation only.

# DOLPHINS SWIM TEAM

We welcome swimmers of all ages and ability levels. Our focus is to coach each individual at their 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.

---



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

---

## SWIM TEAM LEVELS



|                        |                          |
|------------------------|--------------------------|
| <b>Junior Dolphins</b> | (Mostly) Ages 11 & Under |
| <b>Developmental</b>   | Ages 12 & Under          |
| <b>Junior</b>          | Ages 12 & Under          |
| <b>Junior Elite</b>    | Ages 9+                  |
| <b>Senior</b>          | Ages 12+                 |
| <b>Senior Elite</b>    | Ages 14+                 |

No practice is mandatory; families determine their own level of involvement. The Dolphins Swim Team participates in a variety of optional swim meets and social events throughout the season, with swimmers signing up for those they wish to attend. To join the team, swimmers must be members of the Stevens Point Area YMCA.

SPDY is a nonprofit, age-group swim team operating under the YMCA of the USA Swimming Organization through the sponsorship of the Stevens Point Area YMCA. Our core values unite members through a shared purpose and guide behavior, interactions, and decision-making. Every swimmer brings something unique to the team, and all are valued as individuals. We believe success comes from supporting one another and growing together. Whether you're seeking a new challenge, returning to the water, or trying a new sport, we invite you to join us.

# SWIM LESSONS



## PARENT-CHILD

Ages 6 Months-3 Years



**A/B Water Discovery & Exploration** Introduces infants and toddlers to the aquatic environment

## PRESCHOOL

Ages 3-5



- 1 Water Acclimation** Introduces underwater exploration and self-rescue skills performed with assistance
- 2 Water Movement** Encourages forward movement and self-rescue skills performed independently
- 3 Water Stamina** Develops self-rescue skills performed at longer distances than in previous stages

## YOUTH

Ages 6-13



- 1 Water Acclimation** Introduces underwater exploration and self-rescue skills performed with assistance
- 2 Water Movement** Encourages forward movement and self-rescue skills performed independently
- 3 Water Stamina** Develops self-rescue skills performed at longer distances than in previous stages
- 4 Stroke Introduction** Introduces stroke technique in front crawl and back crawl and reinforces water safety
- 5 Stroke Development** Focuses on breaststroke and butterfly while reinforcing front and back crawl
- 6 Stroke Mechanics** Refines stroke technique and encourages swimming as part of a healthy lifestyle

# SWIM LESSONS

## ADULT & TEEN BEGINNER SWIM LESSONS

Ages 16+



Adult & Teen Beginner Swim Lessons are designed to help participants develop basic aquatic skills and learn swimming strokes to improve proficiency. This class is ideal for individuals with little to no swimming experience who are ready to take the first step toward learning to swim. Participants will work toward personal goals while building water comfort, confidence, floating skills, basic strokes, and personal safety skills.

## PRIVATE & SEMI-PRIVATE SWIM LESSONS



Private and semi-private swim lessons offer personalized 30-minute sessions for all ages and skill levels, designed to build confidence, improve technique, and emphasize water safety. Lessons are scheduled based on pool and instructor availability, with each participant focusing on skills tailored to their individual goals. Semi-private lessons require two participants of similar ability who share both instruction and cost.



## LAP LEAGUE

Ages 16+



Looking for a new swimming challenge? Try Lap League, a non-competitive alternative to swim team. This program offers coach-led and self-guided workouts for a variety of ability levels. A coach will facilitate practice, assist 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.

# AMERICAN RED CROSS CLASSES



## ADULT & PEDIATRIC FIRST AID/CPR/AED

Ages 14+



This program teaches participants how to recognize and respond to cardiac, breathing, and first aid emergencies for adults and children. Upon completion, participants receive a two-year certification in Adult and Pediatric First Aid/CPR/AED. Blended learning classes also include an online component that must be completed prior to the in-person session.

## LIFEGUARD TRAINING

Ages 15+



This course includes blended learning with online coursework and in-person skills sessions covering lifeguarding, CPR for professional rescuers, AED, and First Aid, with approximately 10 hours online and 20 hours in the classroom. Participants must pass a prerequisite swim test.

## LIFEGUARD RECERTIFICATION

Ages 15+



This course is designed for individuals with a current certification or one that has expired within the past 30 days and includes a nine-hour course with required prerequisite skills testing. Completion extends certification for an additional two years.

## LIFEGUARD INSTRUCTOR

Ages 15+



This course is for individuals with a current lifeguard certification and prepares participants to teach basic-level lifeguarding courses by developing skills in using course materials, leading training sessions, and evaluating participant progress.

## INSTRUCTOR RECERTIFICATION

Ages 15+



This course is for individuals with a current lifeguard instructor certification and prepares participants to teach basic-level lifeguarding courses by strengthening their ability to use course materials, conduct training sessions, and evaluate participant progress.

# YMCA CAMP GLACIER HOLLOW

YMCA Camp Glacier Hollow is an American Camp Association Accredited summer camp experience in Central Wisconsin where young people build confidence, friendships, and lifelong memories.



## DAY CAMP

Ages 7-12



Our Day Camp is bursting with fun, featuring thrilling games, creative arts, outdoor adventures, and exciting team challenges. Each day brings new opportunities for your child to discover, create, and have a blast.

## OVERNIGHT CAMP

Ages 7-17



Our Overnight Campers enjoy classic camp experiences such as swimming, boating, group games, and hiking, while also exploring themed activities unique to each session.

## LEADERS IN TRAINING

Ages 12-14



This program is designed to help you grow into a confident, capable leader who inspires others, builds teamwork, and turns challenges into success stories. Your experience will be split between bonding with fellow LITs and supporting counselors in Day Camp groups.

## COUNSELORS IN TRAINING

Ages 15-17



As a CIT, you'll help shape the camp experience for younger campers, share your love for the outdoors, and strengthen the sense of community at camp. Whether you're 15 years old or have completed two summers of LIT 1, this program is designed to challenge you and grow your leadership skills.

**CHECK OUT OUR CAMP GLACIER HOLLOW GUIDE FOR MORE INFO!**



# CHILD CARE

## DROP-IN CHILD CARE

Ages 6 Weeks–8 Years



We offer high-quality drop-in child care for children ages 6 weeks to 8 years, giving parents the opportunity to enjoy Y programs and services. Our dedicated staff create a safe, welcoming, and engaging environment where every child can feel comfortable and have fun. Drop-in child care is available to Single Parent Household and Household memberships only, and parents must remain in the facility at all times.

## FAMILY PLAY TIME

Ages 6 Weeks–8 Years



Adventure Alley is open to members with Single Parent Household or Household memberships. This unsupervised space allows for free play for children and families when Drop-In Child Care is not in session. Children must be supervised by a parent or guardian at all times. Please contact the Service Desk to verify availability and confirm the space is not scheduled for other programs or rentals.

## PARENTS MORNING OUT & PARENTS NIGHT OUT

Ages 6 Month–8 Years



Take some well-deserved time for yourself—we've got the kids covered! Whether you're heading to an appointment, running errands, or just need a break, your children will enjoy play and discovery in Adventure Alley. Our experienced staff provide a safe, engaging, and fun environment, and parents are free to leave the YMCA while their children are in our care.

## TINY EXPLORERS

Ages 3–6 Years



Tiny Explorers is the perfect opportunity for preschool campers to get out of the house, make new friends, and explore a new theme each week. Our preschool staff create a safe, supportive environment that fosters confidence and independence through a balance of structured and self-directed activities.

## CHECK OUT OUR CHILD CARE SUMMER CAMP GUIDE FOR MORE INFO!



# CHILD CARE/SCHOOL AGE



## CHILD CARE CENTER

Ages 6 Weeks-13 Years



Our state-licensed child care program provides a safe, nurturing environment where your child can learn, grow, and thrive. The program encourages a love of learning while building confidence and independence through a balance of structured and self-directed activities led by caring staff. Teachers create enriching experiences that support social, emotional, cognitive, and physical development. Each class level provides social and educational experiences for children to gain confidence in the world around them and enhance their self-esteem.

## 4-YEAR-OLD KINDERGARTEN

Age 4



This state-licensed program, offered in partnership between the Stevens Point Area YMCA and the Stevens Point Area School District, provides two sites for 4-year-old kindergarten. The program is free for children residing in the Stevens Point Area School District, as well as those who have open-enrolled, and follows the Stevens Point Area School District calendar.

## BEFORE & AFTER SCHOOL CARE

Grades K-6



Our state-licensed School-Age Care program offers high-quality before and after school care for children in grades K-6 during the school year. We incorporate core values into every activity to support and reinforce the foundation you've already established. Care is available on-site at Bannach, McDill, Plover-Whiting, and Roosevelt elementary schools, as well as at the Stevens Point Area YMCA for students from Madison, McKinley, and Washington.

# CHILD CARE

## SNOW DAYS AT THE Y Grades K-6



Snow Days at the Y include all full-day school cancellations due to weather. This program features fun-filled activities, action-packed games, arts and crafts, and more.

## VACATION AT THE Y Grades K-6



Vacation at the Y is the perfect place for your child to spend their days off from school. This program includes fun-filled activities, plenty of action, swimming, and arts and crafts.

## SUMMER VACATION AT THE Y

Ages 5-13



Join us for a fun-filled summer at the YMCA! Your child will have the opportunity to build confidence, independence, and creativity while you enjoy peace of mind knowing they are in a safe and enriching environment. Staff will provide creative and engaging activities throughout the summer.

## CHECK OUT OUR CHILD CARE SUMMER CAMP GUIDE FOR MORE INFO!



## YOUTH ACTIVITY CENTER

Ages 8-12



This program 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.

# ADAPTED RECREATION

## '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.



### ADAPTED TRACK & FIELD

Ages 10+



Running, walking, throwing, jumping—there's something for everyone to enjoy! Participants will build and refine their individual athletic skills in a supportive environment.

### ADAPTED CORNHOLE

Ages 10+



Cornhole, also known as "bags," is a lawn game where players take turns tossing bean bags onto a raised board with a hole at the far end.

### ADAPTED BOCCE BALL

Ages 10+



Bocce Ball is an Italian game anyone can play that uses both skill and strategy. This sport provides individuals with special needs the opportunity for social interaction, physical development, and increased self-confidence.

### ADAPTED BOWLING

Ages 10+



We welcome athletes of all skill levels and intellectual disabilities. This program offers valuable benefits, including physical activity, social interaction, and themed days for those who choose to participate. All participants will bowl two complete games every day.

### SPRING FLING

May 30

### END OF YEAR PICNIC

TBD

### HALLOWEEN DANCE

October 30

### HOLIDAY PARTY

December 18

# FOREVERWELL®

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

---



## LUNCH GROUP



Our Lunch Group meets on the fourth Tuesday of each month. Each month features a new theme, with participants gathering either for a potluck at the Y or at a local restaurant for this fun social time. Everyone is responsible for the cost of their own meal.

## SOCIAL GROUP



If you enjoy going on adventures, this program is for you! Our day trips are planned throughout the year, offering opportunities to have fun, explore new places, and build friendships. Every trip is designed to be a memorable experience for all.

## BRUNCH & LEARN



If you're interested in attending free, informal events where adults 55+ gather for a one-hour presentation and discussion on a topic of interest, this program is for you. Each month includes breakfast and opportunities for learning and social connection.

## COMMUNITY MEMORY CAFÉ



Our Community Memory Café is for individuals experiencing early-stage dementia, memory loss, or cognitive impairment, along with their caregivers, family, and friends. It's a welcoming space to socialize with others in similar circumstances while enjoying games, music, and a variety of engaging activities.



## WATER EXERCISE



This fun, low-impact class incorporates cardiovascular and muscle-conditioning exercises while using water as resistance. This environment is ideal for everything from athletic training to arthritis relief. Working in the water helps improve balance and core strength, and no swimming skills are required.

## STRENGTH AND BALANCE



Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of motion, and functional fitness for daily living. Handheld weights, elastic tubing with handles, and a ball are used for resistance, and a chair provides support for seated and standing exercises.

## CIRCUIT



Combine fun and fitness to increase cardiovascular and muscular endurance with a standing circuit workout. This strength training class for the upper and lower body uses handheld weights, elastic tubing with handles, bodyweight exercises, and a ball, alternated with non-impact aerobic choreography. A chair is available for support, along with stretching and full relaxation in a comfortable position.

## CHAIR YOGA



Chair Yoga moves 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 motion. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.