



# FALL 2024 PROGRAM GUIDE

Member Registration opens: August 5th  
General Public: August 19th



Stevens Point Area YMCA

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## Board of Directors

- Dan Mahoney, CVO/Board Chairperson
- Rachael Gadbois, Vice Chairperson & Secretary
- Ben Martinsen, Treasurer
- Kim Angell
- Gretchen Beyer
- Marc Bower
- Erik Carlson
- John Eckendorf
- Brian Formella
- Scott Glinski
- Joe Jarabek
- Joe Kinsella
- Sue Koehl
- Lindsay Meyer
- Chris Nyman
- Ross Rettler
- Fritz Schierl
- Al Thompson
- Mike Trzinski
- Katie Young



## Board Members Ex Officio

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

## 2024 Holiday Hours & Closures

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

## Normal Operational Hours

- Monday-Friday 5:00 AM - 8:00 PM
- Saturday 6:00 AM - 2:00 PM
- Sunday 8:00 AM - 12:00 PM

## Summer Operational Hours

- Monday-Friday 5:00 AM - 8:00 PM
- Saturday 6:00 AM - 2:00 PM
- Sunday CLOSED

## Stevens Point Area YMCA

1000 Division St. Stevens Point, WI 54481  
715-342-2980  
info@spymca.org

## Camp Glacier Hollow

9289 Pavelski Rd., Amherst Junction, WI 54407  
715-342-2980  
info@spymca.org

Follow to see even more of what we do!



@ Stevens Point Area YMCA



@ Stevens\_Point\_Area\_YMCA

# YMCA REGISTRATION

## FALL 1 & 2 -2024

FALL SESSIONS	SESSION DATE	MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
Fall 1	September 8- October 26	August 5	August 19
Fall 2	October 27- December 21	August 5	August 19



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



# BECOME A MEMBER TODAY!

## MEMBERSHIP RATES

- **YOUTH (HS student & younger)** \$21
- **YOUNG ADULT (18-24)** \$34
- **COLLEGE (free 24-7 access)** \$34
- **ADULT (25-59)** \$49.50
- **DOUBLE ADULT** \$68
- **HOUSEHOLD** \$73
- **SINGLE PARENT HOUSEHOLD** \$59
- **SENIOR** \$47
- **SENIOR HOUSEHOLD** \$67

## ANNUAL MEMBERSHIP

Paid and renewed annually by cash, check, VISA, MasterCard, American Express, or Discover.

## CONTINUOUS MEMBERSHIP

Paid through automatic bank or credit card drafts on the same day of each month (either the 1st or the 15th). Easy to cancel with 15 days written notice.

## DAY PASSES

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

## MEMBERSHIP DISCOUNTS

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

## VETERAN HONORS

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

## MEMBERSHIP FOR ALL - Financial Assistance

Everyone is welcome at the Y! The Stevens Point Area YMCA raises funds through our Annual Campaign, allowing us to welcome all who wish to belong. Membership assistance rates are determined by household income. Discounts are available on memberships and most programs.

## 24-7 ACCESS

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

## MEMBERSHIP POLICY

The Y welcomes all; however, for your safety, the Y maintains the right to deny access to the facility and/or participation to any person who does not adhere to the mission, values, or goals of the YMCA.

# NO CONTRACTS, NO COMMITMENTS!

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



# DROP IN CHILDCARE

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

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



## Parents Morning Out

Need child care for an appointment, errand, or just a little YOU time? Enjoy a morning out while your child(ren) have fun and play in Adventure Alley! Register online, or through Member Services. Parents do not need to remain in the YMCA. \$15/child

Through a grant provided by The Women's Fund of Portage County, we are proud to offer FREE PMO to anyone in our community on the first Thursday of the month! Registration required.

Upcoming dates:  
Sept 5 (FREE), 12, 19, 26 (\$15/child/session)  
Oct 3 (FREE), 10, 17, 24, 31 (\$15/child/session)  
Nov 7 (FREE) 14, 21 (\$15/child/session)  
December 5 (FREE), 12, 19 (\$15/child/session)

## Parents Night Out

Need child care for an appointment, errand, or just a little YOU time? Enjoy a night out while your child(ren) have fun and play in Adventure Alley! Register online, or through Member Services. Parents do not need to remain in the YMCA. \$15/child

Upcoming dates:

Sept 27  
Oct 4, 25  
Nov 1, 29  
Dec 6



# YOUTH ACTIVITY CENTER

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

The YAC will reopen Mid-September.

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

# HEALTH & WELLNESS-FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



(AGES 12 YEARS & UP, UNLESS OTHERWISE NOTED)

- Y Members: Free with Membership
- General Public: Day Pass required

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

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



**Family Friendly:** This icon indicates Family Friendly Classes which run as usual, but are open to kids ages 7 and up accompanied by an adult. See schedule for class times that are Family Friendly.

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



## CLUB DANCE/DANCE FITNESS

A fun and energetic cardio dance fitness class designed to make you forget about working out and focus on having fun! The choreography is fun, repetitive and easy to follow. This class is appropriate for all age levels and fitness levels.

Location: Group Exercise Studio

## GROUP CYCLING

Come enjoy a heart-pumping ride while you pedal to the beat of great music using Coach By Color®. Join us for a non-impact, fitness program for all abilities and ages (kids must be about 5 ft tall to fit properly on bikes). Beginners must come 10 minutes early for bike setup! Group Cycling room. Limit 25 participants per class. \*Reservations will be required for Saturday classes only. All others are drop in classes.

Location: Group Cycling Studio



## KICKBOXING/EXPRESS

This class combines martial arts techniques with fast-paced cardio. This high-energy workout is flexible to serve the levels of all students yet challenges every level alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Location: Group Exercise Studio

# HEALTH & WELLNESS—FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



## LES MILLS BODYPUMP/EXPRESS (AGES 13 YEARS & UP)

Bodypump™ is intended to build strength and sculpt your muscles—it is also a killer cardio workout, with many tracks spiking your heart rate and leaving you dripping with sweat. Each song track focuses on a different muscle group, with a warm-up and cool-down track opening and closing the class, and requires various weights (heavier for the bigger muscle groups, lighter for the smaller ones). You will do a high number of repetitions with lighter weights for maximum fatigue and, ultimately, to get stronger. The class is ideal for those who want to add weight lifting into their routine. 60-minute format and Express 45 minute format. Must be 13 years old & up. Location: Group Exercise Studio

## BOOT CAMP

This boot camp style class will have cardio and strength intervals, circuits and more. 45 min class will fly by with this fun challenging class.

Location: Group Exercise Studio

## QUICK HIIT (HIGH-INTENSITY INTERVAL TRAINING)

This class delivers a sweat drenching, calorie-blasting workout designed to maximize the EPOC (Excess Post-exercise Oxygen Consumption) effect, which means you will be burning more calories long after your workout. We combine cardio and strength in this Boot Camp-style high intensity interval training (HIIT) class to deliver a total body challenge. Energy will be high and rest will be short, so be ready to work hard to maximize your results in minimal time.

Location: Group Exercise Studio

## WATER EXERCISE

This low-impact class incorporates cardiovascular and muscle conditioning exercises using the water as resistance. This environment is great for everything from athletic training to arthritis relief—water naturally offers resistance. Working in the water will help improve balance and core strength. No swimming skills are necessary.

Location: Adventure Pool

## SILVERSNEAKERS CLASSIC (AGES 40 YEARS & UP)

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

Location: Gymnasium



# HEALTH & WELLNESS-FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



## CIRCUIT

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Strength workout for lower body and upper body using hand-held weights, elastic tubing with handles, bodyweight and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. This class is appropriate for all ages. Cardio can be done at high, medium or low levels, and Strength work can be done with little to no weight, to high weight.

Location: Gymnasium

## SILVERSNEAKERS YOGA (AGES 40 YEARS & UP)

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Location: Group Exercise Studio

## STRENGTH TOGETHER

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

Location: Group Exercise Studio

## FREE YOGA & PILATES MAT CLASSES

(All Yoga and Pilates mat classes are FF)

Y Members: Free with Membership

General Public: Day pass required



### GENTLE YOGA

Rejuvenate, reduce stress, increase flexibility & strength with this gentle yoga class introducing students to basic yoga postures and breathing techniques. The approach is gentle, supportive and caring.

Location: Mind Body Room



### MORNING YOGA

Wake up to a dynamic flowing yoga practice so you can nurture a healthier you. Become more aware of the body and mind, cultivate strength and increase flexibility. First week of every month will be more of a Yin Yoga. All levels welcome.

Location: Group Exercise Studio

# HEALTH & WELLNESS-FREE GROUP EXERCISE CLASSES

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



## RESTORATIVE/YIN YOGA

Classes are a combination of gentle restorative postures balanced with deeper passive poses to give your body the full spectrum of tension release and relaxation. Weaving guided meditation and breath work throughout the class and offering support with props and bolsters to create a cozy and comfortable class experience.

Location: Mind Body Room

## YOGA BASICS

An ideal place for students to begin their yoga journey. This class will place emphasis on the foundational postures, as well as deepen the student's knowledge of alignment and physical condition while bringing awareness to breath.

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 incorporated in each class. Open to all experience levels (even beginners!) and individual modifications will be available.

Location: Group Exercise Studio/Mind Body Room

## YOGA SLOW FLOW

Experience the power of moving slow to strengthen your whole body. The pace is meditative, emphasizing peace and calm in body and mind. We hold poses longer, taking several rounds of breath in each pose, instead of moving to each breath. Open to all experience levels, including beginners. Individual modifications can also be made.

Location: Group Exercise Studio/Mind Body Room

## PILATES MAT

Use this class to jumpstart core strength and flexibility, working 360° around the torso. Basic to intermediate Pilates incorporated into seated, standing and mat work.

Location: Group Exercise Studio/Mind Body

# GROUP EXERCISE RESERVATION INSTRUCTIONS



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

## TO OPEN THE GROUP EXERCISE SCHEDULE:

- Go to our website [www.spymca.org](http://www.spymca.org)
- Click on the tab "Schedules" located on the top menu bar and choose "Group Ex Classes"
- Once in the schedule, locate the class you want to take. (Go to the correct date, locate the class)
- On right side click "Sign Up"

## THE FIRST TIME YOU REGISTER FOR A CLASS:

- Click on "Create a login" (near top)
- Enter your First and Last name, email address, and a password; confirm your password.
- Click "Register"
- Enter the email and password you created
- Click "Login"
- Click the blue "Reserve a Spot"

**That's it!! It will tell you if you have a spot reserved, or if it is full. You may then log out of your account.**

## TO CANCEL A RESERVATION:

- Follow the same steps to open the schedule
- Open the class you registered for
- Click on "Sign Up"
- Log into your account. It will tell you in green you have a spot
- Click on blue "Cancel Reservation"

**If you do not have access to a computer,  
contact Member Services at 715.342.2980 and we will be happy to assist you.**



# HEALTH & WELLNESS-PERSONAL TRAINING

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

## PERSONAL TRAINING

Our nationally-certified Personal Trainers are excited to help you take your fitness to a whole new level. No matter what your current ability is, we will help you set challenging goals and give you the training prescription to attain them. Do not let a physical limitation hold you back. Our trainers are equipped to help with special concerns or limitations.

### SMART START (Y MEMBERS ONLY - AGES 12 YEARS & UP)

Smart Start Coaching is a free 3-session coaching program, and is available to new and current YMCA members. During the program, you will meet with our highly trained wellness professionals to establish your goals, develop a personalized fitness plan, and experience a customized personal training session!

Appointment 1: Consultation and Goal Setting (about 30mins).

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

Appointment 3: Customized 30 min. Personal Training Session.

By appointment only

Y Member: FREE

### BODY COMPOSITION (AGES 10 YEARS & UP)

The scale is not the only tool to measure your fitness, but it is an actual measure of your health. Body composition measures the percentage of fat compared to fat-free mass (muscle, bone, and water) in your body. If you lose 5 pounds of fat and gain 5 pounds of muscle you will lose inches, burn fat, and raise your metabolism. Get your body composition numbers and reveal whether any adjustments to your exercise program or eating habits need to be made to reach your health and wellness related goals.

Location: Personal Training Office. By appointment only.

Y Member: \$19

General Public: \$38

### PREMIUM CONSULT

Are you looking to improve the way you move, maximize your workouts, and stay injury free? Our experienced trainers will work with you to identify your goals and will provide you with a structured program that is designed specifically for you. You will be assessed through a detailed movement screen to identify movement imbalances that may contribute to aches, pains, and decreased performance. Sign up today to get moving and feeling your absolute best. Two 30-minute sessions.

Y Member: \$68

General Public: \$136

# HEALTH & WELLNESS-PERSONAL TRAINING

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

## PERSONAL TRAINING PACKAGES (Y MEMBERS ONLY – AGES 10 YEARS & UP)

Find out what you are capable of! Team up with a certified personal trainer to receive a fitness plan that is tailored just for you. We have the knowledge and expertise to create innovative and engaging programs for athletes, recreational exercisers, teens, rehabilitation referrals, special populations and active older adults. The constant motivation, support, and encouragement will provide a fun, uplifting experience, and get you on the right track toward accomplishing your goals. Sessions are 60 minutes each and may be scheduled any time based on Trainers availability. Unused sessions expire within six months.

## PERSONAL TRAINING 2-Person PACKAGES (1-2 TRAINING)

### Y MEMBERS ONLY – AGES 10 & UP

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

## SMALL GROUP TRAINING (3-6 People)

### Y MEMBERS ONLY – AGES 10 & UP

You can train together with your friends or family members to make an impact on your health and fitness. You create the group, save money and have fun with others while getting fit. \*Each appointment made for the group counts as a session for all group members, even if a group member doesn't attend.

Class Name	1 Session	3 Sessions	5 Sessions	10 Sessions	15 Sessions
Personal Training Individual	\$50	\$140	\$220	\$360	\$480
2-Person Training	\$29/person	\$89/person	\$120/person	\$212/person	\$300/person
Group Training 3+people	\$23/person	\$62/person	\$98/person	\$117/person	\$209/person

Ask About Our Additional Training Programs:

Virtual Personal Training, Aquatics Personal Training, Speed/Agility Training, and Performance Training.

By appointment only. Please contact Andy Molski to schedule: [amolski@spymca.org](mailto:amolski@spymca.org)

24-Hour Cancellation Policy.

# HEALTH & WELLNESS-PERSONAL TRAINING

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

## PILATES PERSONAL TRAINING

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

Class Name	1 Session	5 Sessions	10 Sessions
Pilates Personal Training	\$46	\$175	\$320
Pilates 2-Person Training	\$29/person	\$109/person	\$183/person
General Public-Individual	\$72	\$280	\$490

Pilates Packages purchased at Front Desk and appointments will be set up after purchase.  
24-Hour Cancellation Policy.

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

### PILATES REFORMER INTERMEDIATE

#### SUMMER 1 & 2

Class Name	Dates	Days	Time	Location	Class max	Y Member   General Public
Pilates Reformer Intermediate	FALL 1 SESSION: Sept 8 – Oct 26 FALL 2 SESSION: Oct 27 – Dec 21 (no class Nov 25)	M	5:00 PM-6:00 PM	Core Room	5	\$70   \$88
Pilates Reformer Intermediate	FALL 1 SESSION: Sept 8 – Oct 26 FALL 2 SESSION: Oct 27 – Dec 21 (no class Nov 26)	T	9:45AM-10:45 AM	Core Room	5	\$70   \$88



# HEALTH & WELLNESS-GROUP TRAINING

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

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

### TRX

A form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance-training tool that leverages gravity and the user's body weight to complete the exercises. Limited to 8 participants.

Location: Core Room

Class day and time: Wednesdays 5:15 PM-6:00 PM

FALL SESSION 1: Sept 8-Oct 26 (7 weeks)

FALL SESSION 2: Oct 27-Dec 21 (7 weeks)

Y Members \$26 General Public \$52

Scan to meet  
our certified  
Personal  
Trainers!



# HEALTH & WELLNESS- INTERVENTION PROGRAMS

CLASSES SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

## DIABETES MANAGEMENT PROGRAM (AGES 18 YEARS & UP)

This is an evidence-based, 12-week exercise program specifically designed to help you manage type 2 diabetes. The program will consist of a group training with a trainer, and independent work. The program consists of a combination of aerobic exercises, resistance and flexibility exercises and strength training. This combination and dose of exercises has been shown to be a highly effective way to improve overall health, increase insulin sensitivity, and decrease long-term effects of diabetes among participants.

Location: Wellness Center

Cost: Free

For more information about the Diabetes Management program, contact Andy Molski [amolski@spymca.org](mailto:amolski@spymca.org)

## MS/PARKINSONS WATER EXERCISE PROGRAM (AGES 18 YEARS & UP)

This free water exercise-based program is designed for people with mobility issues related to MS, Parkinsons, or other reasons. The class will meet once a week on Mondays 1:00p-1:45pm in the pool for gentle exercise to help with mobility.

Location: Adventure Pool

Cost: Free (This program is funded by United Way of Portage County)

For more information, contact Amy Fox [afox@spymca.org](mailto:afox@spymca.org).

## LIVESTRONG ® AT THE YMCA (AGES 18 YEARS & UP)

This free 12-week exercise-based program is designed for cancer survivors who have become de-conditioned and fatigued from their treatment and/or disease. The Y will empower you to improve your energy level and self-esteem, build muscle mass and strength, increase flexibility and endurance, and improve your ability to do everyday tasks.

Location: Wellness Center

Cost: Free (This program is funded by United Way of Portage County)

For more information, please contact Amy Fox [afox@spymca.org](mailto:afox@spymca.org).

## SOLE TO SOUL EXERCISE PROGRAM (AGES 18 YEARS & UP)

The YMCA Sole to Soul Program was designed to create an opportunity for individuals struggling with stress, depression, and anxiety to find support and hope through health, wellness, and exercise. The program provides YMCA Wellness Coaches to assist with creating a personalized plan that is designed to alleviate the symptoms of depression, stress and anxiety through exercise.

Cost: Free (This program is funded by United Way of Portage County)

Referral is required from medical provider.

For more information, please contact Andy Molski [amolski@spymca.org](mailto:amolski@spymca.org)

# HEALTH & WELLNESS- INTERVENTION PROGRAMS

CLASSES SUBJECT  
TO CHANGES DUE  
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AVAILABILITY

## MOVEMENT & MUSIC PARKINSON'S CLASS

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

Location: Group Exercise Studio

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

To register email [Jilc@wiparkinson.org](mailto:Jilc@wiparkinson.org) or reach out to Amy Fox [afox@spymca.org](mailto:afox@spymca.org) for more information.

## CORPORATE WELLNESS PROGRAM

Happier and healthier workers are an asset to any business! Here at the Y, we support youth development, healthy living, and social responsibility. Join with us to ensure you and your company have a healthy and engaged workforce, by supporting the health and wellbeing of your employees. The Y has the expertise to help you develop a stronger, more vibrant and productive workforce, by offering your employees discounted memberships, on-site fitness assessments, worksite wellness presentations, wellness challenges, group fitness classes, stress management and much more. This partnership sets up a streamlined process to ensure access to any participating YMCA.

For more information, please contact Member Services at 715.342.2980

## TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE YMCA Partnership with Advanced Physical Therapy Associates

**\*\*Referral Based Only\*\***

After completing therapy, individuals may benefit from an independent exercise program in the supportive environment of the Stevens Point Area YMCA. A certified personal trainer will contact you to set up an initial consult and training/rehab plan after consultation with your clinician. The training/rehab plan will then be carried out by a Wellness Center staff coach. Appointments must be scheduled for the same time each week. You will be granted access to the Stevens Point Area YMCA for 4 weeks.

Y Members: \$60 (Financial Assistance Available)

General Public: \$160

Please have your clinician contact Andy Molski, P 715.952.9379 E [amolski@spymca.org](mailto:amolski@spymca.org)



# HEALTH & WELLNESS- WELLNESS

## CENTER SERVICES

CLASSES SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

### WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 16 YEARS & UP)

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

Location: Wellness Center

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

Y Members: Free

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

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

Location: Wellness Center

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

Y Members: Free

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

### MAKE YOUR MEMBERSHIP COUNT (MYMC)

Schedule a meeting with a member of our team to learn about ALL of the benefits associated with your membership, along with making connections to other organizations that also support your wellness journey. By appointment only, call or email Amy Fox 715-952-9303 [afox@spymca.org](mailto:afox@spymca.org)

Y Members: Free

# MARTIAL ARTS

**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**



## **TAE KWON DO (AGES 7 AND UP)**

Olympic style Tae Kwon Do/Karate teaches kicks, blocks, punches, forms, sparring and discipline. Advanced students will learn self-defense techniques. World Tae Kwon Do Federation Certified belt level testing is an ongoing part of the program. Uniform required and can be ordered at first class. Kids must be 7 years old by the start of the session to enroll.

**FALL SESSION 1: Sept 17–Oct 24**

**FALL SESSION 2: Nov 5–Dec 19 (no class Nov 26 & 28)**

**DAYS: Tuesdays and Thursdays**

**TIME: 6:45 PM–7:45 PM**

**Location: All Purpose Room**

**Y Members: \$44 (6 weeks, 12 classes)**

**General Public: \$88 (6 weeks, 12 classes)**

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

## **TAI CHI (AGES 13 AND UP)**

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

**FALL 1 SESSION: Sept 8 – Oct 26**

**FALL 2 SESSION: Oct 27 – Dec 21 (no class Nov 25)**

**DAYS: Mondays**

**TIME: 6:15 PM–7:45 PM**

**Location: All Purpose Room**

**Y Members: \$34 (7 weeks)**

**General Public: \$68 (7weeks)**

# ACTIVE OLDER ADULTS



**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**

Active Older Adults (AOA) in the YMCA experience a strong sense of belongingness and a network of friends who provide supportive communities for sustained health and well-being. Through on-going, fun, safe, and engaging programs, activities, and events, AOA participants increase their self-confidence and sense of achievement while building relationships and decrease a sense of isolation, and improve their well-being.

Contact Kristy Bridenhagen 715-952-9365 or [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org) to be added to our contact list to receive information on upcoming and new events!!

## AOA (ACTIVE OLDER ADULTS) LUNCH AND LEARNS

The Active Older Adults Luncheon group meets the fourth Tuesday of each month (unless there is a holiday, schedule conflict, etc.) at 12:30pm. Each month a theme is announced and either a potluck at the Y or a local restaurant is chosen for this fun social time. (Everyone pays for their own meal). Register at Member Services.

## AOA SOCIAL GROUPS

### Day Trips & More!

If you are an Active Older Adult who enjoys going on Adventures, this program is for you! Our day trips are planned throughout the year for fun and building friendships. Every trip is sure to be a memorable experience for all. Come, be active, stay well and have fun. For more information on our AOA programs and other activities, contact Kristy Bridenhagen, at 715.952.9365 or email [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org) to be added to our growing list of AOA participants.

## OUR COMMUNITY MEMORY CAFÉ

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

To Register: Contact the Aging and Disability Resource Center (ADRC) – 715.343.1401

LOCATION: The Aging Disability and Resource Center at the Lincoln Center, (ADRC).

1519 Water Street, Stevens Point, WI 54481

DATE: 2nd Wednesday of the Month

TIME: 10:00 AM–11:00 AM

FEE: Y Member & General Public: Free



# PARENT-CHILD CLASSES & PRESCHOOL SWIM

## LESSONS

**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**

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

- All lessons will meet once per week. See class listings below for prices.
- If your first choice is not available, please ask Membership Services to add you to the waitlist.

## PARENT-CHILD CLASSES: AGES 6 MONTHS-3 YEARS

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

Infants and toddlers are introduced to the aquatic environment. A parent will accompany their child into the water for each lesson. This class focuses on strengthening the parent and child relationship while teaching the fundamentals of motion in water and water safety. Class Max: 12

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Parent and Child Stage A/B	ADV POOL	6 months-3 years	M	9:30 AM	10:00 AM	\$16   \$73
Parent and Child Stage A/B	ADV POOL	6 months-3 years	M	6:00 PM	6:30 PM	\$16   \$73
Parent and Child Stage A/B	ADV POOL	6 months-3 years	T	5:15 PM	5:45 PM	\$16   \$73
Parent and Child Stage A/B	ADV POOL	6 months-3 years	W	4:30 PM	5:00 PM	\$16   \$73
Parent and Child Stage A/B	ADV POOL	6 months-3 years	TH	5:15 PM	5:45 PM	\$16   \$73

## PRESCHOOL SWIM LESSONS: AGES 3-5 YEARS

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

### PRESCHOOL STAGE 1: WATER ACCLIMATION

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

### PRESCHOOL STAGE 2: WATER MOVEMENT

The beginner swimmer continues to adjust to chest-deep water while swimming 10 yards independently. Swimmers continue progress on forward movement, floating, kicking, & blowing bubbles independently. This level also incorporates basic self-rescue model of "jump, swim, turn, swim, grab."

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 Years	M	4:30 PM	5:05 PM	\$49   \$73
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	T	4:30 PM	5:05 PM	\$49   \$73
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	T	9:30 AM	10:05 AM	\$49   \$73
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	W	5:15 PM	5:50 PM	\$49   \$73
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	W	4:30 PM	5:05 PM	\$49   \$73
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	TH	6:00 PM	6:35 PM	\$49   \$73

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	M	5:15 PM	5:50 PM	\$49   \$73
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	M	4:30 PM	5:05 PM	\$49   \$73
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	T	5:15 PM	5:50 PM	\$49   \$73
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	T	6:00 PM	6:35 PM	\$49   \$73
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	W	6:00 PM	6:36 PM	\$49   \$73
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	TH	5:15 PM	5:50 PM	\$49   \$73

# PRESCHOOL SWIM LESSONS & PRIVATE LESSONS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

**FALL 1 SESSION: September 8 – October 26, 2024**  
**FALL 2 SESSION: October 27 – December 21, 2024**  
**Member Registration: August 5**  
**General Public: August 19**

•All lessons will meet once per week. See class listings below for prices.  
 •If your first choice is not available, please ask Membership services to add you to the waitlist.

## PRESCHOOL STAGE 3: WATER STAMINA

Swimmers strive to improve their existing stroke skills with exposure to treading water, rhythmic breathing, and underwater swimming. Additionally, the basic self-rescue model of “jump, swim, turn, swim, grab” is performed at longer distances than in previous stages.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Preschool Stage 3–Water Stamina	ADV POOL	3-5 years	M	10:05 AM	10:40 AM	\$49   \$73
Preschool Stage 3–Water Stamina	ADV POOL	3-5 years	M	6:00 PM	6:35 PM	\$49   \$73
Preschool Stage 3–Water Stamina	ADV POOL	3-5 years	T	6:00 PM	6:35 PM	\$49   \$73
Preschool Stage 3–Water Stamina	ADV POOL	3-5 years	W	6:00 PM	6:35 PM	\$49   \$73
Preschool Stage 3–Water Stamina	ADV POOL	3-5 years	TH	4:30 PM	5:05 PM	\$49   \$73
Preschool Stage 3–Water Stamina	ADV POOL	3-5 years	TH	6:00 PM	6:35 PM	\$49   \$73

## PRIVATE SWIM LESSONS

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

Staff Contact: Kaitlyn Kort, [kkort@spymca.org](mailto:kkort@spymca.org)

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

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

Semi-Private lessons are also available:  
 30 Minutes  
 Cost is split between 2 participants  
**MUST** be close in swimming skills.

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

To register, please fill out a private swim lesson request form. Forms are available on our website.

An aquatic staff member will contact you to arrange times that fit your schedule.

Payment must be received before the first scheduled lesson. Participants must bring their receipts to each lesson as proof of payment. Please be aware that it may take several weeks to find an instructor, and even longer if you have limited availability.



# LEARN TO SWIM | YOUTH

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**

• All lessons will meet once per week. See class listings below for prices.

• If your first choice is not available, please ask Membership services to add you to the waitlist.

## YOUTH SWIM LESSONS: AGES 6-13 YEARS

Your child will learn personal safety, stroke development, and rescue skills. Lessons are once a week for 35 minutes. Class Max: 6.

### YOUTH STAGE 1: WATER ACCLIMATION

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

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	T	4:30 PM	5:05 PM	\$49   \$73
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	W	6:00 PM	6:35 PM	\$49   \$73
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	W	5:15 PM	5:50 PM	\$49   \$73
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	TH	4:30 PM	5:05 PM	\$49   \$73

### YOUTH STAGE 2: WATER MOVEMENT

Swimmers continue to build on their floating, kicking, and gliding skills without assistance. This level also incorporates the basic self-rescue model of "jump, push, turn, grab" in deep water as well as introducing treading water. Those that just passed out of youth stage 1 should enroll in Water Movement.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	M	4:30 PM	5:05 PM	\$49   \$73
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	M	6:00 PM	6:35 PM	\$49   \$73
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	T	6:00 PM	6:35 PM	\$49   \$73
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	W	6:45 PM	7:20 PM	\$49   \$73
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	TH	5:15 PM	5:50 PM	\$49   \$73

### YOUTH STAGE 3: WATER STAMINA

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

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	M	5:15 PM	5:50 PM	\$49   \$73
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	T	5:15 PM	5:50 PM	\$49   \$73
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	T	6:45 PM	7:20 PM	\$49   \$73
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TH	4:30 PM	5:05 PM	\$49   \$73
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TH	6:00 PM	6:35 PM	\$49   \$73
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TH	6:45 PM	7:20 PM	\$49   \$73



# LEARN TO SWIM | YOUTH

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**

•All lessons will meet once per week. See class listings below for prices.

•If your first choice is not available, please ask Membership services to add you to the waitlist.

## YOUTH STAGE 4: STROKE INTRODUCTION

Swimmers strive to improve their existing stroke skills of front and back crawl in addition to learning dolphin and breaststroke kick. This level reinforces water safety through treading water. Additionally, the basic self-rescue model of “jump, swim, turn, swim, grab” is performed at longer distances than previous stages.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	M	5:15 PM	5:50 PM	\$49   \$73
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	M	6:45 PM	7:20 PM	\$49   \$73
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	T	4:30 PM	5:05 PM	\$49   \$73
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	W	4:30 PM	5:05 PM	\$49   \$73
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	TH	6:45 PM	7:20 PM	\$49   \$73

## YOUTH STAGE 5: STROKE DEVELOPMENT

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

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Youth Stage 5 - Stroke Development	ADV POOL	6-13 years	M	6:45 PM	7:20 PM	\$49   \$73
Youth Stage 5 - Stroke Development	ADV POOL	6-13 years	T	6:45 PM	7:20 PM	\$49   \$73
Youth Stage 5 - Stroke Development	ADV POOL	6-13 years	W	5:15 PM	5:50 PM	\$49   \$73

## YOUTH STAGE 6: STROKE MECHANICS

Refines stroke technique on all major strokes and encourages swimming as part of a healthy lifestyle.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Youth Stage 6 - Stroke Mechanics	ADV POOL	6-13 years	W	6:45 PM	7:20 PM	\$49   \$73

# DOLPHINS SWIM TEAM



Fall /Winter Season: September 16 – March 14

**The Stevens Point Area YMCA welcomes swimmers of all ages and ability levels!**

**Our focus is to coach each individual at his or her level with the goal of improving both competitive and lifelong swimming skills.**

Swimmers new to SPDY should take advantage of a two week trial. Sign up for a trial period at anytime!

**STAFF CONTACT:** Coach Eric Demrow at [edemrow@spymca.org](mailto:edemrow@spymca.org) or (715) 952-9350. [www.spdyswimming.org](http://www.spdyswimming.org)

## Description

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

## Practices

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

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

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

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



# AQUATIC EVENTS



## SENSORY FRIENDLY SWIM

Sensory friendly swim is an open swim time for those with adaptive abilities and their families. There will be limited noise, and the pool will be closed to open and lap swim. Please register in advance.

**\*Pool rules still apply, children under the age of 7 MUST have a parent/Guardian in the pool with them\***

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Sensory Friendly Swim	ADV POOL	0- 12 Years	SUN	8:00 AM	9:00 AM	FREE

## SWIM INTO STORIES

Come listen to amazing story time by the Portage County Public Library, followed by family swim time. Slide and Mushroom will be on!

**\*Pool rules apply! \***

Children 6 and under **MUST** have an adult in the pool with them.

Children 7-13 have to have a parent on the pool deck

Lifejackets available for use

**Class Max: 310**

**Y Member: FREE**

**General Public: FREE**

Class Name	Date	Location	Age	Day	Start	End	Y Member   General Public
Swim into Stories	TBD	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE
Swim into Stories	TBD	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE
Swim into Stories	TBD	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE
Swim into Stories	TBD	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE



# ARTS & ENGAGEMENT

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

**FALL 1 SESSION: September 8 – October 26, 2024**  
**FALL 2 SESSION: October 27 – December 21, 2024**  
**Member Registration: August 5**  
**General Public: August 19**

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

## TODDLER TIME

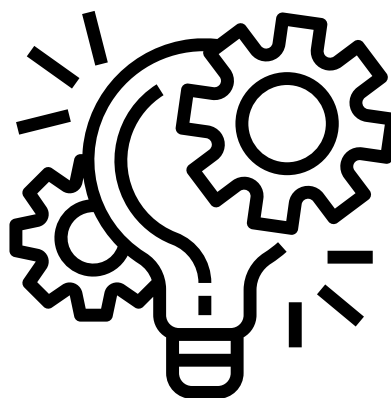
Bring your toddler to open gym, with developmental activities and free play time! Parents please stay in the All Purpose Room with your child during play time.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Toddler Time	APR	0-3 Years	SUN	9:00 AM	10:00 AM	FREE

## KIDS NIGHT

Join us for Kids Night! Read, experiment and create! Each night will have a different theme that activities will be centered on.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Kids Night - Space	Conf Room	8-10 Years	Thursday Sept 26	5:00 PM	6:30 PM	\$5   \$8
Kids Night - Slime	Conf Room	8-10 Years	Thursday Oct 17	5:00 PM	6:30 PM	\$5   \$8
Kids Night - Sports	Conf Room	8-10 Years	Thursday Nov 14	5:00 PM	6:30 PM	\$5   \$8



# YOUTH SPORTS

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**

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

## SPORTSTERS SPORTS

This coed program introduces youth to a variety of sporting opportunities including t-ball, soccer, basketball, and other group games. This program will primarily run outdoors. Certain weeks will be indoors or if there is inclement weather. Parents/Guardians are encouraged to participate!

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Mini Sportsters	Outside/North Gym	3-5 Years	M	9:00 AM	9:40 AM	\$10   \$40
Mighty Sportsters	Outside/North Gym	6-8 Years	M	9:00 AM	9:40 AM	\$10   \$40
Mini Sportsters	Outside/North Gym	3-5 Years	M	4:00 PM	4:40 PM	\$10   \$40
Mighty Sportsters	Outside/North Gym	6-8 Years	M	4:00 PM	4:40 PM	\$10   \$40

## MIGHTY PICKLERS PICKLEBALL

Mighty Picklers includes instruction on basic pickleball skills and techniques. Through learning the fundamentals of pickleball such as serving and returning, Mighty Picklers will provide opportunities to build motor skills and coordination. Group activities will follow skills and instruction and include gameplay!

Class Max: 8

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Mighty Picklers	North Gym	6-8 Years	T	4:00 PM	4:40 PM	\$10   \$40
Mighty Picklers	North Gym	9-12 Years	T	5:00 PM	5:40 PM	\$10   \$40



# YOUTH SPORTS

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY



**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**

## LITTLE DRIBBLERS BASKETBALL

Little Dribblers includes instruction on basic basketball skills and techniques. Through learning the fundamentals of basketball such as dribbling, passing and shooting, Little Dribblers will provide opportunities to build motor skills and coordination. Group activities will follow skills and instruction. Parents/Adults are more than welcome to jump in and play!

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Little Dribblers	North Gym	3-5 Years	W	4:00 PM	4:40 PM	\$10   \$40
Little Dribblers	North Gym	6-8 Years	W	5:00 PM	5:40 PM	\$10   \$40

## LITTLE STRIKERS SOCCER

Kick Start Soccer allows children to learn soccer basics. Instruction will include skills and techniques, through group games and fun drills. Your child will learn fundamentals of soccer such as dribbling, passing, and shooting, as well as providing opportunities to build motor skills and coordination. Parents/Adults are more than welcome to jump in and play!

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Little Strikers	Soccer Field	3-5 Years	TH	4:00 PM	4:40 PM	\$10   \$40
Little Strikers	Soccer Field	6-8 Years	TH	5:00 PM	5:40 PM	\$10   \$40

## MIGHTY SPIKERS VOLLEYBALL

Mighty Spikers includes instruction on basic volleyball skills and techniques. Through learning the fundamentals of volleyball such as serving, setting, bumping, and returning, Mighty Spikers will provide opportunities to build motor skills and coordination. Group activities will follow skills and instruction and include gameplay!

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Mighty Spikers	North Gym	6-8 Years	F	4:00 PM	4:40 PM	\$10   \$40
Mighty Spikers	North Gym	9-12 Years	F	5:00 PM	5:40 PM	\$10   \$40



# YOUTH SPORTS CLASSES

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**

## SELF DEFENSE CLASS

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

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Self Defense	Mind Body Room	6-14 Years	TH	4:00 PM	4:40 PM	\$10   \$40

## DANCE CLASSES

Learn dance styles such as hip-hop, ballet, and jazz in this 7-week program! Instruction will include various techniques, dance vocabulary and routines; it will improve the participants balance, fine motor skills and group communication in a nurturing environment. On the final day the participants will be able to perform a short routine!

Class Max: 20

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Mini Dancers	Mind Body Room	3-5 Years	F	9:00 AM	9:30 AM	\$10   \$40
Mighty Dancers	Mind Body Room	6-8 Years	F	4:00 PM	4:40 PM	\$10   \$40

## BALLROOM DANCE (BEGINNER)

Learn the basic figures and etiquette of the Rumba and the Cha Cha, that will help you feel more confident at any social dance event.

No prior experience necessary, all levels welcome; singles welcome.

Running session 1 only (September 8th - October 26th)

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Ballroom Dance	Group Exercise Studio	14 & up	F	6:00 PM	7:00 PM	\$42   \$84

# YOUTH SPORTS LEAGUES

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

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**FALL 2 SESSION: October 27 – December 21, 2024**

**Member Registration: August 5**

**General Public: August 19**

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

## FLAG FOOTBALL LEAGUE

This co-ed program emphasizes the basic skill development of Flag Football. This league will allow each participant the opportunity to learn fundamental skills while playing games against opposing teams. Week 1-3 is skill instruction/practice, followed by 5 weeks of games in a fun and supportive environment.

- We will move outside if weather permits, emails will be sent morning of if warm enough.
- YMCA jerseys are mandatory for all youth sports leagues and can be purchased (and reused) for \$15 each at the Member Services Desk.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
FF League	Football Field	5-7 Years	SA	9:00 AM	9:45 AM	\$10   \$40
FF League	Football Field	8-9 Years	SA	10:00 AM	11:00 AM	\$10   \$40
FF League	Football Field	10-12 Years	SA	11:15 AM	12:15 PM	\$10   \$40



# ADULT SPORTS

LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

FALL 1 SESSION: September 8 – October 26, 2024

FALL 2 SESSION: October 27 – December 21, 2024

Member Registration: August 5

General Public: August 19

## BASKETBALL TOURNAMENT

This is a one-day, regular bracket style tournament. Grab 2 of your friends and suit up for a chance to win the first Stevens Point Area YMCA 3V3 tournament. Price of admission will include a T-shirt for each of your players. Colors will be first come first serve. Games of 2s and 3s to 21, winner advances to the next round and losers enter the loser's bracket.

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Adult Basketball Tournament	Gym	16+	Oct 12th	9:00 AM	12:00 PM	\$25   \$35

## PARK AFTER DARK

This is a show up and play program. Come join us in running organized 5v5s basketball on every Tuesday and Thursday night from 7-8p. Shoot for teams, winners stay, call your own fouls, first to 11 win by 2!

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Park After Dark	Gym	16+	T   TH	7:00 PM	8:00 PM	FREE   Day Pass



LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

# PRESCHOOL GYMNASTICS

FALL 1 SESSION: September 8 – October 26, 2024

FALL 2 SESSION: October 27 – December 21, 2024

Member Registration: August 5

General Public: August 19

An informational welcome letter will be emailed to you the Friday before the start of the session

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

This class is primarily for child/adult bonding and fun! Instructor led activities include circle time, stretching, structured play and free play. Children will explore various types of body movement—tumbling, jumping, climbing, and swinging— through structured play. Any child in attendance must be registered for the class.

Class Max: 14

Class Name	Day	Class Times	Location	Y Member   General Public
Adult Tot	T	9:30 AM - 10:10 AM	Gymnastics Center	\$16   \$90
Adult Tot	W	9:30AM - 10:10 AM	Gymnastics Center	\$16   \$90
Adult Tot	SA	9:30 AM - 10:10 AM	Gymnastics Center	\$16   \$90



# PRESCHOOL GYMNASTICS

## TINY TWISTERS (AGES 3-4 YEARS)

Tiny Twisters is for the child who is ready to explore the Gymnastics Center on their own, with their peers and a coach for the first time. This class introduces children to the dynamic sport of gymnastics in a positive and fun setting. Children will strengthen gross motor movements as well as improve balance, flexibility and body control.

Class Max: 10

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

Class Name	Day	Class Times	Location	Y Member   General Public
Tiny Twisters	T	10:30 AM - 11:10 AM	Gymnastics Center	\$48   \$96
Tiny Twisters	SA	10:30 AM - 11:10 AM	Gymnastics Center	\$48   \$96

## MIGHTY MOVERS (AGES 3 ½ - 5 YEARS)

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

Class Max: 10

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

Class Name	Day	Class Times	Location	Y Member   General Public
Mighty Movers	W	10:30 AM - 11:10 AM	Gymnastics Center	\$48   \$96
Mighty Movers	TH	5:20 PM - 6:00 PM	Gymnastics Center	\$48   \$96





# PROGRESSIVE GYMNASTICS

At the Y, our gymnastic coaches care about the safety and well-being of your child. Gymnasts are evaluated throughout each session to ensure correct class placement. All gymnasts progress at different rates. Some may move through levels quickly, while others may spend a year or more in each level.

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

## BEGINNERS AGES 5+

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

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

TUES/SAT Class Max: 12

THURS Class Max: 8

Class Name	Day	Class Times	Location	Y Member   General Public
Beginners	T	4:15 PM - 5:00 PM	Gymnastics Center	\$45   \$90
Beginners	TH	4:15 PM - 5:00 PM	Gymnastics Center	\$45   \$90
Beginners	SA	11:15AM - 12:00PM	Gymnastics Center	\$45   \$90

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

This is the second class in our progressive series for your young gymnast. The focus is on flexibility and a higher level of skill on all equipment.

THURS Class Max: 8

SAT Class Max: 12

Class Name	Day	Class Times	Location	Y Member   General Public
Intermediates	TH	4:15 PM- 5:00 PM	Gymnastics Center	\$45   \$90
Intermediates	SA	12:00PM - 12:45PM	Gymnastics Center	\$45   \$90



LESSONS SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY



# PROGRESSIVE GYMNASTICS

At the Y, our gymnastic coaches care about safety and well-being of your child. Gymnasts are evaluated throughout each session to ensure correct class placement. All gymnasts progress at different rates. Some may move through levels quite quickly while others may spend a year or more in each level.

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

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

This is the third class in our progressive series and created for the gymnast who is focused, completed Beginner and Intermediate classes, and has excelled in the sport. A skill-oriented class where the gymnast has attempted to master their fundamental skills and is ready to be challenged at a higher level.

Class Max: 15

Class Name	Day	Class Times	Location	Y Member   General Public
Advanced	T	5:00 PM - 6:00 PM	Gymnastics Center	\$47   \$94



# TEAM LEVEL GYMNASTICS

**September 9, 2024– August 22, 2025**

## PRE-TEAM (COACHES CONSENT ONLY)

Pre-team is designed to prepare gymnasts for advanced skills and routines for competition, and a stepping-stone to join our competitive team. This is a continuous program for advance level gymnasts who wish to participate on our competitive gymnastics team. Participants will practice and condition 2x per week in a safe and controlled environment. September 9, 2024– August 22, 2025

Level	Location	Age	Day	Start	End	Y Member
Pre- Team	Gymnastics Center	5 years & up	M/W	4:15 PM	5:45 PM	\$80/month

## GIRLS' TEAM LEVEL 1 – 10 & Xcel (2024-2025 SEASON - WITH COACH CONSENT ONLY)

The Gymnastics Competitive Team is comprised of levels 1– 10 and Xcel Levels. Team members work on skills, conditioning & dance for USAG Compulsory & Optional Routines. Our team offers gymnasts opportunities to excel in a safe, enthusiastic, and motivating environment. Our team gymnasts have established a reputation of being honest and responsible whether they are competing out of town or in their own gym. Acceptance to team is by invitation only. You must be a current Y member to participate. September 9, 2024– August 22, 2025

Level	Location	Age	Day	Start	End	Y Member
Level 1	Gymnastics Center	5 years & up	M/W	4:15 PM	5:45 PM	\$83/Month
Level 2	Gymnastics Center	5 years & up	M/W	4:15 PM	6:15 PM	\$86/Month
Level 3	Gymnastics Center	6 years & up	M/W	5:45 PM	7:45 PM	\$86/Month
Level 4	Gymnastics Center	7 years & up	T/TH	6:00 PM	8:00 PM	\$86/Month
Level 5	Gymnastics Center	7 years & up	T/TH	6:00 PM	8:00 PM	\$86/Month
Level 6/7/8	Gymnastics Center	10 years & up	T/TH	6:00 PM	9:00 PM	\$94/Month
Xcel (All Levels)	Gymnastics Center	10 years & up	M/W	6:15 PM	8:15 PM	\$86/Month
Level 1 & 2 Open Gym	Gymnastics Center	5 Years & Up	F SA	5:30 PM 1:00 PM	6:30 PM 2:00 PM	Included with Season Practices
Level 3–8/Xcel Open Gym	Gymnastics Center	6 years & up	F SA	5:30 PM 1:00 PM	7:30 PM 3:00 PM	Included with Season Practices

# ADAPTED RECREATION



**FALL 1 SESSION: September 8 – October 26, 2024**

**FALL 2 SESSION: October 27 – December 21, 2024**

**Member registration: August 5**

**General Public: August 19**

## REGISTRATION CONFIRMATIONS FOR ALL GROUP/SOCIAL EVENTS

- You must be registered for the group/social events
- Once you email or call, you will receive a confirmation email or phone call from Kristy with all the meeting/event information for that specific meeting/event.
- Your confirmation email will include all of the information needed for in-person or virtual events
- To be added to our email list please send your information to [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)

## ADAPTED GROUPS

### “TIL” WE MEET AGAIN (TRANSITIONING TO INDEPENDENT LIFESTYLES) – In Person & Virtual

TIL – designed for the adult with intellectual disabilities to become more comfortable within their community. We meet every Thursday, in-person or virtually, for 60 minutes and participants will plan their upcoming weekly events with each other. We will enjoy each other’s company all while playing games, telling stories and anything that the group would like to participate in and most importantly giving all of us a wonderful peer group to socialize with! We will meet virtually and also meet in-person at places in our community. Register in advance to receive the virtual meeting passcode and details on upcoming events and socials.

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

**TIME:** 9:30 AM-10:30 AM

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

### FALL DANCE – COME JOIN US!

Come join all of your friends for a great night of music, socializing and fun! There will be dancing, games and even a chance to win some prizes! Concessions will be available for purchase.

To register or to receive additional information:

Please Contact Kristy Bridenhagen at:

715-952-9365 or email [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)

**DATE:** TBD

**TIME:** 6:00 PM-8:30 PM in the Y main gym.

**FEE:** Y Member & General Public: \$6.00 – Caregivers FREE

### ANNUAL HOLIDAY DANCE – MORE INFORMATION TO COME!



# ADAPTED SPORTS

LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



**FALL 1 SESSION: September 8 – October 26, 2024**  
**FALL 2 SESSION: October 27 – December 21, 2024**  
**Member registration: August 5**  
**General Public: August 19**

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

## ADAPTED SPORTS & SPECIAL OLYMPICS

### ADAPTED RECREATION BOWLING

Bowling is a favorite sport among the Adapted athletes. We welcome all athletes with intellectual disabilities and skill levels. This is a very beneficial sport as the athlete will receive physical exercise, social interaction, and themed days for those who choose to participate. In addition, it is great fun! All participants will bowl two complete games each day! When your games are complete, you can stay and cheer on your friends!

Session runs September 17– December 14, 2024

Athletes with a current Special Olympic Medal on file have the opportunity to compete in the Special Olympic league and have the chance to qualify for Regional & State Special Olympic Tournaments.

Special Olympics League runs October 13–November 17, 2024, Regionals–October 26, 2024 and State Special Olympics Tournament December 7–8, 2024 at Dale’s Weston Lanes.

Please be aware of tournament dates and plan accordingly if you plan to participant in the tournaments.

**NO BOWLING THANKSGIVING WEEK, NOVEMBER 25–29, 2024**

Payment of \$5.00 per day, payable directly to 5 Star Lanes.

**MAX: 70**

Class Name	Location	Age	Day	Start	End	Y Member   General Public
Adapted Bowling	5 Star Lanes	10 years & older	T/TH	4:00 PM	5:15 PM	\$31   \$42

### STAFF CONTACT

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



# CHILD CARE CENTER

## YMCA CHILD CARE CENTER STATE LICENSED • AGES 6 WEEKS-6 YEARS

Call for availability. Financial assistance is available through Wisconsin Shares and through our Annual Campaign. Please call our Child Development Office at 715.342.2999 for more information, parent handbook, and fees.

There will be NO AFTERNOON Care offered the 2nd Friday of every month due to staff in service and trainings days.

**CHILD CARE CENTER HOURS:**  
Monday-Friday - 6:30 AM - 5:30 PM



## YMCA PRESCHOOL STATE LICENSED • AGES 2.5-4 YEARS

Call for availability. Financial assistance is available through our Annual Campaign. Please call our Child Development Office at 715.342.2999 for more information, parent handbook, and fees. Must be potty trained.

**PRESCHOOL CENTER HOURS:**  
Monday-Thursday 9:00 AM - 11:15 AM (Last day is June 5th)





**4-YEAR-OLD KINDERGARTEN/2024-2025 SCHOOL YEAR  
STATE LICENSED • AGE 4 (BY SEPTEMBER 1, 2024)**

The Y, in conjunction with the Stevens Point School District, provides two sites for 4-year-old kindergarten. Registration forms must be completed for the school at:  
Bliss Center: 1900 Polk St., Stevens Point, 715.345.5456.

- Children can attend the 4K program if they are four years old on or before September 1.
- Classes run Monday, Tuesday, Wednesday, & Thursday.
- FREE for children in the Stevens Point School District or for children who have open enrolled.
- Ongoing September 2024–June 2025, we follow the Stevens Point School District schedule.

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





# CHILD CARE SCHOOL AGE CARE

## SCHOOL AGE CARE (GRADES K-6)

- Pre-registration is required for all Before and After School programs. Please call the Child Development Office at 715.342.2999 for more information.
- Financial assistance is available.
- If your child’s school is closed due to illness, snow or other reasons, Before and After Care is closed.
- There will be NO PM Care provide when the district cancels after school activities due to weather.
- There will be NO PM Care offered the 2nd Friday of every month due to staff in service and trainings days.

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

## YMCA BEFORE AND AFTER SCHOOL PROGRAM

Before School and After School Care is a high quality, state licensed youth program.  
Program runs from September 9, 2024–June 5, 2025.

Elementary schools participating include: Bannach, Madison, McDill, McKinley, Plover–Whiting, Roosevelt, and Washington. Monday – Friday when school is in session.  
Before School: 6:30 AM–8:25 AM – After School: 3:25 PM–5:30 PM

### SCHEDULE & FEES (PER MONTH)

Sessions/Week	Y Member	General Public
1	\$45	\$62
2	\$75	\$94
3	\$106	\$130
4	\$133	\$162
5	\$158	\$192
6	\$181	\$220
7	\$209	\$253
8	\$229	\$278
9	\$257	\$310
10	\$273	\$332



# **CHILD CARE** **SCHOOL AGE CARE**

## **SNOW DAYS AT THE Y**

**Any and all full-day cancellations due to weather. Snow Days include fun-filled activities, plenty of action, arts & crafts, and more. Pre-registration for our Snow Days Program is required prior to the first snow day. When a snow day takes place the current fee will be drafted on that day to reserve your child’s spot for the next snow day.**

**September 2024–June 2025.**

**Y Member: \$50.00**

**General Public: \$75.00**

## **EARLY LEARNING AT THE Y**

**Early Learning at the Y is a great place to bring your child when they have a day off from school. Early Learning at the Y will be offered on the following days provided below. Payment is due in full at time of registration. Held at the Y.**

**Full Day 6:30 AM – 5:30 PM.**

**Y Member: \$50/day**

**General Public: \$75/day**

<b>September 30</b>	<b>February 24</b>
<b>October 24</b>	<b>March 17</b>
<b>October 25</b>	<b>March 18</b>
<b>October 28</b>	<b>March 19</b>
<b>November 18</b>	<b>March 20</b>
<b>November 26</b>	<b>March 21</b>
<b>January 17</b>	<b>April 18</b>
<b>January 20</b>	<b>April 21</b>
<b>January 27</b>	<b>April 22</b>
<b>February 17</b>	<b>May 16</b>
<b>February 21</b>	<b>May 19</b>

# FALL SAFETY COURSES

## **AMERICAN RED CROSS LIFEGUARD TRAINING: (AGES 15+)**

Lifeguard training courses are blended learning which will require an online component and in-person skills sessions. This course includes lifeguard training, CPR for professional rescuers, AED, and first aid. The total length of this course is designed to be 10 hours online and 20 hours in the classroom. Participants must complete a prerequisite skills test which includes swimming 300 continuous yards, 2 minutes of treading water, and a timed brick retrieval. Course graduates ages 15 and older are encouraged to apply for YMCA employment. Class Max: 10

Y Staff: Free, Y Member: \$230, General Public: \$300

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
9/20-9/22	20- 4:00 PM - 7:30 PM 21- 8:00 AM - 5:00 PM 22- 8:00 AM - 4:30 PM	American Red Cross Lifeguard Certification	Multi-Purpose Room/ Training Pool	9/13/2024
10/11-10/13	11- 4:00 PM - 7:30 PM 12- 8:00 AM - 5:00 PM 13-8:00 AM - 4:30 PM	American Red Cross Lifeguard Certification	Multi-Purpose Room/ Training Pool	10/3/2024
11/1-11/3	1- 4:00 PM - 7:30 PM 2- 8:00 AM - 5:00 PM 3- 8:00 AM - 4:30 PM	American Red Cross Lifeguard Certification	Multi-Purpose Room/ Training Pool	10/25/2024

\*A lunch break will be provided on Saturday and Sunday \*

## **LIFEGUARDING RECERTIFICATION: (AGES 15+)**

Lifeguard re-certification courses are for those who currently hold a valid lifeguard certification or the certification is no more than 30 Days Expired. The total course length for this class is designed to be 9 hours long. Participants must complete the prerequisite skills test which includes swimming 300 continuous yards, 2 minutes of treading and a timed brick retrieval. Successful completion of the review extends the individuals certification for two more years. Class Max: 10

Y Staff: Free, Y Member: \$130, General Public: \$200

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
10/13	8:00 AM - 5:00 PM	American Red Cross Lifeguard Certification	Conference Room/ Training Pool	10/3/2024
12/8	8:00 AM - 5:00 PM	American Red Cross Lifeguard Certification	Conference Room/ Training Pool	11/29/2024

## **OFF SITE TRAINING:**

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



# FALL SAFETY COURSES

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

The American Red Cross First Aid/CPR/AED program provides participants with the knowledge and skills they need to recognize and respond appropriately to cardiac, breathing, and first aid emergencies. Emergencies can happen anytime, anywhere, to anyone. Upon completion of this course participants will receive an American Red Cross Adult and Pediatric First Aid/CPR/AED certification that lasts for two years. Blended learning classes, have an online portion, which must be completed before the start of class. Class Max: 12

Y Staff: Free, Y Member: \$85, General Public: \$120

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
9/11/2024	9:00 AM - 11:30 AM (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Conference Room	9/4/2024
9/25/2024	4:00PM-6:30 PM (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Conference Room	9/18/2024
10/5/2024	9:00 AM - 11:30 AM (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Conference Room	9/28/2024
10/23/2024	9:00 AM-11:30 AM (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Conference Room	10/16/2024
11/16/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Conference Room	11/8/2024
12/11/2024	9:00am-11:30am (Blended Learning)	Adult and Pediatric First Aid/CRP/AED	Conference Room	12/4/2024

## AMERICAN RED CROSS LIFEGUARD INSTRUCTOR

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

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

Class Dates	Course Schedule	Course Name	Course Location	Sign-Up Closed
12/6-12/8	6- 4:00pm-7:30pm 7- 8:00am-5:00pm 8- 8:00am-5:00pm	Lifeguard Instructor	Training Pool/Conference Room	11/29/2024

# CAMP GLACIER HOLLOW



## NO SCHOOL DAYS AT YMCA CAMP GLACIER HOLLOW

YMCA Camp Glacier Hollow will be offering an exciting No School Days program, perfect for when school is out but parents still have to work. Our program is designed to provide a safe, fun, and enriching environment for children to enjoy their day off from school.

Children will engage in a variety of outdoor and indoor activities that promote physical fitness, creativity, and teamwork. Activities include:

- Hiking and nature exploration
- Arts and crafts
- Sports and games
- Campfires
- Environmental education and hands-on learning

### Info:

- Transportation from the Y is available with limited capacity for a higher fee
- Drop off directly at Glacier Hollow is also available
- Lunch will not be provided, please pack a lunch!

### September 30

**TIME:** 8:00 AM – 5:00 PM

**WHO:** Ages 7-14

**YMCA MEMBER:** \$55

**GENERAL PUBLIC:** \$80

**TRANSPORTATION:** Those needing transportation to Camp from the Stevens Point Area YMCA will have another \$5 added to the initial fee. (Max: 20 kids)

### October 25

**TIME:** 8:00 AM – 5:00 PM

**WHO:** Ages 7-14

**YMCA MEMBER:** \$55

**GENERAL PUBLIC:** \$80

**TRANSPORTATION:** Those needing transportation to Camp from the Stevens Point Area YMCA will have another \$5 added to the initial fee. (Max: 20 kids)

### November 18

**TIME:** 8:00 AM – 5:00 PM

**WHO:** Ages 7-14

**YMCA MEMBER:** \$55

**GENERAL PUBLIC:** \$80

**TRANSPORTATION:** Those needing transportation to Camp from the Stevens Point Area YMCA will have another \$5 added to the initial fee. (Max: 20 kids)



# CAMP GLACIER HOLLOW



## CIT/LIT NIGHT

Celebrate the hard work and dedication of our Counselors-in-Training (CITs) and Leaders-in-Training (LITs) with a special evening designed just for them! Our CIT & LIT Night is a unique opportunity for young leaders to bond, relax, and enjoy exclusive activities in recognition of their commitment to camp and leadership development.

**DATE:** Friday, September 20 to Saturday, September 21

**ARRIVAL TIME:** 6:00 PM Friday, September 20

**DEPARTURE TIME:** 9:00 AM Saturday, September 21

**WHO:** All LITs and CITs from the 2024 Camp Season

**YMCA MEMBER:** FREE (Register in Advance)

**GENERAL PUBLIC:** FREE (Register in Advance)

## ALUMNI CLEANUP DAY

**DATE:** Saturday, September 21

**TIME:** 9:00 AM – 3:00 PM

**WHO:** All former Camp Staff Alumni

**YMCA MEMBER:** FREE (Register in Advance)

**GENERAL PUBLIC:** FREE (Register in Advance)

## TEEN NIGHT AT CAMP GLACIER HOLLOW

Experience the excitement of YMCA Camp Glacier Hollow after dark with our Teen Night program! Designed exclusively for teens, this evening promises adventure, fun, and a chance to connect with friends in a safe and welcoming environment. Enjoy night hikes, campfires, movies, and more!

**DATE:** Friday, October 4

**TIME:** 5:00 PM to 9:00 PM

**WHO:** Ages 13–17

**YMCA MEMBER:** \$10

**GENERAL PUBLIC:** \$15

**TRANSPORTATION:** Those needing transportation to Camp from the Stevens Point Area YMCA will have another \$5 added to the initial fee. (Max: 20 kids)



# YOUR YMCA CONTACTS

## STEVENS POINT AREA YMCA

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- Member Service Desk
  - (715) 342-2980 x)0
- Ryan Zietlow, CEO & President
  - (715) 342-2980 | [rzietlow@spymca.org](mailto:rzietlow@spymca.org)
- Kristy Bridenhagen, Adapted Recreation & Active Older Adults Program Director
  - (715)952-9365 | [Kbridenhagen@spymca.org](mailto:Kbridenhagen@spymca.org)
- AJ Becker, Camp and Teen Programs Director
  - (715)952-9353 | [Abecker@spymca.org](mailto:Abecker@spymca.org)
- BreAnn Constantineau, Member Services, Marketing & Camp Operations Director
  - (715) 952-9363 | [bconstantineau@spymca.org](mailto:bconstantineau@spymca.org)
- Eric Demrow, Competitive Swimming Director
  - (715) 952-9350 | [edemrow@spymca.org](mailto:edemrow@spymca.org)
- Nicole Edmundson, Administrative Services Director
  - (715) 952-9376 | [nedmundson@spymca.org](mailto:nedmundson@spymca.org)
- Amy Fox, Health & Wellness Director
  - (715)952-9303 | [afox@spymca.org](mailto:afox@spymca.org)
- McKenzie Klasinski, Aquatics and Youth Sports Director
  - (715)952-9377 | [mklasinski@spymca.org](mailto:mklasinski@spymca.org)
- Stephanie Gross, Child Care Senior Director
  - (715)952-9339 | [sgross@spymca.org](mailto:sgross@spymca.org)
- Rob Kaczmarczyk, Facilities & Maintenance Director
  - (715) 952-9352 | [rkaczmarczyk@spymca.org](mailto:rkaczmarczyk@spymca.org)
- Mandy Reeves, Human Resources Director
  - (715) 952-9362 | [mreeves@spymca.org](mailto:mreeves@spymca.org)

## CAMP GLACIER HOLLOW

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

## YMCA CHILD CARE

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- Stephanie Gross, Child Care Senior Director  
715.952.9339 [sgross@spymca.org](mailto:sgross@spymca.org)
- Amber Mroczenski, Assistant School Age Director  
715.9520.9382 [amroczenski@spymca.org](mailto:amroczenski@spymca.org)
- Taylor Martens, Assistant Child Care Director & Behavioral Intervention Specialist 715.952.9354  
[tmartens@spymca.org](mailto:tmartens@spymca.org)
- Julie Treml, Nutrition Coordinator 715.952.9337  
[jtrem1@spymca.org](mailto:jtrem1@spymca.org)
- Rachael Mews, Child Care Enrollment Specialist  
715.342.2999 [rmews@spymca.org](mailto:rmews@spymca.org)

