



STEVENS POINT AREA YMCA

# WINTER 2025 PROGRAM GUIDE



Member Registration: December 16  
General Public: December 23



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## BOARD OFFICERS

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

## BOARD MEMBERS

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

## BOARD MEMBERS EX OFFICIO

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

## STAFF MEMBERS EX OFFICIO

Ryan Zietlow, CEO



# HOLIDAY HOURS

CHRISTMAS EVE  
**CLOSED**

CHRISTMAS  
**CLOSED**

NEW YEARS EVE  
**OPEN**  
8:00 AM - 12:00 PM

NEW YEARS DAY  
**OPEN**  
10:00 AM - 4:00 PM

SIGN UP FOR 24/7 ACCESS TO COME  
IN EVEN WHEN WE'RE CLOSED!  
STOP AT MEMBER SERVICES FOR DETAILS



## NORMAL OPERATIONAL HOURS

Monday - Friday 5:00 AM - 8:00 PM  
Saturday 6:00 AM - 2:00 PM  
Sunday 8:00 AM - 4:00 PM

## STEVENS POINT AREA YMCA

1000 Division Street  
Stevens Point, WI 54481

[715.342.2980](tel:715.342.2980)  
[info@spymca.org](mailto:info@spymca.org)

## CAMP GLACIER HOLLOW

9289 PAVELSKI ROAD  
AMHERST JUNCTION, WI 54407

[715.342.2980](tel:715.342.2980)  
[info@spymca.org](mailto:info@spymca.org)

## FOLLOW US!

 Stevens Point Area YMCA

 [stevens\\_point\\_area\\_ymca](https://www.instagram.com/stevens_point_area_ymca)

 Stevens Point Area YMCA

# YMCA REGISTRATION

## WINTER 1 & 2 - 2025



WINTER SESSIONS	SESSION DATES	Y MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
Winter 1	January 5 - January 18	December 16	December 23
Winter 2	January 19 - March 15	December 16	December 23



PROGRAM NAME	PROGRAM DATES	Y MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
Camp Glacier Hollow	June 2 - August 29	January 1	January 1
Summer Vacation at the Y	June 10 - August 30	January 1	January 1
Tiny Explorers	June 10 - August 15	January 1	January 1

**FIND ALL YMCA OFFERINGS AT:  
[SPYMCA.ORG](http://SPYMCA.ORG)**

# BECOME A MEMBER TODAY!

## MONTHLY MEMBERSHIP RATES

Youth (HS student or younger) .....	\$21
Young Adult (18-24) .....	\$34
College (Free 24-7 Access) .....	\$34
Adult (25-59) .....	\$49.50
Double Adult .....	\$68
Family .....	\$73
Single Parent Household Family .....	\$59
Senior Adult .....	\$47
Senior Couple 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

## 24-7 ACCESS

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

## NO CONTRACTS, NO COMMITMENTS!

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

## MEMBERSHIP DISCOUNTS

You may have a Workplace Wellness Program or incentive from your employer or health insurance provider which may help pay for part of your membership. Check with your Human Resources Department, 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 for our military members with valid veteran status. Please provide a copy of your DD214, VA card, or driver's license with veteran designation.

## MEMBERSHIP FOR ALL - FINANCIAL ASSISTANCE

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

## MEMBERSHIP POLICY

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

STEVENS POINT AREA YMCA

# NEW YEAR'S BASH

SWIMMING • MUSIC • GAGA BALL

DECEMBER 31

10:00 AM – 11:30 AM

FREE AND OPEN TO THE COMMUNITY!



# DROP-IN CHILD CARE

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

- 3-hour limit per day – parent must remain in the facility at all times
- Drop-in may close 30 minutes before scheduled ending time if there are no children present
- Late Pick-Up Fee: A minimum late fee of \$5 will be charged for any late pick-up, plus \$1 for each additional minute
- Drop-in child care is only available with Single Parent Household Family and Standard Family memberships

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

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

## PARENTS MORNING OUT

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

**\$15 PER CHILD PER SESSION**

Through a grant provided by the Women’s Fund of Portage County, we are proud to offer FREE Parents Morning Out to anyone in our community on the first Thursday of the month!

**REGISTRATION REQUIRED**

**UPCOMING DATES:**

December 5 (FREE), 12, 19  
January 2 (FREE), 9, 16, 23, 30  
February 6 (FREE), 13, 20, 27  
March 6 (FREE), 13

## YOUTH ACTIVITY CENTER

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

The YAC is open Monday through Thursday from 4:00 PM to 7:30 PM.

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!



## PARENTS NIGHT OUT

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

**\$15 PER CHILD PER SESSION**

**UPCOMING DATES:**

December 6  
January 3  
February 7  
March 7



# HEALTH & WELLNESS - FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

**Y MEMBERS: Free**  
**GENERAL PUBLIC: Day Pass required**  
**(AGES 12 YEARS & UP UNLESS OTHERWISE NOTED)**

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

[SPYMCA.ORG/FACILITYSCHEDULES](https://SPYMCA.ORG/FACILITYSCHEDULES)



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



Classes with an asterisk require preregistration to reserve your spot. Instructions on how to register for classes is located on [page 12](#).



## 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. 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 CHANGE DUE TO INSTRUCTOR AVAILABILITY

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

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

Location: Group Exercise Studio



## BOOT CAMP

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

Location: Group Exercise Studio



## QUICK HIIT (HIGH INTENSITY INTERVAL TRAINING)

This class delivers a sweat-drenching, calorie-blasting workout designed to maximize the EPOC (Excess Post-Exercise Oxygen Consumption) effect, which means you 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

# HEALTH & WELLNESS – FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

## AOA STRENGTH AND BALANCE (AGES 40 YEARS & UP)

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

Location: Gymnasium

## CIRCUIT

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

Location: Gymnasium

## CHAIR YOGA (AGES 40 YEARS & UP)

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

Location: Group Exercise Studio

## STRENGTH TOGETHER

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

# HEALTH & WELLNESS - FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

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

**Y MEMBERS: Free**  
**GENERAL PUBLIC: Day Pass required**



### GENTLE YOGA

Rejuvenate, reduce stress, and increase flexibility and 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



### 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! Individual modifications will be available.

Location: Group Exercise Studio/Mind Body Room

# HEALTH & WELLNESS – FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

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

**Y MEMBERS:** Free

**GENERAL PUBLIC:** Day Pass required



### YOGA SLOW FLOW

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

**Location:** Group Exercise Studio/Mind Body Room



### MAT PILATES

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

**Location:** Group Exercise Studio/Mind Body Room

# GROUP EXERCISE RESERVATION INSTRUCTIONS



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

## TO OPEN THE GROUP EXERCISE SCHEDULE:

- Go to our website at [spymca.org](http://spymca.org)
- Click on the tab 'Schedules' located on the top menu bar and choose 'Group Ex Schedule'
- Once in the schedule, locate the class you want to take (Go to the correct date to locate the class)
- On 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 that 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](tel:715.342.2980) and we will be happy to assist you.**

LESSONS SUBJECT TO CHANGE 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, they 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 (AGES 12 YEARS & UP)

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

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

Appointment 3: Customized 30-minute Personal Training Session

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

\*By appointment only\*

Y Member: \$25 (savings of \$110) | General Public: \$50 (savings of \$150)

## BODY COMPOSITION (AGES 10 YEARS & UP)

The scale is not only a tool to measure your fitness, but an actual measure of your health. Body composition measures the percentage of fat compared to fat-free mass (muscle, bone, and water) in your body. If you lose 5 pounds of fat and gain 5 pounds of muscle, you will lose inches, burn fat, and raise your metabolism. Get your body composition numbers and reveal whether any adjustments to your exercise 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: \$20 | General Public: \$39

## PREMIUM CONSULT

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

Y Member: \$69 | General Public: \$138

# HEALTH & WELLNESS—PERSONAL TRAINING

LESSONS SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

## PERSONAL TRAINING PACKAGES (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. Our trainers have the knowledge and expertise to create innovative and engaging programs for athletes, recreational exercisers, teens, rehabilitation referrals, special populations, and active older adults. The constant motivation, support, and encouragement will provide a fun, uplifting experience and get you on the right track towards 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 (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) (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.

## Y MEMBER PRICE AND GENERAL PUBLIC PRICE FOR TRAINING SESSIONS

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

### ASK ABOUT OUR ADDITIONAL TRAINING PROGRAMS

Virtual Personal Training · Aquatics Personal Training · Speed/Agility Training · Performance Training

By appointment only · 24-Hour Cancellation Policy

Contact Andy Molski to schedule at [amolski@spymca.org](mailto:amolski@spymca.org)

# HEALTH & WELLNESS—PERSONAL TRAINING

LESSONS SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

## PILATES PERSONAL TRAINING

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

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

Pilates Packages 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 BEGINNER/INTERMEDIATE WINTER SESSION

CLASS NAME	LOCATION	DATES	DAYS	TIME	CLASS MAX	Y MEMBER   GENERAL PUBLIC
Pilates Reformer Beginner	Core Room	Winter Session Jan 5 - Mar 15 (10 weeks)	TH	6:00 PM-7:00 PM	5	\$110   \$188
Pilates Reformer Intermediate	Core Room	Winter Session Jan 5 - Mar 15 (10 weeks)	M	5:00 PM-6:00 PM	5	\$110   \$188
Pilates Reformer Intermediate	Core Room	Winter Session Jan 7 - Jan 28 (4 weeks)	T	9:45 AM-10:45 AM	5	\$44   \$80

# HEALTH & WELLNESS-GROUP TRAINING



LESSONS SUBJECT TO CHANGE 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 from 5:15 PM to 6:00 PM

**WINTER 2 SESSION:** January 19 - March 15 (8 weeks)

**Y Members:** \$31 | **General Public:** \$62

**SCAN OR CLICK TO  
MEET OUR CERTIFIED  
PERSONAL TRAINERS!**



# HEALTH & WELLNESS – INTERVENTION PROGRAMS



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

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

Location: Wellness Center

Cost: Free

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

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

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

Location: Wellness Center

Cost: Free

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

## MOVEMENT & MUSIC PARKINSON'S CLASS

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

Location: Group Exercise Studio

Cost: Free (Paperwork required before attending first class)

To register, email Jill Compton at [jillc@wiparkinson.org](mailto:jillc@wiparkinson.org)

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

# HEALTH & WELLNESS – INTERVENTION PROGRAMS



## CORPORATE WELLNESS PROGRAM

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

For more information, please contact Member Services at [715.342.2980](tel:715.342.2980)

## TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE YMCA

### PARTNERSHIP WITH ADVANCED PHYSICAL THERAPY ASSOCIATES

**\*Referral 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 at [715.952.9379](tel:715.952.9379) or [amolski@spymca.org](mailto:amolski@spymca.org)

# HEALTH & WELLNESS - WELLNESS CENTER SERVICES



## 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. The Wellness Center staff will cover how to set up and adjust equipment as well as cover any questions you may have.

Location: Wellness Center

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

Location: Wellness Center

By appointment only - call 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 are limited to circuit machines only. Youth must always be accompanied by a parent or guardian while in the Wellness Center.

# MARTIAL ARTS



## 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. A uniform is required and can be ordered during the first class. Kids must be 7 years old by the start of the session to enroll.

**WINTER SESSION 1: January 7 - February 13**

**WINTER SESSION 2: February 25 - April 10 (no class March 18 & 20)**

**Days: Tuesdays and Thursdays**

**Time: 6:45 PM - 7:45 PM**

**Location: All Purpose Room**

**Y Members: \$46 (6 weeks, 12 classes)**

**General Public: \$90 (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.

**WINTER SESSION: January 5 - March 15**

**Days: Mondays**

**Time: 6:15 PM - 7:45 PM**

**Location: All Purpose Room**

**Y Members: \$50 (10 weeks, 10 classes)**

**General Public: \$90 (10 weeks, 10 classes)**

LESSONS SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

## BALLROOM DANCE BEGINNER (AGES 14 AND UP)

Learn the basic figures and etiquette that will help you feel more confident at any social dance event. Instruction will focus on Bachata and The Hustle. No prior experience necessary - all levels welcome; singles welcome.

**WINTER 2 SESSION: January 24 - March 7 (7 weeks, 7 classes)**

**Location: Group Exercise Studio**

**Days and Time: Fridays from 6:00 PM - 7:00 PM**

**Y Member Fee: \$49**

**General Public Fee: \$98**

# ACTIVE OLDER ADULTS

**WINTER 1 SESSION: January 5 – January 18, 2025**

**WINTER 2 SESSION: January 19 – March 15, 2025**

**MEMBER REGISTRATION: December 16**

**GENERAL PUBLIC: December 23**

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

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

## AOA 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 12:30 PM. 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](tel:715.952.9365) or email [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org) to be added to our growing list of AOA participants.

# ACTIVE OLDER ADULTS

**WINTER 1 SESSION: January 5 – January 18, 2025**

**WINTER 2 SESSION: January 19 – March 15, 2025**

**MEMBER REGISTRATION: December 16**

**GENERAL PUBLIC: December 23**

## 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 Café provides 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) at [715.343.1401](tel:715.343.1401)**

**Location: The Aging and Disability Resource Center (ADRC) at the Lincoln Center,  
1519 Water Street, Stevens Point, WI 54481**

**Date: 2nd Wednesday of the Month**

**Time: 10:00 AM – 11:00 AM**

**Fee: Free for Y Members & the General Public**

# PARENT-CHILD CLASSES & PRESCHOOL SWIM LESSONS

**WINTER 2 SESSION: January 19 – March 15, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

**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	\$24   \$96
Parent and Child Stage A/B	ADV POOL	6 Months - 3 Years	M	6:00 PM	6:30 PM	\$24   \$96
Parent and Child Stage A/B	ADV POOL	6 Months - 3 Years	T	5:15 PM	5:45 PM	\$24   \$96
Parent and Child Stage A/B	ADV POOL	6 Months - 3 Years	W	4:30 PM	5:00 PM	\$24   \$96
Parent and Child Stage A/B	ADV POOL	6 Months - 3 Years	TH	5:15 PM	5:45 PM	\$24   \$96

## PRESCHOOL SWIM LESSONS : AGES 3 – 5 YEARS

Preschool swim lessons allow children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of previous level is required for registration into next level. Lessons are once a week for 35 minutes, ending with 5 minutes of free play.

### PRESCHOOL STAGE 1: WATER ACCLIMATION

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

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Preschool Stage 1 Water Acclimation	ADV POOL	3 - 5 Years	M	4:30 PM	5:10 PM	\$58   \$96
Preschool Stage 1 Water Acclimation	ADV POOL	3 - 5 Years	T	4:30 PM	5:10 PM	\$58   \$96
Preschool Stage 1 Water Acclimation	ADV POOL	3 - 5 Years	T	9:30 AM	10:10 AM	\$58   \$96
Preschool Stage 1 Water Acclimation	ADV POOL	3 - 5 Years	W	5:15 PM	5:55 PM	\$58   \$96
Preschool Stage 1 Water Acclimation	ADV POOL	3 - 5 Years	W	4:30 PM	5:10 PM	\$58   \$96
Preschool Stage 1 Water Acclimation	ADV POOL	3 - 5 Years	TH	6:00 PM	6:40 PM	\$58   \$96

### PRESCHOOL STAGE 2: WATER MOVEMENT

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

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	5:55 PM	\$58   \$96
Preschool Stage 2 Water Movement	ADV POOL	3 - 5 Years	M	4:30 PM	5:10 PM	\$58   \$96
Preschool Stage 2 Water Movement	ADV POOL	3 - 5 Years	T	5:15 PM	5:55 PM	\$58   \$96
Preschool Stage 2 Water Movement	ADV POOL	3 - 5 Years	T	6:00 PM	6:40 PM	\$58   \$96
Preschool Stage 2 Water Movement	ADV POOL	3 - 5 Years	W	6:00 PM	6:40 PM	\$58   \$96
Preschool Stage 2 Water Movement	ADV POOL	3 - 5 Years	TH	5:15 PM	5:55 PM	\$58   \$96

# PRESCHOOL SWIM LESSONS & PRIVATE LESSONS

**WINTER 2 SESSION: January 19 – March 15, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

**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.

## 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	10:45 AM	\$58   \$96
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	M	6:00 PM	6:40 PM	\$58   \$96
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	T	6:00 PM	6:40 PM	\$58   \$96
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	W	6:00 PM	6:40 PM	\$58   \$96
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	TH	4:30 PM	5:10 PM	\$58   \$96
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	TH	6:00 PM	6:40 PM	\$58   \$96

## 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)**

**SEMI-PRIVATE LESSONS**  
are also available:  
-30 Minutes-  
Cost is split between 2  
participants;  
**MUST** be close in  
swimming skills.

**Y MEMBER: 1 Lesson \$36; 4 Lessons \$144**  
**GENERAL PUBLIC: 1 Lesson \$52; 4 Lessons \$208**

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

To register, please fill out a private swim lesson request form. Forms are available [here](#). An aquatic staff member will contact you to arrange times that fit your schedule. Payment must be received before the first scheduled lesson. Participants must bring their receipts to each lesson as proof of payment. Please be aware that it may take several weeks to find an instructor and even longer if you have limited availability.

# LEARN TO SWIM | YOUTH

**WINTER 2 SESSION: January 19 – March 15, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

**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.

## YOUTH SWIM LESSONS: AGES 6 – 13 YEARS

Your child will learn personal safety, stroke development, and rescue skills. Lessons are once a week for 40 minutes.

### YOUTH STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool. 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	5:10 PM	\$58   \$96
Youth Stage 1 Water Acclimation	ADV POOL	6 - 13 Years	W	6:00 PM	6:40 PM	\$58   \$96
Youth Stage 1 Water Acclimation	ADV POOL	6 - 13 Years	W	5:15 PM	5:55 PM	\$58   \$96
Youth Stage 1 Water Acclimation	ADV POOL	6 - 13 Years	TH	4:30 PM	5:10 PM	\$58   \$96

### 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	5:10 PM	\$58   \$96
Youth Stage 2 Water Movement	ADV POOL	6 - 13 Years	M	6:00 PM	6:40 PM	\$58   \$96
Youth Stage 2 Water Movement	ADV POOL	6 - 13 Years	T	6:00 PM	6:40 PM	\$58   \$96
Youth Stage 2 Water Movement	ADV POOL	6 - 13 Years	W	6:45 PM	7:25 PM	\$58   \$96
Youth Stage 2 Water Movement	ADV POOL	6 - 13 Years	TH	5:15 PM	5:55 PM	\$58   \$96

### 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	5:55 PM	\$58   \$96
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	T	5:15 PM	5:55 PM	\$58   \$96
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	T	6:45 PM	7:25 PM	\$58   \$96
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	TH	4:30 PM	5:10 PM	\$58   \$96
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	TH	6:00 PM	6:40 PM	\$58   \$96
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	TH	6:45 PM	7:25 PM	\$58   \$96

# LEARN TO SWIM | YOUTH

**WINTER 2 SESSION: January 19 – March 15, 2025**

**MEMBER REGISTRATION: December 16**

**GENERAL PUBLIC: December 23**

**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.

## 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	5:55 PM	\$58   \$96
Youth Stage 4 Stroke Introduction	ADV POOL	6 – 13 Years	M	6:45 PM	7:25 PM	\$58   \$96
Youth Stage 4 Stroke Introduction	ADV POOL	6 – 13 Years	T	4:30 PM	5:10 PM	\$58   \$96
Youth Stage 4 Stroke Introduction	ADV POOL	6 – 13 Years	W	4:30 PM	5:10 PM	\$58   \$96
Youth Stage 4 Stroke Introduction	ADV POOL	6 – 13 Years	TH	6:45 PM	7:25 PM	\$58   \$96

## YOUTH STAGE 5: STROKE DEVELOPMENT

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

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	7:25 PM	\$58   \$96
Youth Stage 5 Stroke Development	ADV POOL	6 – 13 Years	T	6:45 PM	7:25 PM	\$58   \$96
Youth Stage 5 Stroke Development	ADV POOL	6 – 13 Years	W	5:15 PM	5:55 PM	\$58   \$96

## 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	7:25 PM	\$58   \$96

# 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 | [edemrow@spymca.org](mailto:edemrow@spymca.org) | [715.952.9350](tel:715.952.9350)  
[spdyswimming.org](http://spdyswimming.org)

## DESCRIPTION

The Dolphins Swim Team is divided into six distinct training groups based on ability, experience, age, and level of commitment. The swim team competes at the local, state, and national level. 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	<a href="#">Visit Website</a>
Developmental	12 and Under	<a href="#">Visit Website</a>
Junior	12 and Under	<a href="#">Visit Website</a>
Junior Elite	9 and Up	<a href="#">Visit Website</a>
Senior	12 and Up	<a href="#">Visit Website</a>
Senior Elite	14 and Up	<a href="#">Visit Website</a>

SPDY is a nonprofit, age-group swim team that operates under the YMCA of the USA Swimming Organization through the sponsorship of the Stevens Point Area YMCA. Our core values serve to unite our members with a common cause, a shared belief, and common principles to guide our behavior, interactions with each others, and decision making. Everyone swims for a different reason, and no matter what that reason is, each swimmer is a valuable asset to our team. We believe everyone has something to offer and has the ability to develop as an individual. We also know that 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



## SWIM INTO STORIES

Come listen to an amazing story time 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 must have a parent on the pool deck.

Lifejackets are 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	1/17/25	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE
Swim into Stories	2/21/25	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE
Swim into Stories	3/28/25	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE
Swim into Stories	4/18/25	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE

# ARTS & ENGAGEMENT

**WINTER 1 SESSION: January 5 – January 18, 2025**

**WINTER 2 SESSION: January 19 – March 15, 2025**

**MEMBER REGISTRATION: December 16**

**GENERAL PUBLIC: December 23**

## STAFF CONTACT

McKenzi Klasinski, Aquatics and Sports Director – [715.952.9377](tel:715.952.9377) | [mklasinski@spymca.org](mailto:mklasinski@spymca.org)

## TODDLER TIME

Bring your toddler to open gym and enjoy developmental supplies and play time! Parents must stay in the room with their child during play time.

NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Toddler Time	Group Ex	0 – 3 Years	SUN	9:00 AM	10:00 AM	FREE   Family Day Pass
Toddler Time	Group Ex	0 – 3 Years	SAT	12:00 PM	1:30 PM	FREE   Family Day Pass

## LEPRECHAUN HUNT

Happy St. Patrick’s Day!

On March 17th, come search our YMCA for sneaky leprechauns! This event is free and open to the community so all are welcome to participate. Stop in at Membership Services to check in and for rules.

If you find one or MANY leprechauns, take a picture and post on social media with #stevenspointareaymca to win a prize!

NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Leprechaun Hunt	Y Building	Family Friendly	March 17	9:00 AM	6:00 PM	FREE

## FATHER DAUGHTER DANCE

Join us for our Father Daughter Dance on February 8th from 5:00 PM to 7:00 PM.

Registration is required for each participant and includes dinner, father daughter picture, flower for daughter, invitation, and dance. Register by January 24 for a formal invitation to be sent by mail.

NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Father Daughter Dance	Gym	Family Friendly	February 8	5:00 PM	7:00 PM	\$15/person   \$18/person

# YOUTH SPORTS CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



**WINTER 1 SESSION: January 5 – January 18, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

## STAFF CONTACTS

McKenzi Klasinski, Aquatics and Sports Director - [715.952.9377](tel:715.952.9377) | [mklasinski@spymca.org](mailto:mklasinski@spymca.org)  
 JT Tadych, Sports Coordinator - [715.952.9364](tel:715.952.9364) | [jtadych@spymca.org](mailto:jtadych@spymca.org)

## WINTER DANCE CLINIC

Join us for our Winter Dance Clinic! In this 2-week program, kids will learn dance basics, learn a routine, and perform on the last day! Instruction will include various techniques and dance vocabulary. It will improve the participants’ balance, fine motor skills, and group communication in a nurturing environment. Class meets three times a week for a total of 6 classes. Friday, January 17 is the performance date.

Class Max: 20

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Dance Clinic AM	M/F – Mind Body Room W – Group Ex Room	3 – 5 Years	M, W, F	9:00 AM	9:30 AM	\$32   \$41
Dance Clinic PM	Mind Body Room	3 – 5 Years	M, W, F	4:00 PM	4:30 PM	\$32   \$41

## FAMILY PICKLEBALL CLINIC

Come learn a fun and energetic game that the entire family can enjoy! Learn Pickleball basics – no prior experience necessary. All participants will need to register. Equipment is available to use. Saturday, January 18 from 8:00 AM – 10:00 AM will be open for family pickleball time.

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Pickleball Clinic	North Gym	8+	M, W	5:00 PM	5:40 PM	\$18   \$24

# YOUTH SPORTS CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



**WINTER 2 SESSION: January 19 - March 15, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

## 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, 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	M	4:00 PM	4:40 PM	\$36   \$48
Master Spikers	North Gym	9 - 12 Years	M	5:00 PM	5:40 PM	\$36   \$48

## 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
Mini Dribblers	North Gym	3 - 5 Years	W	4:00 PM	4:40 PM	\$36   \$48
Mighty Dribblers	North Gym	6 - 8 Years	W	5:00 PM	5:40 PM	\$36   \$48

## SELF DEFENSE CLASS

These classes will teach you 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	\$36   \$48

# YOUTH SPORTS CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



**WINTER 2 SESSION: January 19 - March 15, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

## SPORTSTERS

This coed program introduces youth to a variety of sporting opportunities including t-ball, soccer, basketball, and other group games. This program will run in the All Purpose Room located in the Child Care wing.

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Mini Sportsters	All Purpose Room	3 - 5 Years	TH	9:00 AM	9:30 AM	\$36   \$48

## PICK UP BASKETBALL GAMES

Show up and play! Come join us running organized 5v5 basketball games on Monday nights from 6:00 PM to 7:00 PM! 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 Before Dark	Gym	12 - 15 Years	M	6:00 PM	7:00 PM	FREE   Day Pass

# YOUTH SPORTS CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



**WINTER 2 SESSION: January 19 - March 15, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

## DANCE CLASSES

Learn dance styles such as hip-hop, ballet, and jazz in this 8-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!

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

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Mini Dancers *CC*	Mind Body Room	3 - 5 Years	T	9:00 AM	9:40 AM	\$36   \$48
Mini Dancers	Mind Body Room	3 - 5 Years	F	4:00 PM	4:40 PM	\$36   \$48
Mighty Dancers	Mind Body Room	6 - 8 Years	F	4:00 PM	4:40 PM	\$36   \$48

## 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

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Ballroom Dance	Group Exercise Studio	14+	F	6:00 PM	7:00 PM	\$49   \$97

# YOUTH SPORTS CLASSES

CLASSES SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

**WINTER 2 SESSION: January 19 - March 15, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

**VOLUNTEER YOUTH SPORTS COACHES** are **ALWAYS** needed for all youth sports programs. Helping youth grow their skills and self-confidence is rewarding and fun! To get involved, please contact JT Tadych at [715.952.9364](tel:715.952.9364) or [jtadych@spymca.org](mailto:jtadych@spymca.org)

## BASKETBALL LEAGUE

This coed program emphasizes basic basketball skill development. This league will allow each participant the opportunity to learn fundamental skills while playing games against opposing teams. Week 1 and 2 are skill instruction and practice followed by 6 weeks of games in a fun and supportive environment.

- We will be located inside the gym at the Stevens Point Area YMCA.
- YMCA jerseys are mandatory for all youth sports leagues and can be reused or purchased for \$16 at the Member Services Desk.

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
BB League	Gym	5 - 7 Years	SAT	10:30 AM	11:15 AM	\$36   \$48
BB League	Gym	8 - 9 Years	SAT	9:30 AM	10:15 AM	\$36   \$48
BB League	Gym	10 - 12 Years	SAT	8:30 AM	9:15 AM	\$36   \$48

**STAFF CONTACT:** JT Tadych - [715.952.9364](tel:715.952.9364) | [jtadych@spymca.org](mailto:jtadych@spymca.org)

# ADULT SPORTS

CLASSES SUBJECT  
TO CHANGES DUE  
TO INSTRUCTOR  
AVAILABILITY

**WINTER 2 SESSION: January 19 – March 15, 2025**  
**MEMBER REGISTRATION: December 16**  
**GENERAL PUBLIC: December 23**

## PICK UP BASKETBALL GAMES

Show up and play! Come join us running organized 5v5 basketball games every Tuesday and Thursday night from 7:00 PM to 8:00 PM. 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

**STAFF CONTACT: JT Tadych – [715.952.9364](tel:715.952.9364) | [jtadych@spymca.org](mailto:jtadych@spymca.org)**

# PRESCHOOL GYMNASTICS



**CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY**

**WINTER 1 SESSION: January 5 – January 18, 2025**

**WINTER 2 SESSION: January 19 – March 15, 2025**

**MEMBER REGISTRATION: December 16**

**GENERAL PUBLIC: December 23**

An informational welcome letter will be emailed 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: 16

CLASS NAME	LOCATION	DAY	CLASS TIME	Y MEMBER   GENERAL PUBLIC
Adult Tot	Gymnastics Center	T	9:30 AM - 10:10 AM	W1 - \$10   \$20 W2 - \$16   \$94
Adult Tot	Gymnastics Center	W	9:30 AM - 10:10 AM	W1 - \$10   \$20 W2 - \$16   \$94
Adult Tot	Gymnastics Center	SAT	9:30 AM - 10:10 AM	W1 - \$10   \$20 W2 - \$16   \$94

# 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	LOCATION	DAY	CLASS TIME	Y MEMBER   GENERAL PUBLIC
Tiny Twisters	Gymnastics Center	T	10:30 AM - 11:10 AM	W1 - \$15   \$30 W2 - \$56   \$99
Tiny Twisters	Gymnastics Center	SAT	10:30 AM - 11:10 AM	W2 - \$56   \$99

## 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	LOCATION	DAY	CLASS TIME	Y MEMBER   GENERAL PUBLIC
Mighty Movers	Gymnastics Center	W	10:30 AM - 11:10 AM	W1 - \$15   \$30 W2 - \$56   \$99
Mighty Movers	Gymnastics Center	TH	5:20 PM - 6:00 PM	W2 - \$56   \$99

# PROGRESSIVE GYMNASTICS



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

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

## 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: W1 - 10; W2 - 12

THURS Class Max: 6

CLASS NAME	LOCATION	DAY	CLASS TIME	Y MEMBER   GENERAL PUBLIC
Beginners	Gymnastics Center	T	4:15 PM - 5:00 PM	W1 - \$25   \$50 W2 - \$56   \$100
Beginners	Gymnastics Center	TH	4:15 PM - 5:00 PM	W1 - \$25   \$50 W2 - \$56   \$100
Beginners	Gymnastics Center	SAT	11:15 AM - 12:00 PM	W2 - \$56   \$100

# PROGRESSIVE GYMNASTICS



**CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY**

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

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

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

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

**THURS Class Max: 6**

**SAT Class Max: 12**

CLASS NAME	LOCATION	DAY	CLASS TIME	Y MEMBER   GENERAL PUBLIC
Intermediates	Gymnastics Center	TH	4:15 PM - 5:00 PM	W1 - \$25   \$50 W2 - \$56   \$100
Intermediates	Gymnastics Center	SAT	12:00 PM - 12:45 PM	W2 - \$56   \$100

## 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. This is a skill-oriented class for when the gymnast has attempted to master their fundamental skills and is ready to be challenged at a higher level.

**Class Max: W1 - 6; W2 - 14**

CLASS NAME	LOCATION	DAY	CLASS TIME	Y MEMBER   GENERAL PUBLIC
Advanced	Gymnastics Center	T	5:00 PM - 6:00 PM	W1 - \$27   \$58 W2 - \$58   \$105

# TEAM LEVEL GYMNASTICS

**SEPTEMBER 9, 2024 – AUGUST 22, 2025**

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

## PRE-TEAM (COACH CONSENT ONLY)

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

LEVEL	LOCATION	AGE	DAY	START	END	Y MEMBER
Pre-Team	Gymnastics Center	5+ Years	M, W	4:15 PM	5:45 PM	\$80/month

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

The Competitive Gymnastics Team is comprised of Levels 1 – 10 and Xcel Levels. Team members work on skills, conditioning, and dance for USAG Compulsory and 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	M, W	4:15 PM	5:45 PM	\$83/Month
Level 2	Gymnastics Center	5+ Years	M, W	4:15 PM	6:15 PM	\$86/Month
Level 3	Gymnastics Center	6+ Years	M, W	5:45 PM	7:45 PM	\$86/Month
Level 4	Gymnastics Center	7+ Years	T, TH	6:00 PM	8:00 PM	\$86/Month
Level 5	Gymnastics Center	7+ Years	T, TH	6:00 PM	8:00 PM	\$86/Month
Level 6/7/8	Gymnastics Center	10+ Years	T, TH	6:00 PM	9:00 PM	\$94/Month
Xcel (All Levels)	Gymnastics Center	10+ Years	M, W	6:15 PM	8:15 PM	\$86/Month
Levels 1 and 2 Open Gym	Gymnastics Center	5+ Years	F SAT	5:30 PM 1:00 PM	6:30 PM 2:00 PM	Included with Season Practices
Level 3-8 and Xcel Open Gym	Gymnastics Center	6+ Years	F SAT	5:30 PM 1:00 PM	7:30 PM 3:00 PM	Included with Season Practices

# ADAPTED RECREATION



**WINTER 1 SESSION: January 5 – January 18, 2025**

**WINTER 2 SESSION: January 19 – March 15, 2025**

**MEMBER REGISTRATION: December 16**

**GENERAL PUBLIC: December 23**

## REGISTRATION CONFIRMATIONS FOR ALL GROUP/SOCIAL EVENTS

- You must be registered for the group/social event.
- Once you email or call, you will receive a confirmation email or phone call from Kristy Bridenhagen 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 is 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. 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 – most importantly giving all of us a wonderful peer group to socialize with! We will meet virtually and also 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

# ADAPTED RECREATION



**WINTER 1 SESSION: January 5 – January 18, 2025**

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**MEMBER REGISTRATION: December 16**

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- You must be registered for the group/social event.
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- 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

### 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 – [715.952.9365](tel:715.952.9365) | [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)

**Date:** TBD

**Time:** 5:30 PM – 8:30 PM

**Location:** Y main gym

**Fee:** Y Member & General Public – \$6.00 (Caregivers FREE)

# ADAPTED SPORTS

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



**WINTER 1 SESSION: January 5 – January 18, 2025**

**WINTER 2 SESSION: January 19 – March 15, 2025**

**MEMBER REGISTRATION: December 16**

**GENERAL PUBLIC: December 23**

## STAFF CONTACT

Kristy Bridenhagen, Gymnastics & Adapted Recreation Director  
715.952.9365 | [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)

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

## ADAPTED SPORTS & SPECIAL OLYMPICS

### ADAPTED RECREATION BASKETBALL & BASKETBALL SKILLS

Adapted Recreation Basketball is appropriate for all ability levels from basic skills to the more advanced player. Basketball improves the athlete’s overall aerobic fitness level and allows the athlete to participate as a team member. We will be offering Team Basketball (5v5) plus the popular basketball skills program. Practices times and days will run at the same time for both groups.

#### SESSION RUNS JANUARY 7 – APRIL 13, 2025

Athletes with a current Special Olympic Medical on file will have the opportunity to compete in the Special Olympics District tournament and have the chance to qualify for Regional and State Competitions.

The Special Olympics District tournament at UW–Stout is on Sunday, February 16. The Northern Sectional tournament is Sunday, March 14 at UW–Stevens Point. The State Competition is at UW–Oshkosh April 11–13, 2025. (Teams will need to qualify for advancement to tournaments listed above).

Adapted Recreation Basketball Skills has the chance to compete in the District tournament and have the opportunity to try and qualify for the State tournament in three events: One minute speed dribble, wall passing, and spot shooting – all of which are practiced during our twice weekly practices.

Please be aware of tournament dates and plan accordingly if you plan to participant in the tournaments. Athletes must practice and play in all tournaments to advance with their team.

Max: 60

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER   GENERAL PUBLIC
Adapted Team Basketball	YMCA	10+ Years	T, TH	3:30 PM	4:30 PM	\$35   \$45

# 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](tel:715.342.2999) for more information, the parent handbook, and fees.

There will be NO AFTERNOON CARE offered the 2nd Friday of each month due to staff in-service and training days.

### CHILD CARE CENTER HOURS:

Monday – Friday | 6:30 AM – 5:30 PM

## YMCA PRESCHOOL STATE LICENSED • AGES 3 – 4 YEARS

Call for availability. Financial assistance is available through our Annual Campaign. Please call our Child Development Office at [715.342.2999](tel:715.342.2999) for more information, the parent handbook, and fees.

**\*Must be potty trained\***

### PRESCHOOL CENTER HOURS:

Monday – Thursday | 8:30 AM – 11:30 AM (Last day is June 5th)

# CHILD CARE CENTER



## 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](tel:715.345.5456)

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

<b>STEVENS POINT AREA YMCA 4K 1000 DIVISION STREET STEVENS POINT, WI 54481</b>	<b>PLOVER 4K GOOD SHEPHERD CHURCH 2000 ROOSEVELT DRIVE PLOVER, WI 54467</b>
<b>AM SESSION 8:20 AM – 11:30 AM</b>	<b>AM SESSION 8:20 AM – 11:30 AM</b>
<b>PM SESSION 12:30 PM – 3:40 PM</b>	<b>PM SESSION 12:30 PM – 3:40 PM</b>

# CHILD CARE SCHOOL-AGE CARE

## SCHOOL-AGE CARE (GRADES K-6)

- Preregistration is required for all Before and After School programs. Please call the Child Development Office at [715.342.2999](tel:715.342.2999) for more information.
- Financial assistance is available.
- If your child’s school is closed due to illness, snow, or other reason, Before and After Care is closed.
- There will be NO PM CARE provided when the district cancels after-school activities due to weather.
- There will be NO PM CARE offered the 2nd Friday of each month due to staff in-service and training 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. The program runs from September 9, 2024 through 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

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 and crafts, and more. Preregistration for our Snow Days at the Y 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

General Public: \$75

## 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 from 6:30 AM - 5:30 PM

Y Member: \$50/day

General Public: \$75/day

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

# WINTER SAFETY COURSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

## 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: \$250 | General Public: \$325

COURSE NAME	COURSE LOCATION	COURSE DATES	COURSE SCHEDULE	SIGN UP CLOSED
American Red Cross Lifeguard Certification	Conference Room & Training Pool	2/7 - 2/9	2/7 - 4:00 PM - 7:30 PM 2/8 - 8:00 AM - 5:00 PM 2/9 - 8:00 AM - 4:30 PM	1/31/25
American Red Cross Lifeguard Certification	Conference Room & Training Pool	3/7 - 3/9	2/7 - 4:00 PM - 7:30 PM 2/8 - 8:00 AM - 5:00 PM 2/9 - 8:00 AM - 4:30 PM	2/27/25
American Red Cross Lifeguard Certification	Conference Room & Training Pool	4/4 - 4/6	4/4 - 4:00 PM - 7:30 PM 4/5 - 8:00 AM - 5:00 PM 4/6 - 8:00 AM - 4:30 PM	3/28/25
American Red Cross Lifeguard Certification	Conference Room & Training Pool	5/2 - 5/4	5/2 - 4:00 PM - 7:30 PM 5/3 - 8:00 AM - 5:00 PM 5/4 - 8:00 AM - 4:30 PM	4/25/25

## LIFEGUARDING RECERTIFICATION: AGES 15+

Lifeguard recertification courses are for those who currently hold a valid lifeguard certification or the certification is no more than 30 days expired. The total course length for this class is designed to be 9 hours long. Participants must complete the prerequisite skills test which includes swimming 300 continuous yards, 2 minutes of treading water, and a timed brick retrieval. Successful completion of the review extends the individual's certification for two more years.

Class Max: 10

Y Staff: Free | Y Member: \$145 | General Public: \$200

COURSE NAME	COURSE LOCATION	COURSE DATE	COURSE SCHEDULE	SIGN UP CLOSED
American Red Cross Lifeguard Certification	Conference Room & Training Pool	2/9/25	8:00 AM - 5:00 PM	1/31/25
American Red Cross Lifeguard Certification	Conference Room & Training Pool	3/9/25	8:00 AM - 5:00 PM	2/28/25
American Red Cross Lifeguard Certification	Conference Room & Training Pool	5/4/25	8:00 AM - 5:00 PM	4/25/25

## OFF SITE TRAINING

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

# WINTER SAFETY COURSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

## 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, and 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

COURSE NAME	COURSE LOCATION	COURSE DATE	COURSE SCHEDULE	SIGN UP CLOSED
Adult and Pediatric First Aid/CPR/AED	Conference Room	1/29/25	9:00 AM - 11:30 AM (Blended Learning)	1/22/25
Adult and Pediatric First Aid/CPR/AED	Conference Room	2/3/25	10:00 AM - 12:30 PM (Blended Learning)	1/27/25
Adult and Pediatric First Aid/CPR/AED	Conference Room	2/19/25	9:00 AM - 11:30 AM (Blended Learning)	2/12/25
Adult and Pediatric First Aid/CPR/AED	Conference Room	3/3/25	10:00 AM - 12:30 PM (Blended Learning)	2/24/25
Adult and Pediatric First Aid/CPR/AED	Conference Room	3/26/25	9:00 AM - 11:30 AM (Blended Learning)	3/19/25
Adult and Pediatric First Aid/CPR/AED	Conference Room	4/7/25	10:00 AM - 12:30 PM (Blended Learning)	3/31/25

## AMERICAN RED CROSS LIFEGUARD INSTRUCTOR

This course is for those holding a current lifeguard certification. It will instruct participants to teach basic-level lifeguard courses through developing their understanding of how to use the course materials, conduct training sessions, and evaluate participants' progress.

No refunds. Course graduates are encouraged to apply for employment at YMCA.

Class Max: 6

Y Member: \$270 | General Public: \$325

COURSE NAME	COURSE LOCATION	COURSE DATES	COURSE SCHEDULE	SIGN UP CLOSED
Lifeguard Instructor	Training Pool & Conference Room	3/19 - 3/21	3/19 - 8:00 AM - 3:00 PM 3/20 - 8:00 AM - 3:00 PM 3/21 - 8:00 AM - 3:00 PM	3/7/25

# WINTER SAFETY COURSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

## AMERICAN RED CROSS LIFEGUARD INSTRUCTOR RECERT

This course is for those holding a current lifeguard instructor certification. It will instruct participants to teach basic-level lifeguard courses through developing their understanding of how to use the course materials, conduct training sessions, and evaluate participants' progress. No refunds. Course graduates are encouraged to apply for employment at YMCA.

Class Max: 6

Y Member: \$175 | General Public: \$200

\*Lunch Break will be 1 hour long\*

COURSE NAME	COURSE LOCATION	COURSE DATE	COURSE SCHEDULE	SIGN UP CLOSED
Lifeguard Instructor Recert	Training Pool & Conference Room	1/12/25	8:00 AM - 3:00 PM	12/29/24
Lifeguard Instructor Recert	Training Pool & Conference Room	2/28/25	8:00 AM - 3:00 PM	2/14/25

# CAMP GLACIER HOLLOW



## ICE FISHING CONTEST

Join us for a special day of winter fun with an Ice Fishing Contest! Bring your friends and family to test your fishing skills on frozen Lake Elaine at Camp Glacier Hollow. Compete for prizes in categories such as biggest catch and most unique fish. Warm up between catches with hot beverages and a campfire. This event is perfect for anglers of all levels and promises a day filled with excitement and community spirit.

### JANUARY 11

**Time:** 8:00 AM – 12:00 PM

**Who:** All Ages

**Y Member:** \$10 per family

**General Public:** \$15 per family

## SNOWSHOE AND HOT CHOCOLATE

Join us for a cozy winter adventure at Camp Glacier Hollow! Embrace the beauty of the snowy season with a guided snowshoe trek through scenic trails. Afterward, warm up with a delicious cup of hot chocolate by a crackling fire. This fun, family-friendly event is perfect for all ages and skill levels. No equipment? No problem! Snowshoes will be provided (limited gear available). Don't miss out on this unique opportunity to enjoy the crisp winter air, beautiful landscapes, and a warm treat!

### FEBRUARY 8

**Time:** 8:00 AM – 11:00 AM

**Who:** All Ages

**Y Member:** \$10 per family

**General Public:** \$15 per family

# YOUR YMCA CONTACTS

## STEVENS POINT AREA YMCA

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- **Member Services Desk**
  - [715.342.2980](tel:715.342.2980) | [info@spymca.org](mailto:info@spymca.org)
- **Ryan Zietlow, CEO & President**
  - [715.342.2980](tel:715.342.2980) | [rzietlow@spymca.org](mailto:rzietlow@spymca.org)
- **Tammy Robinson, CFO**
  - [715.952.9376](tel:715.952.9376) | [trobinson@spymca.org](mailto:trobinson@spymca.org)
- **Kristy Bridenhagen, Adapted Recreation & Active Older Adults Program Director**
  - [715.952.9365](tel:715.952.9365) | [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)
- **BreAnn Constantineau, Interim Associate Executive & Membership, Marketing, & Camp Operations Director**
  - [715.952.9363](tel:715.952.9363) | [bconstantineau@spymca.org](mailto:bconstantineau@spymca.org)
- **Eric Demrow, Interim Associate Executive & Competitive Swimming Director**
  - [715.952.9350](tel:715.952.9350) | [edemrow@spymca.org](mailto:edemrow@spymca.org)
- **Amy Fox, Health & Wellness Director**
  - [715.952.9303](tel:715.952.9303) | [afox@spymca.org](mailto:afox@spymca.org)
- **McKenzi Klasinski, Aquatics & Sports Director**
  - [715.952.9377](tel:715.952.9377) | [mklasinski@spymca.org](mailto:mklasinski@spymca.org)
- **Rob Kaczmarczyk, Facilities & Maintenance Director**
  - [715.952.9352](tel:715.952.9352) | [rkaczmarczyk@spymca.org](mailto:rkaczmarczyk@spymca.org)
- **Mandy Reeves, Human Resources Director**
  - [715.952.9362](tel:715.952.9362) | [mreeves@spymca.org](mailto:mreeves@spymca.org)

## CAMP GLACIER HOLLOW

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- **AJ Becker, Camp & Teen Programs Director**
  - [715.952.9353](tel: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](tel:715.952.9339) | [sgross@spymca.org](mailto:sgross@spymca.org)
- **Julie Trembl, Nutrition Coordinator**
  - [715.952.9337](tel:715.952.9337) | [jtrembl@spymca.org](mailto:jtrembl@spymca.org)
- **Anna Lupercio, Child Care Enrollment Specialist**
  - [715.342.2999](tel:715.342.2999) | [alupercio@spymca.org](mailto:alupercio@spymca.org)