



STEVENS POINT AREA YMCA

SPRING 2025 PROGRAM GUIDE



Member Registration: February 24
General Public: March 3



TABLE OF CONTENTS

<u>Sessions & Registration Dates</u>	pg. 3
<u>Membership</u>	pg. 4
<u>Drop-In Child Care & Youth Activity Center</u>	pg. 5
<u>Group Exercise Classes</u>	pg. 6-10
<u>Group Exercise Reservation Instructions</u>	pg. 11
<u>Personal Training</u>	pg. 12-14
<u>Group Training</u>	pg. 15
<u>Healthy Intervention Programs</u>	pg. 16-17
<u>Wellness Center Services</u>	pg. 18
<u>Martial Arts</u>	pg. 19
<u>Dance</u>	pg. 20
<u>Active Older Adults</u>	pg. 21-22
<u>Swim Lessons</u>	pg. 23-26
<u>Dolphins Swim Team</u>	pg. 27
<u>Aquatic Events</u>	pg. 28
<u>Arts & Engagement</u>	pg. 29
<u>Youth Sports</u>	pg. 30-33
<u>Adult Sports</u>	pg. 34
<u>Gymnastics</u>	pg. 35-39
<u>Adapted Programs, Social Events, & Sports</u> ..	pg. 40-41
<u>Child Care</u>	pg. 42-45
<u>Safety Courses</u>	pg. 46-48
<u>Camp Glacier Hollow</u>	pg. 49-50
<u>Staff Contacts</u>	pg. 51

BOARD OFFICERS

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

BOARD MEMBERS

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

BOARD MEMBERS EX OFFICIO

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

STAFF MEMBERS EX OFFICIO

Ryan Zietlow, CEO

HOLIDAY HOURS

CLOSED

Easter Sunday - April 20

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

CAMP GLACIER HOLLOW

9289 Pavelski Road
Amherst Junction, WI 54407

[715.342.2980](tel:715.342.2980)
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

SPRING 1 & 2 – 2025



SPRING SESSIONS	SESSION DATES	Y MEMBER REGISTRATION	GENERAL PUBLIC REGISTRATION
Spring 1	March 16 – March 22	February 24	March 3
Spring 2	March 23 – May 10	February 24	March 3

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**

BECOME A MEMBER TODAY!

MONTHLY MEMBERSHIP RATES

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

ANNUAL MEMBERSHIP

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

CONTINUOUS MEMBERSHIP

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

DAY PASSES

Youth	\$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 (16 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.

DROP-IN CHILD CARE

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

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



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

PARENTS MORNING OUT

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

\$15 PER CHILD PER SESSION

UPCOMING DATES:

MARCH 6 (FREE), 13, 20, 27

APRIL 3, 10, 17, 24

MAY 1, 8, 15, 22, 29

REGISTRATION REQUIRED

Adventure Alley is now open to Household and Single Parent Household members Monday through Friday from 12:00 PM to 4:00 PM, Saturday from 12:00 PM to 2:00 PM, and Sunday from 8:00 AM to 4:00 PM. This unsupervised area allows for free play for children and families while Drop-In is not in 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 PER CHILD PER SESSION

UPCOMING DATES:

MARCH 7

APRIL 4

MAY 2

REGISTRATION REQUIRED



YOUTH ACTIVITY CENTER

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

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

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

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

HEALTH & WELLNESS - FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

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

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

SPYMCA.ORG/FACILITYSCHEDULES



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



Classes with an asterisk require preregistration to reserve your spot. Instructions on how to register for classes are located on [page 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 weightlifting 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 (AGES 13 YEARS & UP)

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

Y MEMBER: Free
GENERAL PUBLIC: Day Pass Required



GENTLE YOGA

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

Location: Mind Body Room



MORNING YOGA

Wake up to a dynamic, flowing yoga practice 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 are incorporated in each class. Open to all experience levels—even beginners! Individual modifications will be available.

Location: Group Exercise Studio/Mind Body Room

HEALTH & WELLNESS – FREE GROUP EXERCISE CLASSES

CLASSES SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY

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

Y MEMBER: Free
GENERAL PUBLIC: Day Pass Required



YOGA SLOW FLOW

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

Location: Group Exercise Studio/Mind Body Room



PILATES MAT

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

Location: Group Exercise Studio/Mind Body Room

GROUP EXERCISE RESERVATION INSTRUCTIONS



Reservations open 2 days before the class start time

TO OPEN THE GROUP EXERCISE SCHEDULE:

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

THE FIRST TIME YOU REGISTER FOR A CLASS:

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

That's it! It will tell you if you have a spot reserved or if 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.

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 Pilates Mat, 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 can be purchased at Front Desk. Appointments will be set up after purchase.

24-Hour Cancellation Policy

SMALL GROUP TRAINING (AGES 12 YEARS & UP)

PILATES REFORMER BEGINNER/INTERMEDIATE SPRING SESSION

CLASS NAME	LOCATION	DATES	DAYS	TIME	CLASS MAX	Y MEMBER GENERAL PUBLIC
Pilates Reformer Beginner	Core Room	Spring 2 Session March 23 - May 10 (7 weeks)	TH	6:00 PM - 7:00 PM	5	\$77 \$131
Pilates Reformer Intermediate	Core Room	Spring 2 Session March 23 - May 10 (7 weeks)	M	5:00 PM - 6:00 PM	5	\$77 \$131
Pilates Reformer Intermediate	Core Room	Spring 2 Session March 23 - May 10 (7 weeks)	T	9:45 AM - 10:45 AM	5	\$77 \$131

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

Spring 2 Session: March 23 - May 10 (7 weeks)

Y Member: \$27 | **General Public:** \$54

**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.

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

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

Location: Wellness Center

Cost: Free

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

MOVEMENT & MUSIC PARKINSON'S CLASS

This free exercise-based class is designed for people with Parkinson's Disease and utilizes movement to music in a group setting. Exercises will be done using a chair 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 PM to 2:30 PM.

Location: Group Exercise Studio

Cost: Free (Paperwork required before attending first class)

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

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

HEALTH & WELLNESS – 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 Member: \$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.

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 center 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 at the Wellness Center Desk to register

Y Member: 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 at the Wellness Center Desk to register

Y Member: 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. Parent/guardian must be within sight of minor at all times.



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.

Spring Session: April 22 – May 29

Days: Tuesdays and Thursdays

Time: 6:45 PM – 7:45 PM

Location: All Purpose Room

Y Member: \$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.

Spring 2 Session: March 23 – May 10

Days: Mondays

Time: 6:15 PM – 7:45 PM

Location: All Purpose Room

Y Member: \$35 (7 weeks, 7 classes)

General Public: \$70 (7 weeks, 7 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.

Spring Session: March 21 – May 2 (7 weeks, 7 classes)

Location: Group Exercise Studio

Days: Fridays

Time: 6:00 PM – 7:00 PM

Y Member: \$49

General Public: \$98

ACTIVE OLDER ADULTS

SPRING 1 SESSION: March 16 – March 22, 2025

SPRING 2 SESSION: March 23 – May 10, 2025

MEMBER REGISTRATION: February 24

GENERAL PUBLIC: March 3

Join Active Older Adults (AOA) at the YMCA to experience a strong sense of belonging 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 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 to be added to our growing list of AOA participants.

ACTIVE OLDER ADULTS

SPRING 1 SESSION: March 16 – March 22, 2025

SPRING 2 SESSION: March 23 – May 10, 2025

MEMBER REGISTRATION: February 24

GENERAL PUBLIC: March 3

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

SPRING 2 SESSION: March 23 – May 10, 2025

MEMBER REGISTRATION: February 24

GENERAL PUBLIC: March 3

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 Member 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	\$21 \$84
Parent and Child Stage A/B	ADV POOL	6 Months – 3 Years	M	6:00 PM	6:30 PM	\$21 \$84
Parent and Child Stage A/B	ADV POOL	6 Months – 3 Years	T	5:15 PM	5:45 PM	\$21 \$84
Parent and Child Stage A/B	ADV POOL	6 Months – 3 Years	W	4:30 PM	5:00 PM	\$21 \$84
Parent and Child Stage A/B	ADV POOL	6 Months – 3 Years	TH	5:15 PM	5:45 PM	\$21 \$84

PRESCHOOL SWIM LESSONS : AGES 3 – 5 YEARS

Preschool swim lessons allow children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of 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 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, 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 1 Water Acclimation	ADV POOL	3 – 5 Years	M	4:30 PM	5:10 PM	\$51 \$84
Preschool Stage 1 Water Acclimation	ADV POOL	3 – 5 Years	T	9:30 AM	10:10 AM	\$51 \$84
Preschool Stage 1 Water Acclimation	ADV POOL	3 – 5 Years	T	4:30 PM	5:10 PM	\$51 \$84
Preschool Stage 1 Water Acclimation	ADV POOL	3 – 5 Years	W	5:15 PM	5:55 PM	\$51 \$84
Preschool Stage 1 Water Acclimation	ADV POOL	3 – 5 Years	W	4:30 PM	5:10 PM	\$51 \$84
Preschool Stage 1 Water Acclimation	ADV POOL	3 – 5 Years	TH	6:00 PM	6:40 PM	\$51 \$84

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	\$51 \$84
Preschool Stage 2 Water Movement	ADV POOL	3 – 5 Years	M	4:30 PM	5:10 PM	\$51 \$84
Preschool Stage 2 Water Movement	ADV POOL	3 – 5 Years	T	5:15 PM	5:55 PM	\$51 \$84
Preschool Stage 2 Water Movement	ADV POOL	3 – 5 Years	T	6:00 PM	6:40 PM	\$51 \$84
Preschool Stage 2 Water Movement	ADV POOL	3 – 5 Years	W	6:00 PM	6:40 PM	\$51 \$84
Preschool Stage 2 Water Movement	ADV POOL	3 – 5 Years	TH	5:15 PM	5:55 PM	\$51 \$84

PRESCHOOL SWIM LESSONS & PRIVATE LESSONS

SPRING 2 SESSION: March 23 - May 10, 2025

MEMBER REGISTRATION: February 24

GENERAL PUBLIC: March 3

**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 Member Services to add you to the waitlist.

PRESCHOOL STAGE 3: WATER STAMINA

Swimmers strive to improve their existing stroke skills with exposure to treading water, rhythmic breathing, and underwater swimming. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed 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	\$51 \$84
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	M	6:00 PM	6:40 PM	\$51 \$84
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	T	6:00 PM	6:40 PM	\$51 \$84
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	W	6:00 PM	6:40 PM	\$51 \$84
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	TH	4:30 PM	5:10 PM	\$51 \$84
Preschool Stage 3 Water Stamina	ADV POOL	3 - 5 Years	TH	6:00 PM	6:40 PM	\$51 \$84

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

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

SPRING 2 SESSION: March 23 - May 10, 2025

MEMBER REGISTRATION: February 24

GENERAL PUBLIC: March 3

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 Member Services to add you to the waitlist.

YOUTH SWIM LESSONS: AGES 6 - 13 YEARS

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

YOUTH STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool. 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 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	\$51 \$84
Youth Stage 1 Water Acclimation	ADV POOL	6 - 13 Years	W	5:15 PM	5:55 PM	\$51 \$84
Youth Stage 1 Water Acclimation	ADV POOL	6 - 13 Years	W	6:00 PM	6:40 PM	\$51 \$84
Youth Stage 1 Water Acclimation	ADV POOL	6 - 13 Years	TH	4:30 PM	5:10 PM	\$51 \$84

YOUTH STAGE 2: WATER MOVEMENT

Swimmers continue to build on their floating, kicking, and gliding skills without assistance. This level 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	\$51 \$84
Youth Stage 2 Water Movement	ADV POOL	6 - 13 Years	M	6:00 PM	6:40 PM	\$51 \$84
Youth Stage 2 Water Movement	ADV POOL	6 - 13 Years	T	6:00 PM	6:40 PM	\$51 \$84
Youth Stage 2 Water Movement	ADV POOL	6 - 13 Years	W	6:45 PM	7:25 PM	\$51 \$84
Youth Stage 2 Water Movement	ADV POOL	6 - 13 Years	TH	5:15 PM	5:55 PM	\$51 \$84

YOUTH STAGE 3: WATER STAMINA

Swimmers strive to improve their existing skills from Stage 2. Independent swimming of 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	\$51 \$84
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	T	5:15 PM	5:55 PM	\$51 \$84
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	T	6:45 PM	7:25 PM	\$51 \$84
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	TH	4:30 PM	5:10 PM	\$51 \$84
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	TH	6:00 PM	6:40 PM	\$51 \$84
Youth Stage 3 Water Stamina	ADV POOL	6 - 13 Years	TH	6:45 PM	7:25 PM	\$51 \$84

LEARN TO SWIM | YOUTH

SPRING 2 SESSION: March 23 – May 10, 2025

MEMBER REGISTRATION: February 24

GENERAL PUBLIC: March 3

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 Member 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	\$51 \$84
Youth Stage 4 Stroke Introduction	ADV POOL	6 – 13 Years	M	6:45 PM	7:25 PM	\$51 \$84
Youth Stage 4 Stroke Introduction	ADV POOL	6 – 13 Years	T	4:30 PM	5:10 PM	\$51 \$84
Youth Stage 4 Stroke Introduction	ADV POOL	6 – 13 Years	W	4:30 PM	5:10 PM	\$51 \$84
Youth Stage 4 Stroke Introduction	ADV POOL	6 – 13 Years	TH	6:45 PM	7:25 PM	\$51 \$84

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	\$51 \$84
Youth Stage 5 Stroke Development	ADV POOL	6 – 13 Years	T	6:45 PM	7:25 PM	\$51 \$84
Youth Stage 5 Stroke Development	ADV POOL	6 – 13 Years	W	5:15 PM	5:55 PM	\$51 \$84

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	\$51 \$84

DOLPHINS SWIM TEAM

SPRING/SUMMER SEASON: APRIL 14 – JULY 31

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

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

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

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

DESCRIPTION

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

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 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.

Life jackets 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	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
Swim into Stories	5/16/25	ADV POOL	Any	F	5:00 PM	7:30 PM	FREE

EASTER EGG SPLASH

An Easter egg hunt that is sure to make a huge splash! Children (ages infant to 13) will get to hunt for Easter eggs in our Adventure pool. There will be special prizes and family fun!

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.

Life jackets are available for use.

Wave Max: 50

Y Member: \$6 per person

General Public: \$14 per person

Registration Required - Only children need to register

CLASS NAME	DATE	LOCATION	AGE	DAY	START	END	Y MEMBER GENERAL PUBLIC
Easter Egg Wave 1	4/12/25	ADV POOL	Ages 0 - 13	SAT	9:00 AM	9:30 AM	\$6 \$14
Easter Egg Wave 2	4/12/25	ADV POOL	Ages 0 - 13	SAT	10:00 AM	10:30 AM	\$6 \$14
Easter Egg Wave 3	4/12/25	ADV POOL	Ages 0 - 13	SAT	11:00 AM	11:30 AM	\$6 \$14

ARTS & ENGAGEMENT

SPRING 1 SESSION: March 16 – March 22, 2025

SPRING 2 SESSION: March 23 – May 10, 2025

MEMBER REGISTRATION: February 24

GENERAL PUBLIC: March 3

STAFF CONTACT

McKenzi Klasinski, Aquatics and Sports Director – [715.952.9377](tel:715.952.9377) | 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. Check in at Member Services 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

YOUTH SPORTS CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SPRING 2 SESSION: March 23 - May 10, 2025
MEMBER REGISTRATION: February 24
GENERAL PUBLIC: March 3

SPIKERS VOLLEYBALL

Players will learn instruction on basic volleyball skills and techniques. Through learning the fundamentals of volleyball such as serving, setting, bumping, and returning, this program 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
Spikers	North Gym	6 - 8 Years	M	4:30 PM	5:10 PM	\$31 \$42
Spikers	North Gym	9 - 12 Years	M	5:30 PM	6:10 PM	\$31 \$42

DRIBBLERS BASKETBALL

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

Class Max: 20

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER GENERAL PUBLIC
Dribblers	North Gym	3 - 5 Years	W	4:30 PM	5:10 PM	\$31 \$42
Dribblers	North Gym	6 - 8 Years	W	5:10 PM	5:50 PM	\$31 \$42

STRIKERS SOCCER

Players will learn soccer skills and be introduced to group games. This coed program is indoors and outside weather permitting. Parent participation is encouraged.

Class Max: 20

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER GENERAL PUBLIC
Strikers	North Gym	3 - 5 Years	TH	4:30 PM	5:10 PM	\$31 \$42
Strikers	North Gym	6 - 8 Years	TH	5:30 PM	6:10 PM	\$31 \$42

YOUTH SPORTS CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SPRING 2 SESSION: March 23 - May 10, 2025
MEMBER REGISTRATION: February 24
GENERAL PUBLIC: March 3

SPORTSTERS

This coed program introduces players to a variety of sporting opportunities including t-ball, soccer, basketball, volleyball, and other group games! Parents are encouraged to join if able.

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER GENERAL PUBLIC
Sportsters	North Gym	3 - 5 Years	T	5:30 PM	6:10 PM	\$31 \$42
Sportsters	All Purpose Room	3 - 5 Years	TH	9:00 AM	9:30 AM	\$31 \$42

PICK UP BASKETBALL GAMES

Show up and play! Come join us for organized 5v5 basketball games on Monday nights from 6:30 PM to 7:30 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
Youth Pick Up	Gym	12 - 15 Years	M	6:30 PM	7:30 PM	FREE Day Pass

YOUTH SPORTS CLASSES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SPRING 2 SESSION: March 23 - May 10, 2025
MEMBER REGISTRATION: February 24
GENERAL PUBLIC: March 3

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, 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	9:30 AM	\$31 \$42
Mini Dancers	Mind Body Room	3 - 5 Years	F	4:30 PM	5:10 PM	\$31 \$42
Intro Ballet	Mind Body Room	6 - 8 Years	F	5:30 PM	6:10 PM	\$31 \$42

YOUTH SPORTS LEAGUES

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

SPRING 2 SESSION: March 23 - May 10, 2025
MEMBER REGISTRATION: February 24
GENERAL PUBLIC: March 3

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.

SOCCER LEAGUE

This coed program emphasizes the basic skill development of soccer. This league will allow each participant the opportunity to learn fundamental skills such as dribbling, shooting, and passing while playing games against opposing teams. Week 1 and 2 are skill instruction and practice, followed by 5 weeks of games in a fun and supportive environment.

- We will move outside if the weather permits. Emails will be sent out the night before if it is warm enough.
- YMCA Youth Sports shirts are mandatory for all youth sports leagues and can be purchased (and reused) for \$18 each at the Member Services Desk.

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER GENERAL PUBLIC
Soccer League	North/South Gym	10 - 12 Years	SAT	8:30 AM	9:15 AM	\$31 \$42
Soccer League	North/South Gym	8 - 9 Years	SAT	9:30 AM	10:15 AM	\$31 \$42
Soccer League	North/South Gym	5 - 7 Years	SAT	10:30 AM	11:00 AM	\$31 \$42

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

ADULT SPORTS

CLASSES SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY

SPRING 1 SESSION: March 16 - March 22, 2025
SPRING 2 SESSION: March 23 - May 10, 2025
MEMBER REGISTRATION: February 24
GENERAL PUBLIC: March 3

PICK UP BASKETBALL GAMES

Show up and play! Come join us for 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 | jtadych@spymca.org

PRESCHOOL GYMNASTICS



CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

SPRING 2 SESSION: March 23 – May 10, 2025
MEMBER REGISTRATION: February 24
GENERAL PUBLIC: March 3

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

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

This class is 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	SP2 - \$49 \$98
Adult Tot	Gymnastics Center	W	9:30 AM - 10:10 AM	SP2 - \$49 \$98
Adult Tot	Gymnastics Center	SAT	9:30 AM - 10:10 AM	SP2 - \$49 \$98

PRESCHOOL GYMNASTICS



CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY

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	SP2 - \$49 \$98
Tiny Twisters	Gymnastics Center	SAT	10:30 AM - 11:10 AM	SP2 - \$49 \$98

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 gymnastics 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	SP2 - \$49 \$98
Mighty Movers	Gymnastics Center	TH	5:20 PM - 6:00 PM	SP2 - \$49 \$98

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

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 Class Max: 10

THURS Class Max: 6

SAT Class Max: 12

CLASS NAME	LOCATION	DAY	CLASS TIME	Y MEMBER GENERAL PUBLIC
Beginners	Gymnastics Center	T	4:15 PM - 5:00 PM	SP2 - \$56 \$100
Beginners	Gymnastics Center	TH	4:15 PM - 5:00 PM	SP2 - \$56 \$100
Beginners	Gymnastics Center	SAT	11:15 AM - 12:00 PM	SP2 - \$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

INTERMEDIATES (COACHES CONSENT ONLY) (AGES 5+)

This is the second class in our progressive series for 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	SP2 - \$56 \$100
Intermediates	Gymnastics Center	SAT	12:00 PM - 12:45 PM	SP2 - \$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: 14

CLASS NAME	LOCATION	DAY	CLASS TIME	Y MEMBER GENERAL PUBLIC
Advanced	Gymnastics Center	T	5:00 PM - 6:00 PM	SP2 - \$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



SPRING 1 SESSION: March 16 – March 22, 2025

SPRING 2 SESSION: March 23 – May 10, 2025

MEMBER REGISTRATION: February 24

GENERAL PUBLIC: March 3

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 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.

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 as well as 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 SPORTS

CLASSES SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY



SPRING 1 SESSION: March 16 – March 22, 2025
SPRING 2 SESSION: March 23 – May 10, 2025
MEMBER REGISTRATION: February 24
GENERAL PUBLIC: March 3

STAFF CONTACT

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

Please do not arrive any earlier than 3:30 PM for any program.

ADAPTED SPORTS & SPECIAL OLYMPICS

ADAPTED RECREATION TRACK & FIELD

Running, walking, throwing, jumping...there is something for everyone to enjoy! Athletes will fine-tune their individual skills. Practice will be held outdoors, so please dress accordingly. Participants will have the opportunity to participate in the Special Olympics District Track Meet on May 10th at Colby High School and try to qualify for the 2025 Special Olympics State Summer Games happening June 5th through June 7th at UW-Whitewater. Participants wanting to compete in the District and State tournaments must attend practices and be available on the tournament dates to participate.

Session runs April 8 – June 8, 2025 | MAX: 45

ADAPTED RECREATION CORNHOLE

Cornhole, commonly known as “Bags,” is a lawn game in which players take turns throwing bags of corn kernels at a raised platform/board with a hole in the far end. Coed teams of two or three will compete at a District Meet and try to qualify for the 2025 Special Olympics State Summer Games happening June 5th through June 7th at UW-Whitewater. Participants wanting to compete in the District and State tournaments must attend practices and be available on the tournament dates to participate.

Session runs April 8 – June 8, 2025 | MAX: 30

SESSIONS FOR TRACK & FIELD AND CORNHOLE RUN APRIL 8 – JUNE 8, 2025

CLASS NAME	LOCATION	AGE	DAY	START	END	Y MEMBER GENERAL PUBLIC
Adapted Track & Field	Washington Elementary School	10+ Years	T, TH	3:30 PM	4:30 PM	\$35 \$45
Cornhole	Washington Elementary School	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 to allow for staff development and training.

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 Area School District, provides two sites for 4-year-old kindergarten. Registration forms must be completed 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 Area School District or for children who have open enrolled
- Ongoing September 2024 - June 2025; we follow the Stevens Point Area School District schedule

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

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 to allow for staff development and training.

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 below. Payment is due in full at time of registration. Held at the Stevens Point Area YMCA. Transportation is not provided.

Full Day from 6:30 AM to 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

SPRING SAFETY COURSES

CLASSES SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY

AMERICAN RED CROSS LIFEGUARD TRAINING: AGES 15+

Lifeguard training courses include blended learning that require an online component and in-person skills sessions. This course includes lifeguard training, CPR for professional rescuers, AED, and First Aid. The total length of this course is designed to be 10 hours online and 20 hours in the classroom. Participants must complete a prerequisite skills test which includes swimming 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	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	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 McKenzie Klasinski - Aquatics Director - [715.952.9377](tel:715.952.9377) | mklasinski@spymca.org

SPRING 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	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
Adult and Pediatric First Aid/CPR/AED	Conference Room	4/15/25	8:00 AM-10:30 AM (Blended Learning)	4/8/25
Adult and Pediatric First Aid/CPR/AED	Conference Room	5/6/25	8:00 AM-10:30 AM (Blended Learning)	4/29/25

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 by developing their understanding of how to use the course materials, conduct training sessions, and evaluate participants' progress. No refunds. Course graduates are encouraged to apply for employment at 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
Lifeguard Instructor	Training Pool & Conference Room	5/16 - 5/18	5/16 - 4:00 PM - 8:00 PM 5/17 - 8:00 AM - 5:00 PM 5/18 - 8:00 AM - 5:00 PM	5/4/25

SPRING SAFETY COURSES

CLASSES SUBJECT
TO CHANGES DUE
TO INSTRUCTOR
AVAILABILITY

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR RECERTIFICATION

This course is for those holding a current lifeguard instructor certification. It will instruct participants to teach basic-level lifeguard courses by developing their understanding of how to use the course materials, conduct training sessions, and evaluate participants' progress. No refunds. Course graduates are encouraged to apply for employment at 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	4/13/25	8:00 AM - 3:00 PM	3/30/25

CAMP GLACIER HOLLOW



SPRING BREAK KICKOFF (NO SCHOOL DAY)

Looking for a fun and exciting way to start your spring break? Join us at Camp Glacier Hollow for a day packed with adventure, creativity, and outdoor fun! This no school day event is the perfect chance to unwind, make new friends, and enjoy the great outdoors.

MARCH 17

Time: 8:00 AM - 5:00 PM

Who: Ages 7 - 14

Y Member: \$55

General Public: \$80

MAPLE SYRUP FESTIVAL

Join us for a day of sweet fun at our Second Annual Maple Syrup Festival! This family-friendly event offers something for everyone! Enjoy a free pancake breakfast, learn about the art of maple syrup tapping with live demonstrations, and explore the great outdoors with guided bird and tree identification walks. It's the perfect way to welcome spring and connect with nature.

MARCH 29

Time: 9:00 AM - 12:00 PM

Who: All Ages

Y Member: FREE (Please register in advance)

General Public: FREE (Please register in advance)

CAMP GLACIER HOLLOW



CAMP ALUMNI DAY

Calling all past staff! Join us for Camp Alumni Day—a special time to reconnect, reminisce, and relive the magic of camp. Whether you spent summers paddling the lake, singing by the campfire, or leading the next generation of campers, this is your chance to come back home. Spend the evening by the fire and then join us to cleanup camp for the summer season the following day on May 10th!

MAY 9

Time: 5:00 PM - 10:00 PM

Who: All Camp Alumni

Y Member: FREE (Please register in advance)

General Public: FREE (Please register in advance)

CAMP CLEANUP DAY

Help us get ready for an amazing camp season! We're hosting a Camp Cleanup Day where volunteers can pitch in to clear trails, spruce up cabins, and freshen up our outdoor spaces. It's a great way to give back, enjoy the fresh air, and connect with our camp community!

MAY 10

Time: 9:00 AM - 3:00 PM

Who: All Ages

Y Member: FREE (Please register in advance)

General Public: FREE (Please register in advance)

YOUR YMCA CONTACTS

STEVENS POINT AREA YMCA

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

CAMP GLACIER HOLLOW

- **AJ Becker, Camp & Teen Programs Director**
 - [715.952.9353](tel:715.952.9353) | abecker@spymca.org

YMCA CHILD CARE

- **Stephanie Gross, Child Care Senior Director**
 - [715.952.9339](tel:715.952.9339) | sgross@spymca.org
- **Julie Treml, Nutrition Coordinator**
 - [715.952.9337](tel:715.952.9337) | jtremml@spymca.org