



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GIVING BACK



2015 Winter Program Guide
YMCA OF DODGE COUNTY

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Registration dates for 2015 Winter Programs

Members: December 12

Program Members: December 15

You Can Register:

In Person at the Welcome Center

Over The Phone with a VISA, MasterCard, or Discover.

Faxing OR Mailing in a registration form, complete with credit card payment information.

Membership: To take advantage of a membership program rate, your YMCA of Dodge County membership must be valid throughout the **ENTIRE** class or program session.

Rescheduling: The Y reserves the right to reschedule and/or combine classes.

Classes Maximums: Many programs have a class maximum due to instructor-participant ratio, equipment, and/or space constraints. Registrations are entered on a first come basis. Please submit your registrations as soon as possible for the best assurance of a spot in your preferred program.

Payments: Program fees must be paid in full at the time of registration. Payment may be made with cash, check, VISA, MasterCard, or Discover. Credit or debit card may be used for phone-in registration.

Credits and Refunds: Classes lacking sufficient enrollment may be cancelled. If this happens you may transfer to another class, receive a credit or a refund. If you need to withdraw from a class before it begins, we will be happy to issue a credit. Classes not held for holidays or due to inclement weather are not refundable and do not qualify for a credit.

Returned Checks/Bank Draft (NSF): Returned checks and bank drafts will be assessed a \$30 processing fee.

Upcoming Events!

Membership Specials	December 15 - December 31
10% Off Y Gift Cards	The Month of December
Fit-A-Thon	Saturday, January 17
24 Hour Fitness Challenge	The Month of February
Blood Drive	Friday, February 6
Sea Dragons Home Swim Meet	Saturday, February 7
Early Bird Registration - Club Wannago	March 23 - March 27
Easter Eggstravaganza	Saturday, April 4

Here To Help!

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. Financial assistance applications are available on our website or at our Welcome Center.

About the YMCA of Dodge County

We are a state-of-the-art facility that includes a Family Adventure Water Park, Competitive Swimming Pool, Gymnasium, Racquetball Courts, Aerobics/Dance Studio, Cardio Wellness Center, Strength Training, Youth and Teen Fitness Center, Full Day Childcare Center and more. We offer a wide range of program offerings that change seasonally, but always includes something for toddlers to seniors!

Facility Hours and Closings





Days	Hours of Operation	Holiday Hours	Closures
Monday – Friday	5:00 am – 9:00 pm	Closed New Year’s Day • Easter Sunday Memorial Day • Fourth of July Labor Day • Thanksgiving • Christmas	Whirlpool: 11:30 am – 9:00 pm on the first Tuesday of every month for general maintenance and cleaning.
Saturday	6:00 am – 6:00 pm	Partial Hours Christmas Eve • New Year’s Eve (Open 5:00 am – 3:00 pm)	
Sunday	11:00 am – 4:00 pm		

(Pools close 30 minutes prior to the close of the building)

Executive Staff

Jen Krue Executive Director jkrue@theydc.org	Kathi Barnes Marketing Director kbarnes@theydc.org	Stacy Woods Health & Wellness Director swoods@theydc.org
Jenny Pufahl Senior Program Director jpufahl@theydc.org	Barb Loeffler-Hartl Child Development Center Director bhartl@theydc.org	Ashley Winter Health & Wellness Coordinator awinter@theydc.org
Frank Schmitt Facility Manager fschmitt@theydc.org	Amber Deibert School Age Child Care Director adeibert@theydc.org	Sara Rollins Aquatics Director srollins@theydc.org
Terry Pfeiffer Business Manager tpfeiffer@theydc.org	Jayme Roll Program Director jroll@theydc.org	Kaysa Zomer Assistant Aquatics Director- Sea Dragons Head Coach kzomer@theydc.org
Elizabeth Kelm Member Experience Director ekelm@theydc.org	Dan Laabs Horicon Recreation Director dlaabs@horicon.k12.wi.us	

Connect with Us

 On-Line: theYdc.org Pool, Group Exercise and Gym schedules are located on our website, along with regular updates, program information, registration forms, and much more!	 In Person: Give us a call or stop by the Welcome Center. Our Y Staff can your questions and register you for any of our programs and classes.
 Like Us: theYdc On Facebook? Like us and get the latest updates, schedule changes, announcements, tips, sneak peeks, new class openings, registration reminders, event and program pictures and more!	 Follow Us: @theYdodgecounty On Twitter? Follow us for the latest updates, schedule changes, announcements, tips, sneak peeks, new class openings, registration reminders, event and program pictures and more!
 Join Our Mailing List Receive program guides and newsletters right to your in-box! Our newsletters feature sneak peeks, new programs and schedules, tips and much more. Sign up online under “Contact Us”.	

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MEMBERSHIP CATEGORIES

Member:

Access to the YMCA of Dodge County facility, including free land and water group fitness classes. Speciality classes and programs with fees are offered at a lower rate and program registrations receive priority with earlier registration dates.

Program Member:

Program Members are limited to those enrolling in a specific Y program(s) with privileges based on the program(s) for which you register. General use of the YMCA of Dodge County facility is not included.

MEMBERSHIP RATES

Membership dues can be paid monthly via automatic bank draft (called Continuous Membership) or annually.

Annual membership can be paid by cash, check, VISA, MasterCard, or Discover and can be renewed annually. All membership fees are non-refundable and non-transferable.

Rates subject to change.

MEMBERSHIP TYPE	INITIAL RATE *	MEMBER LOYALTY RATE
Youth (Ages 6-12)	\$24	\$19
Teen (Ages 13-19)	\$26	\$21
Adult (Ages 20-59) **	\$48	\$43
Two Adult Household	\$57	\$52
Single Adult Household with Children ***	\$55	\$50
Two Adult Household with Children ***	\$67	\$62
Senior (Age 60+)	\$44	\$39
Senior Two Adult Household	\$56	\$51

* Initial Rate is for the first six consecutive months of membership

** Includes membership for one adult & dependents under the age of 5

*** Formally "Family Memberships"; these categories include memberships for all adults & their dependents ages 5-23 in a household. Please note that whether a household is a "Single" vs. "Two Adult" depends on the number of adults in the household, not the number of adults who will use the Y.

SHORT TERM MEMBERSHIP

(Discounts, Price Adjustments and Guest Passes Do Not Apply)

MEMBERSHIP TYPE	2 WEEKS	30 DAYS
Teen (Ages 13-19)	\$17	\$37
Adult (Ages 20 - 59)	\$35	\$60
Adult Household with Children	\$45	\$75

MEMBERSHIP CANCELLATION/HOLD POLICY

To cancel bank draft memberships, you must give the Y written notice by the 8th of the month to avoid any additional bank drafts. You can provide notice by completing a form at the Welcome Center, or completing a cancel form on our website. Please inform the Y of any bank account changes as soon as possible. Monthly bank draft memberships can be placed on hold for up to 3 continuous months in one calendar year for a \$25 administration fee. Please ask the Welcome Center staff for more details.

COMPLIMENTARY GUEST PASSES

Each membership unit receives up to five guest passes every September to be used for prospective members, friends and family. Guests must sign in and present photo ID. The same individual may only use 3 guest passes in a year.

DAY PASSES

Guests 16 and older must present photo ID. Rates are subject to change. Children 5 and under are included when accompanied by a paying parent/guardian; see below.

PASS TYPE	RATE
Youth & Teen (Ages 6-19)	\$6
Adult (Ages 20-59)	\$12
Family	\$20
Senior (Ages 60+)	\$8
Actively Aging (Ages 55+)	\$4
Monday & Friday Only from 8:00 am - 11:30 am	
Adult Day Pass - 10 Pack	\$80

FINANCIAL ASSISTANCE

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. This process is confidential; stop by the Welcome Center or visit our website to obtain a Financial Assistance application.

AWAY PROGRAM (Always Welcome At the Y)

A nationally recognized program that entitles Y members to visit other Y's. Some restrictions apply. Details are available at the Welcome Center.

WORKOUT FREEDOM (Child Watch Program)

Child Watch offers the convenience of on-site baby-sitting at a nominal cost, for children ages 6 weeks to 7 years old.

See page 9 for more details.

Strengthening the Foundations of Community

The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: **to strengthen the foundations of community.**

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. Anchored in more than 10,000 neighborhoods around the country, the Y has the long-standing relationships and physical presence, not just to promise, but to deliver lasting personal and social change.

Though the world may be unpredictable, one thing remains certain... the Y is, and always will be, dedicated to building healthy, confident, secure and connected children, families and communities.

Welcome to the YMCA of Dodge County family. We're glad you're here!



Code of Conduct

The mission of the Y is to respond to the needs of families through youth development, healthy living and social responsibility. The Y principles include honesty, responsibility, caring and respect. These core principles are the basis for all we do as an organization. Using our core principles as a guide, we have developed the following Code of Conduct to ensure all who enter our facility enjoy a safe, welcoming and comfortable environment.

We ask each guest to act in a manner that upholds these principles at all times when in our facility or participating in our programming. We expect those using the Y to behave in a way that shows respect and caring for others, which includes not using any language or engaging in any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct. Actions not showing respect for others and are not permitted include:

- Wearing inappropriate attire. Attire must include swimsuits only in the pool area; shoes, shorts and shirt or leotard in other areas of the facility. Clothing with vulgar or profane writing or pictures is not allowed.
- Using angry or vulgar language; swearing, name calling or shouting.
- Making physical contact with another person in an angry or threatening way.
- Engaging in sexual activity or contact with another person.
- Harassment or intimidation with words, gestures, or body language. Behavior which is inappropriate, threatening or offensive in nature.
- Stealing or behavior which results in destruction of property.
- Carrying or concealing devices or objects which may be used as weapons.
- Using or possessing alcohol or illegal chemicals on Y property or in vehicles.
- Smoking: All Y facilities and grounds offer a smoke free environment.
- The Y reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is, or has been, a registered sex offender.

Age Use Policy

The Y is concerned about the health and safety of our members and guests. Please keep in mind that there are inherent risks to any physical activity. Children ages 7 and under must be under adult supervision while on Y property unless participating in a supervised class. If dropped off for an enrolled, supervised class, child(ren) are to be picked up immediately at the end of the class time.

In the pool, children 7 and under must be actively supervised by an adult guardian, and children 5 and under must be within arms reach of an adult guardian. This policy includes all rental and parties – private or public. Children ages 8 and up must pass a deep water test to go off the diving boards or swim in the deep end.

The Wellness Center is available for ages 16 and up. Ages 13–15 may only use the Health and Wellness Center if a parent or guardian is side by side their child on machines or standing next to them on strength or other equipment. Ages 13–15 may be without parent or legal custodian only after passing the Y's Teen Strength Training I program and must wear their Teen Strength Lanyard while in the Wellness Center. Children ages 8–16 are allowed use of The Loft Room ONLY during scheduled hours and must register for a program. The Health and Wellness Center, Group Exercise Room, Racquetball Courts and fitness classes are available for our members ages 16 and up with the exception of specially marked classes.

Child Discipline Policy

Persistent discipline problems will result in parents/legal custodians being asked to attend a conference with the staff that will assist in working out an equitable solution to the problem. It is imperative that the Y staff receives total cooperation from the family. Violent actions, safety issues or a parent's/legal custodian's unwillingness to be cooperative may result in the dismissal of the child from our programs.

Check In Procedure

Members must scan or present their membership card at the Welcome Center to gain entry into the facility. If a member forgets their card, the member must verify their membership with a photo ID. Membership cards are nontransferable. Replacement cards are \$5 each.

Locks & Lockers

Locks are available for purchase at the Welcome Center. We recommend you do not bring valuables into the facility. The Y cannot be responsible for lost or stolen articles. Locks are not allowed on lockers overnight.

Towel Service

Hand towels are provided in the Health and Wellness Center free of charge for our members use.

Aquatics Information

The Competitive Pool and Family Adventure Pool schedules are available on our website and are available in print form at the Welcome Center.

Pool schedules are subject to change. Schedule changes are available on our website (www.theYdc.org), posted on Facebook (www.facebook.com/theYdc) and posted throughout the facility.

We reserve the right to close the slide due to low patrons. Slide operating hours are subject to change due to attendance levels. Child supervision policies will be strictly enforced (refer to Age Use Policy).

Gym Information

Gym schedules can be found at the Welcome Center or on-line. Schedules are subject to change and updates are posted to our website at theYdc.org.

Cell Phones & Electronic Devices

Making or receiving phone calls is prohibited in the Wellness Center, locker rooms and rest rooms. It is strongly recommended that you leave your cell phones and other devices in your locker or at home. If you choose to have these items while in the Wellness Center, cell phone functions must be turned off. If your device interferes with the heart rate monitoring systems you will be asked to remove the device. The use of cameras and video is strictly forbidden.

Photo & Video Policy

Y programs and events are often photographed or filmed for promotional purposes. If you do not wish to be included in a Y photograph, please indicate this to the instructor and/or photographer, otherwise the Y has the right to use photos for promotional purposes associated with the Y.

Firearm Policy

In accordance with WI state law effective November 1, 2011, no one may enter the YMCA facility or be on the YMCA grounds, while carrying a firearm. Violators are subject to a fine up to \$1000.00 and may be subject to criminal prosecution. Wis. Stat. 943.13.(1m)(c).

Inclement Weather Program – Cancellation Policy

The YMCA of Dodge County will follow the Beaver Dam Unified School District's inclement weather closings. If the district cancels school due to inclement weather, all Y programming will be canceled as well. If the district releases students early due to inclement weather, all Y programs for the remainder of the day will be canceled. If the district has late start due to inclement weather, all Y programs will run as scheduled. Classes not held for holidays or due to inclement weather are not refundable and do not qualify for a credit. Although classes and Child Watch are cancelled, the building remains open.



THE Y SUPPORTS CONNECTIONS

We encourage community groups, neighborhoods and families to come together and utilize our facilities. Our pools and exergaming room make for memorable and fun parties, productive team building or training sessions.



THE LOFT EXERGAMING & TRAINING ROOM

Rental opportunities for The Loft are:

Friday	5:00 pm – 7:00 pm
Saturday	1:00 pm – 3:00 pm

Rental of The Loft includes a Health & Wellness staff member who will start up equipment and provide proper use instruction, and will remain in the room to assist and monitor use of interactive equipment. (General rentals are not supervised or structured programs. Chaperones are required for youth ages 17 and under.)

The Loft is limited to 15 participants and up to 5 additional non-participatory parents/chaperones/coaches. All participants must be 8 years of age and older.

No food or carry-ins permitted.

Rates:

1 hour minimum, 2 hour maximum
\$50 / hour, 1st hour
\$25 / hour, 2nd hour

You may choose to add on rental of room space, gym and/or pools.

Complete a The Loft Rental Inquiry request form online at: www.theYdc.org, under "Contact Us".

For more information, contact Ashley Winter at 920.887.8811, ext. 114 or awinter@theydc.org.

LOCK-INS 9:00 PM – 6:00 AM

Experience an overnight at the Y on a Friday or Saturday! Events can range from school functions to your family reunion! You plan your own activity schedule.

The Y Offers:

Pools • Gymnasium • Racquetball • Lobby
Please call for your individual event pricing
Pool availability: 9:30 pm – 11:30 pm only
1 chaperone for every 10 minors required

For more information contact Jayme Roll at 920.887.8811, ext. 105 or jroll@theydc.org.



POOLS, GYMNASIUM, RACQUETBALL COURT AND LOBBY AREAS

Gym:

\$75 per hour
\$100 per hour with organized activities

Racquetball Court:

\$25 per hour per court

For more information contact Jayme Roll at 920.887.8811, ext. 105 or jroll@theydc.org.

Lobby:

\$35 per hour

Family Pool:

\$65 for groups up to 15
\$85 for groups 16 to 25
\$100 for groups of 26+
Pool remains open to the public.

After hour pool rentals:

\$200 per hour with a two hour minimum

Available Times:

Friday	9:30 pm – 11:30 pm
Saturday	6:30 pm – 8:30 pm
Sunday	4:30 pm – 6:30 pm

After hour rental rates:

Full payment should be received one week in advance of rental. All policies apply to rentals, including our Age Use Policy. In the pool, children 7 and under must be actively supervised by an adult guardian and children 5 and under must be within arms reach of an adult guardian.

Complete a Facility Rental Inquiry request form online at: www.theYdc.org, under "Contact Us".

Special pricing for non-profit groups

For more information contact Sara Rollins at 920.887.8811, ext. 111 or srollins@theydc.org.

NEW PROGRAMS & CLASSES AT THE Y!

Parent and Child Programs

- Mini Movers
- Teddy Tumblers

Preschool Recreational Programs

- Indoor T-Ball
- Moovin and Groovin
- Peewee Floor Hockey
- Scooter Town

Youth Recreational Programs

- Calling all Bowlers
- Net Fun

Adult Recreational Programs

- Co-ed Volleyball League

Group Speciality Fitness Classes

- Barre Fitness (Free Preview December 22)
- Bootcamp TRX
- Motivation Station
- Pound (Free Preview December 29)
- PiYo (Free Preview December 17)
- Spin and Sculpt (Free Preview December 29)

Group Classes - Free to Members!

- Body Blast
- Body Drive
- Butts and Guts
- Cardio Core

Holiday Sports Camp (See page 16 for details)

Family Fun Nights (See page 13 for details)

FITNESS FRIENDS

These classes welcome individuals with cognitive and physical challenges to engage in physical fitness led by a trained instructor.

Example Class Styles:

- Drums Alive
- Dance Around!
- Yoga Stretch
- Secret Strength

For more information contact Ashley Winter, Health & Wellness Coordinator, at 920.887.8811, ext. 114 or awinter@theydc.org.



SCHOOL'S NIGHT OUT

A **FREE** event for elementary students, staff and their families on scheduled Friday nights!

Event includes access to The Loft, the Family Adventure Pool with the water slide and the gym, along with healthy snacks.

To schedule your **School's Night Out** contact Jen Krue at 920.887.8811

All children attending the School's Night Out must be accompanied at the event by an adult guardian.



Event sponsored by the United Way of Dodge County



FULL-DAY CHILD CARE

For children ages 6 weeks to 5 years old

Available hours: 6:00 am – 6:00 pm

(10 Hours Maximum)

The Y is proud to offer a safe and nurturing child development center with trained childcare professionals. Our approach to child development is the High Scope Philosophy. Based on Jean Piaget's ideas that children should be involved actively in their own learning, the "learn by doing" approach is used throughout our child development center.

The Full-Day Child Care has a separate registration process and may have a waiting list. For a personal tour, more information, and to obtain a registration packet, please contact Barb Loeffler-Hartl, at 920.887.8811, ext. 108 or bhartl@theydc.org

To register, you must complete and submit a registration packet with a one time non-refundable fee: \$30 for single child | \$50 per family

Full-Day Child Care Rates

RATES/WEEK	MEMBER	PROGRAM MEMBER
Ages 6 Weeks to 23 Months		CODE: CCFDI/CC1YR
5 days/week	\$190	FREE Family Membership
3 days/week (M/W/F)	\$140	\$150
2 days/week (T/TH)	\$115	\$125
Ages 24 Months to 35 Months		CODE: CC2YR
5 days/week	\$165	FREE Family Membership
3 days/week (M/W/F)	\$115	\$125
2 days/week (T/TH)	\$90	\$100
Ages 3 to 5 Years		CODE: CC3YR/CC4-5YR
5 days/week	\$160	FREE Family Membership
3 days/week (M/W/F)	\$110	\$120
2 days/week (T/TH)	\$85	\$95

Rates as of 9/1/2014

ADDED BENEFITS OF OUR FULL-DAY CHILD CARE

Great opportunities to enroll in additional preschool classes!

Add to the learning and fun for your child by enrolling them into one or more of the available preschool classes like Locomotor Development, Tumbling Tikes, Sporties for Shorties and more, are held during the day at the Y. Your child's teacher will escort them to and from the class. A separate registration is required.

Class descriptions start on page 12



Learn Skills, Have Fun!

Find comfort with friends in the pool. Register your little one for child care swim lessons, held twice a week. Your child will have the opportunity to learn with their classroom peers. Swim lessons are a life long skill and teach water safety! A separate registration is required.

See Swim Class description on page 18

Enhancing Young Minds!

Today's early learning is enhanced in our Child Development Center through use of our iPad's and laptop's. Children are invited to participate in individual tiny-tot and preschool computer labs. Young minds will expand and fill with knowledge and skills in this early education program.



No classes are held on dates the Y is closed

ABOUT OUR CHILD CARE...

With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That's why child care and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

Children are like sponges – they watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our Child Care, After school and Child Watch programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other. At the Y, babies develop trust and security, preschoolers experience early literacy and learn about their world, and school-age kids make friends, learn new skills and do homework. Most importantly, children learn how to be their best selves, which makes for confident kids today, and contributing and engaged adults tomorrow.



ENRICHMENT PRESCHOOL FOR 3 & 4 YEAR OLDS



Our preschool provides children with an opportunity to develop skills, self-esteem, and creativity in a semi-structured learning environment.

To register, complete and submit a registration packet with a \$30 non-refundable registration fee per child (family max \$50). Packets can be picked up at the Welcome Center. Children must be 3 years at the start of the semester. Space is limited; registration is open now and is first come, first serve. Semester fees must be paid in full to guarantee a spot.

Semester 2 **January 12 – May 14**
Mon & Wed 12:30 pm – 2:00 pm **OR**
Tue & Thur 1:00 pm – 2:30 pm

Member: \$250 per semester
Program Member: \$300 per semester

Payment due on or before January 5, 2015

Full-Day Child Care participants receive a preschool rate discount!
If your child is enrolled in Child Care five (5) days per week, your rate is \$125!

CHILD WATCH PROGRAM

For children ages 6 weeks to 7 years old.

Child Watch offers the convenience of on-site baby-sitting at a nominal cost! Child Watch hours vary and can be obtained online at theYdc.org or at the Welcome Center. Participants must purchase a punch card at the Welcome Center prior to drop-off.

Parent/Legal Guardian/Grandparent must remain within the Y facility during the entire time the child(ren) are in Child Watch.

Punch cards are available in different increments. More information can be picked up at the Welcome Center or found online at theYdc.org.

PRE-PAID PUNCH CARDS AVAILABLE!

\$5.00 for 5 hours:
Members Only – Family Card

\$20.00 for 22 hours:
Members Only – Family Card

UNLIMITED at \$10 per month/child
Members Only By Bank Draft

\$10.00 for 5 hours:
Program Members – Family Card

* Punch cards expire one year from date of purchase and are non-transferable

BEFORE & AFTER SCHOOL CHILD CARE



SACC – SCHOOL AGE CHILD CARE

Sites Include:

Jefferson, Lincoln, Prairie View, St. Katharine Drexel, Wilson and Washington in Beaver Dam; Meadow View in Waupun; SAGES in Fox Lake, Van Brunt in Horicon; and Randolph Elementary in Randolph.

With a focus on safety, social growth, and academic enrichment, the SACC programs serve 4K through 5th graders with a variety of programs and activity options to explore and develop their interests and talents. Breakfast is available for AM participants and a after school snack for PM participants.

With so many demands on families today, these programs offer the flexibility of daily attendance (1, 2, 3, 4, or 5 days/week) and which session (AM, PM, or both).

At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our SACC programs are staffed with people who understand cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other.

Site availability is based on need, so sites may be added, relocated and/or closed as needed. A minimum of 6 daily attending children must be enrolled to maintain any site. Sites that do not maintain 6 participants will be given a 2 week notice before relocating or closing. The School Age Child Care Director will inform you of which school site your child will attend if care is not offered at your child's school

Bussing available in Beaver Dam:

AM Bussing – from the Wilson site to South Beaver Dam schools.

PM Bussing – from South Beaver Dam schools to Wilson site.

To help offset the additional expense there is an additional \$6 per week, per child transportation fee for children that are bussed from and to their SACC site.

To register, you must complete and submit a registration packet with a non-refundable fee: \$30 for single child | \$50 per family

Registration packets can be picked up at the Welcome Center. Enrollment is limited and therefore registration is accepted on a first come basis. A minimum of 3 business days from receipt of registration is required for processing before the child(ren) can start the program.

For more information please contact Amber Deibert at 920.887.8811, ext. 109 or at adeibert@theydc.org

School Age Child Care Rates

SEMI-MONTHLY RATES MEMBER PROGRAM MEMBER

AM – Before School Care

1 day/week	\$9.25	\$10.00
2 days/week	\$18.50	\$21.25
3 days/week	\$27.75	\$33.75
4 days/week	\$38.00	\$45.00
5 days/week	\$46.25	FREE Youth Membership

(For Prairie View, these are PM rates)

PM – After School Care

1 day/week	\$12.95	\$14.00
2 days/week	\$25.90	\$29.75
3 days/week	\$38.85	\$47.25
4 days/week	\$51.80	\$63.00
5 days/week	\$64.75	FREE Youth Membership

(For Prairie View, these are AM rates)

All sites accept W2

SCHOOL'S DAY OUT FUN CLUB!

When school's out, the Y is in! An exciting and challenging place, where children in grades 4K-5th, expand their skills in mind and body. Our programs offer a combination of free choice and structured activities. Expanded curriculum includes healthy living, arts and crafts, science, service learning, health and fitness, literacy, character development and conflict resolution.

- Pre-registration is required.
- A minimum of 6 enrolled is required to run program at sites.
- Theme days filled with exciting activities and special projects.
- Program information and registration forms are available at the Welcome Center and online at the www.theYdc.org.
- Payment is separate from the Before/After SACC Program.
- Registration fee per school year, unless enrolled in SACC program: \$30 for single child | \$50 per family

Contact Amber Deibert for more information at 920.887.8811, ext. 109 or adeibert@theydc.org.

2014-2015 SCHOOL YEAR SCHOOL'S DAY OUT DATES

All Schools	Friday	December 26
All Schools	Monday	December 29
All Schools	Tuesday	December 30
All Schools	Friday	January 2
Waupun & Fox Lake	Friday	January 16
Beaver Dam & Horicon*	Friday	January 23
Waupun* & Fox Lake*	Friday	February 13
Beaver Dam & Horicon	Monday	February 16
Beaver Dam, Waupun** & Fox Lake**	Friday	February 27
Horicon, Waupun* & Fox Lake*	Friday	March 13
Beaver Dam	March 23 – March 27	
Waupun & Fox Lake	March 30 – April 2	
All Schools	Friday	April 3
SKDS, Fox Lake, Waupun and Horicon	Monday	April 6

* Early Release

** Snow Make Up Date

SCHOOL AGE PROGRAMS

BEAVER DAM 4K PROGRAM

For 4 year olds living in the Beaver Dam Unified School District (Children must be 4 years old before September 1, 2015). Contact the BDUSD for registration information.

HOME SCHOOL GYM (AGES 4+)

An organized gym class for home schooled children and youth.

Wednesdays 11:00 am - 11:45 am
Session 1 January 7 - February 25
Session 2 March 4 - April 22

Member: \$5 per child OR \$15 max per family
Program Member: \$10 per child OR \$30 max per family

CODE: YSHGYM
Minimum 5 participants



EARLY BIRD SPECIAL

Save 50% on registration fees between March 23 - March 27



CLUB WANNAGO – SUMMER DAY CAMP

MONDAY THROUGH FRIDAY, 6:30 AM TO 5:45 PM

Club Wannago is a full day child care program held in the summer for children entering 1st through 6th grade, offering a full curriculum program that includes weekly field trips, swimming, outdoor play, games, sports, arts and crafts, and more. Fill your child’s summer with opportunities to experience fun activities and new friendships.

To register, complete and submit a registration packet with a non-refundable fee: \$30 for single child | \$50 per family. Registration packets will be available in March and can be picked up at the Welcome Center.

WEEKLY RATES (Minimum 2 days/week required)

# Days per Week	Member	Program Member
5 days per week	\$138	FREE family membership! (\$138 value)
4 days per week	\$118	\$140
3 days per week	\$98	\$120
2 days per week	\$78	\$100

Registration Code: CCYCWREG | Roster Code: CCYCWANNAGO

Contact Amber Deibert for more information at 920 887 8811, ext. 109 or at adeibert@theYdc.org

Additional Fees:

\$6 Summer School Transportation Fee
\$15 Field Trip Fee for families attending three or fewer days/week

Full camp program information can be found at our Welcome Center or on our website.

PRESCHOOL RECREATIONAL PROGRAMS



NEW! MOOVIN AND GROOVIN (AGES 3-5)

Do you like music, movement and having fun? Then this class is for you! Together we will dance, jump, spin and move to the music. Children will learn movements and participate in structured creative movement activities. Participants should wear comfortable clothing and tennis shoes.

Location: Group Exercise Room

Wednesdays 10:00 am – 10:30 am
Session March 4 – April 22
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **FTMOOVIN**

NEW! PEEWEE FLOOR HOCKEY (AGES 3-5)

Learn how to play the non contact game of floor hockey. A variety of games will be played working on basic skills of hockey. Padded sticks and soft balls will be used.

Tuesdays 4:30 pm – 5:00 pm
Session January 6 – February 24
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSPWHOC**

NEW! INDOOR T-BALL (AGES 3-5)

Learn how to play the game of t-ball this winter in the warmth of the gym. Kids will learn the basic skills and rules of t-ball using soft dodge balls. No glove is needed.

Thursdays 5:00 pm – 5:30 pm
Session March 5 – April 23
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSINTB**

NEW! SCOOTER TOWN (AGES 3-6)

This interactive class gets children to ride scooters/bikes around a course and make stops at different centers. Each center will have a different activity for children to do like climbing, sensory play, dramatic play, small motor toys, art and more. This is a fun way for children to work on large and small motor skills, along with cooperative play.

Thursdays 4:30 pm – 5:00 pm
Session January 8 – February 26
Thursdays 10:00 am – 10:30 am
Session March 5 – April 23
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSST (1) (2)**

LOCOMOTOR DEVELOPMENT (AGES 2-4)

Between the ages of 2-4 children start to develop their motor skills and enjoy a wide variety of activities. In this class we will work their locomotor skills and space awareness: walking, jumping, running, sliding, throwing, flexibility, and coordination.

Location: Group Exercise Room

Wednesdays 10:00 am – 10:30 am
Session January 7 – February 25
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **FTMOTOR**

TUMBLING TIKES (AGES 3 - 5)

Accomplishments come in many ways in this beginning floor exercise gymnastic class. Your child will learn more about how their body can move and have fun while doing it! Listening to their teacher, being respectful of others and trying new things are primary skills in this class as the children tumble their way to greater flexibility and control of their bodies. Appropriate for tikes who have not taken any organized class before.

Tuesdays 11:00 am – 11:30 am
Session March 3 – April 21
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSTT**

SPORTIES FOR SHORTIES (AGES 3-5)

Hands-on exploration of a variety of sports will engage your preschooler as they are introduced to different games, and learn the fundamentals of athletics. Your child will be beaming with confidence as they master the tot-size games.

Thursdays 10:00 am – 10:30 am
Session 1 January 8 – February 26
Tuesdays 4:30 pm – 5:00 pm
Session 2 March 3 – April 21
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSSFS (1) (2)**

LITTLE KICKERS (AGES 3-5)

Everything in this class is geared towards developing excitement for the game of soccer. Your child will be challenged and encouraged as they practice kicking and running with equipment sized just for them.

Mondays 4:30 pm – 5:00 pm
Session 1 January 5 – February 23
Thursdays 4:30 pm – 5:00 pm
Session 2 March 5 – April 23
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSLKICK (1) (2)**

LITTLE DRIBBLERS (AGES 3-5)

Engaging in age-appropriate drills, kids overcome intimidation, and gain confidence and control over the ball. This class works on how to hold, dribble, and run with the ball, along with understanding the rules and listening to the coach.

Wednesdays 4:30 pm – 5:00 pm
Session 1 January 7 – February 25
Session 2 March 4 – April 22
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSLDRB (1) (2)**

INTRO TO MARTIAL ARTS – TAE KWON DO FLYING DRAGONS (AGES 3 - 5)

This is a high energy, fun and exciting class designed to teach students self-control, listening skills, concentration, discipline, respect and build confidence. No experience necessary!

Tue & Thur 5:10 pm – 5:40 pm
Session 1 January 27 – February 12
Session 2 March 3 – March 19
Session 3 April 7 – April 23
Member: \$15 | Program Member: \$20
CODE: **YSIMA (1) (2) (3)**

Martial Arts classes will be taught at
Martial Arts America, 120 Front Street, Beaver Dam



REGISTER EARLY, SPACE IS LIMITED

Parent and Child Programs

The YMCA offers parent child programs to make it a little easier for families to connect with a community of families experiencing the same challenges. Professionally trained staff work with parents and children to help them get the support they need, encouraging families to connect and share advice, tips and stories about their children and to participate in the variety of programs available for parents and children to participate in. YMCA Family Programs connect parents with kids, kids with parents and families with other families in the community. We can support your family too.

NEW! MINI MOVERS (AGES 12-24 MONTHS)

Mini Movers run, jump, roll and climb. Children learn to follow simple instructions and control their bodies as they explore our safe and fun surroundings. Parent must be present for this class and participation is encouraged.

Tuesdays 10:00 am – 10:30 am
Session March 3 – April 21
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSMINI**

NEW! TEDDY TUMBLERS (AGES 24-36 MONTHS)

Teddy Tumblers builds on core lessons from Mini Movers to succeed in a more structured class. These young gymnasts will be taught how to follow multi-step directions, communications with peers, and improve strength and flexibility. Parent must be present for this class and participation is encouraged.

Tuesdays 10:30 am – 11:00 am
Session March 3 – April 21
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSTEDDY**

MOMMY & ME (AGES NEWBORN-2)

This innovative, creative class includes artistic movement, yoga, songs, baby signs and stories to promote deeper connection, enhance communication and provide early positive learning experiences for early learners and the parents that adore them. Parent must be present for this class and participation is encouraged.

Location: Group Exercise Room

Wednesdays 10:30 am – 11:00 am
Session March 4 – April 22
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **FTMOMMY**

TODDLER GYM (AGES 12-24 MONTHS)

Parents and children join in activities that build hand-eye coordination, motor skills and social development. For children walking and beginning to discover coordination. Please wear socks and gym shoes. Parent must be present for this class and participation is encouraged.

Tuesdays 10:00 am – 10:30 am
Session January 6 – February 24
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSTGYM**

MESSY BEES (AGES 18-36 MONTHS)

Explore art in this 30 minute creativity class. Each week we will introduce you and your child to a new sensory station, as well as a new art technique. This class will put a smile on everyone's face and the best part is that we do all the clean-up. Dress for mess! Parent must be present for this class and participation is encouraged.

Location: Lobby

Mondays 9:30 am – 10:00 am
Session 1 January 5 – February 23
Session 2 March 2 – April 20
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSBEES** (1) (2)

BALLS OF FUN (AGES 2-3)

Parents and children will focus on fun while exploring skills, like running, jumping, throwing, catching and playing games with balls. Please wear socks and gym shoes. Get ready to have a ball! Parent must be present for this class and participation is encouraged.

Tuesdays 11:00 am – 11:30 am
Session 1 January 6 – February 24
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSBFUN**

NEW! FAMILY FUN NIGHTS

Come join us for some family fun! Play together as a family, and learn healthy ideas, habits and snacks. Bring the family and see how much fun playing and learning together is. Wear comfortable clothes and gym shoes.

Mondays 6:00 pm – 6:45 pm
January 26 | February 23 | March 30 | April 27

NOTE: Registration is required per date

Member: **FREE!**

Program Member: **\$5 per family**

CODE: **ASFAM** (1) (2) (3) (4)



YOUTH RECREATIONAL PROGRAMS



NEW! CALLING ALL BOWLERS (AGES 7 - 12)

Do you want to learn how to bowl or improve your score? This class is the one for you! Children are encouraged and challenged to work at improving techniques along with having fun.

Location: Tower Lanes Bowling Alley

Wednesdays 5:00 pm - 6:00 pm
Session 1 January 7 - February 25
Session 2 March 4 - April 22
Member: \$26 | Program Member: \$45
CODE: **YSCALL** (1) (2)

NEW! NET FUN (AGES 8 - 12)

Learn how to play badminton and pickleball. Players will learn the rules and skills of each sport, along with good sportsmanship. These are sports that can be played throughout a lifetime!

Thursdays 5:30 pm - 6:00 pm
Session 1 January 8 - February 26
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSNET**

INTRO TO WRESTLING (AGES 5-8)

Explore the basics of wrestling in a fun, non-competitive environment. Class focuses on improving agility, core strength, balance, strength and technique. Join us and learn how to keep both your body and mind strong.

Mondays 5:30 pm - 6:15 pm
Session January 5 - February 23
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSWRES**

SPRING FLAG FOOTBALL (AGES 5 - 8)

Teamwork and focusing on fundamental skills, this program includes a 30 minute practice followed by a 30 minute game.

Mondays 5:00 pm - 6:00 pm
AGES 5 - 6 CODE: **YS56FBALL**
AGES 7 - 8 CODE: **YS78FBALL**
Session April 20 - May 25
Member: ~~\$40~~ \$20 | Program Member: \$55

BIG KICKERS (AGES 6-9)

High energy and high enthusiasm is part of this class as kids develop their basic soccer skills into playing simplified games and new drills. Kids learn the importance of teamwork and what it feels like to be part of a team.

Mondays 5:00 pm - 5:30 pm
Session January 5 - February 23
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSBKICK**

BIG DRIBBLERS (AGES 6-9)

Kids will start to gain a sense of the game of basketball as they master skills, and experience progression and success. Children in this class should possess the ability to listen to the coach, stand and wait in line, and play well with other children.

Wednesdays 5:00 pm - 5:30 pm
Session March 4 - April 22
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSBDRB**

FLOOR HOCKEY (AGES 6-10)

Come play hockey in the warm gym! Learn the basic skills of this favorite North American past time. Sticks will be provided. Pads will not be necessary since it is a non contact class.

Wednesdays 5:00 pm - 5:30 pm
Session January 7 - February 25
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSHOC**

INDOOR MICRO-SOCCER (AGES 6 - 11)

Dribble, pass and shoot your way through this 5 week session. This class uses age-appropriate skills and team play for a fun, positive experience. Special emphasis is placed on teamwork, sportsmanship and fair play. Basic FUNdamentals of soccer will be taught along with a combination of small sides games and full out scrimmages. Get ready for In-town Soccer League!

Mondays 5:00 pm - 5:30 pm
AGES 5 - 6 CODE: **YS56INSOC**
Mondays 5:30 pm - 6:00 pm
AGES 7 - 8 CODE: **YS78INSOC**
Mondays 6:00 pm - 6:30 pm
AGES 9 - 11 CODE: **YS911INSOC**
Session March 9 - April 6
Member: ~~\$26~~ \$13 | Program Member: \$40

WALLEY BALL (AGES 8-12)

Walley Ball is a volleyball game played in a racquetball court. Learn and improve volleyball skills while learning this fun game. Open to both girls and boys!

Thursdays 6:00 pm - 6:30 pm
Session March 5 - April 23
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSWALL**

GIRLS VOLLEYBALL (AGES 8-12)

Introduction to the basic rules and fundamentals of volleyball. Emphasis on team playing, drills to improve skills, and building self-esteem. For girls who are new to the game, along with those who have played before and looking to improve.

Tuesdays 5:00 pm - 5:45 pm
Session January 6 - January 27
Member: ~~\$16~~ \$8 | Program Member: \$25
CODE: **YSVBALL**

INTRO TO RACQUETBALL (AGES 8 - 15)

An introduction to the basic rules and fundamentals of playing racquetball. Participants can bring their own equipment or use equipment available at the Y.

Tuesdays 6:00 pm - 7:00 pm
Session 1 January 6 - February 24
Session 2 March 3 - April 21
Member: \$5 | Program Member: \$15
CODE: **YSRACQ** (1) (2)

DODGEBALL FUN (AGES 9 - 12)

Get in the game! Improve your coordination and agility, learn a variety of dodgeball games while having fun and meeting new friends.

Tuesdays 5:00 pm - 5:30 pm
Session March 3 - April 21
Member: ~~\$26~~ \$13 | Program Member: \$45
CODE: **YSDODG**

REGISTER EARLY, SPACE IS LIMITED

Youth Wellness: The Loft

The Loft (YW:TL) program is for youth ages 8-16. Participants can workout independently at their own convenience in the Loft with supervision and guidance from the Wellness Staff. Youth can use the Loft and equipment as often as they wish during the program open hours.

The LOFT Program is FREE for Youth Members ages 8-16 with registration. This program is also open to community youth as a regular program registration.

Winter Session: January 5 – April 25

Mondays	5:00 pm – 6:30 pm
Tuesdays	6:00 pm – 7:30 pm
Wednesdays	5:00 pm – 6:30 pm *
Thursdays	4:30 pm – 6:15 pm
Saturdays	9:30 am – 11:30 am

Program Fees

Member: FREE | Program Member: \$15

CODE: FTYWTL

Loft Access Pass: \$5 per child

CODE: TRANSTYPE 85

* Wednesday Nights are Family Nights in The Loft!

Family members (ages 8+) of a registered YW:Loft participant can join in the fun!

TEEN STRENGTH 1 (AGES 13+)

The Teen Strength Program allows teens to work out under the guidance of a trainer to learn the basics of strength training, cardiovascular conditioning and fitness area etiquette. An excellent program for teens ages 13-15 who wish to start an exercise routine. Three one hour classes.

Teens under the age of 16 are not permitted in the Fitness Center on their own. After completion of the program, teen YMCA members will be able to utilize the fitness area safely and effectively at any time on their own.

Location: Health & Wellness Department

Tuesdays	5:30 pm – 6:25 pm
Session 1	January 6 – January 20
Session 2	February 17 – March 3
Session 3	March 31 – April 14
Member: \$35 \$17.50	 Program Member: \$60
CODE: FTTEENSTREN (1) (2) (3)	

TEEN STRENGTH 2 (AGES 13+)

This more advanced strength training program will familiarize teens with safely using the free weight equipment, emphasizing proper form and program design. Three one hour classes.

Prerequisite: 13+ and completion of Teen Strength 1

Location: Health & Wellness Department

Tuesdays	5:30 pm – 6:25 pm
Session 1	January 27 – February 10
Session 2	March 10 – March 24
Member: \$35 \$17.50	 Program Member: \$60
CODE: FTTEEN2 (1) (2)	

PRIVATE TEEN STRENGTH (AGES 13+)

Scheduled by appointment, your teen will get personal one-on-one training. This class teaches how to safely and properly use the Fitness Center equipment. You can choose to sign up for either Teen Strength 1 or Teen Strength 2. A Health & Wellness Staff Member will contact you to arrange a time that will fit you and your teens schedule.

Member: \$60 | Program Member: \$75

CODE: FTPRIVATE

Introduction to Martial Arts Programs!



Martial Arts classes will be taught at
Martial Arts America,
120 Front Street, Beaver Dam

INTRO TO MARTIAL ARTS – TAE KWON DO

This class is designed to offer a fun look into the world of Tae Kwon Do martial arts training. The objective will be on building confidence, focus and discipline. Students will learn basic kicking, blocking and striking skills in a fun, safe environment.

No experience necessary!

Session 1	January 27 – February 12
Session 2	March 3 – March 19
Session 3	April 7 – April 23

YOUTH (AGES 6-12)

Tue & Thur 5:00 pm – 5:50 pm
Member: \$15 | Program Member: \$20
CODE: YSFD612 (1) (2) (3)

TEENS & ADULTS (AGES 13+)

Tue & Thur 6:00 pm – 6:50 pm
Member: \$15 | Program Member: \$20
CODE: ASFD (1) (2) (3)

INTRO TO OLYMPIC JUDO (AGES 7+)

The guiding principles of the class will be respect, self confidence and mutual benefit of all the class members. Judo teaches the principles of falling, off balancing and throwing an opponent. Optional competition opportunities will be available.

No experience necessary!

Mon & Wed	6:00 pm – 6:45 pm
Session 1	January 26 – February 11
Session 2	March 2 – March 18
Session 3	April 6 – April 22
Member: \$15	 Program Member: \$20
CODE: YSJUDO (1) (2) (3)	

INTRO TO JU-JITSU (AGES 7+)

Translated literally, Ju means gentle or soft and Jitsu means art. While referred to as "A gentle art" some of the techniques are extremely dynamic and would appear to be anything but soft. Ju-Jitsu is the Japanese art of attack and defense used by the unarmed samurai against an opponent by grasping or striking so that the opponents own strength and weight are used against them primarily in grappling and ground defense. No experience necessary.

Saturdays	9:00 am – 9:50 am
Session 1	January 31 – February 14
Session 2	March 7 – March 21
Session 3	April 11 – April 25
Member: \$10	 Program Member: \$15
CODE: YSIJJ (1) (2) (3)	

INTRO TO BOXING & KICKBOXING (AGES 13+)

Focus on teaching basic skills. Students will have the opportunity to train and use professional equipment with no fear of getting hurt or injured. No experience necessary.

Tue & Thur	7:00 pm – 7:55 pm
Session 1	January 27 – February 12
Session 2	March 3 – March 19
Session 3	April 7 – April 23
Member: \$15	 Program Member: \$20
CODE: ASBOX (1) (2) (3)	

NO CLASSES ON DAYS THE Y IS CLOSED



YOUTH SPORTS PHILOSOPHY

The goals and objectives of the YMCA youth sports programs are based upon a philosophy of eight concepts.

Participation: Everyone plays!

Fun: We play to have fun!

Fitness: Regular exercise is important for a lifetime.

Skills: We learn basic fundamentals that help us play the game.

Teamwork: We focus on cooperation, no competition.

Fair Play: We respect all involved; other players, coaches, parents and officials.

Volunteers: They are the key to a successful program.

Family Involvement: Youth sports is a family program. Parents and kids learn and practice together.

Youth In-Town Leagues

The focus of all our youth in-town leagues is participation, team building, playing-time for all, and having fun. Teams are divided by age group and are coached by a team of volunteer coaches. Games will be held weekly. Pick up league registration forms at the Welcome Center or download a printable form online at theYdc.org.

GOLD MEDAL VOLLEYBALL (GRADES 5 - 8)

Bump, Set, Spike! The MEDAL LEAGUE is a program for young volleyball players who would like to have fun learning skills, and getting involved in competition against players at their own skill level. Rules have been altered to accommodate young players so that success can be felt by all. Practices are held on Tuesday evenings. Games are held on Sundays in surrounding communities.

Registrations must be received by January 28.

Tuesday Practice Times:

Grades 5/6 5:00 pm - 6:00 pm

Grades 7/8 6:00 pm - 7:00 pm

Session February - March

Member: \$45 | Program Member: \$85

CODE: **YSMEDAL**

SPRING IN-TOWN SOCCER LEAGUE (AGES 5-11)

Learning and improving on the fundamentals of the game, along with teamwork is the main focus of this program. Practice times are determined by volunteer coaching staff and will include a 1 hour practice each week. Coaches will contact players prior to practices and game schedules will follow. Games are held on Friday nights. All participants will receive a team T-shirt.

Registration deadline is March 27; a \$10 late fee for any registrations accepted after the deadline. T-shirts are not guaranteed for those who register after the deadline.

Session April 13 - June 5

Ages 5-6 CODE: **YS56SOC**

Ages 7-8 CODE: **YS78SOC**

Ages 9-11 CODE: **YS911SOC**

Member: ~~\$40~~ \$20 | Program Member: \$55

NEW! HOLIDAY SPORTS CAMP

DECEMBER 29 - 31

(AGES 6-12)

Join us over this holiday break for fun and games!

Learn and play different games each day, along with swimming in the Family Adventure Pool.

Children must wear gym shoes and bring a swim suit and towel each day.

Monday - Wednesday, 12:30 pm - 3:00 pm

Member: \$26 \$13 | Program Member: \$45





Competitive Swimming

The Dodge County Sea Dragons (DCSD) is a competitive swim team for youth ages 4-18. Our team works to develop and refine competitive swimming skills for all abilities. We encourage and promote hard work by empowering swimmers to achieve self-confidence, personal goals and social responsibility. Coaches are delighted to capitalize off swimmers enthusiasm and interest in the sport. Our only expectations are for swimmers to achieve personal growth and to have fun!

Program Times & Fees *(Prices include one FREE Private Coaching lesson with Head Coach Kaysha Zomer.)*

BRONZE GROUP

Tue & Thur 5:00 pm - 6:00 pm \$107
CODE: **STBRZ**

SILVER GROUP

Mon - Wed 5:00 pm - 6:30 pm \$130
CODE: **STSLVR**

GOLD GROUP

Mon - Thur 5:00 pm - 6:30 pm \$155
CODE: **STGOLD**

- Payment for Swim Team due upon registration.
- There is an additional \$75 home swim meet deposit required for participants.
- Participants must be an active member of the Y to be on the swim team.

For questions regarding group placement for swim team participants, please contact Kaysha Zomer, Sea Dragons Head Coach at kzomer@theydc.org or 920.887.8811 ext. 112.

SEA DRAGONS HOME SWIM MEET

SATURDAY, FEBRUARY 7
8:00 AM - 6:00 PM

Come and cheer on our very own Sea Dragons Youth Swim Team, as they compete against other Y's from across Wisconsin!

This event is free and open to the public.

SPECIAL OLYMPICS HOME SWIM MEET

We would like to invite the community to come and cheer on this years participants in the Special Olympics Annual Swim Meet.

This event is free and open to the public.





SWIM LESSONS PRICING AND POLICIES

- Please register on time. Registration after deadline will require approval and payment of a \$10 late fee.
- If you are unable to attend your class, there is no making the class up another day. We do our best to keep the student-teacher ratios consistent in order to teach each class successfully.
- Not sure which class/level is best for your child? Feel free to contact our Aquatics Director, Sara Rollins at 920.887.8811 ext. 111 or by e-mail at srollins@theydc.org.

Class Descriptions

Kipper (Kp) Ages 6 months - 3 yrs

Parent and child are in the water together. Children work on water adjustment and gain physical and social development through games and activities in the pool. Children should wear a swim diaper if not potty trained.



kipper

Perch (Pr) Ages 2 - 3

(It is suggested to take Kipper first.) Children start moving independently through the water without a parent, as well as learn how to adjust to a class situation.



perch

Pike (Pk) Ages 3 - 5

Designed for new swimmers. Children will learn the basic paddle stroke, kicking skills and proper use of flotation devices.



pike

Eel (El) Ages 3 - 5

Advanced beginner level that reinforces Pike skills, for children who are comfortable in the water. Children are taught to kick, float and perform basic paddle strokes. Children can swim ten yards with the flotation device and five feet without by the end of this level.



eel

Ray (Ry) Ages 3 - 5

Children will build endurance by swimming on their front and back half length of the pool, learn to tread water, jump off the blocks and perform basic diving skills.



rays

Starfish (Sf) Ages 3 - 5

Children refine their strokes and build endurance up to one length of the pool without resting, swimming on both front and back.



starfish

Polliwog (Pi) Ages 6+

For beginning school age children. Children work on water adjustment, use of flotation devices, floating and basic swim strokes. By the end of this level they will know front, side stroke, back stroke and will swim one length of the pool.



polliwogs

Advanced Polliwog (Api) Ages 6+

For children who have taken Polliwog and have mastered all the strokes in a basic form. Children will work on form and stroke technique, building endurance to be more confident swimmers.



advanced polliwogs

Guppy (Gp) Ages 6+

(To enter this level they need to swim one length of the pool comfortably without rest.) Children perform all skills without a flotation device, and they will build their endurance up to three lengths of the pool with side breathing.



guppies

Minnow (Mn) Ages 6+

Minnow is the initial intermediate level. Children refine the strokes they have learned, are introduced to breaststroke and learn more diving, and build their endurance up to six lengths of the pool.



minnows

Fish (F) Ages 6+

Children work to perform strokes with appropriate turns. They are introduced to the butterfly stroke and will build their endurance up to ten lengths.



fish

Flying Fish (FF) Ages 6+

Children work on performing the butterfly stroke and refining previously learned strokes, and will increase their endurance up to fourteen lengths.



flying fish

Shark (Shk) Ages 6+

Children at this level continue to improve their strokes with starts and turns, and will build their endurance up to twenty lengths. They will be introduced to competitive swimming rules and form.



shark



Safe swimming and having fun... that's what it's all about at the Y!

Every day, children learn the basics of swimming at the Y or enhance their skills with our progressive lessons that turn beginners into experts, polliwogs into sharks. And our kids are having fun, being healthy and learning the life-long skill of swimming and water safety at the same time!

Choose from Preschool and Youth Lessons designed to grow their confidence in the water no matter their skill level, and remember our Parent/Child Lessons introduce infants and toddlers to the water while teaching parents basic water safety.

REGISTER EARLY, SPACE IS LIMITED

Tuesday / Thursday Mornings

2 Days Per Week - 4 Week Session

Member: ~~\$27~~ **\$13.50** | Program Member: \$50

Session Dates

Session 1: Jan 6 - Jan 29	Registration Deadline: Jan 4	(AQT/R1)
Session 2: Feb 3 - Feb 26	Registration Deadline: Feb 1	(AQT/R2)
Session 3: Mar 3 - Mar 26	Registration Deadline: Feb 28	(AQT/R3)
Session 4: Mar 31 - Apr 23	Registration Deadline: Mar 29	(AQT/R4)

If late registrations are accepted, a \$10 fee will be applied

Ages 3 & Under		Ages 3 - 5		Ages 3 - 5	
Kipper (Kp) Ages 6 mo - 3 yrs		Pike (Pk)		Ray (Ry)	
10:15 - 10:45 AM	CODE: AQT(R5)KP	9:05 - 9:35 AM	CODE: AQT(R1)PK	9:40 - 10:10 AM	CODE: AQT(R3)RY
Perch (Pr) Ages 2 - 3		Eel (El)		Starfish (Sf)	
10:15 - 10:45 AM	CODE: AQT(R6)PR	9:05 - 9:35 AM	CODE: AQT(R2)EL	9:40 - 10:10 AM	CODE: AQT(R4)SF

Tuesday Evenings

1 Night Per Week - 8 Week Session

Member: ~~\$27~~ **\$13.50** | Program Member: \$50

Session Dates

Session 1: Jan 6 - Feb 24	Registration Deadline: Jan 4	(AQT1)
Session 2: Mar 3 - Apr 21	Registration Deadline: Mar 1	(AQT2)

If late registrations are accepted, a \$10 fee will be applied

Ages 3 & Under		Ages 3 - 5		Ages 6 & Up		Ages 6 & Up	
Kipper (Kp) Ages 6 mo - 3 yrs		Pike (Pk)		Polliwog (Pl)		Minnow (Mn)	
6:15 - 6:45 PM	CODE: AQT(16)KP	4:30 - 5:00 PM	CODE: AQT(8)PK	4:30 - 5:00 PM	CODE: AQT(12)PL	7:25 - 7:55 PM	CODE: AQT(23)MN
		5:05 - 5:35 PM	CODE: AQT(19)PK	6:15 - 6:45 PM	CODE: AQT(20)PL		
		5:40 - 6:10 PM	CODE: AQT(13)PK				
Perch (Pr) Ages 2 - 3		Eel (El)		Advanced Polliwog (APL)		Fish (F)	
4:30 - 5:00 PM	CODE: AQT(7)PR	5:05 - 5:35 PM	CODE: AQT(9)EL	6:50 - 7:20 PM	CODE: AQT(21)APL	7:25 - 7:55 PM	CODE: AQT(24)F
5:40 - 6:10 PM	CODE: AQT(17)PR	5:40 - 6:10 PM	CODE: AQT(14)EL				
		6:15 - 6:45 PM	CODE: AQT(96)EL				
		Ray (Ry)		Guppy (Gp)		Flying Fish (FF)	
		5:05 - 5:35 PM	CODE: AQT(10)RY	6:50 - 7:20 PM	CODE: AQT(22)GP	7:25 - 7:55 PM	CODE: AQT(25)FF
		6:50 - 7:20 PM	CODE: AQT(15)RY				
		Starfish (Sf)				Shark (Shk)	
		5:05 - 5:35 PM	CODE: AQT(11)SF			7:25 - 7:55 PM	CODE: AQT(26)SHK
		6:50 - 7:20 PM	CODE: AQT(97)SF				

Thursday Evenings

1 Night Per Week - 8 Week Session

Member: ~~\$27~~ **\$13.50** | Program Member: \$50

Session Dates

Session 1: Jan 8 - Feb 26	Registration Deadline: Jan 6	(AQR1)
Session 2: Mar 5 - Apr 23	Registration Deadline: Mar 4	(AQR2)

If late registrations are accepted, a \$10 fee will be applied

Ages 3 & Under		Ages 3 - 5		Ages 6 & Up		Ages 6 & Up	
Kipper (Kp) Ages 6 mo - 3 yrs		Pike (Pk)		Polliwog (Pl)		Minnow (Mn)	
5:10 - 5:40 PM	CODE: AQR(40)KP	4:35 - 5:05 PM	CODE: AQR(29)PK	4:00 - 4:30 PM	CODE: AQR(27)PL	6:55 - 7:25 PM	CODE: AQR(49)MN
		5:10 - 5:40 PM	CODE: AQR(98)PK	6:20 - 6:50 PM	CODE: AQR(34)PL		
		5:45 - 6:15 PM	CODE: AQR(41)PK				
Perch (Pr) Ages 2 - 3		Eel (El)		Advanced Polliwog (APL)		Fish (F)	
4:00 - 4:30 PM	CODE: AQR(36)PR	4:35 - 5:05 PM	CODE: AQR(30)EL	4:00 - 4:30 PM	CODE: AQR(28)APL	6:55 - 7:25 PM	CODE: AQR(50)F
4:35 - 5:05 PM	CODE: AQR(94)PR	5:10 - 5:40 PM	CODE: AQR(95)EL	6:20 - 6:50 PM	CODE: AQR(46)APL		
		6:20 - 6:50 PM	CODE: AQR(42)EL				
		Ray (Ry)		Guppy (Gp)		Flying Fish (FF)	
		4:35 - 5:05 PM	CODE: AQR(31)RY	5:45 - 6:15 PM	CODE: AQR(47)GP	6:55 - 7:25 PM	CODE: AQR(37)FF
		5:45 - 6:15 PM	CODE: AQR(43)RY	6:20 - 6:50 PM	CODE: AQR(48)GP		
		Starfish (Sf)				Shark (Shk)	
		5:10 - 5:40 PM	CODE: AQR(32)SF			6:55 - 7:25 PM	CODE: AQR(38)SHK
		5:45 - 6:15 PM	CODE: AQR(44)SF				

Swimming is a life skill as well as great exercise and a challenging sport. Our Y offers swim lessons for all ages, family swim, competitive swim team and many kinds of adaptive swim programs for kids with special needs, so we can all safely enjoy the pleasures of an aquatic environment.

SWIM LESSONS



Saturday Mornings

1 Day Per Week – 8 Week Session
Member: ~~\$27~~ **\$13.50** | Program Member: \$50

Session Dates

Session 1: Jan 10 – Feb 28 | Registration Deadline: Jan 7 (AQS1)
Session 2: Mar 7 – Apr 25 | Registration Deadline: Mar 5 (AQS2)

If late registrations are accepted, a \$10 fee will be applied

Ages 3 & Under	Ages 3 – 5	Ages 6 & Up	Ages 6 & Up
Kipper (Kp) Ages 6 mo – 3 yrs 9:10 – 9:40 AM CODE: AQS(51)KP	Pike (Pk) 8:35 – 9:05 AM CODE: AQS(53)PK	Polliwog (Pl) 10:20 – 10:50 AM CODE: AQS(57)PL	Fish (F) 8:00 – 8:30 AM CODE: AQS(64)F
Perch (Pr) Ages 2 – 3 9:10 – 9:40 AM CODE: AQS(52)PR	Eel (El) 8:35 – 9:05 AM CODE: AQS(93)EL	Advanced Polliwog (APL) 10:20 – 10:50 AM CODE: AQS(61)APL	Flying Fish (FF) 8:00 – 8:30 AM CODE: AQS(58)FF
	Ray (Ry) 9:45 – 10:15 AM CODE: AQS(55)RY	Guppy (Gp) 10:55 – 11:25 AM CODE: AQS(62)GP	Shark (Shk) 8:00 – 8:30 AM CODE: AQS(59)SHK
	Starfish (Sf) 9:45 – 10:15 AM CODE: AQS(56)SF	Minnow (Mn) 10:55 – 11:25 AM CODE: AQS(63)MN	Porpoise (Porp) 8:00 – 8:30 AM CODE: AQS(60)PORP

Sunday Afternoon Lessons

1 Day Per Week – 8 Week Session
Member: ~~\$27~~ **\$13.50** | Program Member: \$50

Session Dates

Session 1: Jan 4 – Feb 22 | Registration Deadline: Jan 2 (AQSUN)

If late registrations are accepted, a \$10 fee will be applied

Ages 3 – 5	Ages 3 – 5	Ages 6 & Up	Ages 6 & Up
Pike (Pk) 1:00 – 1:30 PM CODE: AQSUN(65)PK	Ray (Ry) 1:35 – 2:05 PM CODE: AQSUN(67)RY	Polliwog (Pl) 2:10 – 2:40 PM CODE: AQSUN(69)PL	Guppy (Gp) 2:45 – 3:15 PM CODE: AQSUN(71)GP
Eel (El) 1:00 – 1:30 PM CODE: AQSUN(66)EL	Starfish (Sf) 1:35 – 2:05 PM CODE: AQSUN(68)SF	Advanced Polliwog (APL) 2:10 – 2:40 PM CODE: AQSUN(70)APL	Minnow (Mn) 2:45 – 3:15 PM CODE: AQSUN(72)MN
			Fish (F) 2:45 – 3:15 PM CODE: AQSUN(73)F

SWIM LESSONS – AGE TO LEVEL REFERENCE GUIDE:

Preschool (Ages 6 mo – 5 yrs) – Kipper through Starfish levels.

Youth (Ages 6 – 14) – Polliwog through Shark levels.

Adult classes are for Ages 15+

Refer to page 18 for a full description of class levels.

**No classes are held on
dates the Y is closed**

LIFEGUARD TRAINING

December 26 – 29*

8:00 am – 3:00 pm

April 11, 12, 18 & 19*

Saturdays from 8:30 am – 4:00 pm AND Sundays from 11:00 am – 5:00 pm

Red Cross Certification upon successful completion. This course focuses on the skills and knowledge required to become a lifeguard. CPR for the professional rescuer and first aid included. Participants must complete a prerequisite swim of 300 continuous yards, retrieve a 10 pound item from the bottom of the pool (8 feet minimum depth) and tread water for 2 minutes without using arms.

* All class dates in session must be attended for certification.

Cost is \$185.00, and non-refundable. CODE: AQLGT (1) (2)
AGES 15+ | Minimum 3 participants | Maximum 15 participants

REGISTER EARLY, SPACE IS LIMITED

Child Care Lessons

2 Days Per Week – 8 Week Session

Member: ~~\$58~~ \$29 | Program Member: \$115

(Child must be enrolled in the Y Child Care. Minimum: 3 participants)

Session Dates

Session 1: Jan 5 – Feb 26 | Registration Deadline: Jan 2 (AQT1)

Session 2: Mar 2 – Apr 23 | Registration Deadline: Feb 27 (AQT2)

If late registrations are accepted, a \$10 fee will be applied

4K & 3-5 Year Old Child Care

Mondays & Wednesdays

8:00 – 8:30 AM

CODE: AQT4K1

3:00 – 3:30 PM

CODE: AQT4K2

3/4 Year Old Child Care

Tuesdays & Thursdays

3:00 – 3:30 PM

CODE: AQT3/4

2/3 Year Old Child Care

Mondays & Wednesdays

8:30 – 9:00 AM

CODE: AQT2/3

Home School Lessons

1 Day Per Week – 8 Week Session

Member: ~~\$27~~ \$13.50 | Program Member: \$50

Session Dates

Session 1: Jan 6 – Feb 24 | Registration Deadline: Jan 4 (AQT1)

Session 2: Mar 3 – Apr 21 | Registration Deadline: Mar 1 (AQT2)

If late registrations are accepted, a \$10 fee will be applied

Beginners

Tuesdays

10:30 – 11:00 AM

CODE: 90

Intermediate

Tuesdays

11:00 – 11:30 AM

CODE: 91

Advanced

Tuesdays

11:00 – 11:30 AM

CODE: 92

Teen/Adult Lessons

1 Day Per Week – 4 Week Session

Member: ~~\$20~~ \$10 | Program Member: \$40

(Minimum: 3 participants)

Session Dates

Session 1: Jan 7 – Jan 28 | Registration Deadline: Jan 5 (AQW1)

Session 2: Feb 4 – Feb 25 | Registration Deadline: Feb 2 (AQW2)

Session 3: Mar 4 – Mar 25 | Registration Deadline: Mar 2 (AQW3)

Session 4: Apr 1 – Apr 22 | Registration Deadline: Mar 30 (AQW4)

If late registrations are accepted, a \$10 fee will be applied

Wednesdays

7:30 – 8:15 PM

Private Lessons – All Ages

3 Classes for \$75

(TRANSTYPE 125)

6 Classes for \$140

(TRANSTYPE 127)

10 Classes for \$190

(TRANSTYPE 164)

Lessons are customized to your skills and needs. All ages; schedules are based on instructor availability. Rates are for members and program members. Contact Sara Rollins at (920)887-8811 ext. 111 or srollins@theydc.org for more information.

Pool Schedules can be found at the Welcome Center or online at theYdc.org



SWIM LESSONS LIFE LESSONS

WATER ACTIVITIES



PROPULSION WALKING (AGES 13+)

A great resistance workout for adults and teens. Walking or running – with or against – the water current of the lazy river.

Mon | Wed | Fri 6:00 am – 11:45 am
3:30 pm – 6:30 pm

Tue & Thur 6:00 am – 11:00 am

Tuesdays 4:30 pm – 7:00 pm

Thursdays 4:00 pm – 6:30 pm

Saturdays 8:00 am – 10:30 am

Member: **FREE!**

TOT TIME

Bubbles, babies and more! Bring your child age 5 and under and choose to enjoy playtime in the 0 depth area or bring them along while you propulsion walk. Parents must stay within arms reach of their child at all times. Limit 1 child per adult. Fountains will not be available, but water toys will be.

Mon | Wed | Fri 9:00 am – 11:30 am

Member: **FREE!**

EASY-PEASY ON THE HIPS & KNEESIES (AGES 13+)

This class involves low-impact moves and gentle stretching through the water to those classic old songs that are loved and not forgotten. The water is a great way to mobility and pain free exercise for those suffering from any type of pain.

Mon | Wed | Fri 10:30 am – 11:30 am

Member: **FREE!**

DEEP WATER AQUA JOG (AGES 13+)

Exercise in the deep water of our competitive pool. Low impact on your joints, yet a great toning workout.

Mon | Wed | Fri 8:00 am – 8:45 am

Mon & Wed 6:30 pm – 7:15 pm

Member: **FREE!**

LOW IMPACT WATER AEROBICS (AGES 13+)

A low impact water aerobics class for people of all ages and abilities. Participants can also utilize the propulsion channel and the hot tub. Each class participant has the option of having their blood pressure and pulse taken by an experienced instructor.

Mon | Wed | Fri 6:45 am – 8:00 am

Member: **FREE!**

WATER AEROBICS (AGES 13+)

Get a great aerobic workout while exercising in a low impact environment to your favorite dance tunes.

Mon | Wed | Fri 9:35 am – 10:30 am

Member: **FREE!**

HIGH INTENSITY WATER AEROBICS (AGES 13+)

Get a great aerobic workout while exercising to your favorite dance tunes. This is a HIGH energy class designed to work your entire body.

Mon & Wed 5:30 pm – 6:30 pm

Member: **FREE!**



All water fitness classes and programs schedules are subject to change based on participation.



PERSONAL FITNESS

WELLNESS CENTER ORIENTATIONS

Members (Ages 16+): **FREE!**

Sign up today for your free orientation. Learn how to safely use the strength and cardiovascular machines, along with lifting and breathing techniques.

FITNESS ASSESSMENTS

A fitness assessment will help you and your Personal Trainer determine your beginning fitness level and will help measure fitness improvements. Includes blood pressure, aerobic endurance, muscular strength, muscular endurance, flexibility and body composition measured with skin fold calipers.

ASSESSMENT:

Member: ~~\$40~~ **\$20** | Program Member: \$52

BODY COMPOSITION:

Member: ~~\$15~~ **\$7.50** | Program Member: \$27

ONE-ON-ONE PERSONAL TRAINING

Personal Trainers are available for that extra motivation and guidance. They can help design a program for all fitness levels. Sessions are 1 hour in length.

Sessions	Cost per Session	Program Member
1	\$40	\$52
5	\$34	\$46
10	\$32	\$44

PARTNER TRAINING

Share a personal trainer with your significant other or a friend and achieve your goals together! Sessions are 1 hour in length.

Sessions	Cost per Session	Program Member
1	\$50 (\$25/person)	\$74 (\$37/person)
5	\$44 (\$22/person)	\$68 (\$34/person)
10	\$42 (\$21/person)	\$66 (\$33/person)

Appointments for all wellness and training sessions/classes listed here can be made at the Welcome Center, or by completing an appointment request online.

Meet Our Personal Training Team...

Ashley Winter: Health & Wellness Coordinator, CGEI, YMCA

Ashley is a certified group exercise instructor through the YMCA. She received her certification of completion of ACE personal training through UW of Madison. Ashley will be a certified personal trainer after the first of the year. Throughout her life she has been very involved with helping friends and family with fitness plans and lifestyle changes. Ashley enjoys teaching classes, helping members reach their fitness goals, and encouraging dietary changes.

Mike Stadler: CPT, CMPT

Mike is certified through American Fitness Professionals, and has an advanced personal training certificate through Madison Area Technical College. Mike has been training himself since 1992 and training others in Dodge County and the surrounding area since 1999. Mike enjoys working with all types of clients, at all fitness and health levels, to improve themselves and their daily lifestyles. He incorporates free weights into workout programs for variety, and to help clients achieve their goals. Mike joined the Y staff in 2006.

SMALL GROUP PERSONAL TRAINING

Gather a group of friends or family members to train with a personal trainer, as a group. Get the advice you need and the push to reach your goals. It is less cost but the same value.

Min 3 participants | Max 5 participants (Must do workout together)

Sessions	Cost per Person	Program Member
1	\$17	\$29
5	\$16	\$28
10	\$15	\$27

YOGA/PILATES PERSONAL TRAINING

If you have always wanted to learn Yoga or Pilates or would like to take yourself to the next level, then this is for you. Learn to relax, build endurance and sculpt a leaner body with the help of a certified Yoga/Pilates instructor.

Sessions	Cost per Session	Program Member
1	\$40	\$52
5	\$34	\$46
10	\$32	\$44

PERSONAL TRAINING FOR SENIORS

For Seniors 55 & Older. Because exercise has proven to increase vitality and energy, lower the risk of disease, and prolong life, an exercise program should be part of every senior's life. In addition, Personal Training for Seniors results in seniors who are happier and more active. We offer one-on-one training for seniors ranging from typical, healthy individuals, to post-rehab clients, to active senior athletes, or for those who need a beginning to their fitness journey.

Sessions	Cost per Session	Program Member
1	\$27	\$39
5	\$17	\$29
10	\$12	\$24

Rachel Neuman: CPT, ACE

Rachel is an ACE Certified Personal Trainer through UW-Madison. She has been a group fitness instructor for 6 years, teaching Silver Sneakers Classes. Rachel has a passion for working with older active adults but is available for training with all types of clients and fitness needs. She is available for one-on-one sessions as well as group training. Whether you are new to exercise, in need of some encouragement, or have a specific goal in mind, Rachel looks forward to helping you achieve it.

Patti Gartland: LPN, BS

Patti is a ACE Certified Health Coach and Personal Trainer. She specializes in working with people who have fibromyalgia, excess weight, diabetes, cholesterol elevations or high blood pressure. Patti has a passion for motivating people who want to make healthy lifestyle changes and she looks forward to working with you.

WE'RE HERE TO HELP YOU SUCCEED

SPECIALTY GROUP CLASSES



NEW! POUND (AGES 16+)

A full-body cardio jam session, combining light resistance with constant simulated drumming. Workout fuses cardio, pilates, isometric movements, plyometrics and isometric poses into a 45 minute series. Burn between 400-900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique—all while rocking out to your favorite music!

FREE PREVIEW! DECEMBER 29, 6:30 - 7:25 PM

Mondays 6:30 pm - 7:25 pm
Session 1 January 5 - February 23
Session 2 March 2 - April 20
Member: ~~\$35~~ \$17.50 | Program Member: \$48
CODE: **FTPOUND** (1) (2)

NEW! BARRE FITNESS (AGES 16+)

In this class we raise the ballet bar to 42" for a low impact, total body workout that mixes ballet sculpting with Pilate's moves. Build up strength by targeting specific muscle groups with isometric holds and small controlled movements. Focus will be on proper alignment to achieve maximum results. The class is set to an upbeat music, follows a vigorous pace, moving through a sequence of postures designed to shape and lift the whole body.

FREE PREVIEW! DECEMBER 22, 8:00 - 8:45 AM

Mondays 8:00 am - 8:45 am
Session 1 January 5 - February 23
Session 2 March 2 - April 20
Member: ~~\$35~~ \$17.50 | Program Member: \$48
CODE: **FTBARRE** (1) (2)

NEW! PiYo (AGES 13+)

PiYo isn't like standard Pilates and Yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles, and increase your flexibility. With every action-packed session, you can burn excess fat, sculpt and define your whole body as you minimize the aches and pains that can come along with high-impact workouts. No matter your age or body type, PiYo will help give you dramatically visible, incredibly beautiful results.

FREE PREVIEW! DECEMBER 17, 6:30 - 7:15 PM

Wednesdays 5:30 pm - 6:25 pm
Session 1 January 7 - February 25
Session 2 March 4 - April 22
Member: ~~\$35~~ \$17.50 | Program Member: \$48
CODE: **FTPIYO** (1) (2)

NEW! BOOTCAMP TRX (AGES 16+)

Already love TRX? Let's step it up a notch and try TRX Bootcamp! TRX Bootcamp incorporates what you know by adding props like medicine balls, kettlebells, dumbbells, and other fun moves that will blow your mind and tone your body!

Thursdays 6:30 pm - 7:15 pm
Session 1 January 8 - January 29
Session 2 February 5 - February 26
Session 3 March 5 - March 26
Session 4 April 2 - April 23
Member: ~~\$25~~ \$12.50 | Program Member: \$40
CODE: **FTBOOTTRX** (1) (2) (3) (4)

NEW! MOTIVATION STATION (AGES 16+)

Are you ready to make changes to a healthier lifestyle? Motivation Station is a steady progression through the steps to an active lifestyle and weight loss. Class includes discussion (coaching) and easy movements that can be modified for your ability. Start your journey here today! Please wear your tennis shoes.

Tuesdays 5:00 pm - 5:55 pm
Session 1 January 6 - February 24
Session 2 March 3 - April 21
Member: ~~\$35~~ \$17.50 | Program Member: \$48
CODE: **FTMS** (1) (2)

NEW! SPIN AND SCULPT (AGES 16+)

This class combines the best of both cycling and sculpting exercises into a functional and powerful class. 30 minutes of cycling and 15 minutes of sculpting is perfect for those on the fast track to reaching their fitness goals and busting through a workout plateau.

FREE PREVIEW! DECEMBER 29, 9:00 - 9:45 AM

Mondays 9:00 am - 9:45 am
Session 1 January 5 - January 26
Session 2 February 2 - February 23
Session 3 March 2 - March 23
Session 4 March 30 - April 20
Member: ~~\$25~~ \$12.50 | Program Member: \$40
CODE: **FTS&S** (1) (2) (3) (4)

INDOOR GROUP CYCLING (AGES 16+)

This high-energy class provides a great cardiovascular workout. The energetic music helps to motivate and inspire participants to ride hard in intervals and have a good time while burning calories.

Thursdays 5:30 pm - 6:15 pm
Session 1 January 8 - January 29
Session 2 February 5 - February 26
Session 3 March 5 - March 26
Session 4 April 2 - April 23
Member: ~~\$25~~ \$12.50 | Program Member: \$40
CODE: **FTCYCLE** (1) (2) (3) (4)

POWER CYCLING (AGES 16+)

Power up your weekend with a fantastic cardiovascular workout. Get ready for 30 minutes of cycling climbs, sprints and intervals that will maximize calorie burn in a short amount of time.

Saturdays 9:15 am - 9:45 am
Session 1 January 10 - January 31
Session 2 February 7 - February 28
Session 3 March 7 - March 28
Session 4 April 4 - April 25
Member: ~~\$20~~ \$10 | Program Member: \$35
CODE: **FTPOWER** (1) (2) (3) (4)

CYCLING EXPRESS (AGES 16+)

In this express class you will have the same high energy and great cardio workout as our 45 minute class, but all packed into an intense 30 minutes. Join us and be ready to burn some serious calories.

Wednesdays 12:20 pm - 12:50 pm
Session 1 January 7 - January 28
Session 2 February 4 - February 25
Session 3 March 4 - March 25
Session 4 April 1 - April 22
Member: ~~\$20~~ \$10 | Program Member: \$35
CODE: **FTEXPRESS** (1) (2) (3) (4)

TRX TRAINING (AGES 16+)

Whatever your goal, take those goals to the next level! Suspension Training is a unique training modality that uses your own body weight and gravity as resistance. A great strength workout for all levels and those who have hit a plateau and need to see results.

Wednesdays 9:00 am – 9:45 am
Session 1 January 7 – January 28
Session 2 February 4 – February 25
Session 3 March 4 – March 25
Session 4 April 1 – April 22
Member: ~~\$25~~ **\$12.50** | Program Member: \$40
CODE: **FTTRX** (1) (2) (3) (4)

INTRO TO KETTLEBELL (AGES 16+)

Learn the foundations of Kettlebell in this 4 week program. A "kettlebell" is a traditional Russian cast iron weight that looks like a cannonball with a handle. Using these weights, participants are taken through a variety of movements all designed to develop strength, mobility, internal energy, work capacity and vitality.

Mondays 5:30 pm – 6:00 pm
Wednesdays 10:00 am – 10:30 am
Session 1 January 5 – January 28
Session 2 February 2 – February 25
Session 3 March 2 – March 25
Session 4 March 30 – April 22
Member: ~~\$20~~ **\$10** | Program Member: \$35
CODE: **FTBELLINTRO** (1) (2) (3) (4)

KETTLEBELL (AGES 16+)

Kettlebell consists of a full-body warm-up and progress into practicing the foundation and fundamentals of Kettlebell swings, lifts, presses, squats, various movements to increase strength, improve cardiovascular endurance, enhance and improve flexibility to ensure your success in losing body fat. This class focuses on developing and maintaining overall general conditioning and fitness.

Prerequisite: Intro to Kettlebell class

30 MINUTE CLASS

Mondays 10:00 am – 10:30 am
Session 1 January 5 – January 26
Session 2 February 2 – February 23
Session 3 March 2 – March 23
Session 4 March 30 – April 20
Member: ~~\$20~~ **\$10** | Program Member: \$35

45 MINUTE CLASS

Wednesdays 6:35 pm – 7:20 pm
Session 1 January 7 – January 28
Session 2 February 4 – February 25
Session 3 March 4 – March 25
Session 4 April 1 – April 22
Member: ~~\$25~~ **\$12.50** | Program Member: \$40
CODE: **FTBELL** (1) (2) (3) (4)

YOGA BODY BOOT CAMP (AGES 16+)

Are you ready to achieve tremendous results through an exhilarating new fitness class? Yoga Body Boot camp is a revolutionary yoga-fitness hybrid that will blow your mind AND your body. If you enjoy the serenity of yoga and love the challenge of a sweaty workout, then join the class that combines both!

Tuesdays 6:30 pm – 7:25 pm
Session 1 January 6 – February 24
Session 2 March 3 – April 21
Member: ~~\$35~~ **\$17.50** | Program Member: \$48
CODE: **FTBODY** (1) (2)

YOGA (AGES 13+)

Reconnect with your spirit, mind, and body. Focus on mindful breathing, relaxation, and stretching which will leave you feeling refreshed and rejuvenated. Join Hatha Yoga and promote health and well-being today. Appropriate for all fitness levels.

Mondays 7:35 pm – 8:30 pm
Session 1 January 5 – February 23
Session 2 March 2 – April 20
Tuesdays 9:35 am – 10:30 am
Session 1 January 6 – February 24
Session 2 March 3 – April 21
Member: ~~\$35~~ **\$17.50** | Program Member: \$48
CODE: **FTYOGA** (1) (2)

PILATES (AGES 13+)

Pilates is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. Mat-based exercises promote good posture, proper breathing and body control. Helps relieve tension, and helps protect against injuries. Pilates is used by individuals at every fitness level, for a variety of reasons and a host of benefits—to build strength and stability, for rehabilitation, improved athletic performance and reducing risk of injury.

Thursdays 9:45 am – 10:30 am
Thursdays 6:40 pm – 7:25 pm
Session 1 January 8 – February 26
Session 2 March 5 – April 23
Member: ~~\$35~~ **\$17.50** | Program Member: \$48
CODE: **FTPILATE** (1) (2)

Want to try a class or pay per class?

GROUP EXERCISE DROP-IN PASSES

Purchase a drop-in pass at the Welcome Center and come join us for one of our eligible classes!

Members only: ~~\$9~~ **\$4.50** per class

ELIGIBLE WINTER CLASSES *

Yoga • Pilates • PiYo • Pound • Yoga Body Bootcamp
Motivation Station • Cycling Express • Barre Fitness
Spin and Sculpt • Indoor Group Cycling • Power Cycling
TRX • Bootcamp TRX • Intro to Kettlebell • Kettlebell

* Limited number of spots, please call the day of for class availability.

INTRO TO MARTIAL ARTS – TAE KWON DO (TEENS & ADULTS AGES 13+)

This class is designed to offer a fun look into the world of Tae Kwon Do martial arts training. The objective will be on building confidence, focus and discipline. Students will learn basic kicking, blocking and striking skills in a fun, safe environment. No experience necessary!

Tue & Thur 6:00 pm – 6:50 pm
Session 1 January 27 – February 12
Session 2 March 3 – March 19
Session 3 April 7 – April 23
Member: \$15 | Program Member: \$20
CODE: **ASFD** (1) (2) (3)

INTRO TO BOXING & KICKBOXING (AGES 13+)

Focus on teaching basic skills. Students will have the opportunity to train and use professional equipment with no fear of getting hurt or injured. No experience necessary.

Tue & Thur 7:00 pm – 7:55 pm
Session 1 January 27 – February 12
Session 2 March 3 – March 19
Session 3 April 7 – April 23
Member: \$15 | Program Member: \$20
CODE: **ASBOX** (1) (2) (3)

REGISTER EARLY, SPACE IS LIMITED

Martial Arts classes will be taught at Martial Arts America



ACTIVE OLDER ADULTS



SILVER SNEAKERS® CLASSIC

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; and a chair is used for seated and/or standing support. Class starts with warm-up exercises and stretches. You'll move to the music as your instructor leads the class through the next series of exercises. Cool-down exercises at the end of class.

Location: Group Exercise Studio

Tue & Thur 8:00 am - 8:45 am

Member: **FREE!**

SILVER SNEAKERS® YOGA

YogaStretch is taught from seated and standing positions to enhance the flow and energy created in combination with restorative breathing exercises. The class offers a variety of safe and effective options designed to increase flexibility and balance to improve each individual's sense of well-being. Join for fitness, fun and friends!

Location: Group Exercise Studio

Mondays 9:15 am - 10:00 am

Friday 8:00 am - 8:45 am

Member: **FREE!**

SILVER SNEAKERS® CIRCUIT

This class involves a little more aerobic activity than the Silver Sneakers® - Classic class. It also aims to build strength, balance and flexibility at a slightly more advanced pace. This class will help prevent osteoporosis, arthritis and the loss of muscle mass through its exercises.

Location: Group Exercise Studio

Wednesdays 8:00 am - 8:45 am

Member: **FREE!**



We are a
Silver Sneakers®
Fitness Location

ACTIVELY AGING YOGA FOR WEIGHT LOSS

This 6 week - 45 minute class will teach you simple yoga exercises using a chair. Weekly journalizing and time for sharing are also included with yoga exercise. Explore how to become more aware of what you are eating and why.

Location: Group Exercise Studio

NOTE: You must register to take this class

Tuesdays 12:15 pm - 1:15 pm

Session 1 January 6 - February 10

Session 2 February 17 - March 24

Member: **FREE!**

CODE: **FTLOSS** (1) (2)

SUPER NOGGIN

This is a fun, energizing program that helps people take control of their brain fitness by combining a unique blend of instruction, motivation and activities around the theme of brain-healthy living.

NOTE: You must register to take this class

Location: Group Exercise Studio

Thursdays 1:00 pm - 2:00 pm

6-Week Session January 8 - February 12

Cost: \$25 for workbook & activities
(\$15 for returning participants)

CODE: **FTSUPER**



ACTIVELY AGING

A PROGRAM FOR SENIORS, AGE 55+

NO MEMBERSHIP REQUIRED!

Join us at the Y for only \$4 on Monday and Friday mornings, and receive all the benefits of a member.

Use the Wellness Center, pools and participate in our member-free classes.

Complimentary coffee available following in our lobby.

Mondays & Fridays from
8:00 am - 11:30 am





GROUP CLASSES – FREE TO MEMBERS

NEW! BODY BLAST

Intervals of strength, cardio and abs using weights, bars, balls and body resistance to build physical conditioning and endurance.

NEW! BODY DRIVE

No equipment necessary! This 30 minute class has what your body craves and needs. Using just your body weight we will incorporate Tabata, HITT and cardio. No class will be the same.

NEW! BUTTS AND GUTS

Tone, tighten and torch calories that shred your midsection and bootify your backside in just 30 minutes without traditional crunches or high impact pounding. Burn your way to a stronger powerhouse with various exercises, equipment, and body resistance to keep the fat burning and muscles responding. This nonstop body carving, calorie-incinerating workout is designed for any fitness level.

NEW! CARDIO CORE

Fun cardio workout with intervals of core exercises sprinkled in. Fast pace class that is guaranteed to get your heart rate up and work your abs at the same time. Class will end with another session of exercises to help strengthen and stabilize the core while slowing down your heart rate. Great class to challenge all fitness levels.

BELLS, BANDS AND BALLS

We'll keep you guessing in this 30 minute class incorporating a variety of equipment. The combination of dumbbells, stability balls, medicine balls and resistance bands will be different every week; but you can always count on a muscle-shaping, body-toning, fat burning workout! Efficient, exciting and effective. Adaptable to all fitness levels.

BODY BALL

This 30 minute class is designed to give you a full body workout by strengthening all major muscle groups using a Stability Ball and hand weights.

BODY SOLID

Sculpt, tone and strengthen your entire body fast! High energy class for muscle strength and definition. Whether you are a beginner or advanced, this class will work for you.

BOOT CAMP

This class is a total-body workout that combines innovative exercises with hard-core, classic moves. Boot camp will kick your workout into overdrive and help you achieve the fitness level you are looking for.

CARDIO PLUS

30 minute cardio mix-up using step, floor, or a variety of moves to get your heart rate up, followed by 15 minutes of core and cool down.

CORE MOVEMENT

In this class no mat is needed, you will be challenged with a variety of movements targeting your core muscles all while standing and listening to upbeat inspiring dance music.

DOMINANT STRENGTH

This cardio and strength class involves intervals, power, resistance and stamina.

SOLID STRENGTH

Sculpt and tone your whole body in this 1 hour class. You will work larger to smaller muscle groups. Lose the fat and gain muscle tone.

STEP AND STRENGTH

Using basic step moves this class is a total body conditioning class designed to tone and strengthen your whole body.

SUPER SATURDAY

In this 45 minute cardio class your instructor will pick a workout worth waiting for the weekend!

TOTAL CARDIO

Want to build up your cardio endurance? Then this class is for you! Stations will be set up, so get ready for intervals of cardio. Join in no matter your level of fitness!

TOTALLY TONED

An intense energy-filled workout composed of toning exercises using bands, dumbbells, body bars and more. Intervals of cardio exercises will be added to complete the challenge.

TRIPLE THREAT

Knock your socks off with this three-tier total body workout! Participants will work through a combination of exercises encompassing Cardio, Strength and Core. This class offers variety and modifications for all fitness levels.

ULTIMATE POWER

This is a non-stop, dynamic, interval training class that uses dumbbells, bars and plyometrics. Join us to discover and develop your body's strength.

WHEN YOU TAKE A ZUMBA® CLASS, BE SURE TO WEAR COMFORTABLE WORKOUT CLOTHING & BRING WATER!

ZUMBA®

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's exhilarating, Latin inspired, effective, easy-to-follow, calorie-burning dance fitness-party.



**Class schedules available at the
Welcome Center or on our website!**



FAMILY TIME

NEW! FAMILY FUN NIGHTS

Come join us for some family fun! Play together as a family, and learn healthy ideas, habits and snacks. Bring the family and see how much fun playing and learning together is. Wear comfortable clothes and gym shoes.

Mondays 6:00 pm – 6:45 pm
January 26 | February 23 | March 30 | April 27

NOTE: Registration is required per date

Member: **FREE!**

Program Member: \$5 per family

CODE: **ASFAM** (1) (2) (3) (4)

WEDNESDAY NIGHTS ARE FAMILY NIGHTS IN THE LOFT!

Family members (ages 8+) of a registered Youth & Wellness: Loft participant can join in the fun!

Member: **FREE!**

Loft Access Pass: \$5 per person (**TRANSTYPE: 85**)

FRIDAY FAMILY NIGHT

Stop running in different directions...it's family time. The Y is making it easy to unwind and reconnect with your family after a busy week. To encourage more family time together, on Friday nights, all children are to be accompanied by a parent/guardian.

Fridays 6:30 pm – 8:30 pm

Member: **FREE!** | Program Member: \$20 per family

RECREATION

OPEN PICKLEBALL (AGES 16+)

Pickleball is a fun game for all ages that combines elements of tennis, table tennis and badminton. The game is easy to learn and is played indoors with a wooden paddle and wiffle ball. Equipment is provided, but you are welcome to bring your own.

Call for open gym pickleball times

Member: **FREE!**

Open Pickleball 8 pack pass for \$45

INTRO TO RACQUETBALL (AGES 16+)

An introduction to the basic rules and fundamentals of playing racquetball. Participants can bring their own equipment or use equipment available at the Y.

Tuesdays 9:00 am – 10:00 pm

7:00 pm – 8:00 pm

Session 1 January 6 – February 24

Session 2 March 3 – April 21

Member: \$5 | Program Member: \$15

CODE: **ASRACQ** (1) (2)

NOON PICK UP SPORTS

Basketball

Tuesdays | Thursdays | Fridays

12:00 pm – 2:00 pm

Member: **FREE!**

Noon Ball 8 pack pass for \$45

ADULT TEAM SPORTS

NEW! CO-ED VOLLEYBALL LEAGUE

Recreational co-ed volleyball in which players make their own calls. Upon registration, captains receive a packet with rules and information. A captains meeting will be held prior to league starting. The league champs will receive a league championship T-shirt. Contact Jayme Roll at 920.887.8811, ext. 105 for registration information.

Saturdays 9:00 am – 12:00 pm* (* Depending on the number of teams)

Session January 24 – March 28

Registration after January 16th will result in a \$10 late fee.

\$150 per team

NOTE: Teams are not entered into league until entry fee is received.

CODE: **ASCOVB**

MEN'S 4 ON 4 BASKETBALL LEAGUE

Recreational basketball league in which players call their own fouls. League is on-going and the League Champions will receive a T-shirt. Contact Jayme Roll at 920.887.8811, ext. 105 or jroll@theydc.org for registration information.

Wednesdays 6:00 – CLOSE

Session 1 January 7 – March 11

Registration after December 31st will result in a \$10 late fee.

Session 2 March 18 – May 20

Registration after March 11th will result in a \$10 late fee.

\$150 per team

NOTE: Teams are not entered into league until entry fee is received.

CODE: **ASBBALL**

MEN'S SPRING FLAG FOOTBALL LEAGUE

Recreational flag football league with games, with a referee. Upon registration, captains receive a packet with rules and information. A captains meeting will be held prior to league starting. The league champs will receive a league championship T-shirt. Contact Jayme Roll at 920.887.8811, ext. 105 for registration information.

Saturdays 9:00 am – 12:00 pm* (* Depending on the number of teams)

Session April 25 – June 13

Registration after April 17th will result in a \$10 late fee.

\$150 per team

NOTE: Teams are not entered into league until entry fee is received.

CODE: **ASFBALL**





FIT-A-THON

Saturday, January 17

FREE for Everyone

Experience a variety of group exercise classes in just 3 hours!

Join our wonderful Health & Wellness staff for our 8th Annual Fit-A-Thon.

Feel free to join in the fun at anytime during the event.

24 HOUR CHALLENGE

Y MEMBERS ONLY

For the entire month of February, make exercise a habit by taking part in the 24 Hour Challenge!

Workout a total of 24 hours in the month of February and receive an exclusive Y 24 Hour Challenge T-shirt!

Complete 24 hours of physical activity during the month of February by recording your time spent exercising aerobically or strength training on the provided log sheets. If you complete the 24 Hour Challenge by the end of the month, receive your well deserved T-shirt!

Register at the Welcome Center!

(Teams of two can sign up for the challenge - Team cost \$5.00)

BLOOD DRIVE

Friday, February 6

9:00 am - 1:00 pm

The Y in cooperation with the Blood Center of Wisconsin will be hosting a blood drive at the Y. Your donation can enhance the lives of families, friends and people living in our community and through out Wisconsin. Please consider giving this life saving gift.

Registration is easy!

On-line registration is available on the Blood Center of Wisconsin's website at www.bcw.ed, or give the Y a call the week of the event to schedule an appointment that works for you.

EASTER EGGSTRAVAGANZA

Saturday, April 4

11:15 am - 5:30 pm

Join us for our Annual Easter Egg Hunt for ages 11 and under.

The Easter Bunny will be available for pictures in the lobby from 11:15 - 11:45 am AND 12:15 - 12:45 pm

FREE Open Swim and Gym from 1:00 pm - 5:30 pm

Don't forget your camera and baskets!

RAIN OR SHINE... so dress for the weather!



OVER 6000 EGGS!



COMMUNITY HEALTH

Workplace Wellness

Bring Health & Wellness to your workplace, or bring your employees or coworkers to the Y for exercise.

Workplace Wellness Partnership Works includes:

A one week trial membership at the YMCA of Dodge County.

How Workplace Wellness Partnership works:

Becoming a Work Site Wellness Partner is FREE and can be customized to meet your companies needs. No minimum number of employees required to participate. Your company will determine and provide a subsidy for each employee membership and the Y will match 50% of that subsidy up to \$10.

Why offer on-site classes?

Job related stress costs US Industries billions of dollars in absenteeism, diminished production, employee turnover, along with accidents, medical, legal and insurance fees. Physical activity has been shown to improve overall well-being, passing the savings on to you!

Lunch & Learn lets employees learn while eating lunch! Employees bring a sack lunch to eat and have the opportunity to learn about a health topic and ask questions. Topic examples: importance of strength training, flexibility, stress reduction, yoga, etc. The Lunch and Learn includes a twenty minute office-friendly workout.

For more information or to schedule a program for your business contact Elizabeth Kelm at (920)887-8811, ext. 110 or ekelm@theydc.org

Actively Aging

A program for seniors, age 55+. No membership required! Join us at the Y for only \$4 on Monday and Friday mornings and participate in all the benefits of a member. Use the Wellness Center, pools and participate in member-free classes. Complimentary coffee is available following in our lobby.

Monday & Friday from 8:00 am - 11:30 am

Fitness Friends

These classes welcome individuals with cognitive and physical challenges to engage in physical fitness lead by a trained instructor.

Example Class Styles:

Drums Alive • Dance Around! • Yoga Stretch • Secret Strength

For more information contact Ashley Winter, Health & Wellness Coordinator, at awinter@theydc.org.

VOLUNTEERISM & GIVING

Volunteers

There is no other volunteer organization quite like the Y. We work tirelessly every day to nurture the potential of kids, improve the nation's health and well-being, and give back and support our neighbors.

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. We are in need of youth coaches, program and event volunteers. If interested, visit www.theYdc.org and complete a volunteer form.

QUALITY OF LIFE

The YMCA of Dodge County initiates, supports and participates in a variety of Quality of Life services for local and global community outreach programs. Please join us in our next food, clothing and toy drives. Watch our website and posters throughout the facility for more information on these upcoming drives.

FINANCIAL SUPPORT

The Y makes strengthening our communities our cause. As a nonprofit organization we count on the generosity of our members and partners to keep our doors open to whoever needs a place to help them be more healthy, confident, connected and secure.

Here are just a few of the ways you can support your Y:

Sponsor Y Camps & Events

The Y is here to give everyone an opportunity to learn, grow and thrive. By sponsoring a kids day camp, sports camp or an event, you will have made a direct impact to a child, adult or senior member of your community. For sponsorship opportunities, please contact Jen Krueel.

Bricks & Tiles Campaign

You may buy a brick and help to secure our legacy, one brick at a time. These displays serve as a reminder to future generations of their legacy to the Y. Bricks are displayed outside in the front of the Y; tiles will be displayed on the wall by the gym.

Impact Tours

We invite our donors, members, and community to an Impact Tour. Learn how we've fulfilled promises and how the facility, its equipment, staff and volunteers are making a difference, changing lives and creating lasting positive and healthy impacts for many Dodge County residents. To hear real, local stories and learn about all of our community collaborations, or schedule a tour, please contact Jen Krueel.

SCRIP Cards - Fund-raising While You Shop

Give a percentage to the Y as you purchase everyday expenses like food, clothing, gifts and entertainment. SCRIP is a program that allows you to purchase gift cards for personal use or gifts and a portion of that SCRIP card is donated to the Y. There is no additional expense for you! Simply use SCRIP cards for everyday purchases and automatically provide support to your Y! Order or view a full directory of available SCRIP cards online at theYdc.org or pick up a list at the Welcome Center.

Annual Support Campaign

When you give to the Y, you continue to strengthen our community and move us all forward. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood.

Our Annual Support Campaign (formerly known as our Strong Kids Campaign) is the foundation that provides us with the ability to ensure that no child, family or adult is turned away due to inability to pay. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected, and secure.

For more information, or to donate, visit us online at theYdc.org.

Program Registration Form – Winter 2015

Registration Dates

Member registration: **December 12th**

Program Member registration: **December 15th**

This form can be dropped off during regular hours, mailed or faxed:

YMCA of Dodge County
220 Corporate Drive
Beaver Dam, WI 53916
P 920.887.8811
F 920.887.9298

- Registrants that fax or mail their form in will be given confirmation of their classes within 5 days of registering.
- Please note your class or program will not be guaranteed until you receive confirmation.
- You may make copies of this form, or download and print this form at www.theYdc.org.

Drop-Off • Mail • Fax

Please print legibly using blue or black ink. You may use the same form for more than one member of the same family.

Participant Name: _____

Street Address: _____

City: _____ Zip: _____

Home Phone: (____) ____-____ Cell: (____) ____-____

E-mail Address: _____

I wish to receive confirmation of my class/program choice(s) by (check ONE):

☐ Phone call ☐ E-mail

Choice	Class Name	Registration Code	Fee	Day	Start Time	Session Start Date	Participants First Name and Date of Birth	Gender (M/F)	T-shirt Size (if applicable)
1st									
2nd									
1st									
2nd									
1st									
2nd									
1st									
2nd									
Total all class fees			\$						

Policies

- Membership must remain current throughout the entire class period to qualify for member rates.
- A full refund will be issued if you cancel prior to the registration deadline or the Y cancels a class. Refunds will be given by check or Y credit voucher only.
- The YMCA of Dodge County does not turn away anyone due to the inability to pay. If you need financial assistance, please stop by the Welcome Center and inquire about scholarship opportunities.
- If you would like to contribute to our Annual Campaign, which supports our scholarship program, please visit our website or stop by the Welcome Center.

Waiver: I agree to abide by the facility, program & membership policies of the YMCA of Dodge County at all times while on the premises (pgs. 4 & 5). This waiver also allows the Y to use my image if caught on film for the purpose of advertising and marketing.

Payment Information

Type of Card:

☐ VISA ☐ MasterCard ☐ Discover

Credit Card #

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Security Code: _____ Expiration Date: _____ • _____ • _____

Charge Amount (all fees & dues): \$ _____

Name on Card: _____

Signature: _____

Transaction Signature: _____

MEMBERSHIP SPECIALS

DECEMBER 15 – DECEMBER 31

For the Family: New Members can join at \$50/month for 12 months.*

All other membership types: Join at the Member Loyalty Rate.*

* Some restrictions apply.

Y Memberships include:

19 FREE Land Group Exercise Classes • 7 FREE Water Exercise Classes
FREE Youth Loft Program • Plus discounts on adult & youth programs!



**Youth & Adult program fees reduced
50% for members for a limited time!**



GIVE THE GIFT OF HEALTH

This December you can purchase Y gift cards and receive 10% off your purchase. These Y gift cards can be purchased in any amount for use towards programs and services. For example, give a friend a personal training session, your sister a membership, or your nephew a swim lesson. The possibilities are endless! Stop by the Welcome Center to purchase a Y Gift Card today!

THANK YOU TO OUR PROGRAM PARTNERS!



YMCA OF DODGE COUNTY

220 Corporate Drive, Beaver Dam WI 53916 P 920.887.8811 F 920.887.9298 W theYdc.org O facebook.com/theYdc