Dear Members and Program Participants,

As 2016 winds down, now is a great time to share some of the wonderful things that your YMCA was part of this year.

Youth Development
Our goal of helping kids reach their full potential was never more apparent than our relationship with CAP services and the Uplift program. Over 20 Hmong families from the Uplift Group are now actively participating at the YMCA on a weekly basis.

Healthy Living
Helping everyone stay active and live well is our priority. In 2016, your YMCA increased its role in helping families become even healthier. By adding the evidence-based program Healthy Weight and Your Child to our menu of programs, your Y is taking the lead on fighting childhood obesity. By working with families, we are helping them to eat better and exercise more. Early results are showing wonderful success. This program complements a vast array of other programs tackling this problem like Farm to School, Y5210, Healthy Snack Initiative, just to name a few.

Social Responsibility
With the help of partners like the United Way of Portage County, hundreds of people with disabilities participate in critical YMCA programs. Statistics shows that people with disabilities are twice as likely to be in poor health, they are five times more likely to suffer from anxiety, and they often lack the confidence to be successful. The YMCA Adapted Recreation program combats these barriers and gives participants the opportunity to gain friendships, experience new life-skills and a chance to get healthier.

There are many more examples I could share with you, but I suggest you come down to the Y and experience them for yourself.

Sincerely,

Dave Morgan
Executive Director

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SESSION DATES

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<th>General Public</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter I</td>
<td>November 14</td>
<td>December 5</td>
</tr>
<tr>
<td>Winter II</td>
<td>November 14</td>
<td>January 16</td>
</tr>
<tr>
<td>Spring</td>
<td>February 20</td>
<td>March 20</td>
</tr>
</tbody>
</table>

Some session dates may vary; please see specific program for details. Members of the Stevens Point Area Y receive substantial discounts on programs as well as preferred registration.

You can register online at www.spymca.org, in person, or by phone with any major credit card. Online registration is easy and convenient. You can sign up any time of day for many classes. You can also pay for programs and child care. Our online system is safe, secure, and easy to use. If you have questions about registration, call 715 342 2980.

VALUE ADDED BENEFITS

Feeling connected as part of the Y family is important. To enhance your membership experience, we have identified various aspects as “Value Added”:

- Free towel service
- Free Drop-In Child Care
- Free wellness coach
- Free Wellness Center Orientation
- Parent and child creative development
- Extended holiday hours
- Youth sports leagues*
- Parent/child gymnastics*
- Parent/child swim lessons*

* A $5 processing fee may apply. Jersey fees may also apply to team sports programs.

VOLUNTEER OPPORTUNITIES

Throughout this guide you’ll see the icon (shown left) attached to certain programs. It identifies the dozens of volunteer opportunities available here at the Y—ways for you to get involved. No matter what your special talents, interests and schedule, you can help change someone’s life at the Y.

If you share our commitment to the continued well-being of our youth and community, please consider becoming a Y volunteer. Call 715 342 2980 or log onto www.spymca.org for more information.

BENEFITS OF VOLUNTEERING WITH THE Y

The Stevens Point Area YMCA offers volunteers a chance to improve the lives of children and families and to make our communities stronger. In addition to feeling great about your efforts, volunteers have the opportunity to:

- Experience personal growth
- Give back to the community through service to others
- Explore and/or discover a hidden passion
- Expand knowledge and skills through training
- Fulfill community service requirements for school credit
- Develop new relationships and make friends
- Gain community service experience to add to college, financial aid, scholarship and employment applications
- Learn, grow and HAVE FUN!

Volunteers are critically important to carrying out our mission, so we ask our program volunteers to go through an application and screening process similar to that of our paid staff members. This process ensures that the best fit is made between the new volunteer and the program they are matched with, while also ensuring safety.

Social Responsibility
With the help of partners like the United Way of Portage County, hundreds of people with disabilities participate in critical YMCA programs. Statistics shows that people with disabilities are twice as likely to be in poor health, they are five times more likely to suffer from anxiety, and they often lack the confidence to be successful. The YMCA Adapted Recreation program combats these barriers and gives participants the opportunity to gain friendships, experience new life-skills and a chance to get healthier.

There are many more examples I could share with you, but I suggest you come down to the Y and experience them for yourself.
MEMBERSHIP CATEGORIES

- **Tea n Leader**: Family
- **Youth (Grades 12 & Under)**: Single Family
- **Young Adult**: Senior*
- **(18-24 years old)**: Senior Couple*
- **Adult**: Senior*

*Senior age is 60 years. Please notify Member Services if you would like to have your membership adjusted.

MEMBERSHIP RATES

Current membership rates can be found on our website. Current rates and prices are valid as of November 1 (subject to change with 30 day notice).

NEW MEMBER FEE

A new member fee of $50 is applied to all new memberships and is payable at the start of membership. Exceptions are youth, young adult, corporate and financial assistance memberships. Any membership that lapses less than one year (12 month period) will be considered a part of our alumni member group and the new member fee will only be $30. Any membership that lapses longer than 12 months will be considered a new member and the $60 fee will apply.

METHODS OF PAYMENT

- **Monthly Bank Draft**: The Y will draft your checking, savings, or credit card monthly. Account information along with your first month’s payment are required upon joining. Monthly bank draft memberships continue indefinitely, until you give the Y a written notice 15 days in advance of your automatic withdrawal date. A non-refundable $20 service fee will be charged on any returned draft.
- **Annual Payment**: Annual memberships require a 12 month membership commitment. Membership is non-refundable.
  - The Y reserves the right to change membership fees with 30 days written notice to members.

DAILY MEMBERSHIPS AVAILABLE

<table>
<thead>
<tr>
<th>Category</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>$3</td>
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<tr>
<td>Young Adult</td>
<td>$7</td>
</tr>
<tr>
<td>Adult</td>
<td>$10</td>
</tr>
<tr>
<td>Family</td>
<td>$12</td>
</tr>
<tr>
<td>Senior Citizen</td>
<td>$5</td>
</tr>
<tr>
<td>Active Military</td>
<td>$2 (with ID)</td>
</tr>
</tbody>
</table>

*Some restrictions apply*

FINANCIAL ASSISTANCE

We want to make sure that everyone can enjoy the Y. No one will be denied the benefits of the Y due to their financial situation. Walk-in appointments are available Monday-Friday from 8:00 a.m. to 7:00 p.m., or if interested in meeting with a Y Director, please give us a call at 715 342 2980. Application process requires completion of assistance form and proof of household income. Assistance is available on a sliding fee basis. Financial assistance is made possible through contributions to our Annual Campaign and support from United Way.

A.W.A.Y. PROGRAM

“Always Welcome At the Y”

This program offers Y members who are traveling the opportunity to use the local Y. The Stevens Point Area YMCA participates in this program. We just ask you to present your membership card along with a photo ID at sign in.

CHECK-IN PROCEDURE

Members must present their Y membership card at Member Services to gain entry into the facility. If you haven’t received your card yet, please stop to have your picture taken. Lost or stolen cards must be reported and replaced. Please let our staff know if you need a replacement card.

Program participants must register at Member Services prior to attending class.

AGE POLICY

Facility minimum is age 7 for children unaccompanied by an adult.

PHOTOGRAPHS

The Y reserves the right to take photographs of adults and children participating in Y programs to be used in promotional literature.

TRANSFERRING OR CANCELLING YOUR MEMBERSHIP

Monthly bank draft memberships continue indefinitely until you give the Y a written notice 15 days in advance of your automatic withdrawal date. If you or any family member is registered for a class during the session, your membership will not cancel until the end of that program.

- The Y will allow members to freeze their membership for up to one year (12 consecutive months) for a fee of $10 per month and automatically start on provided date. New member fee will not apply.
- Member must notify staff, in writing, proactively of absence, not retroactively.
- Absence must be a minimum of 30 consecutive days in order to freeze the membership.

REFUND POLICY & PROGRAM CANCELLATIONS

In the event of insufficient enrollment, the Y may need to cancel a class. If this occurs, we will contact you and issue a full refund. More details on page 6.

INSTRUCTION POLICY

Due to liability reasons, the Y does not allow skill instruction, coaching or personal training by anyone other than certified YMCA staff.

AQUATIC CENTER GUIDELINES

Children under age 7 must be accompanied by a parent/guardian in the water at all times. For health concerns, a full body shower with soap is required before entering pool area. Safety breaks may be taken as often as every 30 minutes during open swim to ensure the safety of our swimmers. Please allow 5-10 minutes for pool format changes. This allows our lifeguard staff to move, remove, or add lane lines to change the configuration of the pool.

SWIM CATEGORIES

- **Lap swim**: Lanes are available for patrons to swim or walk laps. Circling in lanes is recommended, and may be necessary at times of high usage.
- **Open swim**: Swim time for all Y members and guests. Daily membership is required for guests. Water exercise—see page 28 for descriptions.

TOWEL POLICY

One complimentary towel per visit with membership. Additional towels may be rented at $1 each.

FACILITY AND POOL RENTAL

Rent the Y for your next special event! To make arrangements for your group, call 715 342 2980. Pool, family rentals and school groups contact Michael at ext. 331. Birthday parties call 715 342 2980 ext. 300.

For a group of 10 or more, you must contact the above staff regarding your group at least 10 days prior to your event date. Birthday parties need to be booked 14 days or more in advance.

PARKING

The Stevens Point Area YMCA parking lot is for use by members who have a valid Y parking sticker while they are present in the YMCA building. All day parking is strictly prohibited. Tickets will be issued by the Stevens Point Police Department for any violations. Repeat Offenders may be ticketed and towed at owners expense. Guests who use the parking lot must sign in at the front desk. University or overnight parking is NOT allowed.

BIKE PARKING

There are bike racks located on the west side of the YMCA by Adventure Alley. Please make sure to lock your bike securely. The YMCA is not responsible for any lost, stolen or damaged bikes.

CONCEALED WEAPONS

The Y is committed to maintaining a safe and healthy environment for its members and participants. As part of this commitment, the Y’s policy is to prohibit weapons of any type from the actual facility or surrounding areas where members and participants are located. Employees, customers and lawful invitees who possess a valid concealed weapons license may keep a firearm inside their privately owned motor vehicle when their vehicle is parked on Y property. Any violation of this policy shall subject the offending person to a potential fine and banning from the Y’s premises.

LOST & FOUND

The Y suggests that you invest in a strong lock and always secure your belongings. If you lose an item, please inquire at Member Services. The Y is not responsible for lost, stolen or damaged items.

CELL PHONE & ELECTRONIC DEVICE USE POLICY

Use of cell phones and electronic devices is prohibited in all locker rooms and restrooms. This policy is to protect the privacy of our Y patrons.
MAIN OFFICE
Member Services ...........................................715 342 2980
Child Development Office ..................................715 342 2999

Y STAFF Dial 715 342 2980, then enter extension

Adam Mershak ...................................................201
Aquatics Coordinator/Assistant Camp Program Director
Amy Fox ..............................................................334
Health Enhancement Coordinator
Beth Westover .....................................................345
Aquatic Education Coordinator
Cassandra Voight ..................................................356
Administrative Services Specialist
David Morgan ........................................................309
Executive Director/CEO
Doug Lane .............................................................302
Facility Services Director
Emily Stark ...........................................................306
Director of Wellness & Chronic Disease Prevention
Eric Demrow ........................................................327
Head Swim Team Coach/Aquatic Director
Joe Seubert ...........................................................311
Senior Director of Operations
Julie Treml ............................................................337
Assistant Director - Drop-in Child Care/Licensing Spec.
Kelly Caughlan ....................................................320
Foundation Director
Keri Gorski ............................................................323
Child Development Office Specialist
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Director of Adapted Recreation/Gymnastics
Mandy Reeves ......................................................338
Employment Specialist
Michael Prince ......................................................331
Membership/Youth Sports Director
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Director of Administrative Services
Nicole Proulx ........................................................342
Director of School Age Care
Pete Matthai ..........................................................308
Senior Director of Youth Development
Jamie Hahner .......................................................339
Director of Early Education/Child Care
Roz Clark .............................................................319
Human Resources Director
Tiffany Praeger .....................................................326
Director of Teen Programs/Camp
Tim Klingfors ........................................................322
Graphic Designer
Fax number .......................................................715 342 2987
Web site ..............................................................www.spymca.org

WE’RE HERE FOR YOU
“As a stay-at-home-mom the Y drop-in is priceless! My daughter Lila is an only child, and the Y offers her wonderful socialization skills. The staff is so welcoming and competent; I am always totally at ease dropping her off. I myself have learned the beauty of group fitness, my own work-out routine, and showering in peace! I lost every one of the 50 pounds gained during pregnancy, and my family is so happy and well-rounded thanks to the Y!” — Meagan M.

DROP-IN CHILD CARE (TOY ROOM & ADVENTURE ALLEY)
3 hour time limit per day • Toy Room: 6 weeks-2.5 years old • Adventure Alley: 2.5-6 years old
We provide quality Drop-In Child Care to parents on the Y premises. Children have the opportunity to socialize and partake in activities such as: art, story time, physical and fine motor development. Our knowledgeable, CPR certified staff create a fun environment that is safe and nurturing while encouraging caring, honesty, respect, and responsibility. Parents must remain in the building at all times. When utilizing Drop-In Child Care, please note Toy Room and Adventure Alley may close 30 minutes before scheduled ending time if there are no children present. Monday–Friday, 8:00 a.m.–8:00 p.m.; Saturday, 9:00 a.m.–1:00 p.m.; Sunday, 10:00 a.m.–4:00 p.m.
Y Member Free, General Public $3 for each child

***Late Pick-up Fee: Parents or authorized persons shall pick up their child(ren) by the listed closing time. A minimum late fee of $5 will be charged for any late pick up. A late fee of $5 will be assessed for every subsequent 15 minutes thereafter. All late fees must be paid before Drop-In care is utilized in the future. Hours are posted outside the Drop-In child care entrance. Time will be determined by the clock in the room. Chronic late pick-ups could be grounds for suspension of Drop-In child care services.

FAMILY PLAY TIME (TOY ROOM & ADVENTURE ALLEY)
Age 6 weeks-6 years old with parent
The Y believes that fostering a strong relationship between parent and child is the cornerstone of healthy living. Create lasting memories by spending quality time together experiencing the joy and wonder of crawling, hiding, sliding, rolling and tumbling—the ultimate fun and adventure for young families.
Monday–Friday, 8:00 a.m.–8:00 p.m.; Saturday, 9:00 a.m.–1:00 p.m.; Sunday, 10:00 a.m.–4:00 p.m.
Parent must remain in the room at all times. Please note Play Time may end at 2:00 p.m. on Sunday if Drop-In is booked for a birthday party. Call the front desk for availability.
Y Member Free, General Public Daily Pass (Sundays only)

MINISTRY HEALTH DROP-IN CHILD CARE
2 hour time limit per day • 6 weeks–11 years old
Is the need for a child care provider keeping you from making your doctor’s appointment? We are here for you! Through a partnership between the Stevens Point Area YMCA and Ministry Health Care, we will provide free Drop-In Child Care to parents visiting the Ministry Health Care building. Please allow enough time prior to your appointment to check your child into the Drop-In Child Care area.
• Caring, qualified Y staff
• A safe and nurturing environment for your child(ren)
• This area is for well children only

Located on the campus of Ministry Health Care & Saint Michael’s Hospital: 824 Illinois Ave, Stevens Point. Closed on some holidays. Monday, 8:30–11:30 a.m., 1:00–4:00 p.m.; Tuesday–Thursday, 8:30–11:30 a.m.; Friday, Closed. *Hours subject to change.
Y Member & General Public Free

WEEL DELIVER Age 2-6 years old
An authorized Y employee will bring your child to and/or from a Y program. Classes included in this service are marked with “Wee Deliver” throughout the program guide. Arrangements for Wee Deliver must be made when your child is checked into Toy Room or Adventure Alley. Please note there is no Wee Deliver on Saturdays. No deliveries are made to the swimming area. Due to staffing, deliveries are 9:00 a.m.–12:30 p.m. and 4:30–8:00 p.m. Y Member & General Public Free

PROGRAM REGISTRATION, REFUNDS & CANCELLATIONS
1. Payment of class fee is required at time of registration in order to secure your enrollment.
2. Certain programs have a separate registration form.
3. Refunds/Credit Vouchers

Definitions:
Refund—The Y will send a check for the amount owed to the member/participant. Processing a refund may take up to two weeks.
Credit Vouchers—The Y will electronically deposit the credit amount into the member/participant’s Y account. It can be redeemed toward any program, product or service the Stevens Point Area YMCA offers. It is valid for 12 months.

a) The Y reserves the right to cancel, reschedule or combine classes that do not have sufficient enrollment. In the event of a cancelled class due to lack of enrollment, a full refund or credit will be issued.

b) A prorated refund will only be given if participation ceases due to medical reasons. A note from the doctor is required to receive a refund.

c) There are no credits given for individual classes missed.

d) No refunds/credits are given on individual classes cancelled due to weather.

e) Some programs require a deposit-registration fee that is non-refundable. Participant cancellation in these programs will result in loss of the deposit.

f) Credit vouchers expire 12 months after date of issue.

g) The Y will not make up or refund any programs (i.e. swim lessons, aerobic classes, camps, etc.) that fall on a holiday.

h) Any cancellation done 1 week prior to the start of a new program is eligible for a credit voucher. A $5 cancellation fee will be retained by the Y.

i) For school age care, preschool, group day care, and/or camp payments, please refer to the specific handbook or registration form for any variations to this policy.

WINTER/SPRING • 2017
A CHILD DISCOVERS WHO HE OR SHE CAN BE

Y PRESCHOOL / 2016-2017 SCHOOL YEAR
State Licensed • Age 2 1/2 - 4 years old (Must be potty trained)
The YMCA provides a safe environment with structured and self-select activities appropriate to preschool settings. Children are allowed to learn through play, both individually and in groups. Every program strives to facilitate the development of a positive set of values in each child that will carry with them through life; to teach each child to relate to others in a way that is comfortable, respectful and reflects appreciation for individual differences; and to develop a positive self-image through a variety of experiences... all in a fun, supportive, and safe environment. Programs focus on social development and character development for every child. There are frequent and positive opportunities for parents to be involved.

Please call or stop by the Child Development Office, 715 342 2999, for current openings and registration materials.

We follow the Stevens Point School District schedule with the exception of start and end dates. Class 2 has an age appropriate swimming component. Children must be 3 years to swim.


Class 1: Age 2 1/2 - 4 years old
TU/TH/FR 9:15 - 11:30 a.m.
Y Member $70/month
General Public $90/month

Class 2: Age 3 - 4 years old
M/W/F 9:15 - 11:30 a.m.
Y Member $100/month
General Public $120/month

4 YEAR OLD KINDERGARTEN
2016-2017 SCHOOL YEAR
Age 4 years old by September 1, 2016

Our teachers provide an environment which allows your child to be an active participant with hands on experiences, age appropriate activities, and freedom of movement. We foster a child’s independence and individual learning styles. Your child will be exposed to many opportunities for physical and emotional growth, social and communication skills, creative expression, and large/motor skills. We are a state licensed program.

The YMCA, in conjunction with the Stevens Point School District, provides three sites for 4 year old kindergarten.

Registration forms must be completed for the school at the Bliss Center - 1900 Polk St., 715-345-5456.

Children can attend the 4K program if they are four years old on or before September 1.

Classess run Monday - Thursday.

FREE for children in the Stevens Point School District or for children who have open enrolled.

Ongoing September 2016 – June 2017, we follow the Stevens Point School District schedule.

4K classroom at the Y
8:45 - 11:55
12:25 - 3:35

Plover site:
2000 Roosevelt Drive
8:35 - 11:45
12:15 - 3:25

Kinder Kids
Junction City:
St. Paul’s Lutheran Church
8:25 - 11:35
12:25 - 3:35

FMCA CHILD CARE CENTER

State Licensed • NAC Accredited
Age 6 weeks - 6 years old (Age appropriate classrooms)

YMCA Child Care is designed to encourage children to build healthy, happy attitudes and to acquire competencies and skills through a variety of work and play experiences. We help children develop a positive self-image, foster a joy of learning, expand understanding and assist children in forming rewarding social relationships. At YMCA Child care, your child will develop the skills they need in a supportive and fun environment.

The YMCA’s full-time child care offers age-appropriate programs, professional and nurturing staff and convenient scheduling. Our center is open from 6:30 a.m. to 6:00 p.m. to meet your family’s needs. YMCA Child Care is already a great value, and these value-added benefits and services make it even better!

NAC Accredited: We are accredited with the National Association of Child Care Professionals.

Free YMCA Membership: Families enrolled full-time in YMCA Child Care receive a free YMCA family membership. As members, you’ll receive preferred program registration, reduced fees and value added classes.

Free Fitness Classes: At no additional charge the YMCA Child Care program offers fitness classes to encourage creative play and promote fitness to children ages one year and older.

Free Swim Lessons: We offer swim lessons for children age 3 - 6 years old that are enrolled in the Tykes and Kinder Kids classrooms during the fall and winter months.

Child and Family Photos: The YMCA will provide on-site opportunities for semi-annual child photographs, with an option to schedule a family photo along with the child’s photo.

Child Care Rates:
6 wks to 2 yrs old Mon-Fri $215/week
2 yrs to 3 yrs old Mon-Fri $205/week
3 yrs to 4 yrs old Mon-Fri $190/week
4 yrs (by Sept. 1, 2016) to 6 yrs old Mon-Fri $180/week
(Free family membership to full time participants)

Call for availability and variable rates.

Financial assistance is available through the Wisconsin Shares and through our Annual Campaign. Please call our Child Development Office at 715 342 2999 for more information, parent handbook and fees.
Dedicated to learning and having fun

“Staff have been kind and compassionate, and remain in constant communication with me.”
—Great Escape Parent

**YMCA Great Escape Before and After School Program**

State Licensed • 2016-2017 School Year • Grades K-6

Currently accepting registration for the 2016-2017 school year.

Great Escape is a place where kids can make friends, learn new skills, stay active and have fun! We incorporate core values into every activity to reinforce the foundation that you’ve already established. We ensure your child will be kept busy and that their creative spirits are challenged in a safe, constructive environment. Great Escape is a high-quality, state licensed youth program and so much more! Elementary Schools Include: Bannach, Jefferson (AM Only), Madison, McDill, McKinley, Plover-Whiting, Roosevelt and Washington.

Monday-Friday when school is in session.

Before School: 6:30-8:45 a.m.

After School: 3:35-6:00 p.m.

September 2016-June 2017. Please see registration materials for further information.

**Great Escape Days Off**

Grades K-6

The Great Escape Days Off Program is a great place to bring your child when they have a day off from school. This full day program includes fun-filled activities, plenty of action, swimming and arts & crafts. Most importantly, it provides parents with peace of mind.

Our program runs similar to the Stevens Point School District calendar. Enrollment is limited and fills quickly. Held at the Y. September 2016-June 2017. Full Day 6:30 a.m.-6:00 p.m. Monday-Friday when school is in session.

Before School: 6:30-8:45 a.m. After School: 3:35-6:00 p.m. September 2016-June 2017. Please see registration materials for further information.

**YMCA Great Escape Before and After School Fees**

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Member</th>
<th>General Public</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Sessions/week</td>
<td>$260/mo.</td>
<td>$310/mo.</td>
</tr>
<tr>
<td>9 Sessions/week</td>
<td>$243/mo.</td>
<td>$288/mo.</td>
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<tr>
<td>8 Sessions/week</td>
<td>$216/mo.</td>
<td>$256/mo.</td>
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<tr>
<td>7 Sessions/week</td>
<td>$196/mo.</td>
<td>$231/mo.</td>
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<tr>
<td>6 Sessions/week</td>
<td>$168/mo.</td>
<td>$198/mo.</td>
</tr>
<tr>
<td>5 Sessions/week</td>
<td>$145/mo.</td>
<td>$170/mo.</td>
</tr>
</tbody>
</table>

Add a Session $8.50 $9.75

**Great Escape Snow Days**

Grades K-6

It’s 6:00 a.m. and the radio just announced that school is cancelled. The kids are leaping for joy, but your mind is racing...“What am I going to do with the children?” A one-time registration fee reserves a spot for your child in our Snow Days Program for any and all full-day cancellations due to weather.

Snow Days include fun-filled activities, plenty of action, swimming, arts & crafts and more. September 2016-June 2017. Y Member $59, General Public $72

Pre-registration for all Great Escape programs is required. Please call the Child Development Office at 715 342 2999 for more information. Financial assistance is available.

---

**Parent and Me (Winter I)** Age 1-2.5 years old

Join us in the Preschool Room with fun-filled activity centers for you and your child to explore. Join in with other parents to learn new and exciting songs, finger plays and much more. Each class concludes in Adventure Alley, where together you can experience fun, crawling, hiding, sliding and tumbling.

YMCA Preschool Room/Adventure Alley. Tuesday, 5:30-6:30 p.m.

Y Family Member Free, Y Youth Member $25, General Public $45

---

**Little Chef (Winter I)** Age 3-5 years old

This class is filled with easy, healthy and simple cooking activities. While engaged in fun cooking activities, kids learn a range of skills, from math and science concepts to cultural and nutritional facts. We will send the recipes home with your child after their last class so your family can enjoy them.

Toddler Classroom. Monday, 5:30-6:30 p.m.

Y Member $30, General Public $45

---

**Little Scientist (Winter I)** Age 3-5 years old

Does your child wonder how things work? Do they like to make a mess? This class will excite children about the world of science, using innovative educational techniques. Through interactive projects, entertaining demonstrations and simple experiments with children’s natural curiosity we will introduce children to the thrill of scientific discovery.

4K Classroom.

Thursday, 5:30-6:30 p.m.

Y Member $30, General Public $45

---

**More Active and Eating Better**

Healthy Weight & Your Child see page 21
**BIRTHDAY PARTIES**

**Age 3-12 years old**

Celebrate your child’s birthday at the Y! Choose from Ultimate or Do-It-Yourself Party Packages available on Saturdays or Sundays. Call 715 342 2980 for more details.

Hurry, dates fill quickly!

**Ultimate Party Package**

Sit back, relax and leave the planning to us. The ultimate package includes the use of the Teen Center Lounge, birthday theme, invitations, decorations, goodie bag for each child, free family YMCA daily pass, birthday cake, fruit drink, games, party leader, set-up, and clean-up. Playtime in one of the following areas: Adventure Alley, Activity Center, and/or the Adventure Pool.

*Ultimate Parties must be booked at least 2 weeks in advance.

Y Member $190, General Public $210

**Do–It–Yourself (DIY) Party Package**

Rental of the Teen Center Lounge and playtime in one of the following areas: Adventure Alley, and/or the Adventure Pool.

Y Member $100, General Public $125

(Rates include refundable $25 cleaning deposit)

**Birthday Package:** 1:00–3:00 p.m.

**Extended Party:** 12:30–3:30 p.m.

**Additional hour of Pool time $30**

**ACTIVITY CENTER** Families or Grades K–6 when staff supervised • 3 hour time limit

Need a great place for families to interact and enjoy time together? The Activity Center features: foosball, air hockey, Ps2, Xbox, Nintendo Wii, arts & crafts, lego tables, homework area, puppet stage and much more! This is a place for you to come and hang out with family and friends. A staff member is on hand at scheduled times to supervise and help lead activities. Children 6 years old and under must be checked in/out by an adult.

Y Member Free, General Public Daily Pass

**K – 6 Only**

Monday – Friday 4:00 p.m.–8:00 p.m.

Saturday 9:00 a.m.–2:00 p.m.

Days Off School 9:00 a.m.–8:00 p.m.

*All Adults must be accompanied by a kid

*Kids must supervise their adults at all times

**FAMILY NEW YEAR'S EVE BASH** Presented by **Marshfield Clinic**

Saturday, December 31, 5:00–8:00 p.m. Join us at the Y for a free family New Year’s Eve Bash. Activities include: Inflatable fun (provided by Rock n’ Roll to Go Plus), ice cream, open swimming in the Adventure Pool; 7:30 p.m. New Year’s countdown (for those who will be asleep before midnight), and more alcohol-free family fun! Y Member & General Public Free

**MATH AND PARENT PARTNERS PROGRAM (MAPPS)**

For parents/guardians, children, teachers, administrators and EA’s. Bring the whole family! Child care available. MAPPS invites you to learn fun and effective ways to help K-8 children with fractions, decimals and percents! Brought to you by UW-Stevens Point Continuing Education. Credit available.

YMCA Teen Center. Saturday, 9:00–11:00 a.m. January 23–March 12. Attend any sessions or all eight! Y Member and General Public Free

**FAMILY MOVIE NIGHT**

**Sponsored by BMO Harris Bank**

Join us for a family movie on the Big screen! Free popcorn with lemonade, other concessions available for purchase. All Purpose Room. Showtime is 6:45 p.m.

Friday, January 13 – Disney’s “The Rescuers”

Friday, March 3 – Disney’s “Robin Hood”

Y Member & General Public Free

**FAMILY CARNIVAL & GAME NIGHT**

Join us for our Family Carnival & Root beer float night. Pinko, bean bag toss, face painting, basketball shoot out and more! Gym. Friday, February 3, 6:30–8:30 p.m.

Y Member Free, General Public Daily Pass

**FRIDAY FAMILY FUN NIGHTS**

The YMCA believes in building strong families. Spend Friday nights at the YMCA with Family Gym Time 6:00–9:30 p.m. and Family Swim Time 6:30–8:00 p.m. Y Member Free, General Public Daily Pass

**COMMUNITY FAMILY FAIR**

A Tom Pease performance at 6:00 p.m. will kick off our celebration of YMCA Healthy Kids Day! Open swim, carnival games, shows and activities for the whole family will follow from 7:00–8:30 p.m. Gym. Friday, April 7, 6:00–8:30 p.m. Y Member & General Public Free, Additional 25¢/game

**FREE CAMP OPEN HOUSE AND SPAGHETTI DINNER**

Join us at Camp for a free family open house and spaghetti dinner. Camp activities (canoeing, kayaking, archery, hiking) and tours starting at 3:00 p.m. Dinner at 6:00 p.m. Campfire starting at 7:30 p.m.—of course with yummy S'MORES! Saturday, May 13 starting at 3:00 p.m. Dinner pre-registration is required by Friday, May 12. Dinner space is limited.

Y Member & General Public Free

**FREE PANCAKE BREAKFAST AND CAMP OPEN HOUSE**

Come on out to Camp for a free family open house and pancake breakfast. Enjoy camp activities (canoeing, kayaking, archery, hiking) and tours from 10:00 a.m.–12:30 p.m. Breakfast at 9:00 a.m.

Saturday, June 3. Breakfast pre-registration is required by Friday, June 2. Breakfast space is limited.

Y Member & General Public Free
Porcupine Mountains Backpacking Trip (age 13-16)
Canoe and Kayak Trips (age 13-17)
Devil’s Lake Rock Climbing Trip (age 12-15)

All expeditions are thoroughly planned and led by experienced staff with advanced safety certifications. Experience is not necessary on most trips.

- Porcupine Mountains Backpacking Trip (age 13-16)
- Canoe and Kayak Trips (age 13-17)
- Devil’s Lake Rock Climbing Trip (age 12-15)
- Porcupine Mountains Backpacking Trip (age 13-16)

GLACIER HOLLOW RESIDENT CAMP
Age 7-14 years old
Nature Quest Camps: 3 Sessions (age 8-14)
Each 7-day session has its own theme that will include an Adventure week, Campers for LIFE, and Splash & Sport which are mixed with traditional camp activities, outdoor living skills and environmental education.
Beginning Adventurers: 1 Session (age 7-10)
A 4-day session for younger and first-time campers that focuses on providing a caring and comfortable environment and offers traditional hands-on camp activities.
Camp Wise Spirits: 1 Session (age 8-14)
A 7-day session just for girls!
Timbertop Camp: 1 Session (age 8-13)
A 7-day session for boys and girls with learning disabilities.

DAY CAMPS

LEADER AND COUNSELOR IN TRAINING PROGRAM
Age 12-17 years old
Teens who successfully complete the LIT Day or CIT Overnight Training Camp can become "LITs" (Leaders In Training, ages 12-14) or "CITs" (Counselors In Training, ages 15-17). See next page for details.

GLACIER HOLLOW DAY CAMPS
Age 7-12 years old
Weekly themes and traditional camp activities. 12 ½ weeks from June 8-August 31, Monday–Friday, 6:30 a.m.–6:00 p.m. School Bus departs the Y at 9:00 a.m. and returns at 4:30 p.m.

GREAT ESCAPE DAY CAMP
Age 5-10 years old
Held at the Y in Home Base rooms. Register for the days and weeks you need. June 8–August 31, Monday–Friday, 6:30 a.m.–6:00 p.m.

GREAT ESCAPE SPORTS DAY CAMP
Age 6-11 years old
Weekly sports themes and includes drills, lessons and games. Held at the Y. Register for the days and weeks you need. June 12–August 18, Monday–Friday, 6:30 a.m.–6:00 p.m.

HORSEMANSHIP DAY CAMPS
Age 8-14 years old
Basic and Advanced Horsemanship Camps held at Heartland Stables in Custer, WI. Transportation is provided from the Y.

WINTER CAMP (DAYS OFF SCHOOL)
Age 8-12 years old
Just because it’s not summer does not mean we can’t have Camp! YMCA Camp Glacier Hollow is offering winter camp during days off from school. Fall or winter activities including snowshoeing, sledding, animal tracking, snow fort building and warming up with a cup of hot cocoa in our Welcome Center—Winter Camp could possibly be more fun than Summer Camp! YMCA provides transportation to Camp Glacier Hollow, snacks, camp activities, amazing camp staff and lots of FUN. A “What to Bring” list will be provided and includes items like a bag lunch and warm fall/winter clothes. Signed Permission Slip/Health Form is required upon registration.
- Mondays: October 31, November 14, December 12, January 2 & 23, February 27
- Wednesdays: December 28, March 22
- Check in your kids at the Y from 7:30-8:45 a.m.; Pick them up at the Y from 4:00–5:30 p.m.
Y Members $36/person/day, General Public $42/person/day

LEADER IN TRAINING (LIT)
Age 12-14 years old, must be entering 7th grade
The Leader In Training program is for youth ages 12-14 that want to have a fun summer developing their leadership skills, creating self-confidence, and making new friendships. LITs will use their skills to help support Y staff and interact with children in our Day Camps while continuing their training throughout the summer.
Potential LIT’s must first successfully complete the LIT Day Training Camp at Glacier Hollow from June 12-16, 2017. Training will be daily from 8:45 a.m.–4:45 p.m., Monday–Friday. There is an overnight at Camp Tuesday–Wednesday in which participants will depart from the YMCA on Tuesday morning and then return Wednesday at 4:45 p.m. Daily lunch and overnight meals are provided. An application and registration form are required before being accepted into LIT Training Camp.
Participants that successfully pass LIT Training Camp will be placed as LIT’s in Day Camp programs throughout the summer from June 19 – August 31, 2017. The Leader In Training Program requires a commitment of two to five days per week for six to eleven weeks throughout the summer. Additional information for choosing placement schedules for the summer will be mailed closer to Training week. LITs are held to high standards and can be removed from the program if not meeting those standards. Stop by or call the Y for detailed camp information and application materials.

LIT Day Training Camp
June 12-16, 2017
5 days, 1 night at Camp Glacier Hollow
Price A: $415, Price B: $345, Price C: $285

COUNSELOR IN TRAINING (CIT)
Age 15-17 years old
The Counselor In Training program is for youth ages 15-17 that want to have a fun summer developing their leadership skills working with children alongside our YMCA staff. Potential CIT’s must first successfully complete the CIT Overnight Training Camp at Glacier Hollow from Sunday, June 18 – Friday, June 23, 2017. An application and registration form are required before being accepted into CIT Training Camp.
Participants that successfully pass CIT Training Camp can be placed as CIT’s in Day and/or Resident Camp programs throughout the summer. CIT’s are not required to commit to a minimum number of weeks and there is NO fee after Training Camp. CIT’s are held to high standards and can be removed from the program if not meeting those standards. Stop by or call the Y for detailed camp information and application materials.

CIT Overnight Training Camp
June 18–23, 2017
6 days, 5 nights at Camp Glacier Hollow
Price A: $540, Price B: $490, Price C: $430

CIT Day Camp Program
June 25 – August 31, 2017
Day and/or Resident Camp Programs
No Fee (CIT’s will have limited overnight weeks available)
**PARENTS NIGHT OUT** Grades K–5
Parents—need some time for yourselves? Kids—want to have a fun-filled Friday night!? Let our YMCA staff lead your kids in some fun group games, swim time, crafts, movie time, and other activities while making some new friends! Kids, please come prepared to be active (sneakers, movement clothes) and enjoy some pool time as well—please bring a swim suit & towel. January-April 2017. 6:00–9:00 p.m. January 13, 27; March 3, 31; April 21 (Registration deadline is 2 days prior to each date).

**ADVENTURE CLUB** Grades 4–7
Foster the Spirit of Adventure! Come prepared to have fun as we practice fire building, adventure challenges, outdoor cooking, and other skills to prepare us for future adventures. Special Devil’s Lake Rock Climbing Trip, Friday April 28–Saturday April 29. Parent Info Meeting, Thursday April 27, 6 p.m. Adventure waits around every corner—sign up TODAY to learn more! Meetings are every 2nd & 4th Thursday of the month, 6:00–7:30 p.m. Teen Center. New members are always welcome! September 2016 – May 2017. **Y Member & General Public Free** (Fees possible for some trips). Activity flyers available at Member Services.

**GIRLS’ NIGHT OUT** Grades 3–7
Let’s hear it for the girls! “GNO” is an opportunity for girls to meet new friends and participate in fun activities! An emphasis will be placed on maintaining a strong sense of identity, while participating in a variety of fun activities that focus on being strong in spirit, mind, and body! Topics and activities may include movie nights, fitness classes, nutrition classes, arts & crafts, teambuilding, service projects and more! 2nd & 4th Monday of every month, 6:00–7:30 p.m. Teen Center. New members are always welcome! Join anytime! October 2016–May 2017. **Y Member & General Public Free** (Fees possible for some trips). Activity flyers available at Member Services.

**GIRLS’ NIGHT OUT SLUMBER PARTY OVERNIGHTER** Grades 3–7
Come and enjoy an evening with just the girls with games, activities, movies, dancing and excitement! **Please bring:** Swimsuit, towel, tennis shoes, sleeping bag & plenty of energy! The **Y provides:** Gym & pool activities, late night pizza, dance party, late night movies, donuts at dawn, crafts, prizes, fun and much more! Signed consent/health form is required upon registration. Parents must check in with their child beginning at 8 p.m. Pick up time is 8 a.m. Youth are supervised at all times by YMCA Staff, adult Y volunteers, and Y teen leaders. Proceeds assist Y Teen Programs. Activity Center. February 17–18, 8 p.m.–8 a.m. **Y Member $25, General Public $30.** Register before February 15 for a $5 early bird discount!

**SPRING BREAK OVERNIGHTER** Grades K–6
Aloha! Let’s party Hawaiian Style! Join us as we celebrate and kick off Spring Break! Come ready to dance, play games, make crafts, swim—all sorts of ‘Tropical Island’ fun! **Please bring:** Swimsuit, towel, tennis shoes, sleeping bag, plenty of energy! **Y-Provides:** Gym & Pool Activities, Pizza at Midnight, Games & Prizes, Late Night Movies, Breakfast, Fun and Much More!
Signed Consent/Health Form is required upon registration. Parents must check in with their child beginning at 7 p.m. Pick up time is 8 a.m. Youth are supervised at all times by YMCA Staff, Adult and Teen Y Volunteers. Meet in Gym. March 17–18, 7 p.m.–8 a.m. **Y Member $30, General Public $35.** Register before March 15 for a $5 early bird discount!

**TEEN CENTER** Age 12–17 years old
The Teen Center is a place where teens can come and be themselves and stay engaged through many different activity outlets: Wii, TV w/ cable, snack shop, wireless internet, computers, Xbox, ping pong, pool table, stereo, a place to lounge and more! A Y staff member is on hand at all times to supervise, lend an ear or help with homework (Homework Zone: quiet atmosphere, 3:30–4:30 p.m. daily). Sept. 2016–May 2017. Monday–Friday, 3:30–8:30 p.m. **Y Member Free, General Public Daily Pass**

**TEEN FIT** Age 12–17 years old
Want to get healthy, but don’t know where to begin? Join us as we learn how to make your health a priority. Utilizing a mixture of physical activities, there is sure to be something you will enjoy or learn more about. The program will be tailored by the participants, and all meetings will begin with personalized goal setting! Let’s have fun and be active! *Teens 12–15 years of age are required to get a wellness center orientation before using fitness equipment, along with a waiver signed by a parent/guardian. Teen Center. Wednesday, 4:30–5:30 p.m. October 2016–May 2017. **Y Member & General Public Free**

**TEEN WINTER RETREAT** Grades 7–12
Enjoy a fun filled retreat playing winter games, snowshoeing, cross-country skiing, night hiking, sledding, warming around a campfire, discussing teen programs, and more! Accommodations will be lodge-style. **Please bring:** Your warmest winter clothes, snow boots, sleeping bag and pillow, overnight gear, and plenty of energy. The **Y provides:** Six meals, basic snacks, transportation, snowshoes, cross-country ski equipment, YMCA Staff, and lodging at Camp Manitowish Friday & Saturday Night. Signed Consent/Health Form is required upon registration. Friday, February 3, 4:00 p.m. – Sunday, February 5, 3:00 p.m. Registration deadline is Wednesday, February 1. Space is limited so don’t delay! Special Payment: Teen Leaders Members will have variable payments. **Y Member & General Public $65**

**TEEN LEADERS CLUB** Grades 7–12
The Teen Leaders Club (TLC) provides a place for teens to give back to their community, connect with other area teens, learn the value of being a part of a team, and celebrate group goals attained! Active Teen Leaders are involved in: weekly meetings, leadership rallies, volunteer projects, fundraising events, FUN trips and lots more! **Members in good standing receive a YMCA Youth Membership and reduced rates on special trips and activities.** Participants are responsible for fundraising. September 2016–May 2017. Meetings are every Thursday at 7:00 p.m. in the Teen Center. New members are always welcome! **Y Member & General Public Free**

**TEEN NIGHT** Grades 6–12
Teens! Saturday nights are your nights at the YMCA! Open exclusively for Portage County Teens! We feature: open gym activities, music, snacks, pool table, TV/cable, video games, basketball/sports, a place to socialize and hang out! Supervised by Y staff. Sept. 2016–May 2017. 7:00–10:30 p.m. January 14, 21; February 4, 11, 18, 25; March 4, 11, 18, 25; April 1, 8, 15, 22, 29; May 6, 13. *Subject to cancellation due to special events and holidays. **Y Member & General Public Free**

**GUITAR LESSONS** Grades 4–8
Come join us for Guitar Lessons for Teens! Lessons are available for all skill levels. Beginners are welcome! Learn new skills or just enjoy playing with other teens. Students must supply their own instruments. Teen Lounge. Thursdays, 6–7 p.m. October 2016–May 2017. **Y Member Free, General Public Daily Pass**
**Spirits Shining Stars (Adapted Gymnastics)**

**Age 2–7 years old**

The Spirits Shining Stars gymnastics class is designed to give all children the opportunity to participate in the sport of gymnastics no matter their ability level. Our gymnastics center provides many fun & challenging ways for a child to utilize and expand his/her sensory functions including vision, hearing, tactile sensation, gravity, body position and movement. Parent participation in this class is welcome and encouraged! Gymnastics Center. Saturday, 9:00–9:30 a.m. **Y Member $34, General Public $68**

**Parent Tot**

Walkers—4 years old with parent/adult

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

- Monday, 11:00–11:45 a.m.; Tuesday, 9:45–10:30 a.m.;
- Wednesday, 10:15 a.m.–11:00 a.m.; Saturday, 11:00 a.m.–11:45 a.m.

**Y Family Member Free, Y Youth Member $38, General Public $74**

**Tiny Twisters**

Age 3–5 years old

Tiny Twisters is for the child who is ready to explore the gymnastics center on their own, with their peers and a coach. This class introduces children to the dynamic sport of gymnastics in a positive and fun setting. Children will strengthen gross motor movements as well as improve balance, flexibility and body control. Gymnastics Center. **Monday, 10:45–11:15 a.m.; Wednesday, 5:45–6:15 p.m.; Saturday, 9:30–10:00 p.m.** **Y Member $34, General Public $68**

**Mighty Movers**

3.5–5 years old

(New Participants MUST be at least 3.5 years old)

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

- Monday, 10:15–11:00 a.m.;
- Thursday, 12:15–1:00 p.m.;
- Saturday, 10:15–11:00 a.m.

**Y Member $38, General Public $74**

**Terrific Tumblers**

Age 4–6 years old (Available to children having completed Mighty Movers and receiving instructor recommendation for advancement)

This class concentrates on building gymnastic skills and techniques in a fun, positive environment. Children will experience the satisfaction of achieving new skills, following directions and learning to respect themselves and others, which fosters self-esteem and confidence. Children will receive instruction for all equipment. Gymnastics Center.

- Wednesday, 5:00–5:45 p.m.; Friday, 9:30 a.m.–10:15 a.m.

**Y Member $38, General Public $74**

**SPinners**

Age 5 years old & up

The second class in a series of progressions for your young female gymnast. A higher level of skill on all equipment is focused on, along with flexibility. **Gymnastics Center.**

- Tuesday, 4:00–5:00 p.m.;
- Wednesday, 6:30–7:30 p.m. (Ages 5–7);
- Saturday, 1:00–2:00 p.m.

**Y Member $40, General Public $80**

**Swingers & Kippers**

Age 5 years old & up with Coaches’ Consent ONLY

A skill-oriented class where the gymnast has attempted to master their fundamental skills and are ready to be challenged at a higher level. **Gymnastics Center.**

- Saturday, 1:00–2:00 p.m.

**Y Member $40, General Public $80**

**Young Athletes Program**

Age 2–7 years old

Young Athletes is an innovative sports play program designed to introduce children with cognitive disabilities, ages 2–7, their peers, and families to the world of Special Olympics. By providing a safe learning environment, Young Athletes gives children who have cognitive disabilities the tools they need to transition into Special Olympics when they turn eight year old. The program teaches children without disabilities the importance of inclusion, teamwork, and respect. The skills advance the child’s motor tracking, eye-hand coordination, and ability to relate these capabilities to sports. **YMCA Gym and Athletic Fields.** Wednesday, 9:30–10:10 a.m. **Y Member & General Public $25**

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**Terrific Tumblers**

Age 4–6 years old (Available to children having completed Mighty Movers and receiving instructor recommendation for advancement)

This class concentrates on building gymnastic skills and techniques in a fun, positive environment. Children will experience the satisfaction of achieving new skills, following directions and learning to respect themselves and others, which fosters self-esteem and confidence. Children will receive instruction for all equipment. Gymnastics Center.

- Wednesday, 5:00–5:45 p.m.; Friday, 9:30 a.m.–10:15 a.m.

**Y Member $38, General Public $74**

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**TERRIFIC TUMBLERS**

Age 4–6 years old (Available to children having completed Mighty Movers and receiving instructor recommendation for advancement)

This class concentrates on building gymnastic skills and techniques in a fun, positive environment. Children will experience the satisfaction of achieving new skills, following directions and learning to respect themselves and others, which fosters self-esteem and confidence. Children will receive instruction for all equipment. Gymnastics Center.

- Wednesday, 5:00–5:45 p.m.; Friday, 9:30 a.m.–10:15 a.m.

**Y Member $38, General Public $74**

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**Due to lack of space available in the Gymnastics Center and for safety reasons, only class participants will be allowed in the gym during class time. Parents may observe from the hallway.**
PRIVATE LESSONS—TEAM LEVEL ONLY
You are able to purchase one hour of private team instruction at a time. Please purchase your private lesson at Member services, then contact the Kristy, Gymnastics Director, at 715 342 2980 ext. 324 or kbridenhagen@spymca.org to set up your private lesson and then present your receipt to the coach at your private lesson. By appointment only. Y Member $30/hour, General Public $60/hour

LEVEL PLACEMENT
At the YMCA, our gymnastic coaches care about safety and well-being of your child. Every gymnast is tested throughout each session to ensure correct class placement. All gymnasts progress at different rates. Some may move through levels quite quickly while others may spend a year or more in each level. Both are quite normal and should not be a cause for concern. If you have any questions regarding your child’s placement, please contact:
Kristy Bridenhagen, Gymnastics Director P 715 342 2980 ext. 324 E kbridenhagen@spymca.org

GIRLS’ TEAM LEVEL 2 & UP (MINI SESSION)  Coaches Consent Only
This is a program that is designed to help keep the gymnasts moving during the break between the regular season and the summer session. A flyer will be given to your gymnast with all of the details at the end of the competitive season. Gymnastics Center. Y Member $85

GYMNASTICS PRE-TEAM  Coaches' Consent ONLY
This level we will be preparing for Team Gymnastics, the gymnasts will be working on new skills while perfecting the skills they are already learned. The basics for team level routines will be taught. Gymnastics Center. Monday & Thursday, 4:00-5:30 p.m. January-March 2017. Y Member $225 (prorated upon joining), General Public $275 (prorated upon joining)

BRING ON THAT SPIRIT PRIDE!

GIRLS’ GYMNASTICS MEET
Come and watch the Stevens Point Area YMCA Girls’ Gymnastics in action! The “Spirits” will be hosting a two-day home meet on January 7 & 8. Teams from throughout the state will be participating. Please come and cheer the "Spirits" on! Contact the Gymnastics Office for further details! 715 342 2980 ext. 324 or kbridenhagen@spymca.org. See you on January 7 & 8! Children under 12 $1, Adult $2, Family $5

6 WEEK FIT  Age 12 years old & up
This program is designed for beginner exercisers and will provide the support you need to accomplish your wellness goals. A Wellness Coach will meet with you for six weekly sessions to guide you through the exercise equipment, provide basic nutrition education, and introduce you to all the Y has to offer. Please schedule your recurring appointment at Member Services. Wellness Center. Y Member Free

TEEN WELLNESS CENTER ORIENTATION
Required for youth ages 12–15 before using the Wellness Center
This 60 minute appointment will introduce you to our cardiovascular machines and teen strength training circuit. We will record your settings and adjustments so you’ll be ready to go the next time you come in. You’ll be educated on strength and cardiovascular training principles and are required to take a quiz at the end of the appointment. Wellness Center. Y Member Free

FITNESS EXTENSION  Members age 12 years old & up
Meet with your 6 Week Fit coach for 4 additional weeks to learn a second strength training circuit using free weights and fitness accessories. Your coach will help you set goals, so he or she can better assist you with staying on track. Your coach will also accompany you to two ongoing group exercise classes and help you get acquainted with the check-in process, equipment options, and will ensure you’re getting a safe and effective workout. By appointment. Wellness Center. Y Member Free

HEALTHY WEIGHT & YOUR CHILD  Ages 7–13 years old
Healthy Weight and Your Child is a one year, 25–session evidence-based program for children with obesity. The program empowers 7–13 year olds, with the support of their families, to reach a healthy weight and live a healthier lifestyle. The program includes a Family Information Session, 16 weekly sessions, followed by 4 biweekly sessions, and 5 monthly sessions. Made up of groups of 10–15 children and their parent/caregiver, the program creates a safe, fun, and active environment for children and their families to explore and adopt proven methods to living a healthier lifestyle. Thursdays, 5:30–7:30 p.m. Classes start in January and September. To participate in the program, each child must be between the ages of 7–13, have a body mass index greater than or equal to the 95th percentile, be cleared by a health care provider and accompanied by an adult at every session. To learn more or to register contact Joe Seubert at 715.342.2980 ext. 311 or jseubert@spymca.org

LIVESTRONG® AT THE YMCA  Age 18 years old & up
This free 12-week exercise based program is designed for cancer survivors who have become de-conditioned and fatigued from their treatment and/or disease. The Y will empower you to improve your energy level and self-esteem, build muscle mass and strength, increase flexibility and endurance, and improve your ability to do everyday tasks. Please contact Member Services for more information or e-mail livestrong@spymca.org. Wellness Center. Y Member & General Public Free

6TH ANNUAL IRON ATHLETE CHALLENGE  Members age 12 years old & up
JOIN THE CHALLENGE! We are starting early this year so you can put your New Year’s Resolutions to work! Participants can register individually or as a team of 2–3 people. Track your workouts on a log sheet in a binder at Member Services, February 5–March 18, to complete Ironman distances of 2.4-mile swim, 112-mile bike, and 26.2-mile run in 6 weeks. Each individual or team to complete the distances by March 18 will receive a t-shirt. The first individual male, female, and relay to complete the distances will receive an award. Look for this year’s brochure on the YMCA website in January under the “events” tab.

Y Employees: 50% off listed fees

Emily Starke
DIRECTOR OF WELLNESS & CHRONIC DISEASE PREVENTION
estarke@spymca.org
715 342 2980 ext. 306
Group Fitness Classes to Meet Your Needs

We offer a variety of group fitness classes suitable for those experiencing symptoms associated with chronic diseases. The classes listed below offer exercises that will help increase range of motion, balance, aerobic capacity, and muscle strength without aggravating symptoms. Classes are separated by category to help you choose the most appropriate place to begin, and those listed in more than one category may be modified to meet various needs.

### Symptoms Possible Causes

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Possible Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joint pain/swelling</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Decreased mobility/range of motion</td>
<td>Post Polio Syndrome, Stroke, Surgeries, Injuries</td>
</tr>
<tr>
<td>Neuropathy</td>
<td>Type 2 Diabetes, Cancer, Injuries</td>
</tr>
<tr>
<td>Balance</td>
<td>Peripheral Neuropathy, Vestibular Degeneration, Muscular Weakness</td>
</tr>
<tr>
<td>Fatigue/Muscle Weakness</td>
<td>Chronic Disease Process/Recovery, Sedentary Lifestyle, ...</td>
</tr>
</tbody>
</table>

**Category 1 Classes:** Silver Sneakers Yoga, Balanced Body

Enhance range-of-motion and balance while offering the least amount of aerobic activity.

**Category 2 Classes:** Water Exercise, Silver Sneakers Classic

Focus on increasing strength and improving range-of-motion, and offer some aerobic activity.

**Category 3 Classes:** Silver Sneakers Circuit

Build aerobic endurance while continuing to strengthen and increase range-of-motion and balance.

**Looking to get started?** To explore a variety of options, please contact:

Amy Fox – Health Enhancement Coordinator, P 715 342 2980 ext. 334 E afox@spymca.org

**PERSONAL TRAINING STARTER PACKAGE**

Y Members Only • Age 12 years old & up

Do you need to kick start your training, but aren’t sure what to do? Have you been working out on your own or in group fitness and would like assistance evaluating your form and progress? We can help with our Personal Training Starter Package!

Package Includes: 1 consult, 2 personal training sessions, 1 body composition assessment.

By appointment only. Personal Training Office. Y Member $75

**PERSONAL TRAINING**

Y Members Only • Age 12 years old & up

Find out what you’re capable of! Stop trying things that aren’t working and team up with a certified personal trainer to complete a fitness plan that is tailored just for you. We have the knowledge and expertise to create innovative and engaging programs for athletes, recreational exercisers, teens, rehabilitation referrals, special populations and active older adults. The constant motivation, support and encouragement will provide a fun and uplifting experience and get you on the right track toward accomplishing your goals. New clients receive a free 30-minute consultation. Personal Training Office. Group options available upon request.

By appointment only—please contact Emily Starke to schedule. 24 Hour Cancellation Policy. Sessions are 60 minutes each and may be scheduled any time. Unused sessions expire within one year.

**NEW MEMBER DEAL:** Sign up for at least 3 sessions and get half off your new member fee ($30 savings)!

**SESSIONS** Individual 2-Person

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<th>Options</th>
<th>Individual</th>
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*Custom packages available upon request.

**PILATES PERSONAL TRAINING**

Age 12 years old & up

Please see Page 29 for details.

**BODY COMPOSITION**

Age 12 years old & up

The scale is not the only tool to measure your fitness success. If you lose 5 pounds of fat and gain 5 pounds of muscle the scale will not change but you will lose inches, tone up, and increase metabolism. Get your body comp numbers and use them to come up with a game plan to achieve your fitness goals. Personal Training Office. By appointment. Y Member $15, General Public $25

**WELLNESS STRATEGIES SERIES**

Age 16 years old & older

This series, instructed by Andy Molski – NASM certified Personal Trainer, will provide you with the tools you need to eat smarter, work out more efficiently, and manage stress to create balance in your life. Conference Room. Mondays at 6:00 p.m., four monthly sessions:

- **January 30** Nutrition - Simple Approaches to Eating Well
- **February 20** Stress & Relaxation - Achieving a Healthy Balance
- **March 20** Types of Exercise - What’s Right for You?
- **April 17** Goal Setting - Achieving Change

Y Member & General Public: $7 per session; $20 for all four
Y Members: We Now Have Our Own App!

• • Designed to give you a better fitness experience • •

Key Features

Find a Class  View our daily fitness class schedule.
Workouts  Add workouts—a popular variety of routines to choose from.
Connect Apps  Link this app to other fitness apps or trackers you use.
Activity Feed  View other Y members’ workouts on the Club Feed, or your own on My Feed.
Extras  Easily accessible staff directory.
Challenges  Join fitness challenges.
Record a Workout  Record workouts manually or with xCapture.
Goal Center  Create your own goals and have a visual of your progress.
My Profile  Assemble your Club Profile.

Download NOW to be eligible for our 2017 APP CHALLENGE!
Complete each of 12 monthly challenges to win a prize and stay on track with your fitness goals throughout the year!

TO DOWNLOAD THE Y APP:
Visit your app store and search “Stevens Point Area YMCA”

QUESTIONS?
Please see Y Staff for more information

GROUP FITNESS CLASSES
Class descriptions begin on page 26

SCHEDULE UPDATED MONTHLY: Current class schedules are available at Member Services, online with our App, or by visiting:
www.spymca.org  •  www.facebook.com/spymca

FREE GROUP FITNESS CLASSES
Age 13 years old & up
*Age 16 years old & up

<table>
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<tr>
<th>Y Member</th>
<th>FREE with membership</th>
<th>General Public</th>
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<td>Les Mills BodyCombat</td>
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<td>Cardio Mix</td>
<td>Les Mills BodyPump</td>
<td>MS Water Exercise</td>
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<td>Cardio Mix Express</td>
<td>Les Mills BodyPump Express</td>
<td>*Meditation</td>
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<td>Chair Yoga</td>
<td>Les Mills BodyVive</td>
<td>Quick Hiit</td>
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<td>Core-n-More</td>
<td>Low Impact Circuit</td>
<td>SilverSneakers Classic</td>
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<td>Group Cycling</td>
<td>Low Impact Classic</td>
<td>Water Exercise</td>
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<tr>
<td>MS Water Exercise</td>
<td>Zumba</td>
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FAMILY FRIENDLY GROUP FITNESS CLASSES
Classes run as usual, but are open to kids ages 7 and up accompanied by an adult
**These classes have additional fees

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<thead>
<tr>
<th>Age 13 years old &amp; up</th>
<th>*Age 16 years old &amp; up</th>
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<tr>
<td>Cardio Mix</td>
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<td>**Yoga</td>
<td>Zumba</td>
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ADULT YOGA & PILATES MAT CLASSES
Age 13 years old & up

NEW! Unlimited classes for $10/month:
• Y Members only
• Monthly bank draft or pay annually
• Pay $10/month & drop into any classes!

<table>
<thead>
<tr>
<th>Age 13 years old &amp; up</th>
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<tr>
<td>Core Fusion</td>
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<td>Gentle Yoga</td>
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SPECIALTY CLASSES
Registration required; register online or at Member Services

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<th>Tai Chi</th>
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<tr>
<td>Advanced Tai Chi</td>
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<td>Ballroom Dance</td>
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<td>Pilates Reformer Jumpboard</td>
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<td>Pilates Reformer Intermediate</td>
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<td>Tae Kwon Do</td>
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<tr>
<td>TRX</td>
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<td>Pilates Reformer Essentials</td>
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FREE GROUP FITNESS CLASSES

Y Member FREE with membership
General Public Admitted with Daily Pass (purchased at Member Services)
*BodyPump: Age 16 years old & up; must have Y membership
*Meditation: Age 16 years old & up

BALANCED BODY

Have you ever been concerned about falling or felt balance-challenged? Practice easy to follow Tai Chi and other movement patterns with a certified balance instructor; improving balance, preventing falls, while increasing strength and flexibility. Fitness Studio.

LES MILLS BODYPUMP*/BODYPUMP EXPRESS*

BodyPump is the fastest way to shape up and lose body fat. A toning and conditioning class with a step platform, bar, weights, hot music and compelling choreography keeps you going through a 60 minute workout (Express is the same workout, but a blazing 45 minutes!). Burn up to 600 calories* per class, improve your strength and general fitness, shape and tone your muscles. All Purpose Room.

LES MILLS BODYCOMBAT

LesMills BODYCOMBAT®

LES MILLS BODYCOMBAT® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. All Purpose Room.

LES MILLS BODYVIVE®

LES MILLS BODYVIVE® is a challenging mix of choreographed cardio moves, lunges, squats and tubing exercises that will help you burn calories and take your fitness to the next level. You’ll leave fizzing with energy and on track for all-around healthy living. All Purpose Room.

If you want to be healthier, happier, fitter, faster and stronger BODYVIVE can make it happen.

*Actual energy expenditure varies depending on your age, your weight, your gender and the intensity of your exercise efforts.

CARDIO MIX / CARDIO MIX EXPRESS

Get your heart pumping by adding a step (adjustable elevated platform) to your training. The benefits of step aerobics are proven to strengthen and tone muscle groups, and improve coordination. This low impact class uses cardio work to produce an easy-to-learn and effective workout. All Purpose Room.

Short on time? Express is perfect for you! Just like Cardio Mix, but a quick 30 minutes. Also great to combine Express with Core-n-More to get some cardio in. All Purpose Room.

CORE-N-MORE

Strengthen your core and even more. Use resistance equipment to add muscle and burn calories, tightening and sculpting butt, arms and abs and even more! All Purpose Room.

SILVERSNEAKERS CLASSIC Age 50 years old & up

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

LOW IMPACT CLASSIC Age 50 years old & up

An energetic, effective low impact and varied intensity aerobics class. Come move to the music to increase muscle strength and range of motion. Hand-held weights, elastic tubes and balls are also used to increase resistance. A chair is used for seated and standing support if needed. All Purpose Room.

CHAIR YOGA Age 50 years old & up

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

GROUP CYCLING

Jump on one of our bikes and start peddling! These classes provide an intense cardio workout while still catering to participants of all fitness levels. Our Instructors will lead you through a challenging series of hills, jumps, sprints and climbs to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level. Core Room.

MEDITATION*

Meditation is a powerful tool for calming the mind. If stress has you anxious, tense or worried, spending even a few minutes in meditation can help restore your calm and inner peace. Suitable for all ages. SMART Room. Must be age 16 years old & up.

QUICK HIIT (HIGH-INTENSITY INTERVAL TRAINING)

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

WATER EXERCISE

Use water resistance to improve cardiovascular health, muscle strength and endurance, while increasing flexibility and reducing joint impact. All workouts adaptable to individual needs, may include deep and shallow water, or use of equipment and intervals to increase intensity.

ZUMBA

Join the party! Dance away your stress with this popular workout sweeping the nation. Fun and exhilarating Latin dance and music maximizes calorie output, fat-burning and toning for a workout that’s hot, hot, hot!

LOW IMPACT CIRCUIT Age 50 years old & up

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. All Purpose Room.

CHAIR ENHANCEMENT COORDINATOR

Amy Fox
715 342 2980 ext. 334
afox@spymca.org

FREE GYM MEMBERSHIP

Y Member Free
General Public $40.00

*Member’s primary network that includes Supervision, First Aid, CPR, Bloodborne Pathogens and NBCA.

**YMCA’s Open Fitness Environment Code of Conduct.

**SmartStart is a fun, motivating weight loss class for ages 13 and older. It's a high-energy circuit workout of choreographed cardio moves, lunges, squats and tubing exercises that will help you burn calories and take your fitness to the next level. You’ll leave fizzing with energy and on track for all-around healthy living. All Purpose Room.

The Les Mills logo is trademarked. Use of the logo does not imply endorsement of the content in this material by the Les Mills Group. Les Mills Group is not a party to this communication or publication and does not endorse or approve the content.

WINTER/SPRING • 2017
YOGA BASICS
Targeted for the beginner to intermediate level yoga student. This basic level class will place emphasis on the foundational postures, deepen the student’s knowledge of alignment and physical condition while bringing awareness to breath.

MORNING YOGA
Wake up to a dynamic flowing yoga practice so you can nurture a healthier you. Become more aware of the body & mind, cultivate strength & increase flexibility. All levels welcome.

YOGA FLOW
Experience a powerful yoga flow to strengthen and stretch while balancing your body with relaxation and focus. Breath work, yoga postures and movements, stretching and relaxation incorporated in each class.

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

CORE FUSION
Come in for functional training using the principles of Pilates for core stability and yoga postures and sequences for flexibility and balance. Focus will be on shoulders, torso, hips and legs! Class is designed to flow both on and off the mat.

When practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body.

Emphasis is on alignment, breathing, developing a strong core and improving coordination & balance.

PILATES REFORMER ESSENTIALS
The Reformer is a sophisticated system of springs, straps, pulleys and a rolling platform. This equipment, like all of the Pilates equipment, works in two ways: It can act as additional muscles to aid the body on its path to health while you work towards efficient movement patterns, and it can also provide resistance to build strong muscles and bones. No experience is necessary for this Essentials class.
Y Member $85, General Public $120

PILATES REFORMER INTERMEDIATE
Continue your Pilates Reformer experience with intermediate exercises. Previous reformer experience required.
Y Member $85, General Public $120

PILATES REFORMER JUMBOARD
Plyometric jumping alternates with strength intervals for an exhilarating workout. Limited to 4 participants for individual attention.
Y Member $70, General Public $98

PILATES PERSONAL TRAINING
(MAT OR REFORMER/PRE & POST PREGNANCY)
Experience one-on-one training with a Certified Stott Pilates trainer. Choose mat or reformer Pilates or a combination of both, personalized to fit your needs. Contact the YMCA for additional information on Pre or Post Pregnancy training. By appointment only.

One Hour Sessions:  1  5  10
Y Member  $40  $150  $300
2 Persons  $50  $210
General Public  $60

GET FIT.
STAY STRONG.
the YMCA
SPECIALTY CLASSES

Registration required; register online or at Member Services

MS WATER EXERCISE
This class, for the mobile MS patient, provides gentle movement with a low rate of resistance to strengthen muscles, increase endurance, improve flexibility and range of motion. Class addresses balance issues with buoyancy belts and noodles as needed. Funding provided by the Multiple Sclerosis Foundation. This class follows fitness session dates. To register, please contact Amy Fox 715-342-2980 ext.334

Y Member & General Public Free.

TRX
Learn how to move through space with a series of straps (TRX) for an overall body and super core strengthening workout. Class limited to 9 participants.

Y Member $19
General Public $52

TRX®

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user’s body weight to complete hundreds of exercises. This class is effective for all fitness levels.

COMMUNITY EVENTS & PARTNERSHIPS

FARM TO SCHOOL PROGRAM
Farm to School (F2S) is an AmeriCorps program that focuses on:
• Strengthening local economies by expanding markets for Wisconsin agricultural producers and food entrepreneurs.
• Promoting children’s health by providing fresh, minimally processed foods in schools & supporting the development of healthy eating habits.
• Increasing children’s and communities’ knowledge about agriculture, food, nutrition and the environment.

Farm to School is sponsored in part through grants from the Community Foundation of Central Wisconsin, Women’s Fund of Portage County and the Stevens Point Area YMCA Foundation.

In addition to the Y, the program’s members- Vanessa Vincent (Nutrition Educator) and Meagan McGoldrick (Community Outreach Specialist) - are at Central Rivers Farmshed, local schools, the Farmers Market, the Children’s Museum and throughout the community implementing educational activities including Chef Demos, gardening, classroom lessons (and much more) as well as incorporating a sustainable, local and healthy snack program in selected elementary classrooms.

Look for announcements on what we’re up to throughout the year!
(Pictured: October Great Apple Crunch)

NUTRITION & WELLNESS CONSULTATION

Age 2 years old & up
Provided by Rebecca Suehring NDTR, CDM, CFPP of Point Nutrition, LLC
Personalized Nutrition & Wellness consulting for members.

OPTION 1: Personalized Wellness Profile (90 min.): Do you want to find out more about your nutrition habits and your overall wellness? This appointment will start with a food history analysis, a calorie needs assessment, and a wellness questionnaire. With these outcomes we will set goals together and make plans to work towards a better you! Additionally, this service allows you to learn about other fitness and nutrition programs that the YMCA provides that could help you reach your maximum potential. Results and educational materials are provided at the appointment.

Personal Training Office. By appointment—please fill out paperwork at Member Services. Call Rebecca with any additional questions 715 252 1838.

Y Member: Option 1 $65, Option 2 $50 (Subsequent follow-ups as needed for $40/hour)

OPTION 2: In–Depth Nutrition Consultation (60 min.): Reach your nutrition and weight management goals here. A computerized diet analysis will be done according to the 3-day food log that you provide, as well as a personalized caloric assessment, fitness and nutrition history, nutrition recommendations, and personalized goal setting. Based on your results proper Nutrition Education will be provided as a key to your success. Results and other materials will be mailed to the participant after the initial appointment, subsequent appointments may be necessary to reach your goals.

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YMC’S WORKPLACE WELLNESS PARTNERSHIP
Happier and healthier workers are an asset to any business. It’s a fact that healthy employees are more productive, have lower stress, miss less work and have fewer medical claims. The Y has the expertise to help you develop a stronger, more vibrant and productive workforce. We can offer your company employee memberships, on–site fitness assessments, Lunch and Learns, wellness challenges, group fitness classes, stress management and much more. For more information contact Michael Prince at 715 342 2980 ext 331.
COMMUNITY EVENTS & PARTNERSHIPS

HEALTH & FITNESS ASSESSMENT
Conducted by UWSP SCHOOL OF HEALTH PROMOTION & HUMAN DEVELOPMENT

Register now for your health and fitness assessment! Assessment Includes:
• Height and Weight - BMI
• Resting Heart Rate and Blood Pressure
• Waist and Hip Circumferences
• Body Composition
• Flexibility
• Muscular Strength
• Cardiorespiratory Endurance

Your assessment will be conducted by a trained lab assistant. These tests will help you assess various health and fitness measures and identify your strengths and weaknesses. Results can aid you and/or your trainer in goal setting and developing appropriate exercise programs.

Full Health and Fitness Test:
Faculty/Staff/Community $20, UWSP Students $10
Body Composition Only (Skinfold and Bioelectrical Impedance techniques):
Faculty/Staff/Community $10, UWSP Students $7

For appointments, email hhplab@uwsp.edu or visit www.uwsp.edu/hphd.

TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE YMCA

After completing therapy, individuals may benefit from an independent exercise program in the supportive environment of the Stevens Point Area YMCA.

• Please have your clinician contact Emily Starke, Director of Wellness & Chronic Disease Prevention, 715-342-2980 ext. 306, estarke@spymca.org, to discuss your situation.
• Emily will contact you to set up an appointment and/or discuss your options after she has been contacted by your clinician.

12 WEEK MEDICAL REFERRAL PROGRAM
Age 12 years old & up

Connect weekly with a Wellness Coach to discover how you can make changes toward a healthier lifestyle. Contact your local health care provider, and you may be eligible to participate in the Medical Referral Program at the Stevens Point Area YMCA. This is a pilot program, so space may be limited. If you have questions, please contact Joe Seubert at 715-342-2980, ext. 311.

This program is not covered by health insurance. However, financial assistance may be available. The YMCA is a non-profit organization open to men, women, and children of all ages, races, religions, incomes, and abilities. Wellness Center. By appointment only.

FREE INJURY ASSESSMENT
Age 12 years old & up

Physical Therapy Associates have been serving the YMCA since 1999 and are pleased to announce that a physical therapist is available in the Wellness Center to assess your new or nagging injuries and help you choose safe exercises. Wednesdays, 8:30 – 9:00 a.m. in the Wellness Center. No appointment necessary, first come, first served.

If this time is inconvenient for you, please contact Physical Therapy Associates at 715 345 2126 and they will try to accommodate you.

GIVE FOR A BETTER US.

At the Y, we recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure. No one is ever turned away from the Y due to financial hardship.

When you give to the Y, your gift will have a meaningful, yet powerful impact right here in our community. Give today. For a better you. For a better community. For a better us.

Visit www.spymca.org/give/ and click DONATE NOW

MARK YOUR CALENDARS!

YMCA Foundation Golf Outing
Monday, June 12, 2017 • SentryWorld

• 11:30 a.m. Shotgun Start
• Scramble format
• Lunch & Dinner included
• Most sponsorships include golf for 4

All proceeds help support YMCA program enhancements

Spring Luncheon
Friday, May 12, 2017 • SentryWorld
11:45 a.m. – 1:30 p.m.

For an invitation to the event, please e-mail yfoundation@spymca.org or call 715 342 2980 ext. 320.

“The Women’s Fund of Portage County is a collaborative partnership among the Community Foundation of Central Wisconsin, Saint Michael’s Foundation and the Stevens Point Area YMCA Foundation.” www.womensfundpc.org

Your Planned Gift To The Y

What if the good you do could last longer than the here and now? Your tax deductible contributions to the YMCA Foundation trust funds are for now and for the next generation. Leaving a legacy through your gifts of cash, or naming the Y as beneficiary of your life insurance, IRA’s or 401 K’s can provide tax benefits to you and your family. Investing in our future today creates healthier, happier lives for generations to come. To learn how your planned gift can impact the life of a child or create change for a family in need, please contact Kelly Caughlan, Foundation Director.

Give for a better you. For a better community. For a better us.
THANK YOU
To our Pacesetter Donors for your continued support and commitment to the YMCA Annual Campaign

AIG
Anonymous
Tim Copps
Delta Dental
Gutsgell Family Foundation
JHL Digital Direct
Pointe Precision Inc.
Dale & Annette Schuh

ADULT SPORTS

ADULT BASKETBALL
Age 18 years old & up
This time is reserved for adult members—come join the fun and fellowship! Participants are encouraged to bring a reversible light and dark color jersey. Gym.
Monday/Wednesday, 6:15–8:00 p.m. (Full Gym)
Sunday 10:00–11:30 a.m. (Some Sundays will be cancelled due to scheduled special events)
Y Member Free

BALLROOM DANCE (INTERMEDIATE LEVEL)
Age 16 years old & up
Have the basics and you’re ready for more? If you want to build on the knowledge of ballroom dance, this is your opportunity! Learn some fun new moves to use the next time you go out dancing! Winter I: Intermediate Waltz & Tango. Winter II: Intermediate Foxtrot & Swing (No Spring session.) All Purpose Room. Friday, 6:30–7:30 p.m.
Y Member $30/person, General Public $70/person

GET GOLF READY—ADULT LESSONS
Age 18 years old & up
If you are thinking about becoming a golfer, or at minimum looking to try out the game, there is no better way than Get Golf Ready. The program makes learning golf fun, easy and affordable. Designed by the PGA for beginners or those who are returning to golf after a layoff, Get Golf Ready is designed to teach everything you’ll need to play golf in just five small group lessons by combining fun, friends and fitness. Each session will focus on the various golf skills you will use while playing. In addition to learning the basics, you will be guided onto the golf course to put your skills into action in a casual, friendly setting.
Learn more about this program online: http://www.pga.com/play-golf-america/get-golf-ready
SentryWorld (clubs available at no charge during lessons; dress code applies).
Wednesday, 5:30–6:45 p.m. April 5–May 3, May 17–June 14.
Y Member $119, General Public $129

PICKLEBALL
Age 13 years old & up
SERVE, BOUNCE, SWING! Pickleball is a fun game that is played on a badminton court with a net lowered to 34 inches. It is played with a wiffle ball and wood paddles. Pickleball is easy for beginners, but can develop into a fast paced, competitive game for the more advanced. It is becoming one of the fastest growing sports. All equipment is provided. This game is for all ages. Game is played with doubles, mixed, men’s or women’s. Gym. Mon/Wed/Fri, 8:00–10:30 a.m.
Y Member Free, General Public Daily Pass

RACQUETBALL/WALLEYBALL
Age 13 years old & up
Racquetball courts available for racquetball or walleyball. Equipment is available at Member Services.
Y Member Free, General Public Daily Pass

RACQUETBALL VINE CLIMB
Age 15 years old & up
Coed racquetball league for ages 15 and up. Players are assigned two people of similar ability levels to play every two weeks and meet at a mutually convenient time. Racquetball Courts. October–May.
Y Member $10, General Public $33

CELEBRATE WITH US!

Birthday Parties
STEVENS POINT AREA YMCA
Celebrate your child’s birthday at the Y!
Do-It-Yourself or Ultimate Party Packages available on Saturdays and Sundays.
Call 715 342 2980 ext. 300 for more details.
Hurry—dates fill quickly!

LEARN MORE on Page 12
TAE KWON DO  Age 8 years old & up
Olympic style Tae Kwon Do/Karate teaches kicks, blocks, punches, forms, sparring and discipline. Advanced students will learn self-defense techniques. World Tae Kwon Do Federation Certified belt level testing is an ongoing part of the program. Uniform required and can be ordered at first class.

Winter I: January 3–February 9  Tuesday/Thursday: 7:30–8:30 p.m.
Winter II: February 21–April 6  Y Member $35, General Public $70

TAI CHI  Age 14 years old & up
Study this ancient Chinese form for balance, strength, relaxation and health. No uniform required. All Purpose Room. Tuesday, 7:30–9:00 p.m. Y Member $25, General Public $69

ADVANCED TAI CHI  Age 14 years old & up
Study an advanced Tai Chi form. Instructor permission required. Proper practice equipment required to participate. All Purpose Room. Wednesday, 7:45–9:00 p.m. Y Member $60, General Public $70 ($60 for Non-member students with ID)

OUTDOOR SOCCER  Preschool–Grade 6
The YMCA recognizes soccer as having excellent fitness and social benefits. This program will allow each participant the opportunity to learn the basic skills and fundamentals of soccer. YMCA staff members will be on the soccer fields for an optional skill development for K-6. Exact date will be provided in welcome letter. Practices will be held on Saturday during the first 20 minutes of their game. Financial assistance is available. Saturdays, April 22–June 3.
Preschool (4-5 yrs.): 10:30–11:15 a.m. or 11:15 a.m.–12 p.m.; Grades K-1: 8:30–11:00 a.m.; Grades 2-3: 8:30, 9:30 or 10:30 a.m. Grades 4-6: 8:30, 9:30, 10:30 or 11:30 a.m. All times are estimates and may vary slightly from week to week depending on registration.

KICK START SOCCER  Age 3–5 years old
Kick Start Soccer allows you as the parent to participate along with your child. The program will teach you as the parent how to properly teach your child the basic skills of soccer. All Purpose Room. Saturday, 9:45–10:30 a.m. or 10:30–11:15 a.m. March 4–April 8.
(No soccer March 25). Y Member $20, General Public $40

SPRINTING GAMES  Age 10–12 years old
These lessons are great for beginner level golfers or those with minimal experience looking to learn the game. The lessons will be group lessons, meeting once a week for 5 classes (6 student max). Each class includes instruction on the full swing and short game. Full swing analysis will be emailed to the student using V1 Academy software. SentryWorld (clubs available at no charge during lessons; dress code applies). April 24–May 27. Tuesday, 4:15–5:15 p.m. Y Member $99, General Public $109

YOUTH SPORTS  Volunteer Youth Sports Coaches are needed for all youth sports programs. Helping youth grow in skills and self-confidence is rewarding and fun. To get involved, please contact Michael Prince, Youth Sports/Membership Director at the YMCA.
LET’S WORK TOGETHER

Pool Rules
STEVENS POINT AREA YMCA

- No open swim is allowed during swim lessons.
- Children under 7 must be accompanied by a parent/guardian in the water at all times.
- Small toys from home are allowed as long as they are not inflatable.
- Only YMCA provided flotation devices are allowed.
- Lap Swim: There will always be at least 1 lane available at all times for lap swim. During lap swim times, if there are more than two people in a lane, circle swim is required. If you are going to share a lane with someone please let that person know before you start swimming. Persons using the lap lanes must be swimming or water walking.
- Please see the Pool schedule located in the back of the guide for additional information.

Renting the pool for groups is an option. If you would like to rent the pool for groups of 10 or more, please contact Michael Prince at 715/342-2980, ext. 331 to set up your event.

NEW

LESSONS TWO TIMES A WEEK
We are offering something new this Winter/Spring! We are offering classes that will run twice a week for four weeks. They will cover the same skills as our normal classes but at a more accelerated pace. All prices and lesson lengths are the same as our normal lessons.

Winter: Jan 23 – Feb 18
Winter II: March 13 – April 15
Spring: May 8 – June 3
Monday/Wednesday: 5:00 p.m. Pike • Guppy
Tuesday/Thursday: 5:45 p.m. Polliwog • Minnow

SEMI-PRIVATE LESSONS
Age 3 years old & up
Semi-private lessons offer the ability for individualized instruction in small groups. The participants in the group need to be at the same or similar skill level. Semi-private lessons are great for play groups, friends, and families. Each session will last 45 minutes. Adventure Pool.

Fees Per Student
Lessons: 4 6 10
Y Member $56 $78 $120
General Public $85 $112 $162

PRIVATE SWIM LESSONS
Age 3 years old & up
Private swim lessons are offered for all ages and abilities. Students work on swimming skills in accordance with their individual goals. Water safety is stressed to all participants. Lessons are 30 minutes long. Lessons must be completed within a year of the purchase date. Adventure Pool or Training Pool (depending on availability).

Lessons: 1 4 6 10
Y Member $18 $68 $98 $150
General Public $30 $98 $126 $200

Fill out a private swim lesson request form at the YMCA Member Service Desk. An aquatic staff member will contact you to arrange times that fit your schedule. Please be aware that it takes a minimum of one week to find an instructor, and even longer if you give limited availability.

YMCA SWIM LESSONS:
SAFETY & SECURITY
IN THE WATER

“My child’s instructor had her excited to come to lessons every week and made her feel so comfortable in the water. Thank you!”

PARENT/CHILD SWIM LESSONS
Age 6 months – 3 years old & a parent
Parent/Child swim lessons provide infants and toddlers an introduction to the water with the support of one or both parents. Water adjustment, basic movement, group games, and safety are covered. Additional skills such as submerging, kicking, floating, and arm movements are introduced as children show readiness. Children are required to wear swim diapers if they are not toilet trained. Classes are 30 minutes. Adventure Pool. Kippers (6-12 months); Perch (13-36 months)
Y Family Member Free, Y Youth Member $35, General Public $59

PRE-SCHOOL SWIM LESSONS
Age 3–5 years old
Preschool swim lessons allow children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of previous level is required for registration in the next level. Classes are 40 minutes. Classes will have a maximum of 4 swimmers to provide one on one opportunities for each child. Adventure Pool. Please see lessons chart for times (page 41). Y Member $35, General Public $59

Pike (Beginner Preschool)
Children become acquainted with the pool and the use of flotation devices. Skills introduced include floating, gliding, jumping in and submerging whole self.

Eel (Second Level Beginner)
Skills introduced include unassisted floating, stroke work with and without a flotation device and jumping in.

Ray (Intermediate Preschool)
Skills introduced include stroke work with and without a flotation device, jumping in deep water and swimming to the side with no assistance, rhythmic breathing, treading water and retrieving a submerged object.

Starfish (Advanced Preschool)
Skills introduced include rhythmic breathing, treading water without a flotation device and swimming underwater. Further emphasis is placed on the coordination of strokes.

YOUTH SWIM LESSONS
Age 6–13 years old
This program allows children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of previous level is required for enrollment into the next higher level. All Classes are 40 minutes long and are held in the Adventure Pool. Each class will have a maximum of 5 swimmers for more one-on-one opportunities.
Y Member $35, General Public $59

Pre Polliwog (Beginner Level)
Skills introduced include fully submerging entire body, front and back float, introduction to flutter kicking, and jumping in.

Polliwog (Second Level Beginner)
Skills introduced include gliding on front and back, flutter kicking on front and back, treading water, and jumping into deep water.
Swim Fit (Age 8–17 years old)

Technique and endurance are emphasized for all four competitive swimming strokes. Swimmers will be led through a workout by the instructor/coach. Swimmers may choose Swim Fit as a non-competitive alternative to swim team after they have completed the entire swim lesson program.

SESSION DATES & TIMES

<table>
<thead>
<tr>
<th>Winter I</th>
<th>Winter II*</th>
<th>Spring</th>
<th>*No lessons during Spring Break, March 20–26</th>
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<tr>
<td>January 2–February 18</td>
<td>February 20–April 15</td>
<td>April 17–June 3</td>
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<tr>
<th>Time</th>
<th>PERCH</th>
<th>PIKE</th>
<th>EEL</th>
<th>RAY</th>
<th>POLLIWOG</th>
<th>GUPPY</th>
<th>FLYING FISH</th>
<th>PIKE</th>
<th>EEL</th>
<th>POLLIWOG</th>
<th>MINNOW</th>
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<td>9:15 A.M.</td>
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<td>Minnow</td>
<td>Swim Fit</td>
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WANT TO SWIM WITH THE DOLPHINS?

2–Week FREE Trial

SPDY Swim Team

Swimmers new to the Dolphins should take advantage of the two-week FREE trial. Swimmers may try the team for two weeks without obligation at any time during the season. Trial passes are available at Member Services or by contacting Coach Eric.
STEVEN'S POINT AREA YMCA DOLPHINS SWIM TEAM  Age 5 - 21 years old
October 3, 2016 – March 10, 2017. The SPDY swim team is for beginners interested in learning more about competitive swimming as a sport, through advanced swimmers that compete at the state and national levels. The team is led by a group of professional coaches with multiple years of swimming and coaching experience.

Practices focus on fundamental competitive swimming skills, stroke instruction, and team building. Swimmers prepare for a variety of competitions and participate in frequent swim meets. Interested swimmers must be able to swim 1 length (25 yds) of the pool. All members of the SPDY Swim Team must have a Stevens Point Area YMCA membership.

The six distinct Training Groups offered in the SPDY program are:

Developmental I: Introductory group on the SPDY Swim Team, this is for all swimmers new to the sport of competitive swimming. Most swimmers in the group are under the age of 10 and should have had previous swim lesson experience. Swimmers must be able to swim 1 length (25 yards) of both freestyle and backstroke. Four practices are offered per week, but swimmers are restricted to only two of those. This group spends 100% of the time working on freestyle and backstroke technique and learning breaststroke and butterfly fundamentals. Swim meet participation is encouraged but not required.

Developmental II: This group is for swimmers 12 years old or younger who have some swim team experience or many years of swim lesson experience. Swimmers must have knowledge of all four competitive strokes and must be able to swim both freestyle and backstroke for 2 lengths of the pool (50 yards) without stopping. Swimmers in this group will focus on proper stroke technique for all 4 strokes, as well as being introduced to starts and turns and some racing strategies. Swimmers should attend 2-3 practices per week and swim meet participation is encouraged but not enforced.

Senior: Generally for swimmers 12 years old or younger. Swimmers wishing to join the Junior group must be able to dive, swim 200 yards of freestyle without stopping, swim 50 yards of each of the 4 strokes legally, and be able to swim a 100 IM. Swimmers in this group will be focusing on perfecting all 4 strokes, dives and flip turns, some endurance training, and an introduction to dryland exercises. Each swimmer is expected to attend 2-4 practices per week and swim meet participation is strongly recommended.

Junior: This group consists of swimmers 9 years old and above. Swimmers in this group must meet the training group requirements or must have permission from coaching staff. Practices will consist of 60% training and 40% technique work, with a strong focus on race strategy. Practices are based on 100% attendance and swim meet participation is expected.

Senior: This group consists of swimmers 12 years old and above and must meet group requirements or be granted permission from the coaching staff. Swimmers in this level should have a strong commitment to the sport of swimming and the desire to achieve their maximum swimming potential. Swimmers are required to participate in a minimum 70% of team practices. Practices in this group are based on 100% attendance and focus mainly on learning and race strategy, with some technique work. Swim meet participation is expected.

Junior Elite: This group consists of swimmers 14 years old and above. This is the top level on the SPDY swim team. Swimmers in this group have shown the commitment to train at the highest level and the interest to swim at the YMCA National level. Practices are conducted based on 100% attendance and swimmers must participate in a minimum of 80% of team practices to remain in this group. Swim meet participation is expected.

October 3, 2016 – March 10, 2017. All SPDY swimming practices are held in the Training Pool.

Two payment plans are available: A five-month automatic monthly bank draft or payment in full:

<table>
<thead>
<tr>
<th>Training Group</th>
<th>5 Payments</th>
<th>Full</th>
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<tbody>
<tr>
<td>Developmental I</td>
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<td>High School Girls</td>
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Meets usually require fees ranging from $3.00-$6.00 per event, plus an additional charge for relays.

Masters Swim Team  Age 18 years old & up
The Masters Swim Team provides stroke instruction and training options. The group consists of recreational lap swimmers, past competitive swimmers and triathletes. Coaches design workouts to suit your goals and ability level while offering professional stroke instruction. Training Pool. Tuesday & Thursday, 6:00-7:00 a.m. Y Member $15, General Public $45

American Red Cross: CPR, AED and First Aid  Age 15 years old & up
Upon successful completion of the 5 hour course, participants will be certified in Adult, Child and Infant CPR, AED and First Aid. Participants will receive a key chain rescue mask. Classes will be offered at selected times and more will be added upon demand. Conference Room.

Y Member $70, General Public $90

Lifeguard Training  Age 15 years old & up
Red Cross Certification in Lifeguard Training, CPR for the Professional Rescuer, AED and First Aid upon successful completion. Course focuses on skills and knowledge required to become a lifeguard. Participants must complete a prerequisite skills test which includes swimming 300 continuous yards, 2 minutes of treading water and a timed brick retrieval. Course graduates ages 16 and older are encouraged to apply for YMCA employment. All participants will receive a PDF copy of the Red Cross Lifeguard manual and a rescue mask. Contact Adam at ext. 201 for more information. Conference Room.

Class I
Saturday, February 18 9 a.m.-5 p.m.
Sunday, February 19 9 a.m.-5 p.m.
Sunday, February 25 9 a.m.-5 p.m.
Sunday, February 26 9 a.m.-5 p.m.

Class II
Saturday, April 15 9 a.m.-5 p.m.
Sunday, April 16 9 a.m.-5 p.m.
Saturday, April 22 9 a.m.-5 p.m.
Sunday, April 23 9 a.m.-5 p.m.

Students must attend all dates and times in a class session in order to be considered for certification. Additional courses will be made available if demand is high. Y Member $190, General Public $220

Lifeguard Re-Certification Training  Age 15 years old & up
Red Cross Re-Certification in Lifeguard Training, CPR for the Professional Rescuer, AED and First Aid upon successful completion. Course focuses on skills and knowledge taught in the initial Red Cross Lifeguard program. Participants must complete the prerequisite skills test which includes swimming 300 continuous yards, 2 minutes of treading and timed brick retrieval. Successful completion of the review extends the individuals certification for 2 more years. Participants are encouraged to bring their own rescue mask if they have one. Contact Adam at ext. 201 for more information. Conference Room.

Y Member $95, General Public $115

Join Us For The Countdown!

Family New Year’s Eve Bash
Saturday, December 31, 5:00-8:00 p.m.
Join us at the Y for a FREE family New Year’s Eve Bash! Many activities planned to keep both children and adults entertained in an alcohol-free environment.
SPRiTS SHINiNG STARS (ADAPTED GYMNASTiCS) 

Age 2-7 years old
The Spirits Shining Stars gymnastics class is designed to give all children the opportunity to participate in the sport of gymnastics no matter their ability level! For more details, please see page 18 in the Gymnastics section.

ADAPTED RECREATION BASKETBALL  Adults
Adapted Recreation Basketball is appropriate for all ability levels from basic skills to the more advanced player. Basketball improves the athlete’s overall aerobic fitness level plus allows the athlete to participate as a team member. Come and join the fun!! Register early to guarantee a place on a team, spots are limited! Gym. Starts in January. Tuesday & Thursday, 4:00-6:00 p.m.
Y Member & General Public $25

ADAPTED RECREATION DANCES  All ages
Bring a friend and join us for a great night of music and socializing. Parents and Caregivers are always welcome! Concessions will be available.
All Purpose Room. Valentines Day Dance:
Saturday, February 11, 6:30-9:00 p.m.
Spring Dance: Saturday, May 20, 6:30-9:00 p.m.
Pay at the door, no advance registration required.
Parents and caregivers are always free!
Y Member & General Public $5

ADAPTED RECREATION POWERLIFTING  Adults
Adapted Recreation Power lifting includes three basic lifts: the squat, the bench press and the dead lift. Participation in power lifting improves athlete’s overall fitness while allowing them to participate on a team. Wellness Center. January 9-June 6.
Practice days to be determined.
Y Member & General Public $25

ADAPTED RECREATION SOCCER  Adults
Athletes of all ages and abilities can play Adapted Recreation Soccer. Players can improve their physical fitness through training and competition. Washington Elementary School Field.
Tuesday & Thursday, 4:00-5:00 p.m. March 13-June 6.
Y Member & General Public $25

ADAPTED RECREATION SWIMMING INCLUDING SPECIAL OLYMPIC SWIM TEAM
Open Swim Time - Any age with Parent or Caregiver; Special Olympic Swim Team - Adults
Adapted Recreation Aquatics are appropriate for a wide range of age and ability levels. Walking and flotation events are offered for athletes of limited swimming ability. Open swim times are ongoing throughout the session. Come and join in the fun or start practicing for Special Olympic Swim Team!
Training Pool. Open Swim and Special Olympic Swim Team Practice: February 2-June 6. Tuesday & Thursday, 7:30-8:30 p.m. Open Swim Free, Special Olympic Swim Team $25

ADAPTED RECREATION TRACK & FIELD  Adults
Athletics, or more commonly called, “Track & Field,” has grown to become the most popular Adapted Recreation sport. Track and Field events are offered for all ability levels including wheelchair events.
Washington Elementary Track. Tuesday & Thursday, 4:00-5:00 p.m. March 13-June 6.
Y Member & General Public $25

SPECIAL FITNESS  Age 10 years old & up
Special Fitness is an ongoing class designed to improve strength and flexibility. This class is developed especially for individuals with cognitive or physical challenges. Join us after class for social time and card games in the lounge. Senior and Youth Fitness Center/Fitness Studio/Fitness Center.
Tuesday & Thursday, 6:30-7:00 p.m. Social Time, 7:00-7:30 p.m.
Y Member & General Public Free

OUR COMMUNITY MEMORY CAFE  All ages
Our Community Memory Cafe is for those experiencing early stage dementia, mind memory loss or cognitive impairment—accompanied by their caregivers, family and friends. It’s a great opportunity to get out and socialize with those in similar circumstances, enjoy refreshments, games, music and other fun activities! Our Community Memory Cafe is providing a safe, comfortable, engaging environment where people with memory loss and their care partners can laugh, learn and remain socially engaged with other traveling their same journey.
Location: Aging and Disability Resource Center of Portage County, Lincoln Center – 5 19 Water Street, Stevens Point.
Meets second Wednesday of each month, 10:30 a.m.–12:00 p.m.
Y Member & General Public Free

PINC  All ages
Partners in Nurturing Community, PINC, is a diverse group of individuals, with and without intellectual disabilities, who meet monthly and organize opportunities to reach out to individuals in our local community.
Our mission is to engage everyone’s unique talents to strengthen our community through education and connections. If this sounds like you, consider joining this amazing group of people! Conference Room.
First Wednesday each month, 3:00 p.m.
Y Member & General Public Free

THERAPEUTIC ARTS AND RECREATION CLUB “T.R.A.C.”  Age 2 years old -Adult
T.R.A.C. (Therapeutic Recreation Arts Club) will be meeting once a month and there will be a variety of different activities offered throughout the upcoming year! These activities will be for all physically and cognitively challenged individuals and their families. Activities will be ongoing and registrations are recommended. There will be some additional fees that will be collected for some of the events. We have many fun activities for all! We are also looking for additional suggestions for this fun club! Please contact Kristy to be added to our growing mailing list!
Y Member & General Public $3–10/event

“TIL” WE MEET AGAIN! (TRANSITIONING TO INDEPENDENT LIFESTYLES)  Adults
This program is designed for the adult with intellectual disabilities to become more comfortable within their surrounding community. “Til” meets weekly at the Y and they plan their upcoming weekly events with each other. This fun group takes weekly classes at the Y, exercises, plays cards or board games, learns how to ride the city bus and basically anything that helps them focus on their appropriate goals, life skills, problem solving and most importantly gives them a wonderful peer group to socialize with.
Held at the Y and various community locations city wide.
Thursday, 9:00-11:00 a.m., plus different days and times to be announced at the weekly meeting.
Y Member & General Public Free

YOUNG ATHLETES PROGRAM  Age 2-7 years old
Young Athletes is an innovative sports play program designed to introduce children with cognitive disabilities, ages 2-7, their peers, and families to the world of Special Olympics. By providing a safe learning environment, Young Athletes gives children who have cognitive disabilities the tools they need to transition into Special Olympics when they turn eight years old. The program teaches children without disabilities the importance of inclusion, teamwork, and respect. The skills advance the child’s motor tracking, eye-hand coordination, and ability to relate these capabilities to sports.
YMCA Gym and Athletic Fields.
Wednesday, 9:30–10:10 a.m.
Y Member & General Public $25
OPEN GYM RULES
The gym is available for open shooting, & cross court basketball; full court basketball is not allowed.
1) Cross court games only
2) Play two games (win or lose) then rotate when people are sitting waiting to play.
3) All games to 5-7 points
4) Unsportsman like conduct, foul language and cheating not tolerated
The YMCA reserves the right to stop full and cross court games.

GYM SCHEDULE
Subject to change with the scheduling of special events
(F) = Full gym   (N) = North   (S) = South

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>3-6 p.m.</td>
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<td>8-9:30 p.m. (F)</td>
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<td>1-3 p.m.</td>
<td>10 a.m.-12 p.m. (F)</td>
<td>7:30-9 p.m. (F)</td>
<td>10 a.m.-12 p.m. (F)</td>
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<td>9:15 a.m.</td>
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* No Open Gym December 1, 2016 – May 5, 2017

POOL SCHEDULE
*Subject to change with the scheduling of special events

Adventure Pool Hours (83°-85° Water Temperature) *Every Friday: Family Swim 6:30-8:00 p.m.

Lap Swim
<table>
<thead>
<tr>
<th>Monday</th>
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<td>5 a.m.-9 p.m.</td>
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<td>6 a.m.-4 p.m.</td>
<td>10 a.m.-4 p.m.</td>
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Water Exercise *Only 1 lap lane will be available during the evening water exercise class.
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<thead>
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<th>Monday</th>
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<tr>
<td>8-8:45 a.m.</td>
<td>9:15-10 a.m.</td>
<td>8-8:45 a.m.</td>
<td>9:15-10 a.m.</td>
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<td>5:45-6:30 p.m.</td>
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Open Swim/Family
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<td>11:30 a.m.-4 p.m.</td>
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Water Slide
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<td>7:15-8 p.m.</td>
<td>7:15-8 p.m.</td>
<td>6:30-8 p.m.</td>
<td>1-3:30 p.m.</td>
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Training Pool Hours (80°-82° Water Temperature)

Lap Swim
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<tr>
<th>Monday</th>
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Water Exercise
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YMCA MISSION
To put Christian principles into practice through programs that build healthy spirit, mind & body for all.

YMCA CODE OF CONDUCT
The Stevens Point Area YMCA recognizes the right of all YMCA members to enjoy participation in our programs and facilities without fear for personal safety or verbal abuse. The YMCA staff reserves the right to suspend or revoke the membership privileges of anyone who does not respect other members, uses foul language or purposely tries to interfere with others while at the YMCA.
The YMCA is a non-profit organization open to men, women and children of all ages, races, religions, incomes and abilities. Anyone requiring special accommodations or financial assistance to participate in a YMCA program or activity should call us at 715 342 2980.
The Stevens Point Area YMCA has a long history of advancing the health and well-being of children and families in our community. Through the leadership of Y staff, these evidence-based/evidence-informed programs engage children and adults so they can be empowered to reach their personal goals and live a healthier lifestyle.

Give us a call TODAY to learn more about all of the life-enhancing programs the Y has to offer!