



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**BE HAPPY, BE HEALTHY,
BELONG**

YMCA OF THE CHIPPEWA VALLEY

EAU CLAIRE YMCA | JOHN & FAY MENARD YMCA TENNIS CENTER

L.E. PHILLIPS YMCA SPORTS CENTER | CHIPPEWA FALLS YMCA

CAMP MANITOU | YMCA EARLY LEARNING COMMUNITY

SPRING 2020

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Eau Claire YMCA Facility

700 Graham Avenue, Eau Claire, WI 54701

(715) 836-8460 | www.eauclaireymca.org

WINTER/SPRING HOURS

Effective through May 24

Monday-Friday	5:00 AM-10:00 PM
Saturday	6:00 AM-8:00 PM
Sunday	11:00 AM-8:00 PM

SUMMER HOURS

Effective May 26

Monday-Friday	5:00 AM-10:00 PM
Saturday	6:00 AM-6:00 PM
Sunday	11:00 AM-8:00 PM

Eau Claire YMCA Service Desk

WINTER/SPRING HOURS

Effective through May 24

Monday-Friday	8:00 AM-8:00 PM
Saturday	10:00 AM-3:00 PM
Sunday	3:00-8:00 PM

SUMMER HOURS

Effective May 26

Monday-Friday	8:00 AM-8:00 PM
Saturday & Sunday	Closed

Camp Manitou

27960 137th Street, New Auburn, WI 54757

(715) 839-4607

L.E. Phillips YMCA Sports Center

3456 Craig Road, Eau Claire, WI 54701

(715) 552-1200 | chippewaymca.com

WINTER/SPRING HOURS

Effective through May 15

Monday-Thursday	9:00 AM-10:00 PM
Friday	9:00 AM-9:00 PM
Saturday & Sunday	Varies**

NOTE: From May 16-June 7, we will be undergoing maintenance.
Tentative hours will be 9:00 AM-7:00 PM.

SUMMER HOURS

Effective starting June 8

Monday	6:00 AM-9:00 PM
Tuesday-Friday	6:00 AM-7:00 PM
Saturday & Sunday	Varies**

**Call the Sports Center for Saturday and Sunday hours of operation.

Chippewa Falls YMCA

611 Jefferson Ave, Chippewa Falls, WI 54729

(715) 723-2201

WINTER/SPRING HOURS

Effective through May 24

Monday-Thursday	5:00 AM-10:00 PM
Friday	5:00 AM-9:00 PM
Saturday & Sunday	6:00 AM-6:00 PM

SUMMER HOURS

Effective May 26

Monday-Thursday	5:00 AM-10:00 PM
Friday	5:00 AM-8:00 PM
Saturday	6:00 AM-4:00 PM
Sunday	6:00 AM-2:00 PM

YMCA Early Learning Community

700 Graham Ave, Eau Claire, WI 54701

(715) 839-4610 AND

630 Miller St, Chippewa Falls, WI 54729

(715) 723-5135

CENTER HOURS

Chippewa Falls	Monday-Friday	6:00 AM-6:00 PM
Eau Claire	Monday-Friday	6:30 AM-6:00 PM

JOHN & FAY MENARD YMCA TENNIS CENTER

1260 Menomonie Street, Eau Claire, WI 54703

(715) 836-8470

WINTER/SPRING HOURS*

Monday-Friday	6:00 AM-10:00 PM
Saturday	8:00 AM-10:00 PM
Sunday	10:00 AM-10:00 PM

*Tennis Center may close up to one hour early if no court reservations have been made.

Holiday Closures

Easter (4/12)	All Locations	Closed
Memorial Day (5/25)	All Locations	Closed

BECOME A MEMBER TODAY!

MEMBERSHIP PRICES*

Joiner's Fees: Youth \$25 | Adult/Family \$50

YOUTH	\$25
ADULT	\$52
FAMILY	\$73

*The Eau Claire YMCA also offers pricing for young adults (19-25), college students, and senior adults and families (62+)

ANNUAL MEMBERSHIP

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

CONTINUOUS MEMBERSHIP

Paid through automatic bank or credit card drafts on the same day of each month. The month you fill out a cancellation form will be the last month you pay for.

MEMBERSHIP DISCOUNTS

Check with your employer or your health insurance company. You may have a workplace wellness program or an incentive from your health insurance company, which may help pay for part of your membership.

NO CONTRACT, NO COMMITMENT

MEMBERSHIP FOR ALL – Financial Assistance

Everyone is welcome at the Y! The YMCA of the Chippewa Valley raises funds through our Annual Campaign to welcome all who wish to belong. Membership assistance and program assistance rates are determined by household income and size. See website for more details.

DAY PASSES

Guests are welcome and may purchase a day pass. Guests 18 years or older must present a photo ID card.

YOUTH	\$10
SENIOR	\$10
ADULT	\$15
FAMILY	\$25
(Two adults + dependent children)	

MEMBERSHIP HOLD FEE

Members are able to put their membership on hold for \$10 per month. Stop at the Member Service Desk for more information.

MEMBERSHIP POLICY

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

SPRING SESSION DATES*

Spring: April 12 – May 30

Member Registration: March 2 | Non-member Registration: March 23

Spring Progressive Programming (Gymnastics & Swim Lessons)

Member Registration: March 30 | Non-member Registration: April 2

*Session dates may vary for certain specialty programs.

Register Online, via Phone, or at the Member Service Desk

Chippewa Falls: (715) 723-2201 | www.chippewaymca.com

Eau Claire: (715) 836-8460 | www.eauclaireymca.org

GIVING BACK TO OUR COMMUNITY

Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and of the community to help people of all ages and from all walks of life be more healthy, confident, connected, and secure.

Financial assistance is offered through our Membership For All initiative to individuals and families who cannot afford memberships or programs. We raise funds through our Annual Campaign to ensure the Y is accessible to all people. This year, 1 in 5 people who walk through our doors will receive financial assistance for part of their membership and/or program cost.

We are able to provide financial assistance thanks to the hundreds of generous donors who make charitable donations to our annual campaign. **Give today, and together, we will do so much more.**

Eau Claire: Give online at www.eauclaireymca.org/donate or call Suzie at (715) 839-4631 for more information.

Chippewa Falls: Give online at www.chippewaymca.com or call Jim at (715) 861-2346 for more information.



**FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY**

YMCA OF THE CHIPPEWA VALLEY

WHICH BRANCH WORKS FOR YOU?

	CHIPPEWA FALLS YMCA	EAU CLAIRE YMCA	L.E. PHILLIPS YMCA SPORTS CENTER	JOHN & FAY MENARD YMCA TENNIS CENTER	CAMP MANITOU
Multi-Purpose Turf/ Sport Court			●		
Multi-Purpose Gymnasium	●	●			
State-of-the-Art Fitness Equipment	●	●			
Handicap Accessible Equipment	●	●			
Free Weights	●	●			
Cardio Equipment: Exercise Bikes, Stair Climber, Treadmills, Elliptical Machines	●	●			
Onsite Massage Therapy	●				
Chronic Disease Prevention Programs	●	●			
Pickleball	●	●	●		
Racquetball Courts	●	●			
Indoor Tennis Courts				●	
Indoor Track	●	●			
Group Exercise Classes	●	●		●	
Group Cycling Classes	●	●			
Personal Training	●	●			
Indoor Swimming Pool	●	●			
Outdoor Circuit	●				
Locker Rooms	●	●	●	●	
Child Watch	●	●			
Full-Time Licensed Child Care Facilities	●	●			
Before & After School Enrichment	●	●			
School's Out Day Care	●	●	●		
Summer Camps	●	●	●		●
Overnight Camp					●
Volunteer Opportunities	●	●	●	●	●
Adult Sport Leagues	●	●	●	●	
Youth Sport Leagues	●	●	●	●	
Locker Rental	●	●		●	
Towel Service		●		●	
Gymnastics	●		●		

CHIPPEWA FALLS YMCA

611 Jefferson Ave.
Chippewa Falls, WI 54729
715.723.2201
www.chippewaymca.com

EAU CLAIRE YMCA

700 Graham Ave.
Eau Claire, WI 54701
715.836.8460
www.eauclaireymca.org

L.E. PHILLIPS YMCA SPORTS CENTER

3456 Craig Rd.
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715.552.1200
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JOHN & FAY MENARD YMCA TENNIS CENTER

1260 Menomonie St.
Eau Claire, WI 54703
715.836.8470
www.eauclaireymca.org

CAMP MANITOU

27960 137th St.
New Auburn, WI
715.839.4607
www.ycampmanitou.org

YMCA EARLY LEARNING COMMUNITY

630 Miller St.
Chippewa Falls, WI 54729
715.723.5135

700 Graham Ave.
Eau Claire, WI 54701
715.836.8460
www.chippewaymcachildcare.com

CHILD WATCH

Child Watch is a **free, members-only babysitting service** allowing parents to let their children stay and play while they use the main YMCA branches for up to 2 hours. Child Watch is available at the Chippewa Falls and downtown Eau Claire branches. Child Watch is only available to members with a valid Family Membership. All children must be on the Family Membership.

Chippewa Falls YMCA (6 Weeks-10 Years)

Located off the front lobby. No reservation required, just bring your little one to the Child Watch room, and we will help you.

Monday 8:00 AM-Noon 4:00-7:00 PM	Tuesday 8:00 AM-Noon 4:00-7:00 PM	Wednesday 8:00 AM-Noon 4:00-7:00 PM	Thursday 8:00 AM-Noon 4:00-7:00 PM	Friday 8:00 AM-Noon
Saturday 8:00 AM-11:30 AM	Sunday CLOSED			

Eau Claire YMCA (6 Weeks-10 Years) | Main Y Location (Child Watch & Kids Gym)

Located near Nelson Gym, Child Watch runs 100% on reservations, which can be made up to two weeks in advance by calling (715) 839-4620. If no reservations are made for a particular day or time, Child Watch will not be open or may close early.

Monday 8:45 AM-1:30 PM 4:00-7:30 PM	Tuesday 8:45 AM-12:00 PM 4:00-7:30 PM	Wednesday 8:45 AM-1:30 PM 4:00-7:30 PM	Thursday 8:45 AM-12:00 PM 4:00-7:30 PM	Friday 8:45 AM-12:00 PM 4:00-7:30 PM
Saturday 8:45 AM-12:00 PM	Sunday 4:00-7:30 PM			

Learn more about Kids Gym offerings on our website.

BIRTHDAY PARTIES & CELEBRATIONS

Birthday parties hosted at the YMCA are fun for all ages, and include many different options, ensuring your child will have a unique experience packed with lots of action, laughs, and memories with one of our 3 fun options:

1. Downtown Eau Claire YMCA - You'll have access to our gyms, the pool, our Party Room, and Kids Gym for up to three hours. The Party Room and Kids Gym each have a maximum capacity of 25 people, and parents are responsible for children.

2. L.E. Phillips YMCA Sports Center - Host a 2-hour party for up to 20 people! One hour in the Party Room and one hour playing. Packages include 1 hour private arena (Turf, Sports Court, or Gymnastics) that may be used for soccer, flag football, volleyball, basketball, open play, or any fun games you choose. Other options also include floor scooters, large bouncy balls, riding toys, and the big parachute. It's your arena for an hour of fun, and the best part is... there is no messy clean up! Nerf Blaster Parties also offered.

3. Chippewa Falls YMCA - The Chippewa YMCA provides: a party room, use of the pool, gym, racquetball courts, and the Youth & Teen Room! You bring the treats, decorations, and clean-up. Adult supervision is required. Reservations can be made for Fridays, Saturdays, or Sunday afternoons. Limited to 15 children.

Want to learn more? Head to our website to find the best fit for your next birthday party!

ASSOCIATION MEMBER BENEFITS

- Free Wellness Consultation
- Free access to over 70 group exercise classes each week
- Complimentary Wi-Fi
- Priority registration and reduced rates for YMCA programs
- Access to pools: a 6-lane lap pool in Eau Claire and Chippewa Falls Branches, and small pool for children (EC Branch)
- Several fitness areas with over 90 pieces of state-of-the-art cardiovascular and strength training equipment
- Use of walking/jogging tracks
- Access to several gymnasiums
- Access to racquetball courts
- YMCA Sports Center with turf field, gymnastics equipment, sport court and locker rooms
- Eight indoor tennis courts at the John & Fay Menard YMCA Tennis Center
- Special tiered member pricing for our overnight camp, Camp Manitou, in New Auburn
- Drop-off Child Watch babysitting services for children 6 weeks to 10 years of age (Family Membership Holders Only)
- Kids Gym with indoor playground (Eau Claire Branch)
- Use of Youth Development Center with billiards, foosball, and games (Eau Claire Branch)
- Use of Youth & Teen Center with foosball, Wii games, air hockey, board games, and much more (Chippewa Falls Branch)
- YMCA membership accepted at most of the 2,700 Y's across the country

CAMP MANITOU

Registration is OPEN for Summer 2020 Sessions and remaining spots are limited. Register through ULTRACAMP: Just go to www.ycampmanitou.org and click "Registration" to get started.

Camp Manitou is an overnight camp with programs for youth entering grades 2-10. Campers will learn new skills, play large group games, and have plenty of opportunities to go swimming or boating every day. The activities we offer provide great opportunities for campers to enjoy the outdoors while learning to work together and foster new friendships. Campers make memories that will last a lifetime.

Camp Pricing

We offer different price tiers to allow each family to choose the rate most appropriate for them. Additional paperwork is only required for the "Financial Assistance" option. The price paid does not change the experience each camper receives.

Tier A - This price most accurately reflects the full cost of camp, taking into account basic upkeep, depreciation, and facility/program improvements.

Tier B - This price is a rate for families who need to adjust down slightly from the true cost.

Tier C - This subsidized rate is only available to Y members.

Financial Assistance - Member scholarship percentages are applied to the Tier A pricing. Non-members can also apply for scholarships. Find more information online.

Family Camp | June 5-7 & August 14-16

Have fun with the whole family up at camp! We welcome families with kids of all ages. We offer a weekend full of games, hobby activities, swimming, boating, and campfires. Camp Counselors keep the energy high as they lead activities and encourage everyone to get involved! This is a great way for kids to experience camp, but with the comfort of their family.

Discover Wellness Camp | Grades 6-10 | August 2-8

This partnership with Mayo Clinic Health System incorporates healthy living into the traditional camp experience and supports youth with obesity. Although some campers are nervous coming in, they often report it as the highlight of their summer when they leave. The information gained at this camp is a life-changing experience for the whole family. Non-members may choose Tier C pricing for the camp.

CAMP	DATES	ENTERING GRADE	TIER C	TIER B	TIER A
Mini Camp	July 7 - 11	2 nd -5 th	\$275	\$350	\$425
Main Session A	June 14-20	3 rd -7 th	\$425	\$525	\$625
Main Session B	June 28-July 4				
*Main Session C	July 12-18				
*Main Session D	July 26-August 1				
*Teen Week One	June 21-27	8 th -10 th	\$435	\$535	\$635
*Teen Week Two	July 19-25				
*Sailing Camp A	June 14-June 20	5 th -9 th	\$435	\$535	\$635
*Sailing Camp B	June 28-July 4				
Discover Wellness Camp	August 2-8	6 th -10 th	\$325**	\$500	\$675

*Main Session C, Main Session D, Teen Week One, Teen Week Two, Sailing Camp A, and Sailing Camp B are waitlisted.

**Financial Assistance is applied to the Discover Wellness Tier C price.

WE EMPOWER TODAY'S YOUTH.

DONATE TO THE ANNUAL CAMPAIGN AND GIVE THE GIFT OF OPPORTUNITY TO FAMILIES IN YOUR COMMUNITY.

SUMMER DAY CAMP 2020

WHO IS READY FOR DAY CAMP 2020?!

We are excited to launch another great summer of camp offerings, and we're glad your child will be a part of the weekly experience.

Qualified Staff

Our camp staff is a fun group of college students with an interest in education, recreation, or a similar youth-focused field, who make day camp an exciting experience for every camper. Our staff is trained in basic water safety, first-aid, child abuse prevention, emergency procedures, and CPR, all in order to prepare for consistent, engaging, and quality instruction.

Camp Hours

Camp offers planned, scheduled programming Monday-Friday from 9:00 AM-4:30 PM. Extended care is available in Eau Claire from 6:30-9:00 AM and in Chippewa Falls from 6:00-9:00 AM, and both locations from 4:30-6:00 PM, and is included in your camp fee.

EAU CLAIRE YMCA & CHIPPEWA FALLS YMCA CAMPS

REGISTRATION OPENS MARCH 2

Summer Camp Registration Event | March 2, 6:00 AM

Join us bright and early to get registered for summer camp! Everyone who registers this day will receive a FREE drawstring bag--which is perfect to bring to camp! No credit cards will be accepted during this event, so please bring cash or check. A \$30 registration fee and the last week of camp payment will be due at the time of registering.

Our camps provide weekly themes with a wide variety of exciting activities to expand your child's interest and engage your child in arts and crafts, field trips, swimming, singing, sports, nature, and more. Your child will develop new friendships, self-confidence, and experience new adventures while gaining a sense of belonging to a community. Pricing is available for full weeks only. Prices for Y members and non-members are available. Head to our website or pick up our summer camp brochure to learn more.

- **Eau Claire Adventure Camp | For children ages 8-12**
- **Eau Claire Discovery Camp | For children who have completed grade K-age 7**
- **Chippewa Falls Adventure Camp | For children ages 8-12**
- **Chippewa Falls Discovery Camp | For children who have completed grade K-age 7**

CAMP PRICING - Chippewa Falls & Eau Claire	
YMCA Member	\$194
Non-member	\$219
Specialty Camp	\$240

L.E. PHILLIPS YMCA SPORTS CENTER CAMP

REGISTRATION IS NOW OPEN

Remaining spots are limited. Enroll today!

Our state-licensed program offers safe and fun play for children ages 5-14. Plus, we offer flexibility to fit your schedule!

You can choose from 2-5 days each week. Your child's days will be full of activities, games, crafts, field trips, and fun galore. Every week has a new theme to help keep you child involved, interested, and excited! Field trips take place on Tuesdays (Fairfax Pool) and Thursdays (different field trip each week). Registration forms can be found online at www.eauclaireymca.org or onsite at the YMCA Sports Center. To request an emailed copy, please contact Amy at afoss@ymca-cv.org. The hottest way to stay cool this summer!

CAMP PRICING - YMCA Sports Center		
	Member	Non-member
5 day week	\$180	\$205
4 day week	\$155	\$175
3 day week	\$125	\$140
2 day week	\$90	\$100
Youth Leader 12+	\$25/day	\$30/day

Youth & Family Events

Healthy Kids Day | Chippewa Falls YMCA

Saturday, March 7 | 9:00 AM-Noon

Healthy Kids Day allows families to gather and share information on nutrition, health, exercise, health care services, chiropractic care, dental hygiene, fire safety, home security, and MUCH MORE! Free goodie bags for the first 300 kids through the door. Parents and children are encouraged to attend together.

Fee: FREE

Flick & Float | Eau Claire YMCA

2nd Friday of every month, 6:30-8:00 PM

FREE fun for the whole family! Join us in the small pool as we screen fantastic family movies. Nights labeled "Voter's Choice" mean you get to pick the movie; watch the Eau Claire YMCA's Facebook page for your chance to vote the week before! The Eau Claire YMCA is open to non-members at 6 PM on these evenings, and all are welcome (photo ID required).

March 13	An Extremely Goofy Movie
April 10	Toy Story 4
May 8	Voter's Choice!

Parents' Night Out | Eau Claire YMCA

Select Saturdays, 5:00-8:00 PM | Ages 5-12

Are you in need of a night out? Bring your child to the Eau Claire YMCA on Parents' Night Out, where you can go enjoy a few hours to yourself while your kids are having a blast here at the Eau Claire YMCA. We will provide dinner for the kids, plus a combination of games, crafts, pool time (please bring a swimsuit), and more! Must register by the Friday before by 8 PM to guarantee spot. Enrollment is limited. Sign up today!

March 7 | April 4, 18 | May 2, 23

Fee (per day): Member \$8 | Non-member \$12

Youth Safety: The Ultimate Guide to Staying Home Alone | Eau Claire YMCA

Saturday, 3:00-5:00 PM | Ages 8-13

Feel confident and prepared to tackle the responsibility of staying home alone. This class will teach you safety basics like kitchen/cooking safety, what to do in case of various emergencies, and how to handle tough situations regarding internet safety, strangers, and more.

March 14 | May 9

Fee (per day): Member \$30 | Non-member \$45

Y-Rep Productions Presents...

ALADDIN & THE LION, THE WITCH, AND THE WARDROBE

Looking for a fun evening for the whole family? Look no further! Performances will take place at the CVTG Grand Theatre (102 W. Grand Avenue), and tickets may be purchased in advance at the Eau Claire YMCA or at the door the night of the show.

ALADDIN: Saturday, April 4, 4:00 & 7:00 PM

THE LION, THE WITCH, AND THE WARDROBE:

Saturday, June 6, 4:00 & 7:00 PM

TICKETS: Adult \$10 | Youth (12 & under) \$5

Kids Expo | L.E. Phillips YMCA Sports Center

Sunday, April 5 | 11:00 AM-4:00 PM

Join us for the 15th Annual Kids Expo! You do not want to miss the biggest children's event in Western Wisconsin! The whole family can enjoy DJ entertainment, huge inflatables, face painting, performances, indoor recess, a family marketplace, and more.

Fee: \$6 Admission, Kids 2 and under are FREE!

First Jobs 101 | Eau Claire YMCA

Saturday, April 11 | 3:00-5:00 PM | Ages 10-16

Do you want to get a part-time job, but don't have any clue where to begin? Do you want to be a babysitter or a dog walker, but aren't sure how to promote yourself? Join us to learn more about how you can start making steps toward having a job and making some money!

Fee: Member \$30 | Non-member \$45

Youth Voices Summit

Saturday, April 18 | 10:00 AM-3:00 PM | Ages 11-18

In conjunction with Global Service Day, the YMCA of the Chippewa Valley is proud to present its first ever Youth Voices Summit! This interactive event is designed to encourage young people from our region to become advocates and activists and to address issues important to them and our community at large. The day will be filled with keynote speakers, panels, breakout sessions, and engaging activities that will help elevate the voices of our youth.

Fee: \$25

Teen Job Fair | L.E. Phillips YMCA Sports Center

Saturday, April 25 | 10:00 AM-1:00 PM | Ages 14-19

Looking for your first job can feel intimidating, but it doesn't have to! Let the YMCA bring the opportunities to YOU this spring with our 3rd Annual Teen Job Fair. The YMCA Sports Center will host an array of local employers looking to hire teens for a wide variety of positions. Meet with people from across the workforce, hand out your resume, schedule an interview, or learn some tips and tricks from local business professionals. You're sure to leave with skills and knowledge to help you for years to come! Interested in hosting a booth for your business? Contact Jen at jzwicky@ymca-cv.org to sign up. For young people ages 14-19, but all are welcome!

Fee: FREE!

Father Daughter Dance | Eau Claire YMCA

Saturday, May 16 | 6:30 PM-9:00 PM | Ages 4+

No moms allowed! This magical evening is just for girls and their dads (or other male role models) to enjoy an evening together with music and refreshments. Come dressed in your best for this night that you will not soon forget! All daughters who register by May 1 are eligible to receive a FREE corsage on the big night!

Fee (per person): Member \$10 | Non-member \$15

AQUATICS: SKILLS FOR LIFE

PROGRESSIVE SWIM LESSONS REGISTRATION

SPRING REGISTRATION

Members: March 30 | Non-members: April 2

.....

PRIVATE & SEMI-PRIVATE SWIM LESSONS | Ages 3+ 30-minute classes | For Beginner to Advanced Swimmers

Lessons are offered at both the Chippewa Falls Branch and the Eau Claire Branch

Private lessons are a 1:1 ratio with an experienced swim instructor within a 30 minute lesson. Semi-private lessons are a 2:1 ratio with an experienced swim instructor for 30 minutes. Lessons are available for all levels, ages 3 and older, and are arranged to fit your schedule based on pool availability. Private lessons may not be conducted during group lessons. Participants work on swimming skills appropriate for their ability and in accordance with their individual goals.

You may download our Private Swim Lesson Request form on our website or register with Member Service staff at our Member Service Desk. Fees are based on number of lessons. Punch cards will be issued to track the number of lessons

PRIVATE LESSON PRICING

# of Lessons	Member	Non-member
1	\$25	\$35
5	\$110	\$150
10	\$200	\$280

SEMI-PRIVATE LESSON PRICING*

# of Lessons	Member	Non-member
1	\$50	\$75
5	\$150	\$210
10	\$275	\$320

Pricing includes 2 swimmers

Participants unsure of or needing swim lesson placement may schedule a skills evaluation.

Please contact the branch Aquatics Director:

Eau Claire YMCA: Lori at lkleist@ymca-cv.org or (715) 839-4619

Chippewa Falls YMCA: Cathy at ckrula@ymca-cv.org or (715) 861-2342



FOR YOUTH DEVELOPMENT®
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LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

SWIM LESSONS

PARENT AND CHILD SWIM LESSONS

WATER DISCOVERY | AGES 6-12 MONTHS | PARENT/CHILD STAGE A

Encourages appropriate parent expectations. Introduces basic aquatic safety to parents. Provides an opportunity to build the parent/child relationship. Child must wear swim diaper.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Saturday	9:00-9:40 AM	April 18 - May 30	Member \$39 Non-member \$69

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:00-4:40 PM	April 12-May 23* *No class Easter Sunday	Member \$34 Non-member \$60 *Sundays Prorated: Member \$29 Non-member \$50
	6:15-6:55 PM		
Monday	5:15-5:55 PM		
Tuesday	6:00-6:40 PM		
Wednesday	5:15-5:55 PM		
Thursday	6:00-6:40 PM		

WATER EXPLORATION | AGES 1-3 | PARENT/CHILD STAGE B

Encourages children to explore their aquatic environment with parents' assistance. Introduces basic water skills such as kicking, breath control, and body control. Encourages children to move in response to visual and verbal cues. Uses toys, flotation devices, and interaction with other children. Introduces basic aquatic safety to parents. Provides opportunity to build the parent/child relationship. Child must wear swim diaper.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Saturday	9:00-9:40 AM	April 18-May 30	Member \$39 Non-member \$69

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 23	Member \$34 Non-member \$60
Monday	5:15-5:55 PM		
Tuesday	6:00-6:40 PM		
Wednesday	5:15-5:55 PM		
Thursday	6:00-6:40 PM		

PRESCHOOL LESSONS

WATER ACCLIMATION | AGES 3-5 | PRESCHOOL STAGE 1

For children who are not comfortable submerging voluntarily. Exploring the aquatic environment and personal skills with instructor assistance. Developing basic skills to propel and glide through the water with instructor assistance. Introduced to floating, kicking, blowing bubbles, and underwater exploration. Introduces basic water safety with self-rescue skills practiced with instructor.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:00-4:40 PM	April 12-May 30	Member \$39 Non-member \$69
	4:45-5:25 PM		
Tuesday	6:00-6:40 PM		
Thursday	6:00-6:40 PM		
Saturday	9:00-9:40 AM		
	9:45-10:25 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	3:15-3:55 PM	April 12-May 23	Member \$34 Non-member \$60
	4:00-4:40 PM		
	6:15-6:55 PM		
Monday	4:30-5:10 PM		
	5:15-5:55 PM		
Tuesday	6:00-6:40 PM		
Wednesday	5:15-5:55 PM		
Thursday	6:00-6:40 PM		

WATER MOVEMENT | AGES 3-5 | PRESCHOOL STAGE 2

For children unable to front and back float without instructor assistance. Focuses on body position and control, forward movement and directional change. Encourages children to propel themselves and glide through the water. Teaches basic water safety skills in the form of jump, push, turn and grab, and swim-float-swim.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:00-4:40 PM	April 12-May 30	Member \$39 Non-member \$69
	4:45-5:25 PM		
Tuesday	6:00-6:40 PM		
Thursday	6:00-6:40 PM		
Saturday	9:00-9:40 AM		
	9:45-10:25 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	3:15-3:55 PM	April 12-May 23	Member \$34 Non-member \$60
	4:45-5:25 PM		
Monday	4:30-5:10 PM		
	6:00-6:40 PM		
Tuesday	6:00-6:40 PM		
Wednesday	4:30-5:10 PM		
	6:00-6:40 PM		
Thursday	6:00-6:40 PM		

WATER STAMINA | AGES 3-5 | PRESCHOOL STAGE 3

For children with the ability to float on front and back independently. Teaches rotary movement with breathing in the form of side-glide recovery position. Encourages forward movement on the front and back and swimming longer distances. Teaches safety techniques in deep water and how to swim to safety.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:45-5:25 PM	April 12-May 30	Member \$39 Non-member \$69
Tuesday	6:00-6:40 PM		
Thursday	6:00-6:45 PM		
Saturday	9:45-10:25 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:45-5:25 PM	April 12-May 23	Member \$34 Non-member \$60
	6:15-6:55 PM		
Monday	5:15-5:55 PM		
Tuesday	6:00-6:40 PM		
Wednesday	4:30-5:10 PM		
	6:00-6:40 PM		
Thursday	6:00-6:40 PM		

STROKE INTRODUCTION | AGES 3-5 | PRESCHOOL STAGE 4

For children who can swim independently using front and backstroke for 15 yards. Builds on front crawl and back crawl with longer distances. Introduces components of breaststroke and butterfly. Practice safety techniques in deep water.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:00-4:40 PM	April 12-May 30	Member \$39 Non-member \$69
	4:45-5:25 PM		
Tuesday	6:00-6:45 PM		
Thursday	6:00-6:45 PM		
Saturday	9:45-10:25 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 23	Member \$34 Non-member \$60
	6:15-6:55 PM		
Monday	6:00-6:40 PM		
Wednesday	4:30-5:10 PM		
Thursday	6:00-6:40 PM		

SCHOOL AGE YOUTH SWIM LESSONS

WATER ACCLIMATION | AGES 6-13 | YOUTH STAGE 1

For children who are not comfortable submerging voluntarily. Explore the aquatic environment with instructor assistance. Introduces floating, kicking, blowing bubbles, and underwater exploration. Teaches basic aquatic and boating safety, and how to exit in the event of falling in water.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 30	Member \$39 Non-member \$69
Monday & Wednesday	3:30-4:10 PM		Member \$78 Non-member \$120
Tuesday	6:45-7:25 PM		Member \$39 Non-member \$69
Thursday	6:45-7:25 PM		
Saturday	10:30-11:10 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	3:15-3:55 PM	April 12-May 23	Member \$34 Non-member \$60
	4:00-4:40 PM		
	5:30-6:10 PM		
Monday	4:30-5:10 PM		
	5:15-5:55 PM		
Tuesday	6:45-7:25 PM		
Wednesday	4:30-5:10 PM		
	5:15-5:55 PM		
Thursday	6:45-7:25 PM		

WATER MOVEMENT | AGES 6-13 | YOUTH STAGE 2

For children who are comfortable submerging voluntarily. For children unable to float on front and back independently. Focuses on body position and control, forward movement, and directional change. Encourages children to propel themselves and glide through the water. Teaches basic water safety skills in the form of jump, push, turn and grab, and swim-float-swim.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 30	Member \$39 Non-member \$69
Monday & Wednesday	3:30-4:10 PM		Member \$78 Non-member \$120
Tuesday	6:45-7:25 PM		Member \$39 Non-member \$69
Thursday	6:45-7:25 PM		
Saturday	10:30-11:10 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	3:15-3:55 PM	April 12-May 23	Member \$34 Non-member \$60
	4:00-4:40 PM		
	5:30-6:10 PM		
	6:15-6:55 PM		
Monday	6:00-6:40 PM		
Tuesday	6:45-7:25 PM		
Wednesday	4:30-5:10 PM		
	5:15-5:55 PM		
Thursday	6:45-7:25 PM		

WATER STAMINA | AGES 6-13 | YOUTH STAGE 3

Children should be able to float on front and back independently entering this stage. For children unable to swim 10-15 yards independently on front and back. Teaches rotary movement with breathing in the form of side-glide recovery position. Encourages forward movement on front and back and swimming longer distances. Teaches safety techniques in the deep and how to swim to safety.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 30	Member \$39 Non-member \$69
Monday & Wednesday	4:15-4:55 PM		Member \$78 Non-member \$120
Tuesday	6:45-7:25 PM		Member \$39 Non-member \$69
Thursday	6:45-7:25		
Saturday	10:30-11:10 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:45-5:25 PM	April 12-May 23	Member \$34 Non-member \$60
	6:15-6:55 PM		
Monday	4:30-5:10 PM		
	6:00-6:40 PM		
Tuesday	6:45-7:25 PM		
Wednesday	5:15-5:55 PM		
Thursday	6:45-7:25 PM		

STROKE INTRODUCTION | AGES 6-13 | YOUTH STAGE 4

For children with the ability to swim independently for 15 yards on front and back. Encourages development in stroke technique of front crawl and back crawl. Introduces breaststroke and butterfly. Teaches safety techniques in deep water such as treading water and in the form of jump, push, turn and grab, and swim-float-swim.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 30	Member \$39 Non-member \$69
Monday & Wednesday	4:15-4:55 PM		Member \$78 Non-member \$120
Tuesday	6:45-7:25 PM		Member \$39 Non-member \$69
Thursday	6:45-7:25 PM		
Saturday	10:30-11:10 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 23	Member \$34 Non-member \$60
Monday	5:15-5:55 PM		
Tuesday	6:00-6:40 PM		
Wednesday	6:00-6:40 PM		
Thursday	6:45-7:25 PM		

At this level participants may choose to join the Swim Team:

Eau Claire Marlins Swim Team | Contact Coach Paula | 715-577-6500 | pcaucutt@ymca-cv.org

Chippewa Falls Piranha Swim Team | Contact Coach Cathy Krula | 715-861-2342 | ckrula@ymca-cv.org

STROKE DEVELOPMENT | AGES 6-13 | YOUTH STAGE 5

For children with the ability to swim front and back crawl for 25 yards. Teaches stamina in front crawl, back crawl, and elementary backstroke. Teaches sidestroke, breaststroke, and butterfly stroke. Teaches endurance techniques for deep water safety.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 30	Member \$39 Non-member \$69
Monday & Wednesday	4:15-4:55 PM		Member \$78 Non-member \$120
Tuesday	6:45-7:25 PM		Member \$39 Non-member \$69
Saturday	10:30-11:10 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:00-4:40 PM	April 12-May 23	Member \$34 Non-member \$60
	6:15-6:55 PM		
Monday	4:30-5:10 PM		
	5:15-5:55 PM		
Tuesday	6:45-7:25 PM		
Wednesday	4:30-5:10 PM		
	6:00-6:40 PM		

STROKE MECHANICS | AGES 6-13 | YOUTH STAGE 6

For children with the ability to swim front crawl, back crawl, and breaststroke for 25 yards. Teaches endurance in all major competitive strokes: front crawl, back crawl, breaststroke, and butterfly. Teaches skills related to competitive swimming such as racing starts and flip turns. Enhances skills and builds endurance in deep water. Discover how to incorporate swimming into a healthy lifestyle.

CHIPPEWA FALLS YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	5:30-6:10 PM	April 12-May 30	Member \$39 Non-member \$69
Saturday	10:30-11:10 AM		

EAU CLAIRE YMCA

DAY	TIME	DATES OFFERED	FEE
Sunday	4:00-4:40 PM	April 12-May 23*	Member \$34 Non-member \$60
	6:15-6:55 PM		
Monday	4:30-5:10 PM		
	5:15-5:55 PM		
Tuesday	6:45-7:25 PM		
Wednesday	4:30-5:10 PM		
	6:00-6:40 PM		

Competitive Swim Clinics

Please register for competitive swim clinics at www.eauclaireymcamarlins.com

Intermediate Competitive Swim Clinic

Designed for swimmers ages 6-10 who are looking to improve their swimming "habits." Concentration will be on working those elusive streamlines and breakouts, as well as competitive finishes!! Effective turns, starts, proper stroke technique, as well as endurance swimming will be taught and practiced.

Prerequisite: Completed Red Marlins or instructor approval.

Days & Times: Tuesdays & Thursdays, 4:30-5:30 PM

Dates: April 21 - May 28

Location: Eau Claire YMCA Pool

Fee: Member \$150 | Non-member \$250

Advanced Competitive Swim Clinic

This clinic is designed for swimmers 11 years of age & older who are interested in maintaining and improving their fitness level and stroke technique. We will work to develop fast endurance swimming and sprints, stroke technique, and racing strategies! Improve your swimming conditioning with this clinic! Excellent preparation for Summer Long Course Season!

Days: April 20, 21, 23, 27, 28, 30, May 5, 7, 11, 12, 14, 18, 19, 21, 26 & 28.

Times: 6:45-8:45 PM

Location: Memorial High School Pool

Fee: Member \$175 | Non-member \$275

Introduction to Competitive Diving

Now is the time to check out Competitive Diving! This clinic is designed for children entering grades 5 through 8, who have an interest in learning what competitive diving is all about. This is a great activity for children who have had some gymnastics, can dive head first into deep water, and wish to expand on those skills! Focus will be on beginning dives as well as some twisting and somersaulting!!!

Days: Tuesdays & Thursdays

Times: 4:15-5:00 PM

Dates: March 31-April 30

Location: UWEC

Fee: Member \$75 | Non-member \$125

SWIM TEAM

The YMCA of the Chippewa Valley Swim Teams are competitive swimming programs that focus on the development of athletes and swimmers of all ages and abilities! Our trained coaches work to improve every swimmer's skill level. Our program is technique-driven and endurance-based. We promote the YMCA core values of caring, respect, honesty, and responsibility. Practices are organized by ability levels and designed to develop each individual in the four competitive strokes, starts, turns, and finishes, as well as race strategies. Our swim teams compete locally in the Central Wisconsin Swim Conference and also in state and national meets with other YMCA programs and USA Swim teams.

Team Practice: YMCA Swim Teams offer a variety of practice times per week that are typically based on age and ability.

Swim Meets: Meets are scheduled throughout the swim season. Coaches will let you know when your swimmer is "meet ready" and able to compete! There are no meet requirements; however, our swimmers tend to improve faster and have more FUN when they attend meets.

Prerequisites:

- Ages 5-19 years old
- Ability to swim 25 yards continuously
- Must be a current member of the YMCA of the Chippewa Valley

Questions:

Chippewa Falls YMCA Piranhas - Contact Coach Cathy at (715) 861-2342 or ckrula@ymca-cv.org

Eau Claire YMCA Marlins - Contact Coach Paula at (715) 836-8460 or pcaucutt@ymca-cv.org

ADULT LEAGUES

L.E. PHILLIPS YMCA SPORTS CENTER • (715) 552-1200

YMCA MEMBERSHIP OR PLAYER PACKAGE REQUIRED TO PARTICIPATE IN LEAGUES AT THE YMCA SPORTS CENTER

LEAGUE	DATES	DAY & TIME	SESSION	FEE
ADULT BASKETBALL AGES 17+ The adult recreational basketball program consists of an 8 game spring session. This league is open to players of all levels. Grab some friends and get your team together. If you are not part of a team, register as an individual, and we will do our best to find a team for you.	March 12-May 7	Thursday 6:00-10:00 PM	Spring	Individual \$60 Team \$325
ADULT FLAG FOOTBALL AGES 17+ Do you love football? Why not join our flag football league? We have the largest indoor facility for flag football in Western Wisconsin, with 16,000 sq. ft. of turf. The spring session consists of 8 games and is open to players of all levels. Grab some friends and get your team together. If you are not part of a team, register as an individual, and we will do our best to find a team for you.	March 11-May 6	Wednesday 6:00-10:30 PM	Spring	Individual \$70 Team \$500

YOUTH SPORTS

L.E. PHILLIPS YMCA SPORTS CENTER • (715) 552-1200

CLASS	DATES	DAY & TIME	SESSION	FEE
SPORT TYKES ABC'S AGES 3-4 Every week has a different theme, emphasizing the learning of new athletic and motor skills. Activities are planned according to the letter of focus for that week. Children learn how to take turns, follow directions, and make friends! Parent participation is encouraged, but not required.	March 30-May 11	Monday 5:15-6:00 PM	Spring	Member \$56 Non-member \$84
SPORT TYKES SOCCER AGES 4-5 Come join in the fun and learn skills specific to dribbling, kicking, and blocking the ball. Children will get a chance to participate with others, along with learning the basic rules of the game in a group setting. Children have fun and learn in a non-competitive, safe environment. Parents may participate with children in this program, but it is not required. Shin guards are encouraged, but not required.	March 30-May 11	Monday 6:05-6:50 PM	Spring	Member \$56 Non-member \$84
SPORT TYKES SAMPLER AGES 4-5 Children are welcome to enjoy a variety of sports by learning a new and exciting one each week. Activities include: basketball, volleyball, t-ball, soccer, kickball, football, and track. Kids should come prepared to learn and have fun!	April 1-May 13	Wednesday 5:30-6:15 PM Wednesday 6:30-7:05 PM	Spring	Member \$56 Non-member \$84

The YMCA Sports Center offers fun, yet competitive leagues for players of all skill and ability levels. Grab some friends to form a team or register as an individual, and we will help you find a team. Come and enjoy the fun today!

YOUTH LEAGUES & TOURNAMENTS

L.E. PHILLIPS YMCA SPORTS CENTER • (715) 552-1200

YMCA MEMBERSHIP OR PLAYER PACKAGE REQUIRED TO PARTICIPATE IN LEAGUES AT THE YMCA SPORTS CENTER

SPRING SESSION MARCH 11-MAY 30

Kids of all skills and abilities have the opportunity to play football in a fun, safe, and climate-controlled environment. Training camp will be the first week of the league. For training camp, 6-8 year-olds can check in between 5:00-5:30 PM, and camp will run from 5:30-6:30 PM. 9-11 year-olds can check in between 6:00-6:30 PM, and camp will run from 6:30-7:30 PM. After training camp, teams and schedules will be determined.

INSTRUCTIONAL LEAGUE	DATES	DAY & TIME	FEE
YOUTH FLAG FOOTBALL AGES 6-8	March 12 - May 7	Thursday 5:10 or 6:00 PM	Individual \$85
YOUTH FLAG FOOTBALL AGES 9-11	March 12 - May 7	Thursday 6:50 or 7:40 PM	Individual \$85

DOWNTOWN EAU CLAIRE YMCA • (715) 836-8460

LEAGUE	TRYOUTS			
	GENDER	GRADE	DAY	TIME
WISCONSIN CITY Y HOOPS City Y Hoops Basketball is offered to current 5 th -11 th grade girls and boys. We make every effort to create a competitive learning environment for your son or daughter. The goal is to provide the strongest teams possible giving as many players as possible the opportunity to play. This league offers high-quality coaches, 2 practices per week and runs April-June/July depending on team. Uniforms and warm-ups provided. Teams play 5-7 tournaments. Questions: Ask Coach Dave at dhazuga@ymca-cv.org Tryouts: Players must attend tryouts to be eligible for team placement. Team placement is not guaranteed. Tryout Fee: Select one tryout date for \$30 or come to both days for \$50. Fee includes reversible tryout jersey. Pre-registration is highly encouraged. A \$10 late fee will be added for day-of registrations.	GIRLS	5th - 6th	Saturday March 7	9:30-11:00 AM
			Saturday March 14	
		7th - 8th	Saturday March 7	1:30-3:00 PM
			Saturday March 14	
		9th - 11th	Sunday March 8	3:00-4:30 PM
			Sunday March 15	
	BOYS	5th - 6th	Saturday March 7	11:30-1:00 PM
			Saturday March 14	
		7th - 8th	Saturday March 7	3:30-5:00 PM
			Saturday March 14	
		9th - 11th	Sunday March 8	5:00-6:30 PM
			Sunday March 15	

BASKETBALL TOURNAMENT

MARCH MADNESS 3-ON-3 BASKETBALL TOURNAMENT

Join us for our own March Madness! Number of games will be determined by the number of teams per division. All teams will get at least 3 games

DATES: March 28 | Boys & Girls | 1st-3rd Grade 9:00 AM-3:00 PM | 4th-5th Grade 3:00-9:00 PM

March 29 | Boys & Girls | 6th Grade 9:00 AM - 3:00 PM | 7th-8th Grade 3:00-9:00 PM

LOCATION: Eau Claire YMCA Gymnasiums | **FEE:** \$60 per team | **REGISTRATION DEADLINE:** March 8, 2020

Grade divisions are as follows but may be combined: 1st-2nd | 3rd | 4th | 5th | 6th | 7th | 8th

GYMNASTICS

GYMNASTICS REGISTRATION

SPRING: Members: March 30 | Non-members: April 2

YMCA JR. BLUGOLD GYMNASTICS – L.E. PHILLIPS YMCA SPORTS CENTER

PRESCHOOL GYMNASTICS – SPRING SESSION APRIL 12 – MAY 17

	DAY & TIME	SPRING
PARENT & TOTS AGES 12 TO 36 MONTHS We emphasize a safe, physical play environment to introduce basic gymnastics and gross motor skills. Instructors make classes fun and interesting with stretching, jumping, swinging, and learning how to roll and fall safely. Parents will assist their child through a series of obstacle courses and activities which will vary every week.	Tues 10:15–11:00 AM	Member \$40 Non-member \$60
	Wed 10:15–11:00 AM	
	Wed 5:20–6:05 PM	
	Sat 10:00–10:45 AM	
TUMBLE TOTS AGE 3 This class provides basic gymnastics progressions taught on each apparatus. Children will be taught how to follow multi-step directions, communicate with peers, and improve strength and flexibility.	Sun 3:00–3:45 PM	Member \$40 Non-member \$60
	Tues 9:15–10:00 AM	
	Tues 6:45–7:30 PM	
	Wed 10:15–11:00 AM	
	Wed 6:15–7:00 PM	
	Sat 11:00–11:45 AM	
BIG SHOTS AGES 4–5 This class is for children not yet enrolled in kindergarten. Children will practice basic gymnastics skills as they navigate through a variety of stretches, warm-up activities, and circuits. This class is intended to prepare children for our school-age progressive program.	Sun 3:00–3:45 PM	Member \$40 Non-member \$60
	Tue 10:15–11:00 AM	
	Tue 6:45–7:30 PM	
	Wed 9:15–10:00 AM	
	Wed 6:15–7:00 PM	
	Sat 11:00–11:45 AM	
KINDERGYM AGES 3–5 This is a new class within the YMCA preschool gymnastics curriculum aimed at students who will advance past the skills covered in the standard preschool curriculum long before they're 5 and in Kindergarten, which is the point they can enter Progressives. The class will focus on body positions and correct technique and will have a higher expectation for attention span, listening to instructions, etc. than in a regular preschool class. This class will ideally progress into the team program, but this is not a requirement. (This class is by invitation or evaluation only).	Wed 5:30–6:45 PM	Member \$50 Non-member \$75

YMCA JR. BLUGOLD GYMNASTICS – L.E. PHILLIPS YMCA SPORTS CENTER

PROGRESSIVE GYMNASTICS – SPRING SESSION APRIL 12 – MAY 17

	DAY & TIME	SPRING
ROLLERS AGES 5+ This is the first of the progressive classes and is for students who are new to the sport of gymnastics or recently entered kindergarten. This class will help children learn the basics of gymnastics and lay down a foundation upon which to build. This class will also include a variety of stretching and strength-building activities. A section of this class is available for students ages 8–17 who are new to gymnastics (called Beginner 8+).	Sun 4:00–5:00 PM	Member \$40 Non-member \$60
	Mon 4:20–5:20 PM	
	Tues 5:40–6:40 PM	
	Wed 4:00–5:00 PM	
	Thurs 4:20–5:20 PM	
	Sat 12:00–1:00 PM	
SWINGERS AGES 5+ Swingers, the second progressive class, is for students who have basic experience with gymnastics. This class complements and rounds out the developmental skills needed to give children a sound background in gymnastics. Skills include forward and backward rolls, the beginnings of handstands and cartwheels, walks, kicks, jumps on various beam heights and supports, and swings on bars.	Sun 4:00–5:00 PM	Member \$40 Non-member \$60
	Mon 4:20–5:20 PM	
	Tues 5:40–6:40 PM	
	Thurs 4:20–5:20 PM	
	Fri 5:45–6:45 PM	
	Sat 12:00–1:00 PM	
BEGINNER 8+ This is the first of the progressive classes aimed at older students that are new to gymnastics. This class will help your child learn the basics of gymnastics and lay down a foundation upon which to build gymnastic skills.	Mon 7:35–8:35 PM	Member \$40 Non-member \$60

	DAY & TIME	SPRING
KIPPERS AGES 5+ Kippers is designed to enhance skill development. Skills start focusing on attaining upside down vertical (handstands, cartwheels, etc.) and introducing circling on bars. In order to pass out of this level, gymnasts must be able to consistently perform cartwheels, handstands, and pullovers.	Sun 4:00-5:30 PM	Member \$60 Non-member \$90
	Mon 7:05-8:35 PM	
	Thurs 5:30-7:00 PM	
	Fri 4:00-5:30 PM	
	Sat Noon-1:30 PM	
FLYERS AGES 5+ Skills in this level build upon those in Kippers, looking to enhance the power, height, and accuracy of each skill. After a gymnast has achieved all of the Flyers skills, they will have the option to join the competitive Level 2 team or to continue with the progressive program in the Flippers class.	Mon & Thurs 5:30-7:00 PM	Member \$90 Non-member \$150
	Tues & Fri 4:00-5:30 PM	
FLIPPERS AGES 5+ Skills continue to build on those from Flyers, introducing connected tumbling and bars skills, and moving handstands/cartwheels to beam. Once a gymnast has mastered all of the skills in Flippers, they have the option of joining the Level 3 team or one of our Xcel teams.	Mon & Thurs 5:30-7:30 PM	Member \$120 Non-member \$200
ADVANCED FLIPPERS This class is aimed at students who have passed the Flippers skill level and want to continue working on mastering and advancing their skills, but do not want to move on to a competitive team. Students will continue to work on handsprings, advanced vaults, kips on bars, and cartwheels and handstands on beam. The class will introduce salto skills (no hands) and jumping to high bar.	Tues 4:00-5:30 PM & Fri 4:00-6:00 PM	Member \$105 Non-member \$175
BOYS GYMNASTICS This class is the first of the progressive classes aimed at boys that are new to the sport of gymnastics. This class will help your child learn the basics of gymnastics and lay down a foundation upon which to build. Examples include: handstands and cartwheels with assistance, a variety of rolls and jumps on floor, assisted pull overs and swings on bars, basic techniques on rings and mushroom, and proper vaulting basics. This class will also include a variety of stretching and strength-building activities.	Mon 4:20-5:20 PM	Member \$56 Non-member \$84
	Fri 5:45-6:45 PM	
BEGINNER TUMBLING This class is aimed at students who are interested in an introduction to tumbling basics. Each class will include drills and stations on floor exercise as well as on tumble trak and trampoline. Classes will include introduction to rolling, handstands, cartwheels, and backbends.	Sun 4:00-5:00 PM	Member \$56 Non-member \$84
	Wed 4:00-5:00 PM	

YMCA JR. BLUGOLD GYMNASTICS - CHIPPEWA FALLS YMCA
PROGRESSIVE GYMNASTICS - SPRING SESSION APRIL 13 - MAY 30

	DAY & TIME	SPRING
BEGINNERS AGES 5 - 8+ YEARS This beginner class is for those who have had no prior gymnastics experience. This class will teach basic motor and tumbling skills. Body control and basic form will be learned, as well as beginning tumbling. Beginning skills on apparatus is also introduced. This is the perfect class for those who would love to get into gymnastics but need a little help and guidance.	5+ yrs Monday 4:15-5:15 PM	Member \$42 Non-member \$70
	8+ yrs Monday 5:20-6:20 PM	
ROLLERS 6+ This class is for those who have graduated from the Beginners class and have the instructor's permission to go on, or those with adequate skills. This class will continue to perfect basic skills but also will move into more difficult tumbling. New skills will be introduced on apparatus as well. Form and control will be stressed. This class will also include some conditioning to improve strength and flexibility.	Tuesday 4:15-5:15 PM	Member \$42 Non-member \$70
SWINGERS AFTER ROLLERS To be in swingers, gymnasts need to have graduated from Rollers and have the instructor's permission. This class will get into more serious gymnastics skills and will include more intense conditioning and flexibility.	Tuesday 5:20-6:20 PM	Member \$42 Non-member \$70

All advanced gymnastics classes, including competitive team, are now offered at the YMCA Sports Center.

JOHN & FAY MENARD YMCA TENNIS CENTER

1260 MENOMONIE STREET, EAU CLAIRE

(715) 836-8470

Open Court Time

- Reserve open court time by scheduling between 30 minutes to two hours (in half-hour increments) at a time.
- Monday-Friday after 4:00 PM: 90-minute reservation limit.
- Make open court time reservations up to six days ahead of time either in person, online, or by phone (i.e. call Monday for a court Sunday).

Hourly Open Court Time Rental Rates

Hourly fee is split by all participants on court

Youth/full-time college student: \$16/court/hour

Adult: \$20/court/hour

Happy Hour discount time (all ages): \$16/court/hour

- Monday-Friday, 6:00-9:00 AM & 12:00-4:00 PM
- Saturday, 12:00-4:00 PM

MEET THE TENNIS CENTER STAFF

Matt Boughton

USPTA Elite Professional

I am a USPTA Elite Tennis professional, a USTA National Coach, Team USA Coach, and have been at the Eau Claire YMCA for 15+ years. Tennis has taken me all over the country, including Mobile, Alabama annually to coach the country's best 18U players during the Spring Team National Tournament.

Meg Minton

USPTA Elite Professional

I am a USPTA Elite Tennis professional with over 25 years of on-court experience. I'm so excited to see everyone--whether it's your first time playing tennis or you are joining a fun cardio drill--and I can't wait to build some great memories on the courts.

Jon Pickett

USPTA Elite Professional

I have been a "Y Kid" since I was 3 years old and have worked at the Eau Claire YMCA since 2004! My goal is to ensure your child has the best possible tennis experience they can have. I am happy to assist you with class placement and program opportunities. I am always looking to continue my education as well to provide the most up-to-date, fun, and beneficial teaching possible!

UPCOMING TENNIS EVENTS

Cardio Tennis

Monday-Friday | 10:30-11:30 AM

Cardio Tennis is a fun group activity featuring drills to give players of all abilities the ultimate high-energy workout. Taught by a teaching professional, it includes warm-up, cardio workout, and cool down phases. If current or new players are looking for a great new way to get in shape and to burn calories, they must try Cardio Tennis.

Fee: Member \$5 | Non-member \$9

Eau Claire Super Set (Level 6) Junior Tournament

March 7

All play will be on Saturday, March 9. Matches may start as early as 9 AM. Please check the times carefully. This is a big tournament, so please show up on time or even a little early in case courts are available. Boys/Girls 12-18's. One game pro-set. There will be no add scoring. This is a ONE day event. It is full feed consolation. ONE set per match. The tournament will run 4-6 hours depending on draw size. This Super Set is sanctioned, and you do get points.

27th Annual Eau Claire Eye Open

March 13-15

One of the most popular tournaments for USTA members in Northwest Wisconsin. Flights for many abilities offered. To participate in the tournament, registration is only allowed online (www.northern.usta.com). If you have any questions, please contact the Tennis Center for more information. (715) 836-8470 or e-mail: tennis@ymca-cv.org.

USTA (Level 6) Junior Tournament

May 9-10

Tournament will be played Saturday and Sunday. Matches will be best of 3 sets with a 10 point break for the third set. Doubles will be an 8 game pro-set

Private lessons and hitting sessions are available.

Contact the Tennis Center for rates.

REGISTRATION IS OPEN FOR TENNIS SPRING 1 & 2

YOUTH TENNIS

The John and Fay Menard YMCA Tennis Center has all NEW junior programming starting with Red Ball 4-5 year olds to the ACE program for high school varsity players. The Tennis Center Director Matt Boughton (USPTA Elite Professional), Jon Pickett (USPTA Elite Professional), Meg Minton (USPTA Elite Professional), or John Janssen (USPTA Professional) will be happy to assist you in placing your child in the most appropriate group. Please take note that although most groups are categorized by age, ability and maturity are considered in placing youth in the best group for them.

Please keep in mind that a student does not often advance a level each session. Many factors such as attendance, coordination, growth, development (physical, behavioral, and mental), and maturity level affect the student's progression through levels. Remaining at the same level should not be interpreted as not improving or not achieving success. As your child moves up levels in the tennis program, the next level is designed to take longer and to be more challenging. If you believe your child is not improving at the rate of others, please see their instructor for advice.

YOUTH TENNIS				
TENNIS S1: MARCH 16 - MAY 2 TENNIS S2: MAY 4 - MAY 23				
CLASS	DAY	TIME	MEMBER	NON-MEMBER
RED BALL 1 AGES 4-5 A fun, engaging, program to teach the fundamentals of tennis including: hand-eye coordination, back and forehand strokes, simple games where points are scored, cooperative activities, basic rules, care of equipment, and sportsmanship. We will use 36' courts, foam or red balls, and 17" racquets.	Tuesday	5:00-5:30 PM	\$40	\$80
	Friday	5:00-5:30 PM		
	Saturday	9:00-9:30 AM		
RED BALL 2 AGES 6-7 Children will continue to improve on the form taught in Red Ball 1. Players will also begin to learn: basic rules of the game, to keep score, make shot decisions, basic tenets of doubles, and continue developing good sportsmanship. We will use 36' or 60' courts, foam or orange balls, and 19" racquets.	Tuesday	5:00-5:30 PM	\$40	\$80
	Friday	5:00-5:30 PM		
	Saturday	9:30-10:00 AM		
ORANGE BALL AGES 7-12 Children will continue to develop what they learned in Red Ball 2 while spending more time learning to play and apply rules of individual or doubles play, practice, encourage and support others, and continue developing good sportsmanship. We will use 60' courts, orange or green balls, and 25" racquets.	Tuesday	5:30-6:30 PM	\$80	\$160
	Friday	5:30-6:30 PM		
	Saturday	10:00-11:00 AM		
GREEN BALL AGES 12+ For tennis players that have been through the progressive program and are ready to transition to the 78' court. They will use green dot, yellow tennis balls, and the 36" net.	Friday	4:00-5:30 PM	\$110	\$210
ACE III For competitive Junior High to Junior Varsity level players. This class is designed to be fun and interactive, all while meeting the current needs of the player. We'll teach core concepts, such as correct techniques in round strokes, volleys, serves, overheads, and specialty shots such as drop shots and lobs. Tennis strategy and point construction is introduced as well as sportsmanship and integrity on the court.	Tuesday & Thursday	5:00-6:00 PM	\$165	\$295
ACE II For Junior Varsity level players. This class focuses on the fundamentals of match play, having fun, and making friends. Students will learn the importance of each point and be given strategies to develop their natural skills in both singles and doubles match play. Good sportsmanship and encouragement of others is expected.	Tuesday & Thursday	6:00-7:30 PM	\$210	\$380
ACE I For Varsity level players. There will be intensive workouts with singles and doubles strategies and mental toughness for match play scenarios. Players must have instructor consent before registration. Good sportsmanship and encouragement of others is expected.	Monday & Wednesday	5:00-6:30 PM	\$210	\$380
NO CLASSES THE WEEK OF MARCH 22				

REGISTRATION IS OPEN FOR TENNIS SPRING 1 & 2

ADULT TENNIS

The John and Fay Menard YMCA Tennis Center offers an extensive range of group lessons (drills) to meet a variety of ability needs. Whether you are a beginner looking to pick up a new, fun activity, or a seasoned veteran of the game who wants to polish up their skills, our staff can help find a spot for you! Meg Minton or the Tennis Center Director will be happy to assist you in finding the correct class for your abilities.

Lesson Information

Adult group lessons are intended for 3-12 participants and are separated by the United States Tennis Association's NTRP Rating System. This system assigns a number rating according to ability and raises in value in .5 increments. Our adult beginners start at a 2.0 level, with the highest level being at a 4.0 level. Please ask our staff for help with placement.

- Lessons must be paid in full to secure a spot.
- Lesson participants can make up for missed lessons in a similar group lesson in the same session if approved by

ADULT TENNIS				
TENNIS S1: MARCH 16 - MAY 2 TENNIS S2: MAY 4 - MAY 23				
CLASS	DAY	TIME	MEMBER	NON-MEMBER
BEGINNER <2.5 This class will cover basic strokes, serves, service return, ground strokes and volley. Proper footwork and ball judgment skills will be taught. Ratio is 5:1.	Tuesday	5:00-6:00 PM	\$65	\$130
	Wednesday	7:00-8:30 PM	\$95	\$190
INTERMEDIATE 2.5-3.0 The basic strokes will be refined, and strategy will be introduced. Proper grip and stroke production will be stressed. This class will introduce the patterns of play and working a point. Ratio is 5:1.	Wednesday	5:30-7:00 PM	\$95	\$190
	Friday	9:00-10:30 AM	\$95	\$190
ADVANCED 3.0-3.5 Intended for players who want to improve their strokes and learn important strategies of the game. Half of the class time is spent on improving stroke production, and the other half is spent on strategies. Ratio is 5:1.	Tuesday	9:30-11:00 AM	\$95	\$190
ADVANCED DOUBLES DRILL This is a fast-paced, high intensity, strategic doubles drill for players looking for advanced tactical doubles skills. The drill focuses on communication, movement, strategy, and point play. Players will learn new techniques of modern doubles as well as practice tried and true methods. Players should expect a mix of instructional drill and coached point play.	Monday	12:30-2:00 PM	\$95	\$190
	Wednesday	7:00-8:30 PM	\$95	\$190
ADULT DOUBLES DRILLS 3.5+ Drill is open to all players rated 3.5 and above. Players will drill for the majority of the time.	Monday	7:00-8:30 PM	\$105	\$210
SINGLES' DRILLS 3.0-4.0	Tuesday	11:30-1:00 PM	\$105	\$210
NO CLASSES THE WEEK OF MARCH 22				

THE Y: WHERE COMMUNITY COMES
TOGETHER.

SAFETY COURSES

CLASS	DATE	DAY/TIME	LOCATION	FEE
YOUTH SAFETY: THE ULTIMATE GUIDE TO STAYING HOME ALONE AGES 8-13 Feel confident and prepared to tackle the responsibility of staying home alone. This class will teach you safety basics like kitchen/cooking safety, what to do in case of various emergencies, and how to handle tough situations regarding internet safety, strangers, and more.	March 14	Saturday 3:00 -5:00 PM	Eau Claire	Member \$30 Non-member \$45
	May 9			
BABYSITTER TRAINING AGES 10-15 Safe Sitter® prepares students to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. The four pillars of the program are safety skills, child care skills, first-aid and rescue skills, and life and business skills. Participants should bring a bag lunch.	March 14	Saturday 9:00 AM-2:30 PM	Eau Claire	Member \$45 Non-member \$70
	April 11		Eau Claire	
	April 25		Chippewa	
	May 9		Eau Claire	
	May 30		Eau Claire	
CPR/AED/FIRST-AID FOR THE PROFESSIONAL RESCUER & HEALTH CARE PROVIDER* AGES 12+ Instructs participants with a duty to act in the knowledge and skills needed to respond to breathing and cardiac emergencies for adult, child, and infant until more advanced medical personnel arrive. Training includes 2-person CPR, resuscitation mask, and Automated External Defibrillator. Course meets requirements for CNA, Nursing, and Child Care provider. No refunds.	April 14	Tuesday 5:30-10:00 PM	Eau Claire	Member \$88 Non-member \$98
	June 2			
	August 11			
ADULT & PEDIATRIC CPR/AED/FIRST-AID* AGES 12+ Instructs participants to respond to breathing, cardiac, and first-aid emergencies for adult, child, and infant, and determine if more advanced medical personnel is needed. Course meets high school requirements. No refunds.	May 14	Thursday 5:00-9:30 PM	Eau Claire	Member \$77 Non-member \$87
	July 9			
AMERICAN RED CROSS LIFEGUARD TRAINING* AGES 15+ Instructs participants in the knowledge and skills to prevent and respond to aquatic emergencies through water rescue skills, surveillance and recognition, CPR/AED, first-aid, and breathing and cardiac emergencies. Prerequisites: Swim 300 yards (100 front crawl, 100 breaststroke, 100 combination of two strokes); swim 20 yards, surface dive 9 ft., retrieve 10-lb. object, swim 20 yards on back with hands on brick to start point within 1 min. 40 secs., and tread water for 2 minutes without using arms. All materials included. No refunds. Course graduates are encouraged to apply for employment at YMCA.	April 2-5	Thurs & Fri 5:00-9:30 PM Sat & Sun 8:30 AM-5:00 PM	Eau Claire	Member \$185 Non-member \$250
	May 4-8	Mon-Fri 5:00-9:45 PM		
	May 26-30	Tues-Fri 6:00-9:30 PM Sat 9:00 AM-5:00 PM		
	June 11-14	Thurs & Fri 5:00-9:30 PM Sat & Sun 8:30 AM-5:00 PM		
AMERICAN RED CROSS LIFEGUARD REVIEW* AGES 16+ Only for current lifeguards needing to renew certification. No refunds. Course graduates are encouraged to apply for employment at YMCA.	May 17	Sunday 8:30 AM-5:00 PM	Eau Claire	Member \$90 Non-member \$105
	June 6	Saturday 8:30 AM-5:00 PM		
	August 16	Sunday 8:30 AM-5:00 PM		
AMERICAN RED CROSS LIFEGUARD INSTRUCTOR TRAINING** AGES 17+ Must hold a current lifeguard certification. Instructs participants to teach basic-level lifeguard courses through developing their understanding of how to use the course materials, how to conduct training sessions, and evaluate participants' progress. No refunds. Course graduates are encouraged to apply for employment at YMCA.	April 17-19	Friday 5:00-10:00 PM Sat & Sun 8:30 AM-6:00 PM	Eau Claire	Member \$235 Non-member \$285
	May 14-17	Thurs & Fri 5:00-10:00 PM Sat & Sun 8:30 AM-6:00 PM		
AMERICAN RED CROSS WATER SAFETY INSTRUCTOR TRAINING** AGES 16+ Trains candidates to teach courses and presentations in the Swimming & Water Safety program, including Parent/Child Aquatics, Preschool Aquatics, Learn-To-Swim, Water Safety Courses, and Water Safety Presentations. Prerequisites: Swim proficiently 25 yards in front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards in butterfly; float on back for 1 minute; and tread water for 1 minute. No Refunds. Course graduates are encouraged to apply for employment at YMCA.	April 20-25	Mon-Fri 4:30-9:30 PM Sat 9:00 AM-3:00 PM	Eau Claire	Member \$235 Non-member \$285
	May 18-22	Mon-Fri 5:00-10:00 PM		

*A \$40 non-refundable deposit is due at registration.

** A \$100 non-refundable deposit is due at registration.

Y-REP PRODUCTIONS YOUTH THEATRE PROGRAM

Come play with us as we put on fun play adaptations of popular children's books! In this program, our student-actors are a huge part of the process, having input on props, costumes, and character choices. Everyone who registers gets a part onstage. Not every actor will have to attend every rehearsal; we will do our best to work around scheduling conflicts. Participants are required to attend all technical rehearsals and performances (held at the CVTG Grand Theatre, 102 W. Grand Avenue, Eau Claire). Not available for auditions? Contact Jen, Youth Development Director (jzwick@ymca-cv.org), to see if you can set up an alternate time slot.

PRODUCTION	AGES	DAY & TIME	FEE
THE LION, THE WITCH, AND THE WARDROBE This advanced opportunity is being made available for those who have been in a Y-Rep play before or have other theatre experience and want to take on a more challenging play.	10-15	Auditions: Saturday, April 18 12:30-3:00 PM Rehearsals: Mon/Wed/Fri April 20 - June 1 4:00-5:30 PM Tech rehearsals: June 3-5 5:30-8:00 PM Performances: Saturday, June 6, 4:00 & 7:00 PM	Member \$65 Non-member \$80
SILENT SHADOWS TECH CREW: THE LION, THE WITCH, AND THE WARDROBE Theatre isn't exclusively performed onstage! Join the ranks of our technical stage crew, the Silent Shadows. This group of artists will learn more about technical theatre, including lighting, scenic design, props, costumes, stage management, and more! These students are also eligible to gain further experience by working backstage on Y-Rep productions.	8-16	Props/Costumes: Fridays, April 24 - May 29 5:30-6:30 PM Run Crew/Lights/Sound: June 3-5 5:30-8:00 PM Performances: Saturday, June 6, 4:00 & 7:00 PM	Member \$15 Non-member \$25 <i>*Free for cast members in The Lion, the Witch, and the Wardrobe</i>

YOUTH LEADERSHIP & DEVELOPMENT

At the YMCA, we strive to nurture the potential of every youth. We believe the values and skills they learn early are vital in developing who they will be tomorrow. The YMCA is proud to offer leadership-based courses to develop today's youth for a better tomorrow.

FIRST JOBS 101

Do you want to get a part-time job, but don't have any clue where to begin? Do you want to be a babysitter or dog walker, but aren't sure how to promote yourself? Join us to learn more about how you can start making steps toward having a job and making some money!

Ages: 10-16

When: Saturday, April 11, 3:00-5:00 PM

Fees: Member \$30, Non-member \$45

YOUTH VOICES SUMMIT

In conjunction with Global Service Day, the YMCA of the Chippewa Valley is proud to present its first ever Youth Voices Summit! This interactive event is designed to encourage young people from our region to become advocates and activists and to address issues important to them and our community at large. The day will be filled with keynote speakers, panels, breakout sessions, and engaging activities that will help elevate the voices of our youth.

Ages: 11-18

When: Saturday, April 18, 10:00 AM-3:00 PM

Fees: \$25

TEEN JOB FAIR

Looking for your first job can feel intimidating, but doesn't have to! Let the YMCA bring the opportunities to YOU this spring with our 3rd Annual Teen Job Fair. The YMCA Sports Center will host an array of local employers looking to hire teens for a wide variety of positions. Meet with people from across the workforce, hand out your resume, schedule an interview, or learn some tips and tricks from local business professionals. You're sure to leave with skills and knowledge to help you for years to come! Interested in hosting a booth for your business? Contact Jen at jzwick@ymca-cv.org to sign up. For young people ages 14-19, but all are welcome.

Ages: 14-19, but all are welcome

When: Saturday, April 25, 10:00 AM-1:00 PM

Fees: FREE!

THE Y: WHERE KIDS COME TO
FIND THEIR VOICE

YOUTH ARTS & ENRICHMENT PROGRAMS

EAU CLAIRE YMCA

SPRING: APRIL 12 – MAY 30 (NO CLASSES APRIL 12 OR MAY 25)

CLASS	AGES	DAY & TIME	FEE
DANCE MIX Gain strength and flexibility while learning new dance moves and having fun! A free movement dance program for beginners, Dance Mix encourages participants to move around plenty while exploring various dance styles and techniques. No experience or dance equipment required!	3-5	Sunday 4:15-4:45 PM	Member \$30 Non-member \$40
LITTLE SCIENTISTS Is your child curious about how things work...and does he or she like to make a mess in the process? This new program will immerse young participants in the world of scientific discovery through interactive play, entertaining demonstrations, and fun simple experiments. Let your child experience the thrill of discovery!	3-5	Saturday 9:00-9:30 AM	Member \$30 Non-member \$40
INTRODUCTORY DANCE: BALLET/JAZZ Come learn ballet/jazz basics. No prior experience is required to enroll. We hope to introduce children interested in dance to beginner technique in a relaxed class setting. This program is great for those looking to test the waters before joining a more advanced studio!	5-8	Sunday 3:00-4:00 PM	Member \$40 Non-member \$56
INTRODUCTORY DANCE: HIP HOP Come learn hip hop basics. No prior experience is required to enroll. We hope to introduce children interested in dance to beginner technique in a relaxed class setting. This program is great for those looking to test the waters before joining a more advanced studio!	5-8	Sunday 6:15-7:00 PM	Member \$40 Non-member \$56
YOUNG ARTISTS STUDIO Join us for informative and interactive classes on all things art! Explore a variety of different mediums as you hone and develop your creative skills. These classes are sure to inspire the creative in you!	7-10	Tuesday 5:15-6:15 PM	Member \$40 Non-member \$56
EXPLORE! JUNIOR STEM INSTITUTE This program is designed specifically for middle school students and will strive to teach key STEM (Science, Technology, Engineering, and Mathematics) topics in a fun, hands-on way. We will work to creatively solve problems through experimentation and discover that making mistakes is not only okay, but fun! It is the process, not the outcome, that is important. We hope to spur students to think, inquire, and aspire.	7-10	Tuesday 6:30-7:30 PM	Member \$40 Non-member \$56
JUNIOR CHEFS In this program, students will get a hands-on fundamental kitchen experience, learning skills such as reading and referencing recipes, ingredient identification, proper measuring techniques, and more.	7-10	Thursday 6:15-7:15 PM	Member \$40 Non-member \$56
ABCs OF ASL Learning a new language can build self-confidence, empathy for others, and respect for new experiences. This program introduces the basics of American Sign Language (ASL) and is designed for students who have little or no previous knowledge of ASL. Join in and broaden your horizons!	7-10	Monday 5:45-6:45 PM	Member \$40 Non-member \$56
"Y NIGHT AT THE..." ARTS SERIES The Chippewa Valley is bursting with opportunities to experience the arts, whether it be through seeing a theatrical production, a symphony performance, or an art exhibit. Through this program, we'll experience performances together as we learn about the artistic process that goes into creating these works of art through performer talkback opportunities and more. Fee is structured per-performance, so you can pick and choose the events that best fit your interests and schedule! For a complete list of opportunities, please contact Jen at jzwicky@ymca-cv.org or visit our website.	8-16	Varies	Varies based on event
WRITELAB Unleash your creativity and tell your story! This program for middle school students allows for collaboration and idea-sharing as our group will help each other through the creative process by providing ideas and opinions while participating in fun and challenging writing activities and prompts. Feel free to bring pieces you're already working on or come prepared to start something brand new!	11-16	Saturday 1:00-2:30 PM	Member \$20 Non-member \$30
ASL FOR ADULTS Learning a new language can build self-confidence, empathy for others, and respect for new experiences. This program introduces the basics of American Sign Language (ASL) and is designed for teen and adult students who have little or no previous knowledge of ASL.	14+	Monday 7:00-8:00 PM	Members \$40 Non-member \$56

YMCA EARLY LEARNING COMMUNITY

Call today for availability and to set up a tour!

4 WEEKS-5 YEARS

Chippewa Falls Center | 6:00 AM-6:00 PM

Eau Claire Center | 6:30 AM-6:00 PM

The YMCA Early Learning Community is designed to offer a safe and engaging environment to develop foundational skills through a variety of age-appropriate, fun-filled activities and curriculum.

We encourage each child to explore new experiences and interact with others in a positive manner to build self-reliance and develop the social-emotional skills that foster a desire for life-long learning through the Y values of caring, honesty, respect and responsibility.

Early Learning Community Benefits

YMCA child care goes beyond quality, first-rate care for your child. It also includes these great benefits:

- Swim lessons
- Preschool curriculum
- Nutritious daily breakfast, lunch, and snacks
- Outdoor playgrounds
- Professional staff
- Gym activities and preschool physical education
- YMCA family membership

CHIPPEWA FALLS	
Weekly Rates (1/1/2020)	
Infant Room	\$228
1 Year Olds	\$223
2 Year Olds	\$218
3 Year Olds	\$213
4 Year Olds	\$206

EAU CLAIRE	
Weekly Rates (1/1/2020)	
Infant Room	\$228
1 Year Olds	\$223
2 Year Olds	\$211
3 Year Olds	\$195
4 Year Olds	\$195

4K PROGRAMS

The YMCA is proud to provide 4 year old Kindergarten at both the Eau Claire and Chippewa Falls locations. The YMCA offers both morning and afternoon sessions. There is no charge for the 4K program. The program is 4 days per week for 3 hours per day.

The 4K Program is for children:

- who are 4 years old on or before September 1, of the year they plan to enroll
- who live in the Chippewa Falls or Eau Claire Area School District, or
- who have open-enrolled into the Chippewa Falls or Eau Claire Area School District.

The 4K Program provides:

- Chippewa Falls and Eau Claire School District curriculum
- Quality classroom experience for 4 year olds
- DPI-licensed teachers
- Parent and family activities

Wrap-Around Child Care

In addition to the traditional 4K program, wrap-around child care is also available upon request. Chippewa Falls wrap-around is \$206 per week. Eau Claire is \$195. Wrap-around space is limited; please contact for availability.

EC - Nick Salimes (715) 839-4610 | nsalimes@ymca-cv.org

CF - Alison Bush (715) 723-5135 | abush@ymca-cv.org

SCHOOL'S OUT

School's Out is designed to provide quality, licensed child care for children when the Eau Claire and Chippewa Falls public schools are not in session. Daily plans include sports, arts and crafts and many other activities to keep your child motivated, social and active.

Sample Daily Schedule

6:30 AM	Open for Care
	Supervised Open Play
9:00 AM	Morning Meeting
9:15 AM	Group Activities
10:00 AM	AM Snack Break
10:30 AM	Group Activities
11:30 AM	Supervised Open Play
NOON	Lunch Break
1:00 PM	Outdoor Recess
2:30 PM	PM Snack Break
3:00 PM	Group Activities/Craft
4:30 PM	Supervised Open Play
6:00 PM	Final Pick-up Time

What to Bring

- Weather-appropriate clothing to play outside
- Lunch and two snacks

2019-2020 School's Out Dates

EAU CLAIRE DATES

October 24 & 25
October 28
November 25, 26 & 27
December 23
December 26 & 27
December 30 & 31
January 20
February 20 & 21
February 24
March 23-27
April 10
April 13
May 22

CHIPPEWA FALLS DATES

September 27
October 24 & 25
November 25, 26 & 27
December 23
December 26 & 27
December 30 & 31
January 2 & 3
January 20
February 17
March 23-27
April 10
April 13

SNOWED OUT

The Snowed Out program is full-day child care for grades K-5 on days when the School District is closed due to inclement weather. You must pre-register to attend, but will only receive billing if your child attends the program.

2019-2020 SCHOOL'S OUT & SNOWED OUT DAILY RATES	
YMCA Member	Non-member
\$47	\$62

SCHOOL-AGE CHILD CARE (SACC)

YMCA Early Learning Community

Registration Opens April 6 at 6:00 AM

KINDERGARTEN-5th GRADE

The YMCA before and after school SACC programs are designed to provide a safe and dependable community for children to engage in social and physical activities that promote the Y values of caring, honesty, respect, and responsibility.

The Y offers before and after school care at several Eau Claire and Chippewa area elementary school sites using the cafeteria, gym, or group space, and at both the Eau Claire and Chippewa YMCAs.

ON-SITE SCHOOL LOCATIONS

This on-site option allows kids in Eau Claire to be dropped off at their school as early as 6:30 AM. The after school option offers care in Eau Claire and Chippewa Falls with pick-ups as late as 6:00 PM.

Eau Claire Schools

Flynn
Locust Lane
Manz
Meadowview
Northwoods
Putnam Heights
Robbins
Sam Davey
St. Mary's

Chippewa Falls Schools

Halmstad
Hillcrest
Parkview
Southview
Stillson
Chippewa Falls YMCA

YMCA CLUBHOUSE LOCATIONS

At the Eau Claire YMCA Clubhouse, kids can be dropped off as early as 6:30 AM and will be bused directly to their school to start their day. After school, kids catch the Y bus back to the Clubhouse until as late as 6:00 PM. The YMCA currently buses kids to and from the following locations:

Lakeshore Montessori
Longfellow St. James
Sherman

RATES

Our SACC rates are based on a weekly fee schedule. Please refer to the charts below.

2020-2021 WEEKLY YMCA MEMBER RATES				
SACC YMCA Member	Before School	After School	Before & After	School's Out
4 Days	\$40	\$60	\$100	
5 Days	\$50	\$75	\$125	
Day Rate				\$47

2020-2021 WEEKLY NON-MEMBER RATES				
SACC Community	Before School	After School	Before & After	School's Out
4 Days	\$50	\$70	\$120	
5 Days	\$60	\$85	\$145	
Day Rate				\$62

REGISTRATION

Registration forms must be completed with each new school year due to licensing requirements. Forms can be found online, or you can pick up a paper copy at the Service Desk. Space is limited and will be based on a first come first serve basis.

Registration opens April 6 at 6:00 AM



HEALTH INTERVENTION & SPECIALTY CLASSES

CLASS	DAY	DATES	COST	
FIERCE FITNESS Ages 16+ EAU CLAIRE YMCA Fierce Fitness combines weight training, core strength, cardiovascular endurance, and flexibility into unique workouts to challenge your metabolic pathways. We will use time and scoring systems in order to establish both internal and external motivation, as well as competition. Fierce Fitness is a great workout or next step in achieving a higher fitness level.	Tues/Thurs 5:30-6:30 AM	April 14-May 28	Member \$84 Non-member \$126	
SURVIVE & THRIVE CHIPPEWA FALLS YMCA The Survive & Thrive program is focused on helping survivors engage life after cancer. Through understanding and support, the Chippewa Falls YMCA is here to help cancer survivors by providing them with the necessary tools, both physically and mentally, to focus on you – the whole person – not the disease. This program is geared towards survivors who finished treatment within the past year.	Mon/Wed 11:00 AM-12:15 PM	April 6-May 27 (No class May 25)	Free for cancer survivors, but registration is required	
ATHLETIC ENHANCEMENT PROGRAM This program is perfect for youth ages 12 and older and is designed to build and sharpen athletic fundamentals such as strength, conditioning, speed and agility, with a focus on injury prevention. AEP is great for all ability levels in any sport as we cater to each person’s strengths and weaknesses. Full teams are welcome. This program is designed and run by nationally-certified personal trainers at the McPhee Center on the UW-Eau Claire Campus.	Class Options: Monday – Friday 6:00 AM–12:00 PM Classes are one hour long.	June 15-August 7	ECASD Residents: Students that live within the Eau Claire Area School District can attend up to four times per week for FREE. For non-resident prices go to www.eauclaireymca.org/aep . Registration opens March 16 at the Eau Claire YMCA.	
GOJU KAI KARATE EAU CLAIRE YMCA Each session, you will learn karate and self-defense skills while improving flexibility, balance, and coordination. This program runs continuously and meets every Thursday evening and Saturday morning; you may attend whichever sessions meet your schedule. Enrollment is continuous, and both beginner and advanced levels are taught at each class. Location: Fitness Training Center – Eau Claire YMCA For more information, please contact Duane Badman at (715) 456-0152 or at dbadman@centurytel.net	Thursday 7:00–9:00 PM Saturday 10:00 AM–Noon	KARATE PUNCH CARD		
		# of Sessions	Member	Non-member
		3	\$15	\$30
		10	\$40	\$80
		20	\$60	\$120
YMCA DIABETES PREVENTION PROGRAM If you are at high risk for type 2 diabetes, this program is for you! The YMCA’s Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health has proven that programs like the YMCA’s Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58%. ABOUT THE PROGRAM: In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity, and other behavior changes over a 12-month period, beginning with 16 weekly one-hour sessions followed by monthly maintenance for added support to help them maintain their progress. PROGRAM GOALS: Reduce body weight by 7% and increase physical activity to 150 minutes per week WHO CAN PARTICIPATE? In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25), and at high risk for developing type 2 diabetes. This is indicated by a confirmatory blood value, prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.				
ENHANCE^(R) FITNESS AGES 55+ This fitness class is different from the start because it is based on scientific research and input from older adults. The result is a fun and lively program that works! Format includes cardio endurance, strength, flexibility and balance, which can help reduce arthritis symptoms.				
LIVESTRONG^(R) EAU CLAIRE YMCA Cancer is a life-changing disease, taking a tremendous physical and emotional toll on those affected. The YMCA and LIVESTRONG [®] have joined together to create LIVESTRONG [®] at the YMCA: a free, research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff, who are trained in supportive cancer care to safely achieve goals such as: building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG [®] at the YMCA is helping people move beyond cancer in spirit, mind, and body.				

Seeking More Information?

Find information on all group exercise classes, schedules, as well as all other Healthy Living offerings by going to our websites:

Chippewa Falls YMCA: www.chippewaymca.com

Eau Claire YMCA: www.eauclaireymca.org

GETTING STARTED

Complimentary Wellness Consultation & Personal Training Session

As part of your YMCA membership, all members receive a complimentary wellness consultation and one personal training session! The free 30 minute wellness consultation with one of our Healthy Living professionals will help you develop your individualized wellness goals and learn more about the programs and services the YMCA has to offer. Next you'll receive a free 45 minute personal training session and recommendations designed around your goals to ensure you are making the most of your time and membership with the YMCA. Contact your YMCA branch to schedule or for more information.

Members FREE

ActivTrax – Eau Claire YMCA

We have all been there – wondering what exercises to do and when, or even how to do them. That is why we have brought you ActivTrax. This virtual tracking program understands your wants, needs, and goals. It is simple to use, effective, and easy to get started. Once activated, you can log in to print workouts and track your progress online.

Members FREE

PERSONAL TRAINING

By working with a YMCA Certified Personal Trainer, you will receive instruction and encouragement to push yourself further than you can imagine. You will get more than just a challenging workout; you'll be taught how to exercise effectively and safely to achieve your goals, rehabilitate injuries, and become a better you. You can work out one-on-one, with a partner, or as small group by purchasing a personal training package at either our Eau Claire or Chippewa Falls YMCA branches. Please contact your YMCA branch to purchase your package or for more information.

Steps to Get Started

- Step 1: Complete the personal training interest form online or return a paper copy to the Service Desk.
- Step 2: Our staff will recruit a trainer who matches your training goals and availability.
- Step 3: Your trainer will contact you within 48 hours to set up a consultation.
- Step 4: Together, you will decide which option and times work best for you.
- **CHIPPEWA FALLS PERSONAL TRAINING:** Contact Matt Dresser at mdresser@ymca-cv.org or (715) 723-2201
- **EAU CLAIRE PERSONAL TRAINING:** Contact Jamie Hoover at jhoover@ymca-cv.org or (715) 836-8460

IGNITE YOUR WORKOUT

Ignite Personal Training Package* \$99

Need some direction? Unsure of where to start? The Ignite Personal Training Package will help you get started!

- Three personal training sessions, 60 minutes each
- A wellness consultation and assessment

*Offer valid only for members who are new to personal training.

To schedule a personal training session or to sign up for Ignite:

Eau Claire YMCA: Contact Jamie at jhoover@ymca-cv.org

Chippewa Falls YMCA: Contact Matt at mdresser@ymca-cv.org

Ready to Join Our Active Older Adult Community?

Contact Missy, Active Older Adult Coordinator, at
mreece@ymca-cv.org

Looking for Boot Camp?

We offer intensity-filled classes every Monday from 5:30-6:30 AM in Eau Claire and Thursday 5:30-6:30 AM in Chippewa Falls. This class is FREE to members... try it today!

YOUR YMCA CONTACTS

This is more than just a career for us; this is our family, and you're a part of it, too! We are always here for you; please don't hesitate to contact us!

CHIPPEWA FALLS YMCA

Member Service Desk
(715) 723-2201

Linda May, Regional Executive Director
(715) 861-2348 | lmay@ymca-cv.org

Cathy Krula, Aquatic Director
(715) 861-2342 | ckrula@ymca-cv.org

Carrie Malicki Mathwig, Fitness Coordinator
(715) 861-2341 | cmalicki@ymca-cv.org

Gary Johnson, Director of Maintenance
(715) 861-2344 | gjohnson@ymca-cv.org

Jim Ignarski, Development & Communication Director
(715) 861-2346 | jignarski@ymca-cv.org

Linda Rushmann, Membership Director
(715) 861-2350 | lrushmann@ymca-cv.org

Lynn Belohlavek, Accounting & IT Director
(715) 861-2349 | lbelohlavek@ymca-cv.org

Mark Erickson, Senior Program Director
(715) 861-2351 | merickson@ymca-cv.org

Matt Dresser, Healthy Living Director
(715) 861-2352 | mdresser@ymca-cv.org

EAU CLAIRE YMCA

Welcome Desk - Entrance A
(715) 839-4620

Member Service Desk - Entrance B
(715) 836-8460

Craig Monson, Regional Executive Director
(715) 839-4606 | cmonson@ymca-cv.org

Bonnie Nicolai, Sports Director
(715) 839-4616 | bnicolai@ymca-cv.org

Cody Harrison, SACC/Day Camp Reg. & Child Watch
(715) 839-4615 | charrison@ymca-cv.org

Dee Sembach, Administrative Assistant
(715) 839-4604 | dsembach@ymca-cv.org

Jen Zwicky, Youth Development Director
(715) 839-4605 | jzwicky@ymca-cv.org

Kathy Palme, Human Resource/Finance Manager
(715) 839-4617 | kpalme@ymca-cv.org

Kristi Herbenson, Health Interventions Coordinator
(715) 839-4646 | kherbenson@ymca-cv.org

Lori Kleist, Aquatics Director
(715) 839-4619 | lkleist@ymca-cv.org

Paula Caucutt, ECY Marlins Head Coach
(715) 836-8460 | pcaucutt@ymca-cv.org

Randi Schrader, Membership Director
(715) 839-4638 | rschrader@ymca-cv.org

Steve Fox, Director of Maintenance
(715) 839-4621 | sfox@ymca-cv.org

Trisha Thompson, Billing & Account Specialist
(715) 839-4611 | accountspayable@ymca-cv.org

CAMP MANITOU

Brian Moore, Camp Manitou Director
(715) 839-4607 | bmoore@ymca-cv.org

Briana Goldbeck, Assistant Camp Manitou Director
(715) 839-4607 | bgoldbeck@ymca-cv.org

JOHN & FAY MENARD YMCA TENNIS CENTER

Matt Boughton, Tennis Director
(715) 836-8470 | mboughton@ymca-cv.org

L.E. PHILLIPS YMCA SPORTS CENTER

Amy Peterson-Foss, Sports Center Director
(715) 552-1200 | afoss@ymca-cv.org

Ricia Uber, Gymnastics Director
(715) 552-1200 | ruber@ymca-cv.org

Sawyer Sturz, Sports Center Program Coordinator
(715) 552-1200 | ssturz@ymca-cv.org

YMCA EARLY LEARNING COMMUNITY

Alison Bush, Child Care Director - Chippewa Falls
(715) 723-5135 | abush@ymca-cv.org

Dona Crank, Billing Coordinator - Chippewa Falls
(715) 723-5135 | dcrank@ymca-cv.org

Jordan West, SACC/Camp Director - Chippewa Falls
(715) 723-5135 | jwest@ymca-cv.org

Katie Jo Millen, SACC Director - Eau Claire
(715) 839-4649 | kmillen@ymca-cv.org

Nick Salimes, Child Care Director - Eau Claire
(715) 839-4610 | nsalimes@ymca-cv.org

Seth Abrahamson, SACC Director - Eau Claire
(715) 839-4609 | sabrahamson@ymca-cv.org

ASSOCIATION

Theresa Hillis, Chief Executive Officer
thillis@ymca-cv.org

Amy Huempfer, Association Marketing Director
(715) 839-4637 | ahuempfer@ymca-cv.org

Caroline Wee, Assoc. Child Care Services Director
(715) 839-4603 | cwee@ymca-cv.net

Hillary Koppes, Association Finance Director
(715) 839-4618 | hkoppes@ymca-cv.org

Jamie Hoover, Association Healthy Living Director
(715) 839-4614 | jhoover@ymca-cv.org

Suzie Slota, Director of Mission Advancement
(715) 839-4631 | sslota@ymca-cv.org

DO YOUR PART!

Interested in volunteering at the YMCA? Check out our opportunities online today!

VOLUNTEER TODAY

When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your health and well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

TYPES OF VOLUNTEER OPPORTUNITIES

Our volunteers have varying talents and abilities, but the majority fall under the following categories:

PROGRAM

Coach a team or help out at one of our family events.

SUPPORT

Give back and support neighbors whether it is in the office, in the lobby, or on the grounds.

FUNDRAISING

Help to raise funds to ensure the Y is accessible to all members of the community.

LEADERS

Serve on our Board of Directors or a committee.

TOGETHERHOOD

Give positively to our community through service projects chosen and designed by a committee of Y members.

For more information, please contact Suzie Slota at sslota@ymca-cv.org

OUR PURPOSE IS DEEPER THAN OUR POOL:

Join the Y to connect with your community and build a healthy mind, body, and spirit. We are more than just a gym: we are a cause.

**Be active. Be involved.
Belong.**

VOLUNTEER LEADERSHIP

It takes many caring people to make all the great things happen at our Y. Each of our volunteer board members shares their time and energy and focuses on strengthening our communities by helping kids reach their potential, encouraging healthy living for all ages, and giving back to our neighbors.

Board of Directors

Connie Pedersen – President

Jennifer Moen – 1st Vice President

Pam Haller – 2nd Vice President

Sara Nick – Treasurer

Jason Wudi – Secretary

Scott Lau – Past President

Rolly Enderes – Past President

Laura Baalrud

Scott Biederman

Beth Blackburn

Doug Custer

Keith Dawson

Lieske Giese

Joni Gilles

Brent Goska

Scott Hunt

Andy Jepsen

Brian Lanners

Neil Mathwig

Ross Spitz

Cole Stark

Jason Vance

Kent Vandehaar

Steve Weiss

REGISTRATION DATES*

MEMBERS

Spring: March 2

Spring Progressives: March 30

NON-MEMBERS

Spring: March 23

Spring Progressives: April 2

“Progressives” refers to progressive programming for gymnastics and swimming lessons.

*unless otherwise noted in the program description

Registration will take place at the YMCA Service Desk, via phone, or online at www.eauclaireymca.org or www.chippewaymca.com.