



WHERE COMMUNITY COMES
TOGETHER

YMCA OF THE CHIPPEWA VALLEY
EAU CLAIRE YMCA | JOHN & FAY MENARD YMCA TENNIS CENTER
L.E. PHILLIPS INDOOR SPORTS CENTER | CHIPPEWA FALLS YMCA
CAMP MANITOU | YMCA EARLY LEARNING COMMUNITY

WINTER 2020

TABLE OF CONTENTS

Membership	3
Facility Amenities	5
Child Watch	5
Birthday Parties	5
Association Member Benefits	5
Camp Manitou	6
Summer Day Camps	7
Youth & Family Events	8
Swimming Lessons	9-13
Swimming Lesson Selector	14
Swim Team & Swim Clinics	15
Youth Sports	16
Adult Leagues	17
High School Leagues	17
Youth Leagues & Tournaments	18
Gymnastics	19-20
Tennis Center	21-23
Safety Courses	24
Youth Arts & Enrichment	25-26
YMCA Early Learning Community	27
School Age Care	28
Specialty Fitness Classes	29-30
Staff Directory	31
Volunteer Opportunities	32

L.E. Phillips YMCA Sports Center

3456 Craig Road, Eau Claire, WI 54701

(715) 552-1200

WINTER/SPRING HOURS

Effective through June 6th

Monday-Thursday	9:00 AM-10:00 PM
Friday	9:00 AM-9:00 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 25

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

Camp Manitou

27960 137th Street, New Auburn, WI 54757

(715) 839-4607

Eau Claire YMCA Facility

700 Graham Avenue, Eau Claire, WI 54701

(715) 836-8460

WINTER/SPRING HOURS

Effective through May 25

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

Eau Claire YMCA Service Desk

WINTER/SPRING HOURS

Effective through May 25

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

John & Fay Menard YMCA Tennis Center

1260 Menomonie Street, Eau Claire, WI 54703

(715) 836-8470

WINTER/SPRING HOURS*

Monday-Thursday	6:00 AM-10:00 PM
Friday	6:00 AM - 9:00 PM
Saturday	8:00 AM-8:00 PM
Sunday	10:00 AM-10:00 PM

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

YMCA Early Learning Community

700 Graham Ave, Eau Claire, WI 54701

(715) 836-8460 AND

630 Miller St, Chippewa Falls, WI 54729

(715) 723-5315

CENTER HOURS

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

Holiday Hours & Closures

Thanksgiving (11/28)	All EC Locations	Closed
	Chippewa YMCA	7:00-11:00 AM
Christmas Eve (12/24)	All Locations	Open until Noon
Christmas Day (12/25)	All Locations	Closed
New Year's Eve (12/31)	All Locations	Open until 6 PM
New Year's Day (1/1)	EC YMCA	Noon-5 PM
	Tennis Center	Noon-5 PM
	Sports Center	Closed
	Chippewa YMCA	Noon-5 PM
Easter (4/12)	All Locations	Closed

BECOME A MEMBER TODAY!

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.

MEMBERSHIP HOLD FEE

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

MEMBERSHIP FOR ALL – SPONSORED MEMBERSHIPS

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. Sponsorship rates are determined by household income.

DAY PASSES

Guests are welcome and may purchase a day pass. Guests 18 years or older must present a photo ID card. Youth, Adult and Family day passes are available at our membership branches.

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.

NO CONTRACT, NO COMMITMENT

WINTER SESSION DATES*

Winter 1: January 5 – February 22

Member Registration: December 9 | Community Registration: December 16

Winter 2: February 23 – April 11

Member Registration: January 27 | Community Registration: February 3

Winter 2 Progressive Programming (Gymnastics & Swimming Lessons)

Member Registration: February 10 | Community Registration: February 13

*Session dates may vary for certain speciality programs.

Register Online, via Phone or at the Member Service Desk

To register online, you will need to set up your online account with Daxko. Please refer to our website for assistance.

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. Give online at www.eauclaireymca.org/donate or call Suzie at (715) 839-8431 for more information.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA OF THE CHIPPEWA VALLEY

WHICH BRANCH WORKS FOR YOU?

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. Eau Claire, WI 54701 715.552.1200 www.eauclaireymca.org
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

	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	●		●		

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 facility for up to 2 hours. Child Watch is available at the Chippewa Falls and downtown Eau Claire facilities.

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. **Effective January 1, 2020**, this service is only available to members with a valid Family Membership. All children must be on the Family Membership.

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!
- 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. Limit 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 resident camp, Camp Manitou, in New Auburn.
- Drop-off Child Watch babysitting services for children 6 weeks to 11 years of age.
- Kid's 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 Opens January 2nd at 10 AM for Summer 2020 Sessions!

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. Community members can also apply for scholarships, find more information online.

Winter Camp | Grades 2-7 | February 21-23

Ever wonder what it's like at camp in the winter season? Winter Camp is a great opportunity for youth to spend their February break enjoying winter activities at camp, like snowshoeing, tubing, drinking hot chocolate and playing games in the snow. We provide transportation to and from camp. The buses leave from the John & Fay Menard YMCA Tennis Center at 8:00 AM Friday and return at 4:00 PM Sunday.

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.

Camp Wabi | Grades 6-10 | 2020 Dates TBD

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 Wabi is a life-changing experience for the whole family. **Community members may choose Tier C pricing for Camp Wabi.

CAMP	DATES	ENTERING GRADE	TIER C*	TIER B	TIER A
Mini Camp	July 7 - 11	2 nd -5 th	\$265	\$340	\$415
Main Session A	June 14-20	3 rd -7 th	\$415	\$515	\$615
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	\$425	\$525	\$625
Teen Week Two	July 19-25				
Sailing Camp A	June 14-June 20	5 th -9 th	\$425	\$525	\$625
Sailing Camp B	June 28-July 4				
Camp Wabi	2020 Dates TBD	6 th -10 th	\$325**	\$500	\$675

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

Camp staff are 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 CPR, emergency procedures, basic water safety, first aid and child abuse prevention, 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, and both locations from 4:30-6:00 PM, and is included in your camp fee.

Cancellations/Changes

- If you need to cancel any weekly camp, you must do so by e-mail or in writing by 12:00 PM Friday, two weeks prior to that individual camp week and receive confirmation. Example: Cancellations for the week of June 10-14 are due by May 24.
- You may submit schedule changes via e-mail directly to daycamp@ymca-cv.org and all updates/changes will be confirmed. If you do not receive confirmation, do not assume your update has been received. Cancellation within two weeks of designated camp will result in full charge. Full charge is also due for cancellations the week of any specific camp.
- There will be no credits given for sick days. There will be no refunds.

EAU CLAIRE YMCA & CHIPPEWA FALLS YMCA CAMPS

Registration for Adventure and Discovery Camps 2020 sessions:

Members: January 18 | Community: February 1

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 and self-confidence, experience new adventures while gaining a sense of belonging to a community. Pricing is available for full weeks only. Prices for Y members and community members are available. Head to our website or pick up our summer camp brochure to learn more.

- **Eau Claire Adventure Camp** | For children who are 8-12 years old
- **Eau Claire Discovery Camp** | For children who have completed Kindergarten-7 years old
- **Chippewa Falls Adventure Camp** | For children who are 8-12 years old
- **Chippewa Falls Discovery Camp** | For children who have completed Kindergarten-7 years old

CAMP PRICING - Chippewa Falls & Eau Claire	
YMCA Member	\$194
Community	\$219
Specialty Camp (CF only)	\$240

L.E. PHILLIPS YMCA SPORTS CENTER CAMP

Registration for Sports Center Day Camp 2020 session:

Members: January 18 | Community: February 1

Our fully-supervised Summer Day Camp will focus on different weekly themes. We will have Fairfax Pool field trips on Tuesdays, other field trips on Thursdays, games, crafts and educational activities relating to our theme of the week. Pricing is available for full weeks only. Head to our website or pick up our Summer Camp Brochure to learn more. Sports Center Day Camp is available for 5-14 year olds.

CAMP PRICING - Chippewa Falls & Eau Claire	
YMCA Member	\$185
Community	\$210
Partial week pricing is available.	

YOUTH & FAMILY EVENTS

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 Y's Facebook page for your chance to vote the week before! Community members are welcome after 6:00 PM (photo ID required).

December 13	Frozen
January 10	Voter's Choice
February 14	The Hunchback of Notre Dame
March 13	An Extremely Goofy Movie
April 10	Toy Story 4

Parents' Night Out | Eau Claire YMCA

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

At Parents' Night Out at the Eau Claire YMCA, you (the parents) can go enjoy a few hours to yourself while your kids are having a blast here at the Y. We will provide dinner for the kids, plus a combination of games, crafts, a movie, and pool time... be sure to bring a swimsuit! Registration closes the day before at 8:00 PM (so we can make sure we have enough food!), so be sure to sign up early!

January 4 | February 1 | March 7 | April 4

Fee (per day): Member \$8 | Community \$12

Middle School School's Out

January 20 | February 24 | April 10 | April 13 | May 22
9:00 AM–3:00 PM

Looking for something fun, enriching, and productive for your middle school student to do on one of their scheduled days off from school this fall? Drop them off at the Y for a day filled with leadership and team-building activities, games, volunteer work and more—we will even provide lunch! Please note: Weather permitting, we may leave the Y as a group to seek adventures offsite. Need to drop off early or pick up late? No problem! Participants will also receive a day pass to use before and/or after programming time to play in the gym, pool or Youth Development Center as unstructured free time. We will need a minimum number of participants for this new program to run, so be sure to register in advance to secure your spot. Open for all 6th through 8th graders.

Fee (per day): Member \$45 | Community \$60

Storybook Ball

Saturday, January 11 | 6:30 PM–9:00 PM

Come one, come all, to the first annual Storybook Ball! We invite you to dress as your favorite princess, prince, or other character to dance the night away with your family. We'll have music, activities, a costume contest, games, prizes, and more! Hosted by YLEC (Youth Leadership Eau Claire), this is sure to be a night you'll never forget.

Fee: Member \$10 | Community \$15 (per person)

Chippewa Falls Free Fishing Event

January 18, Noon–3 pm @ Erickson Park in CF

Meet in Erickson Park for a day of fishing instruction and learn how to ice fish! Each child will receive free fishing poles and bait while supplies last. Chippewa Rod & Gun Club will be there to help you from casting to eating your fish!

Fee: FREE

Family Fest | YMCA Sports Center

January 18, 11:00 AM – 3:00 PM

Great fun for the whole family! Come to the Sports Center from 11:00 AM–3:00 PM to enjoy DJ entertainment, Family Olympics, Mascot Mania, Marketplace, emBARK dog show and a petting zoo! Presented by Kristo Orthodontics

Fee: \$5 Admission, Kids 2 and under are FREE

"Read Across America Day" Book Drive

Donation Dates: February 1–28

Distribution Day: March 2, 4:00–7:00 PM

Celebrate Read Across America Day with the Eau Claire YMCA! We will accept donations of new and gently-used children's books (for ages from birth to teens) throughout the month of February in order to host a giant book giveaway on March 2! All books will be distributed at the giveaway completely free of charge.

Fee: FREE!

Healthy Kids Day

Chippewa Falls YMCA | March 7, 9:00 AM – Noon

Healthy Kids Day will allow 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

Y-Rep Productions Presents...

YOUR VOICE COUNTS & ALADDIN

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.

YOUR VOICE COUNTS: Saturday, Jan 25, 4:00 & 7:00 PM

YVC TICKETS: All tickets are \$5

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

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

Kids Expo

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. Kids Expo will take place at the L.E. Phillips YMCA Sports Center at 3456 Craig Road.

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

Youth Voices Summit

Saturday, April 18 | 10:00 AM–3:00 PM

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 session, and engaging activities that will help elevate the voices of our youth. For youth ages 11–18 years old.

Fee: \$25

Teen Job Fair

Saturday, April 25 | 10:00 AM–1:00 PM

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 jzwicky@ymca-cv.org to sign up. For youth ages 14–18, but all are welcome.

Fee: FREE

AQUATICS: SKILLS FOR LIFE

PROGRESSIVE SWIMMING LESSONS REGISTRATION

WINTER 1

Members: December 9 | Community: December 16

WINTER 2

Members: February 10 | Community: February 13

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

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

Private lessons are a 1:1 ratio. Semi-private lessons are a 2:1 ratio. Lessons are arranged to fit your schedule and pool availability. 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 a Member Service Specialist at our Member Service Desk. Fees are based on number of lessons.

PRIVATE LESSON PRICING

# of Lessons	Member	Community
1	\$25	\$35
5	\$110	\$150
10	\$200	\$280

SEMI-PRIVATE LESSON PRICING

# of Lessons	Member	Community
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 Y: Lori at lkleist@ymca-cv.org or 715.839.4619

Chippewa Falls Y: Cathy at ckrula@ymca-cv.org or 715.723.2201

DOLPHIN GYM & SWIM

Special Needs Program - Wednesday Evenings

This is a program offered to youth and teens in the Chippewa Valley with special needs. This program is offered on Wednesday evenings during the school year at the Chippewa Falls YMCA. Contact Cathy Krula at ckrula@ymca-cv.org or at (715) 723-2201.

SWIMMING LESSONS

PARENT AND CHILD SWIM LESSONS

6-36 MONTHS

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	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 4:00-4:30 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 6:15-6:45 PM		
Monday 5:15-5:45 PM		
Tuesday 5:15-5:45 PM		
Wednesday 5:15-5:45 PM		
Thursday 6:00-6:30 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	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 5:30-6:00 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Monday 5:15-5:45 PM		
Tuesday 6:00-6:30 PM		
Wednesday 5:15-5:45 PM		

PRESCHOOL LESSONS

3-5 YEARS OLD

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	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Sunday 4:45-5:25 PM		
Tuesday & Thursday 6:00-6:40 PM		Member \$78 Community 120
Saturday 9:00-9:40 AM		Member \$39 Community \$69
Saturday 9:45-10:25 AM		

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 3:15-3:45 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 4:00-4:30 PM		
Sunday 6:15-6:45 PM		
Monday 4:30-5:00 PM		
Tuesday 6:00-6:30 PM		
Wednesday 5:15-5:45 PM		
Thursday 6:00-6:30 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	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Sunday 4:45-5:25 PM		
Tuesday & Thursday 6:00-6:40 PM		Member \$78 Community 120
Saturday 9:00-9:40 AM		Member \$39 Community \$69
Saturday 9:45-10:25 AM		

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 3:15-3:45 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 4:45-5:15 PM		
Monday 4:30-5:00 PM		
Monday 6:00-6:30 PM		
Tuesday 6:00-6:30 PM		
Wednesday 4:30-5:00 PM		
Wednesday 6:00-6:30 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 4:00-4:40 PM	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Sunday 4:45-5:25 PM		
Tuesday & Thursday 6:00-6:40 PM		Member \$78 Community 120
Saturday 9:00-9:40 AM		Member \$39 Community \$69
Saturday 9:45-10:25 AM		

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 4:45-5:15 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Monday 5:15-5:45 PM		
Tuesday 6:00-6:30 PM		
Wednesday 4:30-5:00 PM		
Wednesday 6:00-6:30 PM		
Thursday 6:00-6:30 PM		

STROKE INTRODUCTION | AGES 3-5 | PRESCHOOL STAGE 4

For children swimming independently using front and back for 15 yards. Building on front crawl and back crawl with longer distances. Introducing components of breaststroke and butterfly. Practicing safety techniques in deep water.

CHIPPEWA FALLS YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 4:00-4:40 PM	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Tuesday & Thursday 6:00-6:40 PM		Member \$78 Community 120
Saturday 9:45-10:25 AM		Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 5:30-6:00 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 6:15-6:45 PM		
Monday 6:00-6:30 PM		
Wednesday 4:30-5:00 PM		
Thursday 6:00-6:30 PM		

SCHOOL AGE YOUTH SWIM LESSONS

WATER ACCLIMATION | AGES 6-12 | YOUTH STAGE 1

For children who are not comfortable submerging comfortably voluntarily. Exploring the aquatic environment with Instructor assistance. Introduced to 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	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Monday & Wednesday 3:30-4:10 PM		Member \$78 Community \$120
Monday & Wednesday 4:15-4:55 PM		
Tuesday & Thursday 6:45-7:25 PM		
Saturday 10:30-11:10 AM		Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 3:15-3:55 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 4:00-4:40 PM		
Sunday 5:30-6:10 PM		
Monday 4:30-5:10 PM		
Tuesday 6:35-7:10 PM		
Wednesday 5:15-5:55 PM		
Thursday 6:35-7:10 PM		

WATER MOVEMENT | AGES 6-12 | 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	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Monday & Wednesday 3:30-4:10 PM		Member \$78 Community \$120
Monday & Wednesday 4:15-4:55 PM		
Tuesday & Thursday 6:45-7:25 PM		
Saturday 10:30-11:10 AM		Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 3:15-3:55 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 4:00-4:40 PM		
Sunday 5:30-6:10 PM		
Sunday 6:15-6:55 PM		
Monday 6:00-6:30 PM		
Wednesday 5:15-5:55 PM		
Thursday 6:35-7:10 PM		

WATER STAMINA | AGES 6-12 | 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	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Monday & Wednesday 4:15-4:55 PM		Member \$78 Community \$120
Tuesday & Thursday 6:45-7:25 PM		
Saturday 10:30-11:10 AM		Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 4:45-5:25 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Monday 4:30-5:10 PM		
Monday 6:00-6:40 PM		
Tuesday 6:35-7:10 PM		
Wednesday 5:15-5:55 PM		
Thursday 6:35-7:10 PM		

STROKE INTRODUCTION | AGES 6-12 | YOUTH STAGE 4

For children with the ability to swim independently 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	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Monday & Wednesday 4:15-4:55 PM		Member \$78 Community \$120
Tuesday & Thursday 6:45-7:25 PM		
Saturday 10:30-11:10 AM		Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 5:30-6:10 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Monday 5:15-5:55 PM		
Tuesday 6:00-6:40 PM		
Wednesday 6:00-6:40 PM		
Thursday 6:35-7:10 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 | 715-723-2201 | ckrula@ymca-cv.org

STROKE DEVELOPMENT | AGES 6-12 | YOUTH STAGE 5

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

CHIPPEWA FALLS YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 5:30-6:10 PM	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Monday & Wednesday 4:15-4:55 PM		Member \$78 Community \$120
Tuesday & Thursday 6:45-7:25 PM		
Saturday 10:30-11:10 AM		Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 4:00-4:40 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 6:15-6:55 PM		
Monday 4:30-5:10 PM		
Monday 5:15-5:55 PM		
Tuesday 6:35-7:10 PM		
Wednesday 4:30-5:10 PM		
Wednesday 6:00-6:40 PM		

STROKE MECHANICS | AGES 6-12 | YOUTH STAGE 6

For children with the ability to swim front, back crawl and breaststroke 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 life style.

CHIPPEWA FALLS YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 5:30-6:10 PM	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Saturday 10:30-11:10 AM		

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 4:00-4:40 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 6:15-6:55 PM		
Monday 4:30-5:10 PM		
Monday 5:15-5:55 PM		
Tuesday 6:35-7:10 PM		
Wednesday 4:30-5:10 PM		
Wednesday 6:00-6:40 PM		



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

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 | Community \$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 & 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 | Community \$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 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 31st-April 30th

Location: UWEC

Fee: Member \$200 | Community \$230

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 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 Swimming 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 715.723.2201 or ckrula@ymca-cv.org

Eau Claire YMCA Marlins – Contact Coach Paula at 715.836.8460 or pcaucutt@ymca-cv.org

YOUTH SPORTS

YMCA Sports Center, Eau Claire YMCA & Chippewa Falls YMCA

L.E. PHILLIPS YMCA SPORTS CENTER • 3456 CRAIG RD., EAU CLAIRE • 715.552.1200

WINTER 1: JANUARY 5 - FEBRUARY 22 | WINTER 2: FEBRUARY 23 - APRIL 11

CLASS	DAY	TIME	SESSION	FEE
SPORT TYKES ABC'S AGES 3-4 Youth can feel free to run until their heart's content. Several activities are planned according to the letter according to the letter of focus for that week. (Aa = animal walks, aim, airplanes, etc). Children learn how to take turns, follow directions and make friends!	Monday	5:15-6:00 PM	Winter 1 Winter 2	Member \$56 Community \$84
SPORT TYKES SOCCER AGES 4-5 Specific to the game of soccer, this is a great introduction to the sport, encouraging children to 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.	Monday	6:05-6:50 PM	Winter 1 Winter 2	Member \$56 Community \$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 and football. Kids should come prepared to learn and have fun!	Wednesday	5:45-6:30 PM 6:35-7:20 PM	Winter 1 Winter 2	Member \$56 Community \$84

DOWNTOWN EAU CLAIRE YMCA • 700 GRAHAM AVE, EAU CLAIRE • 715.836.8460

WINTER 1: JANUARY 5 - FEBRUARY 22 | WINTER 2: FEBRUARY 23 - APRIL 11

CLASS	DAY	TIME	SESSION	FEE
SPORT TYKES BASKETBALL AGES 4-5 Children will work on hand/eye coordination while learning basic basketball skills such as dribbling, passing and shooting. Teamwork and following directions will be stressed.	Tuesday Friday	10:30-11:15 AM 10:30-11:15 AM	Winter 1	\$56 Member \$84 Community
AWESOME ACES VOLLEYBALL 2ND-4TH GRADERS This class is designed to introduce youth to the game of volleyball. Participants will learn the fundamentals of the game, as well as volleyball rules and terminology. Classes run for one hour, beginning with a warm-up and ending with a brief discussion of what was covered that day in class. All participants should come dressed for high activity.	Sunday	4:30-5:30 PM	Winter 1	\$56 Member \$84 Community
PERFECT PASSERS VOLLEYBALL 5TH-8TH GRADERS Volleyball fundamentals and basic skills will be taught, as well as more advanced skill development and techniques. Participants will have the opportunity to learn the different positions and improve their skills at those positions during game situations. Participants should come dressed for high activity.	Sunday	5:30-6:30 PM	Winter 1	\$56 Member \$84 Community

CHIPPEWA FALLS YMCA • 611 JEFFERSON AVE, CHIPPEWA FALLS, WI 54729 • 715.723.2201

CLASS	DATES	TIME	SESSION	FEE
LITTLE DRIBBLERS BASKETBALL GRADES K-1 Come and be taught basketball skills by McDonell High School basketball coaches and players. Sessions will focus on introducing basic fundamentals of basketball and having fun. All participants will receive a YMCA Little Dribblers t-shirt.	Saturday Jan 4-Feb 15	8:00-8:45 AM 8:50-9:35 AM 9:40-10:25 AM	Winter 1	\$56 Member \$84 Community
BIG DRIBBLERS GRADES 2-4 This program is an introduction to playing organized basketball. Participants will build on their Little Dribbler skills and get experience playing the game of basketball. Learn the fundamentals of basketball as well as competing in games. Each player receives a Big Dribblers Team T-shirt.	Saturday Jan 4-Feb 15	10:30 AM	Winter 1	\$56 Member \$84 Community
BALLET AGES 2 1/2-5 A fun introductory pre-ballet class for ages 2 1/2 to 5. Children will develop coordination, balance, poise and rhythm awareness while also exploring creative movement.	Monday Jan 6-Feb 17	10:45-11:30 AM	Winter 1	\$25 Member \$50 Community

ADULT LEAGUES

YMCA Sports Center & Chippewa Falls YMCA

L.E. PHILLIPS YMCA SPORTS CENTER • 3456 CRAIG RD., EAU CLAIRE • 715.552.1200

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

LEAGUE	SESSION	DATE	TIME	FEE
ADULT BASKETBALL AGES 17+ The adult recreational basketball program consists of 7-9 game sessions from Fall to Spring. 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 find a team for you!	Winter 1	Thursday Jan 9-March 5	6:00-10:00 PM	Individual \$60 Team \$325/\$350
	Winter 2	Thursday March 12-May 7		
ADULT FLAG FOOTBALL AGES 17+ Do you love football? Why not join one of our flag football leagues? We offer both adult competitive flag football leagues and adult recreational flag football leagues. We have the largest indoor facility for flag football in Western Wisconsin!	Winter 1	Wednesday Jan 8-March 4	6:00-10:30 PM	Individual \$70 Team \$500/\$525
	Winter 2	Wednesday March 11-May 13		
COED VOLLEYBALL AGES 16+ The NCAA-approved volleyball floor surfaces, clean and climate-controlled building and player- and spectator-friendly facility make the Sports Center the place to be for volleyball!	Winter 1	Wednesday Jan 8-Feb 26	7:00-9:00 PM	Individual \$35 Team \$150/\$175
	Winter 2	Wednesday March 4-Apr 29		
MEN'S SOCCER AGES 17+ Looking to be active and join in the fun? Maybe your child plays and you would like to learn more about the sport. Enroll as a team or as an individual. This league offers recreational and competitive play. It is a great way to stay active, get competitive play and enjoy camaraderie between your teammates.	Winter 1	Tuesday Jan 7-March 10	6:00-10:00 PM	Individual \$90 Team \$800/\$825
WOMEN'S SOCCER AGES 17+ Looking to be active and join in the fun? Maybe your child plays and you would like to learn more about the sport. Enroll as a team or as an individual. This league offers recreational and competitive play. It is a great way to stay active, get competitive play and enjoy camaraderie between your teammates.	Winter 1	Monday Jan 6-Feb 24	6:00-10:00 PM	Individual \$85 Team \$650/\$675
	Winter 2	Monday Mar 2-Apr 27		

CHIPPEWA FALLS YMCA • 611 JEFFERSON AVE, CHIPPEWA FALLS, WI 54729 • 715.723.2201

LEAGUE	DATES	TIMES	COST
MENS MASTER BASKETBALL LEAGUE AGES 40+ No set teams or leagues, just show up and we will divide into teams and start playing!	Monday Dec 2-Mar 30	7:00 PM	\$25 Member \$50 Community
PICKLEBALL LEAGUE AGES 18+ Pickleball is one of the fastest growing sports in the USA. The game is a combination of tennis, badminton and ping pong. This mini tennis game is played by two or four people on a badminton size court. Grab a partner and a court and start playing.	Thursday Jan 2-Mar 26	6:30 PM	\$25 Member \$50 Community

HIGH SCHOOL LEAGUES

YMCA Sports Center

L.E. PHILLIPS YMCA SPORTS CENTER • 3456 CRAIG RD., EAU CLAIRE • 715.552.1200

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

LEAGUE	SESSION	DATE	TIME	FEE
HS SOCCER MUST BE IN HS TO PARTICIPATE Can't get enough soccer? The YMCA Sports Center offers boys and girls soccer leagues for players of all skills and abilities in the Fall and Winter. All games are played on our highly-maintained indoor turf.	Winter 1	Sunday Jan 5 - Feb 23	12:00-7:00 PM	Individual \$95 Team \$650/\$675
HS GIRLS SOFTBALL MUST BE IN HS TO PARTICIPATE Looking to dust off the glove and gear up for spring? This league offers recreational and competitive play for all high schoolers. Get your teammates together or sign up as an individual to stay active and have fun this offseason!	Winter 1	Sunday Jan 5 - Feb 23	8:00 AM-12:00 PM	Individual \$80 Team \$600/\$650

YOUTH LEAGUES & TOURNAMENTS

YMCA Sports Center & Eau Claire YMCA

L.E. PHILLIPS YMCA SPORTS CENTER • 3456 CRAIG RD., EAU CLAIRE • 715.552.1200
PLAYER PACKAGE REQUIRED TO PARTICIPATE IN LEAGUES AT THE YMCA SPORTS CENTER

INSTRUCTIONAL LEAGUE	SESSION	DATE	TIME	FEE
YOUTH FLAG FOOTBALL AGES 6-8 Kids of all skills and abilities have the opportunity to play football in a fun, safe and climate-controlled environment. Each session will start with a training camp, followed by practice and up to seven league games.	Winter 1	Thursday Jan 9 - March 5	5:10 or 6:00 PM	Individual \$85
	Winter 2	Thursday Mar 12 - May 7		
YOUTH FLAG FOOTBALL AGES 9-11 Kids of all skills and abilities have the opportunity to play football in a fun, safe and climate-controlled environment. Each session will start with a training camp, followed by practice and up to seven league games.	Winter 1	Thursday Jan 9 - March 5	6:50 or 7:40 PM	Individual \$85
	Winter 2	Thursday Mar 12 - May 7		
YOUTH FLAG FOOTBALL AGES 12-14 Kids of all skills and abilities have the opportunity to play football in a fun, safe and climate-controlled environment. Each session will start with a training camp, followed by practice and up to seven league games.	Winter 1	Saturday Dec 7 - Feb 1	9:00 or 10:00 AM	Individual \$100

DOWNTOWN EAU CLAIRE YMCA • 700 GRAHAM AVE, EAU CLAIRE • 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, 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 those registering the day of.	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	

4TH & 5TH GRADE ACES VOLLEYBALL LEAGUE

Open to 4th and 5th grade girls from Eau Claire and the surrounding area, this league is ideal for beginning volleyball players who have an interest in moving beyond instructional volleyball into league play. Players sign up individually and are placed on teams according to where they live and go to school. We welcome and encourage participation by players and teams from outside communities. Practices and games will all take place seven Saturdays in April and May. **VOLUNTEER COACHES ARE NEEDED!**

Dates: April 4 - May 23 (no volleyball on April 11)

Practice & Games: All practices and games will be held on Saturdays at the Eau Claire YMCA

Fee: \$55 Member | \$75 Community | **Registration Deadline:** March 2, 2020

FUSION VOLLEYBALL LEAGUE

Similar to the Great Northwest Basketball League (GNBL), the Fusion Volleyball Club teams will participate in the Wisconsin Independent Volleyball League (WIVL). Open to 6th-8th grade girls who will eventually be enrolled at North, Regis or Memorial high schools, Fusion has a "no cut" policy. The purpose of the club is to introduce the game of volleyball to girls at an age where they can become interested in the game, develop gradually and become productive players.

Fee: \$90 | **Registration Deadline:** December 31, 2019 | **Evaluation Night:** Sunday, January 12 | 6:00-8:00 pm

Placement Night: Monday, January 27 | 7:00-8:30 pm (Parents Only) at South Middle School

Practices: Practices can begin the week of February 24 and run through the end of your season.

The WIVL tournament schedule runs from Saturday, March 28, 2020 through May 9, 2020

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

PROGRESSIVE GYMNASTICS LESSONS REGISTRATION
WINTER 1: Members: December 9 | Community: December 16
WINTER 2: Members: February 10 | Community: February 13

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

WINTER 1: JANUARY 5 – FEBRUARY 22 | WINTER 2: FEBRUARY 23 – APRIL 11

	DAY & TIME	WINTER 1	WINTER 2
PARENT & TOTS AGES 18 TO 36 MONTHS We emphasize a safe, physical play environment incorporating group time, songs, music and basic gymnastics skills. Instructors make classes fun and interesting with stretching, jumping and learning how to roll and safely fall. 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 \$56 Community \$84	Member \$48 Community \$72
	Wed 10:15-11:00 AM		
	Wed 5:20-6:05 PM		
	Sat 10:00-10:45 AM	Member \$48 Community \$72	
TUMBLE TOTS AGE 3 This class provides basic gymnastics progressions taught on each apparatus. Children will learn how to follow multi-step directions, communicate with peers and improve strength and flexibility.	Sun 3:00-3:45 PM	Member \$56 Community \$84	Member \$48 Community \$72
	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	Member \$48 Community \$72	
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 \$56 Community \$84	Member \$48 Community \$72
	Tues 10:15-11:00 AM		
	Tues 6:45-7:30 PM		
	Wed 9:15-10:00 AM		
	Wed 6:15-7:00 PM		
	Sat 11:00-11:45 AM	Member \$48 Community \$72	
ROLLERS AGES 5+ This is the first of the progressive classes and is for students who are new to 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.	Sun 4:00-5:00 PM	Member \$56 Community \$84	Member \$48 Community \$84
	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	Member \$48 Community \$84	
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.	Sun 4:00-5:00 PM	Member \$56 Community \$84	Member \$48 Community \$84
	Mon 4:20-5:20 PM		
	Tues 5:40-6:40 PM		
	Thurs 4:20-5:20 PM		
	Fri 5:45-6:45 PM	Member \$48 Community \$84	
	Sat 12:00-1:00 PM		
BEGINNER 8 + First of the progressive classes aimed at older students that are new to the sport. 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 \$56 Community \$84	Member \$48 Community \$84
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.	Sun 4:00-5:30 PM	Member \$84 Community \$126	Member \$72 Community \$108
	Mon 7:05-8:35 PM		
	Thurs 5:30-7:00 PM		
	Fri 4:00-5:30 PM	Member \$72 Community \$108	
	Sat Noon-1:00 PM		
FLYERS AGES 5+ 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. Skills in this level build upon those in Kippers, looking to enhance the power, height and accuracy of each skill.	Mon & Thurs 5:30-7:00 PM	Member \$126 Community \$210	Member \$108 Community \$180
	Tues & Fri 4:00-5:30 PM	Member \$117 Community \$195	Member \$108 Community \$180

	DAY & TIME	WINTER 1	WINTER 2
FLIPPERS AGES 5+ 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. Skills continue to build on those from Flyers, introducing connected tumbling and bars skills and moving handstands/cartwheels to beam.	Mon & Thurs 5:30-7:30 PM	Member \$168 Community \$280	Member \$144 Community \$240
ADVANCED FLIPPERS This class is aimed at students who have passed the Flippers skill level who want to continue working on mastering and advancing their skills, but do not want to move onto competitive team. Students will continue to work 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 \$137 Community \$228	Member \$126 Community \$210
BEGINNER BOYS 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 Community \$84	Member \$48 Community \$72
	Fri 5:45-6:45 PM		
INTERMEDIATE BOYS This class builds on the Beginner Boys class. Students should show mastery of handstands, cartwheels, pullovers and basic rings and mushroom. It will start to introduce circling skills on bars, handsprings on floor and more advanced vaulting, rings and mushroom skills. Each class will include a variety of strength and flexibility activities as well.	Sun 5:30-7:00 PM	Member \$84 Community \$126	Member \$72 Community \$108
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 Community \$84	Member \$48 Community \$72
	Wed 4:00-5:00 PM		
INTERMEDIATE TUMBLING This class is aimed at students who have shown mastery of the 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 round-offs, handsprings, back walkovers and salto skills (without hands) when appropriate.	Wed 4:00-5:15 PM	Member \$70 Community \$105	Member \$60 Community \$90
	Sat Noon-1:15 PM	Member \$60 Community \$90	

YMCA JR. BLUGOLD GYMNASTICS – CHIPPEWA FALLS YMCA

WINTER 1: JANUARY 5 – FEBRUARY 18 | WINTER 2: FEBRUARY 23 – APRIL 7

	DAY & TIME	WINTER 1	WINTER 2
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 Community \$70	Member \$42 Community \$70
	8+ yrs Monday 5:20-6:20 PM		
ROLLERS 6+ This class is for those who have "graduated from the pre-progressive 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 Community \$70	Member \$42 Community \$70
SWINGERS AFTER ROLLERS To be in swingers gymnast needs to have "graduated" from rollers and have the instructor's permission. This class will get into more serious gymnastics skills. This class will include more intense conditioning and flexibility.	Tues & Thurs 5:20-6:20 PM	Member \$42 Community \$70	Member \$42 Community \$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 and 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!

Private lessons & hitting sessions are available. Contact the Tennis Center for rates.

Upcoming Tennis Events

6th Annual Western Wisconsin Winter Junior Open January 4-5

This is a Level 7 sanctioned USTA tournament. All players must be current USTA members, and meet the points requirement. To participate, you must register online at www.northern.usta.com. If you have any questions, please contact the Tennis Center for more information.

Eau Claire Super Set (Level 6) Junior Tournament February 1

All play will be on Saturday, Feb 1. 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 earlier in case courts are available. Boys/Girls 12-18's. One 8 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.

Eau Claire Super Set (Level 6) Junior Tournament March 7

All play will be on Saturday, March 7. 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 earlier in case courts are available. Boys/Girls 12-18's. One 8 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. 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.

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 | Community \$9

"Noon Ball" Doubles | Fridays | 12:00-1:30 PM

A fun and educational opportunity for adults to practice their doubles skills. Players will spend the first 45 minutes participating in doubles drills with an instructor and the last 45 minutes playing points with coaching. Players may sign up ahead of time or drop in. Drill is limited to the first eight players. Recommended for players 3.5 or higher.

Fee: Member \$15 | Community \$25

REGISTRATION IS NOW OPEN FOR TENNIS WINTER 1 & TENNIS WINTER 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 & 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 your instructor for advice.

YOUTH TENNIS				
TENNIS W1: DECEMBER 9 - JANUARY 31 TENNIS W2: FEBRUARY 3 - MARCH 14 TENNIS SPRING: MARCH 15 - MAY 2				
CLASS	DAY	TIME	MEMBER	COMMUNITY
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 & 17" racquets.	Tuesday	5:00-5:30 PM	\$40	\$80
	Friday	5:00-5:30 PM	\$40	\$80
	Saturday	9:00 - 9:30 AM	\$40	\$80
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 sportsmanship. We will use 36' or 60' courts, foam or orange balls & 19" racquets.	Tuesday	5:00-5:30 PM	\$40	\$80
	Friday	5:00-5:30 PM	\$40	\$80
	Saturday	9:30-10:00 AM	\$40	\$80
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 their development of being a good sport. 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	\$80	\$160
	Saturday	10:00-11:00 AM	\$80	\$160
GREEN BALL AGES 12+ For tennis players that have been through the progressive program and are ready to transition to the 78 foot court. They will use green dot, yellow tennis balls and the 36" net.	Friday	4:00-5:30 PM	\$110	\$210
ACE III 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 ground 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 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/HIGH PERFORMANCE Varsity 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 WEEKS OF DECEMBER 24, DECEMBER 31 OR MARCH 22				

REGISTRATION IS NOW OPEN FOR TENNIS WINTER 1 & TENNIS WINTER 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 Matt Boughton or the instructor of the lesson.
- Lessons are not prorated unless a participant signs up late.

ADULT TENNIS

TENNIS W1: DECEMBER 9- JANUARY 31 | TENNIS W2: FEBRUARY 3 - MARCH 14 | TENNIS SPRING: MARCH 15 - MAY 2

CLASS	DAY	TIME	MEMBER	COMMUNITY
TENNIS REFRESHER <2.5 This class is for players wanting to get back into tennis and relearn the fundamentals.	Monday	9:00-10:30 AM	\$95	\$190
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.	Wednesday	7:00-8:30 PM	\$95	\$190
	Tuesday	5:00-6:00 PM	\$65	\$130
INTERMEDIATE 2.5-3.0 The basic strokes will be defined 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
NEW - ADVANCED DOUBLES STRATEGY 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
ADVANCED 3.5+	Thursday	9:00-10:30 AM	\$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 WEEKS OF DECEMBER 24, DECEMBER 31 OR 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 varying emergencies and how to handle tough situations regarding internet safety, strangers and more.	January 11	Saturday 3:00 -5:00 PM	Eau Claire Y	Member \$30 Community \$45
	March 14			
BABYSITTER TRAINING AGES 10-15 Safe Sitter® teaches students in grades 6-8 safety skills for when they are home alone, watching younger siblings or babysitting. Students learn life-saving skills such as how to rescue someone who is choking and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Please bring a bag lunch.	January 11	Saturday 9:00 AM-2:30 PM	Eau Claire Y	Member \$45 Community \$70
	February 8			
	March 14			
	April 11			
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 & Child Care provider. No refunds.	February 13	Thursday 5:00-10:00 PM	Eau Claire Y	Member \$86 Community \$96
	April 14	Thursday 5:00-9:30 PM		
ADULT & PEDIATRIC CPR/AED/FIRST AID* AGES 12+ Instruct 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.	January 14	Tuesday 5:00-9:30 PM	Eau Claire Y	Member \$75 Community \$85
	March 12	Thursday 5:00-9:30 PM		
	May 14			
AMERICAN RED CROSS LIFEGUARD TRAINING* AGES 15+ Instructs participants in knowledge and skills to prevent and respond to aquatic emergencies through water rescue skills, surveillance and recognition, CPR/AED, First Aid, 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.	January 2-5	Thurs & Fri 5:00-9:30 PM Sat & Sun 8:30 AM-5:00 PM	Eau Claire Y	Member \$185 Community \$250
	March 16-20	Mon-Fri 5:00-9:30 PM		
	April 2-5	Thurs & Fri 5:00-9:30 PM Sat & Sun 8:30 AM-5:00 PM		
	May 4-8	Mon-Fri 5:00-9:30 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.	February 16	Sunday 8:30 AM-5:00 PM	Eau Claire Y	Member \$80 Community \$95
	March 29	Sunday 8:30 AM-5:00 PM		
	May 17	Sunday 8:30 AM-5:00 PM		
AMERICAN RED CROSS LIFEGUARD INSTRUCTOR TRAINING** AGES 17+ Hold 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.	Feb 20-23	Thurs & Fri 5:00-9:30 PM Sat & Sun 8:30 AM-5:00 PM	Eau Claire Y	Member \$235 Community \$285
	April 17-19	Friday 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.	Jan 27-Feb 1	Mon-Fri 4:30-9:30 PM Sat 9:00 AM-3:00 PM	Eau Claire Y	Member \$235 Community \$285
	April 20-25			

*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 adaptations of popular children's stories! 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, to see if you can set up an alternate time slot.

PRODUCTION	AGES	DAY & TIME	FEE
ALADDIN This introductory acting opportunity is perfect for both those who are new to the stage and those who have some experience. Learn about theatre and have fun making new friends!	8-14	Auditions: Saturday, February 8 12:30-3:00 PM Rehearsals: Mon/Wed/Fri February 10 - March 30 4:00-5:30 PM Tech rehearsals: April 1-3 5:30-8:00 PM Performances: Saturday, April 4, 4:00 & 7:00 PM	Member \$65 Community \$80
SILENT SHADOWS TECH CREW: ALADDIN 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, February 14 - March 27 5:30-6:30 PM Run Crew/Lights/Sound: April 1-3 5:30-8:00 PM Performances: Saturday, April 4, 4:00 & 7:00 PM	Member \$15 Community \$25 *Free for cast members in "Aladdin"

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, February 8, 3:00-5:00 PM

Fees: Member \$30, Community \$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 session, 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 jzwicky@ymca-cv.org to sign up. For youth ages 14-18, but all are welcome.

Ages: 14-18, but all are welcome

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

Fees: FREE!

YOUTH IN GOVERNMENT

The Wisconsin YMCA Youth in Government program seeks to foster the next generation of thoughtful, committed, and active citizens. This program engages hundreds of students from across the state each year. Individual delegations meet starting in the fall and the program culminates with a weekend trip to the state capitol for our Model Government session in March.

Grades: 7-12

Eau Claire Delegation: Sundays, 6:30-8:00 PM

Chippewa Falls Delegation: Mondays, 5:30-7:00 PM

Conference Dates:

PreGov: Sunday, January 26 in Wausau

Model Government: March 13-15 in Madison

Why join YIG? In this non-partisan, student-driven program, you get to express yourself, form your own opinions, build confidence, meet new people from across the state, and spend a weekend in Madison, sitting in the same seats that our legislators do in the state capitol building!

New this year! Are you in sixth grade, but still interested in this program? You're in luck! After a successful pilot program last year, we are excited to offer a sixth grade "intro level" alternative to YIG! This exclusive opportunity travels to Wausau and Madison with the delegation, but only stays in Madison for Friday of the conference. Contact Jen at jzwicky@ymca-cv.org for more information!

THE Y: WHERE KIDS COME TO
FIND THEIR VOICE

YOUTH ARTS & ENRICHMENT PROGRAMS

EAU CLAIRE YMCA

WINTER 1: JANUARY 5 – FEBRUARY 22 | WINTER 2: FEBRUARY 23 – APRIL 11 | **NO CLASSES MARCH 22-28**

CLASS	AGES	DAY & TIME	OFFERED	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	Winter 1 Winter 2	Member \$30 Community \$40
LITTLE ARTISTS Creative expression is the name of the game in this new art class! Participants will create works of art as they learn and practice techniques such as drawing, painting and sculpture. This program will introduce several concepts in a fun, hands-on, age-appropriate way, including color, form, texture, dimensions and so much more.	3-5	Saturday 9:00-9:30 AM	Winter 1	Member \$30 Community \$40
MELODY TIME This class will combine music and movement activities into a musical jamboree! Focusing on your child's natural love for music and song, this class will encourage all to play simple instruments, sing, clap, tap and more! Participants will enjoy musical pretend-play activities which encourage creativity, individuality and expression.	3-5	Saturday 9:00-9:30 AM	Winter 2	Member \$30 Community \$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	Winter 1 Winter 2	Member \$40 Community \$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	Winter 1 Winter 2	Member \$40 Community \$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	Winter 1 Winter 2	Member \$40 Community \$56
EXPLORE! JUNIOR STEM INSTITUTE This program 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 OK, but fun! It is the process, not the outcome, which is important and we hope to spur students to think, inquire and aspire.	7-10	Tuesday 6:30-7:30 PM	Winter 1 Winter 2	Member \$40 Community \$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	Winter 1 Winter 2	Member \$40 Community \$56
ARTS APPRECIATION 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 go on field trips to events like this and more as we learn about the artistic process that goes into creating these performances. Between performances, we'll meet to discuss what we've seen and learn more about what's coming up. Enrollment in a session earns you tickets to all performances seen during that range of dates. For a complete list of opportunities, please visit our website or contact Jen at jzwicky@ymca-cv.org .	9-16	Varies	Winter 1 Winter 2	Members \$40 Community \$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 technique and more.	7-10	Thursday 6:15-7:15 PM	Winter 1 Winter 2	Member \$40 Community \$56
KITCHEN BASICS FOR TEENS In this cooking class just for teens, participants will enjoy a social and fun environment in which to explore a variety of cuisine. We will cover the basics any teen needs to know to find his or her way around a kitchen, but also delve into more specialized techniques.	11-16	Tuesday 6:15-7:15 PM	Winter 2	Member \$40 Community \$56
WRITELAB Unleash your creativity and tell your story! This all-new 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	Winter 1	Member \$20 Community \$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	Winter 1 Winter 2	Members \$40 Community \$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:

- Swimming 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 Y 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) 723-2201 | 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.

2020–2021 SCHOOL'S OUT & SNOWED OUT DAILY RATES	
YMCA Member	Community
\$47	\$62

SCHOOL-AGE CHILD CARE (SACC)

YMCA EARLY LEARNING COMMUNITY

Registration: Members: March 2 | Community: May 1

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 YMCA's

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
Eau Claire YMCA Clubhouse

Chippewa Falls Schools

Halmstad
Hillcrest
Parkview
Southview
Stillson
Chippewa Falls YMCA

YMCA Clubhouse Location

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 busses kids to and from the following locations:

Immaculate Conception
Lakeshore
Longfellow
Sherman
Montessori
St. James
St. Mary's

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 COMMUNITY RATES				
SACC Communiy	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 March 2 for Y members and May 1 for the community

Register for SACC and School's Out/Snowed Out :

EAU CLAIRE PROGRAMMING

- Go to www.eauclaireymca.org
- Click on "Child Care" under the "Youth Development" tab
- Click on the "School Age Child Care" button*
- Download the enrollment forms. Forms can be found at the service desk.
- Bring your completed forms to the Eau Claire YMCA

*To register for School's Out/Snowed Out, click on the "School's Out/Snowed Out" button, and follow the rest of the steps.

CHIPPEWA FALLS PROGRAMMING

- Contact Jordan West at jwest@ymca-cv.org or via phone at 715.723.5135.
- Forms can be picked up at the Chippewa Falls YMCA Early Learning Community
- Bring your completed forms to the Chippewa Falls YMCA Early Learning Community

HEALTH INTERVENTION & SPECIALITY 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	Session 1: November 26 - January 2 Session 2: January 7 - February 20	Member \$72 Community \$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	January 13-March 18	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, see the website. Registration opens for members on March 16th	
PRENATAL FITNESS EAU CLAIRE YMCA Prenatal Fitness is a new exercise class for pregnant women who want to exercise safely and effectively during their pregnancy. We will focus on strengthening and supporting the ever-changing core through diaphragmatic breath work. Mom's ability to do what needs to be done through her pregnancy is strengthened through both functional and labor training. We will also prepare mom physically and emotionally for the big day!	Tuesday 7:00-7:50 AM	January 14-February 11	Member \$35 Community \$50	
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	Community
		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

NEW! As part of your YMCA membership, all members receive a complimentary wellness consultation and one personal training session! The free 30 minute wellness consultation will help you develop your individualized wellness goals and learn more about the programs and services the YMCA has to offer with one of our Healthy Living professionals. 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 with Personal Training

- 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) 723-2201 | lmay@ymca-cv.org

Cathy Krula, Aquatic Director
(715) 723-2201 | ckrula@ymca-cv.org

Carrie Malicki Mathwig, Fitness Coordinator
(715) 723-2201 | cmalicki@ymca-cv.org

Gary Johnson, Director of Maintenance
(715) 723-2201 | gjohnson@ymca-cv.org

Jim Ignarski, Development & Communication Director
(715) 723-2201 | jignarski@ymca-cv.org

Linda Rushmann, Membership Director
(715) 723-2201 | lrushmann@ymca-cv.org

Lynn Belohlavek, Accounting & IT Director
(715) 723-2201 | lbelohlavek@ymca-cv.org

Mark Erickson, Senior Program Director
(715) 723-2201 | merickson@ymca-cv.org

Matt Dresser, Healthy Living Director
(715) 723-2201 | 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

Cole Vaughn, Billing & Account Specialist
(715) 839-4611 | cvaughn@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) 839-4649 | 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

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*

Winter 1

Members: December 9
Community: December 16

Winter 2

Members: January 27
Community: February 3

*Winter 2 Progressives:
(gymnastics and swimming lesson)
Members: February 10
Community: February 13*

*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.