



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SALINA FAMILY YMCA
785.825.2151 | WWW.SALINAYMCA.ORG
570 YMCA DRIVE | SALINA, KS 67401

Non-Profit org.
U.S. Postage
PAID
Permit No. 90
Salina, KS

SPRING/SUMMER 2019 PROGRAM GUIDE

MY Y IS MORE...

Than where I do yoga,
it's where I laugh with
friends.



MEMBERSHIP

SHIRLEY STOCKDALE | Membership Director
sstockdale@salinaymca.org

As a member of the SALINA FAMILY YMCA you enjoy access to the facility and may participate in Y programs for free or at special member rates. You also benefit from our helpful and knowledgeable staff.

MEMBERSHIP BENEFITS | NO annual fees or contracts! Your unlimited access to our facility includes: state-of-the-art wellness center, racquetball & basketball courts, two indoor swimming pools, whirlpool,

newly renovated locker rooms and steam rooms, group exercise classes, personal training with certified fitness specialists, complimentary small towel service, Get Started Program includes (2 complimentary personal training sessions with a trainer of your choice), guest privileges for family and friends, access to YMCAs nationwide, convenient payment options, and over 50 different types of programs for children to adult of all ages including Youth & Adult Sports and Fitness Programs.

HOW TO ENROLL IN PROGRAMS | Enrolling in programs is fast and easy! To register visit www.salinaymca.org or complete a registration form in person.

EVERYONE BELONGS • Financial Assistance | The YMCA is a nonprofit, community-based, health and human services organization that is committed to strengthening the foundations of the community. Our programs and services are available to everyone – regardless of age, background, ability or income. Financial assistance is available for membership and programs. Applications are available at our Member Welcome Center or online.

ANNUAL PAY | Members are welcome to pay annually, and receive 13 months for the price of 12*, however, the 20% discount from the Member Referral Program will not be applied as only one promotion is permitted per member. * **Not valid on youth, student or financial assistance memberships**

MEMBER REFERRAL PROGRAM | To refer someone, just give them a referral card. There is no limit on the number of friends or family members you can refer to the Y but you will only receive ONE 20% discount off your membership dues. In order to qualify members must be on a monthly bank draft. **Financial Assistance Memberships:** Your membership will remain at your standard financial assistance rate or be reduced to the Member Referral rate for your membership type, whichever is less. * **Not valid on youth, student or financial assistance memberships**

MEMBERSHIP	RATE	REF. RATE	ADD-ONS PER PERSON	RATE	DAY PASSES	HOURS
Young Adult	\$31/mo	\$24.80/mo	Kit locker	\$9/mo	Individual \$5	MON-THURS 4:30 AM – 9:30 PM
Adult	\$38/mo	\$30.40/mo	¼ Locker	\$15/mo	Max of \$20 per family	FRI 4:30 AM – 9:00 PM
Couple	\$55/mo	\$44/mo	Large Towel Service	\$9/mo		SAT 7:00 AM – 6:00 PM
Family	\$62/mo	\$49.60/mo				SUN 10:00 AM – 6:00 PM

**YOUTH
MEMBERSHIP
0-9 YEARS**

\$84 YR.

**STUDENT
MEMBERSHIP
10-18 YEARS**

\$10 MO.

**YOUNG ADULT
MEMBERSHIP
19-26 YEARS**

\$31 MO.

**ADULT
MEMBERSHIP
27+**

\$38 MO.

**COUPLE
MEMBERSHIP
2 PPL in HH**

\$55 MO.

**FAMILY
MEMBERSHIP**

\$62 MO.

\$10 Swim Lessons
½ Towel Service
½ YFT Program
½ Specialty Classes



AQUATICS

TAMI THOMPSON | Aquatics Coordinator
tthompson@salinaymca.org

*Partial refunds may be approved for special circumstances after registrations ends.

SWIM LESSON FEES

\$10/Family Membership
\$30/Member \$60/Non-Member

2 WEEK SESSIONS

CLASS	REGISTER BY
Jun 3-13	May 30
Jun 17-27	Jun 13
Jul 8-18	Jul 3
Jul 22-Aug 1	Jul 18
Aug 12-22	Aug 8

Preschool Stage 1/2 (3-5 YRS)

Water Acclimation/Water Movement		
M-TH	8:30-9:00 AM	30 min.
M-TH	9:15-9:45 AM	30 min.
M-TH	10:00-10:30 AM	30 min.

Preschool Stage 3/4 (3-5 YRS)

Water Stamina/Stroke Introduction		
M-TH	8:30-9:10 AM	40 min.
M-TH	9:15-9:55 AM	40 min.
M-TH	10:00-10:40 AM	40 min.

School Age Stage 1/2 (6-12 YRS)

Water Acclimation/Water Movement		
M-TH	8:30-9:10 AM	40 min.
M-TH	9:15-9:55 AM	40 min.
M-TH	10:00-10:40 AM	40 min.

School Age Stage 3 (6-12 YRS)

Water Stamina		
M-TH	9:15-9:55 AM	40 min.
M-TH	10:00-10:40 AM	40 min.

School Age Stage 4 (6-12 YRS)

Stroke Introduction		
M-TH	9:15-9:55 AM	40 min.
M-TH	10:00-10:40 AM	40 min.

School Age Stage 5/6 (6-12 YRS)

Stroke Development/Stroke Mechanics		
M-TH	9:15-9:55 AM	40 min.
M-TH	10:00-10:40 AM	40 min.

AUG 12-22 SPECIAL SESSION

Register by Aug 8

Preschool Stage 1-3 (3-5 YRS)

M-TH	5:00-5:40 PM	40 min.
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School Age Stage 1/2 (6-12 YRS)

M-TH	5:45-6:25 PM	40 min.
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4 WEEK SESSIONS

CLASS	REGISTER BY
Jun 3-27	May 30
Jul 8-Aug 1	Jul 3

Preschool Stage 1/2 (3-5 YRS)

Water Acclimation/Water Movement		
M/W	5:15-5:45 PM	30 min.
M/W	6:00-6:30 PM	30 min.
T/TH	5:00-5:30 PM	30 min.
T/TH	5:45-6:15 PM	30 min.

Preschool Stage 3/4 (3-5 YRS)

Water Stamina/Stroke Introduction		
M/W	5:15-5:55 PM	40 min.
T/TH	5:45-6:25 PM	40 min.

School Age Stage 1/2 (6-12 YRS)

Water Acclimation/Water Movement		
M/W	5:15-5:55 PM	40 min.
T/TH	5:00-5:40 PM	40 min.
T/TH	5:45-6:25 PM	40 min.

School Age Stage 3/4 (3-5 YRS)

Water Stamina/Stroke Introduction		
M/W	6:00-6:40 PM	40 min.
T/TH	5:00-5:40 PM	40 min.

School Age Stage 5/6 (6-12 YRS)

Stroke Development/Stroke Mechanics		
M/W	6:00-6:40 PM	40 min.

8 WEEK SESSIONS

CLASS	REGISTER BY
Jun 3-Aug 3	May 30
NO CLASSES JUL 1-7	

Parent/Child Water Discovery (6-18 mo)

MON	6:00-6:30 PM	30 min.
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Parent/Child Water Exploration (18-36 mo)

WED	6:00-6:30 PM	30 min.
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Preschool Stage 1-4 (3-5 YRS)

SAT	9:00-9:40 AM	40 min.
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School Age Stage 1/2 (6-12 YRS)

Water Acclimation/Water Movement		
SAT	9:45-10:25 AM	40 min.

The pools will be closed in the event of severe weather, or if there is thunder and lightning in the area. In the event of severe weather, swim lessons will be moved to other areas of the building to participate in water safety and rescue discussion.

WATER SAFETY INSTRUCTOR COURSE (16+)

May 28-31	8:00-5:00 PM
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This course trains and certifies instructor candidates to instruct swimming lessons, and includes information on class management, higher level swim skills, hydrodynamics, stroke mechanics, and water safety.

\$175/Members \$200/Non-Members

WATCH FOR JUNIOR LIFEGUARD CLASSES!

TEEN/ADULT (12+) ALL STAGES

Jun 8-Aug 3	No class Jul 6
SAT	10:30-11:00 AM 30 min.

For first-time to seasoned swimmers, develop and improve safety skills and swim strokes as you work on your swimming ability.

Y SWIM PRE-TEAM (6-18 YRS) Stage 4 and up

Jun 7-Aug 2	No class Jul 5
FRI	9:30-10:30 AM 60 min

Pre-team prepares swimmers for a competitive swim experience. Practices include stroke technique, starts and turns, drills, and endurance training. Recommended for swimmers Stage 4 and up. Swimmers need to be comfortable in deep water, and able to swim 25m of front crawl with rotary breathing and 25m of back crawl.

\$50/Member \$75/Non-Members

MASTER SWIM/TRIATHLON TRAINING (18+)

M/T/TH	5:30-6:30 PM
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Take your skills to the next level with our fitness-oriented Master Swim. Begins the 1st of each month

\$40/Member \$80/Non-Members

\$50/Punch Card=10 Swims

PRIVATE/SEMI-PRIVATE LESSONS

\$30/Member 30 min.
\$60/Non-Member 30 min.

Private 1-on-1 with an appropriate level instructor. Semi-private lessons are with 2-3 children of similar swimming ability with an instructor. Contact the Aquatics Coordinator for more information.

SPECIAL POPULATIONS

4 Lessons/Session 30 min.

Contact the Aquatics Coordinator to set up days/times.

\$30/Members \$60/Non-Members

FREE SWIM LESSON TESTING

Not sure what level to put your child in? Our instructors will spend 10-15 minutes assessing your child's swim skills and readiness and give you a recommendation. **Registration is required 24 hours in advance**, with a \$5 non-refundable deposit to hold your spot. After your child's swim test, the \$5 deposit will be applied as a credit to your account.

SAT 9:00 AM

May 18, June 22, July 13, August 17

SPLASH SATURDAYS

Every 2nd Saturday of the month, the public is invited to swim for FREE from 1:00-5:00 PM. Age requirements apply. See pool schedule for details.

POOL NOTES

- Classes may be canceled or combined due to lack of enrollment.
- Please shower before swimming
- Band-Aids and gum are not allowed in the pool.
- Swim diapers are required for children not potty trained or others with bladder control issues.

AGE LIMITS For your child's safety:

- Children 5 and under must have a parent IN THE WATER with them at all times in the FP
- Children 6-7 years old may swim without a parent in the water, but the parent must remain in the pool area at all times in the FP.
- Children 8 years and older may swim unattended during Open Swim times in the FP.
- Children 7 and under must have a parent IN THE WATER with them at all times in the LP.

AMERICA RED CROSS LIFEGUARDING AND WATER PARK SKILLS (15+)

May 28-31	8:00-5:00 PM
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Full certification course for NEW lifeguards. Class includes CPR/AED for the Professional Rescuer and 1st Aid. The full course for new LGs is approx. 30 hrs, with a recertification course around 16 hrs. Check website for additional dates/times.

\$155/Members \$185/Non-Members



STAGE DESCRIPTIONS

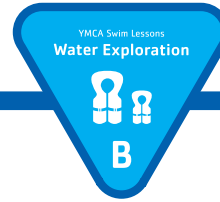
SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our Member Welcome Center Staff will be available to answer any questions about the swim lessons program.



CHILD CARE

MICHELLE WILLIAMS | Early Childhood Director
 mwilliams@salinaymca.org

EARLY EDUCATION CENTER (2 ½ - School Age)

The EEC is a licensed child care program. Children MUST be potty trained. Teachers have all education required by state law. Maintains state ratio or better in all classrooms. The EEC is available for full-time care only. A YMCA membership is required. Financial assistance is available. DCF funds accepted. Heartland Partner.

Our program offers:

- Developmentally appropriate preschool social/emotional curriculum
- Swimming/gymnastics lessons, and a P.E. class
- Breakfast, lunch and a snack.
- **HOURS:** M-F 6:45 AM - 5:45 PM **Cost:** \$120/WEEK



MARIE GRANT | Youth & Family Coordinator
 mgrant@salinaymca.org

KIDS GYM (Ages 6 Weeks - 9 Years)

We recognize that exercising regularly is easier said than done when you have small children. The Kids Gym is a fun and safe place for children to play while parents enjoy the Y. Toys, games, playground area and stories are provided. Kids Gym is available for a maximum of 2 hours per visit.

HOURS: MON 7:50 AM-1:00 PM & 3:15-8:30 PM T-TH 7:50 AM-1:00 PM & 3:15-8:00 PM
 FRI 7:50 AM-1:00 PM & 3:15-7:00 PM SAT 9:00 AM-1:00 PM
COST: 1 child \$15/MO 2 or more \$20/MO Daily cost \$5/VISIT Punch card \$30 (10 Visits)



MARTI HIGDON | School Age Director
 mhigdon@salinaymca.org

Our Summer Day Camps are full of learning, adventure, active play and friendship. We offer a wide variety of camp experiences include new field trips, swimming, arts-n-crafts, and more.

SUMMER DAY CAMP OUTGOING K - 5TH	FEES		MEMBER NON-MEMBER	
	*May 28-31	\$120/week	\$150/week	
	*Jul 1-3	\$96/week	\$120/week	
		\$72/week	\$100/week	
	Breakfast, Lunch & Snack provided		Field Trip Fridays	
	DATE	MOVIE	FIELD TRIP	
	May 28-31	Babe	Mobile Dairy	
	Jun 3-7	Jungle Book	Zoo	
	Jun 10-14	Lego Movie	River Festival	
	Jun 17-21	Frozen	Ice Skating	
	Jun 24-28	Harry Potter	Special Guest	
	Jul 1-3	Leap	Dance Party	
	Jul 8-12	Space Jam	Cosmosphere	
	Jul 15-19	Earnest goes to Camp	Camp Wood	
	Jul 22-26	Night at the Museum	Smoky Hill Museum	
	Jul 29- Aug 2	The Good Dino	Field Station	
	Aug 5-9	Wizard of Oz	Wamego	
	DAILY SCHEDULE			
	DROP-OFF	6:30 AM - 8:30 AM		
	OPENING CEREMONY	8:30 AM - 8:45 AM		
	ACTIVITY ROTATIONS	8:45 AM - 12:00 PM		
	LUNCH (PROVIDED)	12:00 PM - 1:00 PM		
	SWIMMING/SPECIAL ACTIVITY	1:00 PM - 3:30 PM		
	CLOSING CEREMONY	3:30 PM - 4:00 PM		
	PICK-UP	4:00 PM - 6:00 PM		

ENRICHMENT CAMP OUTGOING 4TH - 8TH	FEES		MEMBER NON-MEMBER	
		\$120/week	\$150/week	
		Lunch & Snack provided		Field Trip Thursdays
	DATE	THEME		
	Jun 3-7	Fear Factor		
	Jun 10-14	Locked-In		
	Jun 17-21	Explore Salina		
	Jun 24-28	Boot Camp		
	Jul 8-12	Get Wired		
	Jul 15-19	Fake it 'til you Bake it		
	Jul 22-26	Kids Warrior		
	Jul 29- Aug 2	Sports Camp		
	DAILY SCHEDULE			
	DROP-OFF	8:45 AM - 9:00 AM		
	ACTIVITY	9:00 AM - 12:00 PM		
	LUNCH (PROVIDED)	12:00 PM - 1:00 PM		
	ACTIVITY	1:00 PM - 3:45PM		
	PICK-UP	3:45 PM - 4:00 PM		

WHAT TO BRING TO CAMP



- Backpack
- Hat or Visor
- Swimsuit, Towel, and plastic bag for wet clothes
- Refillable Water Bottle

Closed Toe Shoes for activity and safety!

REGISTER NOW!

If you schedule your camp payments on bank draft we will give you a \$25.00 program gift certificate to use towards the program of your choice!



GYMNASTICS

BEV JONES | Gymnastics Coordinator
bjones@salinaymca.org

SPRING 4 WEEK SESSIONS

CLASS	REGISTER BY
Apr 8-May 3	Apr 8
May 6-24	May 6 (3WKS)

Two Can Do (2 yrs)

WED	10:00-10:30 AM
WED	6:00-6:30 PM
\$23/Member	\$46/Non-Member

Inchworms (3 yrs)

WED	9:15-10:00 AM
THU	6:00-6:45 PM
\$24/Member	\$48/Non-Member

Two Can Do/Inchworms (2 & 3 yrs)

MON	5:15-6:00 PM
THU	9:15-10:00 AM
\$24/Member	\$48/Non-Member

Mighty Mytes/Supertots (4 & 5 yrs)

MON	6:00-6:45 PM
THU	10:00-10:45 AM
THU	5:15-6:00 PM
\$24/Member	\$48/Non-Member

SUMMER 4 WEEK SESSIONS

CLASS	REGISTER BY
Jun 3-27	Jun 3
Jul 8- Aug 1	Jul 5

Two Can Do/Inchworms (2 & 3 yrs)

TUE	9:30-10:15 AM
THU	10:15-11:00 AM
MON	5:15-6:00 PM
WED	6:00-6:45 PM
\$24/Member	\$48/Non-Member

Mighty Mytes/Supertots (4 & 5 yrs)

MON	6:00-6:45 PM
TUE	10:15-11:00 AM
WED	5:15-6:00 PM
THUR	9:30-10:15 AM
\$24/Member	\$68/Non-Member

Rollers (Beginner girls & boys)

M/W	5:00-6:00 PM
T/TH	9:00-10:00 AM
T/TH	5:00-6:00 PM
\$34/Member	\$68/Non-Member

Swingers (Intermediate girls & boys)

M/W	6:00-7:00 PM
T/TH	10:00-11:00 AM
T/TH	6:00-7:00 PM
\$34/Member	\$68/Non-Member

LIKE US ON FACEBOOK! Salina Y GemStars

Get gymnastics updates, learn about upcoming camps, watch gymnasts nail a trick they have been working on and more!

Rollers (Beginner girls & boys)

M/W	5:00-6:00 PM
T/TH	6:00-7:00 PM
\$34/Member	\$68/Non-Member

Swingers (Intermediate girls & boys)

M/W	6:00-7:00 PM
T/TH	5:00-6:00 PM
\$34/Member	\$68/Non-Member

PRIVATE LESSONS

1/2 hr	\$30/Member	\$50/Non-Member
1 hr	\$45/Member	\$65/Non-Member
1 hr group	\$60/Member	\$90/Non-Member

Contact Bev Jones to schedule a private lesson.

OPEN GYM

Is a structured coach supervised activity for ages 5-14. Age groups will be broken into stations:

- Play in the foam pit
- Swing on the rope
- Tumble trak
- Obstacle course on the floor

All participants must wear appropriate gym attire.

\$5/Member	\$10/Non-Member
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Apr 15

More dates coming soon!

Mini Hot Shots Pre-Team (3-6 yrs)

(Instructor permission only)	
T/TH	9:00-10:00 AM
\$34/Member	\$68/Non-Member

Hot Shots Pre-Team

(YMCA Membership required & instructor permission only)	
M/W	4:00-5:30 PM
\$50/Member	

TUMBLING 8+ years

Beginner

Participant must be able to do handstand, cartwheels, and back walkovers.

TUES	11:00-12:00 PM
\$25/Member	\$50/Non-Member

Advanced

Participant must be able to do roundoff and back handspring.

MON	6:00-7:00 PM
\$25/Member	\$50/Non-Member



Gemstars Competitive Team L1 & Up

The GemStars competitive team program offers a fun, safe and team building environment with a professional and experienced staff. Our goals are to instill social development, impactful relationships and opportunities for personal growth. The GemStars are truly "Gems of the GYM." **This program is by instructor permission only.** For more details contact Bev Jones.

Hot Shots Pre-Team

(YMCA Membership required & instructor permission only)	
T/TH	5:00-6:30 PM
\$50/Member	

Mini Gemstars Team Level

(YMCA Membership required & instructor permission only)	
W/F	5:00-6:00 PM
\$34/Member	

Mini Hot Shots Pre-Team (3-6 yrs)

(Instructor permission only)	
WED	5:00-6:00 PM
\$29/Member	\$58/Non-Member



CHALK IT UP GYMNASTICS CAMPS

Camp participants will focus on skill development on vault, bars, beam, floor, tumble track and conditioning. Our staff will work with each gymnast to help them learn new drills and skills. We will also spend some time on presentation and technique of current skills. We have a combined experience of staff over 50 years of coaching. **Gymnasts MUST be on a competitive team to register and participate.**

Jun 28-30

FRI/SAT 9:00 - 4:00 SUN 9:00-12:00
Register by June 11 to guarantee a shirt

Jul 26-28

FRI/SAT 9:00 - 4:00 SUN 9:00-12:00
Register by July 15 to guarantee a shirt

GYMNASTICS NOTES

- No food allowed in the gymnastics gym.
- No drinks but water is allowed.
- Classes may be canceled due to lack of enrollment.
- A waiting list will be available if a class meets maximum capacity.
- Dress Code: shorts, leotards, sweats or tights with no feet.
- No jeans, jean shorts, or button pants are to be worn by participants.
- Only enrolled participants may be on gymnastics equipment.
- Long hair must be in a ponytail.
- Parents and siblings are required to observe from the designated waiting (benches and bleachers) areas only!



SPORTS

KATHY NELSON | Sports Director
knelson@salinaymca.org

KWU SUMMER SPORT CAMPS

YMCA Youth Sports is teaming up with Kansas Wesleyan University to host a basketball and volleyball camps that will provide fundamental activities to youth from KWU coaches in a positive and fun learning atmosphere. Camp participants will focus on skill development of each sport.

\$30/Members \$60/Non-Members

*PLEASE BRING A WATER BOTTLE

BASKETBALL CAMP Incoming grades 1st-8th
Jun 10-12 9:00 - 11:30 AM

REGISTER BY: May 24 to guarantee a shirt

VOLLEYBALL CAMP Incoming grades 2-8th
Jul 29-31 9:00 - 11:30 AM

REGISTER BY: July 15 to guarantee a shirt

SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art form where self discipline, physical and mental strength will be taught.

T-DRAGONS (3-4 YRS) LIL' DRAGONS (5-6 YRS)

THU 5:45-6:15 PM \$50/Month

KARATE (7 & UP)
THU 6:30-7:15 PM \$50/Month

DROP-IN WALLYBALL

Like indoor volleyball, wallyball is featured in a racquetball court and provides the element of surprise as you play off the walls!

Free for members

DROP-IN PICKLEBALL

Pickleball is a racket sport that combines elements of badminton, tennis and table tennis. Two to four players use solid paddles to hit a perforated polymer ball, similar to a whiffle ball, over a net.

M-F 9:00-11:30 AM Free for members

SALINA CORPORATE CUP CHALLENGE

We want to promote healthy activity while at the same time, encourage businesses to bond with each other all while promoting your business and networking with in the community.

REGISTRATION MAR 1-MAY 24

6.8	5K /1 MI. FUN WALK	8:00 AM	YMCA
6.18	HORSESHOES	6:00 PM	SUNSET PARK
6.22	GOLF TOURNEY	8:00 AM	MUNI GOLF
6.29	KICKBALL	8:00 AM	YMCA
7.2	TUG O WAR	6:00 PM	JERRY
7.6	SAND VOLLEYBALL	8:00 AM	WEBSTER/JERRY
7.12	BOWLING	6:00 PM	TBA
7.13	DODGEBALL	8:00 AM	YMCA

SUMMER LEAGUES

Each league features a weekly practice and a game that focuses on fundamentals, sportsmanship and having fun. All players receive a Y team shirt, ball cap and medal. YMCA youth sports depend on parent volunteer coaches and involvement of all parents.

T-Ball & Coach Pitch

T-Ball: 4 & 5 year olds
Coach Pitch: 6 & 7 year olds
Registration: Apr 8-May 3
Games: Jun 6-Jul 18
No Games Jul 4th

Early Bird: Apr 8-26

\$25/Member \$50/Non-Member

Full Price: Apr 27-May 3

\$35/Member \$60/Non-Member

AIKIDO (12+)

No prerequisite

Aikido is a unique method of self-defense. Aikido is a blend of redirecting the energy of an attacker to a different direction.

THU 7:30-8:15 PM \$50/Month

MID-AMERICA RACQUETBALL TOURNAMENT

Three racquetball courts on main floor, additional spectator viewing also available on upper floor through large waist-to-ceiling glass windows the length of each court (games will be refereed from there).

MARCH 15-17

ENTRY FEES

First Event \$45.00
Second Event \$20.00

ENTRY DEADLINE

Postmark deadline of FRIDAY, MARCH 8 (or by 6:00 pm on March 10 if delivered to the YMCA). A **late fee of \$10.00 will apply if entry is received after March 8th.** Only entries with checks, money orders, or credit card information will be accepted. After brackets are established, no entries will be accepted or refunds given. Absolutely no phone entries.

COMING SOON!

ADULT FLAG FOOTBALL

Challenge yourself mentally and physically and connect with others with shared interests. Coed and Mens leagues available.

Leagues feature:

- 6 games per season
- No tackling

FALL SPORTS

LITTLE TIKES SOCCER (AGES 3-5)

Little Tikes is an instructional program designed to introduce sports in a non-competitive and fun environment. Parents and children will participate together. Program requires a minimum of 1 parent to attend. Children will learn sport techniques as well as concepts of playing, sharing, teamwork and more.

Choose a session: (*optional Saturday games)

TUE 5:15-6:00 PM or THU 5:15-6:00 PM

TUE Class Sept 17 - Oct 22

THUR Class Sept 19 - Oct 24

Early Bird: Jul 15- Aug 2 (or until filled)

\$25/Member \$50/Non-Member

Full Price: Aug 3-9 (or until filled)

\$35/Member \$60/Non-Member

LEAGUES

Each league features a weekly practice and a game that focuses on fundamentals, sportsmanship and having fun. All players receive a Y team shirt and medal. YMCA youth sports depend on parent volunteer coaches and involvement of all parents.

Soccer, Volleyball, Football

Soccer: 4 year olds - 5th Grade

Volleyball: 2nd - 8th grade

Football: K - 4th grade

Registration: Jul 15 - Aug 9

Games: Sept 21 - Oct 26

Early Bird: Jul 15- Aug 2

\$25/Member \$50/Non-Member

Full Price Aug 3-9

\$35/Member \$60/Non-Member

BISMARCK & BERNICE D'SOUZA MEMORIAL GOLF TOURNAMENT

This tournament was named after two wonderful people and their love for the YMCA and its mission.

The proceeds from this tournament go to our international partner, Sioux YMCA. The Sioux YMCA is located in South Dakota and it is 100% dependent on donations to run all of their programs. You can find more information about the Sioux YMCA at www.siouxymca.org.

SATURDAY, JUNE 22

CHECK-IN 7:00 AM

SHOTGUN START 8:00 AM

SALINA MUNICIPAL GOLF COURSE

2500 East Crawford - Salina, KS

REGISTRATION MAY 6-JUN 14

FEES \$280/TEAM \$70/PERSON

Includes green fees, cart, beverages and lunch. \$5 mulligans (max 2 per person)

FORMAT 4 PERSON SCRAMBLE

PRIZES

LONGEST DRIVE (M/W/SNR)

CLOSEST TO PIN, LONGEST PUTT



HEALTH & WELLNESS

ELLEN HOGELAND | Wellness & Aquatics Director
ehogeland@salinaymca.org

GET STARTED TO A HEALTHIER YOU

Our Get Started Program is a series of two complimentary appointments designed to support you in pursuit of your health and wellness goals. A wellness coach will meet with you to discuss your needs and interests and together you will develop an achievable plan for success! Call Ellen to set up an appointment at 785.825.2151.

YOUTH FITNESS TRAINING CLASS

The YFT is for kids age 10-13 years old and is required in order to utilize the Wellness Center. This class will combine an education component such as learning about weight room etiquette, safety and proper form along with hands on experience with the equipment.

Cost:	Family Membership	\$12.50
	Member	\$25
	Non-Member	\$50
Additional Family Member		\$10
Additional Non-Member		\$20

For upcoming class times please visit our website or stop by the Member Welcome Center.

GROUP EXERCISE CLASSES

We have over 80+ group exercise classes weekly on land and in the water! Classes like BogaFIT, Line Dancing, Strength Train Together, Yoga, Drum Fitness, SilverSneakers®, Aqua Power plus more! Check times online or on our app!

FREE! TODDLER TIME

Playing helps your toddler build strong muscles and bones and increases their confidence. We will meet in the Sports Performance Room.

Fridays 10:30-11:00 AM

BOGAFIT

Bogafit is a total body workout on water. Classes focus a total body conditioning while building core stability as you work out on water using a sturdy inflatable mat. Check times online or on our app!

FREE/Members \$15/Non-members

NEW! AQUA HIIT CLASS

Take your training to a new level in the water with this High Intensity Interval Training. Classes may utilize resistance bands, BOGA boards, weights, and of course the POOL! Check times online or on our app!

PERSONAL TRAINING PACKAGES

1 hr. sessions may be divided into two 30 min. sessions

1/2 hour Individual Session

\$25/Member \$50/Non-Member

1 hour Individual Session

\$45/Member \$90/Non-Member

Group 1 Hour Session (2-4 people)

\$60/Member \$120/Non-Member

Individual Introductory Package

*New PT clients only (1 time use only package)

3 sessions: \$100/Member \$235/Non-Member

Buy 5 PT sessions for the price of 4!

Individual Motivator Package

5 sessions: \$180/Member \$360/Non-Member

Group Motivator Package (2-4 people)

5 sessions: \$240/Member \$480/Non-Member

COMING SOON! YOUR FITNESS YOUR TIME

The Salina Family YMCA Wellness Trainers will set you up on a monthly plan of workouts designed to fit your lifestyle and with your strengths/weakness and wellness objectives in mind. These written routines are for those who cannot always make it to set a time with a trainer at the Y, travel, enjoy reduced cost of a professionally crafted exercise routine, or need the accountability of a planned workout each week.

PLAN

2 Workouts per week

4 Workouts per week

5 Workouts per week

MONTHLY COST

\$70

\$90

\$110

Monthly plans may be paid each month or by monthly bank draft.

INDOOR TRIATHLON

Saturday, March 23 8:00 AM - 1:00 PM

Registration Feb 25 - Mar 18

Divisions

Little Tikes (5-7) Member \$10 Non-Member \$20
Jr. (8-13)/Adult 14+ Member \$20 Non-Member \$40

For more details visit our website or stop by our Member Welcome Center.

COMING SOON!

Whether you prefer to walk, swim or cycle, we have a club with a fitness challenge for you!

Walking Club (14+)

Track or treadmill, it doesn't matter as long as it's at the Y. Track your miles and earn prizes, awarded for 100, 250 and 500 miles.

100 Mile Swim Club (14+)

Go the distance! Keep track of your mileage in our lap pool to stay motivated and win prizes. Because we are proud of your accomplishments, small incentives can be earned along the way! Track your miles and earn prizes, awarded for 25, 50, 75 and 100 miles.

Mini-Milers Swim Club (13 & under)

Children 13 and under are welcome to participate in the Mini-Milers Swim Club! Keep track of your laps in our lap pool and earn prizes, awarded for 10, 30, 50 miles.

Biking Club (14+)

Stationary bike or spin class, it doesn't matter as long as it's at the Y. Track your miles and earn prizes, awarded for 1000, 2000 and 3000 miles.

US... IS EMPOWERING

ANNUAL CAMPAIGN

Every day, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the "us" who live in them find the power of their full potential.

We can't do it alone.

DONATE FOR A BETTER US.

\$50

Develops a life skill in a sport or swim lesson for one child.

\$120

Provides access for one child to attend a week of preschool or camp.

\$600

Helps a child attend Camp Wood for one week.

\$1000

Teaches life saving water skills to four classes of 2nd graders.

YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

- 42% of participants are under the age of 18.
- 1 in 2 children in our Early Education Center received Y or government assistance.
- 51% of financial aid is given to youth, adult and family memberships.

HEALTHY LIVING

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

- 17% of participants are 55+ & older.
- 28,071 people served where someone was engaged with the Y.

SOCIAL RESPONSIBILITY

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

- 12 different non-profit/community partners utilized the Y, such as BBBS, OCCK, KWU and more.
- \$409,422 total subsidy provided through scholarships, access and programs.
- 723 volunteers for a total of 7,203 hours which equals \$172,575 value of volunteer time.
- \$125,653 in direct financial assistance given to our community in the way of memberships, programs and child care.

Contact Virginia Spooner to make a donation 785.825.2151.



PARTIES & RENTALS

MARIE GRANT | Youth & Family Coordinator
mgrant@salinaymca.org

BIRTHDAY PARTIES

Come spend a fun filled 2 hours with us at the Y. We have several options and are flexible with what areas of the facility you would like to use. The only decorations that will be provided is a tablecloth - color of your choice. You bring the refreshments, utensils, and any additional decorations of your choice.

Areas include:

Kids Gym, Basketball Courts, Racquetball Courts, Gymnastics Area, Soccer fields (weather permitting) and Pool.

When you book a birthday party with the Y, your child will receive a Y drawstring bag and every child will receive 10% OFF next birthday party coupon and a guest pass to the Y.



Parties and After Hour Facility rentals are staffed with YMCA personnel.

NEXT PILLAR CAMPAIGN

The Next Pillar Campaign serves to renovate and improve the current facility to address critical areas of need including: Youth & Family Programs, Aquatics, Locker Rooms and Infrastructure. Funding for this campaign comes from contributions, grants, donations and gifts. These critical updates will ensure increased capacity to provide programs as well as improve safety, ADA compliance and the experience of our members and guests. Today, the YMCA serves over 30,000 individuals annually ranging in age from infant to over 100! The Y is a critical community agency, impacting all facets of life in Salina – hosting community events, partnering with municipal leadership, schools, other nonprofits and businesses to make families stronger.

COMPLETED OR IN THE WORKS

SOCIAL COFFEE AREA

- Built-in coffee systems
- Fireplace
- Social Areas

INTERGENERATIONAL ROOM

- Social areas
- Vending

WELLNESS CENTER

- North facing windows
- Updated railing
- New Paint/ LED Lighting

GYMNASTICS CENTER

- New air conditioner!
- LED lighting

SCHOOL AGE HUB

- New windows

KIDS GYM

- Check-in window

RACQUETBALL/HANDBALL COURTS

- LED lighting

PARTY THEMES

Grand Slam – You choose the theme and we will provide the fun! The kids will play in the Kids Gym, tumble in the Gymnastics Area, and have an awesome time in the Family Pool.

\$125/Member \$150/Non-Member

Pool Party – By the pool! Kids will be in the Family Pool for the whole two hours. Enjoy your refreshments and present opening poolside or in a private room

\$100/Member \$125/Non-Member

Gymnastics Party – For the gymnastics enthusiast! Choose your own theme and spend time tumbling, walking the balance beam, and exploring THE PIT! Enjoy your refreshments and present opening in the Kids Gym.

\$80/Member \$105/Non-Member

*Please RSVP two weeks in advance

*PARTY PRICING IS FOR 12 KIDS

\$5 per additional child.

\$35 per additional an Hour/PER AREA

A \$25 non-refundable deposit is required.

FAMILY POOL

- Fully tiled pool bottom surface
- New tiled deck & paint

BASKETBALL GYMNASIUM

- Refinished Hardwood Floors
- New LED lighting & Paint
- New breakaway rims

LAP POOL

- LED lighting
- New pool bottom surface
- New tiled deck & paint
- Whirlpool & ADA lift
- New large glass door to lobby

MENS & WOMENS LOCKER ROOMS

- New lockers, steam rooms
- Additional showers and vanity areas
- Private changing areas
- Self-controlled water temperature

FAMILY/COED LOCKER ROOM

- Improved mobility & access for those with special needs

- Private restrooms with changing areas and a shower

- New lockers

- Mother's nursing room

- Tempered water for safety

PUBLIC INDOOR AREA UPGRADES

- New flooring, paint & ceilings
- Motion sensor indoor lights
- New fire alarm system with additional security features

- Additional restrooms on lower level

- New water fountains with bottle fillers

OUTSIDE/FIELDS

- Wall & pole LED lighting
- Seating area

EARLY EDUCATION CENTER

- New flooring & Paint
- Improved security components
- New fire suppression hoods in the Kitchen

CYCLE STUDIO

- New paint and flooring

FACILITY RENTALS

Schedule your next Youth Group Activity, Prom Party or Company Party with us!

Are you looking for indoor space for an upcoming event? Depending upon availability, YMCA facilities are available to rent on evenings after the YMCA is closed. Rental includes Bolen room (has a small sink) or the multi-purpose meeting room or Intergeron room with tables and chairs available, basketball gymnasium, racquetball courts, and a building supervisor. Family and Lap Pool rentals are also available. Event must be booked at least two weeks in advance. Alcohol is prohibited at the YMCA.

Equipment for volleyball, basketball, table tennis, pickleball, wallyball, foosball and racquetball is available. Not included is the Wellness Center, Gymnastics Center, Group Exercise rooms and upstairs offices/hallways.

A non-refundable deposit of \$50.00 is required at the time you mail in your insurance and rental agreement. However, if notice to cancel is made within thirty days of rental, the \$50.00 deposit will be refunded. The remaining cost of the rental (as stated below) may be paid at the time of the rental.

FOR A 2 HOUR RENTAL

- 100 people or less \$300.00 for facility only
- 100 people or less \$500.00 for facility plus pools
- Additional people over 100 is \$1.00 per person in addition to the set rate

Additional spaces may be available during the day. For more information contact Marie Grant.

WISH LIST ITEMS

FAMILY POOL

- Counter-tops and cabinets
- Toy float in family pool (used to have a turtle-see Tami)
- LED lighting

SPORTS PERFORMANCE STUDIO

- Equipment (see Ellen for ideas)

RACQUETBALL/HANDBALL COURTS

- Replace glass and doors
- Paint/seal/bond walls

BASKETBALL GYMNASIUM

- Gym divider curtains
- Replace gym 3 floor

LOBBY

- New Desk and Paint
- New office, lighting and ceiling

SCHOOL AGE ROOM:

- New flooring, paint, lighting, ceiling, sink

KIDS GYM

- New flooring and paint
- New mats and equipment
- Cabinets

KIDS PLAYGROUND

- New equipment
- Landscaping
- ADA accessibility

OUTSIDE/FIELDS

- Shelters
- Trail work (benches, fitness stations & picnic tables)

EARLY EDUCATION CENTER

- Ice machine
- Cabinets

Donate for a better us.

Want to be a part of our renovation process and donate to our Next Pillar Campaign? Please contact Angie Lassley, 785.825.2151.