



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SALINA FAMILY YMCA
2022 Fall Program Guide

**YOUR GUIDE
TO FUN!**

MEMBERSHIP BENEFITS

Being a part of the Y family, you'll discover that you are part of a powerful nonprofit association of men, women, and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility.

CHECK OUT
OUR NEW
WEBSITE! Visit
salinaymca.org

MEMBERSHIP RATES

| Membership Type | Referral Rate per Month | Rate per Month | Rate per Year |
|------------------------------------|-------------------------|----------------|---------------|
| YOUTH (ages 0-9) | | | \$84 |
| STUDENT (ages 10-18) | | \$10 | \$120 |
| YOUNG ADULT (ages 19-26) | \$24.80 | \$31 | \$372 |
| ADULT (ages 27+) | \$30.40 | \$38 | \$456 |
| COUPLE (2 people in the household) | \$44 | \$55 | \$660 |
| FAMILY (2 adults and children) | \$49.60 | \$62 | \$744 |

Members who pay annually for membership receive 13 months for the price of 12. Members who pay monthly can join our Member Referral Program and save 20% each month.



Ariel Lambert • Membership & Marketing Director
alambert@salinaymca.org • 785-404-4044



Y REWARDS DO. EARN. REWARD YOURSELF.

With Y Rewards you earn points for coming to the gym, referring your friends, and more! These points can easily be redeemed for instant rewards and great savings. Use your reward points for branded swag and select Salina Family YMCA services, plus access member-only savings on top merchandise, hotels, and other special offers! Visit salinaymcarewards.com to join!

YMCA360 MEMBERSHIP REIMAGINED

Stream your favorite programs, classes, and instructors anywhere - anytime. From yoga to youth sports, enjoy the exclusive collection of on-demand and livestream classes, on all your devices in cinematic 4K. Y360 access is **FREE** with a Y membership, or as a single membership option. \$9.99/virtual only member. Visit salinaymca.org/ymca360 for more info!

CORPORATE MEMBERSHIPS

The Y is a place where your employees can decompress, relieve stress, and re-energize. It's a place where they can connect with the community and thrive! By helping your employees stay healthy, your company benefits include: **HAPPIER EMPLOYEES** - Improved sense of value, more activity, raised morale **COST SAVINGS** - Fewer injuries, lower health care costs, and less turnover **HIGHER PRODUCTIVITY** - Healthier, more productive, less absent employees **BOOSTED ENGAGEMENT** - Sharper thinking, increased creativity and collaboration **STRONGER COMMUNITY** - When people feel better and work harder - we all win.

INCOME-BASED FINANCIAL ASSISTANCE

For all membership types, joiner fees, childcare, and most programs. Based on gross annual income and number in household. Applications are available online or at the Y!

WE APPRECIATE YOU! <.....>

Celebrate yourself each month at a Membership Appreciation Event. Watch for details each month on how we will show our thanks.



VOLUNTEER OPPORTUNITIES

EXPLORE, FULFILL, SUPPORT, BOND, LEARN, MEET, GIVE, FEEL

As one of the leading nonprofits and volunteer-led organization, the Salina Family YMCA offers opportunities for individuals, families, and organizations to volunteer in ways that let you connect and develop meaningful relationships, all while making an impact in the community you care about.

CONTACT STACY SERRAULT TO DISCOVER WAYS YOU CAN ENGAGE MORE THROUGH VOLUNTEERING!

Dhani Caldwell • Membership Coordinator
dcaldwell@salinaymca.org • 785-404-4045

Stacy Serrault • Engagement Specialist
sserrault@salinaymca.org • 785-404-4022



WHAT CAN YOU DO AT THE YMCA?

At the Y, we want people of all ages to live active, healthy lifestyles, build strong relationships and have fun!



IF I AM A TEEN I CAN...

- Enjoy the Y without a parent or guardian
- Work out in the Wellness Center or take a group exercise class (12+)
- Play basketball, racquetball, foosball or ping pong with a friend or go for a swim
- Enroll in Aikido, Karate & Gymnastics classes
- Learn how to become a Lifeguard (15+)
- Become a Y volunteer to earn service hours
- Work as a referee (14+), Gymnastics coach (15+)
- Kids Gym attendant (15+)
- Visit any other Y that participates in the Nationwide program for FREE



IF I AM AN ADULT I CAN...

- Go for a swim or participate in BOGAFIT or other water fitness classes
- Participate in any group Exercise Class, including Yoga, Core Focus, Zumba, and more...
- Work out in the Wellness Center or work with a Personal Trainer
- Attend Community activities and Special Events
- Play basketball or volleyball on the courts
- Get certified in CPR or First Aid
- Join a committee or help with fundraising
- Play a game of racquetball, pickleball and more!
- Visit any other Y that participates in the Nationwide program for FREE



IF I AM AN ACTIVE OLDER ADULT I CAN...

- Go for a swim or participate in Water Fitness classes
- Work with a Personal Trainer
- Work out in the Wellness Center
- Attend Group Exercise classes like Silver Sneakers, Enhance Fitness, Aquacise and more.
- Join a committee or help with fundraising
- Play Pickleball with friends
- Have a snack in the coffee social area with friends
- Celebrate monthly birthday parties
- Visit any other Y that participates in the Nationwide program for FREE!



MY FAMILY CAN...

- Shoot hoops, play racquetball, pickleball and wallyball and more!
- Celebrate a family birthday
- Walk or jog together
- Enjoy swimming
- Attend family friendly activities and special events
- Take swimming, sports, or gymnastics lessons together
- Visit any other Y that participates in the Nationwide program for FREE

A BETTER **US**
STARTS WITH **U**



Scan the QR code or visit
**[www.salinaymca.org/
about-us/careers](http://www.salinaymca.org/about-us/careers)**
for more info or to apply.

STRONG KIDS CAMPAIGN



HOW YOUR GIFT MAKES A DIFFERENCE

- \$150** Allows 3 kids the opportunity to play a season of sports.
- \$300** Provides a full session of swim lessons for a class of 5 kids.
- \$500** Provides 4 kids with a year of membership at the Salina Family YMCA.
- \$750** Gives a kid 5 memorable weeks of summer camp.
- \$1500** Allows a kid to attend all 10 weeks of summer camp.

The Y experience is full of small moments that lead to **BIG TRANSFORMATIONS**. The smile on a kid's face after her first goal, the sound of kids splashing as they learn how to swim, neighbors helping neighbors, community **COMING TOGETHER**.

Every person deserves to have these moments in life. **YOU** can help more people experience them.

Your generosity gives **LIFE-CHANGING OPPORTUNITIES** to the kids in Salina by making it possible for them to participate in programs that might otherwise be out of reach for their families.

Donate in person at the Y, text "STRONGKIDS" to 91999, or give your gift at salinaymca.org

AQUATICS

SESSION DATES:

4-wk sessions, Class Days M/W or T/Th

Class **Registration**
Aug 29–Sept 23..... Aug 1–24

*No classes Labor Day, Sept 5

Sept 26–Oct 21..... Aug 26–Sept 21

Oct 24–Nov 18..... Sept 26–Oct 19

8-wk sessions, Class Days Mon

Sept 26–Nov 18..... Aug 26–Sept 21

4 WEEK SESSIONS

Preschool Swim Lessons (3–5 yrs.)

30 min class | Combined Stages 1–4

Member \$30 | Non-Member \$60

M/W 5:30–6:00pm

M/W 6:05–6:35pm

T/Th 10:00–10:30am (Sept 26–Oct 21 only)

T/Th 5:30–6:00pm

School Age Swim Lessons (6 yrs. & up)

40 min class

Member \$35 | Non-member \$70

School Age Stage 1/2 (6 yrs. & up)

M/W 6:05–6:45pm

T/Th 6:05–6:45pm

School Age Stage 3/4 (6 yrs. & up)

M/W 6:05–6:45pm

School Age Stage 5/6 (6 yrs. & up)

Sept 26–Oct 21 only

M/W 6:05–6:45pm

Aquatic Conditioning

Offered Oct 24–Nov 18 only.

M/W | 6:00–7:00pm

Member \$55 | Non-Member \$80

Aquatic Conditioning focuses on continuing to build endurance and stroke technique on all major competitive strokes & encourages swimming as part of a healthy lifestyle. Recommended for Stage 5/6.

8 WEEK SESSIONS Sept 26–Nov 18

Parent/Child Water Discovery/Exploration

Ages 6 mos.–36 mos. Combined | 30 min class

8-wks. | Mondays, 5:30–6:00pm

Member \$30 | Non-Member \$60

POOL CLOSINGS – SHUTDOWN

Both pools will be closing Friday, Aug. 12 at 1pm for our annual pool draining and cleaning. Pools will remain closed from 1pm Friday, Aug. 12 through Monday, Aug. 15, and are scheduled to reopen Tuesday, Aug. 16 for regular hours.

Note that classes may be canceled or combined due to lack of enrollment.

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.

No refunds will be issued after registration has closed. Extenuating circumstances will be considered on a case-by-case basis.

ADAPTIVE AQUATICS

4 lesson session | 30 min. class

Members: \$35 | Non-Members: \$70

Adaptive lessons are designed for individuals with developmental, cognitive, or physical disabilities. These one-on-one classes can be personalized for the needs of each participant. Contact the Aquatic Director for more information.

PRIVATE/SEMI-PRIVATE LESSONS

30 minute lessons

Members \$35 / 30 min lesson

Buy4, Get1 Free Pkg. (Members Only) \$140

Non-Members \$70 / 30 min lessons

\$10 per additional child up to 2

Private 1-on-1 with an appropriate instructor.

Semi-private lessons are with 2–3 children of similar swimming ability with an instructor. Contact the Aquatic Director for more information.



LIFEGUARD PREP/PRE-COURSE SWIM PRACTICE

Registration: Nov 1–Nov 30

Interested in becoming a lifeguard, but unsure of your swim skills? A pre-course swim practice is set for **SATURDAY, Dec 3, 10–11am**, where participants will run through swim skills required for the lifeguard certification course pretest. Cost for the class is \$30, which can then be rolled over into the cost of the full lifeguard course.

RED CROSS LIFEGUARDING REVIEW

Dec 16–17 | Fri, 5–8pm & Sat, 8am–5pm

Member \$115 | Non-Member \$130

Registration: Nov 1–Dec 11

This review course is offered for current lifeguards who need to recertify. Participants must be present for every class session. Space is limited, so enroll early.

RED CROSS BLENDED LEARNING LIFEGUARDING & WATERPARK TRAINING

MIN AGE 15+

Dec 21–23 | W–F, 8:00am–5:00pm

Reg: Nov 1–Dec 11

Member \$170 | Non-Member \$200

Printed Lifeguard Participant Manual \$15

This course is offered for new lifeguard candidates. Participants must be present for every class session. A pre-course swim test will be conducted the first day of class – lifeguard candidates must be strong swimmers. There is approximately 10 hours online course work that must be completed before the first day of class.

BOGA FIT

BOGA is an energizing water workout which includes yoga as well as strength training exercises and provides a great core workout.

Lunch Break BOGA | Mons & Weds 12:15–12:45

Free for Y Members; \$15 for nonmembers

Registration is required.

POOL NOTES:

- Please shower before swimming.
- Band-Aids, gum, glass containers, and food are not allowed in the pools or pool areas.
- Appropriate swimwear is required. Swim attire must be clean, modest, and not transparent. Clean shirts/shorts may be worn in place of or over swimwear. All swim bottoms must provide a minimum of 50% coverage.
- Swim diapers are required for children not potty trained or others with bladder or bowel control problems. Disposable or cloth diapers are not allowed.
- Family Pool age limits are for your child's safety. During Open Swim times: children 5 yrs & younger must have a parent IN THE WATER within arm's reach of them at all times. Children 6 & 7 yrs. may swim without a parent in the water with them, but the parent must remain in the pool area at all times. Children 8 yrs. & older may swim unattended (under Lifeguard supervision).
- Children 7 years and under must be accompanied into the water by an adult in the Lap Pool.
- For safety reasons, participants enrolled in the SA Stage 5/6 and Aquatic Conditioning classes must be able to confidently swim 25 meters with their face in the water and tread water for 1 minute.



Katrina Harner • Aquatic Director
kharner@salinaymca.org • 785-404-4062

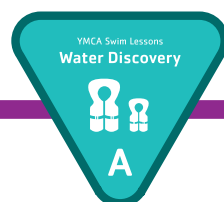




SWIM LESSONS STAGE DESCRIPTIONS

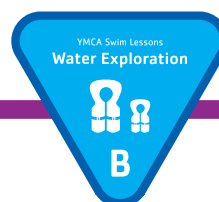
SWIM STARTERS

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.



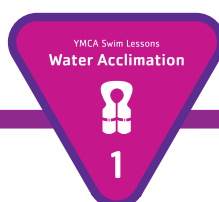
A / WATER DISCOVERY

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.



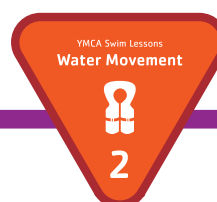
SWIM BASICS

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.



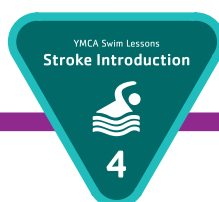
2 / WATER MOVEMENT

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.

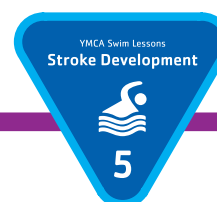


SWIM STROKES

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.

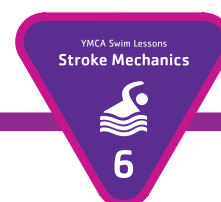
4 / STROKE INTRODUCTION

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.

SPORTS

YOUTH SPORTS

Reversible jerseys are required for all league sports seasons. You will only need to purchase again if your child out grows it.

\$17/Jersey: Grades PK–3rd

\$20/Jersey with a number, for basketball: grades 2nd–6th

FALL SOCCER, VOLLEYBALL & FLAG FOOTBALL

Registration

Early Bird: June 27–July 11

\$25/Members, \$50/Non-Members

Regular Registration: July 12–Aug 1

\$35/Members, \$60/Non-Members

After Aug 1: \$45/Members, \$70/Non-Members

Practice start the week of Aug 29

***No practices held over Labor Day weekend,

Friday, Sept 2– Monday, Sept 5

Games Sept 17–Oct 22

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

Volleyball League

Grades 2nd–6th

Recommended Knee pads

Coaches Meeting Aug 8

Soccer League

Grades PK–6th

Requirement Shin guards covered by socks

Coaches Meeting Aug 9

Flag Football League

Grades K–6th

Requirement Mouth guard

Coaches Meeting Aug 11



LITTLE TIKES SOCCER CLINIC

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.

Ages 3.5–5 years old

Requirement Shin guards covered by socks

***No jersey is required for little tikes clinics

Registration

Early Bird: June 27–July 11

\$30/Members, \$55/Non-Members

Regular Registration: July 12–Aug 15

\$40/Members, \$65/Non-Members

After Aug 15

\$45/Members, \$70/Non-Members

Sessions

Sept. 13, 20, 27 / Oct 4, 11, & 18

Tuesdays, 5:15–6:00pm

Tuesdays, 6:00–6:45pm

Tuesdays, 6:45–7:30pm

Optional Game Days on Thursdays

Sept 15, 22, & 29 / Oct 6, 13, & 20

5:45–6:45pm

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 5:45–6:15pm | \$40/Month

Karate (7 & Up)

Thu 6:30–7:15pm | \$40/Month

WINTER BASKETBALL

Grades K–6th

Registration

Early Bird: Oct 10–Oct 24

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

Regular Registration: Oct 25–Nov 21

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

*\$10 late fee will be added to any registration approved by the sports department after Nov 21

*No refunds will be issued after registration has closed. Extenuating circumstances will be considered on a case-by-case basis.

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

Practice begins week of Jan 2

Games Jan 14–Feb 18

Coaches Meeting Dec 5

Open Gym Dec 12–14 & Dec 19–21

**Mon–Wed from 5:30–7:30pm

LITTLE TIKES BASKETBALL CLINIC

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.

No jersey is required. No games will be played. A ball will be provided.

Ages 3.5–5 years old

Registration

Early Bird: Oct 10–24

\$30/Members, \$55/Non-Members

Regular Registration: Oct 25–Dec 19

\$40/Members, \$65/Non-Members

*\$5 late fee will be added to any registration approved by the sports department after Dec 19

Sessions

Jan 9, 16, 23, 30 / Feb 6 & 13

Mondays, 5:15–6:00pm

Mondays, 6:00–6:45pm

Mondays, 6:45–7:30pm

*** No refunds will be issued after registration has closed for any youth sport. Extenuating circumstances will be considered on a case-by-case basis.**

ADULT SPORTS

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, like a whiffle ball, over a net.

M–F, 6am–12pm | seasonal, see gym schedule

Free for members, \$5 Day Pass/Non-Members



Amy Yenzer • Sports Director
ayenzer@salinaymca.org • 785-404-4025

GYMNASTICS



ADAPTIVE GYMNASTICS

The Salina Family YMCA is excited to offer adaptive gymnastics classes for school age youth living with special needs. The class is designed to help special needs children to improve physical abilities. Parents/caregivers will participate together to learn fundamental gymnastics skills, motor skills, balance, and strength in a fun atmosphere. Contact the Y for information about upcoming sessions.

Fee: \$35/member, \$70/non-member

SESSION DATES FOR ALL LEVELS

4-week Sessions

Aug 29–Sept 23

Sept 26–Oct 21

Oct 24–Nov 18

Nov 21–Dec 16

Registration

Aug 1–24

Aug 26–Sept 21

Sept 26–Oct 19

Oct 24–Nov 16

*No classes Thanksgiving Day

- A \$10 Late Fee will be charged for registrations past the registration end date.
- No refunds will be issued after registration has closed. Extenuating circumstances will be considered on a case-by-case basis.

MINI HOTSHOTS

Girls | 3–6yrs | 4 wk sessions

(Instructor permission only)

Wed. 5:00–6:00pm

Fee: \$35/member, \$70/non-member

HOTSHOTS (pre-team)

Girls | School age | 4 wk sessions

(Y Membership required, instructor permission only)

T/Th 5:00–6:30pm

Fee: \$55/member

GEMSTARS COMPETITIVE TEAM L1–L10 and Xcel (instructor permission only)

The Salina YMCA GemStars is a traveling, competitive gymnastics team dedicated to the sport of gymnastics. Our staff is committed to providing a fun, safe, caring, and productive environment that instills healthy living, impactful relationships, social development, and opportunities for personal growth. The GemStars are truly “Gems of the GYM.” Contact Bev Jones for more information.

PRESCHOOL GYMNASTICS

4 wk sessions

TWO CAN DO 2yrs

Wed 6:00–6:30pm

Wed 10:00–10:30am

Fee: \$30/member, \$60/non-member

INCHWORMS 3yrs

Wed 9:15–10:00am

Thurs 6:15–7:00pm

Fee: \$33/member, \$66/non-member

TWO CAN DO/ INCHWORMS COMBO 2/3yrs

Mon 6:15–7:00pm

Thurs 9:15–10:00am

Fee: \$33/member, \$66/non-member

MIGHTY MYTES 4/5 yrs

Mon 5:15–6:00pm

Tues 6:15–7:00pm

Thurs. 10:00–10:45am

Fee: \$33/member, \$66/non-member

RECREATIONAL GYMNASTICS

4 wk sessions

ROLLERS (Beginner Class)

Girls & Boys | School Age

M/W 5:00–6:00pm

Fee: \$40/member, \$80/non-member

SWINGERS (Intermediate Class)

Girls & Boys | School Age

M/W 6:00–7:00pm

Fee: \$40/member,
\$80/non-member

ROLLERS/SWINGERS COMBO

Girls & Boys | School Age

T/Th 6:00–7:00pm

Fee: \$40/member,
\$80/non-member



PRIVATE LESSONS

Contact Bev Jones

1/2 hour: \$35/member; \$70/non-member

1 hour: \$50/member; \$85/non-member

1 hour group: \$70/member; \$140/non-member

GYMNASTICS NOTES

- Only WATER bottles allowed in gymnastics facility.
- Dress Code: shorts and t-shirt or leotard. NO jean shorts or buttoned pants are to be worn by the participants.
- Long hair must be pulled back in a ponytail for safety.
- Classes may be canceled due to lack of enrollment.
- A waiting list will be available if a class reaches maximum capacity.
- All children under 10 yrs. of age must be accompanied by an adult to and from the gymnastics facility.



Bev Jones • Gymnastics Coordinator
bjones@salinaymca.org • 785-404-4061



AFTER SCHOOL, EARLY EDU. & TEEN PROGRAMING

Y'S KIDS AFTER SCHOOL PROGRAM

Kindergarten -5th grades

Unlock your child's potential after school. Our program nurtures a child's potential, ensures the development of healthy, trusting relationships that build confidence and character. Activities, including academic enrichment and structured activities that provide kids with physical activity, hands-on experiences, engaging activities, healthy snacks, and arts and crafts.

Hours & Pricing Our program runs Mon-Fri from the end of the school day until 6:00pm.

- Coronado, Meadowlark, Stewart, and Sunset students will report to the gym for Y's Kids. Schilling students are bused to Sunset.
- Oakdale, Cottonwood, and Heusner students are bused from their school to the YMCA.

Monthly Rates

Full time (3-5 days/week)

Member \$165/month, Non-member \$215/month

Part time (1-2 days/week)

Member \$90/month, Non-member \$145/month

Registration starts
JULY 1ST

FULL DAYS—At the YMCA

- Breakfast, lunch, and a snack are provided
- Hours 7:30 am- 6:00 pm on days USD 305 has no school due to Inservice or winter/spring break.
- You must register for full days.
- If a child is registered and does not attend and does not give a minimum of 24 hours' notice, payment is still required, and no refund will be given as limited spaces are available.
- Children do not have to participate in Y's Kids After school program to participate in Full Days.

Pricing Member \$25/day, Non-member \$45/day

GIVING YOU PEACE OF MIND

Y Kids Afterschool and Full Days are licensed by the Kansas Department of Health and Environment (KDHE). Financial Assistance available and DCF funds are accepted.

QUALITY STAFF

All staff undergo comprehensive background checks. Counselors are trained in: • Child Development/ School Age Activities • CPR/First Aid/AED • Signs & Symptoms of Childhood Illness & Abuse

FOOD PROGRAM

GRAB N' GO MEALS

Grab N' Go will start again in the fall. Registration starts August 1. Watch for new information posted to the YMCA Grab N' Go page at salinaymca.org/grab-n-go

VOLUNTEERS NEEDED

Our food programs serve over 450 students each week. Volunteers make this outreach program successful! YOUR help is need during the hours of 10am-5:30 PM each Friday. Check our volunteer QR to sign up for a time slot.



Wendy Holtz • School Age Coordinator
wholtz@salinaymca.org • 785-404-4037

Stacy Jagodzinske • Child Nutrition Director
sjagodzinske@salinaymca.org • 785-404-4036



EARLY EDUCATION CENTER

Hours: M-F 6:45am-5:45pm

Ages: 2½-5 years

Cost: \$135/week

- Breakfast, lunch and pm snack are provided
- YMCA Membership is Required for this program
- We will open at 8:00 am if USD 305 has a snow day

Curriculum

Developmentally age-appropriate curriculum. Social/emotional curriculum. Swimming/gymnastics lessons, and P.E. class.

Giving you Peace of Mind

The Early Education Center is licensed by the Kansas Department of Health and Environment (KDHE). Financial Assistance and DCF funds are accepted.

Quality Staff

All staff undergo comprehensive background checks. Teachers are trained in:

- Child Development Activities
- CPR/First Aid/AED
- Signs & Symptoms of Childhood Illness & Abuse

TEEN PROGRAMING

Be in the know for upcoming teen events with our monthly calendar. Find it on our website at salinaymca.org and on social media

TEEN LATE NIGHT

Come hang out in the Y, connect with friends and mentors in a safe, healthy environment, and enjoy open gym, snack service, and other activities. Must have current high school student ID to enter.

Fridays, 9:00-11:00pm | Begins Aug. 13
Students grades 9-12 | Free Drop-In
Registration is required after 2 guest visits. Open to member and non member participants.

LEADERSHIP CLUB

Discover your potential with Leaders Club! Through Leaders Club, teens receive extensive leadership training and engage in a variety of volunteer opportunities that support Y programs and the community. Join us Tuesday's 5:00-6:00pm.



CHEER & DANCE TEAM

Our YMCA Cheer & Dance program is designed to teach youth the basics of cheerleading and game-day performing. This fun and active program is a great way for kids to form friendships and gain self-confidence. Basic cheers and a choreography routine will be taught and performed. Athletic shoes, cheer shoes, or dance sneakers are required to participate.

Grades 3-6

Dates Sept 1-Oct 22

Registration Aug 1-Sept 1

\$35/Members, \$60/Non-Members

*Uniform fee \$35 for first time participants

Practice Thursdays, 5:30-6:30pm

Performances are Saturdays during flag football games. Times and start date TBD

ANGEL CHILD CARE

at Church of Cross

Ages 6 weeks to school age

Fee pricing is per week

Infant: Member \$200 | Non-Member \$225

Toddler: Member \$190 | Non-Member \$215

Pre-K: Member \$135 | Non-Member \$160

Time 7:00am-5:30pm



Marlie Hamilton • Early Educ Center Assoc. Dir.
mhamilton@salinaymca.org • 785-404-4024

Heather Neuhofer • Sr. Dir. of Youth Development
hneuhofer@salinaymca.org • 785-404-4026



WELLNESS & Y FAMILY FUN



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-Thu | 7:50am-12:00pm & 4:00-8:00pm

Fri | 7:50am-12:00pm & 4:00-7:00pm

Sat | 8:50am-12:00pm

COST:

1 child | \$15/month

2 or more | \$20/month

or

Daily cost | \$5/visit



BIRTHDAY PARTIES



Celebrate your birthday at the Y! Scan the QR code to find out more about our party packages or visit salinaymca.org/birthday-parties for more info.

WELLNESS

PERSONAL TRAINING PACKAGES

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

- 1/2-hour Individual Session
\$30/Member, \$60/Non-Member
- 1 hour Individual Session
\$50/Member, \$100/Non-Member
- Group 1 Hour Session (2-4 people)
\$65/Member, \$130/Non-Member
- Individual Introductory Package *New PT clients only (1 time use only package) 3 sessions:
\$125/Member \$250/Non-Member
- Look for Special Packages offered throughout the year.

Meet our Personal Trainers! Scan the QR code to read bios for our Salina Personal Trainers.



GET STARTED PROGRAM

This 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!

GROUP EXERCISE CLASSES

We have over multiple 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 on our website.

YOUTH FITNESS TRAINING CLASS

The YFT is for kids aged 10-13 yrs and is required to utilize the Wellness Center. This class will combine an education component on weight room etiquette, safety, and proper form along with hands on experience with the equipment. By appointment only.

Cost

Individual Sessions \$25

Group Sessions (2-4 members) \$35

ROCK STEADY BOXING AT THE Y

Classes will be T/TH 2:00-3:00 p.m. This class is FREE to the community for participants diagnosed with Parkinson's and their caregivers can participate

Ellen Hogeland • Group Ex Coordinator
ehogeland@salinaymca.org • 785-404-4028

DRESS CODE

The YMCA is a family-friendly facility, please dress appropriately. Please be aware of specific dress codes for the department areas throughout our facility.

Wellness Center:

- Shirts or tank tops must be worn that cover chest sensitive areas, including over a sports bra and a minimal amount of waistline may be exposed.
- Shorts must provide complete coverage.
- Closed-toed shoes are required for anyone under the age of 18.
- Athletic shoes must be worn on wood floors.

35TH ANNUAL TURKEY TROT

Thanksgiving Day
8:30 AM at Bill Burke
Park. More
information
to come!



Angeles De Leon • Youth and Family Coordinator
adeleon@salinaymca.org • 785-404-4066

Hope Varela • Wellness Coordinator
hvarela@salinaymca.org • 785-404-4028





FOR YOUTH DEVELOPMENT®
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