



SOMETHING FOR EVERYONE

SALINA FAMILY YMCA
2025 Fall Program Guide



MEMBERSHIP BENEFITS

When a new member joins the YMCA, we emphasize to them that we are more than a gym. 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.

MEMBERSHIP RATES

Membership Type	Rate per Month	Referral Rate per Month	Rate per Year
YOUTH (ages 0-9)	\$9		\$108
STUDENT (ages 10-18)	\$12		\$144
YOUNG ADULT (ages 19-26)	\$35	\$28	\$420
ADULT (ages 27+)	\$42	\$33.60	\$504
COUPLE (2 people in the household)	\$59	\$47.20	\$708
FAMILY (2 adults and children household)	\$68	\$54.40	\$816

Members who pay annually for membership receive 13 months for the price of 12.
Members who pay monthly can refer a friend and save 20% each month.

Refer a Friend, Get 20% off

20% each month

BENEFITS OF MEMBERSHIP

- Tour
- Free 'Get Started' Training
- Group Exercise included in membership
- Referral Rates
- Discounted program registration
- Access to YMCA360



Patsy Stockham • Membership Director
pstockham@salinaymca.org • 785-404-4044



Mason R. Rohleder • Associate Director of Membership
mrohleder@salinaymca.org • 785-404-4045

DO. EARN. REWARD YOURSELF.

With Y Rewards you earn points for coming to the Y, 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!

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 & collaboration
- **STRONGER COMMUNITY** - When people feel better and work harder - we all win.

INCOME-BASED FINANCIAL ASSISTANCE

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

VOLUNTEER OPPORTUNITIES

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

As one of the leading nonprofits and volunteer-led organizations, the Salina Family YMCA offers opportunities for individuals, families, and organizations to volunteer.

- Grab N' Go
- Gymnastics
- Youth Sports
 - Soccer
 - Basketball
 - T-Ball
 - Flag Football
 - Volleyball



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



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

FACILITY HOURS

Mon-Fri | 4:30am-9:00pm
Sat | 7:00am-5:00pm
Sun | 10:00am-5:00pm

HOLIDAY HOURS

September 1, Labor Day | CLOSED
November 27, Thanksgiving | CLOSED
November 28, Day after Thanksgiving | 7:00am-9:00pm

December 24, Christmas Eve | 4:30am-2:30pm
December 25, Christmas | CLOSED
December 31, New Years Eve | 4:30am-5:00pm

When the Y is closed, check out YMCA360. Visit salinaymca.org/ymca360



YOU MAKE MORE POSSIBLE

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.

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.

Donate in person at the Y or give your gift at salinaymca.org/give



Chris Lehecka • President/CEO
clehecka@salinaymca.org • 785-404-4026

Julie McIntyre • Executive Assistant
jmcintyre@salinaymca.org • 785-404-4034





AGE PRIVILEGE GUIDELINES

Children under the age of 10 **MUST** be accompanied and supervised by a parent/ guardian (ages 16+) at all times, unless the child is in an organized program. Adults supervising the child **MUST** have a membership or purchase a day pass to enter the facility, unless the child is participating in youth sports, swim lessons or gymnastics.

PROGRAM AREA AGE REQUIREMENTS

KIDS GYM

6 weeks - 9 year olds

TRACK

Children under 10 must be accompanied by and within arm's length of someone over 16 years of age^

Children 10+ years without an adult

BASKETBALL GYM

Children up to 7 years **MUST** be with an adult in the gym^

8-9 year olds an adult **MUST** be in the facility^

10+ years without adult in the building

FAMILY/LAP POOLS

Children up to 7 years **MUST** be with adult in water^#

Children 8-years of age: adults **MUST** be in the building^#

10+ years of age: Adult is not required to be in the building #

16+ years of age to use the whirlpools

GROUP EXERCISE

10-11 year olds may watch in class

Children 12+ years may participate

SCHWAN'S WELLNESS CENTER

10-13 yrs with Youth Fitness Training may use cardio and resistance machines and must wear a purple band; Additional PT session with Green band may also use free weights

ADULT LOCKER ROOMS

Must be 16 years of age or older

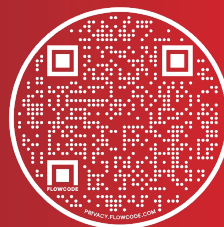
LEGEND:

^ Unless in organized Y class

Must pass swim test to use deep end



DISCOVER YOUR **DRIVE** DISCOVER YOUR **Y**



Scan the QR code or visit
www.salinaymca.org/careers
for more info or to apply.

CAREERS AT THE Y

The YMCA employs approximately 200 employees, 50 of which are full time positions. Full time and part time employees are offered a variety of benefits including discounted programs, retirement, flexible scheduling and a **FREE MEMBERSHIP!** To apply please visit salinaymca.org/careers or scan the QR code above. If you have any questions, please call 785-825-2151. Open positions include:

- Childcare
- After School Program
- Aquatics
- Wellness
- Group Exercise Instructor
- Youth Sports
- Kids Gym
- Custodial
- Gymnastics
- Internships

Benefits to working at the Y include:

- Free Membership
- Discount on most programs
- Free Drop in Kids Gym
- Flexible Schedules
- 403b Retirement Account
- Medical/Dental/Vision/Life Insurance
- First Aid/CPR/AED Certification



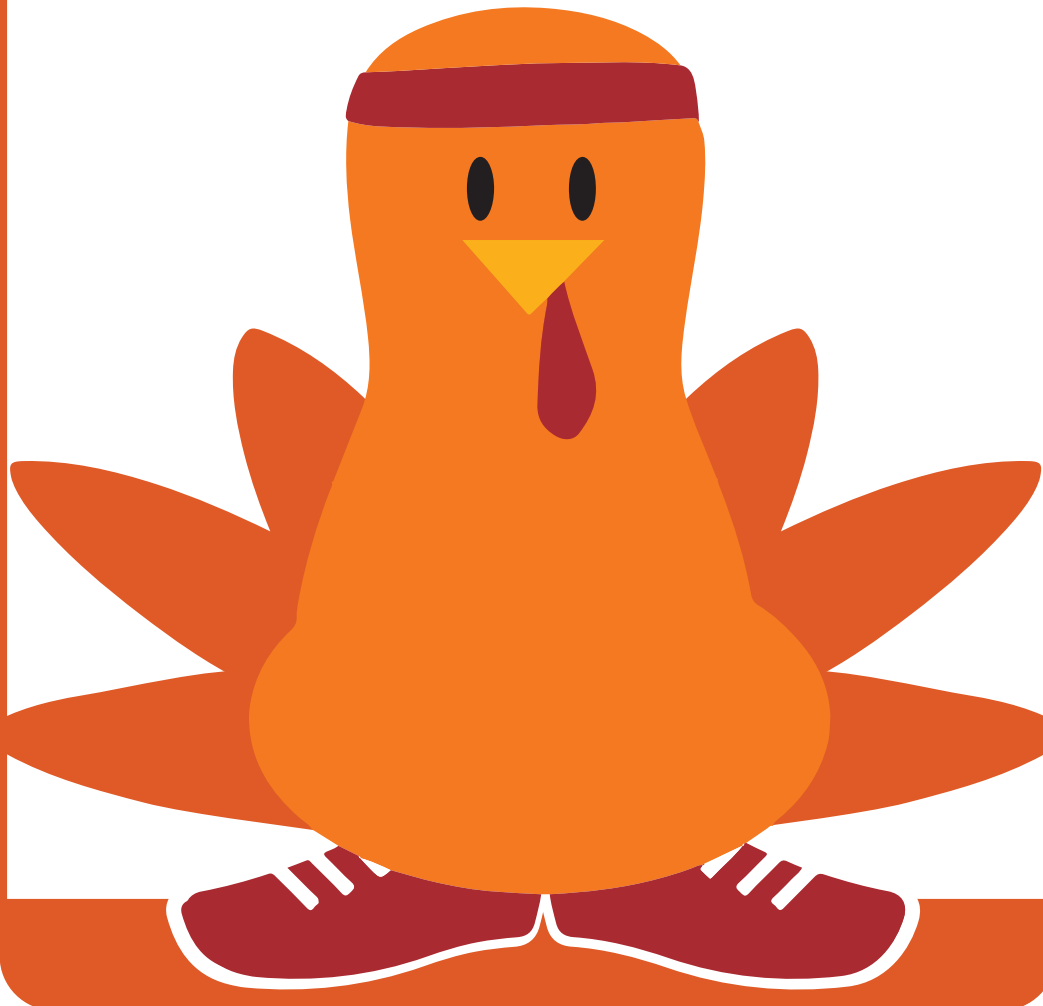
38TH ANNUAL TURKEY TROT

RUN HARD. GIVE THANKS.

November 27 at Bill Burke

REGISTRATION: Oct 13–Nov 27

DISTANCE: 2 mile walk / 3 mile run



SEPTEMBER

September 1 Labor Day | YMCA Closed

September 1-7 Sweatemmer PT
Special

September 11 Welcoming Week
International Dinner

September 12 Welcoming Week Salsa
Night

September 13 Fall Sports Games
begin

OCTOBER

October 6 Winter Sports Early Bird
Registration Begins

October 21 Winter Sports Regular
Registration Begins

October 24 Pumpkin Party

NOVEMBER

November 11 Veteran's Day Luncheon

November 17 Winter Sports
Registration Ends

November 27 Thanksgiving Day |
YMCA Closed

November 27 Annual Turkey Trot

November 28 Black Friday PT
Package

DECEMBER

December 3 Basketball Coaches
Meeting

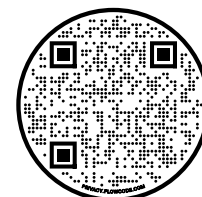
December 11 Cookies- Cocoa- & Claus
and Candy Cane Lane

December 15 Little Tikes Registration
Ends

December 24 Christmas Eve

December 25 Christmas Day | YMCA
Closed

December 31 New Years Eve



Learn more
about upcoming
programs online
at **salinaymca.
org/programs**



Y'S KIDS AFTER SCHOOL PROGRAM

Kindergarten –5th grades

Our program nurtures a child's potential, ensures the development of healthy, trusting relationships that build confidence and character. We also include academic enrichment and structured activities that provide kids with physical activity, hands-on experiences, engaging activities, healthy snacks, and arts and crafts. **Registration open now!**

Hours Monday-Friday from the end of the school day until 6pm.

Locations

- YMCA (Cottonwood, Oakdale, Heusner, Coronado)
- Stewart
- Sunset (Schilling)
- Meadowlark

Monthly Rates

- Full time (3-5 days/week) | Member \$180/month, Non-member \$230/month
- Part time (1-2 days/week) | Member \$110/month, Non-member \$160/month
- Financial Assistance available and DCF funds are accepted.

Giving you Peace of Mind | Y Kids Afterschool and Full Days are licensed by the Kansas Department of Health and Environment (KDHE).

- 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

The Salina Family YMCA is a Salina Area United Way Childcare Initiative Partner

"This funding will allow our programs to hire and retain quality staff without jeopardizing the workforce in Salina by outpricing parents. I have staff that I asked how it would affect them - they said they would stop looking for other jobs and feel financially safer. Another staff member told me that they would actually be able to make their rent now. - Marti Higdon"



Angela Mitchell • SACC Director
amitchell@salinaymca.org • 785-404-4032

INFANT CARE TO PRESCHOOL CHILDCARE

At the Salina Family YMCA's Early Learning Centers, we provide quality early childhood education for children ages 6 weeks to 5 years, all rooted in the Y's core values of caring, honesty, respect, and responsibility. We're not just another daycare—we're part of your village.

- Breakfast, lunch and afternoon snack are provided
- Licensed by the Kansas Department of Health and Environment (KDHE)
- All staff undergo comprehensive background checks. Counselors are trained in Child Development/School Age Activities, CPR/First Aid/AED and Signs & Symptoms of Childhood Illness & Abuse

Curriculum | Developmentally age-appropriate curriculum builds motor, language, and social/emotional skills. Supports creativity and school readiness.

Locations

- **Angel Child Care**
Church of the Cross,
1600 Rush St, Salina
7:00am-5:30pm | Ages 6
Weeks-5 Years
- **McAdams Childcare Center**
1312 McAdams Rd, Salina
7:00am-5:30pm | Ages 6
Weeks-5 Years
- **YMCA Early Learning Center**
570 YMCA Dr, Salina
5:30am - 5:30pm | Ages 2.5-5
Years

Weekly Fee

Financial Assistance available and DCF funds are accepted.

Infant: Member \$215 | EBT/Non-Member \$314
Toddler: Member \$205 | EBT/Non-Member \$263
Pre-K: Member \$165 | EBT/Non-Member \$213.50



Constance Zimmerman • Billing Specialist & Childcare Registrar
czimmerman@salinaymca.org • 785-404-4031



WE WANT TO HEAR FROM YOU!



Scan the QR code to share your thoughts and let us know what you'd like to see at the pool.

SWIM LESSONS (Ages 6 months - Adult)

We strive to create a safe, fun, and encouraging environment for children to develop as swimmers. In addition to teaching swimming skills, our instructors are passionate about creating a positive atmosphere that encourages our students to be courteous, respectful, responsible, and confident individuals and athletes. Classes are based on ability and progress with your child's abilities. Visit salinaymca.org/aquatics/swim-lessons or scan the QR code for class times, level descriptions and to register your child for swim lessons.



ADAPTIVE AQUATICS

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.

1 half-hour lesson per session | Members: \$30 | Non-Members: \$60
Private Lesson Package (Members Only) Buy 5, half hour sessions | \$125

PRIVATE/SEMI-PRIVATE LESSONS

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

1 half-hour lesson | Members: \$30 | Non-Members: \$60
Private Lesson Package (Members Only) Buy 5, half hour sessions | \$125

RED CROSS CPR CLASSES – COMING SOON!

Get certified in life-saving skills with our upcoming CPR classes. The course includes a 2.5-hour in-person session, with about 1 hour of online work to be completed beforehand. Visit our website for dates, registration, and more details!

LIFEGUARD PREP/PRE-COURSE SWIM PRACTICE

Interested in becoming a lifeguard, but unsure of your swim skills? During the pre-course swim practice participants will run through swim skills required for the lifeguard certification course pretest. Cost for the test is \$20.

Schedule Appointment | Registration required | Call the Y to be put on the interest list

Note: 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 discussions.

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

Elliott Read • Aquatic Coordinator
eread@salinaymca.org • 785-404-4062



RED CROSS WATERPARK & LIFEGUARD TRAINING

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.

Dates TBD | Registration required | Call the Y to be put on the interest list
Member \$200 | Non-Member \$220

RED CROSS WATER SAFETY INSTRUCTOR

This is a certification course to become a swim lesson instructor. Participants must be present for every class session. There are approximately 12 hours of online course work that must be completed before the first day of class. Minimum age 15+

Dates TBD | Registration required | Call the Y to be put on the interest list
Member \$250 | Non-Member \$270

INCLUDED WITH MEMBERSHIP AQUACISE CLASSES

BOGA-Workout on the Inflatable BOGA Board for balance, core and fun! *Must register for class. Limited space.



Now Hiring Lifeguards! Paid training!

Earn money, be a leader and save lives. Earn your lifeguard certification for FREE when you come to work for the Salina Y! Learn more and register now at salinaymca.org/lifeguard



GYMNASTICS



SESSION DATES FOR ALL LEVELS

4-week Sessions

Aug. 4 – Aug. 29
Sept. 2 – Sept. 26
Sept. 29 – Oct. 24
Oct. 27 – Nov. 21
Nov. 24 – Dec. 19

Registration

July 7 – Aug. 11
Aug. 4 – Sept. 9
Sept. 2 – Oct. 9
Sept. 29 – Nov. 3
Oct. 27 – Dec. 1



- No Classes will be held on Labor Day, Thanksgiving Day, Christmas Day, and New Year's Day.
- A \$10 Late Fee will be charged for registrations past the registration end date.
- If there is a wait list in the session you want to enroll in, the next month session enrollment opens on the first day of that session.

PRESCHOOL GYMNASTICS

TWO CAN DO

2yrs | 4 wk sessions | Member \$35 | Non-Member \$65

Mon 6:00–6:30pm

INCHWORMS

3yrs | 4 wk sessions | Member \$38 | Non-Member \$71

Thurs 6:15–7:00pm

TWO CAN DO/INCHWORMS COMBO

2–3 yrs | 4 wk sessions | Member \$38 | Non-Member \$71

Wed 9:15–10:00am

Thurs 9:15–10:00am

MIGHTY MYTES

4–5 yrs | 4 wk sessions | Member \$38 | Non-Member \$71

Tues 6:15–7:00pm

Wed 10:00–10:45am

Wed 6:15–7:00pm

Thurs 10:00–10:45am

RECREATIONAL GYMNASTICS

ROLLERS (Beginner Class)

Girls & Boys | School Age | 4 wk sessions | Member \$45 | Non-Member \$85

M/W 5:00–6:00pm

SWINGERS (Intermediate Class)

Girls & Boys | School Age | 4 wk sessions | Member \$45 | Non-Member \$85

M/W 6:00–7:00pm

ROLLERS/SWINGERS COMBO

Girls & Boys | School Age | 4 wk sessions | Member \$45 | Non-Member \$85

T/Th 6:00–7:00pm



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

HOTSHOTS PRE-TEAM

(YMCA Membership required, instructor permission only)

Girls | School age | 4 wk sessions | Member \$60

M/W 4:30–6:00pm

BOYS GYMNASTICS

6–12 yrs | 4 wk sessions | Member \$40

| Non-Member \$80

The class will introduce skills on vault, bars, floor and pommel tricks in a safe and fun environment.

Sat 10:00–11:00am

PRIVATE LESSONS

Contact Bev Jones for info and scheduling

1 half-hour lesson Member \$30 | Non-Member \$60

1 hour lesson Member \$50 | Non-Member \$100

Group Private 1-hour Lesson (2–4 children)

Members \$50 + \$10/additional child

Non-Members \$100 + \$10/additional child



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.
- IF CLASS IS FULL, PLEASE SIGN-UP FOR THE NEXT SESSION
- All children under 10 must be accompanied by an adult to and from the gymnastics facility.

GEMSTARS COMPETITIVE TEAM

L1–L10 and Xcel Program (instructor permission & membership required)

The Salina YMCA GemStars is a traveling, competitive team gymnastics team dedicated to the sport of gymnastics. Our staff is committed to provide 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.





PARTIES & CELEBRATIONS

Celebrate with us! Let the Y take care of your next party or group event with options that deliver fun for all ages and all types of celebrations. Our parties are 2 hours long and include a space for you to decorate to enjoy food and drink or open gifts. We take care of the planning, set up, execution, and cleanup of every party with trained staff who specialize in fun! Our party packages and add-ons are set to accommodate 12 participants with an option to add more. Member and non-member prices available for all options. Choose from the following party themes:

Traditional – celebrate inside or out with classic party games and activities like sack racing, pin the tail, musical chairs and more!

Kids Gym – Have our in house play area for you and your guests for free play in this space full of fun and creative play!

Gymnastics – a classic Y party option that takes you inside the gymnastics gym for free play with the option of a few games!

Pool – Have a splashing good time in our family pool! (Availability is limited)

Add ons:

Decorations – Let us set the stage for your party by supplying and setting up color themed tablecloths, streamers, balloons, banners, and table decoration!

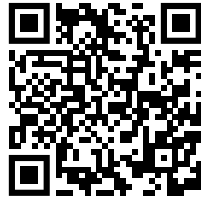
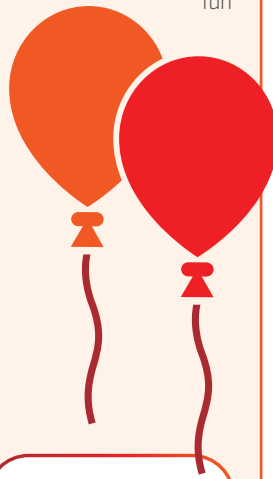
Pizza – Let us feed your crowd with a pizza party add on that includes color themed plates and utensils, drinks and of course, the pizza!

Cake and Ice Cream – Enjoy a dozen color themed cupcakes with individual servings of ice cream and all the plates, napkins, and utensils to match!

The Works – Let us do it all for you with a bundle discount on all of the add on packages together, so all you worry about is having fun!

Visit us online to request your next party!

Scan the QR code or visit salinaymca.org/birthday-parties.



FOOD PROGRAM

Each school year, the Y provides over 67,000 healthy meals and snacks to program participants, following the Child and Adult Care Food Program guidelines. In summer 2025, we served over 112,000 additional meals through the Summer Food Service Program reaching Y kids, Grab N Go sites, community camps, and now a few locations beyond Salina.

Want to help feed kids? Contact Stacy to learn how your passion can make a difference in our communities.



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

KIDS GYM Ages 6 Weeks – 9 Years

The Kids Gym is a fun and safe place for children to play with toys, games, play-ground area and more, while parents enjoy the Y. Kids Gym is available for a maximum of 2 hours per visit. Registration is required, or a day pass.

HOURS Mon–Fri | 8:00am–12:30pm

Mon–Thurs | 3:30–8:00pm

Fri | 3:30–7:00pm

Sat | 9:00am–3:00pm

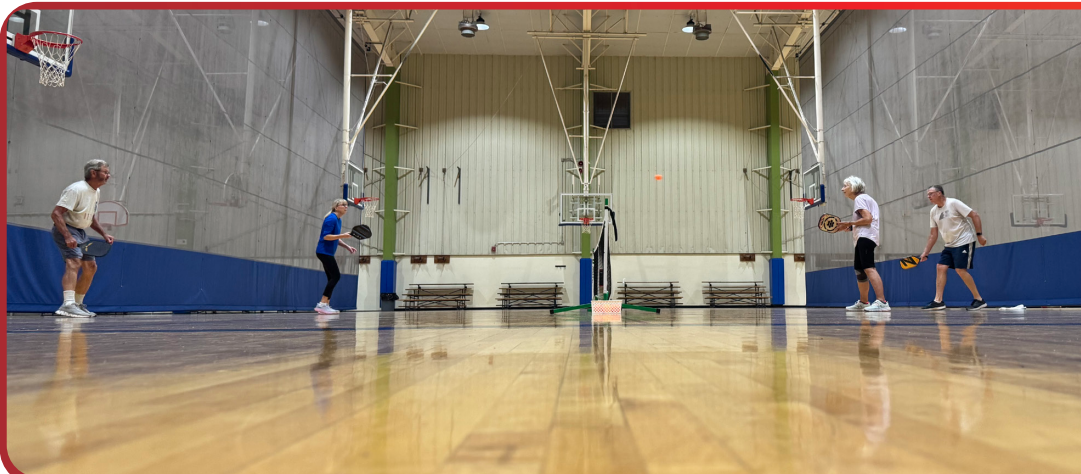
Sun | CLOSED

COST 1 child \$15/month | 2 or more \$20/month | or Daily cost \$5/visit



Marti Higdon • Senior Director of Youth Development
mhigdon@salinaymca.org • 785-404-4065

George Higdon • Sr. Director of Paws-itivity
 785-123-B-A-R-K



MEMBER SPOTLIGHT

Jim Novak, Y Member & Pickleballer

“We’d heard about pickleball for years but never made the time—until a friend told us the Y had beginner-friendly groups on Tuesdays and Thursdays. Bev and I showed up one morning... and we were hooked. We got exercise without it feeling like a workout. But more than that, the people were what made it special—welcoming, patient, encouraging. No judgment. Just community. We plan our week around those mornings now. If you’ve been hesitant, just come. You’ll be glad you did.”



WELLNESS



Ellen Hogeland • Director of Programs
ehogeland@salinaymca.org • 785-404-4028



Hope Varela • Wellness Coordinator
hvarela@salinaymca.org • 785-404-4039



YMCA360

CLASSES AND PROGRAMS IN PERSON AND VIRTUALLY



YMCA360 IS FREE FOR MEMBERS! Enjoy live or on-demand group exercise classes with your favorite instructors, explore nutrition classes, youth enrichment, fitness options and more. Check it out at www.salinaymca.org/ymca360

PERSONAL TRAINING PACKAGES

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

- 1/2-hour Individual Session | \$30/Member, \$50/Non-Member
- 1 hour Individual Session | \$50/Member, \$70/Non-Member
- Group 1 Hour Session (2-4 people) | \$75/Member, \$95/Non-Member
- Individual Introductory Package *New PT clients only (1 time use only package) 3 sessions | \$125/Member \$175/Non-Member
- Regular Package Individual, 5 hours (can be split into 1/2 hours) \$225 Member | \$325 Non-Members
- Regular Package Group | \$350 Members | \$450 Non-Members
- **Sweatember special** \$25 off personal training packages, Individual \$200 & Group \$325 | Sept 1-7
- **Black Friday special** \$25 off personal training packages, Individual \$200 & Group \$325 | Nov 24-29

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



PARKINSONS EXERCISE CLASS

Class is 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.

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!

INBODY ASSESSMENT

An accurate and precise body composition analyzer that provides vital outputs like body fat, muscle, and water levels that can be used to provide personalized plans geared towards healthy living. Register at the membership desk for an appointment.

Cost \$20/members and \$40/non-members | **Members 1st testing is free**



Stacy Serrault • Group Ex Coordinator
sserrault@salinaymca.org • 785-404-4022

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** \$25 for the 1st child, \$10 more per sibling. (Must be in the same household.)

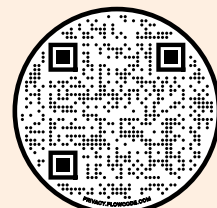
GROUP EX ROOM RENTALS

Dance the night away with your group! Line Dancing, Zumba, Drum Fitness and More! Contact Stacy for more info! **Cost** \$40 per hour

GROUP EXERCISE CLASSES- INCLUDED WITH MEMBERSHIP!

Drop in and Check them out!

We offer a variety of group exercise classes weekly on land and in the water. Classes such as, BogaFIT, Line Dancing, Strength Train Together, Yoga, Drum Fitness, SilverSneakers®, Aqua Power plus more! Schedules available online at salinaymca.org/schedule or scan the QR code.



WELLNESS WARRIORS CANCER EXERCISE PROGRAM

Wherever you are in your cancer journey, you can find empowerment, fitness and friendship in this free and supportive program. Join us twice a week to build strength, endurance, flexibility, and balance with the guidance of our trained staff—all in a welcoming, community-focused setting. Program lasts 12 weeks.

Lead Trainer Andi Kilsch, Ace, Cancer Exercise Specialist

Location Salina Family Ymca

Cost Free! Includes a 3-month membership at the Y for the duration of the program.

Visit or call the Y for information on dates & times



Joseph Finder • Program Coordinator
jfinder@salinaymca.org



YOUTH SPORTS

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.

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

PK–6th jersey: \$20 (no number)

*** No refunds will be issued for sports programs or jerseys. Extenuating circumstances will be considered on a case-by-case basis.**

WINTER BASKETBALL

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.

Grades K–6th

Registration Early Bird: Oct 6–Oct 20; \$40/Member, \$65/Non-Member

Regular Registration: Oct 21–Nov 17; \$50/Member, \$75/Non-Member

*\$10 late fee will be added to any registration approved by the sports department after Nov 20

Practice starts Jan 5 | **Games** Jan 17–Feb 21 | **Coaches Meeting** Dec 3

Open Gym Dec 8–11 & Dec 15–17, 5:30–7:30pm

LITTLE TIKES BASKETBALL

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 6–Oct 20; \$40/Member, \$65/Non-Member

Regular Registration: Oct 21–Nov 17; \$50/Member, \$75/Non-Member

*\$10 late fee will be added to any registration approved by the sports department after Dec 18

Season starts Jan 13 and will be on Tuesday nights with 3 different time slots:
5:15–6:00pm, 6:00–6:45pm & 6:45–7:30pm



SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art form where self-discipline, physical and mental strength will be taught. Must be a member to register. Please be sure to wear sweats on to your first session.

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

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. Seasonal, see gym schedule

M–F, 9am–12pm | Free for members, \$10 Day Pass/Non-Members



VOLUNTEER SPOTLIGHT

Building Community Through Soccer

Nico and Simon, two Kansas Wesleyan University soccer players from Germany, bring passion and purpose to the field—both as athletes and volunteers.

"We were all this age once," says Nico, as he shares the importance of teaching youth to play soccer the right way and honoring the game that shaped them. Whether walking over four miles to make practices or riding community bikes to reach games, these two young men show the same dedication the YMCA brings to youth development.

Thank you, Nico and Simon, for helping us grow strong, confident kids through the game you love!



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