



FALL FOR THE Y

SALINA FAMILY YMCA
2026 Fall Program Guide



MEMBERSHIP BENEFITS

When a new member joins the YMCA, we emphasize to them that we are more than a gym. As a member 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)	\$10	n/a	\$120
STUDENT (ages 10-18)	\$13	n/a	\$156
YOUNG ADULT (ages 19-26)	\$36	\$29	\$432
ADULT (ages 27+)	\$43	\$34.60	\$516
COUPLE (2 people in the household)	\$60	\$48.20	\$720
FAMILY (2 adults and children household)	\$69	\$55.40	\$828

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.



BENEFITS OF MEMBERSHIP

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



Mason R. Rohleder • Membership Director
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Bekah Myers • Membership Coordinator
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DO. EARN. REWARD YOURSELF.

With Y Rewards you earn points in the YMCA360 app 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!

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
 - Flag Football
 - Basketball
 - Volleyball
 - T-Ball



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 7, Labor Day | CLOSED
November 26, Thanksgiving | CLOSED
November 27, Day After Thanksgiving | 7:00am-9:00pm

December 24, Christmas Eve | 4:30am-2:30pm
December 25, Christmas Day | CLOSED





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
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Julie McIntyre • Philanthropy Director
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UPCOMING EVENTS



SEPTEMBER

- Sept 7:** Labor Day | YMCA Closed
- Sept 7-14:** Sweatember PT Special
- Sept 12:** Fall Soccer and Flag Football Games Begin
- Sept 17:** Welcoming Week Internaitonal Dinner
- Sept 18:** Welcoming Week Salsa Night
- Sept 21:** Fall Volleyball Registration Ends
- Sept 21:** KWU Girls Flag Football Camp Registration Opens

OCTOBER

- Oct 17:** KWU Girls Flag Football Camp
- Oct 24:** Fall Volleyball Games Begin
- Oct 26:** Pumpkin Party

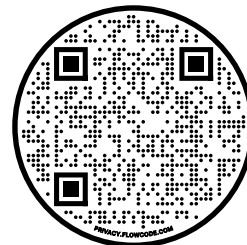
NOVEMBER

- Nov 2:** Youth Basketball Camp Registration Opens
- Nov 2:** Youth Pickleball Camp Registration Opens
- Nov 2:** Youth Futsal Camp Registration Opens
- Nov 9:** Winter Early Bird Sports Registration Opens
- Nov 11:** Veterans Day Lunch
- Nov 21:** Fall Volleyball Games End
- Nov 23:** Winter Regular Sports Registration Opens
- Nov 23-27:** Black Friday PT Special
- Nov 26:** Turkey Trot
- Nov 26:** Thanksgiving | YMCA Closed
- Nov 30:** Adult 3-on-3 Basketball Registration Opens
- Nov 30-Dec 2:** Youth Pickleball Camp

DECEMBER

- Dec 4:** Jingle & Mingle
- Dec 7-9:** Youth Basketball Camp
- Dec 10:** Cookies, Cocoa & Claus
- Dec 14-16:** Youth Futsal Camp
- Dec 24:** Christmas Eve
- Dec 25:** Christmas | YMCA Closed
- Dec 31:** New Years Eve

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



WHAT TO KNOW AT THE Y

- We offer swim lessons year round.
- Adult sports are making a comeback! With a multitude of adult programs to choose from (see more on pg. 11)
- Keep an eye out for a new Snorkel class
- We offer one-on-one specific sports training (see more on pg. 11)
- We're offering new youth programs this fall including a futsal camp, girls flag football camp, and more! (see more on pg. 11)
- We offer all day childcare for youth ages 6 weeks-5 years old. (see more on pg. 6)
- We have many PT and wellness coach options available. (see more on pg. 8)



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+ may use the track without an adult

BASKETBALL GYM

Children 7 and younger **MUST** be with an adult in the gym^

Children 8-9 years old **MUST** have an adult in the facility^

Children 10+ may use gym without adult in the building

FAMILY/LAP POOLS

Children 7 and younger **MUST** be with adult in the water^#

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

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

16+ years of age to use the whirlpools

GROUP EXERCISE

Children ages 10-11 may watch in class

Children 12+ 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

ADULT LOCKER ROOMS

This space is intended for families with children, caregivers assisting others, and members requiring additional privacy, accessibility, or assistance.

Members ages 16+ are encouraged to utilize the Men's and Women's Locker Rooms when practical.

Children must be actively supervised by a parent or responsible adult at all times.

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





Krista Linenberger • Sr. Director of Family Services
klinenberger@salinaymca.org • 785-404-4066

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.

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

Locations

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

Monthly Rates

- Full time (3-5 days/week) | Member \$180/month, Non-member \$407.64/month
- Part time (1-2 days/week) | Member \$110/month, Non-member \$203.82/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



Morgan Walsh • School Age Director
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Marlie Hamilton • YMCA Early Learning Center Director
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Jackalyn Neely • McAdams Early Learning Center Director
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INFANT TO PRESCHOOL CHILDCARE EARLY LEARNING CENTER

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 Kansas Early Learning Standards.

Locations

- **McAdams Childcare Center** | 1312 McAdams Rd, Salina
7:00am-5:30pm | Ages 6 Weeks-2.5 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

Interested in your child attending one of our Early Learning Centers? Scan the QR code to learn more.



Sylena Mulligan-Burns • Family Service Specialist
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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 fun 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 Jagodzinske to learn how your passion can make a difference in our communities.

FOOD PANTRY MARKET

The Salina Family YMCA's Y We Share Food Pantry Market is a resource located in the main lobby and open to anyone in the community who needs support or wishes to give back. Designed around the simple principle of "take what you need, give what you can," the pantry market provides convenient access to essential food items during regular business hours, allowing individuals and families to pick up or drop off donations with ease. More information and guidance available on site.



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

YOUTH & FAMILY

KIDS GYM Ages 6 Weeks – 9 Years

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

HOURS Mon-Fri | 8:00am–12:00pm & 3:30–7:00pm

Sat | 9:00am–1:00pm

Sun | CLOSED

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

TEEN NIGHTS

Watch for upcoming dates | Ages 13–18 | Cost: FREE

Teen Nights at the Salina Family YMCA offer a safe, fun, and energetic space for teens to hang out and meet new friends. Each event brings the community's teens together for a mix of activities like basketball, dodgeball, video games, music, and games, with occasional themed nights featuring line dancing or other special activities. With great food, a welcoming atmosphere, and plenty of ways to stay active or just relax with friends, Teen Nights give young people a place to connect, unwind, and make memories.



WELLNESS



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

PERSONAL TRAINING PACKAGES

For pricing and more information on packages please visit salinaymca.org

- ½ hour AND 1 hour individual and group sessions
- Multiple packages available including introductory and group packages
- **Sweatember** \$25 off personal training packages, Individual \$200 & Group \$300 | September 7-14
- **Black Friday PT** \$25 off personal training packages, Individual \$200 & Group \$300 | November 23-27

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**



**YMCA
360**

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



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



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



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)

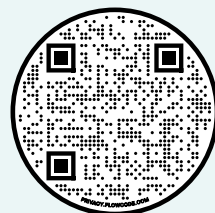
GROUP EX ROOM RENTALS

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.

Next session starts September 21. Registration is August 21-September 18



HOLISTIC HEALTH CONSULTATIONS

If you are struggling with low energy, stubborn health goals, or just feel confused by conflicting nutrition advice, this new service can give you the clarity you need. By looking at the root causes of health imbalances, Jamie Kootz provides custom, lifestyle-driven strategies to complement your current YMCA fitness routine. Stop by the membership desk to book your introductory consultation with Jamie!



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. 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.

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: \$55

Private Lesson Package, 5, half-hour sessions

Members: \$135 | Non-Members: \$225

AQUACISE CLASSES

Enjoy Group Ex classes in the water with Aqua Power, Aquacise, and BOGA. BOGA requires registration.

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 • Aquatics Director
eread@salinaymca.org • 785-404-4026



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

RED CROSS CPR CLASSES

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!

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. 3 – Aug. 29
Aug. 31 – Sept. 26
Sept. 28 – Oct. 24
Oct. 26 – Nov. 21
Nov. 23 – Dec. 19

Registration

July 6 – Aug. 8
Aug. 3 – Sept. 5
Aug. 31 – Oct. 3
Sept. 28 – Oct. 31
Oct. 26 – 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 \$38 | Non-Member \$63

Mon	6:00–6:30pm	Classes in Gymnastics Gym
Tue	5:00–5:30pm	Classes in the Cycle Room
Tue	5:30–6:00pm	Classes in the Cycle Room

INCHWORMS

3yrs | 4 wk sessions | Member \$40 | Non-Member \$65

Thurs 6:15–7:00pm

TWO CAN DO/INCHWORMS COMBO

2-3 yrs | 4 wk sessions | Member \$40 | Non-Member \$65

Wed	9:15–10:00am
Thurs	9:15–10:00am

MIGHTY MYTES

4-5 yrs | 4 wk sessions | Member \$40 | Non-Member \$65

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 \$50 | Non-Member \$75

M/W 5:00–6:00pm

SWINGERS (Intermediate Class)

Girls & Boys | School Age | 4 wk sessions | Member \$50 | Non-Member \$75

M/W 6:00–7:00pm



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

ROLLERS/SWINGERS COMBO

Girls & Boys | School Age | 4 wk sessions | Member \$50 | Non-Member \$75
T/Th 6:00–7:00pm

HOTSHOTS PRE-TEAM

(YMCA Membership required, instructor permission only)

Girls | School age | 4 wk sessions | Member \$65

M/W 4:30–6:00pm

BOYS GYMNASTICS

6-12 yrs | 4 wk sessions | Member \$45 | Non-Member \$70

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

INDIVIDUAL

30 minute lesson Member \$30 | Non-Member \$50

1 hour lesson Member \$50 | Non-Member \$70

1 hour group lesson (2-4 children) Members \$75 | Non-Members \$95

PRIVATE LESSON PACKAGES

Individual

5 sessions, 30 minutes each: Members \$135 | Non-Members \$225

5 sessions, 1 hour each: Members \$225 | Non-Members \$325

Group of 2-4

5 sessions, 30 minutes: Members \$180 | Non-Members \$270

5 sessions, 1 hour: Members \$350 | Non-Members \$450

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
- Preschool, recreational, HotShots and Boy's classes are 4 week sessions
- 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 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 our "Gems of the GYM". Contact Bev Jones for more information.





YOUTH SPORTS

YMCA youth sports depend on parent volunteer coaches and involvement of all parents. **Reversible jerseys** are required for all league sports seasons (does not include NFL Flag). 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.**

KWU GIRLS FLAG FOOTBALL CAMP

YMCA Youth Sports is teaming up with Kansas Wesleyan University Girls Flag Football for summer skills camps! Fundamental drills, fun activities, and game time will develop athletes in a positive learning environment. For new or experienced players! Contact the Y for more information.

Camp Date October 17, 2:00–4:00pm

Registration September 21–October 17; \$20/Member; \$40/Non-Member

WINTER CAMP SERIES

PICKLEBALL, BASKETBALL, AND FUTSAL

Fundamental drills, fun activities, and game time will develop athletes in a positive learning environment. For new or experienced players! Contact the Y for more information.

Ages/Times 6–9 Year Olds: 5:30–6:30pm | 10–14 Year Olds: 6:30–7:30pm

Registration opens November 2 & closes the first day of each camp;

Fee \$30/Member; \$50/Non-Member

Pickleball Camp Dates November 30–December 2, Led by Coach Elmer

Basketball Dates December 7–9, Led by Coach Monson.

Futsal Camp Dates December 14–16

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: Nov 9–22; \$40/Member, \$65/Non-Member

Regular Registration: Nov 23–Dec 14; \$50/Member, \$75/Non-Member

*\$20 late fee will be added to any registration approved by the sports department after Dec 14

Games Sat, Jan 23–Feb 20

Kickoff/Coaches Meetings Jan 5 for K–2nd, Jan 6 for 3rd–6th

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 years old

Registration Early Bird: Nov 9–22; \$40/Member, \$65/Non-Member

Regular Registration: Nov 23–Dec 14; \$50/Member, \$75/Non-Member

*\$20 late fee will be added to any registration approved by the sports department after Dec 14

Season Jan 12–Feb 9 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

SUNDAY FUNDAY FAMILY SPORTS

Put down the screens and get the whole family moving with Monthly Sunday Funday Family Sports from 2:30–4:00pm. Each month features a different sport or activity. All ages are welcome. Register in advance and find upcoming sports at salinaymca.org/sports!

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 whiffle ball like ball over a net. Seasonal, see gym schedule.

M–F, 9am–12pm

Free for members, \$10 Day Pass/Non-Members

September drop-in pickleball

Wednesdays, 6:00–7:30pm

\$5 for members, \$10 for non members

Kings/Queens of the court style of play



ADULT BASKETBALL LEAGUE

3v3, Men's and Women's divisions

Registration Nov 30–Jan 4 | **Fee:** \$100 a team

Game Day: Sundays, January 24–February 21 from 2:00–4:00pm

RACQUETBALL/HANDBALL CHALLENGE

Test your speed, agility, and strategy in our Racquetball and/or Handball Challenge! Participants will compete in fun, fast-paced matches that emphasize skill, sportsmanship, and friendly competition. Whether you're an experienced player or trying the sport for the first time, this challenge is a great opportunity to stay active, improve your game, and connect with others in a welcoming environment. Open to all skill levels and ages.

Registration November 30–January 18; \$20/Member; \$40/Non-Member

Challenge Dates February 1–March 21. Visit the front desk for more information.

SPORTS TRAINING

Take your skills to the next level with personalized coaching designed around your sport and your goals. Open to all ages and experience levels — from youth athletes and high school competitors to college players and adults competing on rec teams. Register online at salinaymca.org or at the front desk.

Cost 1-Hour Individual Session: \$50/Member | \$70/Non-Member

1-Hour Group Session (2–6 athletes): \$75 Member Group Rate (Only one participant needs to be a member to qualify) | \$95 Non-Member Group Rate

Sports Offered: Baseball, Basketball, Flag Football, Football, Pickleball, Soccer, Softball, Sports Performance Training, and Volleyball



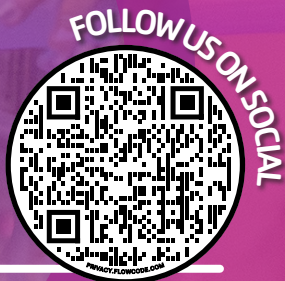
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