

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

# FALL FOR THE Y

SMAN

2021 Fall/Winter Program Guide SALINA FAMILY YMCA

# **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.

### **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.



Max Kuhn • Sr. Director of Membership & Marketing mkuhn@salinaymca.org • 785-404-4041

### 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!

### **Y 360 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. Experience Y360, wherever you are and whenever you want, and experience healthy living for all. Y360 access is free with a Y membership, or as a single membership option. **Y360 MEMBERSHIP PLAN PRICE** \$5.99/Month Non-Member

### **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!



### **VOLUNTEER OPPORTUNITIES**

As one of the leading nonprofits and volunteerled 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. These are the most common reasons people volunteer at the Salina Family YMCA: **EXPLORE, FULFILL, SUPPORT, BOND, LEARN, MEET, GIVE, FEEL** 

Contact Stacy Serrault to discover ways you can make your membership mean more through volunteering!



Ariel Lambert • Membership Coordinator alambert@salinaymca.org • 785-404-4044 Stacy Serrault • Engagement Coordinator sserrault@salinaymca.org • 785-404-4022



# **EXPLORE THE Y**

# 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



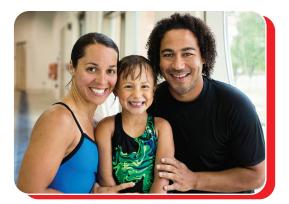
### If I am an ADULT I can...

- 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!

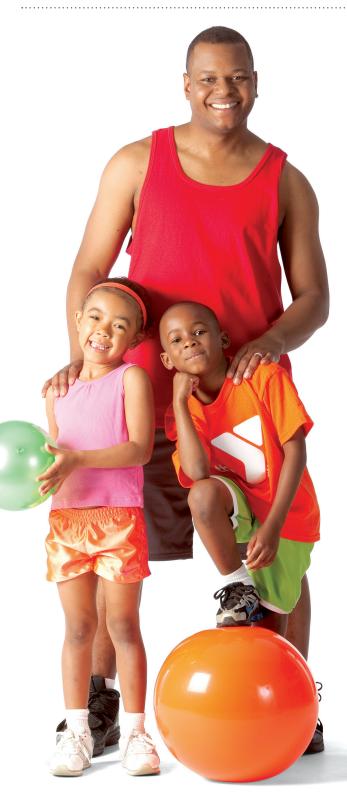


### My FAMILY can...

- 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

# **EXPLORE THE Y**



### 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

Strollers or carriers are NOT permitted

### **BASKETBALL GYM**

Children up to 7 years MUST be with an adult in the gym<sup>^</sup> 8-9 year olds an adult MUST be in the facility<sup>^</sup> 10+ years without adult in the building

### **FAMILY/LAP POOLS**

Children up to 7 years MUST be with adult in water<sup>#</sup> Children 8 or older adults MUST be in the building<sup>#</sup> 10+ years without adult in the building #

### **GROUP EXERCISE**

10–11 year olds may watch in class Children 12+ years may participate

### **WELLNESS CENTER**

10-13 year olds with Youth Fitness Training 13+ With free weight orientation

### **ADULT LOCKER ROOMS**

Teens 16+ years

### LEGEND:

^ Unless in organized Y class

# Must pass swim test to use deep end

### **FOR ALL**

Our commitment to Diversity, Inclusion, and Equality is that we believe the Y must continue to lead the way to a brighter future by following our beliefs that we are stronger when our doors are open to all. Our polices, practices, and programs must advance our organizational commitment to diversity and inclusion. We must ensure that all people-across all dimensions of diversity-feel welcome and valued as part of our Y family.

### **FACILITY HOURS**

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

### **HOLIDAY HOURS**

Memorial Day | 7:00am–5:00pm 4th of July | 10:00am–5:00pm Labor Day | 7:00am–5:00pm Halloween | Normal Hours Thanksgiving | Closed Christmas Eve | 4:30am–3:00pm Christmas Day | Closed

### **CAREERS AT THE Y**

The YMCA employs approximately 200 employees, 32 of which are full time positions. Full time and part time employees are offered a complimentary membership and discounted programs. If you want to be apart of the movement for a better community, apply online at salinaymca.org.

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# **STRONG KIDS CAMPAIGN**

the

# YOU MAKE MOREPOSSIBLE

### 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

### **SWIM LESSON RATES:**

Member: \$30
 Non-member: \$60
 Family Membership Benefit: \$10

#### SESSION DATES:

#### 4-wk sessions, 2 days/week

 Class
 Registration

 Sept 7–30
 Aug 1–Sept 2

 \*No class Labor Day, Sept 6
 Aug 1–Sept 2

Oct 4–28......Aug 30–Sept 30 Nov 1–Dec 2 ......Sept 27–Oct 28 \*No classes Thanksgiving, Nov 22-27

### 8-wk session, Aquatics-M, W

Sept 7\*–Oct. 27 \*No class Labor Day, Sept 6

Mon, Sept. 6 class meets Tues, Sept 7 2-wk Accelerated session, Aquatics–M-Th

Dec. 6–16\_\_\_\_\_Nov 1–Dec 2

### PRESCHOOL SWIM LESSONS (3-5 yrs.)

FAMILY	POOL   30 min cl
M/W	5:15–5:45pm
M/W	6:00–6:30pm
T/Th	5:15–5:45pm
T/Th	6:00–6:30pm

### SCHOOL AGE STAGE 1/2 (6 YRS. & UP)

 FAMILY POOL
 40 min class

 M/W
 5:15-5:55pm

 M/W
 6:00-6:40pm

 T/Th
 5:15-5:55pm

 T/Th
 6:00-6:40pm

### SCHOOL AGE STAGE 3 (6 YRS. & UP)

 FAMILY POOL
 40 min class

 M/W
 6:00-6:40pm

 T/Th
 6:00-6:40pm

### SCHOOL AGE STAGE 4 (6 YRS. & UP)

 FAMILY POOL
 40 min class

 M/W
 6:00-6:40pm

 T/Th
 6:00-6:40pm

### SCHOOL AGE STAGE 5/6 (6 YRS. & UP)

LAP POOL | 40 min class (only offered November session) M/W 6:00-6:40pm

### SPECIAL ACCELERATED SESSION

2 weeks | 4 days/wk, M-Th | Dec. 6–16 **Preschool Combined 1–4** | 5:15–5:45pm **School Age 1/2 Combined** | 6:00–6:40pm

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

### **AQUATIC CONDITIONING**

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

#### Sept. 8-30 & Oct. 4-28 | LAP POOL

M/W 6:00–7:00pm Fees: \$50/Members, \$75/Non-members

### **ADAPTIVE AQUATICS**

\$30 | 4 lesson session | 30 min. class Contact the Aquatics Coordinator to make arrangements for days and times.

#### **PARENT/CHILD WATER DISCOVERY**

Ages 6 mos.–18 mos. | 30 min class Sept. 7\*-Oct. 25 | 8-wks. Mondays 6:00–6:30pm Fees: \$30/Members, \$60/Non-members \*There are no classes Monday, Sept. 6th for Labor Day. The Monday, Sept. 6th , makeup class will be Tuesday, Sept. 7th at 6p.

#### **PARENT/CHILD WATER EXPLORATION**

Ages 18 mos.-36 mos | 30 min. class. Sept. 8-Oct. 27th | 8-wks. Wednesdays 6:00-6:30 pm Fees: \$30/Members, \$60/Non-members

#### **PRIVATE/SEMI-PRIVATE LESSONS**

Fee: \$30/Members for 30 minutes \$60/Non-members for 30 minutes

**Buy4Get1Free Private Lesson package** - \$120 Private swimming instruction for all ages and swimming levels is available. Participant will be matched with an appropriate instructor to accomplish individual set goals. Private lessons are 1-on-1 with an instructor. Semi-private lessons are with 2-3 children of similar swimming ability with an instructor. Contact the Aquatics Coordinator for more information.

### **POOL NOTES:**

- Please shower before swimming.
- Band-Aids and gum are not allowed in pool.
- Swim diapers are required for children not potty trained or others with bladder or bowel control problems.
- Children 7 yrs and under must be accompanied into the water by an adult in the Lap Pool.
- Family Pool age limits are for your child's safety. Children 5 yrs & younger must have a parent IN THE WATER with them at all times. Children 6 & 7 yrs. old 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) during Open Swim times.

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.

### **RED CROSS LIFEGUARDING REVIEW**

Jan. 3-4 | Mon, 8am-5pm & Tues, 8am-2pm Fee: \$85 Members, \$115 Non-members Registration: Nov. 15-Dec. 29 This review course is offered for current lifeguards who need to recertify. Space is limited, so enroll early.

### RED CROSS BLENDED LEARNING WATER PARK LIFEGUARD TRAINING

Dec 27-29 | Mon-Wed, 8am-5pm | MIN AGE 15+ Fee: \$155 Members, \$185 Non-Members Registration: Nov. 15-Dec. 21

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 online course work that must be completed before the first day of class.

### LIFEGUARD PREP/PRE-COURSE SWIM PRACTICE

Interested in being a lifeguard, but unsure of your swim skills? A pre-course swim practice is set for FRIDAY, DEC. 3, 6–7pm, where participants will run through swim skills required for the lifeguard certification course pretest, and get tips and instruction. Cost for the class is \$25, which can then be rolled over into the cost of the full lifeguard course. Registration: Nov. 1–Dec. 1.

### SPECIAL EVENTS & PROGRAMS

### OCTOBER | FallFest Fri, Oct 29 | 6–8pm

Enjoy a free evening of games and activities with your family. Kids can wear a costume, get a goody bag, and walk the trails, all before enjoying a snack.

### NOVEMBER | Annual Coat Drive Nov 1–30

Help share the warmth with our neighbors. Bring any new or gently used winter outerwear to the Y for our annual coat, hat and mitten drive.

### DECEMBER | Polar Pool and Pajama Party | Fri, Dec 17 | 6–9pm

Come celebrate the holidays with a family pajama party. Bring your own pajamas, blankets, and pillows. After swimming, change into your pjs and spread out in your designated family area to enjoy cookie decorating, popcorn, and a movie.

 Tami Thompson
 Aquatics Coordinator

 tthompson@salinaymca.org
 785-404-4062



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# **AQUATICS**

# **STARTERS**

BASICS

**STROKES** 

SWIM 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.

SWIM Students learn personal water

safety and achieve basic

swimming competency by

Swim, float, swim—

and exit

**SWIM** Having mastered the

learning two benchmark skills:

sequencing front glide, roll,

back float, roll, front glide,

• Jump, push, turn, grab

fundamentals, students

safety skills and build stroke

learn additional water

technique, developing

skills that prevent chronic

disease, increase social-

emotional and cognitive

well-being, and foster a

lifetime of physical activity.

# **SWIM LESSONS STAGE DESCRIPTIONS**

Water Exploration

**? ?** 

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#### **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.



### **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.



# **MECHANICS**

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

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



### **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.

# **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.

# 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.

# **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.

Dates: TBA

M-F, 6am–12pm | Evenings & Weekends TBA Free for members, \$5 Day Pass/Non-Members

### **DROP-IN VOLLEYBALL**

A great team sport, volleyball is a good exercise and lots of fun.

### **DROP-IN BASKETBALL**

Whether you're looking to get back on the court or want to take up a new hobby, adult basketball is a fun way to stay active.

### **YOUTH SPORTS**

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

\$15/Jersey: Grades PK –3rd \$18/Jersey: Grades 4th–6th (these will have a number)

### BASKETBALL

### Grades K-6th

Registration Early Bird: Oct 11–Nov 8 Full Price: Nov 9–Nov 22

#### Fees

Early Bird: \$20/Member, \$45/Non-Member Full Price: \$30/Member, \$55/Non-member 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 3 Games: Jan 15 - Feb 19

### LITTLE TIKES BASKETBALL

Ages 4–5 (Must be 4 by Dec 1) 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.

### Registration

Early Bird: Oct 11-Nov 8 Full Price: Nov 9-Nov 22

### Fees

Early Bird: \$25/Member, \$50/Non-Member Full Price: \$35/Member, \$60/Non-member

### KWU WINTER BASKETBALL CLINIC

YMCA Youth Sports is teaming up with KWU Women's Basketball Head Coach Ryan Showman to host a winter clinic! Learn fundamental skills in a positive and fun learning atmosphere! Campers will receive a camp shirt. the

Registration: Oct 1–Dec 11 Fees: \$15/Member, \$30/Non-member Camp Date: Dec 11 from 8:30–10:30am Ages: K-6th Grade

### **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



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



# **GYMNASTICS**

## **YOUTH GYMNASTICS**

4-week Sessions
Aug.9–Sept. 3
Sept. 6 – Oct. 1
Oct. 4– Oct. 29
Nov. 1– Nov. 26
Nov. 29 – Dec. 23

July 5 – Aug. 14 Aug. 9– Sept. 11 Sept. 6 – Oct. 9 Oct.4 – Nov. 6 Nov. 1– Dec.4

Registration

No Classes will be held on Labor Day, Thanksgiving Day, Christmas Day, and New Year's Day.

### **MINI HOTSHOTS**

Girls | 3-6yrs (Instructor permission only) Wed. 5:00–6:00pm Fee: \$29/member, \$58/non-member

### HOTSHOTS (pre-team)

Girls | School age (YMCA Membership required & instructor permission only) T/Th 5:00-6:30pm Fee: \$50/member

### TWO CAN DO 2yrs

 Wed
 6:00-6:30pm

 Wed
 10:00-10:30am

 Fee: \$23/member, \$46/non-member

### **INCHWORMS** 3yrs

 Wed.
 9:15-10:00am

 Thurs.
 6:15-7:00pm

 Fee: \$24/member, \$48 non-member

### TWO CAN DO/ INCHWORMS COMBO 2/3 yrs

Thurs. 9:15-10:00am Fee: \$24/member, \$48/non-member

# MIGHTY MYTES/

### SUPERTOTS COMBO 4/5 yrs

 Mon.
 5:15-6:00pm

 Thurs.
 10:00-10:45am

 Tues.
 6:15-7:00pm

 Fee: \$24/member,
 \$48/non-member

**ROLLERS** (Beginner Class)

 
 Girls & Boys
 School Age

 M/W
 5:00-6:00pm

 T/Th
 6:00-7:00pm

 Fee: \$34/member, \$68/non-member

### **SWINGERS**

(Intermediate Class) **Girls & Boys | School Age** M/W 6:00–7:00pm T/Th 5:00–6:00pm Fee: \$34/member, \$68/non-member

### SATURDAY CLASSES

ROLLERS (Beginner Class) Girls & Boys | School Age 9:15-10:15am Fee: \$25/member. \$50/non-member

SWINGERS (Intermediate Class) Girls & Boys | School Age

10:15-11:15am Fee: \$25/member, \$50/non-member

### **GEMSTARS COMPETITIVE TEAM**

**L1–L10 and Xcel** (instructor permission) 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.

### **PRIVATE LESSONS**

Contact Bev Jones 1/2 hour: \$30/member, \$50/non member 1 hour: \$45/member, \$65/non member 1 hour group: \$60/member, \$90 non member

### **GYMNASTICS NOTES**

- No food allowed in the gymnastics gym.
- No drinks but water allowed in the gymnastics gym.
- Classes may be canceled due to lack of enrollment.
- A waiting list will be available if class meets maximum capacity.
- No jeans, jean shorts or button pants are to be worn by participants.

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

# **AFTER SCHOOL, EARLY EDUCATION & WELLNESS**

• You must register for full days.

as limited spaces are available.

• Breakfast, lunch, and a snack are provided

Hours 7:30am- 6:00pm on days USD 305 has no

• 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

Children do not have to participate in Y's Kids After

school program to participate in Full Days.

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

Y's Kids is licensed by the Kansas Department of

Health and Environment (KDHE). Financial Assistance

All staff undergo comprehensive background checks.

Counselors are trained in: • Child Development/

School Age Activities • CPR/First Aid/AED • Signs &

**GIVING YOU A PEACE OF MIND** 

available and DCF funds are accepted.

Symptoms of Childhood Illness & Abuse

**QUALITY STAFF** 

**FULL DAYS** 

school

PRICING

### Y'S KIDS AFTER SCHOOL PROGRAM

### Kindergarten –5th grades

Unlocking your child's potential after school. Our program nurtures a child's potential, ensuring 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 AND PRICING

Our program runs Mon-Fri from the end of the school day until 6:00 PM.

- Meadowlark, Coronado, and Sunset students will report to the gym for Y's Kids.
- Oakdale, Schilling, Cottonwood, Stewart 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 \$95/month, Non-member \$145/month

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

Marlie Hamilton • Early Education Center Coordinator mhamilton@salinaymca.org • 785-404-4024

# EARLY EDUCATION CENTER The EEC is a licensed child care program. Maintains state ratio or better in all classrooms. The EEC is available for full-time care only. A YMCA membership

is required. Financial assistance is available. DCF funds accepted. **Our program offers:** • Developmentally appropriate preschool social/emotional curriculum

Swimming/gymnastics lessons, and a P.E. class
 Breakfast, lunch and a snack.
 HOURS: M-F 6:45am–5:45pm

**COST:** \$125/week



### **GET STARTED**

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!

### YOUTH FITNESS TRAINING CLASS

The YFT is for kids aged 10–13 years old 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.

### COST

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

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

### **GROUP EXERCISE CLASSES**

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

### 34th ANNUAL TURKEY TROT

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

### BOGAFIT

BogaFIT is a full workout on water! Classes focus on total body conditioning while building core stability as you work out on water using a sturdy inflatable mat. Check times on our website. FREE/Members \$15/ Non-members

### **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

### WRITTEN WORKOUTS

Wellness Trainers will design a monthly plan of workouts just for you! These routines are for those who can't always make it to a session with a trainer, enjoy reduced cost of a professionally crafted exercise routine, or need the accountability of a planned workout each week. Initial consultation included!



### PERSONAL TRAINING PACKAGES

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

- 1/2-hour Individual Session
   \$25/Member, \$50/Non-Member
- 1 hour Individual Session
   \$45/Member, \$90/Non-Member
- Group 1 Hour Session (2-4 people) \$60/Member, \$120/Non-Member
- Individual Introductory Package \*New PT clients only (1 time use only package) 3 sessions: \$100/Member \$235/Non-Member

### Buy 5 PT sessions for the price of 4!

- Individual Motivator Package 5 sessions
   \$180/Member \$360/Non-Member
- Group Motivator Package (2-4 people) 5 sessions
   \$240/Member \$480/Non-Member

Marc Coletti • Wellness Coordinator mcoletti@salinaymca.org • 785-404-4028



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# **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 Daily cost | \$5/visit

### **BIRTHDAY PARTIES**

Come have fun with us at the Y. We have several options and are flexible with what areas of the facility you would like to use. You choose the theme, and we will provide a tablecloth - the color of your choice, cupcakes, juice boxes, plates, napkins, and the fun! You supply the utensils and any additional decorations of your choice.

Areas include: Kids Gym, Basketball Courts, Racquetball Courts, Gymnastics Area, Soccer fields (weather permitting) and Pool. When you book a birthday party with the Y, your child will receive a fun surprise from the Y, and every child will receive 10% OFF next birthday party coupon and a guest pass to the Y. Parties are staffed with YMCA personnel.

**Grand Slam |** The kids will play in the Kids Gym, tumble in the Gymnastics Area, and have an awesome time in the Family Pool. 2½-hour party \$180/Member, \$210/Non-Member

Pool Party | Swim and splash around the Family Pool! Once done swimming, enjoy your refreshments and present opening in the Kids Gym or in a private room. 2-hour party, \$150/Member, \$180/Non-Member

**Gymnastics Party |** For the gymnastics enthusiast! Spend time tumbling, jumping on the tumble track, and exploring THE PIT! Enjoy your refreshments and present opening in the Kids Gym or a private room. 2-hour party, \$120/Member, \$140/Non-Member

- \*Please RSVP two weeks in advance
- \*PARTY PRICING AND PLANNING IS FOR 15 KIDS
- \$5 per additional child. \$35 per additional an Hour/PER AREA
- A non-refundable deposit of 50% of party price must be made the day of booking

Montse Falcon • Youth & Family Coordinator mfalcon@salinaymca.org • 785-404-4066

### \*NEW\* 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. Open to members and non-members. Must have current high school student ID to enter.

Fridays | 9:00–11:30pm | Students grades 9-12 Free Drop-In | Begins Aug. 13th Teen Late Night registration required which is available on our website.

### \*NEW\* Y After Hours

Hang at the Y after close on the 3rd Saturday of each month for open gym or swimming, food, and planned activities. Open to members and Non-members in middle school.

3rd Saturday of the month | 8:00–10:00pm Students grades 6–8 | Registration Preferred \$20 Registered | \$25 Drop–In | Begins Aug. 21st

### \*UPDATED\* Kids Night Out

Join us for themed play and fun on the second Saturday of each month. Open to members and Non-members. 2nd Saturday of the month | 5:00–8:00pm 6-12 years old | Registration required

\$20 Members | \$25 Non–Members | Sept. 10th

### Fall Festival

Enjoy a free evening of games and activities with your family. Kids can wear a costume, get a goody bag, and walk on the trails, all before enjoying a snack. Fun for all ages!

Friday, October 29th | 6:00pm–8:00pm No Registration | Free, however, suggested entry fee to the fun is one canned good item per family.

Heather Neuhofel • Teen & Family Coordinator hneuhofel@salinaymca.org





### FOOD PROGRAM GRAB N' GO MEALS

This past year, the Salina Family YMCA has worked hard to keep our area's youth full while home during winter, spring, and summer break through our Grab N' Go Food Program.

#### Look at who we've served during June alone!

- 55,319 meals were served through our Grab N' Go Groceries outreach.
- 11,528 meals were served to our Youth Day Campers in-house at the Y.

Every meal we serve equals 1.2 lbs. of food. Altogether, 80,216.40 lbs. of food were served to Salina area children by the Y during the month of June! This fall, we plan to grow our outreach! Stay up to date on our Food Program by checking our website salinaymca.org

Stacy Jagodzinske • Food Specialist sjagodzinske@salinaymca.org • 785-404-4036



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