



# FIND YOUR FUN!

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SALINA FAMILY YMCA  
2023 Fall/Winter Program Guide





## MEMBERSHIP BENEFITS

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

CHECK  
OUT OUR  
WEBSITE! Visit  
[salinaymca.org](http://salinaymca.org)

## MEMBERSHIP RATES

Membership Type	Referral Rate per Month	Rate per Month	Rate per Year
YOUTH (ages 0-9)		\$9	\$108
STUDENT (ages 10-18)		\$12	\$144
YOUNG ADULT (ages 19-26)	\$26.40	\$33	\$396
ADULT (ages 27+)	\$32	\$40	\$480
COUPLE (2 people in the household)	\$45.60	\$57	\$684
FAMILY (2 adults and children)	\$52	\$65	\$780

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.



**Patsy Stockham** • Membership Director  
[pstockham@salinaymca.org](mailto:pstockham@salinaymca.org) • 785-404-4044



**Stacy Serrault** • Engagement Specialist  
[sserrault@salinaymca.org](mailto:sserrault@salinaymca.org) • 785-404-4022

## 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](http://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 and collaboration **STRONGER COMMUNITY** - When people feel better and work harder - we all win.

## TAKE HOME INCOME-BASED FINANCIAL ASSISTANCE

For all membership types, joiner fees, childcare, & most programs. Based on net 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 organization, the Salina Family YMCA offers opportunities for individuals, families, and organization to volunteer in ways that let you connect and develop meaningful relationships, all while making an impact in the community.

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

## FACILITY HOURS

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

## HOLIDAY HOURS

September 4, Labor Day | CLOSED  
November 23, Thanksgiving | CLOSED  
December 24, Christmas Eve | CLOSED

December 25, Christmas | CLOSED  
December 31, New Years Eve | 10:00am-5:00pm

When the Y is  
closed, check out  
YMCA360. Visit  
[salinaymca.org/  
ymca360](http://salinaymca.org/ymca360)





### 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](https://salinaymca.org)**





# 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



## FOR ALL

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 policies, 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.

**Caitlyn Niemczyk • HR Coordinator**  
cniemczyk@salinaymca.org • 785-404-4047



# DISCOVER YOUR **DRIVE**

# DISCOVER YOUR **Y**



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

## CAREERS AT THE Y

The YMCA employs approximately 200 employees, 40 of which are full time positions. Full time and part time employees are offered a variety of benefits including discounted programs, employee assistance, retirement, and flexible scheduling. **FREE MEMBERSHIP!** To apply please visit [salinaymca.org/careers](http://salinaymca.org/careers) or scan the QR code. If you have any questions, please reach out to Caitlyn Niemczyk at 785-404-4047 or [cniemczyk@salinaymca.org](mailto:cniemczyk@salinaymca.org) Open positions include:

- Childcare—Full and part time
- Ages 0-5
- After School Program—Part time, Ages Kindergarten-5th grade
- Aquatics—Part time
- Wellness—Part time
- Group Exercise instructors—Part time
- Summer Camp Counselor—Part time
- Youth and Teen Programs—Part time
- Youth Sports—Part time





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

## Y'S KIDS AFTER SCHOOL PROGRAM

### Kindergarten -5th grades

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

**Hours & Pricing** Our program runs M-F from the end of the school day until 6pm.

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

### Monthly Rates

- Full time (3-5 days/week) | Member \$165/month, Non-member \$215/month
- Part time (1-2 days/week) | Member \$90/month, Non-member \$145/month

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

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



## EARLY EDUCATION CENTER

M-F 6:45am-5:30pm | 2½-5 years | \$150/week

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

**Curriculum** | Developmentally age-appropriate curriculum. Social/emotional curriculum and P.E. class.

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

**Quality Staff** | All staff undergo comprehensive background checks. Teachers are trained in Child Development Activities, CPR/First Aid/AED and Signs & Symptoms of Childhood Illness & Abuse.



**Marlie Hamilton • Early Education Director**  
mhamilton@salinaymca.org • 785-404-4024



## NO SCHOOL DAYS—Full Days At the YMCA

- Held on week days school is not in session during the school year
- Breakfast, lunch, and a snack are provided
- Hours 7:30 am- 6:00pm, You must register for full days in advance.
- If a child is registered and does not attend and does not give a minimum of 24 hours' notice, payment is still required, and no refund will be given as limited spaces are available.
- Children do not have to participate in Y's Kids After school program to participate in Full Days.

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

**Codie Schneck • Program Assistant**  
childcare@salinaymca.org • 785-404-4031



## ANGEL CHILD CARE

At Church of Cross UMC, 1600 Rush St, Salina, KS 67401  
7:00am-5:30pm | Ages 6 weeks to school age

**Fee** pricing is per week

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

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

Pre-K: Member \$150 | Non-Member \$175







## UPCOMING EVENTS

### AUGUST

**August 5:** Healthy Kids Day, 9:00am–12:00pm, FREE Community Event

**August 7:** Fall Sport Registration Ends, more info on page 9

**August 8:** National Pickleball Day Event, 6–9pm

— Whether you're an experienced player or just want to check out what the game is about, join us for this National Pickleball Day event! All ages and abilities can participate, so join us on the pickleball court! \$20 entry fee includes an event T-shirt.

**August 14:** Fall Sports Coaches Meeting, more info on page 9

**August 28:** Fall Sports Practice Begins, more info on page 9



### SEPTEMBER

**September 3–11:** The 9/11 Memorial stair climb challenge is going to be September 3–11. The Y is partnering with the Salina Fire Department to offer our 4 stair climbers for participation in the local and national event to honor fallen firefighters of 9/11 and raise money for the 9/11 survivor's fund. All participants will be given an event T-shirt and receive invitations to the community event on 9/9. Registration is available at the Y and on our website.

**September 4:** Labor Day — YMCA Closed, try YMCA360!

**September 16:** Fall Sports Games Begin, more info on page 9

**Late September:** Member Appreciation Week, be on the lookout for more details!

### OCTOBER

**October 9:** Youth Basketball Early Bird registration opens, more info on page 9

**October 23:** Youth Basketball Early Bird registration ends, more info on page 9

### NOVEMBER

**November 20:** Youth Basketball registration ends, more info on page 9

**November 23:** Thanksgiving Turkey Trot — 8:30am at Bill Burke Park. More information to come!



### DECEMBER

**December 4:** Youth Basketball Coaches meeting, more info on page 9

**December 11:** Youth Basketball Open gym, 5:30–7:30pm

**December 24:** Christmas Eve — YMCA Closed, try YMCA360!

**December 25:** Christmas — YMCA Closed, try YMCA 360!

**December 31:** New Years Eve — YMCA open 10:00am–5:00pm



Improve your kids' health and wellbeing while having a blast. We're teaming up with community partners to bring you games, activities, and a delicious free lunch. Visit our website for event info and community partner updates. Volunteers wanted too!

# HEALTHY KIDS DAY®

August 5 | 9am–12pm  
Free Community Event



» Y MEMBERS SCAN THE QR CODE TO REGISTER  
NON-MEMBERS REGISTER IN PERSON AT THE Y  
NO REGISTRATION REQUIRED, but pre-registered kids under 18 get a FREE swag bag.





## SWIM LESSONS

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. We offer parent/child lessons for ages 6-36 months, preschool aged lessons, and school aged lessons. Visit [salinaymca.org/aquatics/swim-lessons](http://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.

4 lesson session | 30 min. class | Members: \$35 | Non-Members: \$70

## PRIVATE/SEMI-PRIVATE LESSONS

Private 1-on-1 with an appropriate instructor. Semi-private lessons are with 2-3 children of similar swimming ability with an instructor, \$10 per additional child. Contact the Aquatic Director for more information.

Members: \$35 / 30 min lesson, **Buy4, Get1 Free Pkg.** (Members Only) \$140-\$220  
Non-Members: \$70 / 30 min lessons

**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.**

## 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 class is \$30, which can then be rolled over into the cost of the full lifeguard course.

Dates TBD | Registration required

## 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

Member \$170 | Non-Member \$200 | Printed Lifeguard Participant Manual: \$15

## RED CROSS LIFEGUARDING REVIEW

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

Dates TBD | Registration required

Member \$115 | Non-Member \$130 | Printed Lifeguard Participant Manual: \$15

## 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 16+

Dates TBD | Registration required

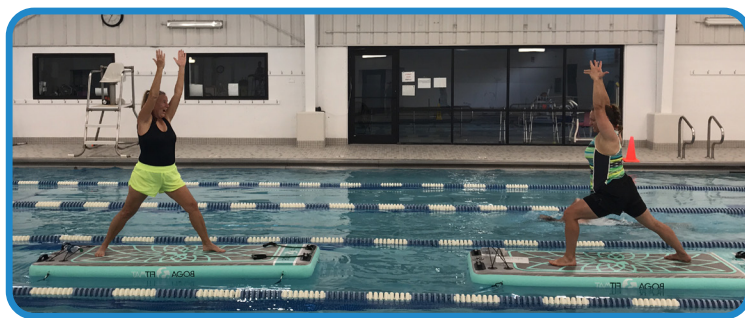
Member \$190 | Non-Member \$215

## BOGA FIT

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

**Lunch Break BOGA** | Registration is required.

Free for Y Members; \$15 for nonmembers

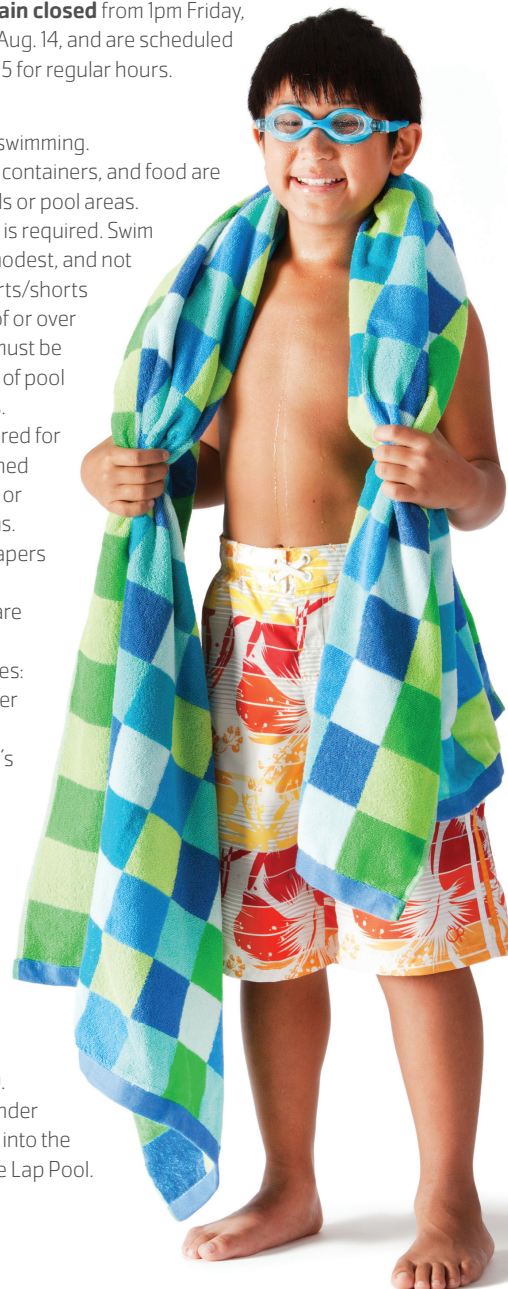


## POOL CLOSINGS - SHUTDOWN

Both pools will be closing Friday, Aug. 11 at 1pm for our annual pool draining and cleaning. **Pools will remain closed** from 1pm Friday, Aug. 11 through Monday, Aug. 14, and are scheduled to reopen Tuesday, Aug. 15 for regular hours.

## POOL NOTES:

- Please shower before swimming.
- Band-Aids, gum, glass containers, and food are not allowed in the pools or pool areas.
- Appropriate swimwear is required. Swim attire must be clean, modest, and not transparent. Clean shirts/shorts may be worn in place of or over swimwear. Swimwear must be covered when outside of pool and locker room areas.
- Swim diapers are required for children not potty trained or others with bladder or bowel control problems. Disposable or cloth diapers are not allowed.
- Family Pool age limits are for your child's safety. During Open Swim times: children 5 yrs & younger must have a parent IN THE WATER within arm's reach of them at all times. Children 6 & 7 yrs. may swim without a parent in the water with them, but the parent must remain in the pool area at all times. Children 8 yrs. & older may swim unattended (under Lifeguard supervision).
- Children 7 years and under must be accompanied into the water by an adult in the Lap Pool.







# GYMNASTICS

## SESSION DATES FOR ALL LEVELS

### 4-week Sessions

Aug 7 – Aug 31  
Sept 4 – Sept 28  
Oct 2 – Oct 26  
Oct 30 – Nov 24  
Nov 27 – Dec 21

### Registration

July 1 – Aug 12  
Aug 7 – Sept 9  
Sept 4 – Oct 9  
Oct 2 – Nov 4  
Oct 30 – Dec 9



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

## PRESCHOOL GYMNASTICS

### TWO CAN DO

2 yrs | 4 wk sessions | Member \$33 | Non-Member \$66

Mon 6:00–6:30pm  
Wed 10:00–10:30am

### INCHWORMS

3 yrs | 4 wk sessions | Member \$33 | Non-Member \$66

Wed 9:15–10:00am  
Thurs 6:15–7:00pm

### TWO CAN DO/INCHWORMS COMBO

2–3 yrs | 4 wk sessions | Member \$33 | Non-Member \$66

Thurs 9:15–10:00am

### MIGHTY MYTES

4/5 yrs | 4 wk sessions | Member \$33 | Non-Member \$66

Tues 6:15–7:00am  
Wed 6:15–7:00am  
Thurs 10:00–10:45am

### MINI HOTSHOTS PRE-TEAM (Instructor permission only)

Girls | 3–6yrs | 4 wk sessions | Member \$35 | Non-Member \$70

Tues 5:30–6:30pm

## RECREATIONAL GYMNASTICS

### ROLLERS (Beginner Class)

Girls & Boys | School Age | 4 wk sessions | Member \$40 | Non-Member \$80

M/W 5:00–6:00pm

### SWINGERS (Intermediate Class)

Girls & Boys | School Age | 4 wk sessions | Member \$40 | Non-Member \$80

M/W 6:00–7:00pm

### ROLLERS/SWINGERS COMBO

Girls & Boys | School Age | 4 wk sessions | Member \$40 | Non-Member \$80

T/Th 6:00–7:00pm

## PRE-TEAM HOTSHOTS

(Membership required, instructor permission only)

Girls | School age | 4 wk sessions | Member \$55

T/Th 5:00–6:30pm

## PRIVATE LESSONS

Contact Bev Jones for info and scheduling  
1/2 hour | Member \$30 | Non-Member \$50  
1 hour | Member \$45 | Non-Member \$65  
1 hour group (max 3) | Member \$60 | Non-Member \$90



## ADAPTIVE GYMNASTICS/HUGS

The Salina Family YMCA offers an adaptive gymnastics class for school age youth living with special needs. The class is designed to help special needs children to improve physical abilities. Parents/caregivers will participate together to learn fundamental gymnastics skills, motor skills, balance, and strength in a fun atmosphere. Please contact the Gymnastics Coordinator before registering.

Wed 4:15–5:00pm | Fee: \$35/member, \$70/non-member

## GYMNASTICS NOTES

- Only WATER bottles allowed in gymnastics facility.
- Dress Code: shorts and t-shirt or leotard. NO jean shorts or buttoned pants are to be worn by the participants.
- Long hair must be pulled back in a ponytail for safety.
- Classes may be canceled due to lack of enrollment.
- If class is full, please sign - up for the next month session.
- All children under 10 must be accompanied by an adult to and from the gymnastics facility.



## GEMSTARS COMPETITIVE TEAM

L1–L10, Xcel, and HUGS (instructor permission only)

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



## CHEER & DANCE TEAM

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

Grades 3–6 | August 26–October 21 | Registration July 14–August 18

Saturdays 9:30–11am practice and performance at flag football games

Member \$40 | Non-Member \$80 | Uniform fee \$25 for first time participants

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







## YOUTH SPORTS

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

PK-3rd jersey: \$17 (no number) | Numbered jersey for basketball: \$20

\*If you already have a jersey, you may put a number on yourself versus purchasing a new jersey.

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

## FALL SOCCER, VOLLEYBALL & FLAG FOOTBALL

### Registration

Early Bird: June 26–July 10; \$35/Members, \$60/Non-Members

Regular: July 11–August 7; \$45/Members, \$70/Non-Members

\*\$10 late fee will be added to any registration approved by the Sports department after August 7

**Practice** start the week of Aug 29 \*No practices held over Labor Day weekend,

**Games** September 16–October 21

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

**Volleyball League** | Grades 2nd–6th

Knee pads Recommended | Coaches Meeting Aug 14 @ 6:00pm

**Soccer League** | Grades PK–6th

Shin guards covered by socks Required | Coaches Meeting Aug 15 @ 6:00pm

**Flag Football League** | Grades K–6th

Mouth guard Required | Coaches Meeting Aug 17 @ 6:00pm

## LITTLE TIKES SOCCER

Little Tikes is an instructional program designed to introduce sports in a non-competitive and fun environment. Parents and children will participate together.

Program requires a minimum of 1 parent to attend.

**Ages** 3.5–5 years old | Shin guards covered by socks required

\*\*\*No jersey is required for little tikes clinics

### Registration

Early Bird: June 26–July 10; \$35/Members, \$60/Non-Members

Regular: July 11–August 7; \$45/Members, \$70/Non-Members

\*\$10 late fee will be added to any registration approved by the Sports department after August 7

**Season** starts September 12 and will be on Tuesday night with 3 different time slots:

5:15–6:00pm, 6:00–6:45pm & 6:45–7:30pm



**Jerod Goodale • Sports Director**  
jgoodale@salinaymca.org • 785-404-4025

## WINTER BASKETBALL

**Grades** K-6th

### Registration

Early Bird: Oct 9–Oct 23; \$35/Member, \$60/Non-Member

Regular Registration: Oct 23–Nov 20; \$45/Member, \$70/Non-Member

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

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** starts Jan 2 | **Games** start Jan 15 | **Coaches Meeting** Dec 6 @ 6pm

Open Gym Dec 11–14 & Dec 18–20, Mon–Wed from 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 9–Oct 23; \$30/Members, \$55/Non-Members

Regular Registration: Oct 23–Dec 18; \$40/Members, \$65/Non-Members

\*\$5 late fee will be added to any registration approved by the sports department after Dec 18

**Season** starts Jan 11 and will be on Monday night 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.

**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.

M–F, 9am–12pm | seasonal, see gym schedule

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

### NATIONAL PICKLEBALL DAY

August 8, 6pm–9pm, a scramble with court rotations every 10 minutes, with opportunities to participate in skills challenges to learn the game. Register for this event online to participate!





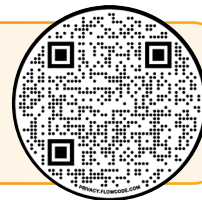


YMCA360

## 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. YMCA360 is accessed through the Greater Wichita App ymca360.org, and apps. Check it out online at [www.salinaymca.org/ymca360](http://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, \$60/Non-Member
- 1 hour Individual Session | \$50/Member, \$100/Non-Member
- Group 1 Hour Session (2-4 people) | \$65/Member, \$130/Non-Member
- Individual Introductory Package \*New PT clients only (1 time use only package) 3 sessions | \$125/Member \$250/Non-Member
- Black Friday Special on Nov. 24, buy 4 get one free!
- Look for Special Packages offered throughout the year.

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



### GET STARTED PROGRAM

This is a series of two complimentary appointments designed to support you in pursuit of your health and wellness goals. A wellness coach will meet with you to discuss your needs and interests and together you will develop an achievable plan for success!

### GROUP EXERCISE CLASSES

We 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!

### 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)

### PARKINSONS EXERCISE CLASS

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

### WELLNESS CENTER DRESS CODE

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

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



**Ellen Hogeland • Group Exercise Coordinator**  
[ehogeland@salinaymca.org](mailto:ehogeland@salinaymca.org) • 785-404-4028



**Hope Varela • Wellness Coordinator**  
[hvarela@salinaymca.org](mailto:hvarela@salinaymca.org) • 785-404-4039





## PARTIES & CELEBRATIONS



Celebrate with us! Let the Y take care of your next party or group event with all new options that deliver fun for all ages and all types of celebrations. Every party is 2 hours (except for our movie option) and includes 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! Most parties 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!

**Gymnastics** – a classic Y party option that takes you inside the gymnastics gym for free play or guided fun!

**Escape Room** – Escape as a group or go head-to-head in one of many escape room puzzle options!

**Movie** – Kick back and relax in our inflatable theatre with seating and a big screen showing your choice of movie with your own personal popcorn service!

**Pool** – Have a splashing good time in our family pool!

Let the Y handle all the details with our new add on packages that allow you to sit back and enjoy while we supply as much of the fun as you choose! Add on packages are set for 12 participants with an option to add more.

**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](https://salinaymca.org/birthday-parties).



## FOOD PROGRAM

The Salina YMCA Food Program provides food for children in our preschool and afterschool programs during the school year. Students' nutritional needs are supported on a daily basis. Using the Child and Adult Care Food Program (CACFP), healthy meals and snacks are served within the guidelines of the CACFP federal program. As the opportunity arises to support families in our community beyond our programs, the Food Program will investigate the opportunities.



**Stacy Jagodzinske • Child Nutrition Director**  
[sjagodzinske@salinaymca.org](mailto: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 while parents enjoy the Y, with toys, games, playground area and more. Kids Gym is available for a maximum of 2 hours per visit. Registration is required, or daily pass.

**HOURS:** Mon–Thu | 7:50am–12:00pm & 4:00–8:00pm  
 Fri | 7:50am–12:00pm & 4:00–7:00pm  
 Sat | 8:50am–12:00pm

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

**NEW LOOK  
COMING  
AUGUST 5!**

**Angeles DeLeon • Youth and Family Coordinator**  
[adeleon@salinaymca.org](mailto:adeleon@salinaymca.org) • 785-404-4066







**Register online**  
**Camps • Programs • Membership**

**SALINA FAMILY YMCA**

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