



SALINA FAMILY YMCA  
2023 Spring/Summer Program Guide

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# IT'S THE SUMMER TO DISCOVER



## 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)		\$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 • 785-404-4044

### 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!

### YMCA360 MEMBERSHIP REIMAGINED

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

### CORPORATE MEMBERSHIPS

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

### INCOME-BASED FINANCIAL ASSISTANCE

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

### FIRST AID & CPR

The YMCA is proud to offer monthly American Heart Association First Aid/CPR/AED training taught by the Salina Fire Department to anyone wanting to learn. The cost is \$30.00 for Y members and \$50.00 for non-members. Visit the Membership Services desk to learn more and sign up!

### WE APPRECIATE YOU!

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

#### Upcoming Events

- April is Volunteer Appreciation month.
- May 5—it's Cinco de Mayo! Let's Celebrate., Chips and salsa and pinatas! 11:30am & 6:00pm.
- June 15—Fly a Kite Day, bring your kite to the soccer field, enjoy flying kites and popsicles will be provided. 5:00pm


### 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!

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





the **Y** **YOU MAKE MORE POSSIBLE**  
YMCA

**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](http://salinaymca.org)**



# 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.
- Play Pickleball with friends
- Join a committee or help with fundraising
- 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

### FACILITY HOURS

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



### HOLIDAY HOURS

April 9, Easter | CLOSED  
 May 29, Memorial Day | CLOSED  
 July 4, Independence Day | CLOSED

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



# 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 #

### 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

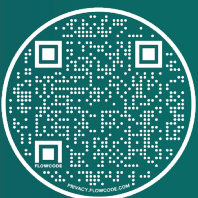
# Must pass swim test to use deep end



## 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.

# 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 Human Resources at 785-825-2151 or [hr@salinaymca.org](mailto:hr@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



## SWIM LESSONS

### •• 2 WEEK SESSION DATES ••

Date	Registration
June 5–15.....	May 1–31
June 19–29.....	May 15–June 14
July 10–20.....	June 12–July 5
July 24–Aug 3.....	June 26–July 19

### •• 4 WEEK SESSION DATES ••

Date	Registration
June 5–29.....	May 1–31
July 10–Aug 3.....	June 26–July 19

**Preschool Swim Lessons (30 min class)** | Member \$30 | Non-Member \$60

Session Length	Stages	Ages	Days	Time
2 week	Combined 1-4	3-5	M-Th	9:00–9:30am
2 week	Combined 1-4	3-5	M-Th	9:45–10:15am
4 week	Combined 1-4	3-5	M/W	5:30–6:00pm

**School Age Swim Lessons (40 min class)** | Member \$35 | Non-member \$70

Session Length	Stages	Ages	Days	Time
2 weeks	1/2	6-12	M-Th	9:00–9:40am
2 weeks	1/2	6-12	M-Th	9:45–10:25am
4 weeks	1/2	6-12	M/W	6:05–6:45pm
4 weeks	1/2	6-12	T/Th	6:05–6:45pm
2 weeks	3/4	6-12	M-Th	9:45–10:25am
4 weeks	3/4	6-12	M/W	6:05–6:45pm
*2 weeks	5/6	6-12	M-Th	9:45–10:25am

(\*Offered July 10–20 ONLY)

\*4 weeks 5/6 6-12 M/W 6:05–6:45pm

(\*Offered July 10–Aug 3 ONLY)

### •• 8 WEEK SESSIONS ••

June 5–July 31 | No classes July 3–7

**Parent/Child • Water Discovery/Exploration (30 min class)**

Member \$30 | Non-Member \$60

Stages	Ages	Days	Time
Combined	6–36 mons	M	6:30–6:00pm

**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.

## 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



## 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.

Saturday, May 6, 9-10am | Registration: April 1–May 3

## 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.

May 24–26 | W-F, 8a-5p | Registration: April 1–May 17

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.

Saturday, May 20 | 8a-5p | Registration: April 1–May 17

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

## RED CROSS WATER SAFETY INSTRUCTOR

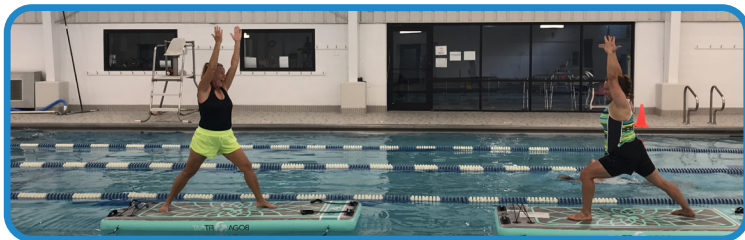
This is a certification course to become a swim lesson instructor. Participants must be present for every class session. There are approximately 12 hours of online course work that must be completed before the first day of class. Minimum age 16+

May 30–June 2 | Tue–Fri, 8a-5p | Registration: April 1–May 24

Member \$190 | Non-Member \$215

## 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.



## BOGA FIT

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

Lunch Break BOGA | Mons & Weds 12:15-12:45 | Registration is required.

Free for Y Members; \$15 for nonmembers

## 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.



# SWIM LESSONS STAGE DESCRIPTIONS

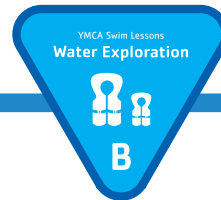
## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



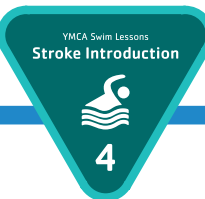
### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

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



# GYMNASTICS



## SESSION DATES FOR ALL LEVELS

### 4-week Sessions

June 5–30

July 10–Aug 4

### Registration

May 1–June 10

June 5–July 15

- 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/INCHWORMS COMBO

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

Wed 9:15–10:00am

Thurs 9:15–10:00am

Thurs 6:15–7:00pm

### MIGHTY MYTES

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

Tues 6:15–7:00pm

Wed 10:00–10:45am

Thurs 10:00–10:45am

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

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

Mon 5:00–6:00pm

## RECREATIONAL GYMNASTICS

### ROLLERS (Beginner Class)

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

T/Th 5:00–6:00pm

M/W 9:30–10:30am

### SWINGERS (Intermediate Class)

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

T/Th 6:00–7:00pm

M/W 10:30–11:30am

## PRE-TEAM HOTSHOTS

(Membership required, instructor permission only)

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

M/W 4:00–5:30pm

## 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 | Member \$60 | Non-Member \$90

## ADAPTIVE GYMNASTICS

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.

Tues 3:00–4:00pm | Fee: \$35/member, \$70/non-member

## FLIP FOR FUN SUMMER RECREATIONAL CAMP

Saturday, June 17 | 9:00am–3:00pm | Registration: May 1–June 17 | Ages 5–13  
 Member \$75 | Non-Member \$150

\*Any registrations taken on the day of will include a \$5 late fee.

Camp will be led by the YMCA staff and the Salina Gemstars Team Coaches

## 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.
- Only enrolled participants may be on gymnastics equipment.



## GEMSTARS COMPETITIVE TEAM

### L1-L10 and Xcel HUGS (instructor permission only)

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.



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







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

## YOUTH SPORTS

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

### SUMMER T-BALL & COACH PITCH

**T-Ball** Ages 4-5 year olds | **Coach Pitch** Ages 6-7 year olds

#### Registration

Early Bird: April 3–April 17

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

Regular: April 26–May 8

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

\*\$10 late fee will be added to any registration approved by the Sports department after May 8

**Coaches Meeting** week of May 18

**Practice** start the week of May 30

**Games** June 7 – July 13 played on Wednesday & Thursday nights



### SUMMER SPORTS CAMPS

YMCA Youth Sports is teaming up with Kansas Wesleyan University Basketball and Volleyball 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.

### 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, 6am–12pm | seasonal, see gym schedule

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



## PERSONAL TRAINING PACKAGES

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

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

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



## GET STARTED PROGRAM

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

## GROUP EXERCISE CLASSES

We 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!



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

## YOUTH FITNESS TRAINING CLASS

The YFT is for kids aged 10-13 yrs and is required to utilize the Wellness Center. This class will combine an education component on weight room etiquette, safety, and proper form along with hands on experience with the equipment. By appointment only. **Cost** Individual Sessions \$25 | Group Sessions (2-4 members) \$35

## 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.



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





**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-5:45pm | 2½-5 years | \$135/week

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

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

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

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



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



## S.U.M.M.E.R.C.A.M.P.

### Outgoing K-5th grades

May 30-August 4

**Spend your summer at Y's Kids SUMMER CAMP!**

Play, explore, and create at the Y with themed activities each week before going on an adventure every Friday. Breakfast, lunch, and snack is provided at our licensed full day program for school age students.

### FEES/child

Weekly rate | Member \$125 | Non-Member \$155

\*May 30-June 2 | Member \$100 | Non-Member \$125

\*\*July 5-7 | Member \$75 |

Non-Member \$100

**Scan the QR code to see our weekly themes.** • • • • • ➔



**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 \$135 | Non-Member \$160





## 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](http://salinaymca.org/birthday-parties).



## FOOD PROGRAM – Y ON THE FLY

Y on the Fly Summer Food Programs is coming your way this summer. Students ages 3-18 may stop by one of our Y on the Fly locations for a meal and optional activity. Locations will be set up for 30 min per site. Sites and time will be announced at a future date. Dates and time will also be listed on the Y website under Food Program. Students enrolled in Y Kids Summer Camp and Childcare will have meals and activities on site during care.



**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

## YOUTH PROGRAMING

### ADVENTURES WITH ME!

Adventures With Me! is a 4 week program for toddlers ages 1-5 and their adult to explore themed activities in a 30 minute group setting.

Members \$20 | Non-Members \$30 | Mon @ 5:30pm & Wed @ 10:30am

Theme	Dates	Registrations
Growing Garden	May 1-24	April 1-25
Explore Outdoors	June 5-28	May 1-25
Fun Fitness	July 3-26	June 1-25



### HEALTHY KIDS DAY

Mark your calendars for Healthy Kids Day on August 5th! Free Community Event

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





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

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**SALINA FAMILY YMCA**

785.825.2151 • [www.salinaymca.org](http://www.salinaymca.org) • 570 YMCA Drive, Salina, KS 67401

