



# SUMMER FUN FOR EVERYONE!

SALINA FAMILY YMCA  
2024 Summer 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 • 785-404-4044



**Stacy Serrault** • Engagement Specialist  
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 & collaboration
- STRONGER COMMUNITY - When people feel better and work harder - we all win.

### INCOME-BASED FINANCIAL ASSISTANCE

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

#### FACILITY HOURS

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

#### HOLIDAY HOURS

May 27, Memorial Day | CLOSED  
July 4, Independence Day | CLOSED

When the Y is closed, check out YMCA360. Visit [salinaymca.org/yymca360](http://salinaymca.org/yymca360)

### VOLUNTEER OPPORTUNITIES

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

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





# YOU MAKE MORE POSSIBLE

## 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 or give your gift at [salinaymca.org](http://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

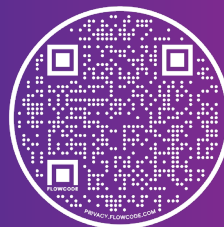
### LEGEND:

^ Unless in organized Y class

# Must pass swim test to use deep end



# 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, 50 of which are full time positions. Full time and part time employees are offered a variety of benefits including discounted programs, retirement, flexible scheduling and a FREE MEMBERSHIP! To apply please visit [salinaymca.org/careers](http://salinaymca.org/careers) or scan the QR code above. If you have any questions, please reach out to Cherie Grigsby at 785-404-4041 or [cgrigsby@salinaymca.org](mailto:cgrigsby@salinaymca.org). Open positions include:

- Childcare
- After School Program
- Aquatics
- Wellness
- Group Exercise Instructor
- Youth Sports
- Kids Gym
- Custodial
- Summer Camp Counselor
- Substitute Lead
- Finance Specialist

### Benefits to working at the Y include:

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

Cherie Grigsby • Human Resources and Training Director  
[cgrigsby@salinaymca.org](mailto:cgrigsby@salinaymca.org) • 785-404-4041





## PARTIES & CELEBRATIONS



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

- Traditional** – celebrate inside or out with classic party games and activities like sack racing, pin the tail, musical chairs and more!
- Kids Gym** – Have our in house play area for you and your guests for free play in this space full of fun and creative play!
- Gymnastics** – a classic Y party option that takes you inside the gymnastics gym for free play with the option of a few fun games!
- Pool** – Have a splashing good time in our family pool! (Availability is limited)

Add ons:

- Decorations** – Let us set the stage for your party by supplying and setting up color themed tablecloths, streamers, balloons, banners, and table decoration!
- Pizza** – Let us feed your crowd with a pizza party add on that includes color themed plates and utensils, drinks and of course, the pizza!
- Cake and Ice Cream** – Enjoy a dozen color themed cupcakes with individual servings of ice cream and all the plates, napkins, and utensils to match!
- The Works** – Let us do it all for you with a bundle discount on all of the add on packages together, so all you worry about is having fun!

Visit us online to request your next party!  
Scan the QR code or visit [salinaymca.org/birthday-parties](http://salinaymca.org/birthday-parties).



## FOOD PROGRAM

Each school year, the Y provides over 65,200 meals to our program participants. Healthy meals and snacks are served within the guidelines of the Child and Adult Care Food Program. In the summer of 2023, more than 103,000 additional meals were provided through the Summer Food Service Program to Y's Kids, Grab N Go and other community camps. Would you like to help? Contact Stacy!



**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 with toys, games, playground area and more, while parents enjoy the Y. Kids Gym is available for a maximum of 2 hours per visit. Registration is required, or a day pass.

**HOURS** Mon-Fri | 8:00am-12:30pm  
Mon-Thurs | 3:30-8:00pm  
Fri | 3:30-7:00pm  
Sat | 9:00am-3:00pm  
Sun | CLOSED

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



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



## MEMBER SPOTLIGHT

Meet Caden Nelson. After a near death experience that left him in a coma, he needed a place where he could better himself mentally, physically and spiritually. This led him to the Salina Family YMCA.

At the Y, he found he could focus on improving his overall wellbeing. Little did he know, he was getting more than just a gym. "The connections with members and employees of the Y feels like a family", says Caden when describing his experience. While achieving his wellness goals, he also connected with staff and other members.

During his journey, he discovered he had a passion for motivating people, and it is evident every time he walks into the Wellness Center. God and the Y have helped him make significant progress since his accident, and he continues to inspire everyone around him. Thanks for being a part of Us!





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



**Marlie Hamilton** • Associate Dir. of Early Learning Center  
mhamilton@salinaymca.org • 785-404-4024

## Y'S KIDS AFTER SCHOOL PROGRAM

### Kindergarten -5th grades

Our program nurtures a child's potential, ensures the development of healthy, trusting relationships that build confidence and character. We also include academic enrichment and structured activities that provide kids with physical activity, hands-on experiences, engaging activities, healthy snacks, and arts and crafts. **Registration opens July 1.**

**Hours & Pricing** Monday-Friday 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.
- Look out for more information coming soon
- Financial Assistance available and DCF funds are accepted.

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

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

## EARLY EDUCATION CENTER AT THE YMCA

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

- Breakfast, lunch and afternoon snack are provided
- YMCA Membership is required for this program
- We will open at 8:00 am if USD 305 has a snow day
- Financial Assistance available and DCF funds are accepted.

**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).

- 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

## ANGEL CHILD CARE

At Church of Cross UMC (1600 Rush St.) & McAdams (1312 McAdams)

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

**McAdams  
NEW childcare  
facility now  
open!**

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

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



# BEST. SUMMER. EVER.

## Summer Day Camp

**May 28-August 2 | Outgoing K-5th grades**

**Spend your summer at Y's Kids SUMMER CAMP!** Play, explore, and create at the Y with themed activities each week before an adventure every Friday. Breakfast, lunch, and snack is provided. Summer Camp is a licensed full day program for school age kids from outgoing K to outgoing 5th graders. Campers will swim at the Y this summer two times per week (subject to change).

**Fees**/child/week, DCF accepted

Weekly Rate | Member \$135 | Non-Member \$165

\*May 28-31 | Member \$110 | Non-Member \$135

\*\*July 1-3 | Member \$85 | Non-Member \$110

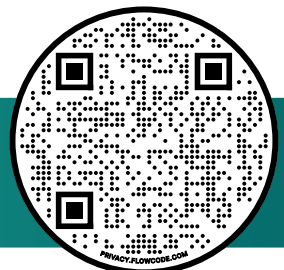
**QUESTIONS?** Contact Angela Mitchell, SACC Director at 785.404.4032 or email amitchell@salinaymca.org

Financial assistance is available. Contact the Y for more information.



## REGISTRATION NOW OPEN!

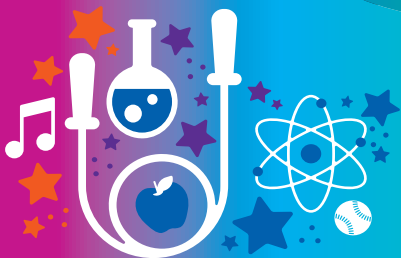
Online at [salinaymca.org](http://salinaymca.org) or in person at the Salina Family YMCA.





# HEALTHY KIDS DAY<sup>®</sup>

August 3 | Free to the Public



For a better us.<sup>®</sup>

## » IMPROVE YOUR KIDS' HEALTH AND WELL-BEING WHILE HAVING A BLAST!

We're teaming up with community partners to bring you games, activities, and delicious free lunch. Visit our website for event info and community partner updates too. Volunteers also needed!

### MAY

**May 6:** Cinco De Mayo – Member Appreciation

**May 6:** Summer T-Ball/ Coach Pitch Registration Ends

**May 16:** Coaches Meeting

**May 27:** Memorial Day, Closed

### JUNE

**June 5:** Coach Pitch Games Begin

**June 6:** T-ball Games Begin

**June 8:** Recreational Gymnastics Camp

**June 14:** Smile Power Day

**June 24:** Fall Sports Early Bird Registration Begins

### JULY

**July 4:** Independence Day, Closed

**July 7:** Team Gymnastics Camp

**July 9:** Fall Sports Regular Registration Begins

**July 15:** KWU Volleyball Camp Begins

**July 22:** KWU Basketball Camp Begins

### AUGUST

**August 3:** Healthy Kids Day

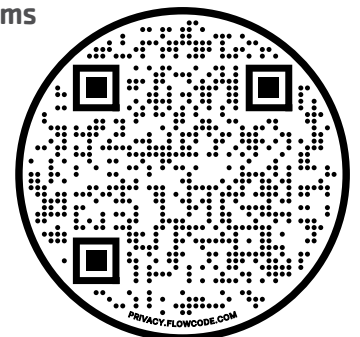
**August 12:** Volleyball Coaches Meeting

**August 13:** Soccer Coaches Meeting

**August 15:** Flag Football Coaches Meeting

**August 26:** Fall Sports Practices Begin

Learn more about upcoming programs online at [salinaymca.org/programs](http://salinaymca.org/programs)





## SWIM LESSONS (Ages 6 months - Adult)

We strive to create a safe, fun, and encouraging environment for children to develop as swimmers. In addition to teaching swimming skills, our instructors are passionate about creating a positive atmosphere that encourages our students to be courteous, respectful, responsible, and confident individuals and athletes. Classes are based on ability and progress with your child's abilities. Visit [salinaymca.org/aquatics/swim-lessons](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.  
1 half-hour lesson per session | Members: \$40 | Non-Members: \$80  
Private Lesson Package (Members Only) Buy 5 and save \$25 | \$125

## 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.  
1 half-hour lesson | Members: \$40 | Non-Members: \$80  
Private Lesson Package (Members Only) Buy 5 and save \$25 | \$125

**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.

Travis Heaton • Aquatic Director  
theaton@salinaymca.org • 785-404-4062



## POOL SHUTDOWN—AUGUST 9–12

Both pools will be closing Friday, Aug. 9 at 1pm for our annual pool draining and cleaning. **Pools will remain closed** from 1pm Friday, Aug. 9 through Monday, Aug. 12, and are scheduled to reopen Tuesday, Aug. 13 for regular hours.

## 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 \$20.

[Schedule Appointment](#) | [Registration required](#) | [Call the Y to be put on the interest list](#)

## RED CROSS WATERPARK & LIFEGUARD TRAINING

This course is offered for new lifeguard candidates. Participants must be present for every class session. A pre-course swim test will be conducted the first day of class – lifeguard candidates must be strong swimmers. There is approximately 10 hours online course work that must be completed before the first day of class.

Dates TBD | [Registration required](#) | [Call the Y to be put on the interest list](#)  
Member \$150 | Non-Member \$200 | Printed Lifeguard Participant Manual: \$15

## RED CROSS LIFEGUARDING REVIEW/RE-CERTIFICATION

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](#) | [Call the Y to be put on the interest list](#)  
Member \$100 | Non-Member \$125 | 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 29–June 1 | [Registration required](#) | [Call the Y to be put on the interest list](#)  
Member \$180 | Non-Member \$200



# MAKE A DIFFERENCE SAVE A LIFE

## Now Hiring Lifeguards! Paid training!



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





**SESSION DATES FOR ALL LEVELS**

**4-week Sessions**  
 June 3–June 28  
 July 8–August 1

**Registration**  
 Apr 29–June 10  
 June 3–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**

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

**RECREATIONAL GYMNASTICS**

**ROLLERS** (Beginner Class)

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

M/W 9:30–10:30am  
 T/Th 5:00–6:00pm

**SWINGERS** (Intermediate Class)

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

M/W 10:30–11:30am  
 T/Th 6:00–7:00pm

**HOTSHOTS PRE-TEAM**

(YMCA 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 half-hour lesson | Member \$30 |

Non-Member \$60

1 hour lesson | Member \$50 | Non-

Member \$100

Group Private 1-hour Lesson (2-4

children) | Members \$50 + \$10/  
 additional child

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

**Private Lesson Package (Members Only)—Buy 5 and save \$25**

5, half-hour lessons \$125 or 5, 1-hour lessons \$225



**FLIP FOR FUN  
 SUMMER  
 RECREATIONAL  
 CAMP**

**Saturday, June 8 |  
 9:00am–1:00pm |**

**Registration: May  
 1–June 8 | Ages 5–13**

Member \$50 | Non-  
 Member \$100

\*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**

- Only water bottles allowed in gymnastics area, no food or other drinks
- Dress Code: shorts and t-shirt or leotard. No jeans, jean shorts or buttoned pants are to be worn by participants
- Long hair must be pulled back in a ponytail for safety
- Classes maybe canceled due to lack of enrollment
- A waiting list will be available if a class reaches maximum capacity
- All children under 10 yrs. of age must be accompanied by an adult to and from the gymnastics area
- Only enrolled participants may be on gymnastics equipment.



**GEMSTARS COMPETITIVE TEAM**

**L1-L10 and Xcel** (instructor permission only)

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



**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.**

### SUMMER T-BALL & COACH PITCH

**T-Ball** Ages 4-5 year olds | Games begin June 6

**Coach Pitch** Ages 6-7 year olds | Games begin June 5

#### Registration

Early Bird: April 1-15; \$35/Members, \$60/Non-Members

Regular: April 16-May 6; \$45/Members, \$70/Non-Members

\*\$10 late fee will be added to any registration approved by the Sports department after May 6

Coaches Meeting May 16 at 6:00pm

### KWU 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.

**Volleyball Camp** July 15-17, 9:00-11:00am

**Basketball Camp** July 22-24, 9:00-11:00am

### FALL 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 24-July 8; \$35/Members, \$60/Non-Members

Regular: July 9-Aug 5; \$45/Members, \$70/Non-Members

\*\$10 late fee will be added to any registration approved by the Sports department after August 5

**Season** is Sept 10-Oct 17 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



## FALL SOCCER, VOLLEYBALL & FLAG FOOTBALL

### Registration

Early Bird: June 24-July 8; \$35/Members, \$60/Non-Members

Regular: July 9-Aug 5; \$45/Members, \$70/Non-Members

\*\$10 late fee will be added to any registration approved by the Sports department after August 5

**Practice** start the week of August 26

**Games** September 14-October 19

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 August 12

**Soccer League** | Grades PK-6th

Shin guards covered by socks Required | Coaches Meeting August 13

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

Mouth guard Required | Coaches Meeting August 15

## SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art form where self-discipline, physical and mental strength will be taught. Must be a member to register.

**T-Dragons** (3-4 yrs) & **Lil' Dragons** (5-6 yrs) | Thu 5:45-6:15pm | \$40/Month

**Karate** (7 & Up) | Thu 6:30-7:15pm | \$40/Month

## ADULT SPORTS

### DROP-IN PICKLEBALL

Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. Two to four players use solid paddles to hit a perforated polymer ball, like a whiffle ball, over a net. Seasonal, see gym schedule

M-F, 9am-12pm | Free for members, \$5 Day Pass/Non-Members

**Ethan Thompson • Sports Assistant**  
ethompson@salinaymca.org • 785-404-4035





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

**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
- Summer Body Blast Off 5 sessions for the price of 4 | May 24-29
- Back to school 5 sessions for the price of 4 | August 16-21

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



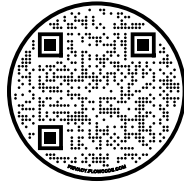
**GET STARTED PROGRAM**

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- INCLUDED WITH MEMBERSHIP!**

Drop in and Check them out!

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



**PARKINSONS EXERCISE CLASS**

Class is T/TH 2:00-3:00 p.m. This class is FREE to the community for participants diagnosed with Parkinson's and their caregivers can participate.



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

**YOUTH FITNESS TRAINING CLASS**

The YFT is for kids aged 10-13 yrs and is required to utilize the Wellness Center. This class will combine an education component on weight room etiquette, safety, and proper form along with hands on experience with the equipment. By appointment only. **Cost** \$25 for the 1st child, \$10 more per sibling. (Must be in the same household.)

**NEW**

**NUTRITION AS WE AGE WORKSHOP**

Explore the benefits of healthy eating and how nutrition affects optimal aging. Discuss the relationship between nutrition, exercise and stress management. This is a 2 day workshop meeting once a week for two weeks in a row. Watch for upcoming dates **Cost** \$25/members and \$50/non-members

**INBODY ASSESSMENT**

An accurate and precise body composition analyzer that provides vital outputs like body fat, muscle, and water levels that can be used to provide personalized plans geared towards healthy living. Register at the membership desk for an appointment. **Cost** \$20/members and \$40/non-members | **Members** 1st testing is free

**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, 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.

**YMCA360 IS FREE FOR MEMBERS!**

Enjoy live or on-demand group exercise classes with your favorite instructors, explore nutrition classes, youth enrichment, fitness options and more. Check it out online at [www.salinaymca.org/ymca360](http://www.salinaymca.org/ymca360)



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