



SUMMER TO REMEMBER!

SALINA FAMILY YMCA
2025 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**

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)	\$28	\$35	\$420
ADULT (ages 27+)	\$33.60	\$42	\$504
COUPLE (2 people in the household)	\$47.20	\$59	\$708
FAMILY (2 adults and children)	\$54.40	\$68	\$816

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 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/ymca360

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

The Y experience is full of small moments that lead to **BIG TRANSFORMATIONS**: The smile on a kid's face after her first goal, the sound of kids splashing as they learn how to swim, neighbors helping neighbors, community **COMING TOGETHER**.

Every person deserves to have these moments in life. **YOU** can help more people experience them.

Your generosity gives **LIFE-CHANGING OPPORTUNITIES** to the kids in Salina by making it possible for them to participate in programs that might otherwise be out of reach for their families.

HOW YOUR GIFT MAKES A DIFFERENCE

\$150 Allows 3 kids the opportunity to play a season of sports.

\$300 Provides a full session of swim lessons for a class of 5 kids.

\$500 Provides 4 kids with a year of membership at the Salina Family YMCA.

\$750 Gives a kid 5 memorable weeks of summer camp.

\$1500 Allows a kid to attend all 10 weeks of summer camp.

**Donate in person at the Y or
give your gift at salinaymca.org**



Chris Lehecka • President/CEO
clehecka@salinaymca.org • 785-404-4026

Julie McIntyre • Executive Assistant
jmcintyre@salinaymca.org • 785-404-4034





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

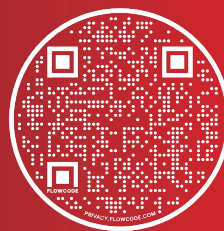
LEGEND:

^ 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
for more info or to apply.

CAREERS AT THE Y

The YMCA employs approximately 200 employees, 50 of which are full time positions. Full time and part time employees are offered a variety of benefits including discounted programs, retirement, flexible scheduling and a **FREE MEMBERSHIP!** To apply please visit salinaymca.org/careers or scan the QR code above. If you have any questions, please reach out to Cherie Grigsby at 785-404-4041 or cgrigsby@salinaymca.org. Open positions include:

- Childcare
- After School Program
- Aquatics
- Wellness
- Group Exercise Instructor
- Youth Sports
- Kids Gym
- Custodial
- Gymnastics
- Internships

Benefits to working at the Y include:

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

Cherie Grigsby • HR & Communication Director
cgrigsby@salinaymca.org • 785-404-4041





CORPORATE CUP 2025

Saturdays, June 28–Aug 9

The Corporate Cup brings Salina-area businesses, government agencies, and organizations together for 6 exciting events to promote health, wellness, and community connections. Teams earn points in each event, and the group with the highest score takes home the coveted Corporate Cup. Roster sizes based on company size make it easy for everyone to join in!

EXCITING EVENTS

- 5K Walk/Run
- Pickleball
- Kickball
- 3v3 Basketball
- Sand Volleyball
- Cornhole

YOUR IMPACT

All proceeds benefit the YMCA's Annual Campaign, helping expand teen programming, support youth development, and promote health and wellness for those who need it most. By participating, you're making a direct impact on our community.

BENEFITS FOR YOUR TEAM

- Boost fitness and wellness
- Strengthen teamwork and camaraderie
- Improve morale
- Gain company recognition
- Network with other local organizations
- Enjoy YMCA access in July

COMPETE, CONNECT, AND GIVE BACK!

For more information or to register, visit salinaymca.org/corporatecup or contact Joseph Finder at jfinder@salinaymca.org.

MAY

May 5 Nacho Typical Holiday

May 5 Summer Sports Registration Ends

May 9–11 Mother's Day PT Special

May 15 T-ball/Coach Pitch Coaches Meeting

May 26 Memorial Day | YMCA Closed

JUNE

June 1 Indoor Sprint Triathlon

June 4 Summer Sports Games Begins

June 14 Flip for Fun Recreational Gymnastics Camp

June 16 Smile Power Day

June 21 Corporate Cup

June 23 Fall Sports Early Bird Registration Begins

JULY

July 3 Patriot's Pursuit & Ice Cream Social

July 4 Independence Day | YMCA Closed

July 8 Fall Sports Regular Registration Begins

July 28–30 KWU Summer Basketball Camp

AUGUST

August 1–4 Pools CLOSED for Annual Cleaning

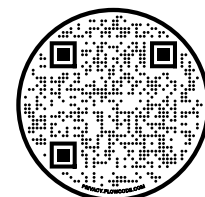
August 2 Healthy Kids Day

August 4 Fall Sports Registration Ends

August 11 Volleyball Coaches Meeting

August 12 Soccer Coaches Meeting

August 14 Football Coaches Meeting



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



BEST SUMMER EVER!



SUMMER DAY CAMP OUTGOING K-5TH

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. Each week includes a mix of structured activities, free play, and educational components to keep campers engaged and foster their development in a fun and supportive environment.



FEES/child

Weekly rate Member \$135 | EBT/Non-Member \$158

***June 30–July 3** Member \$110 | Non-Member \$135



Campers will swim at the Y this summer two times per week (subject to change).

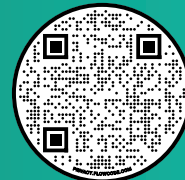


WHAT TO BRING TO CAMP

- Backpack
- Hat or Visor
- Swimsuit, Towel, and plastic bag for wet clothes
- Refillable Water Bottle
- Closed Toe Shoes for activity and safety!



REGISTER NOW Online at salinaymca.org or in person at the Y.



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

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. **Visit salinaymca.org/childcare to learn more!**

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"



Constance Zimmerman • Billing Specialist & Childcare Registrar
czimmerman@salinaymca.org • 785-404-4031



EARLY EDUCATION CENTER AT THE YMCA

M–F 5:30am–5:30pm | 2½–5 years | \$165/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 and Signs & Symptoms of Childhood Illness & Abuse

ANGEL CHILD CARE

At Church of Cross UMC (1600 Rush St.)

7:00am–5:30pm | Ages 6 weeks to school age

Fee pricing is per week

Infant: Member \$215 | EBT/Non-Member \$314

Toddler: Member \$205 | EBT/Non-Member \$263

Pre-K: Member \$165 | EBT/Non-Member \$213.50

MCADAMS CHILD CARE

McAdams (1312 McAdams) | 7:00am–5:30pm | Ages 6 weeks to school age

Fee pricing is per week

Infant: Member \$215 | EBT/Non-Member \$314

Toddler: Member \$205 | EBT/Non-Member \$263

Pre-K: Member \$165 | EBT/Non-Member \$213.50





WE WANT TO HEAR FROM YOU!



Scan the QR code to share your thoughts and let us know what you'd like to see at the pool.

SWIM LESSONS (Ages 6 months - Adult)

We strive to create a safe, fun, and encouraging environment for children to develop as swimmers. 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 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: \$30 | Non-Members: \$60
Private Lesson Package (Members Only) Buy 5, half hour sessions | \$125

PRIVATE/SEMI-PRIVATE LESSONS

Private 1-on-1 with an appropriate instructor. Semi-private lessons are with 2 children of similar swimming ability with an instructor. Contact the Aquatic Director for more information.

1 half-hour lesson | Members: \$30 | Non-Members: \$60
Private Lesson Package (Members Only) Buy 5, half hour sessions | \$125

RED CROSS CPR CLASSES – COMING SOON!

Get certified in life-saving skills with our upcoming CPR classes. The course includes a 2.5-hour in-person session, with about 1 hour of online work to be completed beforehand. Visit our website for dates, registration, and more details!

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 test is \$20.

Schedule Appointment | Registration required | Call the Y to be put on the interest list

Note: Classes may be canceled or combined due to lack of enrollment.

The pools will be closed in the event of severe weather, or if there is thunder and lightning in the area. In the event of severe weather, swim lessons will be moved to other areas of the building to participate in water safety and rescue discussions.

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

Elliott Read • Aquatic Coordinator
eread@salinaymca.org • 785-404-4062



RED CROSS WATERPARK & LIFEGUARD TRAINING

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

Dates TBD | Registration required | Call the Y to be put on the interest list
Member \$200 | Non-Member \$220

RED CROSS WATER SAFETY INSTRUCTOR

This is a certification course to become a swim lesson instructor. Participants must be present for every class session. There are approximately 12 hours of online course work that must be completed before the first day of class. Minimum age 15+

Dates TBD | Registration required | Call the Y to be put on the interest list
Member \$250 | Non-Member \$270

INCLUDED WITH MEMBERSHIP AQUACISE CLASSES

BOGA-Workout on the Inflatable BOGA Board for balance, core and fun! *Must register for class. Limited space.

POOL SHUTDOWN—AUGUST 1–4

Both pools will be closing Friday, Aug. 1 at 1pm for our annual pool draining and cleaning. **Pools will remain closed** from 1pm Friday, Aug. 1 through Monday, Aug. 4, and are scheduled to reopen Tuesday, Aug. 5 for regular hours.



Now Hiring Lifeguards! Paid training!

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



GYMNASTICS

SESSION DATES FOR ALL LEVELS

4-week Sessions

June 2 – June 27

July 7 – August 1

Registration

May 5 – June 9

June 2 – July 14

- A \$10 Late Fee will be charged for registrations past the registration end date.
- If there is a wait list in the session you want to enroll in, the next month session enrollment opens on the first day of that session.



PRESCHOOL GYMNASTICS

TWO CAN DO/INCHWORMS COMBO

2-3 yrs | 4 wk sessions | Member \$38 | Non-Member \$71

Wed 9:15-10:00am

Thurs 9:15-10:00am

Thurs 6:15-7:00pm

MIGHTY MYTES

4-5 yrs | 4 wk sessions | Member \$38 | Non-Member \$71

Tues 6:15-7:00pm

Wed 10:00-10:45am

Wed 6:15-7:00pm

Thurs 10:00-10:45am

MINI HOT SHOTS PRE-TEAM (Instructor permission only)

3-6 yrs | 4 wk sessions | Member \$40 | Non-Member \$80

Mon 5:00-6:00pm



RECREATIONAL GYMNASTICS

ROLLERS (Beginner Class)

Girls & Boys | School Age | 4 wk sessions | Member \$45 | Non-Member \$85

M/W 9:30-10:30am

T/Th 5:00-6:00pm

SWINGERS (Intermediate Class)

Girls & Boys | School Age | 4 wk sessions | Member \$45 | Non-Member \$85

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 \$60

M/W 4:00-5:30pm



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

BOYS GYMNASTICS

6-12 yrs | 4 wk sessions | Member \$40 | Non-Member \$80

The class will introduce skills on vault, bars, floor and pommel tricks in a safe and fun environment.

Sat 10:00-11:00am

PRIVATE LESSONS

Contact Bev Jones for info and scheduling

1 half-hour lesson Member \$30

Non-Member \$50

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

Private Lesson Package (members only)—Buy 5 and save \$25!

5, half hour lessons \$125

5, 1 hour lessons \$225

5, Group Private Lessons (2-4 people) \$350



FLIP FOR FUN SUMMER RECREATIONAL CAMP

5-13 yrs | Saturday, June 14 | 9:00am-1:00pm

Registration Dates: May 1-June 13

\$50 members/ \$100 non-member (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

- 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 with a coach present.
- Door to gymnastics gym will not open until 10 minutes before class.
- Please have children use the bathroom before class start

GEMSTARS COMPETITIVE TEAM

L1-L10 and Xcel Program (instructor permission & membership required)

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.





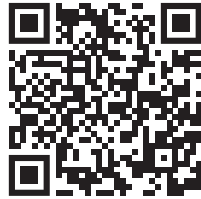
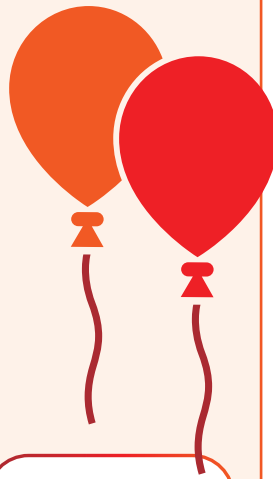
PARTIES & CELEBRATIONS

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

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

Add ons:

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



FOOD PROGRAM

Each school year, the Y provides over 60,000 meals to our program participants. Healthy meals and snacks are served within the guidelines of the Child and Adult Care Food Program and Summer Food Service Program. In the summer of 2024, more than 70,000 additional meals were provided through the Summer Food Service Program to Y's Kids, Grab N Go and other community camps.

Summer is approaching! Would you like to volunteer to assist with Grab N Go pack up/delivery or as food delivery driver for lunch meals? Contact Stacy!



Stacy Jagodzinske • Child Nutrition Director
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, play-ground 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



Ivanna Morton • Kids Gym Coordinator
imorton@salinaymca.org • 785-404-4066

MEMBER SPOTLIGHT

Kay Quinn, Wellness Warrior participant and nearly 14 year member with Wellness Warrior Facilitator/Trainer Andi Kilsch
"[Wellness] Warriors is a unique and timely partnership between Tammy Walker Cancer Center and the Salina Family YMCA. Not only does it provide needed exercise to increase cancer patient and survivors' strength and resilience, it provides a valued social outlet through which trainer/leader Andi Kilsch helps create a safe space in which class participants can "be real" and encourage and comfort one another."



YOUTH SPORTS

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.

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

PK-6th jersey: \$17 (no number)

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

KWU SUMMER SPORTS CAMPS

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

Basketball Camp July 28–30, 9:00–11:00am

Registration fee \$40/Member; \$65/Non-Member

FALL SOCCER

Grades PK–6th | Shin guards covered by socks Required

Registration

Early Bird: June 23–July 7; \$35/Members, \$60/Non-Members

Regular: July 8–Aug 4; \$45/Members, \$70/Non-Members

*Late fee will be added to any registration approved by the Sports department after August 4

Practice start the week of August 25 | **Games** September 13–October 18

Coaches Meeting August 12

FALL VOLLEYBALL

Grades 2nd–6th | Knee pads

Recommended

Registration

Early Bird: June 23–July 7; \$35/

Members, \$60/Non-Members

Regular: July 8–Aug 4; \$45/

Members, \$70/Non-Members

*Late fee will be added to any registration approved by the Sports department after August 4

Practice start the week of August 25

Games September 13–October 18

Coaches Meeting August 11

FALL NFL FLAG FOOTBALL

Grades K–6th

Play like the pros this spring with NFL Flag! Boys and girls will learn the rules, skill, and fundamentals of NFL Flag. Players get a reversible NFL Flag team jersey and official NFL Flag Football belt and flags. Mouth guard required

Registration

Early Bird: June 23–July 7; \$55/Members, \$75/Non-Members

Regular: July 8–Aug 4; \$65/Members, \$85/Non-Members

*Late fee will be added to any registration approved by the Sports department after August 4

Practice start the week of August 25 | **Games** September 13–October 18

Coaches Meeting August 14



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. **Spots fill up quickly.**

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

***No jersey is required for little tikes clinics

Registration

Early Bird: June 23–July 7; \$35/Members, \$60/Non-Members

Regular: July 8–Aug 4; \$45/Members, \$70/Non-Members

*Late fee will be added to any registration approved by the Sports department after August 4

Season is Sept 9–Oct 16 and will be on Tuesdays with optional game days on Thursdays

SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art form where self-discipline, physical and mental strength will be taught. Must be a member to register. Please be sure to wear sweats on to your first session.

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

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

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, \$10 Day Pass/Non-Members



Jonathan Barajas • Sports Director • Se habla Español
jbarajas@salinaymca.org • 785-404-4029



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



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



INDOOR SPRINT TRIATHLON

Sunday, June 1 at 8:00am

Join the excitement at the Salina YMCA Indoor Sprint Triathlon! Awards for top male and female in each age category. All participants must sign a waiver. Participants ages 10-18 must have an adult sign a liability for them. Please contact YMCA staff for additional questions on registration. Learn more at salinaymca.org/sprint.

Adult (Ages 16+): \$40/member; \$50/non-member

500m swim, 6-mile bike, 2-mile run

Youth (Ages 10-15): \$20/member; \$30/non-member

200m swim, 3-mile bike, ½-mile run

NEW! Team (2-3 Adults): \$50/members; \$60 if not all are members

500m swim, 6-mile bike, 2-mile run

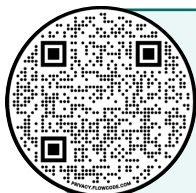
Register from April 1-May 26. Register by May 6 to guarantee event shirt (included in registration cost). Each athlete must submit their estimated swim time to determine heat assignments.

PERSONAL TRAINING PACKAGES

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

- 1/2-hour Individual Session | \$30/Member, \$50/Non-Member
- 1 hour Individual Session | \$50/Member, \$70/Non-Member
- Group 1 Hour Session (2-4 people) | \$75/Member, \$95/Non-Member
- Individual Introductory Package *New PT clients only (1 time use only package)
3 sessions | \$125/Member \$175/Non-Member
- Regular Package Individual, 5 hours (can be split into 1/2 hours)
\$225 Member | \$325 Non-Members
- Regular Package Group | \$350 Members | \$450 Non-Members

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



YMCA360 IS FREE FOR MEMBERS!

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

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.



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



Joseph Finder • Program Coordinator
jfinder@salinaymca.org

GET STARTED PROGRAM

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

INBODY ASSESSMENT

An accurate and precise body composition analyzer that provides vital outputs like body fat, muscle, and water levels that can be used to provide personalized plans geared towards healthy living. Register at the membership desk for an appointment.

Cost \$20/members and \$40/non-members | **Members 1st testing is free**

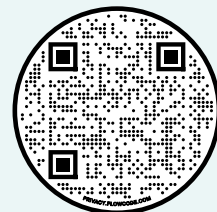
YOUTH FITNESS TRAINING CLASS

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

GROUP 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.



GROUP EX ROOM RENTALS

Dance the night away with your group! Line Dancing, Zumba, Drum Fitness and More! Contact Stacy for more info! **Cost** \$40 per hour

MONTH-LONG BIATHLON/TRIATHLON

Join our Month-Long Biathlon/Triathlon at the Y! Whether you're a seasoned athlete or just looking for a fun way to stay active, this month-long event is for YOU.

How it works: Track your miles, challenge yourself, and connect with others in our Y community. Sign up today at salinaymca.org/programs!

Registration Dates: April 20-May 15

Program dates: May 1-31
FREE to participate! Shirts available for \$15; \$4 extra for sizes 2XL-5XL





Register online
Camps • Programs • Membership

SALINA FAMILY YMCA

785.825.2151 • www.salinaymca.org • 570 YMCA Drive, Salina, KS 67401

