



# SUMMER VIBES ONLY

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SALINA FAMILY YMCA  
2026 Summer Program Guide



## MEMBERSHIP BENEFITS

When a new member joins the YMCA, we emphasize to them that we are more than a gym. As a member 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	Rate per Month	Referral Rate per Month	Rate per Year
YOUTH (ages 0-9)	\$9	n/a	\$108
STUDENT (ages 10-18)	\$12	n/a	\$144
YOUNG ADULT (ages 19-26)	\$35	\$28	\$420
ADULT (ages 27+)	\$42	\$33.60	\$504
COUPLE (2 people in the household)	\$59	\$47.20	\$708
FAMILY (2 adults and children household)	\$68	\$54.40	\$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.

Refer a Friend, Get 20% off Monthly Dues

### BENEFITS OF MEMBERSHIP

- Tour
- Free 'Get Started' Training
- Group Exercise included in membership
- Referral Rates
- Discounted program registration
- Access to YMCA360



**Mason R. Rohleder** • Membership Director  
mrohleder@salinaymca.org • 785-404-4045

### DO. EARN. REWARD YOURSELF.

With Y Rewards you earn points in the YMCA360 app 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! 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 25, Memorial Day | CLOSED  
 July 4, Independence Day | CLOSED  
 September 7, Labor Day | CLOSED

November 26, Thanksgiving | CLOSED  
 November 27, Day After Thanksgiving | 7:00am-9:00pm  
 December 24, Christmas Eve | 4:30am-2:30pm  
 December 25, Christmas Day | CLOSED

**Ruby Heming** • Membership Relations Coordinator  
rmares@salinaymca.org • 785-404-4044



### 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.

- Grab N' Go
- Gymnastics
- Youth Sports:
  - Soccer
  - Flag Football
  - Basketball
  - Volleyball
  - T-Ball



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

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



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



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



**Chris Lehecka** • President/CEO  
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**Lindsey Tillett** • Executive Assistant  
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# UPCOMING EVENTS

## MAY

- May 4:** T-Ball & Coach Pitch Registration Ends
- May 5:** Nacho Typical holiday
- May 9:** Mother's Day Out
- May 21:** T-Ball & Coach Pitch Coaches Meetings
- May 22:** First Day of Grab 'N' Go (Continues each Friday)
- May 23:** Summer Palooza

## JUNE

- June 1:** School Age Summer Camp Begins
- June 1:** Youth Mini Summer Sports Camps Begins
- June 3:** Summer Sports Games Begin
- June 10:** Summer T-Ball & Coach Pitch Games Begin
- June 15:** Smile Power Day
- June 20:** Summer Blast Personal Training Special
- June 22:** Fall Soccer & NFL Flag Early Bird Registration Opens



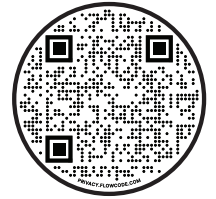
## JULY

- July 1:** Y's Kids Registration Opens
- July 3:** Patriot's Pursuit & Ice Cream Social
- July 6:** Adult Coed Volleyball & Flag Football Reg Begins
- July 7:** Fall Soccer & NFL Flag Regular Registration Begins
- July 10:** IndependANCE

## AUGUST

- August 3:** Fall Sports & NFL Flag Registration Ends
- August 3:** Fall Volleyball Early Bird Registration Opens
- August 7:** Last Day of Grab N Go
- August 7:** School Age Summer Camp Ends
- August 8:** Back to School Fest
- August 14:** Healthy Kids Day
- August 18:** Fall Volleyball Regular Registration Begins
- August 21:** First Day of Y's Kids
- August 25:** NFL Flag Coaches Meeting
- August 26:** Fall Soccer Coaches Meeting

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



# 175<sup>YEAR</sup> ANNIVERSARY



# HEALTHY KIDS DAY<sup>®</sup>

## AUGUST 14

NATIONAL SPONSORS



# Free To The Public!



# 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+ may use the track without an adult

### BASKETBALL GYM

Children 7 and younger MUST be with an adult in the gym^

Children 8–9 years old MUST have an adult in the facility^

Children 10+ may use gym without adult in the building

### FAMILY/LAP POOLS

Children 7 and younger MUST be with adult in the water^#

Children 8–years of age: adults MUST be in the building^#

Children 10+ years of age: Adult is not required to be in the building #

16+ years of age to use the whirlpools

### GROUP EXERCISE

Children ages 10–11 may watch in class

Children 12+ 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 call 785-825-2151. 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



## 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** Monday–Friday from the end of the school day until 6pm.

### Locations

- YMCA (Cottonwood, Oakdale, Heusner, Coronado)
- Stewart
- Sunset (Schilling)
- Meadowlark
- Southeast Saline

### Monthly Rates

- Full time (3–5 days/week) | Member \$180/month, Non-member \$230/month
- Part time (1–2 days/week) | Member \$110/month, Non-member \$160/month
- 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



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



**Marlie Hamilton •, YMCA Early Learning Center Director.**  
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**Constance Zimmerman • Childcare, Accounts, & Grants Coord.**  
czimmerman@salinaymca.org • 785-404-4031



## A MAGICAL SUMMER AWAITS

### Summer Day Camp | Outgoing Kindergarten–4th grades | June 1–Aug 7

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. Campers will join an Adventure House, where they make friends, try new things, and earn points by showing our core values. **Registration open now!**

**Weekly Fee** Member \$135 | Non-Member \$165

## SUMMER ENRICHMENT

### Summer Camp | Grades 5–7 | June 1–Aug 7

Salina Family YMCA Middle School Enrichment Camp combines the fun of summer camp with hands-on career exploration designed just for tweens. This new program builds on our traditional Summer Day Camp model while adding career-themed weeks, community guest speakers, and career-based field trips designed specifically for older campers.

Throughout the week, campers will explore different career paths through interactive activities, leadership development and real-world problem solving. Campers will also enjoy swim time, weekly Friday field trips and other activities with the entire Summer Adventure Academy Day Camp, creating shared experiences and classic summer memories. **Registration open now!**

**Weekly Fee** Member \$135 | Non-Member \$165

## INFANT TO PRESCHOOL CHILDCARE EARLY LEARNING CENTER

At the Salina Family YMCA’s Early Learning Centers, we provide quality early childhood education for children ages 6 weeks to 5 years, all rooted in the Y’s core values of caring, honesty, respect, and responsibility. We’re not just another daycare—we’re part of your village.

- Breakfast, lunch and afternoon snack are provided
- 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

**Curriculum** | Developmentally age-appropriate curriculum builds motor, language, and social/emotional skills. Supports creativity and school readiness.

### Locations

- **Angel Child Care** | Church of the Cross | 1600 Rush St, Salina  
7:00am–5:30pm | Ages 6 Weeks–5 Years
- **McAdams Childcare Center** | 1312 McAdams Rd, Salina  
7:00am–5:30pm | Ages 6 Weeks–5 Years
- **YMCA Early Learning Center** | 570 YMCA Dr, Salina  
5:30am – 5:30pm | Ages 2.5–5 Years

**Weekly Fee** Financial Assistance available and DCF funds are accepted.

Infant: Member \$215 | EBT/Non-Member \$314  
Toddler: Member \$205 | EBT/Non-Member \$263  
Pre-K: Member \$165 | EBT/Non-Member \$213.50

**Interested in your child attending one of our Early Learning Centers? Scan the QR code to learn more.**



**Jackalyn Neely • Angel Early Learning Center Director**  
jneely@salinaymca.org • 785-502-0916



**Khatrina Main • McAdams Early Learning Center Dir.**  
kmain@salinaymca.org • 785-502-0343





## 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 67,000 healthy meals and snacks to program participants, following the Child and Adult Care Food Program guidelines. In summer 2025, we served over 112,000 additional meals through the Summer Food Service Program reaching Y kids, Grab N Go sites, community camps, and now a few locations beyond Salina. Want to help feed kids? Contact Stacy Jagodzinske to learn how your passion can make a difference in our communities.

### GRAB-N-GO

Grab N Go is a food service program providing groceries for 5 days of breakfasts and suppers to children age 1-18. Grab N Go is part of the Summer Food Service Program(SFSP) and for children/youth not being served in other summer food programs. SFSP begins when school ends. Our Grab N Go normally has pick up every Friday 4-6pm(or until food runs out) until school begins in the fall. This year Grab N Go is expected to run May 22-Aug. 7. More information will be confirmed on our website as soon as official approval has been received from the state. Additional sites beyond our Salina site may be added to serve more children/youth in need of food assistance this summer.

### FOOD PANTRY MARKET

The Salina Family YMCA's Y We Share Food Pantry Market is a new resource located in the main lobby and open to anyone in the community who needs support or wishes to give back. Designed around the simple principle of "take what you need, give what you can," the pantry market provides convenient access to essential food items during regular business hours, allowing individuals and families to pick up or drop off donations with ease. More information and guidance available on site.



**Stacy Jagodzinske • Child Nutrition Director**  
[sjagodzinske@salinaymca.org](mailto:sjagodzinske@salinaymca.org) • 785-404-4036

## YOUTH & FAMILY

### 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 day. Registration is required, or a day pass.

**HOURS** Mon-Fri | 8:00am-12:00pm & 3:30-7:00pm  
Sat | 9:00am-1:00pm  
Sun | CLOSED

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

### TINY TALES

**2nd & 4th Wed of the month, 10:45-11:30am | Ages 0-10 | Cost: FREE**

Tiny Tales at the Salina Family YMCA is a playful, story centered program designed to spark imagination and early literacy in young children. Each session features engaging read alouds paired with hands on activities that help bring each story to life. Led by caring YMCA staff, Tiny Tales gives little ones a chance to explore, learn, and socialize in a fun, supportive environment while helping parents introduce their children to the joy of books and creative play.

### TEEN NIGHTS

**Watch for upcoming dates | Ages 13-18 | Cost: FREE**

Teen Nights at the Salina Family YMCA offer a safe, fun, and energetic space for teens to hang out and meet new friends. Each event brings the community's teens together for a mix of activities like basketball, dodgeball, video games, music, and games, with occasional themed nights featuring line dancing or other special activities. With great food, a welcoming atmosphere, and plenty of ways to stay active or just relax with friends, Teen Nights give young people a place to connect, unwind, and make memories.

**Morgan Walsh • Youth and Family Director**  
[mwalsh@salinaymca.org](mailto:mwalsh@salinaymca.org) • 785-404-4066



**Marti Higdon • Senior Director of Youth Development**  
[mhigdon@salinaymca.org](mailto:mhigdon@salinaymca.org) • 785-404-4065



**George Higdon • Sr. Director of Paws-itivity**  
785-123-B-A-R-K





# WELLNESS



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



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



# YMCA CLASSES AND PROGRAMS 360 IN PERSON AND VIRTUALLY

**YMCA360 IS FREE FOR MEMBERS!** Enjoy live or on-demand group exercise classes with your favorite instructors, explore nutrition classes, youth enrichment, fitness options and more. Check it out at [www.salinaymca.org/ymca360](http://www.salinaymca.org/ymca360)



## PERSONAL TRAINING PACKAGES

- 1 hr. sessions may be divided into two 30 min. sessions
- 1/2-hour Individual Session | \$30/Member, \$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
- **Summer Blast Special** \$25 off personal training packages. Individual \$200 & Group \$300 | June 20-27

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



## 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.

## 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**



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

## 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.)

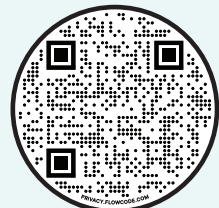
## GROUP EX ROOM RENTALS

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

## 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](http://salinaymca.org/schedule) or scan the QR code.



## WELLNESS WARRIORS CANCER EXERCISE PROGRAM

Wherever you are in your cancer journey, you can find empowerment, fitness and friendship in this free and supportive program. Join us twice a week to build strength, endurance, flexibility, and balance with the guidance of our trained staff—all in a welcoming, community-focused setting. Program lasts 12 weeks. Coming in February

**Lead Trainer** Andi Kilsch, Ace, Cancer Exercise Specialist

**Location** Salina Family Ymca

**Cost** Free! Includes a 3-month membership at the Y for the duration of the program.

**Contact Ellen Hogeland for information on dates & times**



**Joseph Finder** • Program Coordinator  
jfinder@salinaymca.org



# 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](http://salinaymca.org/aquatics/swim-lessons) or scan the QR code for class times, level descriptions and to register your child for swim lessons.



## 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

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 TEST

Interested in becoming a lifeguard, but unsure of your swim skills? During the pre-course swim test 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 • Aquatics Coordinator  
 eread@salinaymca.org • 785-404-4026



## 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

Enjoy Group Ex classes in the water with Aqua Power, Aquacise, and BOGA (Aqua Power and Aquacise included in membership, BOGA requires registration and is not included in membership)



## 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)



# GYMNASTICS

## SESSION DATES FOR ALL LEVELS

### 4-week Sessions

June 1 – June 26

July 6 – August 1

### Registration

May 4 – June 6

June 1 – July 11



- 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

## RECREATIONAL GYMNASTICS

### ROLLERS (Beginner Class)

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

T/Th 5:00-6:00pm

M/W 10:30-11:30am

### SWINGERS (Intermediate Class)

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

T/Th 6:00-7:00pm

M/W 10:30-11:30am

## HOTSHOTS PRE-TEAM

(YMCA Membership required, instructor permission only)

Girls | School age | 4 wk sessions | Member \$60

M/W 4:00-5:30pm

## BOYS GYMNASTICS

6-12 yrs | 4 wk sessions | Member \$40 | Non-Member \$75

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

Sat 10:00-11:00am



Bev Jones • Gymnastics Coordinator

[bjones@salinaymca.org](mailto:bjones@salinaymca.org) • 785-404-4061

## FLIP FOR FUN SUMMER RECREATIONAL CAMP

5-13 yrs | Saturday, June 27 | 9:00am-12:00pm

Registration Dates: May 10-June 27

\$50 members/ \$100 non-member (Any registrations taken on the day of will include a \$5 late fee.)

This camp is offered to any of our Rollers or Swinger participants registered throughout the year or girls that want to learn more upgraded skills.



## 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 \$75 + \$10/additional child

Non-Members \$150 + \$10/additional child

Private Lesson Package (Members only) Buy 5 half hour sessions for \$125

## GYMNASTICS NOTES

- Only WATER allowed in gymnastics facility. No food allowed in the gymnastics gym.
- Dress Code: shorts and t-shirt or leotard. NO jean shorts or buttoned pants are to be worn by the participants.
- Long hair must be pulled back in a ponytail for safety.
- Classes may be canceled due to lack of enrollment.
- IF CLASS IS FULL, PLEASE SIGN-UP FOR THE NEXT SESSION
- All children under 10 must be accompanied by an adult to and from the gymnastics facility.
- A waiting list will be available if class reaches maximum capacity.
- 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 starts.

## 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.





## YOUTH SPORTS

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 out grows it.

PK-6th jersey: \$20 (no number)

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

### MINI SUMMER SPORTS CAMPS

Kids and teen can sharpen their skills and stay active this summer with YMCA mini sports camps! Full schedule of upcoming camps at [salinaymca.org/mssc](http://salinaymca.org/mssc). Register online or in person at the Y up until the day of each camp.

**Ages 6-9:** Mondays, June 1–Aug 3, 9:30-11:30am

**Ages 10-14:** Wednesdays, June 3–Aug 5, 9:30-11:30am

**Fees:** Member: \$10/session or \$80/all sessions

Non-Member: \$20/session or \$160/all sessions

### FALL SOCCER

**Grades PK-6th | Shin guards covered by socks Required**

Weekly practice and a game that focuses on fundamentals, sportsmanship and having fun. All players receive a medal.

**Registration** Early Bird: June 22–July 6; \$40/Members, \$65/Non-Members

Regular: July 7–Aug 3; \$50/Members, \$75/Non-Members

\*\$20 late fee to any registration approved by the Sports department after Aug 3

**Games** Saturdays, Sept 12–Oct 10 | **Kickoff/Coaches Meeting** August 26

### 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 22–July 6; \$60/Members, \$80/Non-Members

Regular: July 7–Aug 3; \$70/Members, \$90/Non-Members

\*\$20 late fee added to any registration approved by the sports dept after Aug 3

**Games** Saturdays, Sept 12–Oct 10 | **Kickoff/Coaches Meeting** August 25

### FALL LITTLE TIKES SOCCER

**3-5 years old | Shin guards covered by socks required**

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

Little Tikes is an instructional program designed to introduce sports in a non-competitive and fun environment. Parents and children will participate together. Program requires a minimum of 1 parent to attend.

**Registration** Early Bird: June 22–July 6; \$40/Members, \$65/Non-Members

Regular: July 7–Aug 3; \$50/Members, \$75/Non-Members

\*\$20 late fee added to any registration approved by the sports dept after Aug 3

**Season** is Sept 1–29 and will be on Tuesday & Thursday nights with 3 different time slots: 5:15–6:00pm, 6:00–6:45pm & 6:45–7:30pm. Tuesdays are the clinic/practice and Thursdays will be play/gameday.

### FALL VOLLEYBALL Grades 1st-6th | Knee pads Recommended

Weekly practice and a game that focuses on fundamentals, sportsmanship and having fun.

**Registration** Early Bird: Aug 3–17; \$40/Members, \$65/Non-Members

Regular: Aug 18–Sept 21; \$50/Members, \$75/Non-Members

\*\$20 late fee added to any registration approved by the sports dept after Sept 21

**Games** Saturdays, Oct 24–Nov 21 | **Kickoff/Coaches Meeting** October 7

### 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

### SUNDAY FUNDAY FAMILY SPORTS

Put down the screens and get the whole family moving with Monthly Sunday Funday Family Sports from 2:30–4:00pm. Each month features a different sport or activity. All ages are welcome. Register in advance and find upcoming sports at [salinaymca.org/](http://salinaymca.org/) sports!



### 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 whiffle ball like ball over a net.

Seasonal, see gym schedule

M-F, 9am–12pm | Free for members, \$10 Day Pass/Non-Members

**September drop-in pickleball** | Wednesdays, 6:00–7:30pm

\$5 for members, \$10 for non members | Kids/Queen of the court style of play

#### ADULT COED VOLLEYBALL LEAGUE

**Registration** July 6–August 10 | **Fee:** \$150 a team

**Adult Volleyball League Captains Meeting:** August 18th at 6:30pm

**Game Day:** Tuesdays, Sept 1–29 from 6–8pm

#### ADULT COED FLAG FOOTBALL LEAGUE

**Registration** July 6–August 17 | **Fee:** \$150 a team

**Captains Meeting** Sept 1 at 6:30pm

**Game Day:** Sundays, Sept 13 – Oct 11 from 2–4pm

#### DROP IN VOLLEYBALL

Oct 18–Nov 15 | Sundays 2:00–3:30 pm | \$5 for members, \$10 for non members

Whether it's 4 v 4 or 6 v 6 come play king/queen style.

### SPORTS TRAINING

Take your skills to the next level with personalized coaching designed around your sport and your goals. Open to all ages and experience levels — from youth athletes and high school competitors to college players and adults competing on rec teams. Register online at [salinaymca.org](http://salinaymca.org/) or at the front desk.

**Cost** 1-Hour Individual Session: \$50/Member | \$70/Non-Member

1-Hour Group Session (2–6 athletes): \$75 Member Group Rate (Only one participant needs to be a member to qualify) | \$95 Non-Member Group Rate

**Sports Offered:** Baseball, Basketball, Flag Football, Football, Soccer, Softball, Sports Performance Training, and Volleyball



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THE KENNEDY LOBBY  
This lobby is named for  
**TOM KENNEDY**  
For long and generous service to the  
Salina YMCA and the sport of Handball  
Presented by  
the Salina YMCA Board of Directors  
and the Salina Handball Players  
1998



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