



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SALINA FAMILY YMCA
2022/2023 Winter Program Guide

STAYING STRONG TOGETHER



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 NEW
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)	\$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.



Ariel Lambert • Membership & Marketing Director
alambert@salinaymca.org • 785-404-4044

DO. EARN. REWARD YOURSELF.

With Y Rewards you earn points for coming to the Y, referring your friends, and more! These points can easily be redeemed for instant rewards and great savings. Use your reward points for branded swag and select Salina Family YMCA services, plus access member-only savings on top merchandise, hotels, and other special offers! Visit salinaymcarewards.com to join!

YMCA360 MEMBERSHIP REIMAGINED

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

CORPORATE MEMBERSHIPS

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



Dhani Caldwell • Membership Coordinator
dcaldwell@salinaymca.org • 785-404-4045

INCOME-BASED FINANCIAL ASSISTANCE

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

WE APPRECIATE YOU!

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

Upcoming Events

- November: Veteran's Day Lunch
- December: Santa Claus is Visiting!



VOLUNTEER OPPORTUNITIES

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

As one of the leading nonprofits and volunteer-led organization, the Salina Family YMCA offers opportunities for individuals, families, and organization to volunteer in ways that let you connect and develop meaningful relationships, all while making an impact in the community.

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

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





HOW YOUR GIFT MAKES A DIFFERENCE

- \$150** Allows 3 kids the opportunity to play a season of sports.
- \$300** Provides a full session of swim lessons for a class of 5 kids.
- \$500** Provides 4 kids with a year of membership at the Salina Family YMCA.
- \$750** Gives a kid 5 memorable weeks of summer camp.
- \$1500** Allows a kid to attend all 10 weeks of summer camp.

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

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

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

Donate in person at the Y, text "STRONGKIDS" to 91999, or give your gift at salinaymca.org



WHAT CAN YOU DO AT THE YMCA?

At the Y, we want people of all ages to live active, healthy lifestyles, build strong relationships and have fun!



IF I AM A TEEN I CAN...

- Enjoy the Y without a parent or guardian
- Work out in the Wellness Center or take a group exercise class (12+)
- Play basketball, racquetball, foosball or ping pong with a friend or go for a swim
- Enroll in Aikido, Karate & Gymnastics classes
- Learn how to become a Lifeguard (15+)
- Become a Y volunteer to earn service hours
- Work as a referee (14+), Gymnastics coach (15+) Kids Gym attendant (15+)
- Visit any other Y that participates in the Nationwide program for FREE



IF I AM AN ADULT I CAN...

- Go for a swim or participate in BOGAFIT or other water fitness classes
- Participate in any group Exercise Class, including Yoga, Core Focus, Zumba, and more...
- Work out in the Wellness Center or work with a Personal Trainer
- Attend Community activities and Special Events
- Play basketball or volleyball on the courts
- Get certified in CPR or First Aid
- Join a committee or help with fundraising
- Play a game of racquetball, pickleball and more!
- Visit any other Y that participates in the Nationwide program for FREE



IF I AM AN ACTIVE OLDER ADULT I CAN...

- Go for a swim or participate in Water Fitness classes
- Work with a Personal Trainer
- Work out in the Wellness Center
- Attend Group Exercise classes like Silver Sneakers, Enhance Fitness, Aquacise and more.
- Play Pickleball with friends
- Join a committee or help with fundraising
- Have a snack in the coffee social area with friends
- Celebrate monthly birthday parties
- Visit any other Y that participates in the Nationwide program for FREE!



MY FAMILY CAN...

- Shoot hoops, play racquetball, pickleball and wallyball and more!
- Celebrate a family birthday
- Walk or jog together
- Enjoy swimming
- Attend family friendly activities and special events
- Take swimming, sports, or gymnastics lessons together
- Visit any other Y that participates in the Nationwide program for FREE

FACILITY HOURS

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

HOLIDAY HOURS

Thanksgiving | CLOSED
(Turkey Trot 8:30am)
Christmas Eve | 4:30am–2:00pm
Christmas Day | CLOSED

New Year's Eve | 4:30am–5:00pm
New Year's Day | CLOSED

When the Y is closed, check out **YMCA360**. Visit salinaymca.org/ymca360



AGE PRIVILEGE GUIDELINES

Children under the age of 10 MUST be accompanied and supervised by a parent/guardian (ages 16+) at all times, unless the child is in an organized program. Adults supervising the child MUST have a membership or purchase a day pass to enter the facility, unless the child is participating in youth sports, swim lessons or gymnastics.

PROGRAM AREA AGE REQUIREMENTS

KIDS GYM

6 weeks – 9 year olds

TRACK

Children under 10 must be accompanied by and within arm's length of someone over 16 years of age^

Children 10+ years without an adult

BASKETBALL GYM

Children up to 7 years MUST be with an adult in the gym^

8-9 year olds an adult MUST be in the facility^

10+ years without adult in the building

FAMILY/LAP POOLS

Children up to 7 years MUST be with adult in water^#

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

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

GROUP EXERCISE

10-11 year olds may watch in class

Children 12+ years may participate

SCHWAN'S WELLNESS CENTER

10-13 yrs with Youth Fitness Training may use cardio and resistance machines and must wear a purple band; Additional PT session with Green band may also use free weights

ADULT LOCKER ROOMS

Must be 16 years of age or older

LEGEND:

^ Unless in organized Y class

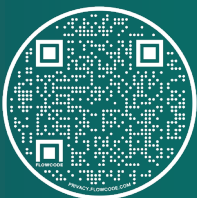
Must pass swim test to use deep end



FOR ALL

We believe the Y must continue to lead the way to a brighter future by following our beliefs that we are stronger when our doors are open to all. Our policies, practices, and programs must advance our organizational commitment to diversity and inclusion. We must ensure that all people—across all dimensions of diversity—feel welcome and valued as part of our Y family.

DISCOVER YOUR **DRIVE** DISCOVER YOUR **Y**



Scan the QR code or visit
www.salinaymca.org/careers
for more info or to apply.

CAREERS AT THE Y

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

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



SWIM LESSON

•• 4 WEEK SESSIONS ••

Date	Registration
Jan 2–26.....	Dec 2–28
Jan 30–Feb 23.....	Dec 30–Jan 25
Feb 27–Mar 31*	Jan 27–Feb 22

*No classes Spring Break Mar 13–16

Apr 3–27..... Mar 3–29

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

Stages	Ages	Days	Time
Combined 1–4	3–5	M/W	5:30–6:00pm
Combined 1–4	3–5	M/W	6:05–6:35pm
Combined 1–4	3–5	T/Th	10:00–10:30am (Feb 27–Mar 31 only)

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

Stages	Ages	Days	Time
1/2	6+	M/W	6:05–6:45pm
1/2	6+	T/Th	6:05–6:45pm
3/4	6+	M/W	6:05–6:45pm
5/6	6+	M/W	6:05–6:45pm (Jan 30–Feb 23 only)

Aquatic Conditioning | Member \$55 | Non-Member \$80

Aquatic Conditioning focuses on continuing to build endurance and stroke technique on all major competitive strokes & encourages swimming as part of a healthy lifestyle. Recommended for Stage 5/6.

M/W | 5:30–6:00pm **Offered Apr 3–27 only**

•• 8 WEEK SESSIONS ••

Feb 27–Apr 27 | No classes Spring Break Mar 13–16 | Registration Jan 27–Feb 22

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

Member \$30 | Non-Member \$60

Stages	Ages	Days	Time
Combined	6–36 mons	M	5:30–6:00pm

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

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

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

MASTERS SWIM (ages 18+)

No competitive experience is needed! Our coach led workout sessions are designed for adult swimmers of all levels who want to increase fitness, improve stroke technique, and have fun in a group environment. Advanced registration is required. Session and registration dates correspond with the 4-week swim lesson sessions.

Tuesdays, 6:00–7:00pm | Member \$40 | Non-Member \$80

ADAPTIVE AQUATICS

Adaptive lessons are designed for individuals with developmental, cognitive, or physical disabilities. These one-on-one classes can be personalized for the needs of each participant. Contact the Aquatic Director for more information.

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

PRIVATE/SEMI-PRIVATE LESSONS

Private 1-on-1 with an appropriate instructor. Semi-private lessons are with 2–3 children of similar swimming ability with an instructor, \$10 per additional child. Contact the Aquatic Director for more information. 30 minute lessons

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

Non-Members: \$70 / 30 min lessons



LIFEGUARD PREP/PRE-COURSE SWIM PRACTICE

Interested in becoming a lifeguard, but unsure of your swim skills? During the pre-course swim practice participants will run through swim skills required for the lifeguard certification course pretest. Cost for the class is \$30, which can then be rolled over into the cost of the full lifeguard course.

Winter Session | SATURDAY, Dec 3, 10–11a | Registration: Nov 1–Nov 30

Spring Session | SATURDAY, Feb 25, 10–11a | Registration: Jan 1–Feb 10

RED CROSS 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.

Winter Session | Dec 21–23: W–F 8a–5p | Registration: Nov 1–Dec 11

Spring Session | Mar 13–15: M–W 8a–5p | Registration: Feb 1–Mar 3

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

RED CROSS LIFEGUARDING REVIEW

This review course is offered for current lifeguards who need to recertify.

Participants must be present for every class session. Space is limited, so enroll early.

Winter Session | Dec 16–17: Fri 5–8p, Sat 8a–5p | Registration: Nov 1–Dec 9

Spring Session | Mar 10–11: Fri 5–8p, Sat 8a–5p | Registration: Feb 1–Mar 3

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

RED CROSS WATER SAFETY INSTRUCTOR TRAINING

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

Dec 27–30 | Tue–Fri, 8:00am–5:00pm | Reg: Nov 1–Dec 18

Member \$190 | Non-Member \$215

BOGA FIT

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

Lunch Break BOGA | Mons & Weds 12:15–12:45 |

Registration is required.

Free for Y Members; \$15 for nonmembers

POOL NOTES:

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



Katrina Harner • Aquatic Director
kharner@salinaymca.org • 785-404-4062





SWIM LESSONS STAGE DESCRIPTIONS

SWIM STARTERS

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

YMCA Swim Lessons Water Discovery



A

A / WATER DISCOVERY

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

YMCA Swim Lessons Water Exploration



B

B / WATER EXPLORATION

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

YMCA Swim Lessons Water Acclimation



1

1 / WATER ACCLIMATION

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

YMCA Swim Lessons Water Movement



2

2 / WATER MOVEMENT

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

YMCA Swim Lessons Water Stamina



3

3 / WATER STAMINA

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

SWIM BASICS

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

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

YMCA Swim Lessons Stroke Introduction



4

4 / STROKE INTRODUCTION

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

YMCA Swim Lessons Stroke Development



5

5 / STROKE DEVELOPMENT

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

YMCA Swim Lessons Stroke Mechanics



6

6 / STROKE MECHANICS

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

SWIM STROKES

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



GYMNASTICS



SESSION DATES FOR ALL LEVELS

4-week Sessions

Jan 2–Jan 27

Jan 30–Feb 24

Feb 27–Mar 31

April 3–April 28

May 1–May 26

Registration

Nov 21–Jan 6

Jan 2–Feb 3

Jan 30–Mar 3

Feb 27–April 7

April 3–May 5

*No classes the week of Spring break. (March 13–17)

- 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.

MINI HOTSHOTS (Instructor permission only)

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

Mon 5:00–6:00pm

HOTSHOTS (pre-team, Y Membership required, instructor permission only)

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

T/Th 5:00–6:30pm

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 providing a fun, safe, caring, and productive environment that instills healthy living, impactful relationships, social development, and opportunities for personal growth. The GemStars are truly “Gems of the GYM.” Contact Bev Jones for more information.



PRESCHOOL GYMNASTICS

TWO CAN DO

2yrs | 4 wk sessions | Member \$30 | Non-Member \$60

Wed 6:00–6:30pm

Wed 10:00–10:30am

INCHWORMS

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

Wed 9:15–10:00am

Thurs 6:15–7:00pm

TWO CAN DO/INCHWORMS COMBO

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

Thurs 9:15–10:00am

MIGHTYMYTES

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

Tues 6:15–7:00pm

Wed 5:15–6:00pm

Thurs. 10:00–10:45am

RECREATIONAL GYMNASTICS

ROLLERS (Beginner Class)

Girls & Boys | School Age | 4 wk sessions |

Member \$40 | Non-Member \$80

M/W 5:00–6:00pm

SWINGERS (Intermediate Class)

Girls & Boys | School Age | 4 wk sessions |

Member \$40 | Non-Member \$80

M/W 6:00–7:00pm

ROLLERS/SWINGERS COMBO

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

T/Th 6:00–7:00pm

PRIVATE LESSONS Contact Bev Jones for info and scheduling

1/2 hour | Member \$35 | Non-Member \$70

1 hour | Member \$50 | Non-Member \$85

1 hour group | Member \$70 | Non-Member \$140

ADAPTIVE GYMNASTICS

The Salina Family YMCA is excited to offer adaptive gymnastics classes for school age youth living with special needs. The class is designed to help special needs children to improve physical abilities. Parents/caregivers will participate together to learn fundamental gymnastics skills, motor skills, balance, and strength in a fun atmosphere. Contact the Y for information about upcoming sessions.

Fee: \$35/member, \$70/non-member

GYMNASTICS NOTES

- Only WATER bottles allowed in gymnastics facility.
- Dress Code: shorts and t-shirt or leotard. NO jean shorts or buttoned pants are to be worn by the participants.
- Long hair must be pulled back in a ponytail for safety.
- Classes may be canceled due to lack of enrollment.
- 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.

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 outgrows it.

K-2nd jersey's: \$17 (no number)

3rd-6th jersey's: \$20 (number required)

*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.**

WINTER BASKETBALL

Grades K-6th
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.

Registration

Early Bird | Oct 10–Oct 24 |

Member \$25 | Non-Member \$50

Regular Registration | Oct 25–Nov 21 | Member \$35 | Non-Member \$60

*\$10 late fee will be added to any registration approved by the sports department after Nov 21

Practice begins week of Jan 2

Games Jan 14–Feb 18

Coaches Meeting Dec 7, 6:15pm

Open Gym Dec 12–14 & Dec 19–21 | Mon–Wed from 5:30–7:30pm



Amy Yenser • Sports Director

ayenser@salinaymca.org • 785-404-4025

LITTLE TIKES BASKETBALL CLINIC

3.5–5 years old
Little Tikes is an instructional program designed to introduce sports in a non-competitive and fun environment. Parents and children will participate together. Program requires a minimum of 1 parent to attend. No jersey is required. No games will be played. A ball will be provided.

Registration – Spots are limited

Early Bird | Oct 10–24 | Members \$30 | Non-Members \$55

Regular Registration | Oct 25–Dec 19 | Members \$40 | Non-Members \$65

*\$5 late fee will be added to any registration approved by the sports department after Dec 19

Sessions Jan 10, 17, 24, 31 / Feb 7 & 14

Tuesdays, 5:15–6:00pm

Tuesdays, 6:00–6:45pm

Tuesdays, 6:45–7:30pm



SHOTOKAN KARATE

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

T-Dragons (3–4 yrs) & **Lil' Dragons** (5–6 yrs)

Thu 5:45–6:15pm | \$40/Month

Karate (7 & Up)

Thu 6:30–7:15pm | \$40/Month

ADULT SPORTS

DROP-IN PICKLEBALL

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

M–F, 6am–12pm | seasonal, see gym schedule

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



PERSONAL TRAINING PACKAGES

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

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

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



GET STARTED PROGRAM

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

GROUP EXERCISE CLASSES

We have over multiple group exercise classes weekly on land and in the water! Classes like BogaFIT, Line Dancing, Strength Train Together, Yoga, Drum Fitness, SilverSneakers®, Aqua Power plus more! Check times on our website.



Ellen Hogeland • Group Exercise Coordinator

ehogeland@salinaymca.org • 785-404-4028

YOUTH FITNESS TRAINING CLASS

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

ROCK STEADY BOXING AT THE Y

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

35TH ANNUAL TURKEY TROT

Thanksgiving Day | 8:30 AM at Salina Soccer Fields on Magnolia
More information to come!



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 sensitive areas, including over a sports bra and a minimal amount of waistline may be exposed.
- Shorts must provide complete coverage.
- Closed-toed shoes are required for anyone under the age of 18.
- Athletic shoes must be worn on wood floors.



Hope Varela • Wellness Coordinator

hvarela@salinaymca.org • 785-404-4028



CHILD CARE



Angeles DeLeon • Interim School Age Director
adeleon@salinaymca.org • 785-404-4066

Y'S KIDS AFTER SCHOOL PROGRAM

Kindergarten -5th grades

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

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

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

Monthly Rates

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

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

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



EARLY EDUCATION CENTER

M-F 6:45am-5:45pm | 2½-5 years | \$135/week

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

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

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

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



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

NO SCHOOL DAYS—Full Days At the YMCA

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

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

Date

Tues, Nov 8, 2022
 Wed, Nov 23, 2022
 Thur, Nov 24, 2022
 Fri, Nov 25, 2022
 Wed, Dec 21, 2022
 Thur, Dec 22, 2022
 Fri, Dec 23, 2022
 Mon, Dec 26, 2022
 Tues, Dec 27, 2022
 Wed, Dec 28, 2022
 Thur, Dec 29, 2022
 Fri, Dec 30, 2022
 Mon, Jan 2, 2023
 Tue, Jan 3, 2023
 Mon, Jan 16, 2023
 Thur, Feb 16, 2023
 Fri, Feb 17, 2023
 Fri, Mar 10, 2023
 Mon, Mar 13, 2023
 Tue, Mar 14, 2023
 Wed, Mar 15, 2023
 Thur, Mar 16, 2023
 Fri, Mar 17, 2023
 Mon, Apr 10, 2023

Reg Deadline

No program offered on this date
 No program offered on this date
 YMCA CLOSED in observation of Thanksgiving
 YMCA CLOSED in observation of Thanksgiving
 Dec 14, 2022
 Dec 16, 2022
 Dec 17, 2022
 YMCA CLOSED in observation of Christmas
 Dec 21, 2022
 Dec 22, 2022
 Dec 23, 2022
 Dec 23, 2022
 YMCA CLOSED in observation of New Year
 Dec 27, 2023
 No program offered on this date
 Feb 8, 2023
 Feb 09, 2023
 No program offered on this date
 Mar 6, 2023
 Mar 7, 2023
 Mar 8, 2023
 Mar 9, 2023
 Mar 10, 2023
 Apr 4, 2023



ANGEL CHILD CARE

At Church of Cross UMC, 1600 Rush St, Salina, KS 67401

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

Fee pricing is per week

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

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

Pre-K: Member \$135 | Non-Member \$160



FOOD PROGRAM – GRAB N’ GO MEALS

Thank you to all our volunteers who made the Grab N’ Go Food Program a success! During the final weeks of the Grab N’ Go Food Program, we were feeding 500 students a week’s worth of breakfast and lunches. That added up to 7,000 meals a week in addition to kids enrolled in Y childcare and summer camp meals/snacks. Currently, we continue to feed over 2,000 meals and a snack to kids in our Y childcare/afterschool programs.



Stacy Jagodzinske • Child Nutrition Director
sjagodzinske@salinaymca.org • 785-404-4036

BIRTHDAY PARTIES



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

Traditional – celebrate inside or out with classic party games and activities like sack racing, pin the tail, musical chairs and more!

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

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

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

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

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

Decorations – Let us set the stage for your party by supplying and setting up color themed tablecloths, streamers, balloons, banners, and table decoration!

Pizza – Let us feed your crowd with a pizza party add on that includes color themed plates and utensils, drinks and of course, the pizza!

Cake and Ice Cream – Enjoy a dozen color themed cupcakes with individual servings of ice cream and all the plates, napkins, and utensils to match!

The Works – Let us do it all for you with a bundle discount on all of the add on packages together, so all you worry about is having fun!

Visit us online to request your next party! Scan the QR code or visit salinaymca.org/birthday-parties.



CHEER & DANCE TEAM

Our YMCA Cheer & Dance program is designed to teach youth the basics of cheerleading and game-day performing. This fun and active program is a great way for kids to form friendships and gain self-confidence. Basic cheers and a choreography routine will be taught and performed. Athletic shoes, cheer shoes, or dance sneakers are required to participate. Grades 3–6, Reg: Nov 1–Dec 23

Members \$35 | Non-Members \$60 | *Uniform fee \$35 for first time participants

Practices Thur, Jan 5–Thur, Jan 16 ***New* Day Camp** Sat, Jan 7

Performances Saturdays, Jan 14–Feb 18



KIDS GYM

Ages 6 Weeks – 9 Years

The Kids Gym is a fun and safe place for children to play while parents enjoy the Y, with toys, games, playground area and more. Kids Gym is available for a maximum of 2 hours per visit. Registration is required, or daily pass.

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

Fri | 7:50am–12:00pm & 4:00–7:00pm

Sat | 8:50am–12:00pm

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

YOUTH PROGRAMING

KIDS NIGHT OUT

Parents can enjoy a night out while the kids engage in fun and safe activities at Kids Night Out at the Y! Children will enjoy games, crafts, movies, and more with Y staff.

December 10 Family Movie Night

January 14 Paint Night

February 11 For the Love of LEGO

ADVENTURES WITH ME!

Adventures With Me! is a new 8-week program for toddlers and their adult to explore themed activities in a 30 minute group setting. Registration is \$30 per member, which includes both child and adult with financial assistance available.

Session 1 | Jan 2–Feb 24 | Registration Dec 2–28

Session 2 | Feb 27–Mar 31 | Registration Jan 27–Feb 22

TEEN PROGRAMING

LEADERSHIP CLUB

Discover your potential with Leaders Club! Through Leaders Club, teens receive extensive leadership training and engage in a variety of volunteer opportunities that support Y programs and the community. Join us in Jan 2023, Mon 5–6pm.

YOUTH AND GOVERNMENT

Youth and Government is a national YMCA program that prepares high school age students for involvement in the American democratic process through training, guidance, and participation in the practice of public policy open to both members and non-members. Delegation meetings occur on Tuesday at 6pm starting January 2023. Registration is ongoing for this program.

GRIT GIRLS – Guts, Respect, Integrity, Triumph

GRIT Girls is an 8-week teen program focused on teaching girls weightlifting basics while addressing topics such as body image, self-care, nutrition, healthy lifestyles, safety, and self-awareness in a small group setting. Participants will finish the program with the ability to create and implement a safe and effective lifting routine, increase critical thinking skills, and discuss issues impacting themselves and their peer group safely and healthily. Financial assistance is available for this program.

Nov 1–Dec 20 | Registration Oct 1–31 | \$100/Member, \$120/Non-members

Heather Neuhofer • Director of Youth Development
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the
STAFF

Register online
Camps • Programs • Membership

SALINA FAMILY YMCA

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