



GROWING WITH PURPOSE

SALINA FAMILY YMCA
2024 Winter/Spring 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)	\$26.40	\$33	\$396
ADULT (ages 27+)	\$32	\$40	\$480
COUPLE (2 people in the household)	\$45.60	\$57	\$684
FAMILY (2 adults and children)	\$52	\$65	\$780

Members who pay annually for membership receive 13 months for the price of 12. Members who pay monthly can refer a friend and save 20% each month.



Patsy Stockham • Membership Director
pstockham@salinaymca.org • 785-404-4044



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

DO. EARN. REWARD YOURSELF.

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

January 1, New Years | CLOSED
March 31, Easter | CLOSED

*When the Y is
closed, check out
YMCA360. Visit
[salinaymca.org/
ymca360](https://salinaymca.org/yymca360)*

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!**





YOU MAKE MORE POSSIBLE

HOW YOUR GIFT MAKES A DIFFERENCE

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

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

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

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

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

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

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

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

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



AGE PRIVILEGE GUIDELINES

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

PROGRAM AREA AGE REQUIREMENTS

KIDS GYM

6 weeks - 9 year olds

TRACK

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

Children 10+ years without an adult

BASKETBALL GYM

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

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

10+ years without adult in the building

FAMILY/LAP POOLS

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

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

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

16+ years of age to use the whirlpools

GROUP EXERCISE

10-11 year olds may watch in class

Children 12+ years may participate

SCHWAN'S WELLNESS CENTER

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

ADULT LOCKER ROOMS

Must be 16 years of age or older

LEGEND:

^ Unless in organized Y class

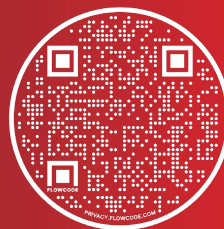
Must pass swim test to use deep end

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, 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 'Mai Wohler at 785-404-4067 or mwohler@salinaymca.org. Open positions include:

- Childcare - Full time
- After School Program - Part time
- Aquatics
- Wellness
- Group Exercise Instructors
- Youth Sports
- Kids Gym
- Custodial





Angela Mitchell • SACC Coordinator
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. 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 Monday–Friday from the end of the school day until 6pm.

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

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
- Financial Assistance available and DCF funds are accepted.

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

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



EARLY EDUCATION CENTER AT THE YMCA

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

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

Curriculum | Developmentally age-appropriate curriculum. Social/emotional curriculum and P.E. class.

Giving you Peace of Mind | The Early Education Center is licensed by the Kansas Department of Health and Environment (KDHE).

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

NO SCHOOL DAYS—Full Days At the YMCA

Held on week days school is not in session during the school year. Grades K–5

- Thursday, February 8 | Registration Deadline: February 1
- Friday, February 9 | Registration Deadline: February 2
- Monday, February 12 | Registration Deadline: February 5
- Monday, March 11 | Registration Deadline: March 4
- Tuesday, March 12 | Registration Deadline: March 5
- Wednesday, March 13 | Registration Deadline: March 6
- Thursday, March 14 | Registration Deadline: March 7
- Friday, March 15 | Registration Deadline: March 8
- Monday, April 8 | Registration Deadline: April 1

Times 7:30am – 6:00pm

Fees YMCA Members: \$25/day; Non-Members: \$45/day; DCF accepted Breakfast, lunch, and a snack are provided. 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.



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 \$150 | Non-Member \$175

**McAdams
NEW childcare
facility coming
early 2024!**



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

JANUARY

January 6: Ladies Day
January 8: Nutrition as We Age Workshop
January 11: Nutrition as We Age Workshop
January 12: Kids Night Out
January 13: Winter Basketball Games Begin
January 15: Adventures With Me
January 21: Adventures With Me
January 22: Spring Sports Early Bird Registration Begins
January 26: Kids Night Out

FEBRUARY

February 1: Y's Kids Summer Camp
 Registrations open
February 6: Spring Sports
 Regular Registration Begins
February 9: Kids Night Out
February 14: Cookies, Candy &
 Hearts, Oh My!
February 16: Kids Night Out
February 17: Winter Basketball
 Games End
February 26: Spring Sports Regular
 Registrations End
February 29: Leap Day Luau – Family Night



MARCH

March 4: Volleyball Coaches
 Meeting
March 5: Soccer Coaches
 Meeting
March 8: Kids Night Out
March 11: Lil Tikes
 Registration Ends
March 17: Pot of Gold
 Palooza
March 18: Spring Sports
 Practices Start
March 22: Kids Night Out
March 30: Easter Egg Float & Accessible
 Needs Hunt
March 31: Easter – The Y will be closed. Check out YMCA360!



APRIL

April 1: Early Bird T-Ball/Coach Pitch Registrations Begin
April 2: Lil Tikes Sports Begins
April 6: Spring Sports Games Begin
April 15: Adventures With me
April 16: T-Ball/Coach Pitch Regular Registration Begins
April 21: Adventures With Me
April 26: AAU Missouri Valley Gymnastics District Championships Hosted by Salina
 YMCA Gemstars at KWU

Try out our
NEW Nature
 Trail around
 the Y!



Learn more about the river/trail project in Salina at
smokyhillriver.org/project-scope



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.

2 half-hour lessons per session | Members: \$40 | Non-Members: \$80

PRIVATE/SEMI-PRIVATE LESSONS

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

1 half-hour lesson | Members: \$30 | Non-Members: \$60

Private Lesson Package (Members Only) Buy 5 and save \$25 | \$125

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

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

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

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



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.

Dates TBD | Registration required | Call the Y to be put on the interest list

RED CROSS WATERPARK & LIFEGUARD TRAINING

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

Dates TBD | Registration required | Call the Y to be put on the interest list

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

RED CROSS LIFEGUARDING REVIEW/RE-CERTIFICATION

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

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

Dates TBD | Registration required | Call the Y to be put on the interest list

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

RED CROSS WATER SAFETY INSTRUCTOR

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

Dates TBD | Registration required | Call the Y to be put on the interest list

Member \$190 | Non-Member \$215

MAKE A DIFFERENCE SAVE A LIFE

Now Hiring Lifeguards! Paid training!



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



GYMNASTICS

SESSION DATES FOR ALL LEVELS

4-week Sessions

Jan 2 – Jan 26

Jan 29 – Feb 23

Feb 26 – Mar 29

April 1 – April 26

April 29 – May 24

Registration

Nov 27 – Jan 6

Jan 2 – Feb 28

Jan 28 – Mar 1

Feb 26 – April 6

April 1 – May 4



- No classes the week of Spring break. (March 11-15)
- A \$10 Late Fee will be charged for registrations past the registration end date.
- No refunds will be issued after registration has closed. Extenuating circumstances will be considered on a case-by-case basis.

PRESCHOOL GYMNASTICS

TWO CAN DO

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

Mon 6:00–6:30pm

Wed 10:00–10:30am

INCHWORMS

3 yrs | 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

MIGHTY MYTES

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

Tues 6:15–7:00am

Wed 6:15–7:00am

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

HOTSHOTS PRE-TEAM

(Membership required, instructor permission only)

Girls | School age | 4 wk sessions |

Member \$55

T/Th 5:00–6:30pm

PRIVATE LESSONS

Contact Bev Jones for info and scheduling

1 half-hour lesson | Member \$30 |

Non-Member \$60

1 hour lesson | Member \$50 | Non-Member \$100

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

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

Group Private 1-hour Lesson (2–4 children) | Members \$50 + \$10/additional child

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



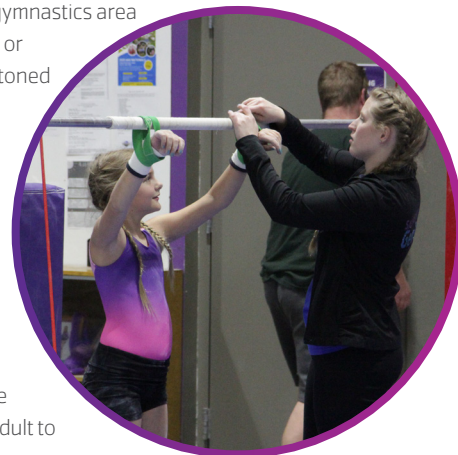
ADAPTIVE GYMNASTICS/HUGS

The Salina Family YMCA offers an adaptive gymnastics class for school age youth living with special needs. The class is designed to help special needs children to improve physical abilities. Parents/caregivers will participate together to learn fundamental gymnastics skills, motor skills, balance, and strength in a fun atmosphere. Please contact the Gymnastics Coordinator before registering.

Wed 4:15–5:00pm | Member \$35 | Non-Member \$70

GYMNASTICS NOTES

- Only water bottles allowed in gymnastics area
- Dress Code: shorts and t-shirt or leotard. No jean shorts or buttoned pants are to be worn by 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



GEMSTARS COMPETITIVE TEAM

L1–L10 and Xcel (instructor permission only)

The Salina YMCA GemStars is a traveling, competitive 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.



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 cheer and choreography routine will be taught and performed. Athletic cheer shoes, or dance sneakers are required to participate.

Grades 3–6 | Jan 30–Feb 18 | Registration Dec 1–Jan 30

Saturdays 9:30–11am practice and performance at games

Member \$40 | Non-Member \$80 | Uniform fee \$25 for first time participants

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





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

YOUTH SPORTS

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

PK-3rd jersey: \$17 (no number) | Numbered jersey for basketball: \$20

*If you already have a jersey, you may put a number on yourself versus purchasing a new jersey.

*** No refunds will be issued for sports programs or jerseys.**

Extenuating circumstances will be considered on a case-by-case basis.

SPRING SOCCER & VOLLEYBALL

Registration

Early Bird: Jan 22–Feb 5; \$35/Members, \$60/Non-Members

Regular: Feb 6–Feb 26; \$45/Members, \$70/Non-Members

*\$10 late fee will be added to any registration approved by the Sports department after Feb 26

Practice start the week of March 18

Games April 6–May 11, Saturdays between 8:30am–2:30pm

Each league features a weekly practice and a game that focuses on fundamentals, sportsmanship and having fun. All players receive a medal. YMCA youth sports depend on parent volunteer coaches and involvement of all parents.

Volleyball League | Grades 2nd–6th

Knee pads Recommended | Coaches Meeting March 4 @ 6:00pm

Soccer League | Grades PK–6th

Shin guards covered by socks Required | Coaches Meeting March 5 @ 6:00pm

LITTLE TIKES SOCCER

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

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

***No jersey is required for little tikes clinics

Registration

Early Bird: Jan 22–Feb 5; \$35/Members, \$60/Non-Members

Regular: Feb 6–May 6; \$45/Members, \$70/Non-Members

*\$10 late fee will be added to any registration approved by the Sports department after March 11

Season is April 2–May 9 and will be on Tuesday night with 3 different time slots:

5:15–6:00pm, 6:00–6:45pm & 6:45–7:30pm

SUMMER T-BALL & COACH PITCH

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

Registration

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

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

*\$10 late fee will be added to any registration approved by the Sports department after May 16

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



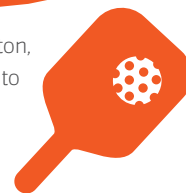
ADULT SPORTS

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, 9am–12pm | seasonal, see gym schedule

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



Jake Sedbrook • Sports Coordinator
jsedbrook@salinaymca.org • 785-404-4035

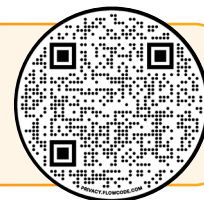


YMCA360

CLASSES AND PROGRAMS
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 online at 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, \$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

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



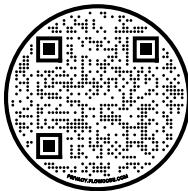
GET STARTED PROGRAM

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- FREE!

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.



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.)

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.

WELLNESS CENTER DRESS CODE

The YMCA is a family-friendly facility, please dress appropriately. Please be aware of specific dress codes for the department areas throughout our facility.

- Shirts or tank tops must be worn that cover chest and stomach, including over a sports bra.
- Shorts must provide complete coverage.
- Closed-toed shoes are required for anyone under the age of 18.
- Athletic shoes must be worn on wood floors.

NUTRITION AS WE AGE WORKSHOP

Explore the benefits of healthy eating and how nutrition affects optimal aging. Discuss the relationship between nutrition, exercise and stress management. This is a 2 day workshop meeting once a week for two weeks in a row.

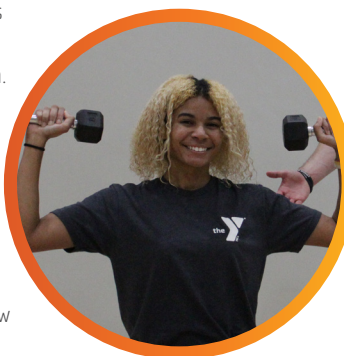
Cost \$25/members and \$50/non-members

2 workshop options

- Monday Jan. 8 and Jan. 15 at 6:30-7:30 p.m.
- Thursday Jan. 11 and Jan. 18 at 9-10 a.m.

Y'S WEIGHT LOSS PROGRAM

12 week program meeting once a week for 1 hour. Group based with topics on balanced eating, physical activity, goal setting, and behavior sustainability. Start date will be in February, watch for more information to follow soon.



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

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





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)

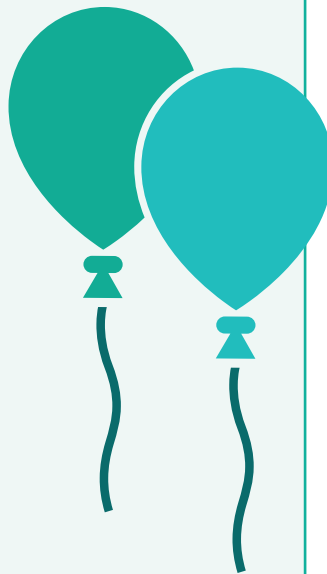
Add ons:

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 65,200 meals to our program participants. Healthy meals and snacks are served within the guidelines of the Child and Adult Care Food Program. In the summer of 2023, more than 103,000 addition meals were provided through the Summer Food Service Program to Y's Kids, Grab N Go and other community camps.



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

KIDS GYM Ages 6 Weeks – 9 Years

Renovations completed Fall 2023

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

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

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



KID'S NIGHT OUT AT THE YMCA!

Parents, drop your children off with us and enjoy a night out! Available twice a month during the school year! Don't delay register today.

WHEN Fridays; 5:30pm–8:30pm

January 12 & 26, February 9 & 16, March 8 & 22, April 12 & 25

AGES 3-11 (must be potty trained)

COST \$18 Members | \$25 Non-Members | Pre-Registration is required

ACTIVITIES INCLUDE Movies, Group Games, Activities, Crafts, Free Play, Dinner, After Dinner Treat, and value based read aloud.

ADVENTURES WITH ME!

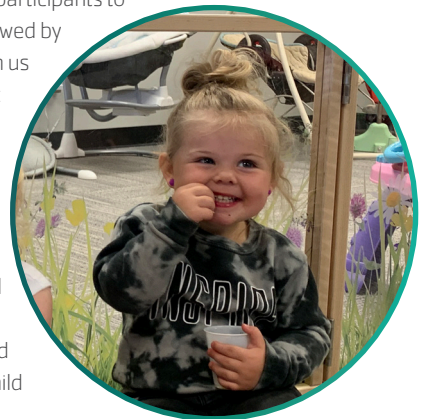
Ages 1-5. This two-day themed program is a perfect opportunity to spend time with your preschoolers, while you both make new friends and fun memories. Our first night will include a snack board for participants to share as we have a read aloud, followed by a fun physical activity and craft. Join us again later in the week to reconnect with an easy-going play date in our Kids Gym accompanied by a simple craft and snack.

WHEN Mon 5:30–6:30pm & Sun 10:00–11:30am

Space Adventure: January 15 & 21

Farm Adventure: April 15 & 21

COST \$25 Member parent and child
\$30 Non-Member parent and child
\$10 Sibling discounted rate



Angeles DeLeon • Youth and Family Coordinator
adeleon@salinaymca.org • 785-404-4066





Register online
Camps • Programs • Membership

SALINA FAMILY YMCA

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

