EAU CLAIRE YMCA

FALL 2017 & WINTER 2018

BECOME A MEMBER TODAY!

Membership Type	Monthly Rate	Joiner's Fee
Youth	$19.50	$15
Young Adult (19-25)	$35	$40
College Student*	$32	$0
Adult	$49.75	$65
Family	$65	$65
Senior Adult (age 62+)	$45.60	$45
Senior Family**	$55.50	$45

*Must show proof of full-time status

**One member's age is 62+

Rates are subject to change. All membership fees are non-refundable and non-transferable.

ANNUAL MEMBERSHIP

Paid and renewed annually by cash, check, VISA, MasterCard, or Discover.

CONTINUOUS MEMBERSHIP

Paid through automatic bank or credit card drafts on the same day of each month, dependent on when you sign up. Cancellations require written notice via online or paper form. The cancellation form must be received ten (10) days prior to your next bank draft date.

MEMBERSHIP DISCOUNTS

Check with your employer or your health insurance company. You may have a workplace wellness program or an incentive from your health insurance company which may help pay for part of your membership.

WORKPLACE WELLNESS PROGRAM

The Y can help employers with a workplace wellness program. We offer different options and partnerships which we can customize to fit your needs. Please contact membership@eauclaireymca.org for more information or to get started.

FINANCIAL ASSISTANCE MEMBERSHIP

Everyone is welcome at the Y! The Eau Claire YMCA raises funds through our Annual Campaign to welcome all who wish to belong. Need is based on a sliding fee scale. We will waive the joiner's fee for those who qualify.

DAY PASSES

Guests are welcome and may purchase a day pass. Guests 18 years and older must present a photo ID card. Purchases of guest passes are limited to six per calendar year per person.

YOUTH $4

ADULT $7

FAMILY $10
(2 adults + dependent children)

The Y embraces all types of members and participants; however, for your safety, the Y maintains the right to deny access to the facility and/or participation to any person who does not meet the mission, values or goals of the YMCA.

BENEFITS OF YMCA MEMBERSHIP

FACILITIES

- Lifestyle Fitness Center
- Cardio Room
- Two weight rooms
- Three gyms
- Indoor track
- Two pools
- Five racquetball courts
- Youth Development Center
- Fitness Training Center
- Five indoor tennis courts
- Gymnastics Center
- Kids Gym
- Indoor cycling room
- Choice of locker room (A & B for adults)

MEMBER BENEFITS

- Group exercise classes
- ActivTrax
- JumpStart meetings
- Fitness assessments & equipment orientations
- Commit to Fit program
- Member-only program pricing
- Priority program registation dates
- Tier C pricing eligibility for Camp Manitou
- Kids Korner babysitting service (fee-based)
- Kit lockers & locks, when available
- Towel service
- 12 annual opportunities to bring a guest for free (Family Friendly Friday, the 2nd Friday of every month)
- Togetherhood® service projects
- Opportunities to give back and serve your community

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ANNUAL CAMPAIGN

We're more than a place, we're a cause. Every day, the Eau Claire YMCA strengthens our community through programs and services focused on:

Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect, and responsibility.

Healthy Living

Health and well-being are all about balance. That's why we help people and families build and maintain healthy habits for spirit, mind, and body in their everyday lives. By helping kids, adults, families, and seniors from all walks of life to improve their health and well-being, we build a stronger community.

Social Responsibility

With our doors open to all, we bring together people from all backgrounds, support those who need us most, and we never turn anyone away due to the inability to pay. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters, and staff demonstrate the power of what we can achieve by giving back together.

GIVE TODAY AND TOGETHER WE'LL DO SO MUCH MORE.

Give online at www.eauclaireymca.org or call Suzie Slota at 715 839 4631 today for more information.

Main YMCA Facility

700 Graham Avenue, Eau Claire, WI (p) 715 836 8460

SUMMER HOURS

Effective through Sunday, September 3, 2017

Monday-Friday	5:00 AM-10:00 PM
Saturday	6:00 AM-6:00 PM
Sunday	11:00 AM-8:00 PM

FALL/WINTER HOURS

Effective Tuesday, September 5, 2017

Monday-Friday	5:00 AM-10:00 PM
Saturday	6:00 AM-8:00 PM
Sunday	11:00 AM-8:00 PM

Main YMCA Service Desk

SUMMER HOURS

Effective through Sunday, September 3, 2017

Monday-Friday	8:00 AM-8:00 PM
Saturday & Sunday	Closed

FALL/WINTER HOURS

Effective Tuesday, September 5, 2017

Monday-Friday	8:00 AM-8:00 PM
Saturday	10:00 AM-3:00 PM
Sunday	3:00-8:00 PM

Tennis & Gymnastics Center

229 Moore Street, Eau Claire, WI (p) 715 836 8470

FACILITY HOURS*

Monday-Thursday	6:00 AM-10:00 PM
Friday	6:00 AM-9:00 PM
Saturday	8:00 AM-8:00 PM
Sunday	10:00 AM-10:00 PM

*Tennis Center may close up to one hour early if no court reservations have been made.

Holiday Hours & Closures

Labor Day, 9/4	Closed
Thanksgiving, 11/23	Closed
Christmas Eve, 12/24	11:00 AM-3:00 PM
Christmas Day, 12/25	Closed
New Year's Eve, 12/31	11:00 AM-5:00 PM
New Year's Day, 1/1	10:00 AM-5:00 PM

Camp Manitou

27960 137th Street, New Auburn, WI 54757
(p) 715 967 2126

HEALTHIER KIDS. BRIGHTER FUTURES.

And your donation to the Annual Campaign helps make that happen. Give today!

Hey, swim parents! Our learn-to-swim program is looking a little different! While the class names may have changed, the quality of lessons and fun we provide every week will not. Please refer to the chart below to see where your swimmer fits in best!

PRE-SCHOOL LESSONS AGES 3-5

Skips 3-36 months	Pike & Parent 2-4 years	pike	pike	eel	rays	starfish
Level A Water Discovery	Level B Water Exploration	Level 1 Water Acclimation 3-5 years	Level 2 Water Movement 3-5 years	Intermediate Level 2 Water Stamina 4-5 years	Level 3 Water Stamina 4-5 years	Level 4 Stroke Introduction 5-6 years

SCHOOL AGE LESSONS AGES 6-12

New!	polliwogs	polliwogs	guppies	minnows	fish / flying fish
Level 1 Water Acclimation 6-8 years	Level 2 Water Movement 7-8 years	Level 3 Water Stamina 8-12 years	Level 4 Stroke Introduction 8-12 years	Level 5 Stroke Development 8-12 years	Level 6 Stroke Mechanics 9-12 years

YOUTH AQUATIC PROGRAMS

REGISTRATION CLOSES 2 BUSINESS DAYS BEFORE SESSION START DATE

PARENT/CHILD

CLASS	SESSION	DAY	DATES	TIME	PROGRAM #
PARENT/CHILD STAGE A: WATER DISCOVERY AGES 3-36 MONTHS (Formerly called Skips) Introduces infants and toddlers to the aquatic environment. A parent will accompany their child into the water for each lesson. The Water Discovery class focuses on strengthening the parent and child relationship while teaching the fundamentals of motion in water and water safety.	Fall 1	Sun	9/10-10/22	4:00-4:30 PM	5517
		Sun	9/10-10/22	5:30-6:00 PM	5528
		Tues	9/12-10/24	6:45-7:15 PM	5563
		Wed	9/13-10/25	5:15-5:45 PM	5569
		Thurs	9/14-10/26	6:00-6:30 PM	5579
	Fall 2*	Sun	10/29-12/10	4:00-4:40 PM	5589
		Wed	11/1-12/13	6:00-6:40 PM	5642
		Thurs	11/2-12/14	6:00-6:40 PM	5647
	Winter 1	Sun	2/4-3/11	4:00-4:40 PM	5657
		Tues	2/6-3/13	6:45-7:25 PM	5698
		Wed	2/7-3/14	5:15-5:55 PM	5703
		Thurs	2/8-3/15	6:05-6:45 PM	5713
PARENT/CHILD STAGE B: WATER EXPLORATION AGES 2-4 (Formerly called Pike & Parent) This parent and child class is ideal for a toddler who is looking for more independence in the water under the guidance of a parent. This class is perfect for any preschooler who is not quite ready to swim without the parent. This class focuses on blowing bubbles, assisted swimming positions on front, back and side. Safe water entry and exit are fundamental safety skills taught in each lesson.	Fall 1	Sun	9/10-10/22	4:45-5:15 PM	5523
		Sun	9/10-10/22	6:15-6:45 PM	5533
		Mon	9/11-10/23	5:15-5:45 PM	5547
		Tues	9/12-10/24	6:00-6:30 PM	5557
	Fall 2*	Sun	10/29-12/10	4:55-5:35 PM	5595
		Mon	10/30-12/11	5:25-6:05 PM	5616
		Tues +	11/7-12/12	6:00-6:40 PM	5626
	Winter 1	Sun	2/4-3/11	5:50-6:30 PM	5667
		Mon	2/5-3/12	5:25-6:05 PM	5682
		Tues	2/6-3/13	6:05-6:45 PM	5692

MEMBERS: $37 COMMUNITY: $67

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YOUTH AQUATIC PROGRAMS

REGISTRATION CLOSES 2 BUSINESS DAYS BEFORE SESSION START DATE

CLASSES BY MYSELF

CLASS	SESSION	DAY	DATES	TIME	PROGRAM #
PRESCHOOL STAGE 1: WATER ACCLIMATION AGES 3-5 (Formerly called Pike I) Preschool Stage 1: Water Acclimation introduces new swimmers to the pool. Participants are introduced to floating, kicking, blowing bubbles, and pool safety with an instructor's assistance. This level also introduces underwater exploration and introduces basic self-rescue skills performed with assistance.	Fall 1	Sun	9/10-10/22	4:45-5:15 PM	5524
		Sun	9/10-10/22	6:15-6:45 PM	5534
		Mon	9/11-10/23	4:30-5:00 PM	5542
		Mon	9/11-10/23	5:15-5:45 PM	5548
		Tues	9/12-10/24	6:00-6:30 PM	5558
		Thurs	9/14-10/26	6:00-6:30 PM	5580
	Fall 2*	Sun	10/29-12/10	4:55-5:35 PM	5596
		Sun	10/29-12/10	5:50-6:30 PM	5601
		Mon	10/30-12/11	4:30-5:10 PM	5611
		Mon	10/30-12/11	6:20-7:00 PM	5621
		Tues +	11/7-12/12	6:00-6:40 PM	5627
		Tues +	11/7-12/12	6:45-7:25 PM	5632
		Wed	11/1-12/13	5:05-5:45 PM	5638
		Thurs	11/2-12/14	6:00-6:40 PM	5648
	Winter 1	Sun	2/4-3/11	4:55-5:35 PM	5662
		Mon	2/5-3/12	4:30-5:10 PM	5677
		Mon	2/5-3/12	6:10-6:50 PM	5687
		Tues	2/6-3/13	6:05-6:45 PM	5693
		Wed	2/7-3/14	6:05-6:45 PM	5708
		Thurs	2/8-3/15	6:05-6:45 PM	5714
PRESCHOOL STAGE 2: BEGINNER WATER MOVEMENT AGES 4-5 (Formerly called Pike II) Stage 2: Beginner Water Movement strives to further assist the beginner swimmer to adjust to swim lessons. In Stage 2, swimmers learn forward movement and to float, kick, and blow bubbles independently. This level also incorporates the basic self-rescue model of "jump, push, turn, grab" with assistance of a teacher.	Fall 1	Sun	9/10-10/22	4:00-4:30 PM	5518
		Sun	9/10-10/22	5:30-6:00 PM	5529
		Sun	9/10-10/22	7:00-7:30 PM	5537
		Mon	9/11-10/23	4:30-5:00 PM	5543
		Tues	9/12-10/24	6:00-6:30 PM	5559
		Wed	9/13-10/25	5:15-5:45 PM	5570
		Thurs	9/14-10/26	6:00-6:30 PM	5581
	Fall 2*	Sun	10/29-12/10	4:00-4:40 PM	5590
		Sun	10/29-12/10	5:50-6:30 PM	5602
		Mon	10/30-12/11	4:30-5:10 PM	5612
		Mon	10/30-12/11	6:20-7:00 PM	5622
		Tues +	11/7-12/12	6:00-6:40 PM	5628
		Wed	11/1-12/13	5:05-5:45 PM	5639
		Thurs	11/2-12/14	6:00-6:40 PM	5649
	Winter 1	Sun	2/4-3/11	4:00-4:40 PM	5658
		Sun	2/4-3/11	5:50-6:30 PM	5668
		Mon	2/5-3/12	5:25-6:05 PM	5683
		Mon	2/5-3/12	6:10-6:50 PM	5688
		Tues	2/6-3/13	6:05-6:45 PM	5695
		Wed	2/7-3/14	5:15-5:55 PM	5704
		Thurs	2/8-3/15	6:05-6:45 PM	5715

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YOUTH AQUATIC PROGRAMS

REGISTRATION CLOSES 2 BUSINESS DAYS BEFORE SESSION START DATE

CLASSES BY MYSELF

CLASS	SESSION	DAY	DATES	TIME	PROGRAM #
PRESCHOOL STAGE 2: INTERMEDIATE WATER MOVEMENT **AGES 4-5** **(Formerly called Eel)** Stage 2: Intermediate Water Movement strives to further assist the beginner swimmer to adjust to chest-deep water and swimming 10 yards independently. In Stage 2, swimmers continue progress on forward movement, floating, kicking, and blowing bubbles independently. This level also incorporates the basic self-rescue model of "jump, push, turn, grab" in chest-deep water.	Fall 1	Sun	9/10-10/22	4:45-5:15 PM	5525
		Mon	9/11-10/23	5:15-5:45 PM	5549
		Mon	9/11-10/23	6:00-6:30 PM	5552
		Tues	9/12-10/24	6:00-6:30 PM	5560
		Wed	9/13-10/25	6:00-6:30 PM	5574
		Thurs	9/14-10/26	6:00-6:30 PM	5582
	Fall 2*	Sun	10/29-12/10	4:55-5:35 PM	5597
		Sun	10/29-12/10	6:45-7:25 PM	5606
		Mon	10/30-12/11	5:25-6:05 PM	5617
		Mon	10/30-12/11	6:20-7:00 PM	5623
		Tues +	11/7-12/12	6:00-6:40 PM	5629
		Wed	11/1-12/13	6:00-6:40 PM	5643
		Thurs	11/2-12/14	6:00-6:40 PM	5650
	Winter 1	Sun	2/4-3/11	4:55-5:35 PM	5663
		Sun	2/4-3/11	6:45-7:25 PM	5672
		Mon	2/5-3/12	4:30-5:10 PM	5678
		Tues	2/6-3/13	6:05-6:45 PM	5694
		Wed	2/7-3/14	6:05-6:45 PM	5709
		Thurs	2/8-3/15	6:05-6:45 PM	5716
PRESCHOOL STAGE 3: WATER STAMINA **AGES 4-5** **(Formerly called Ray)** Stage 3: Water Stamina swimmers strive to improve their existing stroke skills with exposure to treading water, rhythmic breathing, and underwater swimming. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed at longer distances than in previous stages.	Fall 1	Sun	9/10-10/22	4:00-4:30 PM	5518
		Wed	9/13-10/25	6:00-6:30 PM	5575
		Thurs	9/14-10/26	6:00-6:30 PM	5583
	Fall 2*	Sun	10/29-12/10	5:50-6:30 PM	5603
		Tues +	11/7-12/12	6:00-6:40 PM	5630
		Thurs	11/2-12/14	6:00-6:40 PM	5651
	Winter 1	Sun	2/4-3/11	5:50-6:30 PM	5669
		Tues	2/6-3/13	6:05-6:45 PM	5696
		Thurs	2/8-3/15	6:05-6:45 PM	5717
PRESCHOOL STAGE 4: STROKE INTRODUCTION **AGES 5-6** **(Formerly called Starfish)** Stage 4: Stroke Introduction strives to improve their existing stroke skills of front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed at longer distances than in previous stages.	Fall 1	Sun	9/10-10/22	4:00-4:30 PM	5519
		Mon	9/11-10/23	6:00-6:30 PM	5553
		Tues	9/12-10/24	6:00-6:30 PM	5561
		Wed	9/13-10/25	5:15-5:45 PM	5571
	Fall 2*	Sun	10/29-12/10	4:00-4:40 PM	5591
		Sun	10/29-12/10	6:45-7:25 PM	5607
		Tues +	11/7-12/12	6:00-6:40 PM	5631
		Wed	11/1-12/13	5:05-5:45 PM	5640
	Winter 1	Sun	2/4-3/11	4:00-4:40 PM	5659
		Sun	2/4-3/11	6:45-7:25 PM	5673
		Tues	2/6-3/13	6:05-6:45 PM	5697
		Wed	2/7-3/14	6:05-6:45 PM	5710

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THE Y: WHERE KIDS COME TO GROW.

And your donation to the Annual Campaign helps make that happen. Give today!

YOUTH AQUATIC PROGRAMS

REGISTRATION CLOSES 2 BUSINESS DAYS BEFORE SESSION START DATE

CLASSES BY MYSELF

CLASS	SESSION	DAY	DATE	TIME	PROGRAM #
YOUTH STAGE 1: WATER ACCLIMATION AGES 6-8 (Formerly called Polliwog) Youth Stage 1: Water Acclimation introduces new swimmers to the pool. Participants are introduced to floating, kicking, blowing bubbles, forward motion, and pool safety with an instructor's assistance. This level also introduces underwater exploration and introduces basic self-rescue skills performed with assistance.	Fall 1	Sun	9/10-10/22	4:00-4:40 PM	5520
		Tues	9/12-10/24	6:35-7:15 PM	5564
		Wed	9/13-10/25	5:15-5:55 PM	5572
		Thurs	9/14-10/26	6:35-7:15 PM	5584
	Fall 2*	Sun	10/29-12/10	4:00-4:50 PM	5592
		Tues +	11/7-12/12	6:45-7:35 PM	5633
	Winter 1	Sun	2/4-3/11	4:00-4:50 PM	5660
		Mon	2/5-3/12	4:30-5:20 PM	5679
		Wed	2/7-3/14	6:05-6:55 PM	5711
YOUTH STAGE 2: WATER MOVEMENT AGES 7-8 (Similar to Polliwog) Youth Stage 2 swimmers continue to build on their floating, kicking, and rhythmic breathing skills. Swimmers are expected to swim 10 yards of front and back paddle. Emphasis on breast stroke, front crawl, and back crawl strokes. This level also incorporates the basic self-rescue model of "jump, push, turn, grab" in deep water.	Fall 1	Sun	9/10-10/22	4:45-5:25 PM	5526
		Sun	9/10-10/22	5:30-6:10 PM	5530
		Sun	9/10-10/22	6:15-6:55 PM	5535
		Mon	9/11-10/23	6:00-6:40 PM	5554
		Tues	9/12-10/24	6:00-6:40 PM	5562
		Wed	9/13-10/25	6:00-6:40 PM	5576
		Thurs	9/14-10/26	6:35-7:15 PM	5585
	Fall 2*	Sun	10/29-12/10	5:50-6:40 PM	5604
		Sun	10/29-12/10	6:45-7:35 PM	5608
		Mon	10/30-12/11	4:30-5:20 PM	5613
		Mon	10/30-12/11	5:25-6:15 PM	5618
		Tues +	11/7-12/12	6:45-7:35 PM	5634
		Wed	11/1-12/13	6:00-6:50 PM	5644
		Thurs	11/2-12/14	6:45-7:35 PM	5652
	Winter 1	Sun	2/4-3/11	5:50-6:40 PM	5670
		Mon	2/5-3/12	5:25-6:15 PM	5684
		Tues	2/6-3/13	6:45-7:35 PM	5699
		Wed	2/7-3/14	5:15-6:05 PM	5705
		Thurs	2/8-3/15	6:45-7:35 PM	5718
YOUTH STAGE 3: WATER STAMINA AGES 8-12 (Similar to Polliwog) Stage 3: Water Stamina swimmers strive to improve their existing stroke skills with exposure to treading water, rhythmic breathing, and underwater swimming. Swimmers are challenged to improve their front paddle and back paddle for 15 yards, in addition to learning breast kick. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed at longer distances than in previous stages.	Fall 1	Sun	9/10-10/22	5:30-6:10 PM	5531
		Sun	9/10-10/22	7:00-7:40 PM	5539
		Mon	9/11-10/23	4:30-5:10 PM	5545
		Mon	9/11-10/23	6:00-6:40 PM	5555
		Tues	9/12-10/24	6:35-7:15 PM	5565
		Wed	9/13-10/25	5:15-5:55 PM	5573
		Thurs	9/14-10/26	6:35-7:15 PM	5586
	Fall 2*	Sun	10/29-12/10	4:00-4:50 PM	5593
		Sun	10/29-12/10	4:55-5:45 PM	5598
		Sun	10/29-12/10	6:45-7:35 PM	5609
		Mon	10/30-12/11	6:20-7:10 PM	5624
		Wed	11/1-12/13	6:00-6:50 PM	5645
		Thurs	11/2-12/14	6:45-7:35 PM	5653
	Winter 1	Sun	2/4-3/11	4:55-5:45 PM	5664
		Sun	2/4-3/11	5:50-6:40 PM	5671
		Mon	2/5-3/12	4:30-5:20 PM	5680
		Mon	2/5-3/12	6:10-7:00 PM	5689
		Thurs	2/8-3/15	6:45-7:35 PM	5719

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YOUTH AQUATIC PROGRAMS

REGISTRATION CLOSES 2 BUSINESS DAYS BEFORE SESSION START DATE

CLASSES BY MYSELF

CLASS	SESSION	DAY	DATES	TIME	PROGRAM #
YOUTH STAGE 4: STROKE INTRODUCTION AGES 8-12 (Formerly called Guppy) Stage 4: Stroke Introduction strives to improve their existing stroke skills of front crawl and back crawl in addition to learning dolphin kick. This level reinforces water safety through treading water. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed at longer distances than in previous stages.	Fall 1	Sun	9/10-10/22	4:00-4:40 PM	5521
		Sun	9/10-10/22	5:30-6:10 PM	5532
		Sun	9/10-10/22	6:15-6:55 PM	5536
		Mon	9/11-10/23	5:15-5:55 PM	5550
		Mon	9/11-10/23	6:00-6:40 PM	5556
		Tues	9/12-10/24	6:35-7:15 PM	5566
		Wed	9/13-10/25	6:00-6:40 PM	5577
	Fall 2*	Sun	10/29-12/10	4:55-5:45 PM	5599
		Sun	10/29-12/10	5:50-6:40 PM	5605
		Sun	10/29-12/10	6:45-7:35 PM	5610
		Mon	10/30-12/11	4:30-5:20 PM	5614
		Mon	10/30-12/11	5:25-6:15 PM	5617
		Mon	10/30-12/11	6:20-7:10 PM	5625
		Tues +	11/7-12/12	6:45-7:35 PM	5635
		Wed	11/1-12/13	5:05-5:55 PM	5641
		Thurs	11/2-12/14	6:45-7:35 PM	5654
	Winter 1	Sun	2/4-3/11	4:55-5:45 PM	5665
		Sun	2/4-3/11	6:45-7:35 PM	5674
		Mon	2/5-3/12	4:30-5:20 PM	5681
		Mon	2/5-3/12	6:10-7:00 PM	5690
		Tues	2/6-3/13	6:45-7:35 PM	5700
		Wed	2/7-3/14	6:05-6:55 PM	5712
		Thurs	2/8-3/15	6:45-7:35 PM	5720
YOUTH STAGE 5: STROKE DEVELOPMENT AGES 8-12 (Formerly called Minnow) Stage 5: Stroke Development focuses on breast stroke and butterfly and reinforces front crawl, back crawl, and water safety through treading water. Swimmers should be able to swim 25-50 yards of the pool for each stroke.	Fall 1	Sun	9/10-10/22	4:45-5:25 PM	5527
		Sun	9/10-10/22	7:00-7:40 PM	5540
		Mon	9/11-10/23	5:15-5:55 PM	5551
		Tues	9/12-10/24	6:35-7:15 PM	5567
		Wed	9/13-10/25	6:00-6:40 PM	5578
		Thurs	9/14-10/26	6:35-7:15 PM	5587
	Fall 2*	Sun	10/29-12/10	4:00-4:50 PM	5594
		Mon	10/30-12/11	4:30-5:20 PM	5615
		Tues +	11/7-12/12	6:45-7:35 PM	5636
		Wed	11/1-12/13	6:00-6:50 PM	5646
		Thurs	11/2-12/14	6:45-7:35 PM	5655
	Winter 1	Sun	2/4-3/11	4:55-5:45 PM	5666
		Sun	2/4-3/11	6:45-7:35 PM	5675
		Mon	2/5-3/12	5:25-6:15 PM	5685
		Mon	2/5-3/12	6:10-7:00 PM	5691
		Tues	2/6-3/13	6:45-7:35 PM	5701
		Wed	2/7-3/14	5:15-6:05 PM	5706
		Thurs	2/8-3/15	6:45-7:35 PM	5721

MEMBERS: $37 COMMUNITY: $67

*NO CLASSES BETWEEN 11/21-11/27 + FALL 2 TUESDAY CLASSES ARE $31 FOR MEMBERS / $56 FOR THE COMMUNITY

YOUTH AQUATIC PROGRAMS

REGISTRATION CLOSES 2 BUSINESS DAYS BEFORE SESSION START DATE

CLASSES BY MYSELF

YOUTH STAGE 6: STROKE MECHANICS
AGES 9-12
(Formerly called Fish & Flying Fish)

Stage 6: Stroke Mechanics strives to improve stroke mechanics for front crawl, back crawl, breast stroke, and butterfly. Swimmers will learn open and flip turns for the competitive strokes. Swimmers should be able to swim 50+ yards per stroke.

SESSION	DAY	DATES	TIME	PROGRAM #
Fall 1	Sun	9/10-10/22	4:00-4:40 PM	5522
	Sun	9/10-10/22	7:00-7:40 PM	5541
	Mon	9/11-10/23	4:30-5:10 PM	5546
	Tues	9/12-10/24	6:35-7:15 PM	5568
	Thurs	9/14-10/26	6:35-7:15 PM	5588
Fall 2*	Sun	10/29-12/10	4:55-5:45 PM	5600
	Mon	10/30-12/11	5:25-6:15 PM	5620
	Tues +	11/7-12/12	6:45-7:35 PM	5637
	Thurs	11/2-12/14	6:45-7:35 PM	5656
Winter 1	Sun	2/4-3/11	4:00-4:50 PM	5661
	Sun	2/4-3/11	6:45-7:35 PM	5676
	Mon	2/5-3/12	6:10-7:00 PM	5689
	Tues	2/6-3/13	6:45-7:35 PM	5702
	Wed	2/7-3/14	5:15-6:05 PM	5707
	Thurs	2/8-3/15	6:45-7:35 PM	5722

MEMBERS: $37 COMMUNITY: $67

*NO CLASSES BETWEEN 11/21-11/27 + FALL 2 TUESDAY CLASSES ARE $31 FOR MEMBERS / $56 FOR THE COMMUNITY

PRIVATE & SEMI-PRIVATE SWIM LESSONS

These lessons are designed to give participants individualized attention to improve or refine their swimming skills. Together, the instructor, participant, and/or parent determine the goals for the session and the curriculum is customized in order to meet these goals. Lessons are 30 minutes in length.

Steps to Get Started

- Step 1: Complete the Private and Semi-Private Lessons form and return to Service Desk or email to becky@eauclaireymca.org. Forms can be found online, or you can pick up a paper copy at the Service Desk.
- Step 2: The aquatic staff will recruit an instructor who matches your swimming goals and availability for lessons.
- Step 3: The aquatic staff will make contact via email to introduce you to your instructor.
- Step 4: Your private swim instructor will email you within 48 hours to schedule your first lesson.
- Step 5: Prior to your first lesson, stop at the Service Desk to purchase a private or semi-private swim lesson coupon. See the chart below for lesson rates.
- Step 6: To begin each lesson, please provide the instructor with a private or semi-private swim lesson coupon.
- Step 7: After each lesson, communicate with your instructor to schedule your next lesson.

Private Lessons

Number of Lessons	Member Rate	Community Rate
1-4 Lessons	$23/lesson	$28/lesson
5+ Lessons	$20/lesson	$25/lesson

Semi-Private Lessons (2 people - 1 instructor)

Number of Lessons	Member Rate*	Community Rate*
1-4 Lessons	$33/lesson	$38/lesson
5+ Lessons	$30/lesson	$35/lesson

*cost split by attendees

RECOGNIZING OUR TOP DONORS

Donors who give $1,000 or more to the Annual Campaign are recognized with a banner that is displayed in the YMCA. The banner displays their name or the name of their business and a listing of the years they have contributed.
The color of the banner signifies their level of giving:

- Gold banners recognize annual gifts of $10,000 and above
- Blue banners recognize annual gifts of $5,000-$9,999
- Red banners recognize annual gifts of $2,500-$4,999
- White banners recognize annual gifts of $1,000-$2,499

EAU CLAIRE MARLINS SWIM TEAM
WINTER SCY SEASON

The Eau Claire YMCA Marlins Swim Team welcomes swimmers of all ages and ability levels! Our focus is to coach each individual at his or her level with the goal of improving swimming skills, both competitive and lifelong. Coaching each individual in proper competitive swimming technique is essential to our program. Developing proper technique is essential to swimming success for each individual. In addition, a focus on respect, responsibility, and social development is a priority in our program. Within each of our age groups there are beginning swimmers, intermediate swimmers, and more experienced swimmers.

The Marlins have no specific attendance requirements for meets or practices. We recognize that the athletes have different objectives for participation, and we wish for all swimmers to feel comfortable in their experiences. For this reason, swimmers may elect to compete in meets or not. In regard to practice, however, athletes and parents alike should understand that more attendance, participation, and effort equate to greater progress and success in the pool.

Our coaches attend coaching clinics each year in order to be up-to-date on current coaching practices. We study instruction in swimming technique and aerobic endurance, motivation, race tactics, and athlete safety. Novice swimmers will focus on learning starts, breakouts, technique, turns, and finishes for all four competitive strokes. Veteran swimmers will continue to hone these skill sets. One of our goals, as always, is to create strong swimmers in the individual medley events, so all swimmers will continue to improve all strokes. A focus on stroke technique combined with moderate training sets will increase the swimmer's capacity for work, and our hope is that the swimmers will be able to achieve the goals they have set for themselves.

Swimming on our team encourages growth, healthy body, healthy mind, and healthy friendships!

Thanks to the Eau Claire YMCA Financial Assistance program, no child is turned away due to an inability to pay for the YMCA Marlins swim team program!

Fall Competitive Swim Clinics

Intermediate Competitive Swim Clinic | Ages 6-10

Designed for swimmers who are looking to improve their swimming habits. Concentration will be on working those elusive streamlines, breakouts, and competitive finishes. Effective turns, starts, proper stroke technique as well as endurance swimming will be taught and practiced.

Days & Times: Monday-Thursday, 6:30-7:30 PM

Dates: September 18-November 9
*will not meet 9/21, 9/27, 10/2, 10/3, 10/9, 10/17, 10/25, 11/1, or 11/6

Location: Memorial High School Pool

Fee: Member $150 | Community $250

Advanced Competitive Swim Clinic | Ages 10+

This clinic is designed for swimmers who are interested in conditioning prior to the winter season. We will also work fast endurance swimming & sprints, stroke technique, and racing strategies. Improve your swimming conditioning with this clinic! Excellent preparation for your High School Season or Winter SCY season!

Days & Times: Monday-Thursday, 6:30-8:45 PM

Dates: September 18-November 9
*will not meet 9/21, 9/27, 10/2, 10/3, 10/9, 10/17, 10/25, 11/1, or 11/6

Location: Memorial High School Pool

Fee: Member $175 | Community $275

"The secret is not necessarily to produce great swimmers, rather to produce great young people who swim."

EAU CLAIRE MARLINS SWIM TEAM WINTER SEASON

For more information, please visit www.eauclaireymcamarlins.com

WINTER SCY SEASON: NOVEMBER 13-MARCH 13*

LEVEL	AGES	DAYS	TIMES	FEE	LOCATION	NOTES
Mini Marlins I	4-8	Tues/Thurs	4:30-5:15 PM	$250	YMCA Pool	
Mini Marlins II	4-8	Tues/Thurs	5:15-6:00 PM	$250	YMCA Pool	
Red Marlins	4-8	Tues/Thurs	4:45-5:45 PM	$300	YMCA Pool	Must be able to swim a length on front
Orange Marlins	4-8	Tues/Wed/Thurs	4:30-5:15 PM	$325	YMCA Pool	
Yellow Marlins	8-11	Mon-Thurs	5:00-6:00 PM	$350	Delong	
Green Marlins	8-11	Mon-Thurs	5:00-6:30 PM	$400	Delong	
Blue Marlins	11+	Mon-Fri	6:30-8:45 PM	$450	Memorial	No experience required!
Indigo Marlins	Boys HS swimmers	Mon-Fri	6:30-8:45 PM	$250	Memorial	Must register prior to HS season Meets must occur prior to HS season

To register for swim team, visit www.eauclaireymcamarlins.com

*Y State, Y National, and MYAS qualifying swimmers will continue through the date of their last meet. Please refer to the calendar on the Eau Claire YMCA Marlins' website for exact times/dates for your swimmer's practices.

Looking for more information?

Contact Coach Paula Caucutt at coachpaula@outlook.com or 715 577 6500 if you have questions!

FREE FAMILY EVENTS

Flick & Float

2nd Friday of every month, 6:30-8:00 PM

On the second Friday of every month, members can bring a community member to the Y for free all day long! Community members must show a photo ID, and are welcome to enjoy the Flick & Float movie in the small pool.

August 11	The Princess and the Frog
September 8	Anastasia
October 13	Moana
November 10	The Pirates: Band of Misfits
December 8	Enchanted
January 12	Snow White and the Seven Dwarfs
February 9	Finding Dory

Y Arts Week

October 2-8 | All ages

Y Arts Week is a Y initiative being celebrated nationwide that promotes the power of art to educate, inspire, and connect the entire community. Join us for a series of free events and activities that are sure to delight the whole family! Check our website for an updated list of events.

Monster Bash

Friday, October 27, 4:30-6:30 PM

Join us as the Y's Schaaf and Hobbs gyms are transformed into a Halloween jamboree, complete with "spooky" tunnel, carnival games, a costume contest, DJ music, and prizes! Bring the whole family down in their spookiest and silliest costumes for this safe and festive evening – both members and the community are welcome!

Teachable Tuesdays

Tues, November 14-December 19, 5:00-6:00 PM

Come hang out with us for awesome, hands-on, and interactive projects! The YMCA will be hosting a free all-ages youth event each Tuesday in the Youth Development Center. From Tuesday to Tuesday, we'll switch between a STEM challenge or activity and an arts lesson or project. Make sure to drop in and check out what we're up to from month to month. These are activities you won't want to miss!

BIRTHDAY PARTIES & CELEBRATIONS

Main YMCA | 700 Graham Avenue

Birthday parties at the main YMCA building are fun for all ages and include the use of both the Party Room and the Kids Gym. Time options are listed below:

- Friday, 5:00-8:00 PM
- Saturday, 10:00 AM-1:00 PM
- Saturday, 2:00-5:00 PM
- Sunday, 12:00-3:00 PM

During your time at the Y, you will have access to the Party Room for food and gifts, use of basketball gyms, a racquetball court, and the chance to swim. You will also have supervised use of our Kids Gym for the first hour of your party. Kids Gym has a treadwall, beehive, rope swing, and basketball hoop. The Party Room and Kids Gym each have a max capacity of 25 people. Parents are responsible for children.

Fee: Member $100 | Community $150

You can now reserve your YMCA birthday party online!
Visit our website, click "Register Online," and enter "birthday party" in the search box to get started.

Contact Gabriela at kkcoordinator@eauclaireymca.org or 715 833 4845 regarding parties at the main Y.

Gymnastics Center | 229 Moore Street

Looking for a memorable way to celebrate your child's birthday? Look no further! Kids have a great time at YMCA Gymnastics Center birthday parties! Parties include activities such as games, relay races, obstacle courses and a chance to play on gymnastic equipment! Our professionally-trained staff supervises all activities. Parents provide the refreshments and necessary tableware (cups, plates, napkins and plasticware), and we will provide the rest (tables and chairs). 1½ hour party with up to 10 children.

Fee*: Member $85 | Community $100
*Each additional child $3

- Saturday, 1:00-2:30 PM
- Saturday, 3:00-4:30 PM
- Saturday, 5:00-6:30 PM

Reservations must be made at least 2 weeks in advance. For more information and to reserve your birthday party, please stop at the Service Desk at the main YMCA.

Contact Carly at carly@eauclaireymca.org or 715 836 8470 regarding Gymnastics Center parties.

KIDS KORNER/KIDS GYM BABYSITTING 4 Weeks-11 Years

Located near Nelson Gym, Kids Korner is a **members-only service** that allows parents to let their children stay and play while they use the YMCA facilities. Our staff are dedicated individuals who provide a safe, fun, and loving environment for your children while you work out. Kids Korner runs 100% on reservations, which can be made up to 2 weeks in advance. If no reservations are made for a particular day or time, Kids Korner will not be open.

Rates

$2.50/hour per child | Payment cards are available at the Service Desk

We also offer monthly unlimited Kids Korner. This is offered as a bank draft option only. The monthly fee includes all open hours throughout the month. A bank draft will be withdrawn from your bank account each month.
1 child = $25 per month 2 children = $35 per month 3+ children = $45 per month

Hours

Mon	Tues	Wed	Thurs	Fri
8:45 AM-1:30 PM 4:00-7:30 PM	8:45 AM-12:00 PM 4:00-7:30 PM	8:45 AM-1:30 PM 4:00-7:30 PM	8:45 AM-12:00 PM 4:00-7:30 PM	8:45 AM-12:00 PM 4:00-7:30 PM

Sat	Sun
8:45 AM-12:00 PM	4:00-7:30 PM

Make your reservation by calling 715 839 4620 today!

CAMP MANITOU

For more than 90 years, Camp Manitou has offered overnight camp experiences for youth entering grades 2-12.

All programs offer great opportunities for campers to gain confidence, new skills, and an appreciation for the outdoors while fostering new friendships.

For more information and to register, check out our website at www.ycampmanitou.org

Summer camp registration for 2018 begins on January 1!

Fall Camp | October 13-15

Grades 2-7

Come enjoy the beautiful autumn weather up at Camp Manitou! We will visit a pumpkin patch, jump in the leaves, have adventures in the woods, cook over a fire, and play classic camp games. We provide transportation to and from camp. The buses leave from the Eau Claire YMCA at 9:00 AM Friday and return at 4:00 PM Sunday. Registration is available online.

Fee: Member $120 | Community $160

Winter Camp | February 23-25

Grades 2-7

Ever wonder what camp looks like when it's covered in snow? Winter Camp is a great opportunity for youth to spend their February break enjoying winter activities such as snowshoeing, tubing, drinking hot chocolate, and warming up by the fire. We provide transportation to and from camp. The buses leave from the Eau Claire YMCA at 9:00 AM Friday and return at 4:00 PM Sunday. Registration is available online.

Fee: Member $120 | Community $160

Christmas at the Lodge | December 1

We welcome you to join us for our annual Christmas at the Lodge fundraiser at camp on Friday, December 1. The event costs $150/person which includes transportation from Eau Claire, drinks, and great food. This event allows us to complete major renovations and will ensure the continuation of a quality camp experience.

Email camp@eauclaireymca.org to attend or learn more!

Fee: $150 per person

DID YOU KNOW?

The Eau Claire YMCA is one of the oldest 501(c)(3) non-profit organizations in the Chippewa Valley, **and we never turn anyone away due to an inability to pay.**

Donations in 2016 helped us provide financial assistance to nearly 1,800 people - **53%** of whom had household incomes of less than $16,000 per year.

CHILD DEVELOPMENT CENTER (CDC)

4 Weeks - 5 Years | Open 6:30 AM - 6:00 PM

With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That's why child care and early learning programs at the Y focus on nurturing child development by providing a safe and healthy place to learn foundational skills; develop healthy, trusting relationships; and build self-reliance through the Y values of caring, honesty, respect, and responsibility.

The Child Development Center is designed to offer well-supervised, quality care for all children. Children in our program have the opportunity to grow in an enriching, supportive environment that offers a variety of activities to foster independent and group learning.

Each day includes a balance of age-appropriate activities which include small and large motor skills, quiet and active times, and indoor and outdoor play. We promote an environment that encourages each child to explore new experiences and interact with others in a positive manner.

CDC Benefits

YMCA child care offers more than quality, first-rate care for your child. It also includes these great benefits:

- Swimming Lessons
- Preschool Curriculum
- Nutritious Daily Breakfast, Lunch & Snacks
- Outdoor Playgrounds
- Consistent Professional Staff
- Gym Activities & Preschool Physical Education
- YMCA Family Membership

FULL-DAY CHILD DEVELOPMENT CENTER WEEKLY RATES*

Days per week	4 Weeks-23 Months		24-35 Months		3 to 5 years	
	1st Child	2nd Child	1st Child	2nd Child	1st Child	2nd Child
5 Days	$216	$195	$202	$182	$184	$166
4 Days	n/a		$179	$162	$162	$146

*Rates subject to change

EAU CLAIRE 4 TOMORROW (EC4T)

The Y is proud to be an EC4T site. This voluntary, comprehensive child development program provides an enrichment opportunity for all four-year-old children and their families prior to five-year-old Kindergarten. The YMCA offers both morning and afternoon EC4T sessions.

EC4T is for children:

- who are 4 years old on or before September 1st,
- who live in the Eau Claire Area School District or
- who have open-enrolled into the Eau Claire Area School District

The Eau Claire 4 Tomorrow Program provides:

- quality classroom experience for 4 year olds
- DPI licensed teachers
- parent and family activities

Wrap-Around Child Care

In addition to the traditional EC4T program, wrap-around child care is also available for the AM EC4T session upon request. Wrap-around space is limited; please contact CDC Director, Bobbi Marion, at 715 839 4610 for availability.

SCHOOL AGE CHILD CARE (SACC)

Kindergarten – 5th Grade

In before & after school care through our SACC program, kids engage in physical and educational activities that encourage them to explore who they are and what they can achieve. It's a safe place to learn, have fun, and get active before and/or after the regular school day. **The Y offers before & after school care at 12 area elementary school sites using the cafeteria, gym, or group space.** Additionally, the YMCA provides transportation from 5 schools to the Y's Clubhouse located at the main Y facility.

This program is designed to provide children a safe, enriching, dependable, and affordable before and after school experience. We hope to instill in each child a sense of respect for themselves, others, and their surroundings. Positive interactions in both small and large groups are emphasized.

On-Site School Locations

This on-site option allows kids to be dropped off at their school as early as 6:30 AM. The after school option offers care with pick-ups as late as 6:00 PM.

- Flynn
- Locust Lane
- Manz
- Meadowview
- Montessori
- Northwoods
- Putnam
- Robbins
- Sam Davey
- St. James
- St. Mary's (Altoona)
- Immaculate Conception (AM)

YMCA Clubhouse Location

Located directly across Graham Avenue from the main Y facility. Kids can be dropped off at the YMCA Clubhouse as early as 6:30 AM and then will be bused directly to their school to start their day. After school, kids catch the Y bus back to the Clubhouse until as late as 6:00 PM.

- Lakeshore
- Longfellow
- Sherman
- Immaculate Conception (PM)
- Moundview (Elk Mound) (PM)

Rate Information

School Age Child Care rates are subject to change and are determined on a sliding scale by two primary factors:

- How many days per week your child attends
- Whether your child attends mornings, evenings, or both

Additionally, there is a discount available for those who have more than one child enrolled in our child care programs at the same time.

Please check our website for the most updated rate schedule.

Registration

Registration forms must be completed with each new school year due to licensing requirements. Forms can be found online, or you can pick up a paper copy at the service desk.

A registration fee of $30 per child must be submitted at the time of registration. There is a maximum registration fee per family of $65.

School's Out

School's Out is designed to provide quality, licensed child care for children when the Eau Claire public schools are not in session. Activities include swimming, gymnastics, crafts, and field trips.

Sample Daily Schedule

- 6:30-8:30 AM — Drop-off Time/Free Choice
- 8:30-9:30 AM — Activities Rotation/Snack
- 9:30 AM-12:00 PM — Special Events (Gym, Park, etc.)
- 12:00-12:30 PM — Lunch
- 12:30-1:30 PM — Activities (Art/Gym)
- 1:30-3:00 PM — Swimming, Movie, Quiet Activity
- 3:00-4:00 PM — Snack/Games
- 4:00-6:00 PM — Pick-Up/Free Choice

2017-2018 School's Out Dates

- October 13
- October 26 & 27
- November 20-22
- December 22
- December 27-29
- January 22
- February 22 & 23
- February 26
- March 19-23
- March 30
- April 20
- May 18

Snowed Out

The Snowed Out program is full day child care for grades K-5 on days when the Eau Claire Area School District is closed due to inclement weather. To sign up, fill out the School's Out paperwork and check "Snowed Out Days." You must be pre-registered to attend and will only be billed if your child attends the program.

2017-2018 SCHOOL'S OUT & SNOWED OUT DAILY RATES			
Member		Community	
1st Child	2nd Child	1st Child	2nd Child
$30	$27	$33	$30

SUPER SNACK

Our Clubhouse and Flynn after-school sites are proud to offer Super Snack, a snack that includes all five components of the MyPlate graphic. Through this program, we're able to give our kids a more nutritious snack option, as well as expose them to a variety of new foods.

We hope to expand this program into more of our sites into the future!

PRESCHOOL ARTS & ENRICHMENT – AGES 3-5

FALL 1: SEPT. 10-OCT. 21 | FALL 2: OCT. 22-DEC. 9 (NO CLASS THE WEEK OF NOV. 20-26) | WINTER 1: JAN. 7-FEB. 17

CLASS	SESSION	DAY & TIME	PROGRAM #	FEE
DANCE MIX Parents are more than welcome (but not required) to participate alongside their little ones in order to gain strength and flexibility while learning new dance moves and having fun! Participants will explore various dance styles and techniques through this introductory class.	Fall 1	Mondays, 10:30-11:15 AM	5193	Member $24 Community $36
NATURE EXPLORERS We will use a mix of time spent outside and inside the classroom to learn about plants, animals, and our natural surroundings. We will use science-based exploration to experience nature using our senses!	Fall 1	Wednesdays, 10:30-11:15 AM	5215	Member $24 Community $36
MELODY TIME Focusing on your child's natural love for music and song, this class will encourage all to play simple instruments, sing, clap, tap, and more! Participants will enjoy musical pretend-play activities which encourage creativity, individuality, and expression.	Fall 2	Mondays, 10:30-11:15 AM	5230	Member $24 Community $36
LITTLE ARTISTS Participants will create works of art as they learn and practice techniques such as drawing, painting, and sculpture. This program will introduce several concepts in a fun, hands-on, age-appropriate way, including color, form, texture, dimensions, and so much more.	Fall 2	Wednesdays, 10:30-11:15 AM	5236	Member $24 Community $36
LITTLE SCIENTISTS Is your child curious about how things work...and does he or she like to make a mess in the process? This program will immerse young participants in the world of scientific discovery through interactive play, entertaining demonstrations, and fun, simple experiments.	Winter 1	Mondays, 10:30-11:15 AM	5218	Member $24 Community $36
LITTLE CHEFS It's time to put your child's creativity and curiosity into action! Parents are welcome to join as we teach little ones the basics of kitchen safety, measurement and teamwork.	Winter 1	Wednesdays, 10:30-11:15 AM	5224	Member $24 Community $36

YOUTH ARTS & ENRICHMENT – AGES 7-9

FALL 1: SEPT. 10-OCT. 21 | FALL 2: OCT. 22-DEC. 9 (NO CLASS THE WEEK OF NOV. 20-26) | WINTER 1: JAN. 7-FEB. 17

CLASS	SESSION	THEME	DAY & TIME	PROGRAM #	FEE
YOUNG ARTISTS STUDIO Come express your creative instincts through several artistic mediums. Dive into everything from painting to recyclable art to textiles and beyond. With classes brand new to this session, you're sure to find a hit!	Fall 1	Painting	Mondays, 5:00-6:00 PM	5200	Member $36 Community $48
	Fall 2	Green Art		5239	
	Winter 1	Textile Arts		5227	
EXPLORE! JUNIOR STEM INSTITUTE This program will strive to teach key STEM (Science, Technology, Engineering, and Mathematics) topics in a fun, hands-on way. Come actively challenge your mind through creatively solving problems.	Fall 1	Geography	Tuesdays, 4:30-5:30 PM	5195	Member $36 Community $48
	Fall 2	NASA		5232	
	Winter 1	Math League		5220	
JUNIOR CHEFS Participants will be introduced to the basics of creating a variety of recipes. From breakfast foods to baked goods – there's sure to be something to whet your appetite.	Fall 1	Baking	Tuesdays, 6:00-7:00 PM	5197	Member $36 Community $48
	Fall 2	International Cuisine		5234	
	Winter 1	Breakfast		5222	
LEARN A LANGUAGE Learning a new language can build self-confidence, empathy for others, and respect for new experiences. Join us to learn the basics of various languages and lessons regarding the fascinating culture of other countries.	Fall 1	Spanish	Wednesdays, 5:00-6:00 PM	5191	Member $24 Community $36
	Fall 2	French		5235	
	Winter 1	Sign Language		5223	
ACTIVE PLAY Learn how to train, build skills, and become part of a different world! Whether that includes discovering your powers as a superhero, doing yoga like a Disney princess, or packing up to join the circus, you are sure to have fun in these newly-designed courses.	Fall 1	Superheroes	Fridays, 4:15-5:15 PM	5189	Member $24 Community $36
	Fall 2	Disney Yoga		5228	
	Winter 1	Clowning Around		5216	

Y-REP PRODUCTIONS YOUTH THEATRE PROGRAM – AGES 8–14

FALL 1: SEPT. 10–OCT. 21 | FALL 2: OCT. 22–DEC. 9 (NO CLASS THE WEEK OF NOV. 20–26) | WINTER 1: JAN. 7–FEB. 17

CLASS	SESSION	DAY & TIME	PROGRAM #	FEE
"THE SPELL OF SLEEPING BEAUTY" Will Princess Briar Rose and her prince live happily ever after? Join us this fall for a fabulous retelling of this famous fairy tale! In this program, the student-actors are a huge part of the process with input on props, costumes, and character choices. Everyone who registers and auditions is ensured a part onstage. Not every actor will need to attend every rehearsal; if you have scheduling conflicts, we will do our best to work around them. Participants, however, are required to attend all technical rehearsals and performances. Not available for auditions? Contact us to see if you can set up an alternate time slot.	Fall 1	Auditions: Sat, August 26, 12:30-3:00 PM Rehearsals: Mon/Wed/Fri, Aug 28-Oct 9, 4:00-5:30 PM Tech rehearsals: October 11-13, 5:30-8:00 PM Performances: Sat, October 14, 3:00 & 7:00 PM	5242	Member $65 Community $80
SILENT SHADOWS TECH CREW Theatre isn't exclusively performed onstage! We need your creative mind! Join the ranks of our technical stage crew, the Silent Shadows. This group of artists will learn more about technical theatre, including lighting, scenic design, props, costumes, stage management, and more! These students are also eligible to gain further experience by working backstage on Y-Rep productions. To get involved, contact Jen at jen.zwicky@eauclaireymca.org.	Fall 1	Props/Costumes: Fridays, September 1-October 6, 5:30-6:30 PM Run Crew/Lights/Sound: Tech & Performances as listed above	5243	Member $15 Community $20 *FREE for cast members in the fall production!

INTERMEDIATE ARTS & ENRICHMENT – AGES 10–12

FALL 1: SEPT. 10–OCT. 21 | FALL 2: OCT. 22–DEC. 9 (NO CLASS THE WEEK OF NOV. 20–26) | WINTER 1: JAN. 7–FEB. 17

CLASS	SESSION	THEME	DAY & TIME	PROGRAM #	FEE
PERFORMING ARTS Join us to explore all things performing arts! These classes will introduce you to and help you develop a specific craft. No experience is needed to discover the worlds of poetry, musical theatre, and improv in these fun, interactive classes.	Fall 1	Poetry	Mondays, 6:15-7:15 PM	5198	Member $24 Community $36
	Fall 2	Musical Theatre		5237	
	Winter 1	Improv Theatre		5225	
DISCOVER! STEM INSTITUTE These programs put key STEM topics into action! Come test out different experiments in order to ultimately create your own projects. Strive to build something amazing through the power of your own imagination.	Fall 1	Geography	Thursdays, 4:30-5:30 PM	5194	Member $36 Community $48
	Fall 2	NASA		5231	
	Winter 1	Math League		5219	
CREATIVE KITCHEN Come test your cooking skills in our exploratory courses. Learn the secrets behind your favorite sweets, international dishes, and breakfast foods. Sharpen your abilities and walk away with some great recipes!	Fall 1	Baking	Thursdays, 6:00-7:00 PM	5192	Member $36 Community $48
	Fall 2	International Cuisine		5229	
	Winter 1	Breakfast		5217	
HERO TRAINING Join us as we take training to the next level! Would you like to become a ninja warrior, a Jedi knight, or maybe even a mythical being like Percy Jackson? If so, then these classes are a fit for you! Come sharpen your mind and your body in these high energy courses filled with games, themed activities, and team-building.	Fall 1	Ninja Warrior	Fridays, 5:30-6:30 PM	5196	Member $24 Community $36
	Fall 2	Jedi Knights		5233	
	Winter 1	Camp Half-Blood		5221	

PRE-TEEN LEADERSHIP PROGRAMS – AGES 10–15

FALL 1: SEPT. 10–OCT. 21 | FALL 2: OCT. 22–DEC. 9 (NO CLASS THE WEEK OF NOV. 20–26) | WINTER 1: JAN. 7–FEB. 17

CLASS	SESSION	DAY & TIME	PROGRAM #	FEE
BABYSITTER TRAINING See Safety Courses on page 24 for more information.	Fall 2	Oct 26 & 27, 8:30-11:00 AM	5240	Member $40 Community $60
	Winter 1	Feb 22 & 23, 8:30-11:00 AM	5241	
ADVENTURE CLUB Adventure Club is a safe and supportive environment in which participants will be encouraged to step outside their comfort zones to experience a sense of accomplishment as individuals and as a team. This program will feature a new adventure every week, from hiking to fire building to animal encounters and more!	Fall 1	Saturdays 10:00-11:30 AM	5190	Member $36 Community $48

TEEN PROGRAMS

Ages 12-18

David Duax Youth in Government Program

September 2017-February 2018

Informational Parent Night: Thursday, 9/21, 6:00-7:00 PM

1st Delegate Meeting: Sunday, September 24, 6:30-7:30 PM

Meeting Schedule: Sundays, 6:30-7:30 PM, Resource Room

Pre-Gov Assembly: Sunday, January 28, Location TBD

Model Government Session: February 16-18, Madison

The Wisconsin Youth in Government program seeks to foster the next generation of thoughtful, committed, and active citizens. This program engages hundreds of students from across the state each year. Individual delegations meet starting in the fall and the program culminates with a weekend trip to the state capitol for our Model Government session in February.

Why join YIG? In this non-partisan, student-driven program, you get to express yourself, form your own opinions, build confidence, meet new people from across the state, and spend a weekend in Madison, sitting in the same seats that our legislators do in the state capitol building!

For more information, contact jen.zwicky@eauclaireymca.org.

Teen Life Skills

Fall 1 | Thursdays, 7:15-8:15 PM

Program #5199

In today's world, teens are becoming increasingly independent yet are not always properly prepared to face the challenges of everyday adult life. This program is aimed at helping teens get ready for life in the "real world." Over the course of this program, we will cover topics such as résumés and interviews, cooking and other basic household skills, finances, and more!

Fee: Y Member $12 | Community $20

Book Club

Fall 2 | Thursdays, 7:15-8:15 PM

Program #5238

Cozy up with a good book as we meet to share our love of reading! This class will explore new works and offer the chance for peer discussion at weekly meetings.

Fee: Y Member $12 | Community $20

Creative Writing

Winter 1 | Thursdays, 7:15-8:15 PM

Program #5226

Get the creative juices flowing by writing your own works in a variety of genres! Participants will focus on fun ways to brainstorm characters, plots, and settings. From there, they will bring those ideas to life through the power of the pen!

Fee: Y Member $12 | Community $20

ARTS & ENRICHMENT SESSIONS

Fall 1: September 10-October 21

Fall 2: October 22-December 9
***no classes the week of 11/20-26**

Winter 1: January 7-February 17

SPORTS LEAGUES

Youth Basketball League

It's not about what the scoreboard says at the end of the game, because here at the Eau Claire YMCA, everybody plays, everybody wins! Participants sign up individually and are placed on teams according to where they go to school.

Practices: One night per week - practice dates, times, and locations will be determined by the coach. If you have not been contacted by your coach by November 26, please contact the Sports Director.

Dates: November 26-February 25

Games: January 5-February 25

Grades 1-3: Sat | Grade 4 Girls: Fri | Grade 4 Boys: Sun

Registration deadline: October 30

Fee: Member $55 | Community $80

Chippewa Valley Basketball League

This league is for players in 5th and 6th grades and is a partnership between the Eau Claire and Chippewa Valley Family YMCAs. Players will be drafted onto teams according to guidelines established by the program director. All participants will play in all games. If you are interested in volunteering as a coach, contact the Sports Director.

League Divisions: Grades 5/6 Boys & Grades 5/6 Girls

Dates: October 29-February 13

Dates, times, and locations will be determined by the coach

Games: Tues, December 5-February 13 (No games 12/26)

Held at the Eau Claire YMCA & Chippewa Valley Family YMCA

Registration deadline: October 16

Evaluations: October 24 | Girls - 6:00 PM; Boys - 7:30 PM

Fee: $60

Old Timers' Basketball League

A 4-on-4 basketball league designed to give men age 28 and older a chance to play ball and get a little exercise. Games will be played cross-court & will consist of two 20-minute halves.

Games: Mon, November 27-February 26, 6:00-10:00 PM

No games December 25 or January 1

Location: Nelson Gym

Registration deadline: November 13

Fee: $350 per team

Eau Claire YMCA Fusion Volleyball Club

The Eau Claire YMCA Fusion Volleyball Club will participate in the Wisconsin Independent Volleyball League (WIVL). The Club will provide three teams at each level based on which high school the player is intending to enroll at for 9th grade. Open to 6th-8th grade girls who will eventually be enrolled at North, Regis, or Memorial High Schools, the Club has a "no cut" policy. The program's focus will be on teaching individual skills through drills and game-like situations, introducing the game to girls at an age where they can become interested in the game, develop gradually, and become productive players.

Club Registration: September 1-December 31

Evaluation Night: January 8, 6:00-8:00 PM | Schaaf Gym

Each team will be equally divided to provide the best possible learning environment for each girl.

Placement Night: January 29, 7:00-8:30 PM (Parents Only)

Parents will get a roster of their daughter's teammates and will be assigned & learn more about their volunteer positions.

Practices: Begin the week of February 26. The end of your season is determined by your team's tournament schedule.

WIVL Tournament Dates: March 31-May 12

INSTRUCTIONAL SPORTS

FALL 1: SEPT. 17–OCT. 28 | FALL 2: NOV. 5–DEC. 23 (NO CLASSES NOV. 19–25) | WINTER 1: JAN. 21–MAR. 3

CLASS	DAY & TIME	FALL 1	FALL 2	WIN 1	LOCATION	FEE
SQUIRT SOCCER AGES 4–5 Learn basic soccer in a non-competitive atmosphere. Teamwork and following directions will be stressed. Shin guards and gym shoes are required. Children may bring their own size 3 soccer ball.	Tues 10:30–11:15 AM	5500	----	----	Schaaf Gym	Member $36 Community $72
	Fri 10:30–11:15 AM	5501	----	----		
BITTY BASKETBALL AGES 4–5 Children will work on eye/hand coordination while learning basic ball handling skills. Teamwork and following directions will be stressed.	Tues 10:30–11:15 AM	----	5502	5514	Schaaf or Hobbs Gym	
	Fri 10:30–11:15 AM	----	5503	5515		
SUPER HOOPERS BASKETBALL GRADES K–3 A class designed to introduce youth to the game of basketball. Participants learn the fundamentals of the game as well as basketball terminology and rules. Classes run for one hour, beginning with a warm-up and ending with a brief discussion of what was covered in class. All participants should come dressed for high activity.	**Grades K–1** Sun 4:00–5:00 PM	5504	----	----	Hobbs Gym	
	Grades K–1 Wed 5:00–6:00 PM	5506	----	----		
	Grades 2–3 Sun 5:00–6:00 PM	5505	----	----		
	Grades 2–3 Wed 4:00–5:00 PM	5507	----	----		
AWESOME ACES VOLLEYBALL GRADES 2–4 This class is designed to introduce youth to the game of volleyball. Participants will learn the fundamentals of the game as well as volleyball rules and terminology. Classes run for one hour, beginning with a warm-up and ending with a brief discussion of what was covered that day in class. All participants should come dressed for high activity.	Sun 4:30–5:30 PM	5508	----	----	Schaaf Gym	
	Mon 4:30–5:30 PM	----	5510	5511		
PERFECT PASSERS VOLLEYBALL GRADES 5–8 Volleyball fundamentals and basic skills will still be taught, as well as more advanced skill development and techniques. Participants will have the opportunity to learn and improve their skills at the different positions during game situations. Participants should come dressed for high activity.	Sun 5:30–6:30 PM	5509	----	----	Schaaf Gym	
	Mon 5:30–6:30 PM	----	5512	5513		

SPORTS EVENTS

Kids of Steel Triathlon

Each athlete will swim in the Y pool, run to Owen Park, and bike on the Chippewa River Trail. All distances are determined by age. Parents are allowed to run alongside their athlete or wait at the finish line to cheer. All participants will receive a triathlon t-shirt and finisher's medallion. Those who register after September 8 will not be guaranteed requested t-shirt size or be entered into the drawing for the grand prize bike. Day-of registration incurs an additional $10 charge per child.

Dates: Sunday, September 17, 2:00 PM

Ages: 5–12

Fee: Member: $20 first child, $15 each additional child
Community: $25 first child, $20 each additional child

Brad Peterson 3-on-3 Basketball Tournament

We will again be hosting the Brad Peterson Memorial 3-on-3 Basketball Tournament. All teams are guaranteed 3 games.

Dates: Thursday, December 28 (Boys)
Friday, December 29 (Girls)

Location: Schaaf Gym

Registration deadline: December 4

Divisions: Listed below, but may be combined:

1st–2nd grades, 3rd grade, 4th grade, 5th grade, 6th grade, 7th grade, 8th grade

Fee: $60 per team

WE EMPOWER TODAY'S YOUTH.

And your donation to the Annual Campaign helps make that happen. Give today!

PRESCHOOL GYMNASTICS

FALL 1: 9/10-10/21 FALL 2: 10/22-12/16 (NO CLASS 11/10-11/12 OR 11/19-11/25) WINTER 1: 1/28-3/17

	CLASS	DAY & TIME	FALL 1	FALL 2	WINTER 1
	FALL 1 | Member: $48 Community $66	WINTER 1 | Member: $56 Community $88			
PARENT/CHILD	**PARENT & TOTS | AGES 18 TO 36 MONTHS** We emphasize a safe physical play environment incorporating group time, songs, music, and basic gymnastics skills. Instructors make classes fun and interesting with stretching, jumping, and learning how to roll and safely fall. Parents will assist their child through a series of obstacle courses and activities.	Sun 1:00-1:45 PM	5379	5419 -	5459
		Tues 10:30-11:15 AM	5380	5420 +	5460
		Wed 10:30-11:15 AM	5381	5421 +	5461
		Wed 6:15-7:00 PM	5382	5422 +	5462
		Sat 9:00-9:45 AM	5383	5423 -	5463
	TUMBLE TOTS | AGE 3 This class provides basic tumbling progressions taught on each apparatus. Children will be taught how to follow multi-step directions, communicate with peers, and improve strength and flexibility. **Parents Required	Sun 2:00-2:45 PM	5384	5424 -	5464
		Sun 3:00-3:45 PM	5385	5425 -	5465
		Tues 9:30-10:15 AM	5386	5426 +	5466
		Wed 9:30-10:15 AM	5387	5427 +	5467
		Wed 6:15-7:00 PM	5388	5428 +	5468
		Sat 9:00-9:45 AM	5389	5429 -	5469
	PARENT & ME GYMNASTICS FOR SPECIAL NEEDS Our classes for kids with special needs combine elements of gymnastics, fitness, and trampoline as well as movement education. We can accommodate children of all skill levels and will work with children with braces or wheelchairs, too; everyone is welcome! We will provide kids with opportunities to engage in physical movement and social interactions, thereby increasing their overall physical fitness, social skills, & self-esteem.	Sun 11:00 AM-12:00 PM	5497	5498 -	5499
BY MYSELF	**BIG SHOTS | AGES 4-5** This class is for children not yet enrolled in kindergarten. Children will practice basic gymnastics skills as they navigate through a variety of stretches, warm-up activities, and circuits. This class is intended to prepare children for our school age progressive program.	Sun 1:00-1:45 PM	5370	5410 -	5450
		Sun 3:00-3:45 PM	5371	5411 -	5451
		Mon 4:30-5:15 PM	5372	5412 +	5452
		Tues 10:30-11:15 AM	5373	5413 +	5453
		Wed 10:30-11:15 AM	5374	5414 +	5454
		Wed 1:00-1:45 PM	5375	5415 +	5455
		Wed 6:15-7:00 PM	5376	5416 +	5456
		Sat 10:00-10:45 AM	5377	5471 -	5457
		Sat 11:00-11:45 AM	5378	5418 -	5458

SPECIAL FALL 2 PRICING

Fall 2 classes marked with `-' are the same price as the Fall 1 session of that class
Fall 2 classes marked with `+' are the same price as the Winter 1 session of that class
Kippers class #5446 (next page -Fall 2 - marked *) is $136 for members and $195 for community

OPEN GYM - FALL/WINTER (SEPT 8-MARCH 16)

Open gym is a great opportunity for gymnasts and community members to come in and spend extra time working on skills of their choice or just have fun playing in the gym. Please be respectful of rules, guidelines, and staff.

**No Open Gym – 11/10, 11/24 12/22, 12/29

Toddler/Preschool (5 and under) (Parent MUST accompany child)

Fridays: 10:00 AM-12:00 PM

Fee: Member Free | Community $4

School Age/General Public (Child MUST be signed in by a parent)

Fridays: 7:00-9:00 PM

Fee: Member $4 | Community $8

EAU CLAIRE YMCA HOME GYMNASTICS MEET

November 11 & 12, 2017

Join us for our home gymnastics meet and watch as over 400 gymnasts (Levels 1-9) from across the state compete!

Tickets:
Adult $2, Child $1
Concessions available for purchase!

ALL DAY OPEN GYM

October 27, November 21, December 29, February 23

These special open gyms are for days off from school. Full-day (8:30 AM-3:00 PM) and half-day (8:30-11:30 AM or 12:00-3:00 PM) options are available. This program includes craft activities, and the full-day option also offers lunch!

Fee: Member $20 full day, $12 half day | Community $30 full day, $18 half day

PROGRESSIVE GYMNASTICS

FALL 1: 9/10-10/21 FALL 2: 10/22-12/16 (NO CLASS 11/10-11/12 OR 11/19-11/25) WINTER 1: 1/28-3/17

CLASSES BY MYSELF

CLASS	DAY & TIME	FALL 1	FALL 2	WINTER 1
Rollers: FALL 1 | Member: $48 Community $66	**Rollers: WINTER 1 | Member: $56 Community $88**			
ROLLERS | AGES 5+ This first of the progressive classes is for students who are new to the sport of gymnastics. This class will help your child learn the basics of gymnastics and lay down a foundation upon which to build. This class will also include a variety of stretching and strength-building activities. **FLOOR:** Handstands, cartwheels, rolls, jumps **BARS:** Assisted pullovers, swings **BEAM:** Basic balance techniques **VAULT:** Proper basics	Sun 2:00-3:00 PM	5390	5430 -	5470
	Sun 3:00-4:00 PM	5391	5431 -	5471
	Mon 5:30-6:30 PM	5392	5432 +	5472
	Tues 4:30-5:30 PM	5393	5433 +	5473
	Wed 4:30-5:30 PM	5394	5434 +	5474
	Wed 7:00-8:00 PM	5395	5435 +	5475
	Thurs 6:00-7:00 PM	5396	5436 +	5476
	Sat 10:00-11:00 AM	5397	5437 -	5477
	Sat 11:45 AM-12:45 PM	5398	5438 -	5478
Swingers: FALL 1 | Member: $72 Community: $99	**Swingers: WIN 1 | Member: $84 Community: $116**			
SWINGERS | AGES 5+ Swingers, the second progressive class, is for students who have basic experience with the sport. This class complements and rounds out the developmental skills needed to give your child a sound background in gymnastics. **FLOOR:** Unassisted handstands, cartwheels, turns **BARS:** Pullovers, assisted back hip circles, drills **BEAM:** Walks, kicks, jumps, basic handstand drills **VAULT:** Additional proper basics	Sun 4:00-5:30 PM	5399	5439 -	5479
	Mon 4:00-5:30 PM	5400	5440 +	5480
	Mon 6:30-8:00 PM	5401	5441 +	5481
	Wed 4:30-6:00 PM	5402	5442 +	5482
	Thurs 4:30-6:00 PM	5403	5443 +	5483
	Sat 11:15 AM-12:45 PM	5404	5444 -	5484
Kippers & Flyers: FALL 1 | Member: $126 Community: $180	**Kippers & Flyers: WIN 1 | Member: $168 Comm: $210**			
KIPPERS | AGES 5+ Kippers runs 2x per week to enhance learning & skill development. **FLOOR:** Bridge kickovers, pike backward rolls, jumps **BARS:** Chin-up pullovers, back hip circles, single-leg basket swings **BEAM:** Cartwheel to handstand, leg balances, turns **VAULT:** Jump to handstand, arm circles, handstands	Mon 7:00-8:30 PM & Wed 4:30-6:00 PM	5405	5445 +	5485
	Tues & Fri 5:30-7:00 PM	5406	5446*	5486
FLYERS **FLOOR:** Roundoffs, bridge kickovers, back handsprings **BARS:** Casting into back hip circles, stride & front hip circles, kips **BEAM:** Mounting, handstands, high beam (leaps, jumps, turns) **VAULT:** Handstand to flat back After a gymnast has achieved all Flyers skills, they will have the option of joining the competitive Level 2 team or continuing with the progressive program in the Flippers class.	Mon & Wed 5:30-7:00 PM	5407	5447 +	5487
	Tues & Thurs 4:30-6:00 PM	5408	5448 +	5488
Flippers: FALL 1 | Member: $168 Community: $240	**Flippers: FALL 2 & WIN 1 | Member: $224 Comm: $280**			
FLIPPERS **FLOOR:** Handstand forward rolls, handstand to bridge kickovers, backward rolls with straight arms, connecting roundoff to back handspring **BARS:** Front circle connected to a cast, underswing dismounts, squat on, kips **BEAM:** Handstands, cartwheel to handstand 1/4 turn dismounts, low beam (leaps, jumps, cartwheels) **VAULT:** Handstand flat backs, front handsprings Once a gymnast has mastered all of the skills in Flippers they have the option of joining the Level 3 team or one of our Xcel teams.	Tues & Thurs 6:00-8:00 PM	5409	5449 +	5489

COMING IN JANUARY: GYMNASTICS CLINICS!

Watch our website for more details as they become available!

HEALTH & WELLNESS

Enhance®Fitness Ages 55+

This fitness class is different from the start because it is based on scientific research and input from older adults. The result is a fun and lively program that works! Format includes cardio endurance, strength, flexibility, and balance which can help reduce arthritis symptoms. Free to members, but registration required. Physical pre/post assessments included to track your progress! All classes are held in the Fitness Training Center. Mon/Wed/Fri at 7:00 AM.

YMCA Diabetes Prevention Program

If you are at high risk for type 2 diabetes, this program is for you! The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58%.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity, and other behavior changes over a 12-month period, beginning with 16 weekly one-hour sessions followed by monthly maintenance for added support to help them maintain their progress.

DIABETES PREVENTION PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25), and at high risk for developing type 2 diabetes indicated by a confirmatory blood value, prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

LIVESTRONG® at the YMCA Program

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVE**STRONG**® have joined together to create LIVE**STRONG**® at the YMCA, a free research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve goals such as: building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVE**STRONG**® at the YMCA is helping people move beyond cancer in spirit, mind, and body.

NEED MORE INFORMATION?

To learn more about the YMCA Diabetes Prevention Program or LIVESTRONG® at the YMCA, contact Sarah Wood, Healthy Living Coordinator, at sarah.wood@eauclaireymca.org or 715 833 4846.

JumpStart

JumpStart your fitness goals with a meeting that can provide you with the answers you need to succeed at the Y. You'll meet for an hour with a Y fitness staff member who can address your goals and recommend programs that are right for you. This is also great for a member who wants to reevaluate his or her goals.

Complete JumpStart and receive one of the following gifts:

- 10 Y BUCKS - May be used for any program or merchandise. Cannot be used for child care.
- 2-week free trial membership for a friend.

Fee: Members Free!

Commit to Fit

This progressive 12-week program is for people who want to begin an exercise program. Your wellness coach will lead you through a tutorial of the ActivTrax program, as well as work with you to set short- and long-term goals on a weekly basis. Over the 12 weeks, your coach will educate and motivate you so you can take a step closer to healthy living.

Fee: Members Free!

Fitness Assessments

A health/fitness assessment establishes baseline measurements from which your progress may be tracked. Assessments may include blood pressure, resting heart rate, body composition, cardiovascular fitness, flexibility, muscular fitness, and movement screening. A Y personal trainer will also recommend exercises to improve your fitness level.

Fee: Members Free! | Community $40

Equipment Orientations

Our staff will instruct you on how to use equipment properly and safely so that you can feel confident and comfortable.

Fee: Members Free!

ActivTrax

We've all been there—wondering what exercises to do and when, or even how, to do them. That's why we've brought you ActivTrax. This virtual trainer serves as your workout partner and understands your wants, needs, and goals. It's simple to use, effective, and easy to get started. Once activated, you can log in to print workouts and track your progress online.

Fee: Eau Claire Y Members Free!

Goju Kai Karate

Each session, you will learn karate and self-defense skills while improving flexibility, balance, and coordination. This program runs continuously and meets every Thursday evening and Saturday morning; you may attend whichever sessions meet your schedule. Enrollment is continuous and both beginner and advanced levels are taught at each class.

Days/Time: Thurs 7:00-9:00 PM | Sat 10:00 AM-12:00 PM

Location: Fitness Training Center (FTC)

KARATE PUNCH CARD		
# of Sessions	Member	Community
3	$15	$30
10	$40	$80
20	$60	$120

For more information, please contact Duane Badman at 715 456 0152 or dbadman@centurytel.net

SPECIALTY FITNESS CLASSES

FALL 1: 8/27-10/14 (NO CLASS 9/4) | FALL 2: 10/15-12/2 (NO CLASS 11/23) | WIN 1: 12/3-1/20 (NO CLASS 12/25, 1/1) | WIN 2: 1/21-3/10

CLASS	DAY	FALL 1	FALL 2	WIN 1	WIN 2	FEE
BOOT CAMP Get set to push to a new level of fitness! Improve your strength and stamina with high-intensity, fun workouts. Boot Camp will focus on cardio, core, power movements, and coordination. Using interval training, we will motivate and coach you to find your potential.	Mon/Wed/Fri 5:30-6:30 AM **Schaaf Gym**	5177	5178	5179	5180	Member $70 Community $100
	Sun | 6:30-7:30 PM **FTC**	5181	5182	5183	5184	Member $24 Community $34

SPECIALIZED SMALL GROUP PERSONAL TRAINING

Small group training sessions, designed for 4-8 people, give you more flexibility and individualized attention than a large group exercise class. Specialized small group training offers a reduced cost over private personal training sessions and you can schedule sessions at your own convenience. You can even schedule sessions with friends!

BEGINNER FITNESS Are you new to fitness? Getting back into a routine? If yes, this class is designed for you! Beginner Fitness focuses on various aspects of fitness. In this class you will be introduced to low-level interval training, TRX, cardiovascular endurance, stretching, and many other forms of physical activity, all at a beginner's level.	Thurs 5:30-6:30 PM **LFC**	5185	5186	5187	5188	Member $42 Community $63
TRX/BODY WEIGHT SMALL GROUP TRAINING Every body movement is powered by the torso, abs, and back working together to support the spine during everyday activities; suspension training works to build that needed core strength. The TRX Suspension Trainer is the original body weight-based training tool that builds strength, balance, flexibility, and core stability.	Wed 5:15-6:00 PM **Hobbs Gym**	5201	5202	5204	5205	
FIERCE FITNESS Ages 16+ Fierce Fitness combines weight training, core strength, cardiovascular endurance, and flexibility into unique workouts to challenge your metabolic pathways. We will use time and scoring systems in order to establish both internal and external motivation and competition. Fierce Fitness is a great workout or next step in achieving a higher fitness level!	Tues/Thurs 5:30-6:30 AM **LFC**	5206	5207	5208	5209	Member $84 Community $126

PERSONAL TRAINING

PRIVATE SESSION PACKAGES

ALL PRICES LISTED ARE PER SESSION

SESSIONS	MEMBER	COMMUNITY
(3) 30 min. sessions	$27	$37
(6) 30 min. sessions	$25	$35
(12) 30 min. sessions	$23	$33
(20) 30 min. sessions	$21	$31
(3) 60 min. sessions	$41	$51
(6) 60 min. sessions	$39	$49
(12) 60 min. sessions	$37	$47
(20) 60 min. sessions	$35	$45

SEMI-PRIVATE SESSION PACKAGES (2-3 PEOPLE)

ALL PRICES LISTED ARE PER PERSON, PER SESSION

SESSIONS	MEMBER	COMMUNITY
(6) 30 min. sessions	$21	$31
(12) 30 min. sessions	$17	$27
(6) 60 min. sessions	$31	$41
(12) 60 min. sessions	$27	$37

IGNITE YOUR WORKOUT

Ignite Personal Training Package* $99

Need some direction? Don't know where to start? The Ignite Personal Training Package will help you get started!

- 3 personal training sessions, 60 minutes each
- A wellness consultation and assessment

*offer valid for for members new to personal training

To schedule a personal training session or to sign up for Ignite, contact Jamie at 715 839 4614 or Jamie.Hoover@eauclaireymca.org

Steps to Get Started with Personal Training

- Step 1: Complete the Personal Training interest form online or return a paper copy to the Service Desk.
- Step 2: Our staff will recruit a trainer who matches your training goals and availability.
- Step 3: Your trainer will contact you within 48 hours to set up a consultation.
- Step 4: Together, you will decide which option and times work best for you.

TENNIS CENTER

Open Court Time

- Open court time can be reserved by scheduling between 30 minutes to 2 hours (in ½ hour increments) at a time.
- Mondays-Fridays after 4:00 PM, limit 90-minute reservations.
- Open court time reservations can be made up to 7 days ahead of time either in person, online at www.eauclaireymca.org, or by phone (i.e. call Monday for a court Sunday, 715 836 8470).

Facility Hours

Monday-Thursday | 6:00 AM-10:00 PM
Friday | 6:00 AM-9:00 PM
Saturday | 8:00 AM-8:00 PM
Sunday | 10:00 AM-10:00 PM

Hourly Open Court Time Rental Rates

(Hourly fee split by all participants on court)

Youth/Full Time College Student: $12/court/hr

Adult: $18/court/hr

Happy Hour Discount Time (all ages): $12/court/hr
Monday-Friday, 6:00-9:00 AM & 12:00-4:00 PM | Saturday, 12:00-4:00 PM

Upcoming Tennis Events

October 27-29 | 23rd Annual Halloween Open
One of the most popular tournaments for USTA members in Northwest Wisconsin. Flights for many abilities offered. To participate in the tournament, registration is only allowed online (www.northern.usta.com). If you have any questions, please contact the Tennis Center for more information. (715 836 8470 or email: tennis@eauclaireymca.org)

November 11-12 | 5th Annual Western Wisconsin Fall Junior Open
This is a level 6 sanctioned USTA tournament. All players must be current USTA members and meet the points requirement. To participate in the tournament, registration must be completed online (www.northern.usta.com). If you have any questions, please contact the Tennis Center for more information.

January 6-7 | 5th Annual Western Wisconsin Winter Junior Open
This is a level 7 sanctioned USTA tournament. All players must be current USTA members and meet the points requirement. To participate in the tournament, registration must be completed online (www.northern.usta.com). If you have any questions, please contact the Tennis Center for more information.

February 3 | Eau Claire Super Set (Level 6) Junior Tournament
Matches may start as early as 9:00 AM. Please check the times carefully. This is a big tournament, so please show up on time or even a little earlier in case we have courts available. Boys/Girls 12-18's—One 8 game pro set. There will be no add scoring. This is a ONE day event. It is full feed consolation. ONE set per match. The tournament will run 4-6 hours depending on draw size. This Super Set is sanctioned and you do get points.

YOUTH TENNIS

The YMCA Tennis Center offers junior programming starting with the 4-5 year old "Quick Start" program and progressing to high school varsity players in the ACE program. The Tennis Center Director and USPTA Elite Professionals Jon Pickett and Meg Minton will be happy to assist you in placing your child in the most appropriate group. Please take note that although most groups are categorized by age, ability and maturity are considered in placing youth in the best group for them.

Please keep in mind that a student does not often advance a level each session. Many factors such as attendance, coordination, growth, development (physical, behavioral & mental), and maturity level affect the student's progression through levels. Remaining at the same level should not be interpreted as not improving or not achieving success. As your child moves up levels in the tennis program, the next level is designed to take longer and to be more challenging. If you believe your child is not improving at the rate of others, please see your instructor for advice.

- Tennis pros are not responsible for pre-signing juniors for the next session.
- Players will receive a class recommendation form on the second to last class of the session.
- Tennis racquets are provided if needed from the demo racquet pro shop.
- Call the Tennis Center Director at 715 836 8470 to be rated/categorized by proper skill level and not by the player's age.

YOUTH GROUP LESSON INFO

- **A group lesson must be paid in full to secure a spot in the class.**
- **Lessons are only prorated if a participant signs up late.**
- **Lesson participants can make up for missed lessons in a similar group lesson in the same session if OK'd by the Tennis Director, Head Pro, or the instructor of the lesson**

ACE PROGRAM

- **Classes focus on competitive training for the serious junior tennis players.**
- **All Ace programs will meet 2x a week.**
- **Please contact Matt Boughton or Jon Pickett before signing up for any Ace program.**

YOUTH TENNIS

FALL 1: 9/11-10/14 | FALL 2: 10/16-11/18 | FALL 3: 11/27-1/6 (NO CLASS 12/25-1/1) | WINTER 1: 1/8-2/10 | WINTER 2: 2/12-3/17

CLASS	DAY & TIME	FALL 1	FALL 2	FALL 3	WIN 1	WIN 2	FEE
QUICK START TENNIS 1 | AGES 4-5 This is a fun, engaging program that teaches the fundamentals of tennis including hand-eye coordination, back and forehand strokes, simple games where points are scored, cooperative activities, basic rules, care of equipment, and sportsmanship. We will use 36′ courts, red balls, and 17″ racquets.	Tues 4:30-5:00 PM	5057	5058	5059	5060	5061	Member $40 Community $80
	Fri 4:30-5:00 PM	5062	5063	5064	5065	5066	
	Sat 9:00-9:30 AM	5067	5068	5069	5070	5071	
QUICK START TENNIS 2 | AGES 5-7 Players will continue to improve on the form taught in QS 1 and learn basic rules of the game, how to keep score and make shot decisions, basic tenets of doubles, and continue developing sportsmanship. We will use 36′ or 60′ courts, orange balls, and 19″ racquets.	Tues 4:30-5:00 PM	5072	5073	5074	5075	5076	Member $40 Community $80
	Fri 4:30-5:00 PM	5077	5078	5079	5080	5081	
	Sat 9:30-10:00 AM	5082	5083	5084	5085	5086	
QUICK START 3 | AGES 7-12 Players will continue to develop what they learned in QS 2 while spending more time learning to play and applying rules of individual or doubles play. They will also learn to encourage and support others while continuing their development of being a good sport. We will use 60′ courts, orange or green balls, and 25″ racquets.	Tues 5:00-6:00 PM	5087	5088	5089	5090	5091	Member $80 Community $160
	Fri 5:00-6:00 PM	5092	5093	5094	5095	5096	
	Sat 10:00-11:00 AM	5097	5098	5099	5100	5101	
TRANSITIONS | AGES 12+ For players that have been through the Quick Start program and are ready to transition to the 78′ court. They will use green dot, yellow tennis balls, and 36″ net.	Fri 4:00-5:30 PM	5102	5103	5104	5105	5106	Member $110 Community $210
ACE III This class is designed for competitive junior high and junior varsity players to have fun while meeting the players' needs. We'll teach core concepts such as correct techniques in ground strokes, volleys, serves, overheads, and specialty shots (drop shots and lobs). Tennis strategy and point construction are introduced.	Tues & Thurs 4:00-5:00 PM	5107	5108	5109	5110	5111	Member $165 Community $295
ACE II This class is for junior varsity players and focuses on the fundamentals of match play, having fun, and making friends. Students will learn the importance of each point and be given strategies to develop their natural skills in both singles and doubles match play. Good sportsmanship and encouragement of others is expected.	Tues & Thurs 5:00-6:30 PM	5112	5113	5114	5115	5116	Member $210 Community $380
ACE I/HIGH PERFORMANCE Intensive workouts for varsity players with singles and doubles strategies and mental toughness for match play scenarios. Players must have instructor consent before registration.	Mon & Wed 4:00-5:30 PM	5117	5118	5119	5120	5121	Member $210 Community $380

COMING THIS WINTER: MENARD FAMILY YMCA TENNIS CENTER

This winter, we're excited to invite you to join us at the brand new Menard Family YMCA Tennis Center. Situated at 1260 Menomonie Street (the corner of Menomonie Street and Carson Park Drive), this state-of-the-art facility will boast eight indoor courts. We hope to see you out on the courts!

ADULT TENNIS

The Tennis Center offers an extensive range of group lessons to meet a variety of needs. Whether you are looking to pick up a new, fun activity or are a seasoned veteran who wants to polish up their game, our staff can help you find a spot! Matt Sem, Meg Minton, or the Tennis Center Director will be happy to assist you in finding the correct class for your abilities.

Group Lessons

Group lessons are intended for 3-12 participants and are separated by the United States Tennis Association's NTRP Rating System. This system assigns a number rating according to ability and raises in value in .5 increments. Our adult beginners start at a 2.0 level, with the highest level being at 4.0. Please ask our staff for help with placement.

- Lessons must be paid in full to secure a spot.
- Lesson participants can make up for missed lessons in a similar group lesson in the same session if OK'd by Matt Boughton or the instructor of the lesson.
- Private lessons and hitting sessions are also available - contact the Tennis Center for rates & availability.

Cardio Tennis

Monday-Friday | 10:30-11:30 AM

Cardio Tennis is a fun group activity, featuring drills to give players of all abilities the ultimate high-energy workout. Taught by a teaching professional, it includes warm-up, cardio workout, and cool down phases.

Fee: Member $5 | Community $9

"Noon Ball" Doubles

Fridays | 12:00-1:30 PM

A fun and educational opportunity for adults to practice their doubles skills. Players will spend the first 45 minutes participating in doubles drills with an instructor and the last 45 minutes playing points with coaching. Players may sign up ahead of time for each week or drop in. Drill is limited to the first 8 players.

Fee: Member $15 | Community $25

ADULT TENNIS

FALL 1: 9/11-10/14 | FALL 2: 10/16-11/18 | FALL 3: 11/27-1/6 (NO CLASS 12/25-1/1) | WINTER 1: 1/8-2/10 | WINTER 2: 2/12-3/17

CLASS	DAY & TIME	FALL 1	FALL 2	FALL 3	WIN 1	WIN 2	FEE
TENNIS REFRESHER <2.5 This class is for players wanting to get back into tennis and relearn the fundamentals.	Mon 9:00-10:30 AM	5122	5123	5124	5125	5126	Member $95 Community $190
BEGINNER <2.5 This class will cover basic strokes (serves, returns, ground strokes, volley), footwork, & ball judgment.	Wed 7:00-8:30 PM	5127	5128	5129	5130	5131	
ACTIVE OLDER ADULT DRILL Drill is for adults 55+ looking to practice strategy and tune their strokes in a controlled, fun setting.	Tues 1:00-2:30 PM	5132	5133	5134	5135	5136	
INTERMEDIATE 2.5-3.0 The basic strokes will be refined and strategy will be introduced. Proper grip and stroke production will be stressed. This class will introduce the patterns of play and working a point. Ratio is 5:1.	Wed 5:30-7:00 PM	5137	5138	5139	5140	5141	
	Fri 9:00-10:30 AM	5142	5143	5144	5145	5146	
ADVANCED INTERMEDIATE 3.0-3.5 Intended for players who want to improve their strokes and learn important strategies of the game. Half of the class time will be spent on improving stroke production and half will be spent on strategies. Ratio is 5:1	Tues 9:30-11:00 AM	5152	5153	5154	5155	5156	
ADVANCED DOUBLES STRATEGY 3.5+ This is a fast-paced, high-intensity, strategic doubles drill for players looking for advanced tactical doubles skills. The drill focuses on communication, movement, strategy, and point play. Players will learn new techniques of modern doubles as well as practice tried-and-true methods. Players should expect a mix of instructional drill and coached point play.	Mon 12:30-2:00 PM	5157	5158	5159	5160	5161	
	Wed 1:30-3:00 PM	5162	5163	5164	5165	5166	
ADVANCED 3.5+	Thurs 9:00-10:30 AM	5147	5148	5149	5150	5151	
DOUBLES DRILLS 3.5+ Drill is open to all players rated 3.5 and above. Players drill for the majority of the time.	Mon 7:00-8:30 PM	5172	5173	5174	5175	5176	
SINGLES' DRILLS 3.0-4.0	Tues 11:00 AM-12:30 PM	5167	5168	5169	5170	5171	Member $105 Community $210

GROUP EXERCISE CLASSES

Fitness classes at the Y provide a great way to get in a quality workout in a supportive, friendly atmosphere. And the best part? **Group exercise classes at the Eau Claire YMCA are free and unlimited to members!** Members should scan their card upon entering the classes, and community members must present their class pass to the instructor.

While classes vary from session to session, the classes listed below exhibit a small sampling of a few of our most popular offerings. Most classes run continuously throughout the year - come on down and check one out!

Butts & Guts

This 30-minute class focuses on strengthening the muscles of your core and glutes. These muscles are fundamental in carrying out activities of daily life and stabilizing your spine.

Cardio Dance

Add a little dance to your workout! We'll build strength, flexibility, and cardiovascular fitness while learning a few basic ballet and jazz dance moves.

Cardio Fusion

This class is a blend of aerobic exercise designed by the instructor for the class. Some of the likely elements of this cardio class will be: Step Aerobics, BOSU Ball, Hi/Lo Aerobics, and Kickboxing.

Hydro Aerobics

A water exercise class designed for all levels of physical fitness. The water environment puts less stress on your body's joints while adding resistance to help improve your muscle tone. No swimming ability is required; however, participants must be comfortable in deep water.

Indoor Cycling

This class is a cardiovascular workout performed to music on a stationary bike. It is simple, fun, and easy to learn. This class is for everyone: all ages and fitness levels. You must sign in bi-weekly at the Welcome Desk to reserve your bike. 40 minute class, unless noted. New participants should arrive 10 minutes early to meet with the instructor.

Just Pump & Just Pump Express

An athletic-based workout using various weights and fitness "toys" working every major muscle group designed for all ages and fitness levels. This class will deliver quick results to tone and strengthen your body. A great way to get in shape!

Strength, Balance & Flexibility (SBF)

Build strength in all of the major muscle groups and core! Weights, dynabands, and stability balls will be used in this class which places equal emphasis on exercises to improve balance & flexibility. Appropriate for beginners and the experienced. No jumping included.

Yoga

Yoga for all levels. Renew your spirit and relax your mind while stretching and strengthening your body. Take the time to shed the distractions and enjoy a reconnection with your body senses. Concentration will be on exploring the essentials of breathing, posture, and lengthening while learning basic yoga poses.

Zumba®

Combines high energy and motivating Latin and international music with unique moves that are fun and easy to do. Ditch the workout, join the party!

ACTIVE OLDER ADULTS

Enhance®Fitness Ages 55+

Monday/Wednesday/Friday, 7:00 AM

This fitness class is different from the start because it is based on scientific research and input from older adults. The result is a fun and lively program that works! Format includes cardio endurance, strength, flexibility, and balance which can help reduce arthritis symptoms. Free to members, but registration required. Physical pre/post assessments included to track your progress!

Chair Yoga

Tuesdays, 10:30 AM & Thursdays, 8:00 AM

Chair Yoga is a type of mild yoga that involves sitting in a chair and also using it to support upright and standing poses. This is a popular class for those who have arthritis, injuries, or other limitations, and is frequently practiced by active older adults. A great way to start your day!

Joint Efforts

Monday-Friday, 9:15 AM

Promotes low-impact workout for adults with arthritis. This class will meet in the shallow portion of the pool.

Silversneakers® Classic

Monday/Wednesday/Friday, 9:00 AM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support. One hour class in the Party Room.

Social Gatherings

Join us for a series for fun activities planned just for you! From BINGO to walks through the Eau Claire Sculpture Tour to potluck lunches and speaker presentations, we invite you to come on down to the Y for a new event every month! Check the bulletin boards in the building for upcoming event sign-up sheets and informational flyers.

Active Older Adult Orientation

Available upon request

Find out all the activities, classes, and other amenities available to you with your membership. Whether you are a new member or not, feel free to request an orientation by contacting Missy at missy.reece@eauclaireymca.org.

Book Club

Second Thursday of every month

Our YMCA book club will meet on the second Thursday of every month at 11:30 AM to discuss the current book and hand out the next one. We will read a new book every month and meet at the tables in the upstairs lobby (Entrance B). If you are unable to attend but want to read the next book, please contact us.

Open Pickleball & Kubb

Check flyers for exact days & times

Try out these two fun games that are all the rage! Equipment can be checked out at the Welcome Desk and must be put away after play.

SAFETY COURSES

FOR CLASS DETAILS VISIT WWW.EAUCLAIREYMCA.ORG/SAFETY-COURSES

CLASS	DATE	DAY/TIME	PROGRAM #	FEE
BABYSITTER TRAINING AGES 10-15 This class will teach the information and skills necessary to provide safe and responsible care for children. Lessons will focus on six critical areas: leadership, safety, age-appropriate activities, basic care, first aid, and professionalism.	10/26-10/27	Thursday & Friday 8:30-11:00 AM	5240	Member $40 Community $60
	2/22-2/23		5241	
CPR/AED/FIRST AID AGES 15+	9/9	Saturday 9:15 AM-2:00 PM	5253	Member $70 Community $95
	10/7		5254	
	11/4		5255	
	12/2		5256	
	2/3		5257	
LIFEGUARD TRAINING AGES 16+	11/6-11/11	Mon-Fri | 5:30-9:30 PM Sat | 9:00 AM-5:00 PM	5248	Member $185 Community $225 $35 deposit (non-refundable) due 1 week prior
	2/12-2/17		5249	
LIFEGUARD REVIEW AGES 17+ This class is intended for those who currently hold lifeguard certification and wish to renew.	9/7	Thursday 4:00-10:00 PM	5496	Member $70 Community $95
	10/5		5250	
	1/4		5251	
	2/1		5252	
LIFEGUARD INSTRUCTOR TRAINING AGES 17+ **Must contact the aquatic director and enroll two weeks in advance of the session**	10/15-10/29	Sundays 1:00-7:00 PM	5245	Member $225 Community $315 $100 deposit (non-refundable) due 2 weeks prior
	2/18-2/25		5246	
LIFEGUARD INSTRUCTOR REVIEW AGES 17+ This class is intended for current Lifeguard Instructors (LGIs) to recertify their teaching status for the new course material update. **Must contact the aquatic director and enroll two weeks in advance of the session**	2/11	Sunday 11:00 AM-7:00 PM	5247	Member $70 Community $125 $35 deposit (non-refundable) due 2 weeks prior

VOLUNTEER OPPORTUNITIES

Are you looking to engage and inspire your community? Please consider volunteering for the Y! The Eau Claire YMCA is deeply committed to providing opportunities for people to live healthy, confident, connected, and secure lives. We strive to create mutually beneficial volunteer opportunities for our members and the community through connecting your passions and talents with the needs of programs and events. In many cases, the success of our events and programs can be measured by the quality and selflessness of our volunteers, which we at the Y have been fortunate enough to have an abundance of over the past several years.

Kids of Steel Triathlon

Sunday, September 17, 12:00-4:00 PM

This is the perfect event for the adventurous youth looking for a challenge! Volunteers will help with check-in and supervise along the route in order to ensure a safe and rewarding race for all. All volunteers will receive a t-shirt.

Contact: Bonnie (bonnie@eauclaireymca.org)

Monster Bash

Friday, October 27, 2:00-4:00 / 4:00-7:00 PM

Join us as the Y's Schaaf and Hobbs Gyms are transformed into a Halloween jamboree, complete with "spooky" tunnel, carnival games, a costume contest, DJ music, and prizes! Volunteers are needed to help decorate, run the event, and clean up afterwards.

Contact: Emily (youth@eauclaireymca.org)

Turkey Trot

Thursday, November 23, many shifts available

The Turkey Trot is a beneficiary race where a portion of race proceeds benefit the Eau Claire YMCA and Boys & Girls Club. In order to make the race a success, volunteers are needed to expedite registration, distribute t-shirts, monitor the course, and aid in the food, beverage, and pie tents. All volunteers will receive a free long-sleeved Turkey Trot t-shirt!

Contact: Jamie (jamie.hoover@eauclaireymca.org)

YOUR YMCA CONTACTS

This is more than just a career for us; this is our family and you're a part of it too! We are always here for you; please don't hesitate to contact us!

Ken Van Es, Executive Director
ext. 112 | ken@eauclaireymca.org

Becky Adamski Krische, Aquatics Director
ext. 119 | becky@eauclaireymca.org

Bobbi Marion, Child Development Center Director
ext. 110 | bobbi@eauclaireymca.org

Bonnie Nicolai, Sports Director
ext. 116 | bonnie@eauclaireymca.org

Breanna Hintz, School Age Child Care Coordinator
ext. 109 | breanna.hintz@eauclaireymca.org

Brian Moore, Camp Manitou Director
ext. 107 | brian@eauclaireymca.org

Briana Goldbeck, Assistant Camp Manitou Director
ext. 107 | briana.goldbeck@eauclaireymca.org

Carly Anderson, Gymnastics Coordinator
ext. 144 | carly@eauclaireymca.org

Craig Monson, Operations Director
ext. 106 | craig@eauclaireymca.org

Dee Sembach, Administrative Assistant
ext. 104 | dee.sembach@eauclaireymca.org

Jamie Hoover, Healthy Living Director
ext. 114 | jamie.hoover@eauclaireymca.org

Jen Zwicky, Marketing & Youth Development Director
ext. 105 | jen.zwicky@eauclaireymca.org

Lynne Weister, Finance
ext. 117 | lynne@eauclaireymca.org

Matt Boughton, Tennis Director
ext. 144 | tennis@eauclaireymca.org

Michelle Weister, School Age Child Care Registrar
ext. 103 | michelle@eauclaireymca.org

Neil Morley, Finance Director
ext. 118 | neil@eauclaireymca.org

Nicole Fluekiger, Child Development Center
ext. 115 | nicole@eauclaireymca.org

Paula Caucutt, Head Swim Team Coach
715 577 6500 | coachpaula@outlook.com

Sarah Wood, Healthy Living Coordinator
ext. 146 | sarah.wood@eauclaireymca.org

Steve Fox, Facility Director
ext. 121 | steve@eauclaireymca.org

Suzie Slota, Development Director
ext. 131 | suzie@eauclaireymca.org

Terri Hawkinson, Member Engagement
ext. 138 | terri@eauclaireymca.org

Welcome Desk - Entrance A
715 839 4620

VOLUNTEER TODAY

When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your health and well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

TYPES OF VOLUNTEER OPPORTUNITIES

Our volunteers have varying talents and abilities, but the majority fall under the following categories:

PROGRAM

Coach a team or help out at one of our family events.

SUPPORT

Give back and support neighbors whether it is in the office, in the lobby, or on the grounds.

FUNDRAISING

Help to raise funds to ensure the Y is accessible to all members of the community.

LEADERS

Serve on our Board of Directors or a committee.

TOGETHERHOOD

Give positively to our community through service projects chosen and designed by a committee of Y members.

For more information, please contact Tasmine at events@eauclaireymca.org

VOLUNTEER LEADERSHIP

It takes many caring people to make all the great things happen at our Y. Each of our volunteer board members share their time and energy, and focus on strengthening our communities by helping kids reach their potential, encouraging healthy living for all ages, and giving back to our neighbors.

Board of Directors

Jenny Fesenmaier – President
Heidi Atkins – Past President
Scott Lau – Vice President
Connie Pedersen – Vice President
Sara Nick – Treasurer
Jason Wudi - Secretary

Beth Blackburn
Andy Cooper
Lieske Giese
Pam Haller
Kyran Hamill
Andy Jepsen
Doug Johnson
Brian Lanners
Tom Pulse
Mark Rometti
Chris Seelen
Samuel Stagliano
Jason Vance
Steve Weiss

TOGETHERHOOD TEAM

Togetherhood is a national signature program of the YMCA in the program area of Social Responsibility. This program provides members with the unique opportunity to reach out and give back positively to their community through service projects. Togetherhood is headed by a team of dedicated Y members and all projects are member-led and outward-facing. The Y members involved in the planning team choose, design, and recruit volunteers for each project.

If you are interested in joining the Togetherhood team or volunteering to help with a project, please contact togetherhood@eauclaireymca.org.

Eau Claire YMCA
700 Graham Avenue
Eau Claire, WI 54701
(p) 715 836 8460
(w) eauclaireymca.org

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