# YMCA JUNE MEMBER NEWSLETTER

the

# YMCA OF THE CHIPPEWA VALLEY





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# JOIN OUR TEAM!

# **AQUATICS**

- Cashier Bernard F. Willi Outdoor Pool (Chippewa Falls YMCA) | Part-time
- Swim Instructor | Chippewa Falls YMCA | Part-time
- Swim Instructor | Eau Claire Downtown YMCA, Eau Claire South YMCA, | Part-time
  - View Day in the Life Video
- <u>Lifequard | Chippewa Falls YMCA | Part-time</u>
- Lifequard | Eau Claire Downtown YMCA, Eau Claire South YMCA | Part-time Now Hiring Summer Positions
  - Interested in lifequarding but need to be trained? Click here to see upcoming lifequard training courses!

# CHILD CARE, CAMPS, & YOUTH WORK

- <u>Summer Camp Counselor</u> | Eau Claire Downtown YMCA, Chippewa Falls YMCA & YMCA Sports Center | Full/Part Time
  - View Day in the Life Video
  - DPI Licensed Teacher | Eau Claire Downtown YMCA | Summer Position
- Teacher | Days Gone By Early Learning Community | Full-time
- Assistant Teacher Days Gone By Early Learning Community Part-time
- Child Watch Teacher | Eau Claire Downtown YMCA & Eau Claire South YMCA | Part-time
  - View Day in the Life Video

# **CUSTOMER SERVICE**

- Facility Attendant | YMCA Sports Center | Part-time
- Member Service Lead | Eau Claire South YMCA | Part-time

## **HEALTHY LIVING**

- Group Exercise Instructors | Eau Claire South YMCA | Part-time
- Water Aerobics Instructor | Chippewa Falls YMCA | Part-time
- Female Personal Trainer | Eau Claire South YMCA | Part-time
- Group Exercise Instructors | Menomonie East YMCA | Part-time
- Personal Trainers | Menomonie East & South YMCA's | Part-time

## **SPORTS**

- Adult Flag Football Referee YMCA Sports Center | Part-time
- Adult Basketball Referee | YMCA Sports Center | Part-time
- Sport Tykes Instructor | YMCA Sports Center | Part-time
- Gymnastics Team Coach | YMCA Sports Center | Part-time

## **VOLUNTEER OPPORTUNITIES**

Agnes' Table Food Pantry | Chippewa Falls YMCA

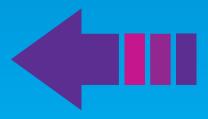
# **NATIONAL YMCA OPPORTUNITIES**





Scan/click the QR code or visit: <a href="https://www.ymca-cv.org/careers">https://www.ymca-cv.org/careers</a>

Click the image to watch, A Day in the Life of a YMCA Swim Instructor!



# Chippewa Falls YMCA



Summer is finally here, and there's so much happening at the YMCA! Here's what's new and exciting:

🎉 Farmers Market Begins June 16

Join us for the return of the Chippewa Falls YMCA Farmers Market! Opening day is June 16th, and we're still accepting vendor applications. Don't miss your chance to be part of this vibrant community event! Click the title above to see more information or submit a vendor application.

🏊 Outdoor Pool Season is Here!

The Bernard F. Willi Outdoor Pool opens June 9th for the season. Make a splash and sign up for swimming lessons today—spots are filling fast! Pool passes are available for purchase as well. A group fitness class schedule will also be released soon, stay tuned!

ዬ C<u>elebrate Dad This Father's Day</u>

Looking for the perfect Father's Day gift? YMCA gift cards are the gift that keeps on giving! Treat Dad to some fun with access to basketball courts, the swimming pool, or our popular golf simulator.

🚴 Power Pedalers Bike Club

Are you a biking enthusiast? The YMCA Power Pedalers is a social riding group for those who enjoy casual rides within a 20-mile radius of Chippewa Falls. All levels welcome—come ride with us!

## 🔆 Here's to Sunshine & Summer Fun!

We're looking forward to many beautiful days ahead. Be sure to check out our updated summer hours and make the most of your time at the Y.

FREE FITNESS AT THE RIVERFRONT CHIPPEWA FALLS YMCA | YMCA OF THE CHIPPEWA VALLEY SUMMER 2025 FREE FITNESS CLASS SCHEDULE

**CLASSES RUN JUNE 2-AUGUST 20, 2025** 

6:30-7:30 PM Yoga with Max TUESDAYS 5:30-6:30 PM Yoga with Karen WEDNESDAYS 5:30-6:30 PM Zumba with Crista & Tara





# **SUMMER HOURS**

MONDAY-THURSDAY: 5:00 AM-8:00 PM

FRIDAY: 5:00 AM-7:00 PM

**SATURDAY & SUNDAY:** 6:00 AM-2:00 PM

June Group Exercise Schedule

**CLICK HERE!** 

Join our Health & Wellness Facebook Group!



**CLICK HERE!** 

Kara Goossens **Executive Director** Chippewa Falls YMCA



# Eau Claire Downtown YMCA



## Summer is Here!

Our facility will be bustling with summer programs this year, even more than before.

Please remember to check the gym and pool schedules, as they will be adjusted for the summer season.

Both Schaaf and Nelson gyms will host programming during the day and in the evenings, and we're thrilled to see so much activity in our building.

## Important Reminders

- Card Scanning
  - Don't forget to stop by the front desk and scan your card every time you
    visit the Y. This is crucial for ensuring everyone's safety, and we will be
    placing greater emphasis on this with our staff. Everyone is expected to
    scan in. Thank you!
- For Outdoor Runners/Walkers
  - If you start your run or walk at the Y, please remember to scan or check in when you return. We may not always recognize everyone, especially if a different staff member is on duty.
  - This procedure is for the safety of everyone in our facility. It is essential that everyone scans or checks in upon each visit. Thank you!

We are looking forward to a fantastic and active summer ahead. Thank you for being a valued Y member!





# SUMMER HOURS

MONDAY-FRIDAY: 5:00 AM-9:00 PM

SATURDAY: 6:00 AM-2:00 PM

SUNDAY: 11:00 AM-6:00 PM

<u>June Group</u> Exercise Schedule



**CLICK HERE!** 

<u>Join our Health &</u> Wellness Facebook Group!



Craig Monson
Executive Director
Eau Claire Downtown YMCA



# **Eau Claire South YMCA**



# **HOURS**

MONDAY-FRIDAY: 5:00 AM-9:00 PM

**SATURDAY-SUNDAY:** 7:00 AM-7:00 PM

## Happy June!

We've made some updates to our summer pool hours to include additional open and lap swim times. Be sure to check our schedule online!

# **Child Watch Hours Update**

 Morning Child Watch hours will now be from 7:45 AM to 11:45 AM starting in June.

# Personal Training June Offer

- Enjoy 10% off Personal Training Packages!
- · More information here.

# **Fitness Opportunities**

• Don't forget to fill out the EGYM onboarding and other fitness interest request forms NOW at the front desk.

# Stay Connected

 Follow us on social media for the latest updates and special events. As always, we're grateful for your support and look forward to seeing you at the YMCA! <u>June Group</u> Exercise Schedule



**CLICK HERE!** 

Randi Schrader
Executive Director
Eau Claire South YMCA







# L.E. Phillips YMCA Sports Center



The YMCA Sports Center is excited to kick off Summer!

Please note, summer hours have begun and will run through Labor Day. Our facility is open Monday – Thursday 9:00~AM-9:00~PM and Fridays 9:00~AM-6:00~PM. Other than an occasional birthday party we will be closed on Saturdays and Sundays for the rest of the

The YMCA of the Chippewa Valley is moving its Parents' Night Out to the YMCA Sports Center for the summer! Groups will rotate through activities on the turf, sport court, and gymnastic area. Parent's Night Out is FREE with a YMCA of the Chippewa Valley Family Membership. Join us on June 20, July 18, & August 15 from 6:00–9:00 PM. Please note registration if required and spots are available on a first-come, first-serve basis. Check out the Parent's Night Out page on our website for more information.

Our Day Camp starts on Monday, June 9th. We're preparing for a super summer of activities serving up to 200 children a day.

The YMCA Sports Center is offering a wide variety of Sports Programming this summer. Please note when the following programs start.

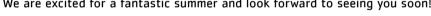
# Week 1: June 9-13

- Sports Tykes
  Sports Tykes
  Youth & Middles School Flag Football
  Middle School & High School Volleyball Leagues
  Coed 4's Adult Volleyball League
  Middle School & High School Girls Basketball Leagues
  Women's Basketball League

# Week 2: June 16-20

- Preschool Gymnastics Classes
- School-Age Progressive Gymnastics Classes Summer Gymnastics Team Practices Begin

We are excited for a fantastic summer and look forward to seeing you soon!







**MONDAY-THURSDAY** 9:00 AM-8:00 PM

FRIDAY 9:00 AM-6:00 PM

**SUNDAY & SUNDAY** CLOSED

**Bonnie Nicolai Executive Director YMCA Sports Center** 





# Menomonie East & South YMCA's





Exciting Developments at Menomonie East and Menomonie South!

# New Signage Installed!

We're pleased to announce that both locations now feature brand-new signs, making each space feel increasingly like "The Y" every day. This may be a small change, but it plays a significant role in fostering community and enhancing our shared identity.

## Welcome, Kurt Maggle – Our New Personal Trainer!

We are excited to introduce Kurt Maggle as the newest member of our team! Kurt is ISSA Certified and specializes in:

- Exercise Therapy
- Senior Fitness
- Strength & Conditioning
- Youth Fitness
- Fitness Nutrition

Whether you're just starting out or looking to elevate your fitness, Kurt is here to support you on your wellness journey.

# 🚴 Spin Room Update

We've enhanced the spin room by upgrading the bikes to improve your riding experience. Now, we are on the lookout for one more essential element—an instructor! If you are certified (or interested in obtaining certification) or know someone who would like to teach, please reach out so we can discuss.

Thank you for being an integral part of our YMCA family!









# HOURS MENOMONIE EAST

MONDAY-SUNDAY: 4:30 AM-10:00 PM

**KEY FOB IS REQUIRED** 

# HOURS MENOMONIE SOUTH

MONDAY-SUNDAY: 24/7

**KEY FOB IS REQUIRED** 

June Group
Exercise Schedule

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**CLICK HERE!** 

John Englund
Executive Director
Menomonie East
& South YMCA's

# MISSION STORY

# CHIPPEWA FALLS YMCA EARLY LEARNING COMMUNITY



To view more mission stories, visit: <a href="https://www.ymca-cv.org/mission">www.ymca-cv.org/mission</a>





# SUMMER 2025 PROGRAM BROCHURE IS AVAILABLE!

Click on the cover photo to learn more and register.

# DISCOVER YOUR STRENGTH



PERSONAL TRAINING
JUNE SALE

# **LEARN MORE:**



YMCA-CV.ORG/ PERSONALTRAINING

# **GET 10% OFF**

New & existing members can purchase UNLIMITED packages for 10% off, but sessions expire 6 months after purchase date. Must be paid in full at time of purchase. Excludes the Ignite Package.

\*\*EXCLUDES IGNITE PACKAGE

\*\*EXCLUDES MENOMONIE EAST YMCA

Not refundable.

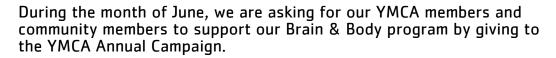
Expires 6 months from purchase date.

Can be gifted at time of purchase but not transferred from member to member.

YMCA OF THE CHIPPEWA VALLEY

# SHOW YOUR SUPPORT

BRAIN & BODY PROGRAM SUPPORT JUNE DONOR CHALLENGE



This is a group exercise program for people living with mild to moderate dementia and their caregivers. To participate, individuals must be able to perform simple exercises, follow verbal directions, and participate in conversation. Modeled after the LEEPS program (Language Enriched Exercise Plus Socialization), Brain and Body Fitness has been shown to improve physical fitness and mood in people living with dementia and their caregivers. It is a safe, effective, fun social program taught by qualified and trained YMCA staff.

Your donation to the YMCA Annual Campaign will keep Brain & Body and our other health intervention programs free for people right here in the Chippewa Valley.

# HOW TO GIVE:

TINCA OF THE CAMPAIGN 2025

# **SCAN HERE:**



OR VISIT THE MEMBER SERVICE DESK

The benefits we have received from the brain and body class are twofold: My partner has the opportunity to interact with other folks who have some memory loss and perhaps some physical limits that interfere with living life as they once knew it. For me as a caregiver, the greatest benefit is to see how other folks are successfully managing their lives and finding happiness they might not have thought possible. For both the affected person and the caregiver, this chapter of our lives is unique and sometimes unpredictable. It is comforting to know that we are not alone in this challenging journey.



- Over participates in Brain & Body at the Y since it began in .
- Brain & Body is offered at NO CHARGE to participants because of the Annual Campaign
- Program Goals:
  - Improve physical fitness and mood
  - Improve strength, balance, and coordination
  - Boost mental agility and promoting cognitive health

# BACK TO SCHOOL



# SCHOOL AGE CHILDCARE YMCA OF THE CHIPPEWA VALLEY

**BEFORE & AFTER SCHOOL CARE | KINDERGARTEN TO 12 YEARS**This program is available for children enrolled in all Chippewa Falls & Eau Claire Elementary Schools including all public and private schools. Care is designed to provide quality, licensed childcare for children before and after their school day. This state-licensed program offers children Kindergarten–5th grade a fun, safe and friendly atmosphere where children can excel around the bell. Each site offers a unique program to help individual children develop positive selfesteem. Daily activities include group discussions, team activity, station play, and outdoor/gym play.

• Eau Claire Before School programs run from 6:30 AM until school begins.

- Chippewa Falls, Eau Claire, and Menomonie After School programs run from the end of the school day until 6:00 PM. Afternoon snack is provided.

### ONSITE LOCATIONS

- Eau Claire onsite care is provided at Flynn, Locust Lane, Manz, Meadowview, Northwoods, Putnam Heights, Robbins, and Sam Davey.
- Chippewa Falls onsite locations are available at Halmstad, Hillcrest, and Southview.
- Elk Mound onsite care is provided at Moundview Elementary

## YMCA LOCATIONS

- Eau Claire Downtown YMCA Clubhouse Care will be provided for: Immaculate Conception, Lakeshore, Longfellow, and Montessori Elementary schools. Please contact Student Transit to make sure they can accommodate your drop off and pick up needs. If there is an issue, we will do our best to work with families on an alternate plan. Chippewa Falls YMCA site - After school, kids catch the bus back to the YMCA and can be picked up as late as
- 6:00 PM. Parkview after school care will take place at the Chippewa Falls YMCA.
- Menomonie YMCA's Menomonie Alliance Church After school care will take place at the Menomonie Alliance Church. Parents' will need to coordinate with the schools transportation.
- Elk Mound Moundview Elementary After school care will take place at Moundview Elementary. Children can be picked up as late as 6:00 PM.

## REGISTRATION

Registration must be completed with each new school year. All registration can be found online. Space is limited and is available on a first-come, first-served basis. If you need assistance, please stop by or call the YMCA location you wish to enroll at.

- Chippewa Falls YMCA
- Eau Claire Downtown YMCA (for Flynn, Locust Lane, Northwoods & Sam Davey)
- YMCA Sports Center (for Manz, Meadowview. Putnam & Robbins)
- Menomonie Alliance Church
- Moundview Elementary

# **REGISTRATION BEGINS JUNE 16 FOR** THE 2025-2026 SCHOOL YEAR.

REGISTER ONLINE AT WWW.YMCA-CV.ORG/SACC

## DAILY RATES

- BEFORE SCHOOL: Members: \$12 | Non-Members: \$14
- AFTER SCHOOL: Members: \$14 | Non-Members: \$17
- REGISTRATION FEE: \$40 for each program



# PHONE NUMBERS

- CHIPPEWA FALLS: 715-861-2355
- EC DOWNTOWN YMCA: 715-839-4609
- YMCA SPORTS CENTER: 715-895-8105
- MENOMONIE: 715-895-8107
- Elk MOUND: 715-895-8107

# FREE MEMBER BENEFITS





Click on the images to learn more

# JUNE 8 YMCA NIGHT AT THE EAU CLAIRE EXPRESS

Free Admission for YMCA Members at the Eau Claire Express Baseball Game Sunday, June 8 at 2:05 PM!



# JUNE 16 YMCA NIGHT AT THE EAU CLAIRE CAVALIERS

Come out to the ballpark in Carson Park on Monday, June 16 at 7 PM for Culligan/YMCA Night at the Eau Claire Cavaliers. A portion of all ticket sales for this game against the Eau Claire Bears will be donated to the YMCA's Annual Campaign. There will be opportunities to win great swag from both Culligan & the YMCA throughout the game.

# STRONGER TOGETHER RECOVERY & MENTAL HEALTH RESOURCE FAIR RECAP

Thank you to all the vendors and attendees who came! This event was a huge success!





# FREE YMCA OUTDOOR **ACTIVITES BEGINNING IN JUNE**

# **CALLING ALL VOLUNTEERS!**

Do you love our veterans? Do you love to fish? We have the perfect event for you! The YMCA has teamed up with the Chippewa Falls Veteran's home to assist our first ever summer veteran's fishing series at Erickson Park beginning this June.

# SUMMER VETERAN FISHING SERIES CHIPPEWA FALLS YMCA

### WHEN:

- June 12 & 26
- July 10 & 24
- August 14 & 28 TIME: 8:00 AM-1:00 PM

WHERE: Erickson Park - Chippewa Falls, WI

Looking to support this event but don't have the time? Monetary donations are being accepted to purchase supplies and food for the fish fry! Donate online though our website. Cash or checks donations can be given to Kara Goossens.

# Responsibilities consist of: Help casting/baiting lines

- Chatting, laughing, and enjoying a fish fry at NOON.
- Cooking volunteers needed from 10:30 AM-1:00 PM



Want to get involved? The process is simple! Contact Kara Goossens at kgoossens@ymca-cv.org or Member Services for more information. Or fill out our online application here.



# FREE FITNESS AT THE RIVERFRONT CHIPPEWA FALLS YMCA | YMCA OF THE CHIPPEWA VALLEY

The Chippewa Falls YMCA will be offering FREE fitness classes to the entire community this summer at Riverfront Park! Classes will be offered daily beginning on June 2 through August 20. All classes are FREE and open to EVERYONE. If weather causes issues, class will be moved to the Chippewa Falls YMCA where everyone can still attend for free.

## SUMMER 2025 FREE FITNESS CLASS SCHEDULE

## CLASSES RUN JUNE 2-AUGUST 20, 2025

## Class Description:

Yoga
Designed to bring balance, flexibility and mindfulness into your everyday routine! Each session includes a blend of stretches, flows, and breathwork to build strength and unwind. Class can be modified for all fitness levels.

Zumba Bringing the FUN into FITNESS with this high energy, dance based cardio workout!

YMCA-CV.ORG/GROUPEXSCHEDULES



FREE TO THE COMMUNITY! PLEASE BRING OUR OWN MAT!

## **MONDAYS**

6:30-7:30 PM Yoga with Max

### **TUESDAYS**

5:30-6:30 PM Yoga with Karen

### **WEDNESDAYS**

5:30-6:30 PM Zumba with Crista & Tara

### **FRIDAYS**

8:30-9:30 AM Barre with Kim

# FREE YMCA OUTDOOR ACTIVITES BEGINNING IN JUNE



# FOLLOW US ON FACEBOOK TO STAY UPDATED AND IN THE KNOW!



Chippewa Falls YMCA



YMCA Early Learning Community Chippewa Falls YMCA



Eau Claire Downtown YCMA



Eau Claire South YCMA



Days Gone By Early Learning Community Eau Claire South YMCA



L.E. Phillips YMCA Sports Center



John & Fay Menard YMCA Tennis Center



YMCA Camp Manitou





# IN THE NEWS

We continue to highlight the times when the YMCA of the Chippewa Valley is in the news! Below are just a few times that the Y has been featured in the last month:





Click the image to view the full article

# WEAU: WHOLISTIC FARMERS MARKET HELD AT THE CHIPPEWA FALLS YMCA



Click the image to view the full article

# WQOW: LOCAL YMCA EMPLOYEE HONORED AS AMERICORP MEMBER OF THE YEAR



Click the image to view the full article

# YMCA OF THE CHIPPEWA VALLEY

# What's Happening at the YMCA?

Click the text below to learn more.

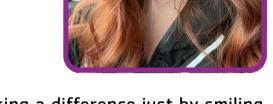
# FEATURED EMPLOYEE OF THE MONTH SHYANN S.

Department: Membership Lead Eau Claire Downtown YMCA

How long have you worked at the Y: Since February 2025

When is your birthday? June 9

Where did you grow up? Alexandria, MN



What is your favorite part of working at the YMCA? I love being able to be a part of the community and making a difference just by smiling and making small talk with the members :)

What are three words that best describe the Y? Family, Supportive, and Fun

Favorite Pastimes? Reading, Sleeping, Spending time with friends

Favorite quote?
Romans 8:18 "The pain that you're feeling now, cannot compare to the joy that's coming."

Where's your favorite place in the world? Being present in the moment.

If you could be any animal, what would it be? Flamingo

Tell us something interesting about yourself. I've had 3 shoulder surgeries before I was 18 and I need a hip surgery soon.

What is your proudest moment at the YMCA?
Being able to see people smile and make their day.



# Our Favorite Member Feedback

Here are some comments from happy Members! We hope your experience is always positive at the Y!

- Love your evening water aerobics. Shauna does a great job & makes exercise so fun. And the time allows
  us to come after work.
- We've really loved having swimming lessons at the Downtown YMCA due to the small pool. Our children
  have had swimming lessons other places and they were not excited about it due to the pool temperature.
  However they've looked forward to going to their swimming lessons in the smaller kids pool partly
  because of the warm temperature. Having swim instructors who are excited about swimming and fun to
  play with really goes a long way too. We've been so pleased with our experience and will continue to seek
  out lessons there.
- I love the instructors and unique yoga & foam rolling classes. Barb's, JiEun's & Ingrid's classes have really impacted my health & fitness in many positive ways.
- As a senior citizen, I am grateful that my health care insurance covers my gym membership. It's a step in the right direction every time I get inside the Y. I am struggling with obesity and this is vital to my life.
- I love the Y! Both of my small kids recently participated in swim lessons. Instructors were fun and
  attentive and taught them tangible skills to help them improve their comfort level in the water in just the
  spring session. This is our second time taking lessons at the Y, and we'll be back.

# JOIN OUR TEAM!



Whether you are looking for your first job, or a post-retirement gig, the YMCA is a great place to work.

A free YMCA Membership is a nice perk too!

**SEE POSITION OPENINGS!**