



# SPRING & SUMMER 2024 PROGRAM GUIDE

YMCA OF THE CHIPPEWA VALLEY

# TABLE OF CONTENTS

- 3: Session & Registration Dates
- 4: Youth & Teen Fitness
- 5-6: Enrichment Programs
- 7: Health Intervention Programs
- 8-11: Swim Lessons
- 12: Safety Courses
- 13-14: Swim Clinics & Swim Team
- 15: Basketball
- 16: Preschool Sports
- 17: Flag Football
- 17: Baseball/Softball
- 18: Volleyball
- 19: Soccer
- 20-21: Gymnastics
- 22-24: Tennis
- 25: Early Learning Community - Child Care
- 26: Summer Camps
- 27: SACC
- 28: Youth & Family Events

# DAY PASSES

- Individual: \$15 per day
- Family: \$25 per day  
(family must live in same household)

# GUEST PASSES

YMCA Members (11 and older) are welcome to bring guests with them to the YMCA Membership Branches in Chippewa Falls & Downtown Eau Claire at no cost to their guest.

Members can bring 2 guests per day, however, each individual guest will be limited to 3 free visits per year. Guests of our YMCA Members will have member privileges for that day, excluding program discounts or fees for activities and events as advertised.

Once the free visit limit has been met, a membership must be obtained, or a day pass must be purchased. There is no limit to paid day pass purchases. Community events and promotions that allow for free visits will not count towards the limit.

## Holiday Hours & Closures

- Easter (3/31)
  - All Locations: Closed
- Memorial Day (5/27)
  - All Locations: Closed
- 4th of July (7/4)
  - All Locations: Closed
- Labor Day(9/2)
  - All Locations: Closed

**NO CONTRACTS,  
NO COMMITMENTS!**

# MEMBER BENEFITS

- Access to three membership branches - Chippewa Falls, Eau Claire Downtown, & Eau Claire South
- Free Wellness Consultation with YMCA experts
- Household Memberships receive free Child Watch, Parents' Night Out events, & Family Fun Zones!
- Free access to thousands of land, water, and virtual group exercise classes each week
- Complimentary Wi-Fi
- Matrix Equipment with Sprint 8 program for self-guided workouts
- Priority registration and reduced rates for YMCA programs
- Access to pools: 6-lane lap pools at the Eau Claire Downtown, Eau Claire South and Chippewa Falls Branches, and small pool for children (Eau Claire Downtown Branch)
- Several fitness areas with over 90 pieces of state-of-the-art cardiovascular and strength training equipment
- Use of walking/jogging tracks
- Access to several gymnasiums
- Access to racquetball courts
- YMCA Sports Center with turf field, gymnastics equipment, sport court, and locker rooms
- Eight indoor tennis courts at the John & Fay Menard YMCA Tennis Center
- Special tiered member pricing for Camp Manitou, our overnight camp in New Auburn
- YMCA Nationwide membership accepted at most of the 2,700 Y's across the country

Refund Policy/Acknowledgment - The YMCA of the Chippewa Valley offers programs and memberships in good faith. If in working with the CDC, WEDC, governmental agency and/or insurance company, the YMCA of the Chippewa Valley is required to cancel an event or program, the YMCA cannot guarantee a refund or credit to our participants.



# YMCA REGISTRATION

## SPRING-2024

SPRING PROGRAMS	SESSION DATE	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
ALL NON-PROGRESSIVES	Apr 9-May 27	OPEN	OPEN
CF SWIM LESSONS	Apr 7-May 25	March 18	March 25
EC SWIM LESSONS	Mar 25-May 11	OPEN	OPEN
GYMNASTICS	Mar 24-May 25	March 4	March 11
TENNIS SPRING 1 & 2	April 1-May 10	OPEN	OPEN
YOUTH LEAGUES	Mar 4-June 4	OPEN	OPEN
ADULT LEAGUES	Feb 28-May 2	OPEN	OPEN
SWIM TEAM	SPRING	March 4	March 11



the  
YMCA



## SUMMER 1-2024

SUMMER 1 PROGRAMS	SESSION DATE	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
ALL NON-PROGRESSIVES	June 4-July 15	OPEN	March 15
CF SWIM LESSONS	June 3-July 13	May 6	May 13
EC SWIM LESSONS	June 9-July 13	April 22	April 29
GYMNASTICS	June 17-Aug 23	May 13	May 20
TENNIS	June 10-July 20	OPEN	OPEN
YOUTH LEAGUES	June 10-Aug 15	OPEN	March 15
ADULT LEAGUES	June 13-Aug 8	OPEN	March 15
SWIM TEAM	SUMMER	April 15	April 22

## OPEN SUMMER 2-2024

SUMMER 2 PROGRAMS	SESSION DATE	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
ALL NON-PROGRESSIVES	July 16-Aug 26	OPEN	March 15
CF SWIM LESSONS	July 14-Aug 30	June 24	July 1
EC SWIM LESSONS	July 14-Aug 15	June 24	July 1
TENNIS	July 22-Aug 24	March 1	March 1

[CLICK HERE  
TO LEARN  
MORE](#)



# YOUTH & TEEN FITNESS

## **SPEED, POWER, AGILITY TRAINING – LEVEL 1 | [REGISTER HERE](#)**

This program focuses on teaching middle schoolers (11-14 years old) the importance of Speed, Power, and Agility as it pertains to their specific sports. The kids will practice these skills through agility ladders, plyometric workouts, proper jumping/landing mechanics, change of direction movements, and more.

- **CHIPPEWA FALLS YMCA**
  - SPRING 1: Tuesdays & Thursdays, March 5- 28
  - SPRING 2: Tuesdays & Thursdays, April 2-25
  - Time: 4:30-5:20 PM
  - COST: YMCA Member: \$60 | Non-Member: \$80
- **EAU CLAIRE DOWNTOWN YMCA**
  - SESSION 1: Mondays & Thursdays, April 1-25
  - SESSION 2: Mondays & Thursdays, May 6-30
  - SESSION 3: Mondays & Thursdays, June 24-July 18
  - TIME: 5:30-6:20 PM
  - COST: YMCA Member: \$60 | Non-Member: \$80

## **GROUP EXERCISE CLASSES NO REGISTRATION REQUIRED**

Join us for your favorite class or choose from one of our new offerings. Members age 12 and up can participate in free classes at our Chippewa Falls, Eau Claire Downtown, Eau Claire South branches. Current class schedules can be found at [www.ymca-cv.org/schedules](http://www.ymca-cv.org/schedules). YMCA360 offers thousands of virtual fitness classes for our YMCA Members. Learn more at, [www.ymca-cv.org/ymca360](http://www.ymca-cv.org/ymca360).

## **SPEED, POWER, AGILITY TRAINING – LEVEL 2 | [REGISTER HERE](#)**

Focused on teaching middle school aged kids (11-14 years old) the importance of Speed, Power, and Agility as it pertains to their specific sports. It is recommended that the child complete the level 1 class before signing up for this program. Workouts will be more challenging: focused on increased resistance, multi-directional movements, incorporating more explosive movements, and more.

- **EAU CLAIRE DOWNTOWN YMCA**
  - LEVEL 2: Mondays & Thursdays, June 24-July 18
  - TIME: 8:00-9:00 AM
  - COST: YMCA Member: \$80 | Non-Member: \$100

**FIND EAU CLAIRE AREA SCHOOL DISTRICT  
YOUTH FITNESS CLASSES ON PAGE 6.**

**[CLICK HERE TO LEARN MORE](#)**

# PARENTS' NIGHT OUT

YMCA OF THE CHIPPEWA VALLEY

### AGE-APPROPRIATE ACTIVITIES INCLUDING:

- Open Play
- Swimming
- Board Games
- Crafts
- Gym Time
- Movie
- Pizza Dinner



**FREE FOR YMCA  
HOUSEHOLD  
MEMBERS**

- MONTHLY PARENTS' NIGHT OUT**
- Chippewa Falls YMCA - 2nd Friday
  - EC Downtown YMCA - 2nd Friday

TIME: 6:00-9:00 PM  
AGES: 3 years old and potty trained  
through 5th Grade  
DINNER PROVIDED FOR CHILDREN







# ENRICHMENT PROGRAMS

## MUSIC & MOVEMENT | 1-5 YEAR OLDS

[REGISTER HERE](#)

Songs, rhythmic rhymes, movement, and some instrument play. These activities are presented as informal, non-performance oriented musical experiences. Developmentally appropriate for children and easy for parents and caregivers regardless of their own musical abilities.

- SPRING: Thursdays, April 11-May 16
- TIME: 12:00-12:50 PM
- LOCATION: EC Downtown YMCA | Party Room
- YMCA Member: \$45 | Non-Member: \$65

## INTRO TO SPANISH: MUSIC AND MOVEMENT CLASS | 1-5 YEAR OLDS

[REGISTER HERE](#)

Do you want your child to start learning some basics of Spanish? What better way with songs, rhythmic rhymes, movement, dance and instrument play? These activities are presented as informal, non-performance oriented musical experiences that are developmentally appropriate for children and easy for parents and caregivers regardless of their own musical abilities. Come experience how learning Spanish can benefit your child! Join us for this FUN & BRAND NEW class!

- SPRING: Fridays, April 12-May 17
- TIME: 9:00-9:45 AM
- AGES: 1-5 years
- LOCATION: YMCA Sports Center - Conference Room
- YMCA Member: \$45 | Non-Member: \$65



## SPRING REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN

## LEGO MAKERS | 6-12 YEAR OLDS

[REGISTER HERE](#)

Participants will enjoy games with Legos in this fun adventure class. Just like in the show, participants will be asked to recreate items from just photos and Lego blocks, while the next week they may enjoy racing to see who can build the same kit the fastest. You never know what wacky tasks our creative teachers will come up with next!

- SPRING: Tuesdays, April 9-May 14
- TIME: 6:00-7:00 PM
- LOCATION: EC Downtown YMCA | Conference Room
- YMCA MEMBERS: \$56 | NON-MEMBERS: \$84

## SLIMETASTIC | 5-10 YEAR OLDS

[REGISTER HERE](#)

Come learn about different types of slime and how to make each of them! Make, take, and have fun!

- SPRING: Thursdays, April 11-May 16
- TIME: 6:00-7:00 PM
- LOCATION: EC Downtown YMCA | Conference Room
- YMCA MEMBERS: \$56 | NON-MEMBERS: \$84

[CLICK HERE TO LEARN MORE!](#)

**CHILD WATCH**  
YMCA OF THE CHIPPEWA VALLEY

CHILD WATCH is FREE drop-in child care for all YMCA Household Memberships offered at the Chippewa Falls, Eau Claire Downtown, & Eau Claire South YMCAs. Hours vary by location. Please visit our website for more information.

Let US take care of your kids while you take care of YOU!

For ages 6 weeks to 10 years.

FREE FOR YMCA HOUSEHOLD MEMBERS



## INTRO TO FITNESS & ATHLETIC PERFORMANCE

### ECASD STUDENTS ONLY | [REGISTER HERE](#)

Intro to Fitness and Athletic performance training includes plyometrics, core strengthening, balance, resistance training and speed training.

- ECASD students entering grades 3-6
- SESSION 1: Mondays & Wednesday, June 10-June 26
- SESSION 2: Tuesdays & Thursday, July 9-July 25
- 3:45-4:45 PM
- Eau Claire Downtown YMCA
- Cost: \$7 Material Fee

## ATHLETIC ENHANCEMENT PROGRAM

### ECASD STUDENTS ONLY | [REGISTER HERE](#)

The Athletic Enhancement Program is designed to build athletic fundamentals such as strength, conditioning, speed, and agility, with a focus on injury prevention. AEP is great for all ability levels in any sport as we cater to each person's strengths and weaknesses. Training can be general or sport specific. Athletes will have the opportunity to attend either 2 or 4 days/week.

- ECASD students entering grades 7-12
- Mondays-Thursday, 8:00-9:00 AM
- June 10-July 25
  - No programming the week of July 3
- Eau Claire Downtown YMCA Personal Training Studio
- Cost: \$7 Material Fee

## JUNIOR TEAM TENNIS - ECASD STUDENTS ONLY

We would like to welcome you to the 2024 JTT program. We are extremely excited to welcome everyone back this summer. All players must have a USTA membership prior to signing up for this program. This membership is free! [Click here to get signed up.](#) You will need to present their ECASD student ID at the time of registration. The program is free for all ECASD students.

- Tuesdays & Thursdays, June 11-July 25
  - ECASD students entering grades 4-5
    - 9:00-10:30 AM
  - ECASD students entering grades 6-8
    - 9:00-10:30 AM
  - ECASD Students entering grades 9-12
    - 11:00-1:00 PM
- Located at North High School

We will host a JTT tournament at the end of the program. Teams that win their brackets and can meet the eligibility requirements (3 boys and 3 girls present) will qualify to travel to Lakeville, MN for the sectional championships. Sectional tournament dates are TBD.

To register, call (715) 836-8470 or register in-person at the John & Fay Menard YMCA Tennis Center.



## SAFE SITTER® SAFETY COURSE

### [REGISTER HERE](#)

Teaches students safety skills for when they are home alone, watching younger siblings, or babysitting. Students will learn safety skills, childcare skills, first aid/rescue skills, and life/business skills from the instructor-led one-day class. There will be a snack break, but it is not provided. Please bring your own.

### EAU CLAIRE DOWNTOWN YMCA - ECASD STUDENTS

- (2-day class) Fridays, June 21 & 28, or July 19 & 26
- 1:00-5:00 PM
- Eau Claire Downtown YMCA
- Entering grades 6-8
- Cost: \$18 Material Fee

### OPEN TO ALL

- Chippewa Falls YMCA
- March 15 or April 13, 9:00 AM-2:30 PM
  
- Eau Claire Downtown YMCA
- April 15 or August 14, 9:00 AM-2:30 PM
  
- Entering Grade 6 and Older
- Cost: YMCA Members: \$70 | Non-Members: \$85

## SAFE@HOME BY SAFE SITTER® SAFETY COURSE

### [REGISTER HERE](#)

A program designed to prepare students to be safe when they are home alone. This 60-minute class will teach students about safe habits and how to deal with situations such as power failures, injuries, illnesses, and weather emergencies.

### EAU CLAIRE DOWNTOWN YMCA - ECASD STUDENTS

- WHEN (choose one class)
  - Tuesday, June 18, 4:00-5:00 PM
  - Tuesday, July 2, 5:00-6:00 PM
  - Tuesday, July 30, 5:00-6:00 PM

- Eau Claire Downtown YMCA
- Entering grades 4-6
- Cost: \$10 Material Fee

### OPEN TO ALL

- Chippewa Falls YMCA
- March 29 or April 27, 9:30-11:00 AM
  
- Eau Claire Downtown YMCA
- April 15 or August 14, 3:00-4:30 PM
  
- Entering Grades 4-6
- Cost: YMCA Members: \$30 | Non-Members: \$40

## SPRING REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN



## ECASD PROGRAMS

- SATURDAY, MARCH 2 AT 8 AM. Must have student's ECASD ID number in order to register





# HEALTH INTERVENTION PROGRAMS

## LIVESTRONG®

Cancer is a life-changing disease, taking a tremendous physical and emotional toll on those affected. The YMCA and LIVESTRONG® have joined together to create LIVESTRONG® 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, who are 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, LIVESTRONG® at the YMCA is helping people move beyond cancer in spirit, mind, and body. A free one-year family membership is included. Free for cancer survivors, but registration is required.

- CHIPPEWA FALLS YMCA - Tuesdays & Thursdays, May 20–August 8, 1:00–2:15 PM or 4:30–5:45 PM
  - To register, contact Tracey Quast at [tquast@ymca-cv.org](mailto:tquast@ymca-cv.org)
- EC DOWNTOWN YMCA - Mondays & Wednesdays, May 13–July 31, 1:00–2:15 PM
  - To register, contact Missy Reece at [mreece@ymca-cv.org](mailto:mreece@ymca-cv.org) or complete this [online form](#).

## BRAIN & BODY FITNESS

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. A free one-year family membership is included.

- WHEN: Mondays & Wednesdays, May 13–July 31
- TIME: 10:00–11:30 AM
- WHERE: United Methodist Church, Lake Street, Eau Claire

Register online at [www.adrcevents.org](http://www.adrcevents.org) or call the Aging & Disability Resource Center of Eau Claire County at (715) 839-4735 or (888) 338-4636

## ENHANCE®FITNESS | EAU CLAIRE DOWNTOWN YMCA

This program is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized—physically, mentally, and socially—and be surrounded by people who care about your success.

**THE FACTS TELL THE STORY:** Research has shown that among older adults who participate in Enhance®Fitness, health costs were lowered by close to \$1,000 and 9 out of 10 people stay with the program. In addition, 99% say they would recommend the program to a friend.

The exercises are dynamic but can always be done at your pace:

- Up to 25 people in each class: we provide chairs and soft weights
- Class meets 3 times per week and focuses on flexibility, balance, strength, & movement
- Fitness assessment at beginning of each 16-week session.
- WHEN: Mondays, Wednesdays, Fridays, May 13–August 30
- TIME: 10:00–11:00 AM
- COST: Members: FREE | Non-Members: First 16-Week Session FREE then a YMCA membership will be required to continue additional sessions.
- REGISTRATION: Required - For more information and registration details, please contact: Missy Reece (715) 839-4608 or at [mreece@ymca-cv.org](mailto:mreece@ymca-cv.org) or complete this [online form](#)

# PARENT & CHILD SWIM LESSONS

## • CHIPPEWA FALLS YMCA

- **SPRING:** April 7–May 25 | REGISTER: Members: March 18, Non-Members: March 25
  - No lessons March 31
- **SUMMER 1:** June 3–July 13 | REGISTER: Members: May 6, Non-Members: May 13
  - No lessons July 4
- **SUMMER 2:** July 14–Aug 30 | REGISTER: Members: June 24, Non-Members: July 1

## • EAU CLAIRE DOWNTOWN YMCA

- **SPRING:** March 25–May 11 | REGISTER: Members: Feb 26, Non-Members: Mar 4
  - No lessons March 31
- **SUMMER 1:** June 9–July 13 | REGISTER: Members: Apr 22, Non-Members: Apr 29
  - No lessons July 4
- **SUMMER 2:** July 14–Aug 15 | REGISTER: Members: June 24, Non-Members: July 1

**LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY**

## PARENT/CHILD LEVEL 1 | AGES 6–12 MONTHS | REGISTER

In a fun learning environment, participants explore the water, swimming readiness skills, and basic aquatic safety with parental support. Parents are educated on water safety techniques to enjoy the water with their child. Children must wear a swim diaper.

**PREREQUISITE:** Child must be at least 6 months old by the first day of class.

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	12:00-12:40 PM	\$61   \$85	-	-
SAT	9:00-9:40 AM	\$61   \$85	\$53   \$73	\$53   \$73

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	3:00-3:40 PM	\$53   \$73	EXTENDED SESSION	
TUES	5:45-6:25 PM	\$61   \$85	\$44   \$61	\$44   \$61
THURS	5:45-6:25 PM	\$61   \$85	\$35   \$49	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9-JULY 28**  
3:00-3:40 PM (8 WEEKS)  
M: \$70 | NM: \$98

## PARENT/CHILD LEVEL 2 | AGES 1–3 YEARS | REGISTER

In a fun learning environment, participant demonstrates with support exploring the water, safety around water, blowing bubbles, exploring submerging, front and back floats, and arm and leg actions. Continued parent education on water safety techniques to enjoy the water with their child. Children must wear a swim diaper.

**PREREQUISITE:** Child must be at least 1 year old by the first day of class

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	12:00-12:40 PM	\$61   \$85	-	-
SAT	9:00-9:40 AM	\$61   \$85	\$53   \$73	\$53   \$73

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	3:00-3:40 PM	\$53   \$73	EXTENDED SESSION	
TUES	5:45-6:25 PM	\$61   \$85	\$44   \$61	\$44   \$61
THURS	5:45-6:25 PM	\$61   \$85	\$35   \$49	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9-JULY 28**  
3:00-3:40 PM (8 WEEKS)  
M: \$70 | NM: \$98

**Need assistance deciding level? Schedule a 10–15 minute skills evaluation. Please contact:**

- Eau Claire Downtown YMCA: Lori at [lkleist@ymca-cv.org](mailto:lkleist@ymca-cv.org) or (715) 839-4619
- Chippewa Falls YMCA: Carylann at [cburton@ymca-cv.org](mailto:cburton@ymca-cv.org) or (715) 861-2342



# PRESCHOOL SWIM LESSONS

## • CHIPPEWA FALLS YMCA

- **SPRING:** April 7–May 25
- **SUMMER 1:** June 3–July 13
- **SUMMER 2:** July 14–Aug 30

## • EAU CLAIRE DOWNTOWN YMCA

- **SPRING:** March 25–May 11
- **SUMMER 1:** June 9–July 13
- **SUMMER 2:** July 14–Aug 15

**LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY**

## PRESCHOOL LEVEL 1 | AGES 3–5 YEARS | [REGISTER](#)

First swim lesson without a parent in the water; designed for beginner swimmers. Familiarize how to enter and exit the water safely, breath control, submerging, supported front and back floats, supported arm and leg actions on front and back. Develop positive attitudes and safe practices in and around water. Children must wear a swim diaper if not toilet trained.

**PREREQUISITE:** 3 years of age

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	12:45–1:25 PM	\$61   \$85	-	-
MON	4:45–5:25 PM	-	\$53   \$73	\$61   \$85
TUES	6:00–6:40 PM	\$61   \$85	\$53   \$73	\$61   \$85
THURS	6:00–6:40 PM	\$61   \$85	\$44   \$61	\$61   \$85
SAT	9:45–10:25 AM	\$61   \$85	-	-

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	4:30–5:10 PM	\$53   \$73	EXTENDED SESSION	
MON	5:15–5:55 PM	\$61   \$85	\$44   \$61	\$44   \$61
TUES	5:45–6:25 PM	\$61   \$85	\$44   \$61	\$44   \$61
WED	5:15–5:55 PM	\$61   \$85	\$44   \$61	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9–JULY 28**  
4:30–5:10 PM (8 WEEKS)  
M: \$70 | NM: \$98

## PRESCHOOL LEVEL 2 | AGES 3–5 YEARS | [REGISTER](#)

Participants are comfortable in the water, build on and improve skills of water safety, breath control for 5 seconds, submerging, front and back floats with minimal assistance for 15 seconds, arm and leg actions on front and back with minimal assistance for 2 body lengths. **PREREQUISITE:** 3 years of age. Must have completed Preschool Level 1.

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	12:00–12:40 PM	\$61   \$85	-	-
MON	5:15–5:55 PM	\$61   \$85	-	-
MON	5:30–6:10 PM	-	\$53   \$73	\$61   \$85
WED	4:15–4:55 PM	\$61   \$85	-	-
WED	4:45–5:25 PM	-	\$53   \$73	\$61   \$85
SAT	9:45–10:25 AM	\$61   \$85	\$53   \$73	\$53   \$73

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	3:45–4:25 PM	\$53   \$73	EXTENDED SESSION	
MON	4:30–5:10 PM	\$61   \$85	\$44   \$61	\$44   \$61
WED	5:15–5:55 PM	\$61   \$85	\$44   \$61	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9–JULY 28**  
3:45–4:25 PM (8 WEEKS)  
M: \$70 | NM: \$98

## PRESCHOOL LEVEL 3 | AGES 3–5 YEARS | [REGISTER](#)

Participants submerge comfortably in chest deep water and swim on front and back independently 3 body lengths. Build endurance and independence in gliding on front and back, front and back crawl, elementary backstroke, and treading water. Water safety skills are reinforced. Must be school age to move to Learn To Swim Levels.

**PREREQUISITE:** 3 years of age. Must have completed Preschool Level 2.

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
MON	4:30–5:10 PM	\$61   \$85	-	-
TUES	6:00–6:40 PM	\$61   \$85	-	-
WED	4:45–5:25 PM	-	\$53   \$73	\$61   \$85
THURS	6:00–6:40 PM	\$61   \$85	-	-
SAT	9:00–9:40 AM	-	\$53   \$73	\$53   \$73

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	3:00–3:40 PM	\$53   \$73	EXTENDED SESSION	
MON	5:15–5:55 PM	\$61   \$85	\$44   \$61	\$44   \$61
WED	4:30–5:10 PM	\$61   \$85	\$44   \$61	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9–JULY 28**  
3:00–3:40 PM (8 WEEKS)  
M: \$70 | NM: \$98

# LEARN TO SWIM | SCHOOL-AGE

- **CHIPPEWA FALLS YMCA**
  - **SPRING:** April 7–May 25
  - **SUMMER 1:** June 3–July 13
  - **SUMMER 2:** July 14–Aug 30

- **EAU CLAIRE DOWNTOWN YMCA**
  - **SPRING:** March 25–May 1
  - **SUMMER 1:** June 9–July 13
  - **SUMMER 2:** July 14–Aug 15

**LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY**

## LEVEL 1: INTRODUCTION TO WATER SKILLS | AGES 6–13 YEARS | REGISTER

Designed for participants uncomfortable in water or with limited swimming experience. Explore water safety and basic swimming skills, such as: submerging, supported front and back floats, rolling front to back and back to front, gliding, kicking, front crawl arms, and jumping in. **PREREQUISITE:** 6 years of age.

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
MON	5:15–5:55 PM	\$61   \$85		
MON	6:15–6:55 PM	-	\$53   \$73	\$61   \$85
WED	5:00–5:40 PM	\$61   \$85		
WED	5:30–6:10 PM	-	\$53   \$73	\$61   \$85
WED	5:45–6:25 PM	\$61   \$85	-	-
THURS	6:45–7:35 PM	\$61   \$85	-	-

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	4:30–5:10 PM	\$53   \$73	EXTENDED SESSION	
MON	4:30–5:10 PM	\$61   \$85	\$44   \$61	\$44   \$61
WED	5:15–5:55 PM	\$61   \$85	\$44   \$61	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9–JULY 28**  
4:30–5:10 PM (8 WEEKS)  
M: \$70 | NM: \$98

## LEVEL 2: FUNDAMENTAL AQUATICS SKILLS | AGES 6–13 YEARS | REGISTER

Designed for participants unable to travel 2 body lengths with minimal assistance. Focus is building independence, good body control and position, forward movement, and water safety. Introduces rotary breathing, prolonged front floats, treading water, and elementary backstroke. **PREREQUISITE:** 6 years of age. Must have completed Level 1.

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	1:30–2:10 PM	\$61   \$85	-	-
MON	6:00–6:40 PM	\$61   \$85	-	-
TUES	6:45–7:25 PM	\$61   \$85	\$53   \$73	\$61   \$85
WED	5:30–6:10 PM	-	\$53   \$73	\$61   \$85
SAT	9:45–10:25 AM	-	\$53   \$73	\$53   \$73
SAT	10:30–11:10 AM	\$61   \$85	-	-

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	3:45–4:25 PM	\$53   \$73	EXTENDED SESSION	
SUN	5:15–5:55 PM	\$53   \$73	EXTENDED SESSION	
MON	6:00–6:40 PM	\$61   \$85	\$44   \$61	\$44   \$61
WED	6:00–6:40 PM	\$61   \$85	\$44   \$61	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9–JULY 28**  
3:45–4:25 PM OR 5:15–5:55 PM  
(8 WEEKS) M: \$70 | NM: \$98

## LEVEL 3: STROKE DEVELOPMENT | AGES 6–13 YEARS | REGISTER

Must be able to float on front and back independently for 10 seconds to enroll. Skills are performed independently, improving coordination of previous skills with longer distance in deep water. Introduces front crawl, breaststroke kick, dolphin kick, elementary backstroke, and scissor kick. **PREREQUISITE:** 6 years of age. Must have completed Level 2.

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	12:45–1:25 PM	\$61   \$85	-	-
TUES	6:45–7:25 PM	\$61   \$85	\$53   \$73	\$61   \$85
WED	4:15–4:55 PM	\$61   \$85	-	-
WED	5:45–6:25 PM	\$61   \$85	-	-
SAT	10:30–11:10 AM	-	\$53   \$73	\$53   \$73

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	3:45–4:25 PM	\$53   \$73	EXTENDED SESSION	
TUES	6:30–7:15 PM	\$61   \$85	\$44   \$61	\$44   \$61
WED	6:00–6:40 PM	\$61   \$85	\$44   \$61	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9–JULY 28**  
3:45–4:25 PM (8 WEEKS)  
M: \$70 | NM: \$98



# LEARN TO SWIM | SCHOOL-AGE

- **CHIPPEWA FALLS YMCA**
  - **SPRING:** April 7-May 25
  - **SUMMER 1:** June 3-July 13
  - **SUMMER 2:** July 14-Aug 30

- **EAU CLAIRE DOWNTOWN YMCA**
  - **SPRING:** March 25-May 11
  - **SUMMER 1:** June 9-July 13
  - **SUMMER 2:** July 14-Aug 15

**LESSONS SUBJECT TO CHANGES DUE TO INSTRUCTOR AVAILABILITY**

## LEVEL 4: STROKE DEVELOPMENT | AGES 6-13 YEARS | REGISTER

Swimmers must be able to swim front crawl and elementary backstroke independently 15 yards to enroll. Builds endurance in front crawl, elementary backstroke, treading water with modified scissor kick. Introduces backcrawl, sidestroke, turns at wall, butterfly, breaststroke, and feet-first surface dive.

**PREREQUISITE:** 6 years of age. Must have completed Level 3.

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
MON	6:00-6:40 PM	\$61   \$85	-	-
WED	5:00-5:40 PM	\$61   \$85	-	-
THURS	6:45-7:25 PM	-	\$44   \$61	\$61   \$85
SAT	10:30-11:10 AM	\$61   \$85	\$53   \$73	\$53   \$73

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	5:15-5:55 PM	\$53   \$73	EXTENDED SESSION	
WED	4:30-5:10 PM	\$61   \$85	\$44   \$61	\$44   \$61
THURS	6:30-7:10 PM	\$61   \$85	\$35   \$49	\$44   \$61

**EXTENDED SESSION**

**SUNDAY, JUNE 9-JULY 28**  
 5:15-5:55 PM (8 WEEKS)  
 M: \$70 | NM: \$98

## LEVEL 5: STROKE REFINEMENT | AGES 6-13 YEARS | REGISTER

Swimmers must be able to swim front and back crawl 25 yards to enroll. Builds endurance and refines breaststroke, sidestroke, front crawl, back crawl, butterfly, elementary backstroke, and treading water. Introduces head-first surface dive, front crawl and back crawl flip turns, and importance of CPR/First Aid.

**PREREQUISITE:** 6 years of age. Must have completed Level 4.

### CHIPPEWA FALLS YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
SUN	1:30-2:10 PM	\$61   \$85	-	-
MON	6:00-6:40 PM	\$61   \$85	-	-
SAT	10:30-11:10 AM	\$61   \$85	\$53   \$73	\$53   \$73

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
MON	6:00-6:40 PM	\$61   \$85	\$44   \$61	\$44   \$61
WED	6:00-6:40 PM	\$61   \$85	\$44   \$61	\$44   \$61

## LEVEL 6: SWIMMING & SKILL PROFICIENCY AGES 6-13 YEARS | REGISTER

Swimmers must be able to swim 50 yards front crawl and elementary backstroke to enroll. Builds endurance and refines front crawl, back crawl, elementary backstroke, butterfly, and sidestroke. Introduces butterfly and breaststroke turns, feet-first surface dive, and retrieval of object from deep water, and personal water safety. Encourage Junior Lifeguard and Swim Instructor Aide as future courses.

**PREREQUISITE:** 6 years of age. Must have completed Level 5.

### EAU CLAIRE DOWNTOWN YMCA

DAY	TIME	SPRING	SUMMER 1	SUMMER 2
MON	6:00-6:40 PM	\$61   \$85	\$44   \$61	\$44   \$61
WED	6:00-6:40 PM	\$61   \$85	\$44   \$61	\$44   \$61

## ADULT SWIM LESSONS

For ages 16 years and older.

Designed to help participants gain basic aquatic skills and swimming strokes to improve proficiency. Individuals choosing Beginner Swim Lessons may have a fear of the water, have very little to no swimming skills, and are ready to take the first step toward learning to swim. You will work toward your own personal goals while working on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills.

WHEN: Tuesdays, March 24-May 11

TIME: 7:15-7:55 PM

COST: Members: \$61 | Non Members: \$85

WHERE: Eau Claire Downtown YMCA

Registration: Members: Feb 26 | Non Member: Mar 4  
[CLICK HERE TO REGISTER](#)

# SAFETY COURSES

## **CPR/AED/FIRST AID FOR THE PROFESSIONAL RESCUER & HEALTH CARE PROVIDER | AGES 12+**

Instructs participants with a duty to act in the knowledge and skills needed to respond to breathing and cardiac emergencies for Adult, Child, and Infant until more advanced medical personnel arrive. Training includes 2-person CPR, resuscitation mask, and Automated External Defibrillator. Course meets requirements for CNA, Nursing, & Child Care provider. No refunds.

- YMCA Members: \$110 | Non-Members: \$125

## **ADULT & PEDIATRIC CPR/AED/FIRST AID | AGES 12+**

Instruct participants to respond to breathing, cardiac, and first aid emergencies for Adult, Child, and Infant, and determine if more advanced medical personnel is needed. Course meets High School requirements. No refunds.

- YMCA Members: \$100 | Non-Members: \$110

## **AMERICAN RED CROSS LIFEGUARD TRAINING | AGES 15+**

Instructs participants in knowledge and skills to prevent and respond to aquatic emergencies through water rescue skills, surveillance and recognition, CPR/AED, First Aid, breathing, and cardiac emergencies.

**PREREQUISITES:** Swim 300 yards (100 front crawl, 100 breaststroke, 100 combination of two strokes), swim 20 yards, surface dive 9 ft., retrieve 10-lb. object, swim 20 yards on back with hands on brick to start point within 1 min. 40 secs., and tread water for 2 minutes without using arms. All materials included. No refunds. Course graduates are encouraged to apply for employment at YMCA.

- YMCA Members: \$225 | Non-Members: \$265

## **AMERICAN RED CROSS LIFEGUARD REVIEW | AGES 16+**

Only for current lifeguards needing to renew certification. No refunds. Course graduates are encouraged to apply for employment at YMCA.

- YMCA Members: \$110 | Non-Members: \$135

## **AMERICAN RED CROSS JUNIOR LIFEGUARD COURSE | AGES 11-14**

This course guides youth ages 11–14, in the foundation of knowledge, attitudes, skills, and stamina for becoming a future lifeguard. Participants are not required to master or perfectly execute skills. During the course they will shadow Lifeguards at the YMCA. The Junior Lifeguarding course does not certify participants in first aid, CPR or AED, or as a lifeguard. It includes a shirt, certificate, and course materials.

- **COURSE PREREQUISITES:** Before entering Junior Lifeguarding, participants must demonstrate the following skills: continuously swim the front crawl for 25 yards while breathing to the front or side; swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence; complete the water competency sequence without stopping.
  - **WATER COMPETENCY SEQUENCE:** Step into water from the side and totally submerge, maintain position for one minute by treading water or floating (or a combination of the two), rotate one full turn and orient to the exit, level off and swim on the front or back 25 yards, exit without using a ladder or steps.
- YMCA Members: \$80 | Non-Members: \$95

## **AMERICAN RED CROSS LIFEGUARD INSTRUCTOR TRAINING | AGES 17+**

For those holding a current Lifeguard certification. Instructs participants to teach basic-level Lifeguard courses through developing their understanding of how to use the course materials, conduct training sessions, and evaluate participants progress. No refunds. Course graduates are encouraged to apply for employment at YMCA.

- YMCA Members: \$275 | Non-Members: \$300

## **AMERICAN RED CROSS WATER SAFETY INSTRUCTOR TRAINING | AGES 16+**

Trains candidates to teach courses and presentations in the Swimming & Water Safety program including Parent/Child Aquatics, Preschool Aquatics, Learn-To-Swim, Water Safety Courses, and Water Safety Presentations. **PREREQUISITES:** Swim proficiently 25 yards in front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards in butterfly; float on back for 1 minute; and tread water for 1 minute. No refunds. Course graduates are encouraged to apply for employment at YMCA.

- YMCA Members: \$275 | Non-Members: \$300

**NOTE:** Participants will have access to their own equipment. Courses are offered with blending learning with online access. See course details on our website: [www.ymca-cv.org/safetycourses](http://www.ymca-cv.org/safetycourses)

**Safety courses are currently being offered at both the Chippewa Falls and Eau Claire YMCAs on an as-needed basis. Please contact your branch Aquatic Director for upcoming class information:**

- EAU CLAIRE DOWNTOWN YMCA - Lori Kleist | [lkleist@ymca-cv.org](mailto:lkleist@ymca-cv.org) | (715) 839-4619
- CHIPPEWA FALLS - Carylann Burton | [cburton@ymca-cv.org](mailto:cburton@ymca-cv.org) | (715) 861-2342





**SPRING REGISTRATION**

- YMCA Members: March 4
- Non-Members: March 11

**SUMMER REGISTRATION**

- YMCA Members: April 15
- Non-Members: April 22

# BARRACUDAS SWIM TEAM

The YMCA of the Chippewa Valley Barracudas 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 both competitive and lifelong swimming skills. Within each of our age groups there are beginning swimmers, intermediate swimmers, and more experienced swimmers.

The Barracudas 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! We hope you will join us!

## SPRING CLINICS

### JUNIOR/JUNIOR ELITE CLINIC | AGES 6-10

Designed for swimmers ages 6-10 who are looking to improve their swimming habits. Concentration will be on working those elusive streamlines and breakouts, as well as competitive finishes! Effective turns, starts, proper stroke technique as well as endurance swimming will be taught and practiced.

- **Chippewa Falls YMCA | April 9-May 23**
  - Mondays, Tuesdays, & Thursdays
  - Junior: 3:45-4:45 | [REGISTER HERE](#)
  - Junior Elite: 3:45-5:10 PM | [REGISTER HERE](#)
- **Eau Claire Downtown YMCA | April 9-May 24,**
  - Tuesdays, Thursdays, & Fridays
  - Junior: 4:15-5:15 PM | [REGISTER HERE](#)
  - Junior Elite: 4:15-5:45 PM | [REGISTER HERE](#)
- COST: Members: \$125 | Non-Members: \$225

### SENIOR/SENIOR ELITE CLINIC | AGES 11 & OLDER

This clinic is designed for swimmers 11 & older who are interested in maintaining and improving their fitness level and stroke technique. We will work to develop fast endurance swimming & sprints, stroke technique, and racing strategies! Improve your swimming conditioning with this clinic! Excellent preparation for Summer Long Course Season!

- DAYS: Mondays, Tuesdays, Thursdays, & Fridays - April 8-May 24, 2024
  - Chippewa Falls Middle School & Eau Claire Memorial High School from 6:30-8:30 PM
    - Each group alternating by week
  - Senior Clinic | [REGISTER HERE](#)
  - Senior Elite Clinic | [REGISTER HERE](#)
- COST: Members: \$175 | Non-Members: \$275

## ADULT

### BARRACUDAS LAP/TRI LEAGUE | AGES 18+

Our Lap/Tri League offers coach and self-guided workouts per lane for different abilities. A coach will facilitate practice, help with time sets, instruct on technique, and offer one-on-one coaching for specific drills to promote swimming efficiency and injury prevention.

- June 3-August 16, 2024
- Mondays, Tuesdays, & Thursday
  - 5:45-7:00 AM at Fairfax Pool | [REGISTER HERE](#)
- YMCA MEMBERS: \$125 | NON-MEMBERS: \$175

**YMCA Swim Team participants must be members of the YMCA. In addition to the fees listed, all families must meet a work requirement at Winter Meets or our Fairfax Meet, or pay an opt-out fee of \$150.**

# BARRACUDAS SWIM TEAM OPTIONS

## ALL GROUPS UP TO COACH DISCRETION

### BEGINNER BARRACUDAS | AGES 4-8 YEARS (Previously Baby Barracudas)

An introduction to competitive swimming! Emphasis is on instruction and developmental drills teaching the four competitive strokes. A great way to prepare your young swimmer for YMCA of the Chippewa Valley Swim Team while developing new skills & friendships! Baby Barracudas is primarily taught in the YMCA small wading pool. When the swimmers are ready to swim in the large pool they will spend some of the lesson time in that pool!

- Tuesdays & Thursdays, June 4-August 1
  - Session 1: 4:15-5:00 PM AT EAU CLAIRE DOWNTOWN YMCA | REGISTRATION LINK COMING SOON
  - Session 2: 5:00-5:45 PM AT EAU CLAIRE DOWNTOWN YMCA | REGISTRATION LINK COMING SOON
- YMCA MEMBERS: \$200 | NON-MEMBERS: \$300 | Limit to 20 per session

### JUNIOR | AGES 10 & UNDER (completed Level 4 of LTS lessons or Baby Barracudas)

Swimmers should be able to complete at least one length of freestyle and backstroke. The Junior group will be taught stroke technique for all of the four strokes. Competitive starts and turns will also be taught and practiced. There will be no practice requirement, however the more practices a swimmer attends the faster they will progress! A great way for your young swimmer to develop swimming skills and confidence while creating new friendships!

- Tuesdays, Thursdays, & Fridays, June 4-August 9
  - 4:15-5:30 PM at the EAU CLAIRE YMCA | REGISTRATION LINK COMING SOON
  - 3:00-4:15 PM at the CHIPPEWA FALLS YMCA | REGISTRATION LINK COMING SOON
- YMCA MEMBERS: \$250 | NON-MEMBERS: \$350

### JUNIOR ELITE | AGES 9-11

For entry into this group swimmers should be able to complete at least 50 yards of each of the four strokes. The Junior Elite group is focused on improving stroke technique and endurance. Will be working with qualified coaches focused on giving individual feedback on each stroke. This group will start to understand and learn how to compete and race strategies, as well as get an introduction to competitive training.

- Tuesdays, Thursdays, & Fridays, June 4-August 9
  - 4:15-5:45 PM at the EAU CLAIRE YMCA | REGISTRATION LINK COMING SOON
  - 3:00-4:30 PM at the CHIPPEWA FALLS YMCA | REGISTRATION LINK COMING SOON
- YMCA MEMBERS: \$300 | NON-MEMBERS: \$400

### SENIOR | MIDDLE SCHOOL AGE

Swimmers in this group will still focus on technique as well as get a sample of what training will be once moved up to the Senior Elite group. Swimmers should be committed to swimming at least 4 times per week.

- Mondays-Fridays June 6-August 9
  - 6:45-9:00 AM at Fairfax Pool | REGISTRATION LINK COMING SOON
- YMCA MEMBERS: \$550 | NON-MEMBERS: \$650
- **SENIOR DOUBLES - MUST BE 13 AND OLDER TO REGISTER FOR DOUBLE PRACTICES**
  - If you are looking for a workout in addition to morning practice at Fairfax, we will be offering Doubles twice a week. In addition to the morning at Fairfax you will also practice Monday and Wednesday afternoons at Chippewa Falls YMCA from 3:00-4:30 PM.
  - ADDITIONAL FEE of \$100 added to team fee | REGISTRATION LINK COMING SOON

### SENIOR ELITE | HIGH SCHOOL AGE (14+)

Training groups will be decided based on previous development and training experience. Swimmers are committed to swimming at a high level, expected to be at practice everyday, and focused on swimming at their best at bigger meets at the end of each competitive season. Swimmers will experience an increased training volume and intensity, and be expected to train at least at a 1:30 per 100 base or faster.

- Mondays-Fridays, June 7-August 9
  - 6:45-9:00 AM at Fairfax Pool | REGISTRATION LINK COMING SOON
- YMCA MEMBERS: \$550 | YMCA NON-MEMBER: \$650
- **SENIOR ELITE DOUBLES - MUST BE 13 AND OLDER TO REGISTER FOR DOUBLE PRACTICES**
  - If you are looking for a workout in addition to morning practice at Fairfax, we will be offering Doubles twice a week. In addition to the morning at Fairfax you will also practice Monday and Wednesday afternoons at Chippewa Falls YMCA from 3:00-4:30 PM.
  - ADDITIONAL FEE of \$100 added to team fee | REGISTRATION LINK COMING SOON





# BASKETBALL

## **SPORT TYKES BASKETBALL | AGES 4-5** **YMCA Sports Center | [REGISTER HERE](#)**

Children will work on hand/eye coordination while learning basic ball handling skills. Teamwork and following directions will be stressed. Gym shoes are required. Parent participation is encouraged but it is not required.

- SPRING: Wednesdays, April 24-June 5, 5:15-6:00 PM
- YMCA Member: \$56 | Non-Member: \$84

## **YOUTH BASKETBALL | AGES 6-11**

### **Eau Claire Downtown YMCA | [REGISTER HERE](#)**

Looking for some fun this summer? If so, then sign up for our Summer Sports! There's something for everyone! We are offering Basketball Clinics for area youth who are interested in trying a new sport or just want to spend time playing a sport they love. Clinics are designed to teach participants the fundamentals of each sport. There will be an emphasis on individual skill development and teamwork.

- SESSION 1: Mondays & Wednesdays, June 10-June 26
  - 6-8 Year Olds: 9:00-9:50 AM
  - 9-11 Year Olds: 10:00-10:50 AM
- SESSION 2: Tuesdays & Thursdays, July 9-July 25
  - 6-8 Year Olds: 9:00-9:50 AM
  - 9-11 Year Olds: 10:00-10:50 AM
- YMCA Member: \$48 | Non-Member: \$72

## **3V3 BASKETBALL LEAGUE | Grades 5 & 6**

### **Eau Claire Downtown YMCA | [REGISTER HERE](#)**

Join the 5/6th Grade 3v3 Basketball League at the YMCA! The 7-week session will consist of two games each day and playoffs the final week. Register as a team or as an individual (free agent). We aim to provide teams with a positive experience, certified officials, and a place to develop players skills.

- Mondays, June 10-July 22
  - Games are played between 5:00-8:00 PM
- COST: \$60 per individual

## **MIDDLE SCHOOL BASKETBALL LEAGUE**

### **Grades 7-8 | [REGISTER HERE](#)**

An opportunity for area youth to build on their skills and play summer basketball. The Y aims to provide teams with a positive experience, using certified officials, knowledgeable staff, and promoting the four core values of the YMCA. We hope that your team will join us this summer!

- BOYS: Mondays, June 10- August 5
  - Games are played between 5:00-9:00 PM
  - Games played at Eau Claire Downtown YMCA
- GIRLS: Wednesdays, June 12-August 7
  - Games are played between 4:00-9:00 PM
  - Games played at YMCA Sports Center
- TEAM COST: \$400



## **SPRING REGISTRATION**

- YMCA Members: OPEN
- Non-Members: OPEN

## **SUMMER REGISTRATION**

- YMCA Members: March 1
- Non-Members: March 15

## **YMCA BASKETBALL CAMPS | Entering Grades 5-8** **Eau Claire Downtown YMCA | [REGISTER HERE](#)**

The Y will be offering 4-day, same week basketball camps for your young basketball player to get better at the game they love to play!

This is an opportunity for youth who have basketball league experience (at least 1 year of basketball league experience) and are looking to take their game to the next level summer. These clinics will help improve fundamentals and basketball IQ/ awareness through game-like drills and intense skill work (individually and small group). They will improve their ball handling, passing, finishing and shooting.

- Girls entering grades 5-6, August 5-8, 5:30-6:45 PM
- Boys entering grades 5-6, August 5-8, 7:00-8:15 PM
- Girls entering grades 7-8, August 12-15, 5:30-6:45 PM
- Boys entering grades 7-8, August 12-15, 7:00-8:15 PM

YMCA Members: \$55 | Non-Members: \$90

## **HIGH SCHOOL BASKETBALL LEAGUE | Grades 9-12** **Eau Claire Downtown YMCA | [REGISTER HERE](#)**

Summer Leagues are a part of the YMCA of the Chippewa Valley's basketball tradition. Our high school summer basketball leagues are structured to accommodate busy schedules and provide quality competition. We will be offering a league for both JV & Varsity teams.

- BOYS: Thursdays, June 13-July 25
  - Games are played between 5:00-9:00 PM
- GIRLS: Tuesdays, June 11-July 23
  - Games are played between 5:00-9:00 PM
- TEAM COST: \$350

## **WESTERN WI WOMEN'S BASKETBALL LEAGUE YMCA** **SPORTS CENTER | [REGISTER HERE](#)**

Women's Basketball League at the YMCA Sports Center. This is a 5 versus 5 league with a maximum of 12 teams. Participants may sign up as an individual and list the team they would like to be on. Each team should have a minimum of 5 participants. Due to NCAA regulations, current D1 scholarship players are not eligible. We hope that your team will join us this summer! Non-Members must purchase the \$20 [Player's Package](#).

- Thursdays, June 13-August 8
  - Games are played between 5:00-10:00 PM
- COST: \$65 per individual

## **ADULT BASKETBALL | AGES 18+ |** **YMCA SPORTS CENTER | [REGISTER HERE](#)**

The adult recreational basketball league consists of an 8-game session. This league is open to players of all levels. Grab some friends and get your teams together. If you are not part of a team, register as an individual, and we will do our best to help you find a team. This league is 5 versus 5. Teams should have a minimum of 5 players and a maximum of 12. Non-Members must purchase the \$20 [Player's Package](#).

- March 7-May 2
- Games are played on THURSDAYS between 6:00-10:00 PM
- COST:
  - Team: \$350
  - Individual: Member: \$55 | Non Member: \$70



### SPRING REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN

### SUMMER REGISTRATION

- YMCA Members: March 1
- Non-Members: March 15

# PRESCHOOL SPORTS

## **SPORT TYKES ABC'S | AGES 3-4 | YMCA Sports Center | [REGISTER HERE](#)**

Youth can feel free to run until their heart's content. Every week has a different theme, emphasizing the learning of new athletic motor skills. Activities are planned according to the letter of focus for that week. (Aa = animal walks, aim, airplanes, etc.) Children learn how to take turns, follow directions, and make friends! Parent participation is encouraged, but not required.

- SPRING: Mondays, April 22-June 3
- SUMMER: Mondays, June 10-July 22
- TIME: 5:15-6:00 PM
- COST: YMCA Member: \$56 | Non-Member: \$84

## **SPORT TYKES SAMPLER | AGES 4-5 | YMCA Sports Center | [REGISTER HERE](#)**

Basketball, Soccer, Football, T-Ball, Volleyball, Kickball, Track | Children are welcome to enjoy a variety of sports by learning a new and exciting one each week. Along with having fun together, there will be a strong emphasis on learning to take turns and follow directions.

- SPRING: Wednesdays, April 24-June 5
- SUMMER: Thursdays, June 13-July 25
- SPRING TIME: 6:05-6:50 PM
- SUMMER TIME: 5:15-6:00 PM or 6:05-6:50 PM
- COST: YMCA Member: \$56 | Non-Member: \$84

## **SPORT TYKES SOCCER | AGES 4-5 | YMCA Sports Center | [REGISTER HERE](#)**

Come join in the fun and learn skills specific to dribbling, kicking, and blocking the ball. Children will get a chance to participate with others along with learning the basic rules of the game in a group setting. Children have fun and learn in a non-competitive, safe environment. Parent participation and shin guards are encouraged, but not required.

- SPRING: Mondays, April 22-June 3
- SUMMER: Mondays, June 10-July 22
- TIME: 6:05-6:50 PM
- COST: YMCA Member: \$56 | Non-Member: \$84

## **SPORT TYKES BASKETBALL | AGES 4-5 | YMCA Sports Center | [REGISTER HERE](#)**

Children will work on hand/eye coordination while learning basic ball handling skills. Teamwork and following directions will be stressed. Gym shoes are required. Parent participation is encouraged, but it is not required.

- SPRING: Wednesdays, April 24-June 5
- TIME: 5:15-6:00 PM
- COST: YMCA Member: \$56 | Non-Member: \$84

## **SPORT TYKES T-BALL | AGES 4-5 | YMCA Sports Center | [REGISTER HERE](#)**

Children will work on hand-eye coordination while learning basic throwing, catching, running, fielding, and batting skills. Teamwork and following directions will be stressed. Gym shoes are required. Parent participation is encouraged but not required.

- SPRING: Thursdays, April 25-June 6
- SUMMER: Wednesdays, June 12-July 24
- TIME: 5:15-6:00 PM or 6:05-6:50 PM
- COST: YMCA Member: \$56 | Non-Member: \$84

## SOCIAL SITES



Chippewa Falls YMCA	<a href="http://www.facebook.com/chippewaymca">www.facebook.com/chippewaymca</a>	<a href="http://www.instagram.com/chippewafallsymca/">www.instagram.com/chippewafallsymca/</a>
Eau Claire Downtown YMCA	<a href="http://www.facebook.com/ecdowntownymca">www.facebook.com/ecdowntownymca</a>	<a href="http://www.instagram.com/ecdowntownymca/">www.instagram.com/ecdowntownymca/</a>
Eau Claire South YMCA	<a href="http://www.facebook.com/ecsouthymca">www.facebook.com/ecsouthymca</a>	<a href="http://www.instagram.com/ecsouthymca/">www.instagram.com/ecsouthymca/</a>
YMCA Sports Center	<a href="http://www.facebook.com/ECIndoorSportsCenter">www.facebook.com/ECIndoorSportsCenter</a>	
YMCA Tennis Center	<a href="http://www.facebook.com/profile.php?id=100057350952728">www.facebook.com/profile.php?id=100057350952728</a>	
Camp Manitou	<a href="http://www.facebook.com/CampManitouYMCA">www.facebook.com/CampManitouYMCA</a>	





# FLAG FOOTBALL

## SPRING REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN



## SUMMER REGISTRATION

- YMCA Members: March 1
- Non-Members: March 15

### YOUTH FLAG FOOTBALL | AGES 6-14 | YMCA Sports Center | [REGISTER HERE](#)

Kids of all skills and abilities have the opportunity to play football in a fun, safe, supportive, and climate-controlled environment. The session will start with a training camp week 1, followed by practice week 2, and then league games to follow. \*Includes a team t-shirt \*All players must have a \$20 [Player's Package](#) or YMCA Membership.

#### • Ages 6-8 Years

- SPRING: Thursdays, March 7-May 2
- SPRING: Mondays, March 11-May 6
- SUMMER: Thursdays, June 13-August 8

#### • Ages 9-11 Years

- SPRING: Thursdays, March 7-May 2
- SPRING: Tuesdays, March 19-May 7\*
- SUMMER: Thursdays, June 13-August 8

- TIME: 5:10 or 6:00 PM

- COST: YMCA Member: \$80 | Non-Member: \$100

- THURSDAY TIME: 6:50 or 7:40 PM

- \*TUESDAY TIME: 6:00-8:00 PM

- COST: YMCA Member: \$80 | Non-Member: \$100

### YOUTH FLAG FOOTBALL | GRADES K-5 | CHIPPEWA FALLS YMCA | [REGISTER HERE BEGINNING MAY 8](#)

Come join the YMCA in conjunction with the NFL for youth flag football. Boys and girls in grades K-5 are welcome. Learn the basic skills of football as well as competing in games. Each player gets to keep their own NFL flag football jersey. Games may also be played on Thursdays if numbers necessitate. Everyone plays and everyone wins!

- GRADES K-2: Mondays, September 9-October 21, 5:00 PM
- GRADES 3-5: Tuesdays, September 10-October 22, 5:00 PM
- YMCA Members: \$56 | Non-Members: \$84

### ADULT FLAG FOOTBALL | AGES 18+ | YMCA Sports Center | [REGISTER HERE](#)

Do you love football? Why not join our flag football league? We have the largest indoor facility for flag football in Western Wisconsin, with 16,000 sq. ft. of turf. The winter session consists of 9 games and is open to players of all levels. Grab some friends and get your team together. If you are not part of a team, register as an individual, and we will do our best to help you find a team. All players must have a \$20 [Player's Package](#) or YMCA Membership.

- SPRING: Wednesdays, March 6-May 1
- TIME: Games are played between 6:00-10:00 PM

- COST:

- Team: \$500 | Early Bird (by Feb 15): \$475

- COST: YMCA Member: \$65 | Non-Member: \$80



# BASEBALL/SOFTBALL

### SPRING TRAINING | AGES 7-12 | CHIPPEWA FALLS YMCA | [REGISTER HERE](#)

Fine-tune your baseball/softball skills before heading outside for the upcoming season. Former Kimbal, MN head baseball coach and St. John's University player Tom Reuter will help improve your batting, pitching, fielding, and catching by teaching fundamentals and correcting mechanics. Trainings will be held indoors and move outdoors when weather permits. Skills stations, no batting cages. Sessions are designed for boys & girls ages 7 to 12. (Beginner-intermediate skill level)

- Fridays, April 5-April 26, 4:00-5:00 PM
- YMCA Member: \$30 | Non-Member: \$60



# VOLLEYBALL

## SPRING REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN



## SUMMER REGISTRATION

- YMCA Members: March 1
- Non-Members: March 15

### [YOUTH VOLLEYBALL | AGES 6-11 | YMCA Sports Center | REGISTER HERE](#)

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. All participants should come dressed for high activity.

- SPRING: Tuesdays, April 23-June 4
  - 6-8 Year Olds: 5:10-6:00 PM
  - 9-11 Year Olds: 6:05-6:50 PM
- COST: YMCA Member: \$56 | Non-Member: \$84

### [COED VOLLEYBALL | AGES 18+ | YMCA Sports Center | REGISTER HERE](#)

The winter coed volleyball league consists of 8 games and is open to players of all levels. The NCAA-approved volleyball floor surfaces, clean and climate-controlled building, and player- and spectator-friendly facility make the YMCA Sports Center the place to be for volleyball. All players must have a [Player's Package](#) or YMCA Membership.

- SPRING: Wednesdays, February 28-April 24
- TIME: Game start-times no earlier than 6:00 PM
- COST:
  - Team: \$175 | Early Bird (by February 21): \$150
  - COST: YMCA Member: \$25 | Non-Member: \$40

### [FUSION VOLLEYBALL CLUB | GRADES 6-8 | Eau Claire Downtown YMCA | CALL TO REGISTER](#)

The Eau Claire YMCA Fusion Volleyball club will participate in the Wisconsin Independent Volleyball League (WIVL). The club will provide 3 teams at each grade level based on which high school the player will enroll for 9th grade. Open to 6th-8th grade girls who will be enrolled at North, Memorial or Regis 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.

- WINTER 1: Saturdays, March 9-May 11
- TIME: Games are played between 8:00 AM-5:00 PM
- COST: \$100

### [MIDDLE SCHOOL VOLLEYBALL LEAGUE | GRADES 6-8 | YMCA SPORTS CENTER | REGISTER HERE](#)

Over a number of years, the YMCA has been offering Summer Volleyball Leagues to students in and around the Eau Claire Area. This league is designed to allow teams from both near and far the opportunity to play a game they enjoy, while improving both their individual and team skills. The Y aims to provide a positive experience, using certified officials and knowledgeable staff. We hope that your team will join us this summer!

- Mondays, June 10-August 5
- Games will be played between 5:00-9:00 PM
- Team Fee: \$400

### [HIGH SCHOOL VOLLEYBALL LEAGUE | GRADES 9-12 | YMCA SPORTS CENTER | REGISTER HERE](#)

Once again, the YMCA will be offering JV and Varsity volleyball leagues. The Y aims to provide a positive experience, using qualified officials, knowledgeable staff, and promoting the four core values of the YMCA. Both the JV and Varsity league will be offered on Mondays, so teams from out of town can carpool. We hope that your team will join us this summer!

- Mondays, June 10-August 5
- Games will be played between 5:00-9:00 PM
- Team Fee: \$400





# SOCCER

## SPRING REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN



## SUMMER REGISTRATION

- YMCA Members: March 1
- Non-Members: March 15

### SPORT TYKES SOCCER | AGES 4-5 | YMCA Sports Center | [REGISTER HERE](#)

Come join in the fun and learn skills specific to dribbling, kicking, and blocking the ball. Children will get a chance to participate with others along with learning the basic rules of the game in a group setting. Children have fun and learn in a non-competitive, safe environment. Parent participation and shin guards are encouraged, but not required.

- SPRING: Mondays, April 22-June 3
- SUMMER: Mondays, June 10-July 22
- TIME: 6:05-6:50 PM
- COST: YMCA Member: \$56 | Non-Member: \$84

### YOUTH SOCCER SKILLS | AGES 6-12 | YMCA Sports Center | [REGISTER HERE](#)

This class is designed to help youth develop their soccer skills. Participants will learn the fundamentals of the game, as well as soccer rules and terminology. All participants should come dressed for high activity with shin guards and indoor shoes. No cleats allowed on the turf.

- SPRING: Tuesdays, April 23-June 4
- TIME: 5:00-6:00 PM
- COST: YMCA Member: \$56 | Non-Member: \$84

### WOMEN'S SOCCER | AGES 18+ | YMCA Sports Center | [REGISTER HERE](#)

Looking to be active and join the fun? Maybe your child plays and you would like to learn more about the sport. Enroll as a team or as an individual. The winter league consists of 8 games and offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between teammates. All players must have a [Player's Package](#) or YMCA Membership.

- SPRING: Mondays, March 4-April 29
- TIME: Games are played between 6:00-10:00 PM
- COST:
  - Team: \$675 | Early Bird (by Feb. 13): \$650
  - COST: YMCA Member: \$70 | Non-Member: \$85

# BOOK YOUR BIRTHDAY PARTY AT THE YMCA!



The YMCA is a great place to celebrate your child's birthday!

Birthday parties can be held at the Eau Claire Downtown YMCA, YMCA Sports Center, or Chippewa Falls YMCA. All locations offer unique and fun birthday party options that are fun for all ages.

Parties are open to both Members and Non-Members.

Learn more about our birthday party packages and options by [clicking here.](#)



# PRESCHOOL GYMNASTICS

**SPRING SESSION: March 24-May 24 - NO CLASS 3/31**  
Registration: Members: March 4 | Non-Members: March 11

**SUMMER SESSION: June 17-August 23 - NO CLASS 7/4**  
Registration: Members: May 13 | Non-Members: May 20  
Summer classes days & times will be posted in May.

A great learning environment for your child. The YMCA Gymnastics program aids in your child's physical, mental and social development. Our instructors focus on fun while teaching children the basic skills needed to progress into our school age progressive program.

## PRESCHOOL CLASS OBJECTIVES

- To build confidence & raise self-esteem.
- To develop eye/hand & eye/foot coordination.
- To develop body & kinesthetic awareness.
- To develop gross-motor coordination.
- To develop balance, strength & flexibility
- To teach gymnastics progressions

### **PARENT & TOTS | REGISTER HERE** **BOYS & GIRLS, AGES 12-36 MONTHS**

We emphasize a safe, physical play environment to introduce basic gymnastics and gross motor skills. Instructors make classes fun and interesting with stretching, jumping, swinging, and learning how to roll and fall safely. Parents will assist their child through a series of obstacle courses and activities which will vary every week.

- Sundays, 4:00-4:45 PM
- Sundays, 4:45-5:30 PM
- Tuesdays, 9:15-10:00 AM
- Wednesdays, 9:15-10:00 AM
- Wednesdays, 5:00-5:45 PM
- Wednesdays, 6:00- 6:45 PM
- Thursdays, 9:15-10:00 AM
- YMCA Member: \$90 | Non-Member: \$132
- Sunday Class: Member: \$80 | Non-Member: \$118

### **TUMBLE TOTS | REGISTER HERE** **BOYS & GIRLS, AGE 3 (PARENT AS NEEDED)**

This class provides basic gymnastics progressions taught on each apparatus. Children will be taught how to follow multi-step directions, communicate with peers, and improve strength and flexibility.

- Sundays, 4:00-4:45 PM
- Sundays, 4:45-5:30 PM
- Tuesdays, 9:15-10:00 AM
- Wednesdays, 9:15-10:00 AM
- Wednesdays, 5:00-5:45 PM
- Wednesdays, 6:00- 6:45 PM
- Thursdays, 9:15-10:00 AM
- YMCA Member: \$90 | Non-Member: \$132
- Sunday Class: Member: \$80 | Non-Member: \$118

### **BIG SHOTS | REGISTER HERE** **BOYS & GIRLS, 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.

- Sundays, 4:00-4:45 PM
- Sundays, 4:45-5:30 PM
- Tuesdays, 9:15-10:00 AM
- Wednesdays, 9:15-10:00 AM
- Wednesdays, 5:00-5:45 PM
- Wednesdays, 6:00- 6:45 PM
- Thursdays, 9:15-10:00 AM
- YMCA Member: \$90 | Non-Member: \$132
- Sunday Class: Member: \$80 | Non-Member: \$118

### **HOT SHOTS | INVITE ONLY** **BOYS & GIRLS, AGES 3-5**

This one-hour class is offered by invitation only and is designed for children who have the strength and flexibility to learn more advanced skills. Students should have mastered basic gymnastics skills and be good listeners. Don't worry, there will be plenty of time for fun!

- Wednesdays, 5:00-6:00 PM
- YMCA Member: \$90 | Non-Member: \$132



# PROGRESSIVE GYMNASTICS

**SPRING SESSION: March 24-May 24 - NO CLASS 3/31**

Registration: Members: March 4 | Non-Members: March 11

**SUMMER SESSION: June 17-August 23 - NO CLASS 7/4**

Registration: Members: May 13 | Non-Members: May 20

Summer classes days & times will be posted in May.

## **BEGINNER | REGISTER HERE**

### **BOYS & GIRLS, AGES 5+**

This is the first of the progressive classes and is for students who are new to gymnastics. This class will help children 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. In order to pass out of this level, gymnasts must be able to consistently perform cartwheel, handstand, and pullover.

- Sundays, 3:00-4:00 PM
- Sundays, 5:30-6:30 PM
- Mondays, 4:00-5:00 PM
- Mondays, 6:00-7:00 PM
- Tuesdays, 4:00-5:00 PM
- Wednesdays, 4:00-5:00 PM
- Thursdays, 4:00-5:00 PM
- Thursdays, 5:00-6:00 PM
- Thursdays, 6:00-7:00 PM
- YMCA Member: \$90 | Non-Member: \$132
- Sunday Class: Member: \$80 | Non-Member: \$118

## **INTERMEDIATE | REGISTER HERE**

### **BOYS & GIRLS, AGES 5+**

Intermediate is designed to enhance skill development. Skills focus on attaining and holding upside down vertical (handstands and cartwheels etc.), learning leaps, turns and jumps and transferring them to the beam, and introducing circling on bars.

- Sundays, 2:00-3:30 PM
- Sundays, 5:30-7:00 PM
- Mondays, 5:00-6:30 PM
- Tuesdays, 4:00-5:30 PM
- Thursdays, 6:00-7:30 PM
- YMCA Member: \$113 | Non-Member: \$168
- Sunday Class: Member: \$101 | Non-Member: \$150

## **TEAM ALTERNATE | REGISTER HERE**

### **BOYS & GIRLS, AGES 5+**

Team Alternate will build on the foundation of basics and focus on the skills needed in USAG level 3 gymnastics. These will include: round-offs and back handsprings on floor, handstands and cartwheels on beam, front and back hip circles on bars and vaulting on/over stacked mats.

- Mondays, 5:00-7:00 PM
- YMCA Member: \$150 | Non-Member: \$225

## **BOY'S GYMNASTICS | REGISTER HERE**

### **BOYS, AGES 5-18**

This class is the first of the progressive classes aimed at boys that 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. Examples include: handstands and cartwheels with assistance, a variety of rolls and jumps on floor, assisted pull overs and swings on bars, basic techniques on rings and mushroom, and proper vaulting basics. This class will also include a variety of stretching and strength-building activities.

- Wednesdays, 4:00-5:00 PM
- YMCA Member: \$90 | Non-Member: \$132

## **ADVANCED INTERMEDIATE | REGISTER HERE**

### **BOYS & GIRLS, AGES 5+**

Advanced Intermediate will build on the foundation of basics and focus on the skills needed in USAG Level 3 gymnastics. These will include: round-offs and back handsprings on floor, handstands and cartwheels on beam, front and back hip circles on bars, and vaulting on/over stacked mats.

- Sundays, 5:30-7:30 PM
- Mondays, 4:00-6:00 PM
- Tuesdays, 4:00-6:00 PM
- Thursdays, 4:15-6:15 PM
- Fridays, 5:00-7:00 PM
- YMCA Member: \$150 | Non-Member: \$225
- Sunday Class: Member: \$133 | Non-Member: \$200

## **HOMESCHOOL SEMI-STRUCTURED OPEN GYM**

### **REGISTER HERE**

#### **BOYS & GIRLS, AGES 5+**

This hour and a half class is designed for homeschooled kids who are looking for activity in their day. Supervised by a YMCA Gymnastics coach, students will be offered open play as well as gymnastics skill work.

- Tuesdays 10:30 AM-12:00 PM
- YMCA Member: \$82 | Non-Member: \$119

If you have questions about gymnastics, please contact Ele Higley at [ehigley@ymca-cv.org](mailto:ehigley@ymca-cv.org)

# JOHN & FAY MENARD YMCA TENNIS CENTER

1260 MENOMONIE STREET, EAU CLAIRE  
(715) 836-8470

## ABOUT THE TENNIS CENTER

The John and Fay Menard YMCA Tennis Center is a state-of-the-art 8 court indoor facility. In 2019 we were awarded the USTA's highest honor of "Facility of Year."

We pride ourselves in being the most affordable indoor tennis facility in the country and have programming for all ages.

### Open Court Time

- Reserve open court time by scheduling between 30 minutes to two hours (in half-hour increments) at a time.
- Mon-Fri after 4:00 PM: 90-minute reservation limit.
- Make open court time reservations up to seven days ahead of time either in person, [online](#), or by phone.

### Hourly Open Court Time Rental Rates

Hourly fee is split by all participants on court

- **Youth/full-time college student:**
  - \$16/court/hour
- **Adult:**
  - \$20/court/hour
- **Happy Hour discount time (all ages):**
  - \$16/court/hour
    - Monday-Friday
      - 6:00-9:00 AM & Noon-4:00 PM
    - Saturday
      - Noon-4:00 PM

### Cardio Tennis

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. If current or new players are looking for a great new way to get in shape and to burn calories, they must give it a try!

- Monday-Friday, 10:30-11:30 AM
- No registration is required
- YMCA Members: \$7.50 | Non-Members: \$10

## MEET THE TENNIS CENTER STAFF

### Matt Boughton

#### USPTA Elite Professional

I am a USPTA Elite Tennis professional, a USTA National Coach, Team USA Coach, and have been at the Eau Claire YMCA for 15+ years. Tennis has taken me all over the country, including Mobile, Alabama annually to coach the country's best 18U players during the Spring Team National Tournament.

### Meg Minton

#### USPTA Elite Professional

I am a USPTA Elite Tennis professional with over 26 years of on-court experience. I'm so excited to see everyone--whether it's your first time playing tennis or you are joining a fun cardio drill--and I can't wait to build some great memories on the courts.

### Jon Pickett

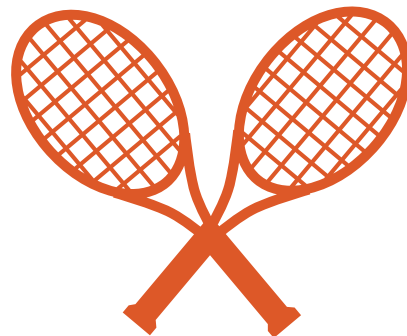
#### USPTA Elite Professional

I have been a "Y Kid" since I was 3 years old and have worked at the Eau Claire YMCA since 2004! My goal is to ensure your child has the best possible tennis experience they can have. I am happy to assist you with class placement and program opportunities. I am always looking to continue my education as well as to provide the most up-to-date, fun, and beneficial teaching possible! In 2023, I was the proud recipient of the Midwest Pro of the Year Award.

### Traci Balts

#### USPTA Certified Tennis Professional

I am a USPTA Certified Tennis Professional with 6 years of teaching experience. I played Division 1 college tennis at UW-Milwaukee under scholarship. I ranked as high as 7th in the Northern Section by the USTA as a junior player. In my high school career, I held the school record for the most wins with 122 total wins. I was the state runner-up in doubles 2 years in a row in high school. I was also inducted into the Eau Claire Memorial High School Hall of Fame in 2013.



Private lessons and hitting sessions are available.  
Contact the Tennis Center for rates.



# YOUTH TENNIS

**LEARN MORE  
& REGISTER**

The John and Fay Menard YMCA Tennis Center has Junior programming starting with Red Ball 4-5 year olds to the ACE program for high school varsity players. The Tennis Center Director Matt Boughton (USPTA Elite Professional), Jon Pickett (USPTA Elite Professional), or Meg Minton (USPTA Elite Professional) 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, and 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 their instructor for advice.

**SPRING 1: April 1-May 11**  
**SPRING 2: May 13-June 8**  
**SUMMER 1: June 10-July 20\***  
\*No class the week of July 3  
**SUMMER 2: July 22-August 24**



## SPRING REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN

## SUMMER REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN

### Red Ball 1 | 1 lesson per week

For children ages 4-5 or the proper skill level. A fun, engaging program to teach 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.

### Red Ball 2 | 1 lesson per week

For children ages 6-8 or the proper skill level. Children will continue to improve on the form taught in Red Ball 1. Players will also begin to learn basic rules of the game, to keep score, make shot decisions, and basic tenets of doubles.

### Orange Ball | 1 lesson per week

For children 12 and under or the proper skill level. Children will continue to develop what they learned in Red Ball 2 while learning to: play and apply rules of individual or doubles play, practice, encourage and support others, and continue their development of being a good sport.

### Green Ball | 1 lesson per week

For tennis players that have been through the Red/Orange ball programs and are ready to transition to the 78-foot court.

### Ace III | 2 lessons per week

Competitive Junior High to Junior Varsity level players. This class is designed to be fun and interactive, all while meeting the current needs of the player. We'll teach core concepts such as correct techniques in ground strokes, volleys, serves, overheads, and specialty shots such as drop shots and lobs. Tennis strategy and point construction is introduced as well as sportsmanship and integrity on the court. Online registration is NOT AVAILABLE. Players must have instructor consent before registration.

### Ace II | 2 lessons per week

Junior Varsity level players. This class 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. Online registration is NOT AVAILABLE. Players must have instructor consent before registration.

### Ace I / High Performance | 2 lessons per week

Varsity players. There will be intensive workouts with singles and doubles strategies and mental toughness for match play scenarios. Online registration is NOT AVAILABLE. Players must have instructor consent before registration.

# ADULT TENNIS

[LEARN MORE](#)  
[& REGISTER](#)

The John and Fay Menard YMCA Tennis Center offers an extensive range of group lessons (drills) to meet a variety of ability needs. Whether you are a beginner looking to pick up a new, fun activity, or a seasoned veteran of the game who wants to polish up your skills, our staff can help find a spot for you! Meg Minton or the Tennis Center Director will be happy to assist you in finding the correct class for your abilities.

## Lesson Information

Adult 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 a 4.0 level. 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 approved by Matt Boughton or the instructor of the lesson.
- Lessons are not prorated unless a participant signs up late.

**SPRING 1: April 1–May 11**  
**SPRING 2: May 13–June 8**  
**SUMMER 1: June 10–July 20\***  
\*No class the week of July 3  
**SUMMER 2: July 22–August 24**

## SPRING REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN



## SUMMER REGISTRATION

- YMCA Members: OPEN
- Non-Members: OPEN

### Advanced Doubles

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.

### Beginner | <2.5 level

This class will cover basic strokes, serves, service return, ground strokes and volley. Proper footwork and ball judgment skills will be taught. Ratio is 5:1.

### Intermediate | 2.5-3.0 level

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.

### Advanced | 3.0-3.5 level

Intended for players who want to improve their strokes and learn important strategies of the game. Half of the class time is spent on improving stroke production, and the other half is spent on strategies. Ratio is 5:1.

### Singles Drill | 3.0-4.0 level

### Adult Doubles DRILLS | 3.5+ level

Drill is open to all players rated 3.5 and above. Players will drill for the majority of the time.





# YMCA EARLY LEARNING COMMUNITY

## - CHIPPEWA FALLS YMCA -

**4 WEEKS-5 YEARS | 6:00 AM-6:00 PM**  
**CHILD CARE & 4K PROGRAMMING**

The YMCA Early Learning Community is a state-licensed, YoungStar-certified facility designed to offer a safe and engaging environment to develop foundational skills through a variety of age-appropriate, fun-filled activities and curriculum.

We encourage each child to explore new experiences and interact with others in a positive manner to build self-reliance and develop the social-emotional skills that foster a desire for life-long learning through the Y values of caring, honesty, respect, and responsibility.

### Early Learning Community Benefits:

- Swim lessons (for an additional fee)
- Preschool curriculum
- Nutritious daily breakfast, lunch, and snacks
- Outdoor playgrounds
- Professional staff
- Gym activities and preschool physical education
- YMCA family membership

### Classrooms:

- 4 weeks to 5 years
- 4K Cardinals, AM & PM Sessions
  - Registration takes place through the Chippewa Falls Unified School District website and is now open for the 2024/2025 school year, [click here](#).



**NEWLY RENOVATED!!**  
 Call (715) 723-5135  
 for availability and to  
 set up a tour today!



**LEARN MORE**



# SUMMER CAMPS

Camp is the time for children to grow as individuals and discover who they are. Our fully supervised Summer Day Camp will focus on different weekly themes. We will have field trips to the community pools, other field trips on Thursdays, as well as games, crafts, and educational activities relating to our theme of the week. Day Camp will keep children physically active and learning in fun ways throughout the summer.

## EC DOWNTOWN YMCA

700 Graham Ave, Eau Claire, WI 54701

## YMCA SPORTS CENTER

3456 Craig Rd, Eau Claire, WI 54701

## CHIPPEWA FALLS YMCA

611 Jefferson Ave, Chippewa Falls, WI 54729



[CLICK HERE TO LEARN MORE](#)

**EAU CLAIRE DOWNTOWN  
REGISTRATION BEGINS  
ON MARCH 2.**

**YMCA SPORTS CENTER  
CAMP IS FULL!**

**CHIPPEWA FALLS  
HAS LIMITED OPENINGS**

# CAMP MANITOU

27960 137th St., New Auburn, WI, 54757

Camp Manitou is an overnight camp with programs for youth entering grades 2-10. Campers will learn new skills, play large group games, and have plenty of opportunities to go swimming and boating every day. The activities we offer provide great opportunities for campers to enjoy the outdoors while learning to work together and build new friendships. Campers make memories that will last a lifetime. Learn more about Camp Manitou here!



**2024 CAMP SESSIONS ARE FULL!  
ADDITIONAL SPOTS MAY OPEN  
THROUGHOUT THE SUMMER. PLEASE CHECK  
OUR WEBSITE FREQUENTLY FOR UPDATES.**





# SCHOOL-AGE CHILDCARE (SACC)

REGISTRATION FOR THE 2024-2025 SCHOOL YEAR BEGINS ON JUNE 17, 2024 – MORE INFORMATION TO COME!

## BEFORE & AFTER SCHOOL PROGRAMMING

The YMCA before and after school SACC programs are designed to provide a safe and dependable community for children to engage in social and physical activities that promote the Y values of caring, honesty, respect, and responsibility. This program is offered to children in kindergarten through grade 5.

The Y offers before and after school care at several Eau Claire and Chippewa area elementary school sites using the cafeteria, gym, or group space, and at both the Eau Claire Downtown and Chippewa Falls YMCAs.

## FULL DAY CARE

In YMCA Full Day Care, 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 during the school year when school isn't in session. SCHOOL'S OUT programming is offered for planned holiday breaks and scheduled non-school days. Programming is also offered when inclement weather affects schooling. Full Day Care is provided at the YMCA Sports Center, Eau Claire Downtown YMCA, and Chippewa Falls YMCA.

[LEARN MORE](#)

## KIDS GYM EAU CLAIRE DOWNTOWN YMCA

- Available to children 12 and under.
- Children MUST be accompanied by an adult.
- Socks must be worn; no shoes, no barefeet.



FREE FOR YMCA MEMBERS



# YOUTH & FAMILY EVENTS

## **PARENTS' NIGHT OUT | EC DOWNTOWN YMCA & CHIPPEWA FALLS YMCA | FAMILY MEMBERSHIPS ONLY** **2nd Friday of Every Month, 6:00-9:00 PM | REGISTER & LEARN MORE HERE**

The YMCA of the Chippewa Valley offers monthly Parents' Night Out Events at the Chippewa Falls and Eau Claire YMCA locations! Age-appropriate activities include board games, crafts, gym time, movies, and pizza for dinner for the children! This service will be FREE for those who have YMCA Family Memberships.

- YMCA Family Memberships: FREE
- AGES: Children who are potty trained through 5th Grade

## **FAMILY FUN ZONE | YMCA SPORTS CENTER | YMCA MEMBERS & NON-MEMBERS** **9:00-11:30 AM, OFFERED THROUGH MAY 24, 2024 | NO REGISTRATION REQUIRED**

Family Fun Zone is a program offered for accompanied children ages 0 to 5. Family Fun Zone operates Labor Day through Memorial Day from 9:00-11:30 AM. Children and parents enjoy open play on the large turf field filled with numerous toys, sports equipment, and inflatables. Parachute games are offered at 10:30 each morning which children may participate in, if they choose, or continue with open play.

- WHEN: Tuesdays, Thursdays (October-April) & Fridays, 9:00-11:30 AM
- FEE: Family Memberships: FREE | Non-Member: \$5 | Parents: FREE
- SPONSORS: CVTC, Kristo Orthodontics, Smiles in Motion

## **FRIDAY FAMILY NIGHT | YMCA SPORTS CENTER | YMCA MEMBERS & NON-MEMBERS** **5:00-9:00 PM, OFFERED THROUGH MAY 17, 2024 | NO REGISTRATION REQUIRED**

Every Friday night from 5:00-9:00 PM, through May 17. Open to all families, kids, and their friends! Enjoy basketball, volleyball, soccer, inflatables, movies, free popcorn, and special entertainment! All children must be accompanied by an adult.

- WHEN: Fridays, 5:00-9:00 PM
- FEE (per person): Member: \$4 | Non-Member: \$6
- SPONSOR: Group Health Cooperative of Eau Claire

## **KIDS EXPO | YMCA SPORTS CENTER | APRIL 7, 2024 11:00 AM - 3:00 PM | \$6 PER PERSON | LEARN MORE**

Join us for Western Wisconsin's largest children's event! Expect a day full of fun and children's entertainment. We will have several large inflatables, DJ entertainment, performance stage, children's activities, face painting, vendor area, and so much more!!! Join us for a fantastic family day!

## **HEALTHY KIDS DAY | CHIPPEWA FALLS YMCA | APRIL 13, 2024 9:00 AM - NOON | FREE FOR ALL | LEARN MORE**

Healthy Kids Day is an annual event for families to come and receive information on nutrition, health, exercise, health care services, chiropractic care, dental hygiene, fire safety and much more while the kids have fun and participate in activities and games. This event will be spaced throughout the YMCA and outside (weather permitting). Please join us for some free family fun.

## **FREE FISHING EVENT | ERICKSON PARK | JUNE 1, 2024 11:00 AM - 3:00 PM | FREE FOR ALL | LEARN MORE**

Enjoy the Wisconsin DNR Free Fishing Weekend with the YMCA of the Chippewa Valley!. Meet in Erickson Park in Chippewa Falls for a day of fishing instruction and learn how to fish! FREE fishing poles for attendees while supplies last. FREE bait while supplies last. Chippewa Rod & Gun volunteers will be there to answer questions. Chippewa Rod & Gun volunteers will provide tips and fishing techniques. Learn how to cast, tie on hooks, and clean fish throughout the day. Open for ALL ages.

## **PURE WATER DAY RACES | CHIPPEWA FALLS YMCA | AUGUST 10, 2024 | LEARN MORE**

The Leinenkugel's Pure Water Day races begin at the Chippewa Falls YMCA. There are five different races to involve the entire family:

- 1-Mile Fun Run/Walk
- 2-Mile Fit Walk
- 4-Mile Run
- Bill Roegge Memorial Half Marathon
- Kids 200 Meter Dash