



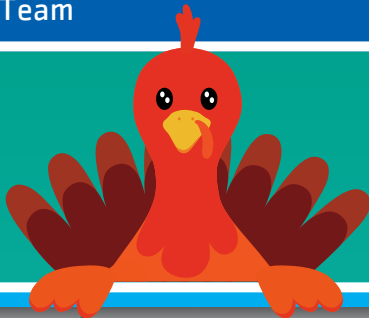
NOVEMBER NEWSLETTER

YMCA OF THE CHIPPEWA VALLEY

As the season changes, so do the opportunities at your YMCA. From energizing new fitness classes to family fun and community gatherings, November is full of ways to stay active and connected. Join us in making wellness a priority this month!

IN THIS ISSUE:

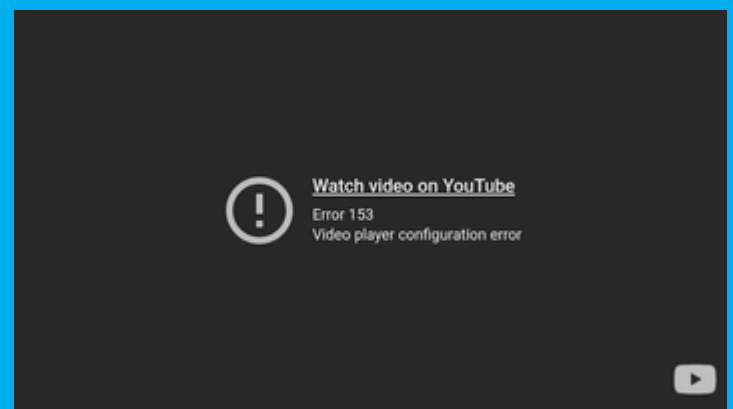
- Mission Story
- Winter Programming
- Cultures in Motion
- Festival Foods Turkey Trot
- New Year's Event
- Secure Your Spot for Before and After School Care!
- Facility Updates
- YMCA October Events Recap Videos
- Follow Us on Facebook!
- Our Favorite Member Feedback
- Join Our Team



MISSION STORY

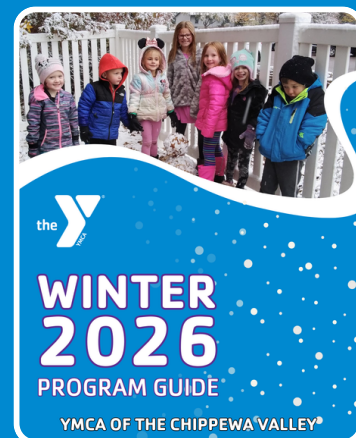
Gobbling Up a New Goal

[Click the video below to learn more!](#)



Boomer's on the move across Wisconsin! 🦃🌟 Our favorite Turkey Trot mascot is starting his adventure in the Coulee Region. Each week, he'll visit a new community supported by the Festival Foods Turkey Trot—helping YMCAs and Boys & Girls Clubs statewide. Follow along on social media and catch his weekly adventure videos! (See pg. 9 for facility Facebook accounts.)

WINTER 2025/2026 PROGRAM BROCHURE IS AVAILABLE!



Click on the cover photo to learn more and register.



Cultures in Motion | Eau Claire Downtown YMCA

The Eau Claire Downtown YMCA invites the community to celebrate Cultures in Motion—a free event honoring the vibrant cultural diversity of the Chippewa Valley. Experience an exciting lineup of performances, demonstrations, and hands-on activities highlighting traditions from around the world, including Tai Chi, Chinese writing, table tennis, folk dancing, and family-friendly gym games.

The YMCA will be open to the public from 6 AM–6 PM, offering opportunities to explore the facility, enjoy open gym and swim times, and stop by the Child Watch and Kids Gym open house. Guests can also enjoy complimentary coffee, cookies, and cultural snacks throughout the day.

WHEN: Saturday, November 15, 2025

WHERE: Eau Claire Downtown YMCA

TIME:

- 10 AM–1 PM: Cultural Activities & Performances
- 11 AM–1 PM: Child Watch and Kids Gym open house

COST:

- Free - Pre-registration is encouraged, and a photo ID is required at the door.
 - Everyone MUST get a ticket - 1 ticket is valid for one adult plus accompanying children. ID required at door.
 - Non-member ticket registration: When asked to create an account in our system, please scroll to the bottom and choose "EC - Non-member"

Festival Foods Turkey Trot

🦃👤 Gobble, gobble—it's Turkey Trot time! The YMCA Turkey Trot is a Thanksgiving tradition that brings families, friends, and even furry friends together for fun, fitness, and giving back.

Choose your adventure: 5-Mile Run, 2-Mile Run, 2-Mile Walk, or our festive Dog Jog (pups get their own race bib + Turkey Trot bandana 🐶).

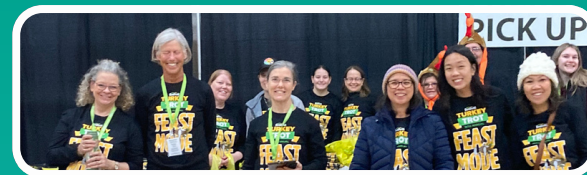
Every registration comes with:

- 👕 Long-sleeve T-shirt
- 🥧 6" pumpkin pie
- 🍌 Post-race snacks
- 🏃 Race bib

Not racing? You can still join the fun! Volunteer with us indoors (Registration, Packet Pick-Up) or outdoors (Corner Monitor, Pumpkin Pie Handout) on Wednesday or Thanksgiving morning.



RACE REGISTRATION
CLICK THE IMAGE ABOVE



VOLUNTEER REGISTRATION
CLICK THE IMAGE ABOVE



New Year's Event | YMCA Sports Center

Join us for our New Year's Event at the YMCA Sports Center! There will be face painting, prizes, inflatables, a balloon drop at 7:00 PM, DJ entertainment, limo rides.

WHEN: Friday, January 2

TIME: 5:00–8:00 PM

WHERE: YMCA Sports Center

COST:

- \$5 per person
- Kids 2 and under are free
 - Cash only | Pay at the door!

Secure Your Spot for Before and After School Care!

Looking for a safe, fun, and enriching environment for your child before and after school? The YMCA is here to help! Our before and after school care programs are designed to provide a supportive space where children can engage in a variety of activities—ranging from homework help and physical exercise to creative arts and team-building games. Our experienced staff ensures that every child feels safe, valued, and excited to participate each day. With flexible scheduling and a focus on developing healthy habits, our programs are the perfect solution for busy families. Don't miss out—enroll today to give your child a positive and exciting start and end to their school day! Learn more at www.ymca-cv.org/sacc



CHIPPEWA FALLS YMCA



FALL/WINTER HOURS

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

FRIDAY:
5:00 AM-7:00 PM

SATURDAY & SUNDAY:
6:00 AM-4:00 PM

We're grateful for our members and community this Thanksgiving season!

Holiday Hours:

- Thanksgiving Day Hours:
 - We'll be open 7:00-11:00 AM on Thanksgiving morning.
 - Bring your friends or family members for free with a donation of non-perishable food items to support our local food pantry — or join the annual Festival Foods Turkey Trot!
 - Group Fitness offerings available - check flyer below for details.
- Day After Thanksgiving
 - Open 5:00-7:00 PM
 - Child Watch will be available from 8:15-11:00 AM
 - Modified group fitness schedule! See flyer below for details.

New Classes Starting in November:

- Sunday Intervals with Amanda – Sundays at 8:30 AM in the Group Exercise Studio
- Evening Yoga with Matt – Wednesdays at 6:45 PM in the Yoga Studio

Indoor Golf Simulator:

- As the weather turns chilly, keep your swing strong! Our indoor golf simulator is free for YMCA members — [book your tee time today!](#)

November Group Exercise Schedule



[CLICK HERE!](#)

[Join our Health & Wellness Facebook Group!](#)



[CLICK HERE!](#)

Kara Goossens
Executive Director
Chippewa Falls YMCA

HOLIDAY HUSTLE

the Y

HOLIDAY GROUP EXERCISE SCHEDULE CHIPPEWA FALLS YMCA

THANKSGIVING DAY | THURSDAY, NOVEMBER 27
FACILITY HOURS 7:00-11:00 AM
CHILD WATCH IS CLOSED

- Group Ex Studio
 - 7:30-8:15 AM Spin with Kara
 - 8:30-9:15 AM HIIT with Whitney
- Yoga Studio
 - 8:30-9:30 AM Hatha Yoga with Matt
- Pool
 - 8:00-8:45 AM Deep Water Aerobics with Cari

DAY AFTER THANKSGIVING | FRIDAY, NOVEMBER 28
FACILITY HOURS 5:00 AM-7:00 PM
CHILD WATCH HOURS 8:15-11:00 AM

- Group Ex Studio
 - 8:30-9:15 AM Cardio Dance with Tara
 - 10:00-10:45 AM Strength and Stability with Jess
- Yoga Studio
 - 6:15-7:00 AM Sculpt Yoga with Deneen
 - 7:30-8:15 AM Gentle Chair Yoga with Carolyn
 - 9:30-10:30 AM Body Balance with Lynda
 - 11:00 AM-12:00 PM Hatha Yoga with Matt

[YMCA-CV.ORG/GROUPEX](#)

BRING A GUEST FOR FREE WITH NON-PERISHABLE FOOD ITEM.



EAU CLAIRE DOWNTOWN YMCA



As we enter into late fall and the start of winter, the Y is busier. This is great to see, so thank you for being a YMCA member.

Blood Drive

- We will be hosting another Red Cross Blood Drive on Friday, November 21 from 9:00 AM–2:00 PM. The drive will be in Nelson Gym.
- Please consider donating as the need is extremely high right now.
- Registration is preferred as we need a minimum number for it to happen. Flyer is linked below – [Register here](#)

Gym & Pool Schedules

- Please continue to check those weekly as more programs are starting.
- Basketball practices will be starting after Thanksgiving, so you will see lots of youth learning about basketball, teamwork, and more.
- Our Swim Team and Swim Lessons continue to see high participation rates which does mean pool time for them. Please continue to check pool schedules before you plan your visit.

Group Exercise Classes

- Our classes are very popular. What a great way to meet new people and have fun. If you haven't checked them out, we encourage you to do so. The energy and vibe in those classes is pretty incredible. As the days get darker and colder, what a great way to get re-energized.

The downtown Y is a busy place.
Again, thank you all for being members!

FALL/WINTER HOURS

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

SATURDAY:
6:00 AM-6:00 PM

SUNDAY:
11:00 AM-7:00 PM

November Group Exercise Schedule



[CLICK HERE!](#)

Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)

Craig Monson
Executive Director
Eau Claire Downtown YMCA



ONE PINT CAN SAVE THREE LIVES. BE THE ONE!

AMERICAN RED CROSS BLOOD DRIVE
EAU CLAIRE DOWNTOWN YMCA

WHEN: Friday, November 21, 2025
TIME: 8:30 AM-2:30 PM
WHERE: Eau Claire Downtown YMCA | Nelson Gym

Scan the QR code or visit our website to schedule an appointment.



ALL DONORS WILL RECEIVE A PAIR OF PACKMAN SOCKS

YMCA-CV.ORG/WELLNESS



EAU CLAIRE SOUTH YMCA



HOURS

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

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

Fall is here, and the South YMCA is buzzing with activity! From pool programs to group exercise classes, there's something for everyone this season.

What's New:

- Starting November 1, Chair Yoga will be offered on Tuesdays from 10:30-11:30 AM with Lucinda—a perfect way to build strength and flexibility in a gentle, supportive class.
- TDS is bringing the excitement! They'll host a 2-hour WAXX live broadcast from the Eau Claire South YMCA to promote the upcoming Turkey Trot—stop by and join the fun!
- Swim lessons are booming! Tons of kids are learning to swim and gaining confidence in the water every week.

Facility & Pool Hours:

- Facility: Mon-Fri 5 AM-9 PM | Sat-Sun 7 AM-7 PM
- Pool: Mon-Fri 5 AM-8:30 PM | Sat-Sun 7 AM-6:30 PM

Aquatics & Pool Programs:

- Adult Swim: Daily mornings, mid-day, early afternoons; evenings Mon-Fri 7:15-8:30 PM
- Water Fitness: Water Aerobics daily, Water CrossFit Tues & Thurs 8 AM
- Senior Lap Swim Workshop: Thurs 10-10:45 AM
- Therapy Lane: Thurs 12:30-3 PM
- Open Swim & Lap Swim: Daily afternoons/evenings; weekends 9 AM-6:30 PM
- Swim Lessons: Mon-Thu 4:30-6:40 PM (pool closed during lessons; sauna/hot tub remain open)
- Safety Breaks: Daily around 12 PM, 3 PM, 4 PM

Group Exercise Highlights:

- Power Fit & Step: Early & mid-morning
- DanceFit & Zumba: High-energy cardio
- Cardio Blast & Spin: Varied workouts
- Mind-Body Classes: Yoga, Pilates, Qigong/Tai Chi, Meditation, Chair Yoga
- Aquatics: Water Aerobics & CrossFit

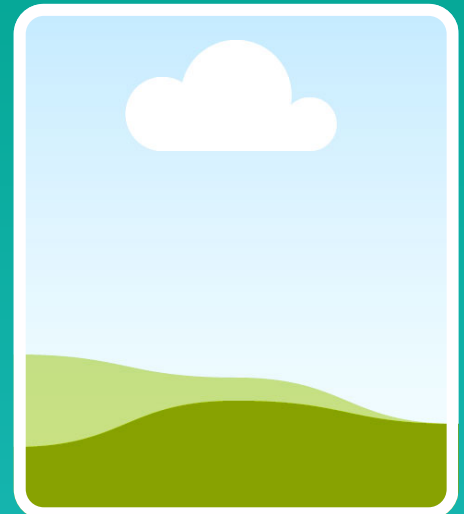
Let's make this fall a season of strength, movement, and wellness at the South Y!

November Group Exercise Schedule

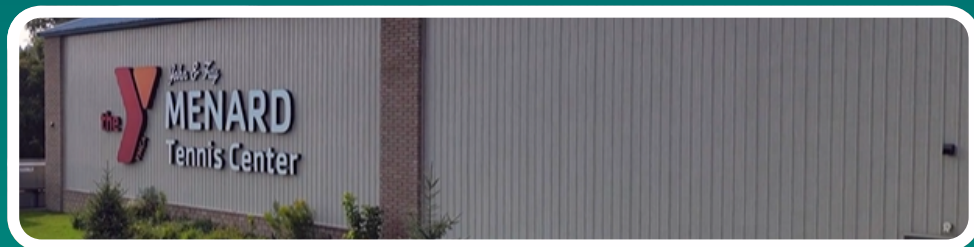


[CLICK HERE!](#)

Randi Schrader
Executive Director
Eau Claire South YMCA



JOHN & FAY MENARD YMCA TENNIS CENTER



HOURS

MONDAY-FRIDAY
8:00 AM-10:00 PM

SATURDAY
8:00 AM-8:00 PM

SUNDAY
10:00 AM-8:00 PM

TENNIS TIP OF THE MONTH:

KEEP IT SIMPLE

A great tennis tip is to focus on simplifying your shots and not overcomplicating them, as consistency is often more valuable than style points. Don't be afraid to let your opponent make mistakes, instead of trying to hit winner on every shot, focus on getting the ball back over the net with a strong, consistent shot that forces your opponent to move. You don't need to hit every ball as hard as possible. Pay attention to how your opponent handles the pace and find the right balance to force errors without over hitting.

BLUGOLD TENNIS CAMP OPEN FOR ADULTS AND JUNIORS

On Sunday, November 9, from 3:30-6:00 PM, come participate in an engaging camp with the Blugold men's team. The focus will be on:

- Net coverage
- Positioning
- Smart shot selection
- Essential strokes, including the serve, return, volley, and smash

This program blends training with match play. The cost to attend is \$40.00.

UPCOMING EVENTS

November 7-9	USTA L6
November 14-16	USTA L4
November 27	Thanksgiving Cardio 9:00-10:30 AM
December 6	Serving a Purpose JTT Tournament
December 12	Caring at Christmas Mixer 6:30-9:00 PM
December 19-21	Western Wisconsin L4
December 24	Christmas Eve Cardio 9:00-10:30 AM
January 31	New Year's Eve Cardio 9:00-10:30 AM

VOLUNTEER AT THE FESTIVAL FOODS TURKEY TROT THEN COME OVER FOR CARDIO TENNIS AFTER!



[REGISTER FOR ADULT TENNIS](#)

[REGISTER FOR YOUTH TENNIS](#)

FREE COURT TIME FRIDAYS

The John & Fay Menard YMCA Tennis Center will be offering free court time to all members on Friday, November 21 & 28 from 7:00-10:00 PM.

Members are able to bring a guest at no charge. You can call 6 days in advance to schedule your court time. Please call to make a reservation as courts do fill up quickly.

ADULT AND JUNIOR LADDER LEAGUE

WHEN:

- November 2, 9, 23
- December 7 & 14

TIME: 3:30-6:00 PM

COST: \$15 entry fee (court time fee's may apply).

No membership required. Call or visit our website for more details.

DROP IN DRILLS

Whether you're a seasoned pro or just here for the cardio and laughs, coach Traci will make sure you feel welcome!

- DAYS: Mondays and Wednesdays
- TIME: 9:00-10:30 AM
- COST: \$15 Members | \$25 Non-Members. No registration needed.

Matt Boughton
Executive Director
John & Fay Menard YMCA
Tennis Center

L.E. PHILLIPS YMCA SPORTS CENTER



FALL/WINTER HOURS

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

SATURDAY & SUNDAY
9:00 AM-7:00 PM

HAPPY NOVEMBER!

Turkey Bowl 3v3 Soccer Tournament

- Join us for the 21st Annual Sports Center 3v3 Thanksgiving Soccer Tournament!
- Teams can include 3–5 players, and all teams are guaranteed a minimum of 3 games. Each player receives a Turkey Bowl shirt, and 1st place teams earn individual medals!
 - When: November 29 & 30
 - Where: YMCA Sports Center
 - Fee: \$150 per Team
 - Register for High School/Adult 3v3 – [Register Here](#)
 - Register for U10–U14 3v3 – [Register Here](#)

Bonnie Nicolai
Executive Director
YMCA Sports Center

TAKE OUR
GYMNASTICS
SURVEY
CLICK HERE!

Open Gymnastics is Back!

Toddler/Pre-School Open Gymnastics

- Join us for fun and free play during Fun Zone hours! Adult supervision is required.
 - Who: Children ages 5 & under (with an adult)
 - When: Fridays, November 7 & 14 | 9:00–11:30 AM
 - Cost: Member Fee: Free | Non-Member Fee: Included in \$6 Fun Zone admission

School-Age Open Gymnastics – Registration Required

- Drop your school-age child off for supervised open gymnastics at the YMCA Sports Center. Pre-registration is required. Limited to 30 participants per session.
 - When:
 - November 15
 - Member Registration: Opens Sunday, Nov. 9
 - Non-Member Registration: Opens Tuesday, Nov. 11
 - November 22
 - Member Registration: Opens Sunday, Nov. 16
 - Non-Member Registration: Opens Tuesday, Nov. 18
 - Cost: Member Fee: \$5 | Non-Member Fee: \$10

Thanksgiving Closure Notice

- The YMCA Sports Center will be closed on Thursday, November 27 for Thanksgiving.

We wish you and your families a safe and joyful holiday!



MENOMONIE EAST & SOUTH YMCA'S



October Highlights at the Y!

Spin Classes – Keep the Momentum Going!

- Fall is here, and so are our Spin Classes! With cooler weather outside, it's the perfect time to stay warm and energized indoors. Grab your spot and ride with us!

Soccer Season Wrap-Up

- Our soccer program finished strong on October 29th with a costume game—what a fun way to celebrate the season! Huge thanks to all the players, families, and coaches who made this year a success.

Personal Training

- Ready to crush your fitness goals? Our certified personal trainers are here to help you build strength, confidence, and a plan that works for YOU. Ask about availability today!

Group Fitness – More Classes Added!

- We've expanded our Group Fitness Schedule! More Zumba and Spin classes have been added to the schedule to keep you moving and motivated. Check the full schedule online or at the front desk.

HOURS MENOMONIE EAST

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

KEY FOB IS REQUIRED

HOURS MENOMONIE SOUTH

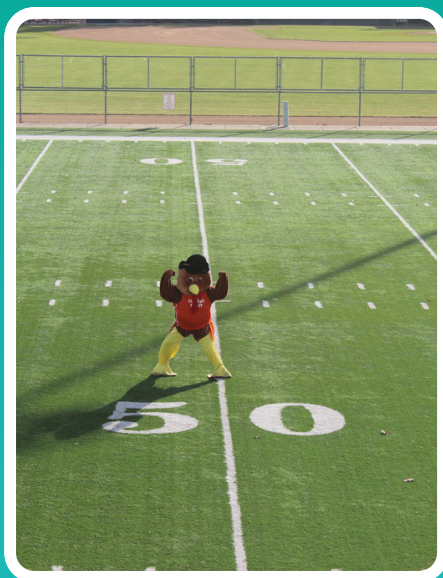
MONDAY-SUNDAY:
24/7

KEY FOB IS REQUIRED

November Group Exercise Schedule



[CLICK HERE!](#)



John Englund
Executive Director
Menomonie East
& South YMCA's

OCTOBER YMCA EVENTS RECAP VIDEOS





OUR FAVORITE MEMBER FEEDBACK

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

- The Y has a great variety of classes to choose from and to fit various levels of abilities. And the class instructors are all wonderful people.
- It is great. I love to walk on the track every morning. The location has great swimming programs for children. They learn so much. It boosts their confidence. I want to thank Chippewa Falls YMCA for being the best in Chippewa Valley.
- The equipment is new and easy to use. The place is kept clean. I go there 4 to 5 days a week to workout.
- We have four children 7 years of age and younger (7, 5, 3, 4 months). They love coming to the childcare at the Eau Claire Downtown YMCA! The workers here are welcoming and friendly, always so intentional with our kiddos, and the continuity and familiar faces really make our kids feel like they are coming to visit friends. At our previous gym before we moved to Wisconsin earlier this year, we were lucky if the kids would let us workout for a full hour. Now when we visit the Eau Claire Downtown YMCA, they demand at least 90 minutes if not the full 2 hours! We also enjoy and appreciate the relaxed, approachable feel of the entire gym. There are a bunch of workout areas, which means there is always room, including a pool, all kinds of equipment, a track, and free weights. We very grateful for this YMCA and the team here!

FOLLOW US ON FACEBOOK TO STAY UPDATED AND IN THE KNOW!
SCAN OR CLICK THE QR CODE TO ACCESS THAT FACILITY'S FACEBOOK PAGE DIRECTLY



Chippewa Falls
YMCA



YMCA Early Learning
Community
Chippewa Falls YMCA



Eau Claire
Downtown YMCA



Eau Claire
South YMCA



Days Gone By
Early Learning
Community
Eau Claire South YMCA



Menomonie East &
South YMCA's



L.E. Phillips YMCA
Sports Center



John & Fay Menard
YMCA Tennis Center



YMCA Camp Manitou

JOIN OUR TEAM!

AQUATICS

- [Swim Instructor](#) | Eau Claire Downtown YMCA, Eau Claire South YMCA, | Part-time
- [Daytime Lifeguard](#) | Chippewa Falls YMCA | Part-time
- [Lifeguard](#) | Eau Claire Downtown YMCA (Early Morning Lifeguards Needed!), Eau Claire South YMCA | Part-time
 - [Interested in lifeguarding but need to be trained? Click here to see upcoming lifeguard training courses!](#)

CHILD CARE, CAMPS, & YOUTH WORK

- [School Age Childcare Teacher](#) | YMCA Sports Center, Eau Claire Downtown YMCA, Chippewa Falls YMCA, Menomonie, Elk Mound | Part-time
- [Teacher](#) | Days Gone By Early Learning Community | Full-time
- [Assistant Teacher](#) | Early Learning Community | Chippewa Falls YMCA | Part-time
- [Preschool Lead Teacher](#) | Days Gone By Early Learning Community | Eau Claire South YMCA | Full-time
- [Toddler Lead Teacher](#) | Days Gone By Early Learning Community | Eau Claire South YMCA | Full-time

HEALTHY LIVING

- [Group Exercise Instructors](#) | Menomonie East YMCA | Part-time
- [Personal Trainers](#) | Menomonie East & South YMCA's | Part-time

MAINTENANCE

- [Custodian](#) | Eau Claire South YMCA | Part-time

SPORTS

- [Adult Flag Football Referee](#) | YMCA Sports Center | Part-time
- [Sport Tykes Instructor](#) | YMCA Sports Center | Part-time
- [Gymnastics Team Coach](#) | YMCA Sports Center | Part-time
- [Preschool & Progressive Gymnastics Instructor](#) | YMCA Sports Center | Part-time

VOLUNTEER OPPORTUNITIES

- [Agnes' Table Food Pantry](#) | Chippewa Falls YMCA
- [Turkey Trot, November 26 & 27](#) | Eau Claire Downtown YMCA | [Click here to Sign Up](#)

NATIONAL YMCA OPPORTUNITIES



SCAN OR CLICK THE QR
CODE OR VISIT:
YMCA-CV.ORG/CAREERS



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

