REDISCOVER YOUR Y

FALL 2022

YMCA OF THE CHIPPEWA VALLEY

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Join the Y to connect with your community and build a healthy mind, body, and spirit. We are more than just a gym: we are a cause.

Be active. Be involved. Belong.

OUR PURPOSE IS DEEPER THAN OUR POOL.

Holiday Hours & Closures

- Labor Day (9/5)
  - All Locations: Closed
- Thanksgiving (11/24)
  - All Locations: Closed
- Christmas Eve (12/24)
  - EC YMCA: 6:00 AM-NOON
  - CF YMCA: 6:00 AM-2:00 PM
  - Sports Center: Closed
- Christmas Day (12/25)
  - All Locations: Closed
- New Year's Eve Day (12/31)
  - EC YMCA: 6:00 AM-4:00 PM
  - CF YMCA: 6:00 AM-4:00 PM
- New Year's Day (1/1)
  - EC YMCA: NOON-6:00 PM
  - CF YMCA: 6:00 AM-2:00 PM
  - Sports Center: Closed

Eau Claire YMCA

700 Graham Avenue, Eau Claire, WI 54701 (715) 836-8460 | ymca-cv.org

FALL/WINTER HOURS | LABOR DAY - MEMORIAL DAY

- Monday-Thursday 5:00 AM-9:00 PM
- Friday 5:00 AM-8:00 PM
- Friday 5:00 AM-9:00 PM (Nov-May)
- Saturday 6:00 AM-4:00 PM
- Saturday 6:00 AM - 6:00 PM (Nov-May)
- Sunday 11:00 AM-6:00 PM
- Sunday 11:00 AM-7:00 PM (Nov-May)

Chippewa Falls YMCA

611 Jefferson Ave, Chippewa Falls, WI 54729 (715) 723-2201 | ymca-cv.org

FALL/WINTER HOURS | LABOR DAY - MEMORIAL DAY

- Monday-Thursday 5:00 AM - 8:00 PM
- Friday 5:00 AM - 7:00 PM
- Saturday 6:00 AM - 4:00 PM
- Sunday 6:00 AM - 2:00 PM

Camp Manitou

27960 137th Street, New Auburn, WI 54757 (715) 839-4607

L.E. Phillips YMCA Sports Center

3456 Craig Road, Eau Claire, WI 54701 (715) 552-1200 | ymca-cv.org

FALL/WINTER HOURS | BEGINNING SEPT 6

- Monday 8:30 AM - 10:00 PM
- Tuesday 8:30 AM - 8:00 PM
- Wednesday 8:30 AM - 9:00 PM
- Thursday 8:30 AM - 10:00 PM
- Friday 8:30 AM - 9:00 PM
- Saturday & Sunday Variable (FALL)
- Saturday 9:00 AM - 5:00 PM (Begins Nov 1)
- Sunday 10:00 AM - 7:00 PM (Beings Nov 1)

YMCA Early Learning Community

630 Miller St, Chippewa Falls, WI 54729 (715) 723-5135

Monday-Friday 6:30 AM-5:30 PM

John & Fay Menard YMCA Tennis Center

1260 Menomonie Street, Eau Claire, WI 54703 (715) 836-8470 | ymca-cv.org

CENTER HOURS*

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

*Tennis Center may close early if no court reservations have been made.

Register at the YMCA Member Service Desk or online at www.ymca-cv.org

BECOME A MEMBER TODAY!

MEMBERSHIP PRICES*

- **YOUTH (18 and under) $25**
- **YOUNG ADULT (19-26) $37**
- **ADULT $52**
- **FAMILY $73**

*The Eau Claire YMCA also offers pricing for senior adults and families (62+).

ANNUAL MEMBERSHIP

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

CONTINUOUS MEMBERSHIP

Paid through automatic bank or credit card drafts on the same day of each month. The month you fill out a cancellation form will be the last month you pay for.

BUDDY PASSES

YMCA Members are welcome to bring up to 2 guests with them to the YMCA. These guests must purchase a Guest Pass for $5. Members need to be 12 years or older to bring a guest. Members ages 12-15 can only bring in guests 12 years and older. Member 16 and older can bring in a guest of any age to the YMCA. The member must remain on the premises during the guest's visit. Guests must abide by all rules, policies, and procedures. Guest are limited to 6 visits a year.

MEMBERSHIP DISCOUNTS

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

MEMBERSHIP FOR ALL – Financial Assistance

Everyone is welcome at the Y! The YMCA of the Chippewa Valley raises funds through our Annual Campaign to welcome all who wish to belong. Membership assistance rates are determined by household income and size. Discounts are available on membership and most programs.

IMPACT MEMBERSHIP

Impact Memberships are available for $10 per month. These members have YMCA360 access only. This is the YMCA's new hold option, available to current members only, for a maximum of 5 months per calendar year. Stop at the Member Service Desk for more information.

MEMBERSHIP POLICY

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

TRIAL MEMBERSHIP

A one-time 30-day Trial Membership is a great way to see the perks of being part of the YMCA. Priority registration and program discounts not included.
COST: Individual: $15 | Household: $25

NO CONTRACTS, NO COMMITMENTS!

MEMBER BENEFITS

- Free Wellness & Fitness Consultations with YMCA experts
- Free access to thousands of land, water, and virtual group exercise classes each week
- Complimentary Wi-Fi
- Matrix Equipment with Sprint8 program for self-guided workouts
- Priority registration and reduced rates for YMCA programs
- Access to pools: a 6-lane lap pool in Eau Claire and Chippewa Falls Branches, and small pool for children (Eau Claire 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 is offering 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.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE CHIPPEWA VALLEY FACILITIES & PROGRAMS

CHIPPEWA FALLS YMCA
611 Jefferson Ave.
Chippewa Falls, WI 54729
715.723.2201

EAU CLAIRE YMCA
700 Graham Ave.
Eau Claire, WI 54701
715.836.8460

L.E. PHILLIPS YMCA SPORTS CENTER
3456 Craig Rd.
Eau Claire, WI 54701
715.552.1200

JOHN & FAY MENARD YMCA TENNIS CENTER
1260 Menomonie St.
Eau Claire, WI 54703
715.836.8470

CAMP MANITOU
27960 137th St.
New Auburn, WI
715.839.4607
www.ycampmanitou.org

YMCA EARLY LEARNING COMMUNITY
630 Miller St.
Chippewa Falls, WI 54729
715.723.5135

To stay up to date with everything happening at all YMCA facilities, please visit www.ymca-cv.org

Updated: January 2022

WHICH BRANCH WORKS FOR YOU?	CHIPPEWA FALLS YMCA	EAU CLAIRE YMCA	L.E PHILLIPS YMCA SPORTS CENTER	JOHN & FAY MENARD YMCA TENNIS CENTER	CAMP MANITOU
Multi-Purpose Gymnasium	●	●	●		
State-of-the-Art Fitness Equipment	●	●			
Handicap Accessible Equipment	●	●			
Free Weights & Cardio Equipment	●	●			
Private Fitness Studio	●	●			
Virtual Y Content for Members	●	●	●	●	●
Chronic Disease Prevention Programs	●	●			
Pickleball	●	●	●		
Indoor Tennis Courts				●	
Indoor Track	●	●			
Before & After School Care	●	●	●		
Cycling Classes	●	●			
In-Person Group Exercise Classes	●	●			
Personal Training	●	●			
Locker Rooms	●	●	●	●	
Spa Area - Hot Tub, Steam Room, Sauna		●			
Full-Time Licensed Child Care Facility	●				
School's Out Day Care (Full Day Care)	●	●	●		
Summer Camps	●	●	●	●	●
Lap/Open Swim	●	●			
Racquetball	●	●			
Family Swim Time	●	●			
Family Gym Time	●	●			
Water Exercise Classes	●	●			
Private Swimming Lessons	●	●			
Gymnastics			●		
Group & Private Tennis Lessons				●	
Golf Simulator	●				
Yoga Classes	●	●			

HEALTH & WELLNESS

COMPLIMENTARY WELLNESS CONSULTATION

As part of your YMCA membership, all members can receive a complimentary wellness consultation which includes your first personal training session! The free hour-long appointment with one of our certified personal trainers will help you develop your individualized wellness goals and learn more about the programs and services the YMCA has to offer. Contact your YMCA branch to schedule your free consultation, or schedule online on our website.

PERSONAL TRAINING

By working with a YMCA Certified Personal Trainer, you will receive instruction and encouragement to push yourself further than you can imagine. You will get more than just a challenging workout; you'll be taught how to exercise effectively and safely to achieve your goals, rehabilitate injuries, and become a better you. You can work out one-on-one, with a partner, or in a small group by purchasing a personal training package at either our Eau Claire or Chippewa Falls YMCA branches. Click here to purchase your package or for more information.

GROUP EXERCISE CLASSES

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 or Eau Claire Branches. Current class schedules can be found at www.ymca-cv.org/schedules. YMCA360 offers thousands of virtual fitness classes to our YMCA members, learn more on our website, www.ymca-cv.org/360.

NUTRITION COACHING

The YMCA of the Chippewa Valley is now offering nutrition coaching with Kristi Herbenson, PN Level 1 Nutrition Coach. Fueling your body for success can be tricky, but we are here to help you succeed. We offer 1-, 3-, and 6-month commitment packages. Each package includes an initial consult and weekly follow-ups depending on your individual needs. Click here to purchase your package or for more information.

PRIVATE FITNESS STUDIOS

A Private Fitness Studio is a private space at the YMCA that members can reserve to workout in free of charge. Whether you feel more comfortable in a private space, need access to equipment, or don't have the space to workout at home, this space is for you! The studio can accommodate up to 6 people, so feel free to bring family or friends. There is plenty of space and a large TV if parents would like to bring their kids while mom or dad works out. The Chippewa Falls YMCA Private Fitness Studio is located in the Group Exercise Studio. The Eau Claire YMCA Private Fitness Studio is located in Racquetball Court 6. Reservations are free for YMCA members and are required. To learn more, contact your branch Healthy Living Director or head to our website: www.ymca-cv.org/privatefitnessstudio

LOOKING FOR MORE INFORMATION?

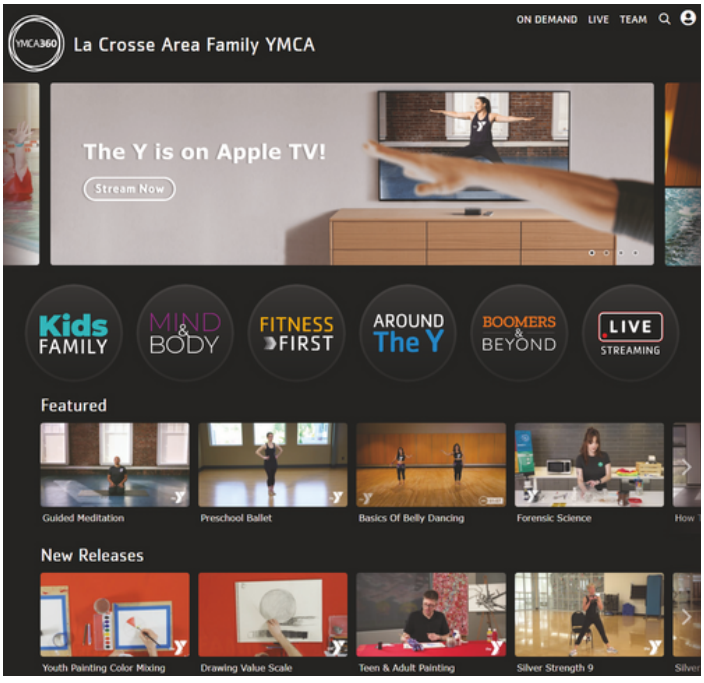
Find information on group exercise classes, schedules, and all other Healthy Living offerings by visiting our website, www.ymca-cv.org.

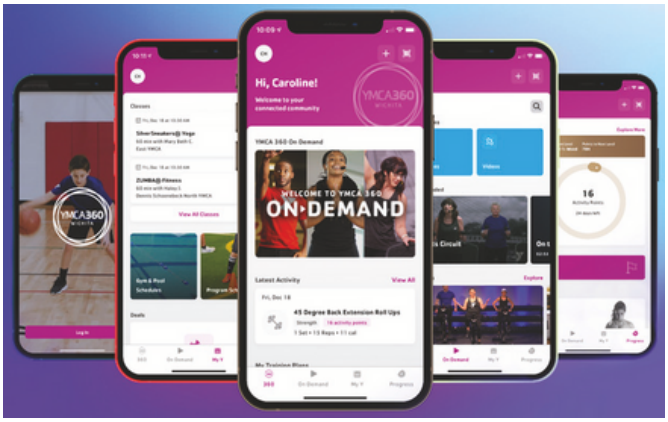
DISCOVER THE ADDED BENEFITS

Available to all YMCA members, YMCA360 offers a wide variety of videos including fitness, wellness, education, youth activities and more. From yoga to youth sports, enjoy our exclusive collection of on-demand and live-stream classes, on all your devices in cinematic 4K.

After entering your local zip code, please enter your **email address** associated with your YMCA account.

www.ymca-cv.org/ymca360





Now Available to Stream

tv iPad iPhone android

androidtv Roku

HEALTH INTERVETION 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, September 13-December 1, 1:00-2:15 PM
  - To register, contact Carrie Mathwig at cmathwig@ymca-cv.org
- EAU CLAIRE YMCA - Mondays & Wednesdays, September 12-November 30, 1:00-2:15 PM or 4:30-5:45 PM
  - To register, contact Laurie Pettis at lpettis@ymca-cv.org or fill out 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.

- Chippewa Falls YMCA - September 27-December 15, 2022 | Tuesdays & Thursdays, 10:00-11:30 AM
  - To register, contact Carrie Mathwig at cmathwig@ymca-cv.org
- UNITED METHODIST CHURCH, LAKE ST - Mondays & Wednesdays, September 12-November 30, 10:00-11:30 AM
  - Register online at www.adrcevents.org or call the Aging & Disability Resource Center of Eau Claire County at 715.839.4735 or 888-338-4636

ACTIVE & AGELESS

The YMCA of the Chippewa Valley is proud to offer a variety of Active & Ageless programs committed to helping seniors maintain a healthy lifestyle and strengthen social ties. We encourage everyone to grow in the areas of physical, emotional, social, and spiritual well-being. Our Active & Ageless land and water-based exercise classes promote fitness and well-being while fostering friendships and camaraderie. Volunteer opportunities and social events build relationships and community ties that can last a lifetime. Gathering places are available at our branches for those who want to relax after exercising and chat over a cup of coffee with old friends or new friends. Maximize your membership and take full advantage of what your Y has to offer.

Although our Active & Ageless programs and presentations are targeted to our Active & Ageless Community (YMCA Members ages 50+) these offerings are available to ALL YMCA Members.

SEE ACTIVE & AGELESS PROGRAMMING

CHIPPEWA FALLS BRANCH

- FALL 1: Sept 12-Oct 22 (6 Weeks)
  - REGISTRATION: Members: Aug 8 | Non-Members: Aug 11
- FALL 2: Oct 23-Dec 17 (7 Weeks)
  - REGISTRATION: Members: Oct 3 | Non-Members: Oct 6

EAU CLAIRE BRANCH

- FALL 1: Sept 6-Oct 22 (7 Weeks)
  - REGISTRATION: Members: Aug 8 | Non-Members: Aug 11
- FALL 2: Oct 23-Dec 17 (7 Weeks)
  - REGISTRATION: Members: Oct 3 | Non-Members: Oct 6

PARENT & CHILD SWIM LESSONS

FALL 1
- CHIPPEWA FALLS YMCA: SEPT 12-OCT 22 (6 WEEKS)
- EAU CLAIRE YMCA: SEPT 6-OCT 22 (7 WEEKS)

FALL 2
- OCT 23-DEC 17 (7 WEEKS)
- NO LESSONS: NOV 21-27

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	FALL 1	FALL 2
SUN	12:00-12:40 PM	$51 | $72	$59 | $83
SAT	9:00-9:40 AM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	3:00-3:40 PM	$51 | $72	$59 | $83
TUES	5:45-6:25 PM	$59 | $83	$59 | $83
THURS	5:45-6:25 PM	$59 | $83	$51 | $72

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	FALL 1	FALL 2
SUN	12:00-12:40 PM	$51 | $72	$59 | $83
SAT	9:00-9:40 AM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	3:00-3:40 PM	$51 | $72	$59 | $83
TUES	5:45-6:25 PM	$59 | $83	$59 | $83
THURS	5:45-6:25 PM	$59 | $83	$51 | $72

Need assistance deciding level? Schedule a 10-15 minute skills evaluation. Please contact:
- **Eau Claire YMCA: Lori at lkleist@ymca-cv.org or (715) 839-4619**
- **Chippewa Falls YMCA: Carylann at cmenzies@ymca-cv.org or (715) 861-2342**

PRESCHOOL SWIM LESSONS

FALL 1
- CHIPPEWA FALLS YMCA: SEPT 12-OCT 22 (6 WEEKS)
- EAU CLAIRE YMCA: SEPT 6-OCT 22 (7 WEEKS)

FALL 2
- OCT 23-DEC 17 (7 WEEKS)
- NO LESSONS: NOV 21-27

PRESCHOOL LEVEL1 | AGES 3-5 YEARS | REGISTER

First swim lesson without a parent in 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	FALL 1	FALL 2
MON	3:45-4:25 PM	$51 | $72	$59 | $83
TUES	3:45-4:25 PM	$43 | $60	$59 | $83
WED	5:00-5:40 PM	$59 | $83	$59 | $83
SAT	9:00-9:40 AM	$43 | $60	$59 | $83
SAT	9:45-10:25 AM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	4:30-5:10 PM	$51 | $72	$59 | $83
MON	5:15-5:55 PM	$51 | $72	$59 | $83
TUES	5:45-6:25 PM	$59 | $83	$59 | $83
WED	5:15-5:55 PM	$59 | $83	$59 | $83

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	FALL 1	FALL 2
MON	3:45-4:25 PM	$51 | $72	$59 | $83
WED	5:00-5:40 PM	$59 | $83	$59 | $83
THURS	3:45-4:25 PM	$43 | $60	$59 | $83
SAT	9:25-10:25 AM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	3:45-4:25 PM	$51 | $72	$59 | $83
MON	4:30-5:10 PM	$51 | $72	$59 | $83
WED	5:15-5:55 PM	$59 | $83	$59 | $83

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	FALL 1	FALL 2
SUN	12:00-12:40 PM	$51 | $72	$59 | $83
TUES	3:45-4:25 PM	$43 | $60	$59 | $83
THURS	3:45-4:25 PM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	3:00-3:40 PM	$51 | $72	$59 | $83
MON	5:15-5:55 PM	$51 | $72	$59 | $83
WED	4:30-5:10 PM	$59 | $83	$59 | $83

LEARN TO SWIM | SCHOOL-AGE

FALL 1
- CHIPPEWA FALLS YMCA: SEPT 12-OCT 22 (6 WEEKS)
- EAU CLAIRE YMCA: SEPT 6-OCT 22 (7 WEEKS)

FALL 2
- OCT 23-DEC 17 (7 WEEKS)
- NO LESSONS: NOV 21-27

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 years front, gliding, kicking, front crawl arms, and jumping in.

PREREQUISITE: 6 years of age.

CHIPPEWA FALLS YMCA

DAY	TIME	FALL 1	FALL 2
SUN	12:45-1:25 PM	$51 | $72	$59 | $83
TUES	4:30-5:10 PM	$43 | $60	$59 | $83
WED	5:45-6:25 PM	$59 | $83	$59 | $83
SAT	10:30-11:10 AM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	4:30-5:10 PM	$51 | $72	$59 | $83
MON	4:30-5:10 PM	$51 | $72	$59 | $83
WED	5:15-5:55 PM	$59 | $83	$59 | $83

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	FALL 1	FALL 2
SUN	12:45-1:25 PM	$51 | $72	$59 | $83
SUN	1:30-2:10 PM	$51 | $72	$59 | $83
MON	4:30-5:10 PM	$43 | $60	$59 | $83
TUES	4:30-5:10 PM	$43 | $60	$59 | $83
SAT	10:30-11:10 AM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	3:45-4:25 PM	$51 | $72	$59 | $83
SUN	5:15-5:55 PM	$51 | $72	$59 | $83
MON	6:00-6:40 PM	$51 | $72	$59 | $83
WED	6:00-6:40 PM	$59 | $83	$59 | $83

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, years dolphin kick, elementary backstroke, and scissor kick.

PREREQUISITE: 6 years of age. Must have completed Level 2.

CHIPPEWA FALLS YMCA

DAY	TIME	FALL 1	FALL 2
MON	4:30-5:10 PM	$51 | $72	$59 | $83
MON	5:15-5:55 PM	$51 | $72	$59 | $83
WED	5:45-6:25 PM	$59 | $83	$59 | $83
THURS	10:30-11:10 AM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	3:45-4:25 PM	$51 | $72	$59 | $83
TUES	6:30-7:15 PM	$59 | $83	$59 | $83
WED	6:00-6:40 PM	$59 | $83	$59 | $83

LEARN TO SWIM | SCHOOL-AGE

FALL 1

- CHIPPEWA FALLS YMCA: SEPT 12–OCT 22 (6 WEEKS)
- EAU CLAIRE YMCA: SEPT 6–OCT 22 (7 WEEKS)

FALL 2

- OCT 23–DEC 17 (7 WEEKS)
- NO LESSONS: NOV 21–27

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	FALL 1	FALL 2
MON	5:15–5:55 PM	$43 | $60	$59 | $83
THURS	4:30–5:10 PM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
SUN	5:15–5:55 PM	$51 | $72	$59 | $83
WED	4:30–5:10 PM	$59 | $83	$59 | $83
THURS	6:30–7:15 PM	$59 | $83	$59 | $83

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	FALL 1	FALL 2
SUN	1:30–2:10 PM	$51 | $72	$59 | $83
THURS	4:30–5:10 PM	$43 | $60	$59 | $83

EAU CLAIRE YMCA

DAY	TIME	FALL 1	FALL 2
MON	6:00–6:40 PM	$51 | $72	$59 | $83
WED	6:00–6:40 PM	$59 | $83	$59 | $83

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 YMCA

DAY	TIME	FALL 1	FALL 2
MON	6:00–6:40 PM	$51 | $72	$59 | $83
WED	6:00–6:40 PM	$59 | $83	$59 | $83

BARRACUDAS SWIM TEAM

Thanks to the YMCA SCHOLARSHIP CAMPAIGN no child is turned away due to inability to pay for the YMCA Barracudas SWIM TEAM PROGRAM. Please contact the Service Desk at the Eau Claire YMCA or Chippewa YMCA for a scholarship application!

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 swimming skills, both competitive and lifelong. 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!

SWIM CLINICS

September 12-October 7 | Registration Opens August 15

JUNIOR/JUNIOR ELITE

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.
Prerequisite: Completed/ Currently in Junior Group or instructor approval.

- Eau Claire Memorial, 6:30-8:30 PM & Chippewa Middle School, 6:30-8:30 PM | ROTATES BI-WEEKLY.
- Member: $100 | Non-Member: $200

SENIOR/SENIOR ELITE

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 Fall/Winter Season!

- Eau Claire Memorial, 6:30-8:30 PM & Chippewa Middle School, 6:30-8:30 PM | ROTATES BI-WEEKLY.
- Member $150 | Non-Member: $250

LEARN MORE & REGISTER

BARRACUDAS SWIM TEAM OPTIONS

JUNIOR | AGES 10 & UNDER

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!

- OCTOBER 10-MARCH 17
  - CHIPPEWA FALLS YMCA | Mondays, Tuesdays, Thursdays, & Fridays from 6:00-7:00 PM
  - EAU CLAIRE YMCA | Tuesdays, Thursdays, & Fridays from 4:15-5:30 PM
    - EC swimmers are welcome to join the Monday practice at CF. Please let RYAN know if you plan to do so.
- PROGRAM FEE: $375

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.

- OCTOBER 10-MARCH 17
  - CHIPPEWA FALLS YMCA | Mondays, Tuesdays, Thursdays, & Fridays from 6:00-7:00 PM
  - EAU CLAIRE YMCA | Tuesdays, Thursdays, & Fridays from 4:15-5:30 PM
    - EC swimmers are welcome to join the Monday practice at CF. Please let RYAN know if you plan to do so.
- PROGRAM FEE: $375

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.

- OCTOBER 10-MARCH 17
- Mondays-Fridays (Alternating by week between Memorial High School & Chippewa Falls Middle School)
  - 6:30-8:30 PM
  - Wednesday practice ALWAYS meets at the Chippewa Falls YMCA
- PROGRAM FEE: $525

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.

- OCTOBER 10-MARCH 17
- Mondays-Fridays (Alternating by week between Memorial High School & Chippewa Falls Middle School)
  - 6:30-8:30 PM
  - Wednesday practice ALWAYS meets at the Chippewa Falls YMCA
- BOYS: $300 | GIRLS: $400

BABY BARRACUDAS | AGES 4-8

An Introduction to Competitive Swimming for children ages 4-8. 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 YMCA pool they will spend some of the lesson time in that pool!

- OCTOBER 10-MARCH 17
- Tuesdays & Thursday | 4:15-5:00 PM OR 5:00-5:45 PM at the Eau Claire YMCA
- PROGRAM FEE: $250

ADVANCED SWIM TEAM COACHING

One-on-one training with a swim team coach, who will provide instruction on technique and training geared toward developing into a better competitive swimmer. Work on all strokes, starts, turns, and whatever else you need practice on that can be used in a competition setting.

- 30 Minute Sessions
  - 1 Session - $25
  - 5 Sessions - $110
  - 10 Sessions - $200

LEARN MORE & REGISTER

PRESCHOOL SPORTS

FALL PROGRAM REGISTRATION INFORMATION

- YMCA Members: Monday, July 25
- Non-Members: Monday, Aug 1

SPORT TYKES ABC'S | AGES 3-4 | YMCA Sports Center

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.

- FALL 1: Mondays, 5:15-6:00 PM, September 12-October 24 | REGISTER HERE
- FALL 2: Mondays, 5:15-6:00 PM, November 7-December 19 | REGISTER HERE
- YMCA Member: $56 | Non-Member: $84

SPORT TYKES SAMPLER | AGES 4-5 | YMCA Sports Center

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.

- FALL 1: Wednesdays, 6:05-6:50 PM, September 7-October 19 | REGISTER HERE
- FALL 2: Wednesdays, 6:05-6:50 PM, October 26-December 14 | REGISTER HERE
- YMCA Member: $56 | Non-Member: $84

SPORT TYKES SOCCER | AGES 4-5 | YMCA Sports Center

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 encourage, but not required.

- FALL 1: Mondays, 6:05-6:50 PM, September 12-October 24 | REGISTER HERE
- FALL 2: Mondays, 6:05-6:50 PM, November 7-December 19 | REGISTER HERE
- YMCA Member: $56 | Non-Member: $84

SPORT TYKES BASKETBALL | AGES 4-5 | YMCA Sports Center

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.

- FALL 1:
  - Wednesdays, 5:15-6:00 PM, September 7-October 19 | REGISTER HERE
  - Thursday, 5:15-6:00 PM, September 8-October 20 | REGISTER HERE
  - Thursday, 6:05-6:50 PM, September 8-October 20 | REGISTER HERE
- FALL 2:
  - Wednesdays, 5:15-6:00 PM, October 26-December 14 | REGISTER HERE
  - Thursdays, 5:15-6:00 PM, October 27-December 15 | REGISTER HERE
  - Thursdays, 6:05-6:50 PM, October 27-December 15 | REGISTER HERE
- YMCA Member: $56 | Non-Member: $84

CLICK HERE TO REGISTER

BASKETBALL OFFERINGS

FALL PROGRAM REGISTRATION INFORMATION
- YMCA Members: Monday, July 25
- Non-Members: Monday, Aug 1

SPORT TYKES BASKETBALL | AGES 4-5 | YMCA Sports Center

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.

- FALL 1:
  - Wednesdays, 5:15-6:00 PM, September 7-October 19 | REGISTER HERE
  - Thursday, 5:15-6:00 PM, September 8-October 20 | REGISTER HERE
  - Thursday, 6:05-6:50 PM, September 8-October 20 | REGISTER HERE
- FALL 2:
  - Wednesdays, 5:15-6:00 PM, October 26-December 14 | REGISTER HERE
  - Thursdays, 5:15-6:00 PM, October 27-December 15 | REGISTER HERE
  - Thursdays, 6:05-6:50 PM, October 27-December 15 | REGISTER HERE
- YMCA Member: $56 | Non-Member: $84

SUPER HOOPERS BASKETBALL | AGES 6-11 | Eau Claire YMCA | REGISTER HERE

Designed to introduce youth to the game of basketball. Participants will learn the fundamentals and basic skills of the game, as well as basketball terminology and rules. Classes run for one hour. All participants should come dressed for high activity.

- Ages 6-8 Years
  - FALL 1: Wednesdays, 5:15-6:15 PM, September 7-October 19 | REGISTER HERE
  - FALL 2: Wednesdays, 5:15-6:15 PM, October 26-December 14
- Ages 9-11 Years
  - FALL 1: Wednesdays, 6:20-7:20 PM, September 7-October 19 | REGISTER HERE
  - FALL 2: Wednesdays, 6:20-7:20 PM, October 26-December 14
- YMCA Member: $56 | Non-Member: $84

ADULT BASKETBALL | YMCA SPORTS CENTER | REGISTER HERE

The adult recreational basketball league consists of an 8-game spring 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.

- FALL 1: September 8-October 20 | FALL 2: October 27-December 15
- Games are played on THURSDAYS between 6:00-10:00 PM
- COST:
  - Team: $325 | Early Bird: $300
  - Individual: $60

MEN'S MASTERS BASKETBALL | CHIPPEWA FALLS YMCA | REGISTER HERE

No set teams or league, just show up and we will divide into teams and start playing. For men ages 40+.

- Mondays, November 28, 2022-March 27,2023
- 7:00 PM Start time
- YMCA Member: $26 | Non-Member: $52

FLAG FOOTBALL OFFERINGS

FALL PROGRAM REGISTRATION INFORMATION

- YMCA Members: Monday, July 25
- Non-Members: Monday, Aug 1

YOUTH FLAG FOOTBALL | AGES 6-11 | 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 7-week session will start with a training camp Week 1, followed by practice Week 2, and 5 league games to follow. *Includes a team t-shirt *All players must have a Player's Package or YMCA Membership.

- Ages 6-8 Years
  - FALL 1: Thursdays, 5:10 or 6:00 PM, September 8-October 20 | REGISTER HERE
  - FALL 2: Thursdays, 5:10 or 6:00 PM, October 27-December 8
- Ages 9-11 Years
  - FALL 1: Thursdays, 6:50 or 7:40 PM, September 8-October 20 | REGISTER HERE
  - FALL 2: Thursdays, 6:50 or 7:40 PM, October 27-December 8
- Program Fee: $85

YOUTH FLAG FOOTBALL | GRADES K-5 | Chippewa Falls YMCA | REGISTER HERE

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, 5:00 PM, September 8*-October 17 | REGISTER HERE
- Grades 3-5 | Tuesdays, 5:00 PM, September 6-October 18 | REGISTER HERE
  - *First night of the K-2 league will be on Thursday, Sept 8 then will run on Mondays.
- YMCA Member: $56 | Non-Member: $84

ADULT FLAG FOOTBALL | 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 fall session consists of 7 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.

- FALL 1: September 7-October 19 | FALL 2: October 26-December 14
- Games are played on WEDNESDAYS between 6:00-10:00 PM
- COST:
  - Team: $425 | Early Bird: $400
  - Individual: $60

VOLLEYBALL OFFERINGS

FALL PROGRAM REGISTRATION INFORMATION

- YMCA Members: Monday, July 25
- Non-Members: Monday, Aug 1

YOUTH VOLLEYBALL | AGES 6-12 | YMCA Sports Center

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.

- **FALL 1: Tuesdays, September 6-October 18**
  - 6-8 Year Olds: 5:10-6:00 PM | REGISTER HERE
  - 9-11 Year Olds: 6:05-6:55 PM | REGISTER HERE
- **FALL 2: Tuesdays, October 25-December 6**
  - 6-8 Year Olds: 5:10-6:00 PM | REGISTER HERE
  - 9-11 Year Olds: 6:05-6:55 PM | REGISTER HERE
- YMCA Member: $56 | Non-Member: $84

YOUTH VOLLEYBALL | GRADES 1-5 | Chippewa Falls YMCA

Our YMCA coaches will work on all phases of the game and improve your skills and confidence on the court. Skill sessions are designed for boys and girls grades 1-5.

- Grades 1-2 | Fridays, 4:30-5:20 PM, September 23-November 4 | REGISTER HERE
- Grades 3-5 | Fridays, 5:30-6:30 PM, September 23-November 4 | REGISTER HERE
- YMCA Member: $56 | Non-Member: $84

COED VOLLEYBALL | YMCA SPORTS CENTER | REGISTER HERE

The fall coed volleyball league consists of 10 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.

- October 5-December 13
- Games are played on WEDNESDAYS between 6:00-9:00 PM
- COST:
  - Team: $175 | Early Bird: $150
  - Individual: $30

SOCCER OFFERINGS

FALL PROGRAM REGISTRATION INFORMATION
- YMCA Members: Monday, July 25
- Non-Members: Monday, Aug 1

SPORT TYKES SOCCER | AGES 4-5 | YMCA Sports Center

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 encourage, but not required.

- FALL 1: Mondays, 6:05-6:50 PM, September 12-October 24 | REGISTER HERE
- FALL 2: Mondays, 6:05-6:50 PM, November 7-December 19 | REGISTER HERE
- YMCA Member: $56 | Non-Member: $84

YOUTH SOCCER | 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.

- FALL 1: Tuesdays, 5;00-6:00 PM, September 6-October 18
- YMCA Member: $56 | Non-Member: $84

HIGH SCHOOL SOCCER | YMCA Sports Center | REGISTER HERE

Looking to stay active and work on your skills this Fall? Enroll as a team or as an individual. The Fall league consists of 10 games and offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between teammates.

- FALL 2: Sundays, October 30-December 18
- Games are played on SUNDAYS between 9:00 AM-8:00 PM
- COST:
  - Team: $675 | Early Bird: $650
  - Individual: $90

MEN'S SOCCER | 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 fall league consists of 10 games and offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between teammates.

- Fall 2: Sundays, October 11-December 14
- Games are played on TUESDAYS between 6:00-10:00 PM
- COST:
  - Team: $825 | Early Bird: $800
  - Individual: $90

WOMEN'S SOCCER | 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 fall league consists of 7 games and offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between teammates.

- FALL 1: September 9-October 24 | FALL 2: November 7-December 19
- Games are played on MONDAYS between 6:00-10:00 PM
- COST:
  - Team: $600 | Early Bird: $575
  - Individual: $75

INSTRUCTIONAL GYMNASTICS

FALL SESSION: September 11-December 17, 2022
No Classes November 19-26, 2022

The YMCA of the Chippewa Valley offers all gymnastic programming at our state-of-the-art L.E. Phillips YMCA Sports Center gymnastics facility! The Sports Center is the exclusive branch offering instructional, progressive, and team gymnastic opportunities. Our high-quality programming is brought to you in partnership with the UW-Eau Claire Blugold Gymnastics program. Our skilled and professional instructors are ready to take your gymnasts to the next level!

PARENT & TOTS | AGES 12 TO 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, 3:45-4:30 PM
- Tuesdays, 9:15-10:00 AM
- Wednesdays, 5:15-6:00 PM
- Thursdays, 9:15-10:00 AM
- **Saturdays, 10:00-10:45 AM

REGISTER
Beginning Aug 8

YMCA Member: $104 | Non-Member: $156
**Saturday Class - YMCA Member: $96 | Non-Member: $144

TUMBLE TOTS | AGE 3

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, 3:45-4:30 PM or 4:40-5:25 PM
- Tuesdays, 9:15-10:00 AM
- Wednesdays, 5:15-6:00 PM or 6:15-7:00 PM
- Thursdays, 9:15-10:00 AM
- **Saturdays, 11:00-11:45 AM

REGISTER
Beginning Aug 8

YMCA Member: $104 | Non-Member: $156
**Saturday Class - YMCA Member: $96 | Non-Member: $144

BIG SHOTS | AGES 4-5

This class is for children not yet enrolled in kindergarten. Children will practice basic gymnastics skills as they navigate through a variety of stretches, warm-up activities, and circuits. This class is intended to prepare children for our school-age progressive program.

- Sundays, 3:45-4:30 PM or 4:40-5:25 PM
- Tuesdays, 9:15-10:00 AM
- Wednesdays, 5:15-6:00 PM or 6:15-7:00 PM
- Thursdays, 9:15-10:00 AM
- **Saturdays, 11:00-11:45 AM

REGISTER
Beginning Aug 8

YMCA Member: $104 | Non-Member: $156
**Saturday Class - YMCA Member: $96 | Non-Member: $144

GYMNASTICS OPEN GYM

Every Friday from 7:00-9:00 PM

PROGRESSIVE GYMNASTICS

FALL SESSION: September 11-December 17, 2022
No Classes November 19-26, 2022

If you have any questions about which class your gymnast belongs in, please contact Ricia Weber at rweber@ymca-cv.org.

BEGINNER | 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. A section of this class is available for students ages 10-17 who are new to gymnastics (called Beginner 10+ - see below).

- Sundays, 2:30-3:30 PM
- Mondays, 4:15-5:15 PM or 7:00-8:00 PM
- Tuesdays, 4:15-5:15 PM
- Wednesdays, 4:00- 5:00 PM
- Thursdays, 6:20 -7:20 PM or 7:30-8:30 PM
- Fridays, 4:00 -5:00 PM
- **Saturdays, NOON-1:00 PM

REGISTER Beginning Aug 8

YMCA Member: $104 | Non-Member: $156
**Saturday Class - YMCA Member: $96 | Non-Member: $144

BEGINNER | 10+

This is the first of the progressive classes aimed at students ages 10-17 who are new to gymnastics. This class will help your child learn the basics of gymnastics and lay down a foundation upon which to build gymnastic skills.

- Thursdays, 7:30 - 8:30 PM

REGISTER Beginning Aug 8

YMCA Member: $104 | Non-Member: $156

INTERMEDIATE | 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
- Mondays, 5:20-6:50 PM
- Tuesdays, 4:00 -5:30 PM
- Thursdays, 7:15-8:45 PM
- Fridays, 5:15-6:45 PM
- **Saturdays, Noon-1:30 PM

REGISTER Beginning Aug 8

YMCA Member: $156 | Non-Member: $234
**Saturday Class - YMCA Member: $144 | Non-Member: $216

ADVANCED INTERMEDIATE | 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.

- Mondays, 5:20-7:20 PM
- Thursdays, 4:15-6:15 PM
- Fridays, 5:00-7:00 PM
- **Saturdays, NOON-2:00 PM

REGISTER Beginning Aug 8

YMCA Member: $208 | Non-Member: $312
**Saturday Class - YMCA Member: $192 | Non-Member: $288

BOY'S GYMNASTICS

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
- **Saturdays, NOON-1:00 PM

REGISTER Beginning Aug 8

YMCA Member: $104 | Non-Member: $156
**Saturday Class - YMCA Member: $96 | Non-Member: $144

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/fulltime 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!

- Mondays, Wednesdays, & Fridays 10:30-11:30 AM
- No registration is required
- Program Fee: $10 | YMCA Member Discounted Fee: $7.50

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 25 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 to provide the most up-to-date, fun, and beneficial teaching possible!

Traci Balts

USPTA Certified Tennis Professional

I am a USPTA Certified Tennis Professional with 5 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.

Jacob Marcou

USPTA Certified Tennis Professional

I am the newest Assistant Tennis Professional at the John and Fay Menard YMCA Tennis Center. I'll be starting to help out in some of the group lessons and will also have availability for private lessons. I played tennis at UW-La Crosse, and went to school for Economics and Chinese Language. I am excited to be working with everybody here. Fun fact, I can play tennis both left and right handed.

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

YOUTH TENNIS

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.

TENNIS FALL 1: Sept. 11-Oct. 29 (No Class Oct 2-8)
TENNIS FALL 2: Oct. 30-Dec. 10 (No Class Nov 20-26)

REGISTRATION OPENS AUG 1

Red Ball 1 | One 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 RB 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.

LEARN MORE & REGISTER

ADULT TENNIS

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.

TENNIS FALL 1: Sept. 11-Oct. 29 (No Class Oct 2-8)
TENNIS FALL 2: Oct. 30-Dec. 10 (No Class Nov 20-26)

REGISTRATION OPENS AUG 1

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.

LEARN MORE & REGISTER

MAKER PROGRAMS | YOUTH ENRICHMENT

FALL 1: September 4 - October 22, 2022
FALL 2: October 23 - December 17, 2022

EMERGING LEGO CREATORS | 5 - 9 YEAR OLDS | REGISTER HERE

Young creators will be given tools to learn how to create with Legos. With guided assistance, they will be taught how to read and make 2D plans to create a 3D structure. Creators will learn the science behind Legos and multiple ways to ensure structures are sound. This is the class for curious minds who love using Lego kits!

- INSTRUCTOR: Ms. Mitzi
- YMCA MEMBERS: $45 | NON-MEMBERS: $65
- LOCATION: Eau Claire YMCA | Youth Development Center
- WHEN:
  - Fall 1 & Fall 2: Tuesdays, 6:00-7:00 PM

ADVANCED LEGO CREATORS | 9 - 12 YEAR OLDS | REGISTER HERE

Advanced creators will hone their Lego skills by making their own structures from start to finish. Let your imagination run wild as you build Lego mazes, cars, and other ambulatory 3D models.

- INSTRUCTOR: Ms. Mitzi
- YMCA MEMBERS: $40 | NON-MEMBERS: $60
- LOCATION: Eau Claire YMCA | Youth Development Center
- WHEN:
  - Fall 1 & Fall 2: Thursdays, 6:00-7:00 PM

LEGO TECHNICAL ASSISTANCE | 10 YEARS AND OLDER | REGISTER HERE

Highly skilled creators will work with younger creators to build their structures. Additional challenges will be given to these creators for their own builds as they expand their knowledge base and continue to push their creativity of what can be made with Legos to a new level.

- INSTRUCTOR: Ms. Mitzi
- YMCA MEMBERS: $60 | NON-MEMBERS: $80
- LOCATION: Eau Claire YMCA | Youth Development Center
- WHEN:
  - Fall 1 & Fall 2: Tuesdays & Thursdays, 6:00-7:00 PM

SCIENCE MAKERS | 5 - 10 YEARS OLD | REGISTER HERE

In this class, our scientist will answer a question about earth science with a fun experiment they can take home. Why we have tides, magnetic attraction, density, and other concepts will be studied throughout the course

- YMCA MEMBERS: $30 | NON-MEMBERS: $50
- LOCATION: Eau Claire YMCA | Party Room
- WHEN:
  - Fall 1 & Fall 2: Mondays, 6:00-6:45 PM

YOUTH & FAMILY EVENTS

END OF SUMMER BASH | EAU CLAIRE YMCA | YMCA MEMBERS ONLY
AUGUST 19, 5:00 – 9:00 PM | REGISTER HERE

Instead of giving parents a night out, we're giving the kids a night IN! Flick and float in the small pool, games in Hobbs Gym, crafts, food, even the Kids Gym will be available for hours of entertainment in ONE big bash before we start getting ready for fall.

- PROGRAM FEE: $20 per child or $40 per family
- AGES: Children who are potty trained through age 14.

TEEN TAKEOVERS | EAU CLAIRE YMCA | YMCA MEMBERS & NON-MEMBERS
2022 DATES LISTED BELOW | NO REGISTRATION REQUIRED

Let's take over the Y! Teens ages 11-14 are welcome to come to the YMCA to take over the gyms, Youth Development Center, and Party Room every third Saturday of the month, beginning this September from 6:30-9:30 PM. The YMCA offers a fun and safe environment for our teens to get active and socialize!

- AGES: 11-14 Year Olds
- YMCA Members: FREE | Non-Members: $10
- TIME: 6:30-9:30 PM
- DATES: October 15, November 19, December 17

PARENTS' NIGHT OUT | EAU CLAIRE YMCA | YMCA MEMBERS ONLY
SEPTEMBER 23, 5:00 – 9:00 PM | REGISTER HERE

Need a night out? We can help! Your children will have tons of fun at the Y while you enjoy a well-deserved, kid-free evening. From potty trained to pre-teens, kids participate in age-appropriate activities, including gym games, arts & crafts, and so much more. Dinner is not provided. Please send a meal with your child. Please register in advance to secure your spot!

- PROGRAM FEE: $20 per child
- AGES: Children who are potty trained through age 12.

PARENTS' NIGHT OUT | EAU CLAIRE YMCA | YMCA MEMBERS ONLY
OCTOBER 8, 5:00 – 9:00 PM | REGISTER HERE

Need a night out? We can help! Your children will have tons of fun at the Y while you enjoy a well-deserved, kid-free evening. From potty trained to pre-teens, kids participate in age-appropriate activities, including gym games, arts & crafts, and so much more. Dinner is not provided. Please send a meal with your child. Please register in advance to secure your spot!

- PROGRAM FEE: $20 per child
- AGES: Children who are potty trained through age 12.

FAMILY FUN ZONE | YMCA SPORTS CENTER | YMCA MEMBERS & NON-MEMBERS
9:00 – 11: 30 AM, SEPTEMBER 6, 2022 – MAY 26, 2023 | NO REGISTRATION REQUIRED

Family Fun Zone is a program offered for accompanied children ages 0 to 6. Family Fun Zone operates September through May from 9:00-11:30 AM. Children and parents enjoy open play on the large turf field filled with numerous toys, games, sports equipment, inflatables, and dress-up clothes. Organized activities are also offered at different times each morning which children may participate in, if they choose, or continue with open play.

- WHEN: Tuesdays & Fridays, 9:00 -11:30 AM
- FEE: Member: $3 | 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, SEPTEMBER 9, 2022 – MAY 19, 2023 | NO REGISTRATION REQUIRED

Every Friday night from 5:00-9:00 PM, September through May. Open to all families, kids, and their friends! Enjoy basketball, volleyball, soccer, inflatables, movies, free popcorn, and special entertainment!

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

CHILD CARE & 4K PROGRAM | LEARN MORE

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

YMCA EARLY LEARNING COMMUNITY | CHIPPEWA FALLS YMCA
4 WEEKS-5 YEARS | 6:30 AM-5:30 PM

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

YMCA CHILDWATCH | LEARN MORE

ChildWatch is a drop-in childcare service available for YMCA Members. Drop off the kiddos with our caring staff and you can have a worry-free workout.

Space is available on a first come, first serve basis. You can drop your child off during our open hours. We will always have staff available then. A monthly ChildWatch membership costs $20 for up to 2 children and $10 per additional child.

EAU CLAIRE YMCA HOURS

- MONDAY-FRIDAY | 8:00-11:00 AM
- TUESDAY & WEDNESDAY | 5:00-8:00 PM
- SUNDAY | 4:00-6:00 PM

SCHOOL-AGE CHILD CARE (SACC)

Registration for the 2022-2023 school year is open.
www.ymca-cv.org/sacc

LEARN MORE

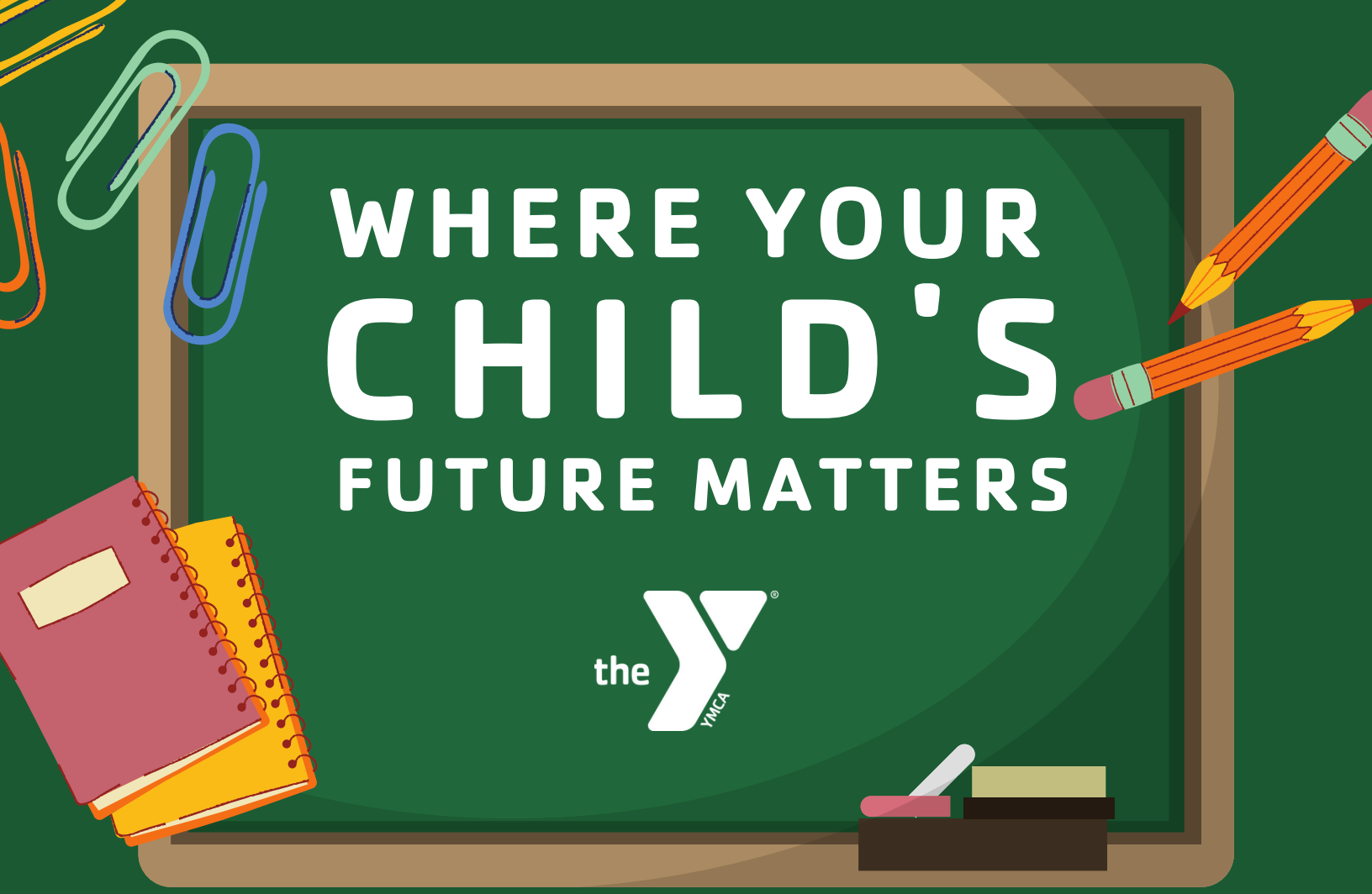
BEFORE & AFTER SCHOOL PROGRAMMING

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 and Chippewa 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. SNOWED OUT programming is offered when inclement weather changes effects schooling. Full Day Care is provided at the YMCA Sports Center, Eau Claire YMCA, and Chippewa Falls YMCA.



4K CARDINALS PROGRAM
YMCA EARLY LEARNING COMMUNITY

Enroll your child in the 4K Cardinals Program at the YMCA Early Learning Community, Chippewa Falls YMCA. All children who will be 4 years old on or before September 1, 2022, are welcome in our program.

4K Cardinals runs in accordance with the Chippewa Falls Unified School District calendar. This program meets Monday-Thursday and the YMCA offers both morning and afternoon sessions.

Children enrolled in 4K Cardinals through the YMCA also receive a YMCA membership while the program runs!

To learn more or enroll in our program, visit ymca-cv.org/4k

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. PREREQUISITIES: 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

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 YMCA - Lori Kleist | lkleist@ymca-cv.org | 715-839-4619
- CHIPPEWA FALLS - Carylann Menzies | cmenzies@ymca-cv.org | 715-861-2342

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

UPCOMING EVENTS

ROCK THE DOME | OCTOBER 8

Join us at Loopy's Dome for a night of music to benefit the YMCA. All ticket sales and a portion of the bar sales benefit the Chippewa Falls YMCA Annual Campaign which provides scholarship memberships to individuals and families in the Chippewa Valley who need financial assistance. Make a difference in your community. Purchase your tickets and come out to Loopy's to Rock the Dome to benefit the YMCA! Tickets are available at www.ymca-cv.org/rockthedome

HALLOWEEN AT THE CHIPPEWA FALLS YMCA | OCTOBER 21, 4:00 - 6:30 PM

Join us at the Chippewa Falls YMCA for our annual Halloween at the Y event. Our 2022 event will take place outdoors at the YMCA and will be bursting with fun activities for all ages. Join us for inflatables, obstacle courses, a haunted house, games, raffles, giveaways and MUCH MORE! Halloween at the Y is a FREE event for everyone! Join us for an evening of Halloween fun and to gather information about health, safety, and wellness from a variety of Chippewa Valley organizations. Booths will be set up in the grass area at the Y and community members are welcome to walk or drive to each booth.

HALLOWEEN PARTY | YMCA SPORTS CENTER | OCTOBER 28

Join us for a night of Halloween fun at the YMCA Sports Center. Games, inflatables, face painting, Halloween movie, DJ entertainment and more! All this fun and more for $5 per person, kids 2 and under are free!

SUPPORT OUR TROOPS | NOVEMBER 12

The YMCA of the Chippewa Valley, Jacob Leinenkugel Brewing Company, McDonell Area Catholic Schools National Honor Society, with your help, would like to SUPPORT OUR TROOPS by sending them a care package! Show the men and women in the Army, Navy, Air Force, Marine Corps and Coast Guard how much you care! JUST IN TIME FOR THE HOLIDAYS!

AUTUMN CLASSIC 2022 GYMNASTICS MEET | NOVEMBER 19

Join us at the YMCA Sports Center to watch gymnasts from around the state compete in a gymnastics meet!

TURKEY TROT | NOVEMBER 24

Kick off your Thanksgiving Day with a bit of exercise and a lot of fun at the Festival Foods Turkey Trot! Join Festival Foods and help support the YMCA and Boys & Girls Club by signing up for a 5-mile run, 2-mile fun run or 2-mile walk. All ages and abilities are welcome so bring the entire family...and don't forget to sign up your cuddly companions for the 2-mile Dog Jog. All participants receive a long-sleeved t-shirt, 6' Upper Crust pumpkin pie, post-race snacks, and exclusive coupons. Oops! We almost forgot: our furry friends receive their own Dog Jog bandana! Register for the Eau Claire event or check out one of the other 11 Wisconsin Festival Turkey Trot locations. Not a runner or walker? Volunteer of behalf of the YMCA and receive a long-sleeve t-shirt while supporting a worthy cause. Festival Food Turkey Trot registration and volunteer information is available at https://www.festivalfoodsturkeytrot.com.
Total funds raised for the YMCA of the Chippewa Valley since 2011: $210,385

TURKEY BOWL 3V3 TOURNAMENT | NOVEMBER 26 & 27

The Turkey Bowl is a 3v3 Soccer Tournament for Youth and Adults that takes place over Thanksgiving weekend. It is a long time tradition of fun and competition in a family friendly environment. Teams may consist of 3-5 players. Registration required.

CHRISTMAS AT THE Y | DECEMBER 9, 4:00 - 7:00 PM @ THE CHIPPEWA FALS YMCA

Free for all Member & Non-Members families! Join us for sugar cookie decorating, Christmas ornament making, picture frame making, reindeer games, pictures with Santa, and more! Fun for all ages. This event will take place at the Chippewa Falls YMCA.

CHRISTMAS AT THE LODGE | 2022 DATE WILL BE ANNOUNCED IN SEPTEMBER

Experience the beauty of camp in winter and join us by the warmth of the fireplace for mingling with drinks and great food at our annual Christmas at the Lodge fundraiser. This event allows us to come together to help support our mission, provide exceptional facilities, and ensure that Manitou will continue to inspire youth for years to come.

CLICK HERE TO LEARN MORE ABOUT THE EVENTS LISTED ABOVE

YOUR YMCA CONTACTS

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

CHIPPEWA FALLS YMCA

- Member Service Desk
  - (715) 723-2201
- Linda May, Regional Executive Director
  - (715) 861-2348 | lmay@ymca-cv.org
- Kristin Anderl, Member Service Manager
  - (715)861-2361| kanderl@ymca-cv.org
- Carrie Mathwig, Healthy Living Director
  - (715) 861-2352 | cmathwig@ymca-cv.org
- Carylann Menzies, Aquatics Director
  - (715) 861-2342 | cmenzies@ymca-cv.org
- Gary Johnson, Director of Maintenance
  - (715) 861-2344 | gjohnson@ymca-cv.org
- Jim Ignarski, Development & Communication Director
  - (715) 861-2346 | jignarski@ymca-cv.org
- Kara Goossens, Active & Ageless Coordinator
  - (715) 723-2201 | kgoossens@ymca-cv.org
- Mark Erickson, Senior Program Director
  - (715) 861-2351 | merickson@ymca-cv.org

EAU CLAIRE YMCA

- Member Service Desk - Entrance D
  - (715) 836-8460
- Craig Monson, Regional Executive Director
  - (715) 839-4606 | cmonson@ymca-cv.org
- Andrea Nazarian, Member Service Manager
  - (715) 833-4843 | anazarian@ymca-cv.org
- Bonnie Nicolai, Healthy Living Director
  - (715) 833-4846 | bnicolai@ymca-cv.org
- Gail Denzine, Payroll/Human Resources Manager
  - (715) 839-4617 | gdenzine@ymca-cv.org
- Jeff Hanson, Director of Maintenance
  - (715) 839-4621 | jhanson@ymca-cv.org
- Laurie Pettis | Active & Ageless Coordinator
  - (715) 839-4608 | lpettis@ymca-cv.org
- Lori Kleist, Aquatics Director
  - (715) 839-4619 | lkleist@ymca-cv.org

L.E. PHILLIPS YMCA SPORTS CENTER

- Amy Peterson-Foss, Sports Center Director
  - (715) 552-1200 | afoss@ymca-cv.org
- Collis McCloud, Youth Program Director
  - (715) 552-1200 | cmccloud@ymca-cv.org
- Ricia Weber, Gymnastics Director
  - (715) 552-1200 | rweber@ymca-cv.org
- Zach Hinrichs, Sports Director
  - (715) 552-1200 | zhinrichs@ymca-cv.org

JOHN & FAY MENARD YMCA TENNIS CENTER

- Matt Boughton, Tennis Director
  - (715) 836-8470 | mboughton@ymca-cv.org

CAMP MANITOU

- Brian Moore, Executive Director of Camp Manitou
  - (715) 839-4607 | bmoore@ymca-cv.org
- Briana Goldbeck, Associate Executive Director of Camp Manitou
  - (715) 839-4607 | bgoldbeck@ymca-cv.org

YMCA CHILD CARE

- Child Care Services
  - (715) 723-5135
- Harrison Anderson, Child Care Director
  - (715) 861-2338 | handerson@ymca-cv.org
- Dona Crank, Billing Coordinator
  - (715) 861-2339 | dcrank@ymca-cv.org
- Jack Schaefer | Administration Compliance Director
  - (715) 839-4603 | jschaefer@ymca-cv.org
- Sadie O'Leary, SACC Director - CF
  - (715) 861-2355 | soleary@ymca-cv.org

ASSOCIATION

- Theresa Hillis, Chief Executive Officer
  - thillis@ymca-cv.org
- Amy Huempfner, Association Marketing Director
  - (715) 839-4637 | ahuempfner@ymca-cv.org
- Hillary Koppes, Association Finance Director
  - (715) 861-2345 | hkoppes@ymca-cv.org
- Jaden Weix, Association Finance Manager
  - (715) 861-2349 | jweix@ymca-cv.org
- Matt Dresser, Personal Training Director
  - (715) 861-2352 | mdresser@ymca-cv.org
- Randi Schrader, Association Director of Membership
  - (715) 839-4638 | rschrader@ymca-cv.org
- Ryan Wedl, Barracuda Swim Team Coach
  - (715)839-4614 | rwedl@ymca-cv.org
- Seth Abrahamson, Association SACC & Day Camp Director
  - (715) 839-4609 | sabrahamson@ymca-cv.org
- Suzie Slota, Director of Mission Advancement
  - (715) 839-4631 | sslota@ymca-cv.org

BOARD OF DIRECTORS

AS OF 2022

Pam Haller - President
Jennifer Moen - Past President
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