



SNOW PLACE LIKE THE Y

YMCA OF THE CHIPPEWA VALLEY



WINTER 2022



EAU CLAIRE YMCA
CHIPPEWA FALLS YMCA
JOHN & FAY MENARD YMCA TENNIS CENTER
L.E. PHILLIPS YMCA SPORTS CENTER
CAMP MANITOU
YMCA EARLY LERANING COMMUNITY



Table of Contents

Membership	3
Facility Amenities	4
Getting Started/Personal Training	5
ChildWatch	6
Virtual Y	7
Swim Lessons	8-12
Youth in Government	9
Barracudas Swim Team & Swim Clinics	13
Youth & Middle School Sports	14-15
High School Sports	15
Adult Sports	16
Gymnastics	17-18
Tennis	19-21
Camp Manitou	22
Summer Day Camps	22
Safe Sitter Essentials	22
YMCA Early Learning Community	23
School-Age Care	24
Healthy Living	25
Safety Courses	26
Golf Simulator	27
Staff Directory	28

OUR PURPOSE IS DEEPER THAN OUR POOL:

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.

Holiday Hours & Closures

Thanksgiving (11/25)	All EC Locations	Closed
	Chippewa YMCA	7:00-11:00 AM
	EC YMCA	Open until Noon
Christmas Eve (12/24)	Tennis Center	Open until Noon
	Sports Center	Closed
	Chippewa YMCA	Open until Noon
Christmas Day (12/25)	All Locations	Closed
New Year's Eve (12/31)	All Locations	Open until 6 PM
New Year's Day (1/1)	EC YMCA	Noon-5 PM
	Tennis Center	Noon-5 PM
	Sports Center	Closed
	Chippewa YMCA	Noon-5 PM
Easter (4/17)	All Locations	Closed

Eau Claire YMCA

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

WINTER HOURS

Monday-Thursday	5:00 AM-9:00 PM
Friday	5:00 AM-8:00 PM
Saturday	6:00 AM-6:00 PM
Sunday	11:00 AM-7:00 PM

Chippewa Falls YMCA

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

WINTER HOURS

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

WINTER HOURS

Monday	8:30 AM - 10:00 PM
Tuesday	8:30 AM - 10:00 PM
Wednesday	8:30 AM - 9:00 PM
Thursday	8:30 AM - 10:00 PM
Friday	8:30 AM - 9:00 PM
Saturday & Sunday	Varies

YMCA Early Learning Community

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

CENTER HOURS

Chippewa Falls	Monday-Friday	6:30 AM-5:30 PM
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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	\$25
ADULT	\$52
FAMILY	\$73

*The Eau Claire YMCA also offers pricing for young adults (19-25), college students, and 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.

GUEST DAY PASSES

YMCA Members are welcome to bring guests with them to the YMCA. Guests must purchase a Day 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.

NO CONTRACTS, NO COMMITMENTS!

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.

IMPACT MEMBERSHIP

Impact Memberships are available for \$10 per month. These members have Virtual Y access only and will not pay a join fee when they renew to a full membership status. 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.

MEMBER BENEFITS

- Free Wellness Consultation
- Free access to more than 75 land, water, and virtual group exercise classes each week
- Complimentary Wi-Fi
- 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 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

The YMCA is committed to the health and well-being of our members and staff. We will only offer amenities that can operate within the guidelines set out by the CDC and state/local regulations in regards to the COVID-19 pandemic. Please visit our website for the most up-to-date information.

CHIPPEWA FALLS YMCA	EAU CLAIRE YMCA	L.E. PHILLIPS YMCA SPORTS CENTER	JOHN & FAY MENARD YMCA TENNIS CENTER	CAMP MANITOU
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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

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	●	●			
Virtual Group Exercise Classes	●	●			
Cycling Classes	●	●			
In-Person Group Exercise Classes	●	●			
Personal Training	●	●			
Locker Rooms - Showers NO steam rooms or saunas	●	●	●	●	
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				●	

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

Updated: June 14, 2021

The whirlpool will be back open at the Eau Claire YMCA soon.

GETTING STARTED

Complimentary Wellness Consultation

As part of your YMCA membership, all members 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, or schedule online on our [website](#).

Members: FREE

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.](#)

Steps to Get Started

- Step 1: Sign up for your free wellness consultation and attend your first complimentary personal training session.
- Step 2: Upon conclusion of your complimentary personal training session, our staff will recruit a trainer who matches your training goals and availability.
- Step 3: Your trainer will contact you within 48 hours and together you will decide which options and times work for you.
- **CONTACT:** Matt Dresser at mdresser@ymca-cv.org or (715) 723-2201 to get started!

Virtual consultations and personal training are NOW AVAILABLE!
Contact Matt to schedule yours today.

IGNITE YOUR WORKOUT

Ignite Personal Training Package* \$99

Need some direction? Unsure of where to start? The Ignite Personal Training Package will help you get started!

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

*Offer valid only for members who are new to personal training.

To schedule a personal training session or to sign up for Ignite:
Contact Matt at mdresser@ymca-cv.org

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

YMCA CHILDWATCH

[LEARN MORE AT YMCA-CV.ORG/CHILDWATCH](http://YMCA-CV.ORG/CHILDWATCH)

WHAT IS CHILDWATCH?

CHILDWATCH IS A DROP-IN DAYCARE SERVICE AVAILABLE FOR YMCA MEMBERS. DROP OFF THE KIDDOS WITH OUR CARING STAFF AND YOU CAN HAVE A WORRY-FREE WORKOUT.

WHEN IS THIS SERVICE AVAILABLE?

DESIGNATED TIMES ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS. RESERVATIONS ARE NO LONGER NEEDED. YOU CAN DROP YOUR CHILD OFF DURING OUR OPEN HOURS. WE WILL ALWAYS HAVE STAFF AVAILABLE THEN.

WHAT IS THE COST?

A MONTHLY CHILDWATCH MEMBERSHIP COSTS \$20 FOR UP TO 2 CHILDREN AND \$10 PER ADDITIONAL CHILD.

EAU CLAIRE YMCA HOURS

- MONDAY-THURSDAY
8:00-11:00 AM
- MONDAY AND THURSDAY
5:00-7:00 PM

CHIPPEWA FALLS YMCA HOURS

- MONDAY & THURSDAY
8:30-10:30 AM
- MONDAY & WEDNESDAY
4:30-6:30 PM
- SATURDAY
9:00-11:00 AM



We are thrilled to offer our new Virtual Y to help support the health and wellbeing of you and your family. Your Virtual Y is included in your YMCA membership at no additional cost!

On-Demand Videos

In Virtual Y, you have access to on-demand videos to watch when it is convenient for you. There are a variety of video categories for you to access:

- Group Exercise Classes
- Health & Wellness Videos
- Story Time & Kids Activities
- Aquatics & Water Safety Videos
- Specialty Training Videos
- Sport Skills Videos

Live Classes

Live classes are classes or programs that are offered virtually in real-time.

Blog/Newsletters

Access blogs and newsletters!

You must log in to the site using your YMCA member barcode. Your barcode can be found on the back of your membership card or by calling your YMCA Member Services Desk.

Not a member? Access to Virtual Y is limited to members only.

Learn more and access Virtual Y at WWW.YMCA-CV.ORG/VIRTUAL-Y

AQUATICS: SWIM LESSONS



CHIPPEWA FALLS BRANCH

WINTER 1

- **SESSION DATES:** January 2-February 19, 2022 (7 weeks)
- **REGISTRATION DATES: Members:** December 6 | **Non-Members:** December 9

WINTER 2

- **SESSION DATES:** February 20-April 9, 2022 (7 weeks)
- **REGISTRATION DATES: Members:** January 31 | **Non-Members:** February 3

EAU CLAIRE BRANCH

WINTER 1

- **SESSION DATES:** January 30-March 19, 2022 (7 weeks)
- **REGISTRATION DATES: Members:** January 3 | **Non-Members:** January 6

WINTER 2

- **SESSION DATES:** March 27-May 14, 2022 (7 weeks)
- **REGISTRATION DATES: Members:** February 28 | **Non-Members:** March 3

Participants unsure of or needing swim lesson placement may schedule a skills evaluation. Please contact the branch Aquatics Director:

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

PARENT & CHILD SWIM LESSONS

PARENT & CHILD SWIM LESSONS			AGE	PREREQUISITE
PARENT/CHILD LEVEL 1 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.			6 to 12 months	Child must be at least 6 months old by the first day of class.
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Sunday*	12:00-12:40 PM	Jan 2 – Feb 19*	Feb 22 – Apr 9*
	Saturday	9:00-9:40 AM	Members \$49 Non-Members \$69	Members \$49 Non-Members \$69
EAU CLAIRE YMCA REGISTER ONLINE	Sunday**	3:00-3:40 PM	Jan 30 – Mar 19	Mar 27 – May 14**
	Tuesday	5:50-6:30 PM	Members \$49 Non-Members \$69	Members \$49 Non-Members \$69
	Thursday	5:50-6:30 PM		

PARENT & CHILD SWIM LESSONS			AGE	PREREQUISITE
PARENT/CHILD LEVEL 2 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.			1-3 years old	Child must be at least 1 year old by the first day of class
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Sunday*	12:00-12:40 PM	Jan 2 – Feb 19*	Feb 22 – Apr 9*
	Saturday	9:00-9:40 AM	Members \$49 Non-Members \$69	Members \$49 Non-Members \$69
EAU CLAIRE YMCA REGISTER ONLINE	Sunday**	3:00-3:40 PM	Jan 30 – Mar 19	Mar 27 – May 14**
	Tuesday	5:50-6:30 PM	Members \$49 Non-Members \$69	Members \$49 Non-Members \$69
	Thursday	5:50-6:30 PM		

* Chippewa Falls | WINTER 1 & 2 Sunday Lessons: Members: \$42 | Non-Members: \$59

** Eau Claire | WINTER 2 Sunday Lessons: Members: \$42 | Non-Members: \$59

YOUTH IN GOVERNMENT

Leaders are developed by doing, and the Wisconsin YMCA Youth in Government program seeks to foster the next generation of thoughtful, committed, and active citizens. This program is open to all students in grades 7-12 and engages hundreds of students from across the state each year. Individual delegations meet starting in the fall and the program culminates with a weekend-long trip to the state capitol in Madison for our Model Government session. At this time, it is unclear whether our state conference will be offered virtually or in-person, but either way, we WILL have a conference and are dedicated to providing excellent opportunities for growth and leadership throughout the program year.

LEARN MORE ABOUT OUR 2021-2022 PROGRAM AT WWW.YMCA-CV.ORG/YIG

PRESCHOOL SWIM LESSONS

PRESCHOOL SWIM LESSONS			AGE	PREREQUISITE
PRESCHOOL LEVEL 1 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.			For children ages 3-5 years	3 years of age
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Sunday*	12:00-:25 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Monday	3:45-4:25 PM		
	Tuesday	3:45-4:25 PM		
	Thursday	3:45-4:25 PM		
EAU CLAIRE YMCA REGISTER ONLINE	Sunday**	4:30-5:10 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14** Members \$49 Non-Members \$69
	Monday	5:15-5:55 PM		
	Wednesday	5:15-5:55 PM		

PRESCHOOL SWIM LESSONS			AGE	PREREQUISITE
PRESCHOOL LEVEL 2 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.			For children ages 3-5 years	3 years of age. Must have complete Preschool Level 1
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Monday	3:45-4:25 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Wednesday	3:45-4:25 PM		
	Saturday	9:00-9:40 AM		
		9:45-10:25 AM		
EAU CLAIRE YMCA REGISTER ONLINE	Sunday**	3:45-4:25 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14** Members \$49 Non-Members \$69
	Monday	4:30-5:10 PM		
	Wednesday	5:15-5:55 PM		

PRESCHOOL SWIM LESSONS			AGE	PREREQUISITE
PRESCHOOL LEVEL 3 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.			For children ages 3-5 years	3 years of age. Must have completed Preschool Level 2
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Tuesday	3:45-4:25 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Wednesday	3:45-4:25 PM		
	Thursday	3:45-4:25 PM		
	Saturday	9:45-10:25 AM		
EAU CLAIRE YMCA REGISTER ONLINE	Sunday**	3:00-3:40 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14** Members \$49 Non-Members \$69
	Monday	5:15-5:55 PM		
	Wednesday	4:30-5:10 PM		

* Chippewa Falls | WINTER 1 & 2 Sunday Lessons: Members: \$42 | Non-Members: \$59

** Eau Claire | WINTER 2 Sunday Lessons: Members: \$42 | Non-Members: \$59

LEARN TO SWIM - SCHOOL-AGE LESSONS

LEARN TO SWIM - SCHOOL-AGE LESSONS			AGE	PREREQUISITE
LEVEL 1: INTRODUCTION TO WATER SKILLS Designed for participants uncomfortable in water or with limited swimming experience. Explore water safety and basic swimming skills, such as: submerging, supported front and back floats, rolling front to back and back to front, gliding, kicking, front crawl arms, and jumping in.			For children ages 6-13 years	6 years of age.
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Sunday*	12:45-1:25 PM 1:30-2:10 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Tuesday	4:30-5:10 PM		
	Wednesday	4:30-5:10 PM		
EAU CLAIRE YMCA REGISTER ONLINE	Sunday**	4:30-5:10 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14** Members \$49 Non-Members \$69
	Monday	4:30-5:10 PM		
	Wednesday	5:15-5:55 PM		

LEARN TO SWIM - SCHOOL-AGE LESSONS			AGE	PREREQUISITE
LEVEL 2: FUNDAMENTAL AQUATIC SKILLS 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.			For children ages 6-13 years	6 years of age. Must have completed Level 1
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Sunday	12:45-1:25 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Monday	4:30-5:10 PM		
	Tuesday	4:30-5:10 PM		
	Saturday	10:30-11:10 AM		
EAU CLAIRE YMCA REGISTER ONLINE	Sunday**	3:45-4:25 PM 5:15-5:55 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14** Members \$49 Non-Members \$69
	Monday	6:00-6:40 PM		
	Wednesday	6:00-6:40 PM		

LEARN TO SWIM - SCHOOL-AGE LESSONS			AGE	PREREQUISITE
LEVEL 3: STROKE DEVELOPMENT Must be able to float on front and back independently for 10 seconds to enroll. Skills are performed independently, improving coordination of previous skills with longer distance in deep water. Introduces front crawl, breaststroke kick, dolphin kick, elementary backstroke, and scissor kick.			For children ages 6-13 years	6 years of age. Must have completed Level 2
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Monday	4:30-5:10 PM 5:15-5:55 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Wednesday	4:30-5:10 PM		
	Saturday	10:30-11:10 AM		
	Sunday**	3:45-4:25 PM		
EAU CLAIRE YMCA REGISTER ONLINE	Tuesday	6:35-7:15 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14** Members \$49 Non-Members \$69

* Chippewa Falls | WINTER 1 & 2 Sunday Lessons: Members: \$42 | Non-Members: \$59

** Eau Claire | WINTER 2 Sunday Lessons: Members: \$42 | Non-Members: \$59

LEARN TO SWIM - SCHOOL-AGE LESSONS			AGE	PREREQUISITE
LEVEL 4: STROKE IMPROVEMENT 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.			For children ages 6-13 years	6 years of age. Must have completed Level 3
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Monday	5:15-5:55 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Wednesday	5:15-5:55 PM		
	Thursday	4:30-5:10 PM		
EAU CLAIRE YMCA REGISTER ONLINE	Sunday**	5:15-5:55 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14** Members \$49 Non-Members \$69
	Wednesday	4:30-5:10 PM		
	Thursday	6:35-7:15 PM		

LEARN TO SWIM - SCHOOL-AGE LESSONS			AGE	PREREQUISITE
LEVEL 5: STROKE REFINEMENT 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.			For children ages 6-13 years	6 years of age. Must have completed Level 4
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Sunday*	1:30-2:10 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Monday	5:15-5:55 PM		
	Wednesday	5:15-5:55 PM		
	Thursday	4:30-5:10 PM		
EAU CLAIRE YMCA REGISTER ONLINE	Monday	6:00-6:40 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14 Members \$49 Non-Members \$69
	Wednesday	6:00-6:40 PM		

LEARN TO SWIM - SCHOOL-AGE LESSONS			AGE	PREREQUISITE
LEVEL 6: SWIMMING & SKILL PROFICIENCY 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.			For children ages 6-13 years	6 years of age. Must have completed Level 5
LOCATION	DAY	TIME	WINTER 1	WINTER 2
CHIPPEWA FALLS YMCA REGISTER ONLINE	Wednesday	5:15-5:55 PM	Jan 2 - Feb 19* Members \$49 Non-Members \$69	Feb 22 - Apr 9* Members \$49 Non-Members \$69
	Thursday	4:30-5:10 PM		
EAU CLAIRE YMCA REGISTER ONLINE	Monday	6:00-6:40 PM	Jan 30 - Mar 19 Members \$49 Non-Members \$69	Mar 27 - May 14 Members \$49 Non-Members \$69
	Wednesday	6:00-6:40 PM		

* Chippewa Falls | WINTER 1 & 2 Sunday Lessons: Members: \$42 | Non-Members: \$59

** Eau Claire | WINTER 2 Sunday Lessons: Members: \$42 | Non-Members: \$59

BARRACUDAS SWIM TEAM & CLINICS

[Click here to visit our team website.](#)

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!

TEAM OPTIONS

BABY BARRACUDAS | 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! Limited to 20 swimmers!

JUNIOR | AGES 10 AND 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 skills and confidence while creating new friendships.

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.

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.

SENIOR ELITE | HIGH SCHOOL AGE

Swimmers in this group are generally high school athletes, ages 14 and up. 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 every day, 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.

BARRACUDAS LAP/TRI LEAGUE | AGES 18+

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

SWIM CLINICS

JUNIOR/JUNIOR ELITE | AGES 6-10

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

PRICE: \$100 Members | \$200 Non-Members

SENIOR/SENIOR ELITE | AGES 11-18

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

PRICE: \$150 Members | \$250 Non-Members

YOUTH/MIDDLE SCHOOL SPORTS

L.E. PHILLIPS YMCA SPORTS CENTER

No Classes March 20-March 26, 2022

	DATES	DAY & TIME	FEE
SPORT TYKES ABC'S AGES 3-4 Youth can feel free to run until their heart's content. Several 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!	WINTER 1 Jan 3 - Feb 14 <i>REGISTER NOVEMBER 29</i>	Mondays 5:15-6:00 PM	Member \$56 Non-Member \$84 REGISTER HERE
	WINTER 2 Feb 21 - April 11 <i>REGISTER JANUARY 24</i>		
SPORT TYKES SOCCER AGES 4-5 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. (Shin guards are optional).	WINTER 1 Jan 3 - Feb 14 <i>REGISTER NOVEMBER 29</i>	Mondays 6:05- 6:50 PM	Member \$56 Non-Member \$84 REGISTER HERE
	WINTER 2 Feb 21 - April 11 <i>REGISTER JANUARY 24</i>		
SPORT TYKES BASKETBALL AGES 4-5 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.	WINTER 1 Jan 5 - Feb 16 <i>REGISTER NOVEMBER 29</i>	Wednesdays 5:15-6:00 PM	Member \$56 Non-Member \$84 REGISTER HERE
	WINTER 2 Feb 23 - April 13 <i>REGISTER JANUARY 24</i>		
	WINTER 1 Jan 6 - Feb 17 <i>REGISTER NOVEMBER 29</i>	Thursdays 5:15-6:00 PM OR 6:05-6:50 PM	
	WINTER 2 Feb 24 - April 14 <i>REGISTER JANUARY 24</i>		
YOUTH SOCCER SKILLS AGES 6-11 This class focuses on continued development of fundamental soccer skills throughout the winter months. Kids will learn soccer rules and terminology, and will practice dribbling, passing, shooting, defense, and more! All participants should come dressed for high activity with shin guards and indoor shoes (no cleats).	Dec 7-Jan 25 *no class Dec 28	Tuesdays 5:00-6:00 PM	Member \$56 Non-Member \$84 REGISTER NOW
SPORT TYKES SAMPLER AGES 4-5 Basketball, Soccer, Football, T-Ball 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.	WINTER 1 Jan 5 - Feb 16 <i>REGISTER NOVEMBER 29</i>	Wednesdays 6:05-6:50 PM	Member \$56 Non-Member \$84 REGISTER HERE
	WINTER 2 Feb 23 - April 13 <i>REGISTER JANUARY 24</i>		
FLAG FOOTBALL AGES 12-14 Kids of all skills and abilities have the opportunity to play football in a fun, safe, supportive, and climate-controlled environment. The 9-week session will start with a training camp week 1, followed by practice week 2, and 7 league games to follow. *Includes a team t-shirt *All players must have a Player's Package	Dec 4-Feb 26	Saturdays 9:00-9:50 AM OR 9:50-10:40 AM	Member \$56 Non-Member \$84 REGISTER NOW
FLAG FOOTBALL AGES 9-11 Kids of all skills and abilities have the opportunity to play football in a fun, safe, supportive, and climate-controlled environment. The 9-week session will start with a training camp week 1, followed by practice week 2, and 7 league games to follow. *Includes a team t-shirt *All players must have a Player's Package	WINTER 1 Jan 6 - Mar 3	Thursdays 6:50-7:40 PM OR 7:40-8:30 PM	Member \$85 Non-Member \$85 REGISTER NOW
	WINTER 2 Mar 10 - May 5		
FLAG FOOTBALL AGES 6-8 Kids of all skills and abilities have the opportunity to play football in a fun, safe, supportive, and climate-controlled environment. The 9-week session will start with a training camp week 1, followed by practice week 2, and 7 league games to follow. *Includes a team t-shirt *All players must have a Player's Package	WINTER 1 Jan 6 - Mar 3	Thursdays 5:10-6:00 PM OR 6:00-6:50 PM	Member \$85 Non-Member \$85 REGISTER NOW
	WINTER 2 Mar 10 - May 5		
	WINTER 1 Jan 3 - Feb 28	Mondays 5:10-6:00 PM OR 6:00-6:50 PM	

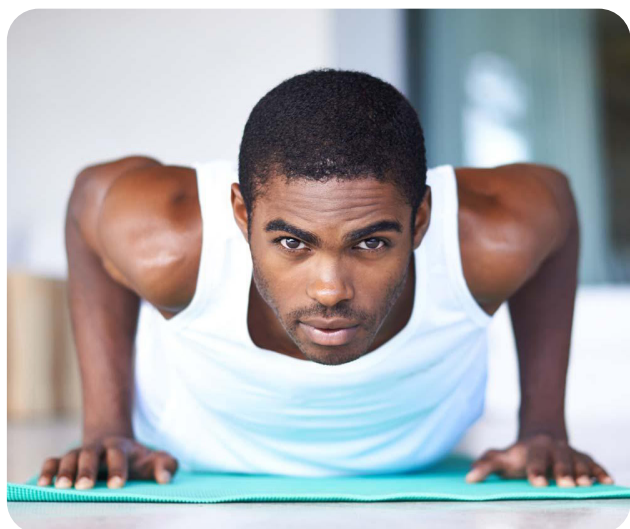
YOUTH/MIDDLE SCHOOL SPORTS

L.E. PHILLIPS YMCA SPORTS CENTER

	DATES	TIMES	FEE
<p>FUSION VOLLEYBALL 6-8 GRADERS</p> <p>The Eau Claire YMCA Fusion Volleyball club will participate in the Wisconsin Independent Volleyball League (WIVL). The club will provide 3 teams at each grade level based on which high school in which the player will enroll for 9th grade. Open to 6th-8th grade girls who will be enrolled at North, Memorial or Regis High Schools, the club has a "no cut" policy. The program's focus will be on teaching individual skills through drills and game-like situations, introducing the game to girls at an age where they can become interested in the game, develop gradually, and become productive players.</p> <p>Coaches needed. Training provided.</p>	<p>Weeks of Mar 1-May 14</p> <p>Practices will take place 1-2 days a week starting March 1.</p>	<p>Practice days and times will be set once the season gets closer. Tournaments will be offered on Saturdays starting in March and will be within 2 hours from Eau Claire. Each team will play in 3-4 tournaments.</p>	<p>\$100</p> <p>REGISTER NOW</p> <p>Registration is open now through January 31, 2022. Evaluations will take place in January/February, then practices start in March.</p>
<p>YOUTH VOLLEYBALL AGES 9-11</p> <p>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.</p>	<p>WINTER 1 Jan 4 - Feb 15 <i>REGISTER NOVEMBER 29</i></p> <p>WINTER 2 Feb 22 - April 12 <i>REGISTER JANUARY 24</i></p>	<p>Tuesdays 6:05-6:55 PM</p>	<p>Member \$56 Non-Member \$84</p> <p>REGISTER HERE</p>
<p>YOUTH VOLLEYBALL AGES 6-8</p> <p>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.</p>	<p>WINTER 1 Jan 4 - Feb 15 <i>REGISTER NOVEMBER 29</i></p> <p>WINTER 2 Feb 22 - April 12 <i>REGISTER JANUARY 24</i></p>	<p>Tuesdays 5:10-6:00 PM</p>	<p>Member \$56 Non-Member \$84</p> <p>REGISTER HERE</p>

CHIPPEWA FALLS YMCA

INSTRUCTIONAL LEAGUE	DATES	DAY & TIME	FEE
<p>LITTLE DRIBBLERS GRADES K - 1</p> <p>Focuses on basic basketball skills and players will be introduced to the basic fundamentals of basketball, while having fun!</p>	<p>Jan 8-Feb 19</p>	<p>Saturdays 8:00 - 8:40 AM 8:50 - 9:30 AM 9:40 - 10:20 AM</p>	<p>Member \$56 Non-Member \$84</p>
<p>BIG DRIBBLERS GRADES 2 - 4</p> <p>Focuses on introducing individuals to playing organized basketball. Participants learn the fundamentals of basketball, including competing in games.</p>	<p>Jan 8-Feb 19</p>	<p>Games times rotate beginning at 10:30 AM on Saturdays</p>	<p>REGISTER NOV 11</p>



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 work 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

HIGH SCHOOL SPORTS

All players must have the annual \$18 Player Package (Sept 2021-Aug 2022). Y-Membership includes the [Player's Package](#)

L.E. PHILLIPS YMCA SPORTS CENTER

	DATES	DAY & TIME	FEE
HIGH SCHOOL SOCCER AGES 13-19 Can't get enough of soccer? The YMCA Sports Center offers Boys and Girls soccer leagues for players of all skills and abilities in the Fall and Winter. All 8 games are played on our highly maintained indoor turf playing surface. All players must have a Player's Package	Jan 2-Feb 20	Sundays NOON-8 PM	Team \$675 Individual \$95 Early Bird \$650 REGISTER NOW
HIGH SCHOOL GIRL'S SOFTBALL AGES 13-19 Looking to dust off the glove and gear up for spring? This 8-week league offers recreational and competitive play for all high schoolers. Get your teammates together or sign up as an individual to stay active and have fun this offseason! All players must have a Player's Package	Jan 2-Feb 20	Sundays 8 AM-NOON	Team \$650 Individual \$80 Early Bird \$600 REGISTER NOW

ADULT SPORTS

All players must have the annual \$18 Player Package (Sept 2021-Aug 2022). Y-Membership includes the [Player's Package](#)

L.E. PHILLIPS YMCA SPORTS CENTER

	DATES	DAY & TIME	FEE
WOMEN'S SOCCER AGES 18+ Looking to be active and join in the fun? Maybe your child plays and you would like to learn more about the sport. Enroll as a team or as an individual. This league offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between your teammates. *All players must have a Player's Package	WINTER 1 Jan 10-Feb 28	Mondays 6:00-10:00 PM	Team \$675 Individual \$75 Early Bird \$650
	WINTER 2 Mar 7-Apr 25	REGISTER NOW	Team \$675 Individual \$85 Early Bird \$650
MEN'S SOCCER AGES 18+ Looking to be active and join in the fun? Maybe your child plays and you would like to learn more about the sport. Enroll as a team or as an individual. This league offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between your teammates. *All players must have a Player's Package	WINTER 1 Jan 11-Mar 15	Tuesdays 6:00-10:00 PM	Team \$825 Individual \$90 Early Bird \$800 REGISTER NOW
ADULT FLAG FOOTBALL AGES 18+ 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 league consists of 9 games and is open to players of all levels. Grab some friends and get your team together. *All players must have a Player's Package	WINTER 1 Jan 5-Mar 2	Wednesdays 6:00-10:00 PM	Team \$525 Individual \$80 Early Bird \$500
	WINTER 2 Mar 9-May 4	REGISTER NOW	Team \$525 Individual \$70 Early Bird \$500
ADULT BASKETBALL AGES 18+ This is a 5 versus 5 league and participants may sign up individually or as a team. Each team should have a minimum of 5 participants and a maximum of 12. *All players must have a Player's Package	WINTER 1 Jan 6-Mar 3	Thursdays 6:00-10:30 PM	Team \$350 Individual \$60 Early Bird \$325
	WINTER 2 Mar 10-May 5		REGISTER NOW
ADULT VOLLEYBALL AGES 18+ The coed volleyball league consists of 8 games and is open to players of all levels. The NCAA-approved volleyball floor surfaces, clean and climate-controlled building and player- and spectator friendly facility make the YMCA Sports Center the place to be for volleyball. *All players must have a Player's Package	WINTER 1 Jan 5-Feb 23	Wednesdays 7:00-9:00 PM	Team \$175 Individual \$30 Early Bird \$150
	WINTER 2 Mar 2-Apr 27		REGISTER NOW

JOIN US AT THE TURKEY TROT!
Eau Claire Turkey Trot | November 25, 2021 @ 8 AM
[Click here for more information.](#)

INSTRUCTIONAL GYMNASTICS

The YMCA of the Chippewa is excited to offer all of our gymnastic programming at our state-of-the-art YMCA Sports Center gymnastics facility! The YMCA Sports Center will be 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!

YMCA JR. BLUGOLD GYMNASTICS - L.E. PHILLIPS YMCA SPORTS CENTER

No classes February 12 or February 13, 2022

INSTRUCTIONAL GYMNASTICS	DAY & TIME	WINTER	COST
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.	Sun 4:15-5:00 PM	January 2-March 19 REGISTER DEC 6	Member \$80 Non-Member \$120
	Tues 9:15-10:00 AM		Member \$88 Non-Member \$132
	Wed 5:15-6:00 PM		Member \$80 Non-Member \$120
	Thurs 9:15-10:00 AM		Member \$80 Non-Member \$120
	Sat 10:00-10:45 AM		Member \$80 Non-Member \$120
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.	Sun 4:15-5:00 PM	January 2-March 19 REGISTER DEC 6	Member \$80 Non-Member \$120
	Tues 9:15-10:00 AM		Member \$88 Non-Member \$132
	Wed 5:15-6:00 PM		Member \$80 Non-Member \$120
	Wed 6:15-7:00 PM		Member \$80 Non-Member \$120
	Thurs 9:15-10:00 AM		Member \$80 Non-Member \$120
BIG SHOTS AGES 4-5 This class is for children not yet enrolled in kindergarten. Children will practice basic gymnastics skills as they navigate through a variety of stretches, warm-up activities, and circuits. This class is intended to prepare children for our school-age progressive program.	Sun 4:15-5:00 PM	January 2-March 19 REGISTER DEC 6	Member \$80 Non-Member \$120
	Tues 9:15-10:00 AM		Member \$88 Non-Member \$132
	Wed 5:15-6:00 PM		Member \$80 Non-Member \$120
	Wed 6:15-7:00 PM		Member \$80 Non-Member \$120
	Thurs 9:15-10:00 AM		Member \$80 Non-Member \$120
	Sat 11:00-11:45 AM		Member \$80 Non-Member \$120

AUTUMN CLASSIC

November 20, 2021

8:00 AM-8:00 PM

Competition Levels 2-8 and All Xcel levels

Hosted at the YMCA Sports Center

\$5 per Adult
\$3 per Child & Student
4 and Under FREE

LEAPING FOR LOVE

February 12 & 13, 2022

Schedule Coming Soon

Competition Levels 2-9 and All Xcel levels

Hosted at the YMCA Sports Center

\$2 per Adult
\$1 per Child & Student

PROGRESSIVE GYMNASTICS

Our progressive gymnastics classes were renamed in Summer 2021. Although the name change may be confusing at first, we believe it will help you know what class is next for your little gymnast! Please refer to the information on the previous page to better understand which class is which as we make this transition. If you have any questions about which class your gymnast belongs in, please contact [Ricia Weber](#).

YMCA JR. BLUGOLD GYMNASTICS - L.E. PHILLIPS YMCA SPORTS CENTER

No classes February 12 or February 13, 2022

PROGRESSIVE GYMNASTICS	DAY & TIME	WINTER	COST
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 pommel. A section of this class is available for students ages 10-17 who are new to gymnastics (called Beginner 10+ - see below).	Sun 3:00-4:00 PM	January 2-March 19 REGISTER DEC 6	Member \$80 Non-Member \$120
	Mon 6:30-7:30 PM		Member \$88 Non-Member \$132
	Tues 4:15-5:15 PM		
	Wed 4:00-5:00 PM		
	Thurs 6:45-7:45 PM		
	Fri 4:00-5:00 PM		
	Sat NOON-1:00 PM		Member \$80 Non-Member \$120
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.	Thurs 6:45-7:45 PM	January 2-March 19 REGISTER DEC 6	Member \$88 Non-Member \$132
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.	Sun 2:30-4:00 PM	January 2-March 19 REGISTER DEC 6	Member \$120 Non-Member \$180
	Mon 6:30-8:00 PM		Member \$132 Non-Member \$198
	Tues 4:00-5:30 PM		
	Tues 5:30-7:30 PM		
	Fri 5:00-6:30 PM		
	Sat NOON-1:30 PM		Member \$120 Non-Member \$180
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.	Mon 4:15-6:15 PM	January 2-March 19 REGISTER DEC 6	Member \$176 Non-Member \$264
	Tues 5:30-7:30 PM		Member \$120 Non-Member \$180
	Fri 5:00-7:00 PM		
	Sat NOON-2:00 PM		
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.	Wed 4:00-5:00 PM	January 2-March 19 REGISTER DEC 6	Member \$88 Non-Member \$132
	Sat NOON-1:00 PM		Member \$80 Non-Member \$120

GYMNASTICS OPEN GYM

Every Friday from 7:00-9:00 PM

YMCA SPORTS CENTER PICKLEBALL

Pickleball season passes are available for 2021-2022

Member Pass: \$125 | Non-Member Pass: \$225

JOHN & FAY MENARD YMCA TENNIS CENTER

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

Open Court Time

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

Hourly Open Court Time Rental Rates

Hourly fee is split by all participants on court

Youth/full-time college student: \$16/court/hour

Adult: \$20/court/hour

Happy Hour discount time (all ages): \$16/court/hour

- Monday-Friday, 6:00-9:00 AM & 12:00-4:00 PM
- Saturday, 12:00-4:00 PM

Private lessons and hitting sessions are available.

Contact the Tennis Center for rates.

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.

GIVING BACK TO OUR COMMUNITY

Financial assistance keeps the Y accessible for kids and families who need us most. We count on the generosity of our members and of the community to help people of all ages and from all walks of life be more healthy, confident, connected, and secure.

Financial assistance is offered to individuals and families who cannot afford memberships through our *Membership For All* initiative. We raise funds through our Annual Campaign to ensure the Y is accessible to all people. This year, 1 in 5 people who walk through our doors will receive financial assistance for part of their membership and/or program cost.

We are able to provide financial assistance thanks to the hundreds of generous donors who make charitable donations to our annual campaign. Give today, and together, we will do so much more.

Eau Claire: Give online at www.ymca-cv.org/give or call Suzie at (715) 839-4631 for more information.

Chippewa Falls: Give online at www.ymca-cv.org/give or call Jim at (715) 861-2346 for more information.

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.

YOUTH TENNIS PROGRAMS	
TENNIS WINTER 1: DECEMBER 13-FEBRUARY 5 TENNIS WINTER 2: FEBRUARY 7-MARCH 19 <i>No classes: December 20-25, 2021 & January 10-15, 2022</i>	
CLASS	MEETS
RED BALL 1 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.	One time per week. REGISTER NOW
RED BALL 2 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.	One time per week. REGISTER NOW
ORANGE BALL 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.	One time per week. REGISTER NOW
GREEN BALL AGES 14+ For tennis players that have been through the Red/Orange ball programs and are ready to transition to the 78-foot court.	REGISTER NOW
ACE III 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.	Two times per week. REGISTER NOW
ACE II 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.	Two times per week. REGISTER NOW
ACE I/HIGH PERFORMANCE Varsity players. There will be intensive workouts with singles and doubles strategies and mental toughness for match play scenarios. Players must have instructor consent before registration.	Two times per week. REGISTER NOW

YMCA TEXTS – text YCV to 545-39

**Opt-in to receive YMCA notifications, alerts, and program updates.
Standard data and message rates apply.**

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.

ADULT TENNIS PROGRAMS	
TENNIS WINTER 1: DECEMBER 13-FEBRUARY 5 TENNIS WINTER 2: FEBRUARY 7-MARCH 19	
<i>No classes: December 20-25, 2021 & January 10-15, 2022</i>	
CLASS	MEETS
BEGINNER <2.5 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.	One time per week. REGISTER NOW
INTERMEDIATE 2.5-3.0 The basic strokes will be refined, and strategy will be introduced. Proper grip and stroke production will be stressed. This class will introduce the patterns of play and working a point. Ratio is 5:1.	One time per week. REGISTER NOW
ADVANCED 3.0-3.5 Intended for players who want to improve their strokes and learn important strategies of the game. Half of the class time is spent on improving stroke production, and the other half is spent on strategies. Ratio is 5:1.	One time per week. REGISTER NOW
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.	One time per week. REGISTER NOW
ADULT DOUBLES DRILLS 3.5+ Drill is open to all players rated 3.5 and above. Players will drill for the majority of the time.	One time per week. REGISTER NOW
SINGLES' DRILLS 3.0-4.0	One time per week. REGISTER NOW




NEW YEAR'S FAMILY PARTY

THURSDAY, DECEMBER 30 | 5-9 PM AT YMCA SPORTS CENTER

\$5/person (2 and under FREE)

DJ Entertainment, Games, Inflatables,
Face Painting, Cody Limo Rides, Balloon Drop



CAMP MANITOU

Summer 2022 is going to be the best one yet! Registration will be online which allows you to complete all the required camp forms and to update information online. To learn more check out our website.

REGISTRATION OPENS ONLINE:

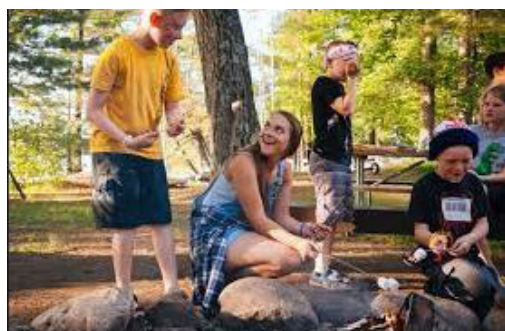
JANUARY 31 AT 6 PM: MINI, SAILING, & FAMILY CAMP

FEBRUARY 1 AT 6 PM: TEEN WEEKS 1 & 2

FEBRUARY 2 AT 6 PM: MAIN SESSIONS A-D

WWW.YCAMPMANITOU.ORG

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



YMCA SUMMER DAY CAMPS

EAU CLAIRE YMCA, YMCA SPORTS CENTER & CHIPPEWA FALLS YMCA

YMCA Summer Day Camp information and registration dates will be available in the Spring 2022 program brochure which will be released on February 25, 2022.

SAFE SITTER ESSENTIALS

Safe Sitter® teaches students safety skills for when they are home alone, watching younger siblings or babysitting. Students learn life-saving skills such as how to rescue someone who is choking and helpful information like what to do if there is severe weather. **FEE: Members & Non-Members: \$78 | FOR GRADES 6-8**
[REGISTER HERE](#) | There will be a lunch break, but lunch will not be provided. Please bring your own.

UPCOMING CLASSES:

- DEC 4, 8 AM-2:30 PM | EAU CLAIRE YMCA CLUBHOUSE
- DEC 12, 10 AM-4:30 PM | EAU CLAIRE YMCA CLUBHOUSE

YMCA EARLY LEARNING COMMUNITY

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

4 WEEKS-5 YEARS

Chippewa Falls Center | 6:30 AM-5:30 PM

The YMCA Early Learning Community is 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

YMCA child care goes beyond quality, first-rate care for your child. It also includes these great 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

CHIPPEWA FALLS	
Weekly Rates (1/1/2020)	
Infant Room	\$228
1 Year Olds	\$223
2 Year Olds	\$218
3 Year Olds	\$213
4 Year Olds	\$206



4K PROGRAMS

The YMCA is proud to provide 4 year old Kindergarten at the Chippewa Falls YMCA. The YMCA offers both morning and afternoon sessions. There is no charge for the 4K program. The program is 4 days per week for 3 hours per day.

The 4K Program is for children:

- who are 4 years old on or before September 1 of the year they plan to enroll
- who live in the Chippewa Falls School District, or
- who have open-enrolled into the Chippewa Falls School District.

The 4K Program provides:

- Chippewa Falls School District curriculum
- Quality classroom experience for 4 year olds
- DPI-licensed teachers
- Parent and family activities

Wrap-Around Child Care

In addition to the traditional 4K program, wrap-around child care is also available upon request. Chippewa Falls wrap-around is \$206 per week. Wrap-around space is limited; please contact for availability:

Harrison Anderson (715) 723-5135 | handerson@ymca-cv.org



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

www.ymca-cv.org/elc



SCHOOL-AGE CHILD CARE (SACC)

Registration for the 2021-2022 school year is NOW OPEN.

www.ymca-cv.org/sacc

KINDERGARTEN-5th GRADE

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.

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.

ON-SITE SCHOOL LOCATIONS

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

Eau Claire Schools

Putnam Heights
Locust Lane
Meadowview
Northwoods
Robbins
Sam Davey
Manz
Flynn

Chippewa Falls Site

Chippewa Falls YMCA

YMCA CLUBHOUSE LOCATION (EAU CLAIRE)

At the Eau Claire YMCA Clubhouse, kids can be dropped off as early as 6:30 AM and will be bused directly to their school. After school, kids catch the Y bus back to the Clubhouse until as late as 6:00 PM. The YMCA currently buses kids to and from the following locations:

Lakeshore Montessori
Longfellow

SNOWED OUT

The Snowed Out program is full day child care for grades K-5 on days when the Chippewa Falls and Eau Claire public schools are closed due to inclement weather. You must pre-register to attend, but will only receive billing if your child attends the program.

2021-2022 SCHOOL'S OUT & SNOWED OUT DAILY RATES	
YMCA Member	Non-Member
\$41	\$44

RATES

Our SACC rates are based on a daily fee schedule.

2021-2022 DAILY YMCA MEMBER RATES				
SACC YMCA Member	Before School	After School	Before & After	School's Out
Day Rate	\$10	\$12	\$22	\$41

2021-2022 DAILY NON-MEMBER RATES				
SACC Community	Before School	After School	Before & After	School's Out
Day Rate	\$12	\$14	\$26	\$44

REGISTRATION

Registration forms must be completed with each new school year due to licensing requirements. Forms can be found online. If you need assistance registering, please stop by the YMCA Sports Center, Eau Claire YMCA, or Chippewa Falls YMCA and we will be happy to assist you! Space is limited and will be on a first come, first serve basis. Registration is NOW OPEN!

SCHOOL'S OUT

School's Out is designed to provide quality, licensed child care for children when the Eau Claire and Chippewa Falls public schools are not in session. Daily plans include sports, arts and crafts, and many other activities to keep your child motivated, social, and active.

Sample Daily Schedule

6:30 AM	Open for Care
	Supervised Open Play
9:00 AM	Morning Meeting
9:15 AM	Group Activities
10:00 AM	AM Snack Break
10:30 AM	Group Activities
11:30 AM	Supervised Open Play
NOON	Lunch Break
1:00 PM	Outdoor Recess
2:30 PM	PM Snack Break
3:00 PM	Group Activities/Craft
4:30 PM	Supervised Open Play
6:00 PM	Final Pick-up Time

What to Bring

- Weather-appropriate clothing to play outside
- Lunch and two snacks

Registration for the 2021-2022 school year is NOW OPEN.

www.ymca-cv.org/sacc

HEALTHY LIVING

EAU CLAIRE YMCA & CHIPPEWA FALLS YMCA

CLASS	LOCATION	DAY	DATES	INFO & REGISTER
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. <i>Free for cancer survivors, but registration is required.</i>	Eau Claire YMCA	Mon/Wed 1:00-2:15 PM OR Mon/Wed 4:30-5:45 PM	Jan 3-March 23	Contact Laurie Pettis, CIC, NBC-HWC lpettis@ymca-cv.org
	Chippewa Falls YMCA	Tues/Thurs 1:00-2:15 PM	Feb 1-April 21	Contact Carrie Mathwig, Healthy Living Director cmathwig@ymca-cv.org
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.	Eau Claire's Lake Street Methodist Church	Mon/Wed 10:00-11:30 AM	Jan 3-March 23	Contact the Aging & Disability Resource Center of Eau Claire County at 715.839.4735 or adrc@co.eau-claire.wi.us
	Chippewa Falls YMCA	Tues/Thurs 10:00-11:30 AM	TBD	Contact Carrie Mathwig, Healthy Living Director cmathwig@ymca-cv.org

GROUP EXERCISE CLASSES ARE BACK! 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.

SPRINT 8 CHALLENGE | FREE: MEMBERS ONLY

Sprint 8 is a 20-minute, high-intensity interval training program scientifically proven to boost energy, reduce body fat, and promote lean muscle. The Sprint 8 Cardio Challenge is an eight-week cardio challenge that produces radical change for members at any age.

Over the course of eight weeks, complete three 20-minute Sprint 8 cardio workouts per week.

- **Sprint 8 is simple:** It is pre-programmed and ready for you at the touch of a button on select Matrix cardio products
- **Sprint 8 is effective:** It sparks human growth hormone production to burn fat and build lean muscle faster than traditional exercise
- **Sprint 8 is quick:** All it takes is 20 minutes, three days per week

WHEN: JANUARY 2 - FEBRUARY 23, 2022

WHERE: Chippewa Falls & Eau Claire YMCAs

COST: Free for all YMCA Members

To learn more, contact your branch Healthy Living Director or head to our website:
www.ymca-cv.org

SAFETY COURSES

CLASS	FEE
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.	Member \$110 Non-Member \$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.	Member \$100 Non-Member \$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.	Member \$225 Non-Member \$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.	Member \$100 Non-Member \$125
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.	Member \$80 Non-Member \$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.	Member \$275 Non-Member \$300
AMERICAN RED CROSS WATER SAFETY INSTRUCTOR TRAINING AGES 16+ Trains candidates to teach courses and presentations in the Swimming & Water Safety program including Parent/Child Aquatics, Preschool Aquatics, Learn-To-Swim, Water Safety Courses, and Water Safety Presentations. Prerequisites: Swim proficiently 25 yards in front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards in butterfly; float on back for 1 minute; and tread water for 1 minute. No refunds. Course graduates are encouraged to apply for employment at YMCA.	Member \$275 Non-Member \$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 - 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

NEW OFFERING AT THE CHIPPEWA FALLS YMCA

BECOME THE BEST GOLFER, BY PAR

INDOOR GOLF SIMULATOR CHIPPEWA FALLS YMCA

The Chippewa Falls YMCA is excited to introduce a state-of-the-art Golf Room with a launch monitor (3D tracking) and simulator! The 55-inch screen and Fuberbuilt turf mat closely resemble true fairway impact. The simulator offers skill challenges to improve different aspects of your game, five simulated golf courses to play on, and practice ranges to work on ball striking.

The putting surface allows for you to practice putts up to 35 feet or to work on chipping. Take advantage of the large hitting bay to better judge ball flight and trajectory. Our state-of-the-art Mevo Plus technology tracks 16 accurate performance data parameters to help fine-tune your swing.

Benefits of our large hitting bay:

- Better visual feedback on ball flight and trajectory than with traditional simulators
- Ample vertical and horizontal space to work on short chipping accuracy
- Artificial turf surface provides room to practice putts up to 35 feet

Benefits of Mevo Plus technology:

- Tracking of 16 measures of performance data
- 3D tracking radar provides more accurate feedback
- Simulator mode to practice your skills on five golf courses
- Skills Challenges to improve different aspects of your game
- Practice range to work on consistency in ball striking

COST: Members: FREE | Non-Members: \$10 per hour with YMCA Member

HOURS: Monday-Friday, 8 AM - Close (Beginning November 22)

Reservations can be made on our website YMCA-CV.ORG



CHIPPEWA FALLS YMCA | YMCA OF THE CHIPPEWA VALLEY

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

Andrea Nazarian, Member Service Manager
(715) 723-2201 | anazarian@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
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Bonnie Nicolai, Healthy Living Director
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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
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Lori Kleist, Aquatics Director
(715) 839-4619 | lkleist@ymca-cv.org

Sydney Dobson, Member Service Manager
(715) 836-4619 | sdobson@ymca-cv.org

L.E. PHILLIPS YMCA SPORTS CENTER

Amy Peterson-Foss, Sports Center Director
(715) 552-1200 | afoss@ymca-cv.org

Erin Connolly, Youth Program Director
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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, Camp Manitou Director
(715) 839-4607 | bmoore@ymca-cv.org

Briana Goldbeck, Assistant Camp Manitou Director
(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

Sammi Marsh, SACC Director - CF
(715) 861-2343 | smarsh@ymca-cv.org

ASSOCIATION

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thillis@ymca-cv.org

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Jaden Weix-Wirtz, Association Finance Manager
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Randi Schrader, Association Director of Membership
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Ryan Wedl, Barracuda Swim Team Coach
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Seth Abrahamson, Association SACC & Day Camp Director
(715) 839-4609 | sabrahamson@ymca-cv.org

Suzie Slota, Director of Mission Advancement
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