



OCTOBER NEWSLETTER

YMCA OF THE CHIPPEWA VALLEY

A new season means new opportunities at your YMCA. From fresh fitness classes to family programs and community events, there's something for everyone this month. Check out what's happening in October and join us in making health, connection, and well-being a priority this season!

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MISSION STORY

Building Physical & Mental Strength Through
YMCA Personal Training

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



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

FALL 2025 PROGRAM BROCHURE IS AVAILABLE!



[Click on the cover photo to learn more and register.](#)



GET TICKETS

Rock the Dome with Boogie & Yo-Yoz

Join the YMCA and Loopy's Grill & Saloon for the 11th Annual Rock the Dome fall fundraiser on Saturday, October 18, 2025, featuring live music by Boogie and the Yo-Yoz! Hosted at The Loopy Dome in Chippewa Falls, this event supports the Chippewa Falls YMCA Annual Campaign, helping provide scholarships and memberships to families in need.

 Tickets:

- VIP: \$60 (includes Happy Hour 6–7 PM, appetizers, 2 drink tickets, and reserved tables)
- General Admission: \$25 (doors open at 7 PM)

 Live Music: Boogie and the Yo-Yoz | 8:00–11:30 PM

 Location: Loopy's Grill & Saloon

 Free shuttle available within a 15-mile radius (Call Loopy's to arrange)

 Get tickets and more info at: YMCA-CV.ORG/ROCKTHEDOME

Presented by: J&F Facility Services

Sponsors: Marine Credit Union, Northwestern Bank, Rotary, ChemCeed, Leinenkugel's, Market & Johnson, Scheels, Gator Garb, Kristo Orthodontics, Festival Foods, & Spring Street Sports.

Halloween at the Chippewa Falls YMCA

Join us for Halloween at the Y. This free outdoor event features fun activities for all ages, including inflatables, community booths, a haunted house, games, raffles, and giveaways. Gather information on health and wellness from local organizations in a safe and enjoyable setting!

WHEN: Thursday, October 23

TIME: 3:30–6:00 PM

WHERE: Chippewa Falls YMCA

COST: FREE for ALL

LEARN MORE



Halloween at the YMCA Sports Center

Get ready for a spook-tacular Halloween bash! Everyone from the Chippewa Valley and neighboring areas is invited! Dress in your favorite costume and participate in our costume contest for a chance to win exciting prizes.

When: Friday, October 24

Time: 5:00–8:00 PM

Where: YMCA Sports Center

COST: FREE for ALL!

LEARN MORE



Irvine Park – Christmas Village Active-Duty Display

The YMCA of the Chippewa Valley is honored to continue the tradition of recognizing our local heroes during the holiday season at the Irvine Park Christmas Village with the Active-Duty Military Board.

We invite you to submit the names of active military members with ties to Chippewa County or the Chippewa Valley. This display is a meaningful way to honor their service and keep their dedication close to home during the holidays.

LEARN MORE

**SUBMIT A
NAME**



Secure Your Spot for Before and After School Care!

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



CHIPPEWA FALLS YMCA



Fall is in full swing at the Y, and we've got lots of exciting things happening for our members and community!

Now Open – Big & Little Dribblers Registration – [Click Here:](#)

- Don't miss out—sign up today and get ready for a fun season of basketball!

New Class Alert – Body Balance:

- A low-impact fitness class combining mobility, balance, and core work.
- Wednesdays at 4:30 PM with Vicki
- Fridays at 9:30 AM with Lynda (replacing Yoga on Fridays at 9:30 AM)

Rock the Dome for the Y:

- Get your tickets today! All proceeds go directly towards supporting kids and families in the Chippewa Valley.

Halloween at the Y:

- Mark your calendars! Join us Thursday, October 23 from 3:30–6:00 PM for a family-friendly celebration.

Swim Lesson Registration:

- Member registration opens Sunday, October 5
- Non-Members registration opens Sunday, October 12

Come join the fun, stay active, and connect with your Y community this October!

FALL/WINTER HOURS

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

FRIDAY:
5:00 AM-7:00 PM

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

October Group Exercise Schedule



[CLICK HERE!](#)

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



[CLICK HERE!](#)

Kara Goossens
Executive Director
Chippewa Falls YMCA



EAU CLAIRE DOWNTOWN YMCA



Fall is here, and Y programs are back in full swing!

As we move into October, please remember to check gym and pool schedules regularly, as they are shifting from our summer hours.

Lifeguard Challenges:

- We continue to face difficulties hiring opening-shift lifeguards. Thank you for your patience as we adjust our pool and spa schedules during this time. A special thank you to those who have stepped up to help cover shifts—we truly appreciate it! Please help spread the word that we are hiring lifeguards. The pool and spa can only be open when we have lifeguards on duty.

Blood Drive:

- On September 19, we hosted a Red Cross blood drive, and thanks to your generosity, 18 units were collected to support critical needs. Our next drive will be on November 21—more details to come soon!

Eau Claire Area School District Gateways Program:

- We are proud to partner with the Gateways program, which provides students with valuable vocational training right here at the Downtown Y. In addition, they enjoy recreation time with us. It's a joy to watch them learn, grow, and "play" at the Y!

Thank you for being YMCA members and for sharing your time with us.

FALL/WINTER HOURS

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

SATURDAY:
6:00 AM-6:00 PM

SUNDAY:
11:00 AM-7:00 PM

October Group Exercise Schedule



[CLICK HERE!](#)

Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)



Craig Monson
Executive Director
Eau Claire Downtown YMCA

EAU CLAIRE SOUTH YMCA



HOURS

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

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

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

Facility & Pool Hours:

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

Aquatics & Pool Programs:

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

Group Exercise Highlights:

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

Child Watch:

- Safe, supervised care while you focus on your workout.

Stay Updated:

- Check the latest schedule online or at the front desk—substitute instructors and schedule changes may occur.

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

October Group Exercise Schedule

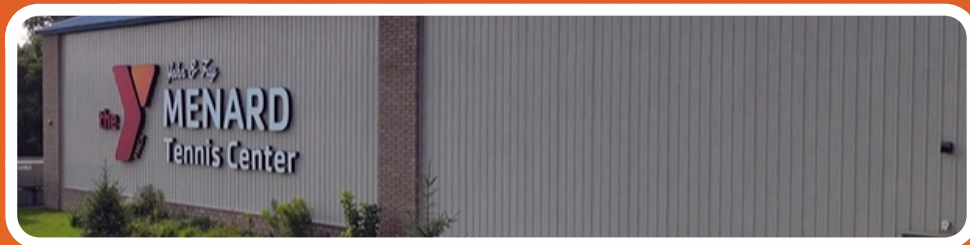


[CLICK HERE!](#)

Randi Schrader
Executive Director
Eau Claire South YMCA



JOHN & FAY MENARD YMCA TENNIS CENTER



HOURS

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

SATURDAY
8:00 AM-8:00 PM

SUNDAY
10:00 AM-8:00 PM

TENNIS TIP OF THE MONTH:

RECOVERY

A great tip for this month is to consistently recover to the center of the court after every shot. This ensures you are prepared to return your opponents next shot, preventing you from leaving your court exposed and maximizing your chances of winning points. Focus on a strong, simple shot to get the ball over the net, rather than trying for the high-risk shots that often result in errors.

BLUGOLD TENNIS CAMP OPEN FOR ADULTS AND JUNIORS

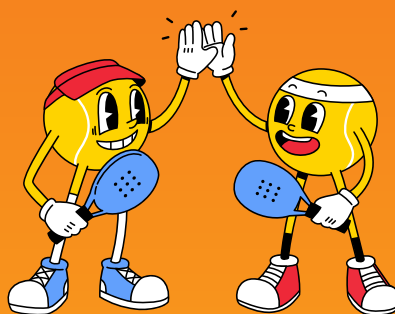
On Sunday, October 12, from 12:00 to 3:00 PM, come participate in an engaging camp with the Blugold men's team. The focus will be on:

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

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

UPCOMING EVENTS

September 30	Middle Border Conf Tournament
October 3-5	USTA L5
October 6-9	WIAA Tournaments
October 10	UWEC vs UW La Crosse
October 12	Blugold Tennis Camp
October 16	UWEC vs Winona State
October 24-26	Halloween Open
November 7-9	USTA L6
November 14-16	USTA L4



🏆 We're honored to receive the 2025 Outstanding Facility Award from the USTA! 🎉

A huge thank you to our incredible staff and members—you are what make this achievement possible. 💙



[REGISTER FOR
ADULT TENNIS](#)

[REGISTER FOR
YOUTH TENNIS](#)

FREE COURT TIME FRIDAYS

The John & Fay Menard YMCA Tennis Center will be offering free court time to all members on Friday, October 17 from 7:00-10:00 PM.

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

ADULT AND JUNIOR LADDER LEAGUE

WHEN: October 12, 19, 26, November 2, 9, 23, December 7 & 14.

TIME: 3:30-6:00 PM

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

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

DROP IN DRILLS

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

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

Matt Boughton
Executive Director
John & Fay Menard YMCA
Tennis Center

L.E. PHILLIPS YMCA SPORTS CENTER



FALL/WINTER HOURS

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

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

Happy Fall! Please check out what's happening at the YMCA Sports Center in October.

Free Halloween Party – October 24, 5:00-8:00 PM:

- 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 will be free to the community to attend!
- Flyer linked on the side!

Pickleball:

- As the weather gets colder, we're excited for the return of our pickleball players! Please check our sport court [schedule](#) for open pickleball hours.
- Luck of the Draw Round Robin begins Sunday, October 19th. Please join us Sundays from 5:00-7:00 PM for a fun format where each person plays 11-minute games with and against a different. Open to all

Youth Basketball is Back – Registration deadline is November 2, 2025:

- Our 1st-6th Grade Basketball League is back bigger and better than ever. At the YMCA, we focus on teamwork, skill development, and having fun. Every child gets a chance to play, grow, and thrive in a supportive environment.
- 1st-4th Grade: [Register Here](#)
- 5th-6th Grade: [Register Here](#)

Futsal Leagues:

- We're rebranding our YMCA indoor soccer leagues to Futsal—and we couldn't be more excited! Get ready for faster play, tighter spaces, and tons of fun.
- 6v6 Format (including goalkeeper)
- Why the change? A Futsal Ball is smaller, heavier, and designed for better control and quicker passing.
- Futsal is a global game known for helping players sharpen foot skills, decision-making, and creativity. It's an ideal environment for learning and fun, no matter what your experience level. [Check it out!](#)

Special Halloween Fun Zone:

- Join us for a Halloween Fun Zone on Friday, October 31, from 9:00–11:30 AM! Enjoy a costume contest, fun games, and festive Halloween crafts.
- Fee: Household members – Free | Non-members – \$6 (adults free)

Bonnie Nicolai
Executive Director
YMCA Sports Center



MENOMONIE EAST & SOUTH YMCA'S



Fall Fun at the Y!

Spin Classes Have Started:

- With the leaves changing and the weather cooling down, it's the perfect time to warm up indoors. Come spin with us and keep your energy high all season long!

Soccer is in Full Swing:

- Over 100 kids are out on the fields, running, laughing, and learning the fundamentals of a phenomenal sport. It's a joy to see so many young athletes growing their skills and friendships!

Personal Training with Kurt:

- Looking to take your fitness to the next level? Our personal trainer Kurt has a few openings left—literally just a few! Don't miss your chance to work with one of the best.
- Kurt's personal training bio is linked below!

Big Thanks to the Dunn County Community Foundation:

- We're thrilled to announce that the Menomonie Family YMCA received a \$6,100 grant to renovate a room at Menomonie East—making way for Child Watch services! This means more support for families and more opportunities for kids to thrive while parents stay active.

After School Care at Alliance Church:

- Need a safe, fun, and enriching place for your child after school? Our After School Care program at Alliance Church has openings available! Kids enjoy structured activities, homework help, and time with friends in a supportive environment.



KURT MAGGLE
Master & Elite Certified Fitness Trainer (ISSA)

About Me:
With over a decade of hands-on experience in the fitness industry, I bring a wealth of knowledge, dedication, and proven results to every client I train. As a Master Trainer and Elite Trainer through the International Sports Sciences Association (ISSA), my mission is to guide individuals of all ages and fitness levels toward achieving their personal health and performance goals.

Certifications:

- Certified Fitness Trainer (ISSA)
- Specialist in Exercise Therapy
- Specialist in Fitness Nutrition
- Specialist in Senior Fitness
- Specialist in Strength and Conditioning

Areas of Expertise:
Building strength, recovering from injury, improving your nutrition, or maintaining a high quality of life as you age. I offer a tailored, science-based approach to help you move better, feel stronger, and live healthier.

MENOMONIE YMCA'S



HOURS MENOMONIE EAST

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

KEY FOB IS REQUIRED

HOURS MENOMONIE SOUTH

MONDAY-SUNDAY:
24/7

KEY FOB IS REQUIRED

October Group Exercise Schedule



[CLICK HERE!](#)

John Englund
Executive Director
Menomonie East
& South YMCA's

CLAYTON ANDERSON GOLF OUTING & WINE TASTING RECAP



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



Chippewa Falls
YMCA



YMCA Early Learning
Community
Chippewa Falls YMCA



Eau Claire
Downtown YMCA



Eau Claire
South YMCA



Days Gone By
Early Learning
Community
Eau Claire South YMCA



Menomonee East &
South YMCA's



L.E. Phillips YMCA
Sports Center



John & Fay Menard
YMCA Tennis Center



YMCA Camp Manitou



CULTURES IN MOTION AT THE YMCA



🌍🌟 Join us at the Eau Claire Downtown YMCA for a community celebration like no other! We're honoring the incredible cultures that call the Chippewa Valley home—and YOU'RE invited! 🎉

This free event is open to everyone, so bring your friends and family for an afternoon full of connection, discovery, and fun.

⚽🎮 One of the highlights? Showcasing traditional sports, games, and activities from around the world! From childhood favorites to unique cultural pastimes, we can't wait to play, learn, and celebrate together.

WHEN: Saturday, November 15, 2025

TIME: Starts at 10 AM

WHERE: Eau Claire Downtown YMCA

👉 Do you have a recreational activity or game from another culture you'd love to share? We'd love to hear from you! Reach out to Suzie Slota at sslota@ymca-cv.org and let's make this celebration even more amazing.

WEAU SUNSHINE AWARD WINNER!



Big congratulations to our very own Bob Bourget for receiving The Sunshine Award from WEAU 13 News!

If you've ever walked through our doors, chances are you've been greeted by Bob's warm smile, kind words, and genuine care for everyone who comes in. He has a way of making each person feel welcome and valued—and truly brings sunshine to every single day at the Y.

We can't think of anyone more deserving of this recognition. Thank you, Bob, for all the joy, positivity, and heart you bring to our YMCA family and community!



FESTIVAL FOODS TURKEY TROT



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

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

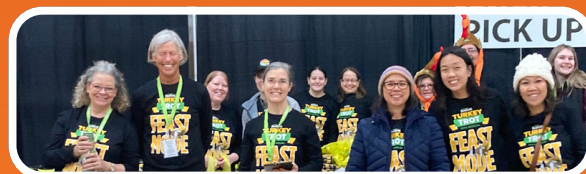
Every registration comes with:

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

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



RACE REGISTRATION
CLICK THE IMAGE ABOVE



VOLUNTEER REGISTRATION
CLICK THE IMAGE ABOVE



OUR FAVORITE MEMBER FEEDBACK

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

- I like fitness classes and yoga classes available every morning with fun and qualified instructors. Fun to exercise with other Y members. Great people!
- Instructors are excellent! Especially Sherry, Lori, Missy and Barb. Very qualified and they run excellent classes.
- There are not enough good things to say about the Tennis program!! The coaches are absolutely phenomenal!
- I enjoy the variety of classes as well as the instructors. Also the staff at the front desk are very helpful. And I love the free classes in the summer at Riverfront Park in Chippewa Falls
- A great variety of activities and programs for senior citizens and well managed and modern facilities.
- My child comes home excited about his day, talks about his friends/teachers, and learns so much! I can tell he is in a loving/nurturing environment where he feels loved and supported.
- We are super appreciate of the convenience factor that is offered with Southview's program being right at the school. The hours are nice and flexible. Overall a great option for our kiddo!

JOIN OUR TEAM!

AQUATICS

- [Swim Instructor](#) | Eau Claire Downtown YMCA, Eau Claire South YMCA, | Part-time
 - [View Day in the Life Video](#)
- [Daytime Lifeguard](#) | Chippewa Falls YMCA | Part-time - Hiring for Fall, Winter, & Spring
- [Lifeguard](#) | Eau Claire Downtown YMCA (Early Morning Lifeguards Needed!), Eau Claire South YMCA | Part-time - Now Hiring Fall Positions
 - [Interested in lifeguarding but need to be trained? Click here to see upcoming lifeguard training courses!](#)

CHILD CARE, CAMPS, & YOUTH WORK

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

CUSTOMER SERVICE

- [Facility Attendant](#) | YMCA Sports Center | Part-time

HEALTHY LIVING

- [Group Exercise Instructors](#) | Menomonie East YMCA | Part-time
- [Personal Trainers](#) | Menomonie East & South YMCA's | Part-time
- [Yoga or Stability/Mobility Instructor](#) | Chippewa Falls YMCA | Part-time

SPORTS

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

VOLUNTEER OPPORTUNITIES

- [Agnes' Table Food Pantry](#) | Chippewa Falls YMCA
- [Rock the Dome, October 17 & 18](#) | Chippewa Falls YMCA | [Click Here to Sign up](#)
- [Halloween Party, October 24](#) | YMCA Sports Center | [Click Here to Sign up](#)
- [Turkey Trot, November 26 & 27](#) | Eau Claire Downtown YMCA | [Click here to Sign Up](#)

NATIONAL YMCA OPPORTUNITIES



SCAN OR CLICK THE QR
CODE OR VISIT:
[YMCA-CV.ORG/CAREERS](https://ymca-cv.org/careers)



Click the image to watch,
A Day in the Life of a
Personal Trainer at the
YMCA!

