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

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.


DO YOUR PART!
Interested in volunteering at the YMCA? Contact Suzie Slota at sslota@ymca-cv.org

Holiday Hours & Closures

<table>
<thead>
<tr>
<th>Holiday</th>
<th>All Locations</th>
<th>Closed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Day (9/7)</td>
<td>All Locations</td>
<td>Closed</td>
</tr>
<tr>
<td>Thanksgiving (11/26)</td>
<td>All EC Locations</td>
<td>Closed</td>
</tr>
<tr>
<td>Christmas Eve (12/24)</td>
<td>All EC Locations</td>
<td>Open until Noon</td>
</tr>
<tr>
<td>Christmas Day (12/25)</td>
<td>All Locations</td>
<td>Closed</td>
</tr>
</tbody>
</table>

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

FALL/WINTER HOURS
Hours Begin September 8

- Monday–Thursday 5:00 AM–8:00 PM
- Friday 5:00 AM–7:00 PM
- Saturday 7:00 AM–2:00 PM
- Sunday 11:00 AM–6:00 PM

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

FALL/WINTER HOURS
Hours Begin September 8

- Monday–Thursday 5:00 AM–8:00 PM
- Friday 5:00 AM–7:00 PM
- Saturday & Sunday 7:00 AM–2:00 PM

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

L.E. Phillips YMCA Sports Center
3456 Craig Road, Eau Claire, WI 54701
(715) 552-1200 | ymca-cv.org

FALL/WINTER HOURS
September 8, 2020

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

Open Mon–Fri @ 6:30 AM for Child Care Services

YMCA Early Learning Community
630 Miller St, Chippewa Falls, WI 54729
(715) 723–5135

CENTER HOURS

Chippewa Falls Monday–Friday 6:00 AM–6:00 PM

John & Fay Menard YMCA Tennis Center
1260 Menomonie Street, Eau Claire, WI 54703
(715) 836–8470 | ymca-cv.org

CENTER HOURS*

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

*Tennis Center may close up to one hour early if no court reservations have been made.
BECOME A MEMBER TODAY!

MEMBERSHIP PRICES*

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUTH</td>
<td>$25</td>
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<tr>
<td>ADULT</td>
<td>$52</td>
</tr>
<tr>
<td>FAMILY</td>
<td>$73</td>
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</tbody>
</table>

*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.

PROGRAM DISCOUNTS

At this time, the YMCA is unable to offer discounts on programs. We are focusing on offering financial assistance on memberships so we can help as many families as possible during this time.

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. At this time, program discounts are not available.

MEMBERSHIP HOLD FEE

Members are able to put their membership on hold for $10 per month. 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.

ASSOCIATION MEMBER BENEFITS

- Free Wellness Consultation
- Free access to 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 (EC 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 our overnight camp, Camp Manitou, in New Auburn
- YMCA membership accepted at most of the 2,700 Y’s across the country

Refund Policy/Acknowledgement – In regards to the COVID-19 pandemic, the YMCA of the Chippewa Valley is offering programs 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 the event or program, the YMCA cannot guarantee a refund or credit to our participants.
YMCA OF THE CHIPEWEA VALLEY
HOURS, 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.

<table>
<thead>
<tr>
<th>CHIPPEWA FALLS YMCA</th>
<th>EAU CLAIRE YMCA</th>
<th>L.E PHILLIPS YMCA SPORTS CENTER</th>
<th>JOHN &amp; FAY MENARD YMCA TENNIS CENTER</th>
<th>CAMP MANITOU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-Purpose Gymnasium</td>
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</tr>
<tr>
<td>State-of-the-Art Fitness Equipment</td>
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<tr>
<td>Handicap Accessible Equipment</td>
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<td>✔</td>
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<td></td>
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<tr>
<td>Free Weights</td>
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<td>Cardio Equipment: Exercise Bikes, Stair Climber, Treadmills, Elliptical Machines</td>
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<tr>
<td>Chronic Disease Prevention Programs</td>
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<tr>
<td>Pickleball</td>
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<tr>
<td>Indoor Tennis Courts</td>
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<td>CS</td>
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<tr>
<td>Indoor Track</td>
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<tr>
<td>Online Group Exercise Classes</td>
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<tr>
<td>Cycling Classes</td>
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<tr>
<td>In-Person Group Exercise Classes</td>
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<tr>
<td>Personal Training</td>
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<tr>
<td>Locker Rooms – Showers</td>
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<td>NO steam rooms or saunas</td>
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<tr>
<td>Full-Time Licensed Child Care Facility</td>
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<tr>
<td>School’s Out Day Care (Full Day Care)</td>
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<tr>
<td>Summer Camps</td>
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</tr>
<tr>
<td>Lap Swim</td>
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<tr>
<td>Racquetball</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Family Swim Time</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Family Gym Time</td>
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<td></td>
</tr>
<tr>
<td>Water Exercise Classes</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Private Swimming Lessons</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

CS = Coming Soon

To stay up to date with everything happening at all YMCA facilities, please visit www.ymca-cv.org
PRIVATE & SEMI-PRIVATE SWIM LESSONS | Ages 3+
30-minute classes | For Beginner to Advanced Swimmers

Lessons are offered at both the Chippewa Falls Branch and the Eau Claire Branch

Private lessons are a 1:1 ratio with an experienced swim instructor within a 30 minute lesson. Semi-private lessons are a 2:1 ratio with an experienced swim instructor for 30 minutes. Lessons are available for all levels, ages 3 and older, and are arranged to fit your schedule based on pool availability. Private lessons may not be conducted during group lessons. Participants work on swimming skills appropriate for their ability and in accordance with their individual goals.

You may download our Private Swim Lesson Request form on our website or register with Member Service staff at our Member Service Desk. Fees are based on number of lessons. Punch cards will be issued to track the number of lessons received.

<table>
<thead>
<tr>
<th>PRIVATE LESSON PRICING</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Lessons</td>
</tr>
<tr>
<td>1</td>
</tr>
<tr>
<td>5</td>
</tr>
<tr>
<td>10</td>
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</table>

<table>
<thead>
<tr>
<th>SEMI-PRIVATE LESSON PRICING*</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Lessons</td>
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<td>5</td>
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*Pricing includes 2 swimmers*

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
**Fall 1: September 13 – October 24 (6 Week Session)**

<table>
<thead>
<tr>
<th>SWIM LESSON PROGRAM</th>
<th>AGE</th>
<th>PREREQUISITE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PARENT/CHILD STAGE 1</strong></td>
<td>6 months to 1 year</td>
<td>Child must be at least 6 months old by the first day of class</td>
</tr>
<tr>
<td></td>
<td>Child must be at least 1 year old by the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DAY</th>
<th>TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHIPPEWA FALLS YMCA</strong></td>
<td>Saturday</td>
<td>9:00-9:40 AM</td>
<td>Member: $34 Non-Member: $51</td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td>12:00-12:40 PM</td>
<td></td>
</tr>
<tr>
<td><strong>EAU CLAIRE YMCA</strong></td>
<td>Sunday</td>
<td>3:45-4:20 PM</td>
<td></td>
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<tr>
<td></td>
<td>Sunday</td>
<td>5:10-5:50 PM</td>
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<td></td>
<td>Tuesday</td>
<td>5:45-6:25 PM</td>
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<td>4:15-4:55 PM</td>
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<td>5:00-5:40 PM</td>
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</table>

<table>
<thead>
<tr>
<th>SWIM LESSON PROGRAM</th>
<th>AGE</th>
<th>PREREQUISITE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PARENT/CHILD STAGE 2</strong></td>
<td>1-3 years old</td>
<td>Child must be at least 1 year old by the first day of class</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DAY</th>
<th>TIME</th>
<th>COST</th>
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<td><strong>CHIPPEWA FALLS YMCA</strong></td>
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<td><strong>EAU CLAIRE YMCA</strong></td>
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<td>5:00-5:40 PM</td>
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</tbody>
</table>
# PRESCHOOL SWIM LESSONS

**Fall 1: September 13 – October 24 (6 Week Session)**

## SWIM LESSON PROGRAM

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGE</th>
<th>PREREQUISITE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRESCHOOL LEVEL 1</strong></td>
<td>For children ages 3-5 years</td>
<td>Child must be able to stand in the shallow end of the pool at 2’ 6”.</td>
</tr>
</tbody>
</table>

First swim lesson without a parent in the water. For children who are uncomfortable submerging voluntarily. Encourages children to explore the aquatic environment and personal water safety with instructor assistance. Developing basic skills: bobbing, submerging under water, supported front and back floats, rolling over from front to back and back to front, gliding, flutter kick, front crawl arms and jumping in. Children must wear a swim diaper if not toilet trained.

### Location and Schedule

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHIPPEWA FALLS YMCA</td>
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<td>Sunday</td>
<td>12:45-1:25 PM</td>
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## SWIM LESSON PROGRAM

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGE</th>
<th>PREREQUISITE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRESCHOOL LEVEL 2</strong></td>
<td>For children ages 3-5 years</td>
<td>Must have complete Preschool Level 1</td>
</tr>
</tbody>
</table>

For children unable to front and back float without assistance. Focus is building independence and comfort on body position and control, forward movement, directional change, and water safety. Introduces advanced skills and independence in kicking, breath control, body control, and water safety. Explore arm and leg action on front and back. Children must wear a swim diaper if not toilet trained.

### Location and Schedule

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>CHIPPEWA FALLS YMCA</td>
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<td>Member: $34 Non-Member: $51</td>
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</table>
LEARN TO SWIM - SCHOOL AGE SWIM LESSONS  
Fall 1: September 13 – October 24 (6 Week Session)

### PRESCHOOL SWIM LESSONS (CONTINUED)

#### PRESCHOOL LEVEL 3

**For children able to front and back float independently. Skills are performed independently, improving coordination of front and back crawl with longer distances. Build on advanced skills in kicking, breath control, body control, and water safety through increased repetitions and distance. Water safety skills are practiced in the deep water. Children must wear a swim diaper if not toilet trained.**

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DAY</th>
<th>TIME</th>
<th>COST</th>
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</thead>
<tbody>
<tr>
<td>CHIPPEWA FALLS YMCA</td>
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<tr>
<td>EAU CLAIRE YMCA</td>
<td>Wednesday</td>
<td>1:15-1:55 PM</td>
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</tbody>
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---

#### SWIM LESSON PROGRAM

**LEVEL 1: INTRODUCTION TO WATER SKILLS**

**For children who are uncomfortable submerging voluntarily. Encourages children to explore the aquatic environment and personal water safety with Instructor assistance. Developing basic skills: bobbing, submerging under water, supported front and back floats, rolling over from front to back and back to front, gliding, flutter kick, front crawl arms and jumping in.**

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DAY</th>
<th>TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
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## SWIM LESSON PROGRAM

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS
For children unable to front and back float with minimal assistance. Focus is building independence and comfort on body position and control, forward movement, directional change, and water safety. Introduces advanced skills and independence in kicking, breath control, body control, and water safety. Explore arm and leg action on front and back.

- **For children ages 6-13 years**
- **Must have completed Level 1**

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<th>LOCATION</th>
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### LEVEL 3: STROKE DEVELOPMENT
For children able to float on front and back independently. Be comfortable swimming front and back stroke. Skills are performed independently, improving coordination of front and back crawl with longer distances in deep water. Build on skills in kicking, rotary breathing, back crawl, breaststroke and dolphin kick, treading water, jumping into deep water, compact dives, and water safety.

- **For children ages 6-13 years**
- **Must have completed Level 2**

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### LEVEL 4: STROKE IMPROVEMENT
Swimmers able to swim front and back crawl independently 15 yards. Develop confidence, endurance and improvement swimming greater distances with familiar strokes. Build skills in rotary breathing, front crawl, back crawl, elementary backstroke, scissors kick, sidestroke, breaststroke, turns at wall, treading water with modified scissor kick, and diving from kneeling position.

- **For children ages 6-13 years**
- **Must have completed Level 3**

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LEVEL 6: SWIMMING & SKILL PROFICIENCY
Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive. Refine strokes so swimmers swim with more ease, efficiency, power and smoothness over greater distances. Builds on alternate breathing, stride jump, refinement of front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dives, and treading.

For children ages 6-13 years
Must have completed Level 5

LOCATION | DAY | TIME | COST
--- | --- | --- | ---
EAU CLAIRE YMCA | Monday | 5:00-5:40 PM | Member: $34
| Wednesday | 4:15-4:55 PM | Non-Member: $51

PROGRESSIVE SWIM LESSONS

SWIM LESSON FALL REGISTRATION

Members: Monday, August 31
Non-Members: Wednesday, September 2

Online registration opens at 12:01 AM and phone/in-person registration opens at 5:00 AM on listed registration day.
The YMCA of the Chippewa Valley Barracuda Swim Team is a competitive swimming program that focuses on the development of athletes and swimmers of all ages and abilities. Our trained coaches work to improve every swimmer’s skill level. Our program is technique-driven and endurance-based. We promote the YMCA core values of caring, respect, honesty, and responsibility. Practices are organized by ability levels and designed to develop each individual in the four competitive strokes, starts, turns, and finishes, as well as race strategies. Our swim teams compete locally in the Central Wisconsin Swim Conference and also in state and national meets with other YMCA programs and USA Swim teams.

Team Practice: YMCA Swim Teams offer a variety of practice times per week that are typically based on age and ability.

Swim Meets: Meets are scheduled throughout the swim season. Coaches will let you know when your swimmer is “meet ready” and able to compete! There are no meet requirements; however, our swimmers tend to improve faster and have more FUN when they attend meets.

More information about the 2020-2021 swim team season will be available soon.

Prerequisites:
- Ages 5–18 years old
- Ability to swim 25 yards continuously
- Must be a current member of the YMCA of the Chippewa Valley

Questions:
Contact Cathy Krula at ckrula@ymca-cv.org or Ryan Weld at rweld@ymca-cv.org

The Wisconsin YMCA Youth in Government program seeks to foster the next generation of thoughtful, committed, and active citizens. This program engages hundreds of students from across the state each year. Individual delegations meet starting in the fall and the program culminates with a weekend trip to the state capitol for our Model Government session in March.

Grades: 7–12

YIG is offered in both Chippewa Falls and Eau Claire. More information on meeting times, day and conference dates will be announced soon. Please check back.

Contact Jen at jzwick@ymca-cv.org for more information!

Kids of all skills and abilities have the opportunity to play football in a fun, safe, and climate-controlled environment. The 7-week fall session will start with a training camp week 1, followed by practice week 2, and 5 league games to follow.

All players must have the annual $18 Player Package (Sept 2020–August 2021). Y-Membership includes the Player Package.

<table>
<thead>
<tr>
<th>INSTRUCTIONAL LEAGUE</th>
<th>DATES</th>
<th>DAY &amp; TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>YOUTH FLAG FOOTBALL</td>
<td>AGES 6-8</td>
<td>September 10 – October 22</td>
<td>Thursdays 5:10 or 6:00 PM</td>
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<tr>
<td>YOUTH FLAG FOOTBALL</td>
<td>AGES 9-11</td>
<td>September 10 – October 22</td>
<td>Thursdays 6:30 or 7:40 PM</td>
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SPORT TYKES - L.E. PHILLIPS YMCA SPORTS CENTER

INSTRUCTIONAL PROGRAM

<table>
<thead>
<tr>
<th>SPORT TYKES ABC’S</th>
<th>DATES</th>
<th>DAY &amp; TIME</th>
<th>FEE</th>
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<tr>
<td>Every week has a different theme, emphasizing the learning of new athletic and motor skills. Activities are planned according to the letter of focus for that week. Children learn how to take turns, follow directions, and make friends. Parent participation is encouraged but not required.</td>
<td>September 14 - October 26</td>
<td>Mondays 5:15-6:00 PM</td>
<td>Member $56, Non-Member $84</td>
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<tr>
<th>SPORT TYKES SOCCER</th>
<th>DATES</th>
<th>DAY &amp; TIME</th>
<th>FEE</th>
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<tr>
<td>Come join in the fun and learn skills specific to dribbling, kicking, and blocking the ball. Children will get a chance to participate with others along with learning the basic rules of the game in a group setting. Children have fun and learn in a non-competitive, safe environment. Parents may participate with children in this program, but it is not required. Shin guards are encouraged, but not required.</td>
<td>September 14 - October 26</td>
<td>Mondays 6:05-6:50 PM</td>
<td>Member $56, Non-Member $84</td>
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<thead>
<tr>
<th>SPORT TYKES T-BALL</th>
<th>DATES</th>
<th>DAY &amp; TIME</th>
<th>FEE</th>
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<tr>
<td>Learn skills specific to hitting, catching, and throwing a ball, as well as the basic rules of the game. Please bring a glove and get ready for some fun!</td>
<td>September 16 - October 28</td>
<td>Wednesdays 5:15-6:00 PM</td>
<td>Member $56, Non-Member $84</td>
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<tr>
<th>SPORT TYKES SAMPLER</th>
<th>DATES</th>
<th>DAY &amp; TIME</th>
<th>FEE</th>
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<tr>
<td>Children are welcome to enjoy a variety of sports by learning a new and exciting one each week. Activities include: basketball, volleyball, t-ball, soccer, kickball, football, and track. Kids should come prepared to learn and have fun!</td>
<td>September 16 - October 28</td>
<td>Wednesdays 6:05-6:50 PM</td>
<td>Member $56, Non-Member $84</td>
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ADULT OPPORTUNITIES

ADULT LEAGUES - L.E. PHILLIPS YMCA SPORTS CENTER

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<th>ADULT LEAGUE</th>
<th>DATES</th>
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<tr>
<td>WOMEN’S SOCCER</td>
<td>Looking to be active and join the fun? Maybe your child plays and you would like to learn more about the sport. Enroll as a team or as an individual. The fall league consists of 7 games and offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between teammates.</td>
<td>September 14 - October 26</td>
<td>Mondays 6:00-10:00 PM</td>
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| ADULT FLAG FOOTBALL | Do you love football? Why not join our flag football league? We have the largest indoor facility for flag football in Western Wisconsin, with 16,000 sq ft of turf. The fall session consists of 7 games and is open to players of all levels. Grab some friends and get your team together. If you are not part of a team, register as an individual, and we will do our best to help you find a team. | September 16 - October 28 | Wednesdays 6:00-10:30 PM | Individual $60, Team $400/$425 |

| ADULT BASKETBALL | The adult recreational basketball league consists of an 8-game fall session. This league is open to players of all levels. Grab some friends and get your teams together. If you are not part of a team, register as an individual, and we will do our best to help you find a team. | September 17 - October 29 | Thursdays 6:00-10:00 PM | Individual $52, Team $260/$285 |

| COED VOLLEYBALL | The fall coed volleyball league consists of 10 games and is open to players of all levels. The NCAA-approved volleyball floor surfaces, clean and climate-controlled building and player-and spectator friendly facility make the YMCA Sports Center the place to be for volleyball. | October 7 - December 16 | Wednesdays 7:00-9:00 PM | Individual $35, Team $150/$175 |

| MEN’S SOCCER | Looking to be active and join the fun? Maybe your child plays and you would like to learn more about the sport. Enroll as a team or as an individual. The fall league consists of 10 games and offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between teammates. | October 13 - December 15 | Tuesdays 6:30-10:30 PM | Individual $90, Team $800/$825 |
YMCA JR. BLUGOLD GYMNASTICS - L.E. PHILLIPS YMCA SPORTS CENTER

PRE-SCHOOL GYMNASTICS - FALL 1 SESSION: SEPTEMBER 8 - OCTOBER 24

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<th>DAY &amp; TIME</th>
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<td>PARENT &amp; TOTS</td>
<td>AGES 12 TO 36 MONTHS</td>
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<td>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.</td>
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<tr>
<td>Sun 4:25 - 5:10 PM</td>
<td>Sept 13 - Oct 18</td>
<td>Member $48 Non-Member $72</td>
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<tr>
<td>Tues 9:10 - 9:55 AM</td>
<td>Class begins the week of Sept 8 and concludes the week of October 18</td>
<td>Member $56 Non-Member $84</td>
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<td>Wed 5:25 - 6:10 PM</td>
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<td>TUMBLE TOTS</td>
<td>AGE 3</td>
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<td>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.</td>
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<td>Sun 4:20-5:05 PM</td>
<td>Sept 13 - Oct 18</td>
<td>Member $48 Non-Member $72</td>
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<tr>
<td>Tues 9:05-9:50 AM</td>
<td>Class begins the week of Sept 8 and concludes the week of October 18</td>
<td>Member $56 Non-Member $84</td>
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<td>BIG SHOTS</td>
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<td>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.</td>
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<td>Sun 4:15-5:00 PM</td>
<td>Sept 13 - Oct 18</td>
<td>Member $48 Non-Member $72</td>
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<tr>
<td>Mon 9:15-10:15 AM</td>
<td>Class begins the week of Sept 8 and concludes the week of October 18</td>
<td>Member $56 Non-Member $84</td>
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<td>Tues 4:15-5:15 PM</td>
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<td>Wed 4:00-5:00 PM</td>
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<td>SWINGERS</td>
<td>AGES 5+</td>
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<td>Swingers, the second progressive class, is for students who have basic experience with gymnastics. This class complements and rounds out the developmental skills needed to give children a sound background in gymnastics. Skills include forward and backward rolls, the beginnings of handstands and cartwheels, walks, kicks, jumps on various beam heights and supports, and swings on bars.</td>
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<td>Sun 3:00-4:00 PM</td>
<td>Sept 13 - Oct 18</td>
<td>Member $48 Non-Member $72</td>
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<tr>
<td>Mon 9:15-10:15 AM</td>
<td>Class begins the week of Sept 8 and concludes the week of October 18</td>
<td>Member $56 Non-Member $84</td>
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<td>BEGINNER</td>
<td>8+</td>
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<td>This is the first of the progressive classes aimed at older students that 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.</td>
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<td>Mon 7:15-8:15 PM</td>
<td>Sept 14 - Oct 19</td>
<td>Member $56 Non-member $84</td>
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**KIPPERS | AGES 5+**
Kippers is designed to enhance skill development. Skills start focusing on attaining upside down vertical (handstands, cartwheels, etc.) and introducing circling on bars. In order to pass out of this level, gymnasts must be able to consistently perform cartwheels, handstands, and pull overs.

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<tr>
<td>Sun 2:30-4:00 PM</td>
<td>Sept 13 - Oct 18</td>
<td>Member $72</td>
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<tr>
<td>Mon 9:00-10:30 AM</td>
<td>Sept 14 - Oct 19</td>
<td>Non-Member $108</td>
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<tr>
<td>Wed 9:45-11:15 AM</td>
<td>Class begins the</td>
<td>Member $84</td>
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<td>week of Sept 8 and</td>
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<td>concludes the week of</td>
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<td>Oct 18</td>
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<td>Thurs 4:45-6:15 PM</td>
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<td>Fri 5:15-6:45 PM</td>
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<td>Sat 11:15 AM-12:45 PM</td>
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**FLYERS | AGES 5+**
Skills in this level build upon those in Kippers, looking to enhance the power, height, and accuracy of each skill. After a gymnast has achieved all of the Flyers skills, they will have the option to join the competitive Level 2 team or to continue with the progressive program in the Flippers class.

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<tbody>
<tr>
<td>Mon 5:00-7:00 PM</td>
<td>Sept 14 - Oct 19</td>
<td>Member $72</td>
</tr>
<tr>
<td>Tues 10:15 AM-12:15 PM</td>
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<td>Non-Member $120</td>
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<td>Tues 12:30-2:30 PM</td>
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<tr>
<td>Thurs 5:00-7:00 PM</td>
<td>Class begins the</td>
<td>Member $84</td>
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<tr>
<td>Fri 2:00-4:00 PM</td>
<td>week of Sept 8 and</td>
<td>Non-Member $140</td>
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<td></td>
<td>Oct 18</td>
<td></td>
</tr>
<tr>
<td>Sat 11:00 AM-1:00 PM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**FLIPPERS | AGES 5+**
Skills continue to build on those from Flyers, introducing connected tumbling and bars skills, and moving handstands/cartwheels to beam. Once a gymnast has mastered all of the skills in Flippers, they have the option of joining the Level 3 team or one of our Xcel teams.

<table>
<thead>
<tr>
<th>DAY &amp; TIME</th>
<th>FALL 1</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 5:00-7:00 PM</td>
<td>Sept 14 - Oct 19</td>
<td>Member $72</td>
</tr>
<tr>
<td>Tues 10:15 AM-12:15 PM</td>
<td></td>
<td>Non-Member $140</td>
</tr>
<tr>
<td>Tues 12:30-2:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs 5:00-7:00 PM</td>
<td>Class begins the</td>
<td>Member $84</td>
</tr>
<tr>
<td>Fri 2:00-4:00 PM</td>
<td>week of Sept 8 and</td>
<td>Non-Member $140</td>
</tr>
<tr>
<td></td>
<td>concludes the week of</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oct 18</td>
<td></td>
</tr>
<tr>
<td>Sat 11:00 AM-1:00 PM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BOYS’ 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.

<table>
<thead>
<tr>
<th>DAY &amp; TIME</th>
<th>FALL 1</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 4:00-5:00 PM</td>
<td>Sept 14 - Oct 19</td>
<td>Member $48</td>
</tr>
<tr>
<td>Fri 3:00-4:00 PM</td>
<td>Sept 11 - Oct 23</td>
<td>Member $56</td>
</tr>
</tbody>
</table>

All advanced gymnastics classes, including competitive team, are now offered at the YMCA Sports Center.
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 six days ahead of time either in person, online, or by phone (i.e. call Monday for a court on Sunday).

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

UPCOMING TENNIS EVENTS
September 19
USTA Sanctioned Level 6 Tournament

October 23 – Halloween Open
USTA Sanctioned Adult Tournament

*NEW* JUNIOR TENNIS PROGRAM OFFERINGS!
SEE PAGE 13 FOR MORE INFORMATION ABOUT JUNIOR CLINICS AND RALLY & REMOTE LEARNING PROGRAMMING.

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!

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

GIVING BACK TO OUR COMMUNITY
Financial assistance keeps the Y available 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 through our Membership For All initiative to individuals and families who cannot afford memberships or programs. 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 all NEW 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), Meg Minton (USPTA Elite Professional), or John Janssen (USPTA 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.

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### YOUTH TENNIS PROGRAMS

<table>
<thead>
<tr>
<th>TENNIS FALL 1: SEPTEMBER 14 - OCTOBER 24</th>
<th>TENNIS FALL 2: OCTOBER 26 - DECEMBER 11</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CLASS</strong></td>
<td><strong>MEETS</strong></td>
</tr>
<tr>
<td><strong>RED BALL 1</strong></td>
<td>One time per week. Please check website for specific day and time.</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><strong>RED BALL 2</strong></td>
<td>One time per week. Please check website for specific day and time.</td>
</tr>
<tr>
<td>For children ages 6-8 or the proper skill level. Children will continue to improve on the form taught in QS 1. Players will also begin to learn basic rules of the game, to keep score, make shot decisions, and basic tenets of doubles.</td>
<td></td>
</tr>
<tr>
<td><strong>ORANGE BALL</strong></td>
<td>One time per week. Please check website for specific day and time.</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>**GREEN BALL</td>
<td>AGES 14+**</td>
</tr>
<tr>
<td>For tennis players that have been through the Red/Orange ball programs and are ready to transition to the 78-foot court.</td>
<td></td>
</tr>
<tr>
<td><strong>ACE III</strong></td>
<td>Two times per week. Please check website for specific days and times.</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><strong>ACE II</strong></td>
<td>Two times per week. Please check website for specific days and times.</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><strong>ACE I/HIGH PERFORMANCE</strong></td>
<td>Two times per week. Please check website for specific days and times.</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

*NO CLASSES ON NOVEMBER 23*
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 their 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

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### ADULT TENNIS PROGRAMS

<table>
<thead>
<tr>
<th>TENNIS FALL 1: SEPTEMBER 14 - OCTOBER 24</th>
<th>TENNIS FALL 2: OCTOBER 26-DECEMBER 11</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CLASS</strong></td>
<td><strong>MEETS</strong></td>
</tr>
<tr>
<td>BEGINNER &lt;2.5</td>
<td>One time per week.</td>
</tr>
<tr>
<td>INTERMEDIATE 2.5-3.0</td>
<td>One time per week.</td>
</tr>
<tr>
<td>ADVANCED 3.0-3.5</td>
<td>One time per week.</td>
</tr>
<tr>
<td>ADVANCED DOUBLES</td>
<td>One time per week.</td>
</tr>
<tr>
<td>ADULT DOUBLES DRILLS 3.5+</td>
<td>One time per week.</td>
</tr>
<tr>
<td>SINGLES’ DRILLS 3.0-4.0</td>
<td>One time per week.</td>
</tr>
</tbody>
</table>

NO CLASSES ON NOVEMBER 23

*NEW 2020 OFFERING*

Rally & Remote Learning offers teens structured time to work on tennis skills on the court and school work off the court. Learn more on page 12.
NEW OFFERING – REGISTRATION NOW OPEN!

RALLY & REMOTE LEARNING – JUNIOR TENNIS PROGRAM

The John and Fay Menard YMCA Tennis Center is excited to offer teens the opportunity to play tennis and set aside time for school work in a fun, safe and structured environment. The 2020-2021 school year will look different for everyone – let’s make the most of it at the YMCA! Call 715-836-8470 to reserve your spot today, as space is limited.

RALLY & REMOTE LEARNING – JUNIOR TENNIS PROGRAM

WEEKLY BEGINNING: SEPTEMBER 14

This 3 hour tennis clinic is perfect for players looking for instant game improvement. We start with fundamentals of stroke production, transition into the footwork and balance, and conclude with court positioning, shot selection and strategy. After the on-court session, they will move upstairs to their study pods for virtual learning. Tentative schedule will be 12:00-1:30 PM on court, 1:30-3:00 PM upstairs. Call 715-836-8470 to reserve your spot today, as space is limited.

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DAYS</th>
<th>TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>12U – RALLY &amp; REMOTE LEARNING</td>
<td>Monday &amp; Tuesday</td>
<td>Noon – 3:00 PM</td>
<td>$80 per week</td>
</tr>
<tr>
<td></td>
<td>Thursday &amp; Friday</td>
<td>Court: Noon –1:30 PM School: 1:30-3:00 PM</td>
<td>$80 per week</td>
</tr>
<tr>
<td>16U – RALLY &amp; REMOTE LEARNING</td>
<td>Monday &amp; Tuesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thursday &amp; Friday</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

JUNIOR TENNIS CLINICS

The John and Fay Menard YMCA Tennis Center will offer teens the opportunity to play tennis this Fall in a fun, safe and structured environment. The 2020-2021 school year will look different for everyone – let’s make the most of it at the YMCA! Call 715-836-8470 to reserve your spot today, as space is limited.

JUNIOR TENNIS CLINICS

TENNIS FALL 1: SEPTEMBER 14 – OCTOBER 24

Our tennis clinics bring kids together in teams to play singles, doubles and mixed doubles against other teams. It promotes social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth. All play will be at the John and Fay Menard YMCA Tennis Center. You may sign up for all 6 weeks or just drop in. Inquire at the Tennis Center for drop in prices.

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DAYS</th>
<th>TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>14U – JUNIOR CLINIC</td>
<td>Wednesdays</td>
<td>11:30 AM – 1:00 PM</td>
<td>Members $105</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Non-Members $210</td>
</tr>
<tr>
<td>18U – JUNIOR CLINIC</td>
<td>Wednesdays</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CALL 715-836-8470 TO RESERVE YOUR SPOT TODAY AS SPACE IS LIMITED.
YMCA EARLY LEARNING COMMUNITY

Call today for availability and to set up a tour!

4 WEEKS–5 YEARS
Chippewa Falls Center | 6:00 AM–6:00 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
- Preschool curriculum
- Nutritious daily breakfast, lunch, and snacks
- Outdoor playgrounds
- Professional staff
- Gym activities and preschool physical education
- YMCA family membership

<table>
<thead>
<tr>
<th>CHIPPEWA FALLS</th>
<th>Weekly Rates (1/1/2020)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant Room</td>
<td>$228</td>
</tr>
<tr>
<td>1 Year Olds</td>
<td>$223</td>
</tr>
<tr>
<td>2 Year Olds</td>
<td>$218</td>
</tr>
<tr>
<td>3 Year Olds</td>
<td>$213</td>
</tr>
<tr>
<td>4 Year Olds</td>
<td>$206</td>
</tr>
</tbody>
</table>

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:
Alison Bush (715) 723-5135 | abush@ymca-cv.org

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

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

What to Bring

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

SNOWED OUT

The Snowed Out program is full day child care for grades K–5 on days when the school district is closed due to inclement weather. You must pre-register to attend, but will only receive billing if your child attends the program.

<table>
<thead>
<tr>
<th>2020-2021 SCHOOL’S OUT &amp; SNOWED OUT DAILY RATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA Member</td>
</tr>
<tr>
<td>$41</td>
</tr>
</tbody>
</table>
SCHOOL-AGE CHILD CARE (SACC)
Registration Open – learn more at 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.

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. Sites are limited this year, to see which sites are currently offering care, see our website www.ymca-cv.org/sacc.

RATES
Our SACC rates are based on a weekly fee schedule. Please refer to the charts below.

<table>
<thead>
<tr>
<th>2020-2021 DAILY YMCA MEMBER RATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA Member</td>
</tr>
<tr>
<td>Day Rate</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2020-2021 DAILY NON-MEMBER RATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Member</td>
</tr>
<tr>
<td>Day Rate</td>
</tr>
</tbody>
</table>

FULL DAY VIRTUAL LEARNING CENTERS
EAU CLAIRE YMCA & YMCA SPORTS CENTER
Registration Open – learn more at www.ymca-cv.org/sacc

Care is provided at the Eau Claire YMCA and the YMCA Sports Center opening at 6:30 AM. Available for children enrolled in all Eau Claire Elementary Schools including Public, Catholic and Lutheran schools. YMCA Full Day Virtual Learning Centers are designed to provide quality, licensed child care for children when school is being offered virtually or is not in session. When school is being offered virtually, the YMCA Full Day Virtual Learning Centers will offer a classroom-like setting during the school day hours. Children will have time to work on homework and can work with our teaching staff to better understand their school work. YMCA Full Day Virtual Learning Centers are the best alternative for working parents who want their children to receive an education through school but their work schedule makes it difficult to do virtual schooling from home. Daily plans include sports, arts and crafts, and many other activities to keep your child motivated, social, and active.

Ages: Kindergarten to 12 years

Hours: 6:30 AM to 6:00 PM (Monday–Friday)

If you or someone you know is in need of financial assistance for full day school-aged care, the Eau Claire YMCA has received funding to support families in need. Please find more information by going to our website www.ymca-cv.org/escoulsout. The deadline to apply for assistance is Monday, August 24.

Full Day Virtual Learning Centers Cost:
Member: $41 per child per day
Non-Member: $44 per child per day
Registration Fee: $30 per child | $65 family max.
R.I.O.T RUNNING CLUB | CHIPPEWA FALLS YMCA
(RUNNING IS OUR THERAPY)
Beginning to run can be intimidating, becoming a better runner can also be difficult – the Y is here to make it a bit easier. The RIOT Running Club will offer you the opportunity to work and run with a coach who will help inexperienced runners find their stride, as well as experienced runners improve their speed and endurance. Be prepared to run outdoors twice a week taking advantage of the beautiful Irvine Park and YMCA surrounding areas for runs. This group is open to experienced & inexperienced runners 16 years and older!

<table>
<thead>
<tr>
<th>CLSASS</th>
<th>DAY</th>
<th>DATES</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>R.I.O.T RUNNING CLUB</td>
<td>Mon/Thurs 5:30 PM</td>
<td>October 5 - November 19</td>
<td>$48 Members &amp; Non-Members</td>
</tr>
</tbody>
</table>

LIVESTRONG® | EAU CLAIRE YMCA
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.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>DATES</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVESTRONG®</td>
<td>Mon/Wed 1:00-2:00 PM</td>
<td>Begins September 14 and runs for 12 weeks</td>
<td>Free for cancer survivors, but registration is required</td>
</tr>
</tbody>
</table>

GOJU KAI KARATE | EAU CLAIRE YMCA
Each session, you will learn karate and self-defense skills while improving flexibility, balance, and coordination. This program runs continuously and meets every Thursday evening and Saturday morning; you may attend whichever sessions meet your schedule. Enrollment is continuous, and both beginner and advanced levels are taught at each class.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>DATES</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOJU KAI KARATE</td>
<td>Thursdays 6:00-8:00 PM</td>
<td>Saturday 10:00 AM-Noon</td>
<td>Member Non-member</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th># of Sessions</th>
<th>Member</th>
<th>Non-member</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>10</td>
<td>$40</td>
<td>$80</td>
</tr>
<tr>
<td>20</td>
<td>$60</td>
<td>$120</td>
</tr>
</tbody>
</table>

YMCA DIABETES PREVENTION PROGRAM
If you are at high risk for type 2 diabetes, this program is for you! The YMCA’s Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health has proven that programs like the YMCA’s Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58%.

ABOUT THE PROGRAM: In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity, and other behavior changes over a 12-month period, beginning with 16 weekly one-hour sessions followed by monthly maintenance for added support to help them maintain their progress.

PROGRAM GOALS: Reduce body weight by 7% and increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE? In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25), and at high risk for developing type 2 diabetes. This is indicated by a confirmatory blood value, prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

Our next session will run in October – check back for specific date and time.

HEALTHY LIVING

10,000 STEPS A DAY CHALLENGE
Who doesn’t LOVE a challenge? Join the 6-week challenge to achieve a goal of 10,000 steps a day! Participants will receive a YMCA fanny pack and access to a trainer-led walking group.

Challenge begins September 13 and runs for 6 weeks
COST: $10 Members & Non-Members

WHY 10,000 STEPS?
Well...did you know the average sedentary person may only average 1,000–3,000 steps a day? The American Heart Association uses the 10,000 steps metric as a guideline to follow for improving health and decreasing risk of heart disease, the number one killer of men and women in America. 10,000 steps is a rough equivalent to the Surgeon General’s recommendation to accumulate 30 minutes of activity most days of the week.

Register today on our website www.ymca-cv.org/specialty-fitness
Looking for More Information?
Find information on all group exercise classes, schedules, as well as all other Healthy Living offerings by going to our website: www.ymca-cv.org

Steps to Get Started
• Step 1: Sign up for and attend your 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 to set up a consultation.
• Step 4: Together, you will decide which option and times work best 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 inquire 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

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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!

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