



YMCA OF THE CHIPPEWA VALLEY

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

FALL 2020

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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.

Be active. Be involved. Belong.

DO YOUR PART!

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

Holiday Hours & Closures

Labor Day (9/7)	All Locations	Closed
Thanksgiving (11/26)	All EC Locations	Closed
	Chippewa Y	7:00-11:00 AM
Christmas Eve (12/24)	All EC Locations	Open until Noon
	Chippewa Y	5:00 AM-Noon
Christmas Day (12/25)	All Locations	Closed

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-9:00 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*

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.

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.

NO CONTRACTS, NO COMMITMENTS!

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE CHIPPEWA 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.

CHIPPEWA FALLS YMCA	EAU CLAIRE YMCA	L.E PHILLIPS YMCA SPORTS CENTER	JOHN & FAY MENARD YMCA TENNIS CENTER	CAMP MANITOU
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<p>CHIPPEWA FALLS YMCA 611 Jefferson Ave. Chippewa Falls, WI 54729 715.723.2201</p>
<p>EAU CLAIRE YMCA 700 Graham Ave. Eau Claire, WI 54701 715.836.8460</p>
<p>L.E. PHILLIPS YMCA SPORTS CENTER 3456 Craig Rd. Eau Claire, WI 54701 715.552.1200</p>
<p>JOHN & FAY MENARD YMCA TENNIS CENTER 1260 Menomonie St. Eau Claire, WI 54703 715.836.8470</p>
<p>CAMP MANITOU 27960 137th St. New Auburn, WI 715.839.4607 www.ycampmanitou.org</p>
<p>YMCA EARLY LEARNING COMMUNITY 630 Miller St. Chippewa Falls, WI 54729 715.723.5135</p>

WHICH BRANCH WORKS FOR YOU?

Multi-Purpose Gymnasium	●	●			
State-of-the-Art Fitness Equipment	●	●			
Handicap Accessible Equipment	●	●			
Free Weights	●	●			
Cardio Equipment: Exercise Bikes, Stair Climber, Treadmills, Elliptical Machines	●	●			
Chronic Disease Prevention Programs	●	●			
Pickleball	CS	CS			
Indoor Tennis Courts				●	
Indoor Track	●	●			
Online 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 Swim	●	●			
Racquetball	●	●			
Family Swim Time	●	●			
Family Gym Time	●	●			
Water Exercise Classes	●	●			
Private Swimming Lessons	●	●			

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

CS = Coming Soon

AQUATICS: SKILLS FOR LIFE

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.

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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.

SEMI-PRIVATE LESSON PRICING*

# of Lessons	Member	Non-Member
1	\$50	\$75
5	\$150	\$210
10	\$275	\$320

Pricing includes 2 swimmers

PRIVATE LESSON PRICING

# of Lessons	Member	Non-Member
1	\$25	\$35
5	\$110	\$150
10	\$200	\$280

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)

SWIM LESSON PROGRAM	AGE	PREREQUISITE	
PARENT/CHILD STAGE 1 Familiarize children with the water and builds readiness skills like entering and exiting the water, blowing bubbles, exploring submerging, front and back floats, water safety, through various teaching strategies like songs, games, and tasks Provides safety information for parents and teach techniques parents can use with their children the water. Provides an opportunity to build the parent/child relationship. Children must wear a swim diaper in class.	6 months to 1 year Child must be at least 1 year old by the first day of class	Child must be at least 6 months old by the first day of class	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Saturday	9:00-9:40 AM	Member: \$34 Non-Member: \$51
	Sunday	12:00-12:40 PM	
EAU CLAIRE YMCA	Sunday	3:45-4:20 PM	
	Sunday	5:10-5:50 PM	
	Tuesday	5:45-6:25 PM	
	Wednesday	4:15-4:55 PM	
	Thursday	5:00-5:40 PM	

SWIM LESSON PROGRAM	AGE	PREREQUISITE	
PARENT/CHILD STAGE 2 Familiarize children with the water and builds readiness skills like entering and exiting the water, blowing bubbles, exploring submerging, front and back floats, water safety, through various teaching strategies like songs, games, and tasks Provides safety information for parents and teach techniques parents can use with their children the water. Provides an opportunity to build the parent/child relationship. Children must wear a swim diaper in class.	1-3 years old	Child must be at least 1 year old by the first day of class	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Saturday	9:00-9:40 AM	Member: \$34 Non-Member: \$51
	Sunday	12:00-12:40 PM	
EAU CLAIRE YMCA	Sunday	3:45-4:20 PM	
	Sunday	5:10-5:50 PM	
	Tuesday	5:45-6:25 PM	
	Wednesday	4:15-4:55 PM	
	Thursday	5:00-5:40 PM	

PRESCHOOL SWIM LESSONS

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

SWIM LESSON PROGRAM	AGE	PREREQUISITE	
PRESCHOOL LEVEL 1 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.	For children ages 3-5 years	Child must be able to stand in the shallow end of the pool at 2' 6".	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Sunday	12:00-12:40 PM	Member: \$34 Non-Member: \$51
	Sunday	12:45-1:25 PM	
	Tuesday	3:00-3:40 PM	
	Tuesday	3:45-4:25 PM	
	Thursday	3:00-3:40 PM	
	Thursday	3:25-4:25 PM	
	Saturday	9:00-9:40 AM	
Saturday	9:45-10:25 AM		
EAU CLAIRE YMCA	Sunday	3:00-3:40 PM	
	Monday	5:00-5:40 PM	
	Tuesday	4:15-4:55 PM	
	Wednesday	5:45-6:25 PM	
	Thursday	5:45-6:25 PM	

SWIM LESSON PROGRAM	AGE	PREREQUISITE	
PRESCHOOL LEVEL 2 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.	For children ages 3-5 years	Must have complete Preschool Level 1	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Sunday	12:45-1:25 PM	Member: \$34 Non-Member: \$51
	Tuesday	3:00-3:40 PM	
	Tuesday	3:45-4:25 PM	
	Thursday	3:00-3:40 PM	
	Thursday	3:45-4:25 PM	
	Saturday	9:45-10:25 AM	
EAU CLAIRE YMCA	Sunday	4:25-5:05 PM	
	Monday	4:15-4:55 PM	
	Monday	5:45-6:25 PM	
	Tuesday	5:00-5:40 PM	
	Wednesday	5:00-5:40 PM	
	Thursday	4:15-4:55 PM	

PRESCHOOL SWIM LESSONS (CONTINUED)

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

SWIM LESSON PROGRAM	AGE	PREREQUISITE	
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.	For children ages 3-5 years	Must have completed Preschool Level 2	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Sunday	12:45-1:25 PM	Member: \$34 Non-Member: \$51
	Tuesday	3:00-3:40 PM	
	Tuesday	3:45-4:25 PM	
	Thursday	3:00-3:40 PM	
	Thursday	3:45-4:25 PM	
	Saturday	9:45-10:25 AM	
EAU CLAIRE YMCA	Sunday	4:25-5:05 PM	
	Wednesday	4:15-4:55 PM	

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LEARN TO SWIM – SCHOOL AGE SWIM LESSONS

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

SWIM LESSON PROGRAM	AGE	PREREQUISITE	
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.	For children ages 6-13 years	For children who are not comfortable submerging under water and are not yet able to submerge underwater.	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Sunday	1:30-2:10 PM	Member: \$34 Non-Member: \$51
	Tuesday	4:30-5:10 PM	
	Thursday	4:30-5:10 PM	
	Saturday	10:30-11:10 AM	
EAU CLAIRE YMCA	Sunday	3:00-3:40 PM	
	Sunday	5:10-5:50 PM	
	Monday	5:45-6:25 PM	
	Wednesday	5:00-5:40 PM	

LEARN TO SWIM – SCHOOL AGE SWIM LESSONS

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

SWIM LESSON PROGRAM	AGE	PREREQUISITE	
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	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Sunday	1:30-2:10 PM	Member: \$34 Non-Member: \$51
	Tuesday	4:30-5:10 PM	
	Tuesday	5:15-5:55 PM	
	Thursday	4:30-5:10 PM	
	Saturday	10:30-11:10 AM	
EAU CLAIRE YMCA	Sunday	3:45-4:20 PM	
	Monday	4:15-4:55 PM	
	Wednesday	5:45-6:25 PM	

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	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Tuesday	4:30-5:10 PM	Member: \$34 Non-Member: \$51
	Tuesday	5:15-5:55 PM	
	Thursday	4:30-5:10 PM	
	Thursday	5:15-5:55 PM	
	Saturday	10:30-11:10 AM	
	Saturday	11:15-11:55 AM	
EAU CLAIRE YMCA	Sunday	4:25-5:05 PM	
	Monday	5:00-5:40 PM	
	Wednesday	4:15-4:55 PM	
	Wednesday	5:45-6:25 PM	

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	
LOCATION	DAY	TIME	COST
CHIPPEWA FALLS YMCA	Sunday	1:30-2:10 PM	Member: \$34 Non-Member: \$51
	Thursday	5:15-5:55 PM	
	Saturday	11:15-11:55 AM	
EAU CLAIRE YMCA	Sunday	3:00-3:40 PM	
	Sunday	3:45-4:20 PM	
	Monday	4:15-4:55 PM	
	Monday	5:45-6:25 PM	
	Wednesday	5:00-5:40 PM	

LEARN TO SWIM – SCHOOL AGE SWIM LESSONS

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

SWIM LESSON PROGRAM	AGE	PREREQUISITE		
LEVEL 5: STROKE REFINEMENT Swimmers able to swim front and back crawl 25 yards. Coordinate and refine all the swimming strokes and swim longer distances in front crawl, back crawl, breaststroke, elementary backstroke. 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 4		
LOCATION	DAY	TIME	COST	
CHIPPEWA FALLS YMCA	Tuesday	5:15-5:55 PM	Member: \$34 Non-Member: \$51	
	Thursday	5:15-5:55 PM		
	Saturday	11:15-11:55 AM		
EAU CLAIRE YMCA	Sunday	5:10-5:50 PM		
	Monday	5:00-5:40 PM		
	Wednesday	4:15-4:55 PM		

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. Build skills in: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue. Level 6 options focus on preparing participants for more advanced aquatic activities	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.

YOUTH OPPORTUNITIES

YMCA BARRACUDA SWIM TEAM

The YMCA of the Chippewa Valley Barracuda Swim Team is a competitive swimming program that focus 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 5–19 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

YOUTH IN GOVERNMENT

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!

Why join YIG? In this non-partisan, student-driven program, you get to express yourself, form your own opinions, build confidence, meet new people from across the state, and spend a weekend in Madison, sitting in the same seats that our legislators do in the state capitol building!

New this year! Are you in sixth grade, but still interested in this program? You're in luck! After a successful pilot program last year, we are excited to offer a sixth grade “intro level” alternative to YIG! This exclusive opportunity travels to Wausau and Madison with the delegation, but only stays in Madison for Friday of the conference.

FLAG FOOTBALL – L.E. PHILLIPS YMCA SPORTS CENTER

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.

INSTRUCTIONAL LEAGUE	DATES	DAY & TIME	FEE
YOUTH FLAG FOOTBALL AGES 6–8	September 10 - October 22	Thursdays 5:10 or 6:00 PM	Individual \$80
YOUTH FLAG FOOTBALL AGES 9–11	September 10 - October 22	Thursdays 6:50 or 7:40 PM	Individual \$80

YOUTH GYMNASTICS PAGES 8–9 | YOUTH TENNIS PAGES 11 & 13

SPORT TYKES – L.E. PHILLIPS YMCA SPORTS CENTER

INSTRUCTIONAL PROGRAM	DATES	DAY & TIME	FEE
SPORT TYKES ABC'S 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.	September 14 - October 26	Mondays 5:15-6:00 PM	Member \$56 Non-Member \$84
SPORT TYKES SOCCER 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.	September 14 - October 26	Mondays 6:05- 6:50 PM	Member \$56 Non-Member \$84
SPORT TYKES T-BALL 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!	September 16 - October 28	Wednesdays 5:15-6:00 PM	Member \$56 Non-Member \$84
SPORT TYKES SAMPLER 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!	September 16 - October 28	Wednesdays 6:05-6:50 PM	Member \$56 Non-Member \$84

ADULT OPPORTUNITIES

ADULT LEAGUES – L.E. PHILLIPS YMCA SPORTS CENTER

ADULT LEAGUE	DATES	DAY & TIME	FEE
WOMEN'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 7 games and offers recreational and competitive play. It is a great way to stay active, get competitive play, and enjoy camaraderie between teammates.	September 14 - October 26	Mondays 6:00- 10:00 PM	Individual \$75 Team \$575/\$600
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.	Currently postponed. Call (715)552-1200 or email Amy at afoss@ymca-cv.org for more information or to get your team on the waiting list.		
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

GYMNASTICS

GYMNASTICS REGISTRATION - FALL 1: August 17 | FALL 2: OCTOBER 12

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

PRESCHOOL GYMNASTICS - FALL 1 SESSION: SEPTEMBER 8 - OCTOBER 24

	DAY & TIME	FALL 1	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 4:25 - 5:10 PM	Sept 13 - Oct 18	Member \$48 Non-Member \$72
	Tues 9:10 - 9:55 AM		
	Wed 5:25-6:10 PM		
	Wed 6:25 - 7:10 PM		
	Thurs 9:10 - 9:55 AM		
	Sat 10:10-10:55 AM		
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 4:20-5:05 PM	Sept 13 - Oct 18	Member \$48 Non-Member \$72
	Tues 9:05-9:50 AM		
	Wed 5:20-6:05 PM		
	Wed 6:20-7:05 PM		
	Thurs 9:05-9:50 AM		
	Sat 10:05-10:50 AM		
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	Sept 13 - Oct 18	Member \$48 Non-Member \$72
	Tue 9:00-9:45 AM		
	Wed 5:15-6:00 PM		
	Wed 6:15-7:00 PM		
	Thurs 9:00-9:45 AM		
	Sat 10:00-10:45 AM		
Class begins the week of Sept 8 and concludes the week of October 18		Sept 13 - Oct 18	Member \$56 Non-Member \$84

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

PROGRESSIVE GYMNASTICS - FALL 1 SESSION: SEPTEMBER 8 - OCTOBER 24

	DAY & TIME	FALL 1	COST
ROLLERS AGES 5+ This is the first of the progressive classes and is for students who are new to the sport of gymnastics or recently entered kindergarten. 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. A section of this class is available for students ages 8-17 who are new to gymnastics (called Beginner 8+).	Sun 3:00-4:00 PM	Sept 13 - Oct 18	Member \$48 Non-Member \$72
	Mon 9:15-10:15 AM	Sept 14 - Oct 19	
	Tues 4:15-5:15 PM	Class begins the week of Sept 8 and concludes the week of October 18	
	Tues 5:25-6:25 PM		
	Tues 6:30-7:30 PM		
	Wed 4:00-5:00 PM		
Sat 11:30 AM - 12:30 PM			
SWINGERS AGES 5+ 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.	Sun 3:00-4:00 PM	Sept 13 - Oct 18	Member \$48 Non-Member \$72
	Mon 9:15-10:15 AM	Sept 14 - Oct 19	
	Tues 4:15-5:15 PM	Class begins the week of Sept 8 and concludes the week of October 18	
	Tues 5:25-6:25 PM		
	Tues 6:30-7:30 PM		
	Wed 4:00-5:00 PM		
Sat 11:30 AM - 12:30 PM			
BEGINNER 8+ 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.	Mon 7:15-8:15 PM	Sept 14 - Oct 19	Member \$56 Non-member \$84

	DAY & TIME	FALL 1	COST
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.	Sun 2:30-4:00 PM	Sept 13 - Oct 18	Member \$72 Non-Member \$108
	Mon 9:00-10:30 AM	Sept 14 - Oct 19	
	Wed 9:45-11:15 AM	Class begins the week of Sept 8 and concludes the week of October 18	Member \$84 Non-Member \$126
	Thurs 4:45-6:15 PM		
	Fri 5:15-6:45 PM		
	Sat 11:15 AM-12:45 PM		
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.	Mon 5:00-7:00 PM	Sept 14 - Oct 19	Member \$72 Non-Member \$120
	Tues 10:15 AM-12:15 PM	Class begins the week of Sept 8 and concludes the week of October 18	Member \$84 Non-Member \$140
	Wed 3:00-5:00 PM		
	Thurs 5:00-7:00 PM		
	Fri 2:00-4:00 PM		
	Sat 11:00 AM - 1:00 PM		
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.	Mon 5:00-7:00 PM	Sept 14 - Oct 19	Member \$72 Non-Member \$140
	Tues 10:15 AM-12:15 PM	Class begins the week of Sept 8 and concludes the week of October 18	Member \$84 Non-Member \$140
	Wed 3:00-5:00 PM		
	Thurs 5:00-7:00 PM		
	Fri 2:00-4:00 PM		
	Sat 11:00 AM - 1:00 PM		
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.	Mon 4:00-5:00 PM	Sept 14 - Oct 19	Member \$48 Non-Member \$72
	Fri 4:00-5:00 PM	Sept 11 - Oct 23	Member \$56 Non-Member \$84

YMCA JR. BLUGOLD GYMNASTICS - CHIPPEWA FALLS YMCA

PROGRESSIVE GYMNASTICS - FALL 1: SEPTEMBER 8 - OCTOBER 20 | FALL 2: OCTOBER 25 - DECEMBER 15
 NO CLASSES: NOVEMBER 23 OR NOVEMBER 24

	DAY & TIME	FALL 1	FALL 2
BEGINNERS AGES 5 - 8+ YEARS This beginner class is for those who have had no prior gymnastics experience. This class will teach basic motor and tumbling skills. Body control and basic form will be learned, as well as beginning tumbling. Beginning skills on apparatus is also introduced. This is the perfect class for those who would love to get into gymnastics but need a little help and guidance.	5+ yrs Monday 4:15-5:15 PM	DATE: Sept 14 - Oct 19	DATE: Oct 26 - Dec 14
	8+ yrs Monday 5:25-6:25 PM	COST: Member \$36 Non-Member \$60	COST: Member \$42 Non-Member \$70
ROLLERS 6+ This class is for those who have graduated from the Beginners class and have the instructor's permission to go on, or those with adequate skills. This class will continue to perfect basic skills but also will move into more difficult tumbling. New skills will be introduced on apparatus as well. Form and control will be stressed. This class will also include some conditioning to improve strength and flexibility.	Tuesday 4:15-5:15 PM	DATE: Sept 8 - Oct 20	DATE: Oct 27 - Dec 15
		COST: Member \$42 Non-Member \$70	COST: Member \$42 Non-Member \$70
SWINGERS AFTER ROLLERS To be in Swingers, gymnasts need to have graduated from Rollers and have the instructor's permission. This class will get into more serious gymnastics skills and will include more intense conditioning and flexibility.	Tuesday 5:25-6:25 PM	DATE: Sept 8 - Oct 20	DATE: Oct 27 - Dec 15
		COST: Member \$42 Non-Member \$70	COST: Member \$42 Non-Member \$70

All advanced gymnastics classes, including competitive team, are now offered at the YMCA Sports Center.

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 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.

REGISTRATION IS OPEN FOR TENNIS FALL 1 & 2

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.

YOUTH TENNIS PROGRAMS

TENNIS FALL 1: SEPTEMBER 14 - OCTOBER 24 | TENNIS FALL 2: OCTOBER 26 - DECEMBER 11

CLASS	MEETS	COST
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. Please check website for specific day and time.	\$40
RED BALL 2 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.	One time per week. Please check website for specific day and time.	\$40
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. Please check website for specific day and time.	\$80
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.	Please check website for specific day and time.	\$110
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. Please check website for specific days and times.	\$165
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. Please check website for specific days and times.	\$210
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. Please check website for specific days and times.	\$210

NO CLASSES ON NOVEMBER 23

REGISTRATION IS OPEN FOR TENNIS FALL 1 & 2

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

ADULT TENNIS PROGRAMS		
TENNIS FALL 1: SEPTEMBER 14 - OCTOBER 24 TENNIS FALL 2: OCTOBER 26-DECEMBER 11		
CLASS	MEETS	COST
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. Please check website for specific day and time.	\$65
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. Please check website for specific day and time.	\$95
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. Please check website for specific day and time.	\$95
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. Please check website for specific day and time.	\$95
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. Please check website for specific day and time.	\$95
SINGLES' DRILLS 3.0-4.0	One time per week. Please check website for specific day and time.	\$105
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.

PROGRAM	DAYS	TIME	COST
12U – RALLY & REMOTE LEARNING	Monday & Tuesday	Noon – 3:00 PM	\$80 per week
	Thursday & Friday		
16U – RALLY & REMOTE LEARNING	Monday & Tuesday	Court: Noon –1:30 PM School: 1:30-3:00 PM	\$80 per week
	Thursday & Friday		

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.

PROGRAM	DAYS	TIME	COST
12U – JUNIOR CLINIC	Wednesdays	11:30 AM – 1:00 PM	Members \$105 Non-Members \$210
14U – JUNIOR CLINIC	Wednesdays	11:30 AM – 1:00 PM	
18U – JUNIOR CLINIC	Wednesdays	1:00 – 2:30 PM	

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

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:

Nick Salimes (715) 723-5135 | nsalimes@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

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

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.

2020-2021 SCHOOL'S OUT & SNOWED OUT DAILY RATES	
YMCA Member	Non-Member
\$41	\$44



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.

2020-2021 DAILY YMCA MEMBER RATES				
YMCA Member	Before School	After School	Before & After	School's Out
Day Rate	\$10	\$12	\$22	\$41

2020-2021 DAILY NON-MEMBER RATES				
Non-Member	Before School	After School	Before & After	School's Out
Day Rate	\$12	\$14	\$26	\$44

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/ecschoollout. 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.

HEALTHY LIVING

CLASS	DAY	DATES	COST	
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!	Mon/Thurs 5:30 PM	October 5 - November 19	\$48 Members & Non-Members	
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.	Mon/Wed 1:00-2:00 PM	Begins Septemeber 14 and runs for 12 weeks	Free for cancer survivors, but registration is required	
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. Location: Fitness Training Center - Eau Claire YMCA For more infromation, please contact Duane Badman at (715) 456-0152 or at dbadman@centurytel.net	Thursdays 6:00-8:00 PM Saturday 10:00 AM-Noon	KARATE PUNCH CARD		
		# of Sessions	Member	Non-member
		3	\$15	\$30
		10	\$40	\$80
		20	\$60	\$120
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.				

MEMBER CHALLENGE

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

GETTING STARTED

Complimentary Wellness Consultation & Personal Training Session

As part of your YMCA membership, all members receive a complimentary personal training session! The free 1 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

ActivTrax - Eau Claire YMCA

We have all been there - wondering what exercises to do and when, or even how to do them. That is why we have brought you ActivTrax. This virtual tracking program understands your wants, needs, and goals. It is simple to use, effective, and easy to get started. Once activated, you can log in to print workouts and track your progress online.

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. Please contact your YMCA branch to purchase your package or for more information.

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

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

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

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BOARD OF DIRECTORS

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