



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Youth Programs • Fall 1 Session • September 5 - October 22, 2017

Registration opens to Y Members on Monday, August 14, and to the public on Wednesday, August 16.

BASICALLY FUN BASKETBALL

OCTOBER 16 - 19

Children will enjoy basketball fundamentals through skill work while having a "ball".

TIME: 6:15 - 7:00 pm for ages 5-8
7:15 - 8:00 pm for ages 9-12
FEE: Y-Member: \$15 per child
Participant: \$25 per child

KINDERSPORTS CAMP

SEPTEMBER 25 - 28

AGES 4-6

Children will develop individual and team coordination skills and strategy in a variety of sports with age appropriate instruction and guidance.

TIME: 5:30 - 6:15 pm
FEE: Y-Member: \$15 per child
Participant: \$25 per child

PARENTS NIGHT OUT

AGES 1-12

Want a Friday evening to dine out or catch a movie? Why not bring your kids to the Y? They can have an enjoyable night to play games, watch movies, enjoy a nutritious snack, and socialize with friends while you spend time enjoying your interests.

DATES: Friday, September 15
Friday, October 20
TIME: 5:30 - 8:30 pm
FEE: Y-Member: \$10 per child
Participant: \$15 per child
Each Additional Sibling \$6

TAE KWON DO

AGES 6 AND UP

This class gives a basic understanding of this popular martial art while mastering skills you may already have. It stresses the physical fitness, self-confidence, and disciplines that only Tae Kwon Do can offer. Uniform can be purchased at an additional cost.

DATES: Mondays, September 11-October 16
TIME: 6:30 - 8:30 pm
FEE: Y-Member: \$35
Participant: \$53

TEEN NIGHT

A Saturday night at the Y exclusively for Marshfield and surrounding area tweens and teens. Enjoy an evening of fun, fitness and entertainment in a safe and supervised environment. **FREE** to all youth in grades 5-8, Y members and non-members.

DATES: Saturdays, October 7 & December 9
TIME: 5:30 - 8:30 pm

SPOOKTACULAR HALLOWEEN PARTY

SATURDAY, OCTOBER 21

11 AM - 1 PM



ALL AGES WELCOME

Float in the Y pool with the pumpkins and select the perfect pumpkin to decorate. This event includes pumpkin decorating, pizza, crafts, and a costume parade. Bring your favorite costume and swimsuit.

FEE: Y-Member: \$10
Participant: \$12

VACATION AT THE Y 2017-2018

Childcare on non-school days, holiday vacations, and emergency snow days (in accordance with the Marshfield School District). This program is action-packed fun for kids and peace of mind for parents which includes swimming, snacks, crafts and sports activities. All children must come with a sack lunch, appropriate outdoor clothing, an extra pair of gym shoes, swimsuit and towel. Following dates are scheduled for the 2017-2018 school year:

November 22 & 24 • December 26-29 • March 26-30
TIME: 7:00 am - 6:00 pm
FEE: \$30 per child per day

EVERYONE IS WELCOME AT THE Y!

Family Day Pass.....\$15
Adult Day Pass (ages 19+).....\$8
Youth Day Pass (ages 6-18).....\$5
Child Day Pass (ages 5 & under).....FREE

Enjoy an entire day at the YMCA. We have two swimming pools, a gymnasium, a youth & family lounge which features air hockey, carpet ball, foosball, table tennis & Xbox Kinect and an enclosed infant/toddler area.



YOUTH AQUATIC LESSONS

Fall 1 Session: September 5 - October 22, 2017

Registration Dates:

Y-Members & City Residents: Monday, August 14

Participants: Wednesday, August 16

Swim Class Fees:

Y-Member: \$39

City Resident: \$47

Participant: \$57



AGES 3-5

TADPOLE (non-swimmer)

An all-ability swimming lesson for children 3 to 4 years of age, using the same Y curriculum as the current pre-school class.

Tuesdays 6:30-7:10 pm

Thursdays 9:00-9:40 am or 6:30-7:10 pm

PIKE (non-swimmer)

Pike introduces children to the pool and helps them develop safe water habits in a fun and encouraging environment. Swimmers will focus on basic paddle stroke, kicking skills, blowing bubbles in the water, front and back floats and water safety.

Mondays 5:00-5:40 pm or 5:45-6:25 pm

Tuesdays 5:00-5:40 pm or 5:45-6:25 pm

Wednesdays 5:45-6:25 pm

Thursdays 5:00-5:40 pm or 5:45-6:25 pm

Saturdays 9:45-10:25 am

EEL (beginner)

Eel swimmers continue to build on the basics learned in Pike, such as kicking and progressive paddle stroke. Additionally, they will learn more about pool safety and develop their floating.

Mondays 5:00-5:40 pm or 5:45-6:25 pm

Tuesdays 5:00-5:40 pm or 5:45-6:25 pm

Wednesdays 5:45-6:25 pm

Thursdays 5:00-5:40 pm or 5:45-6:25 pm

Saturdays 9:45-10:25 am

RAY (intermediate)

Ray is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in Ray will be introduced to rhythmic breathing, front and back crawl, and rescue skills.

Mondays 5:00-5:40 pm

Tuesdays 5:00-5:40 pm

Thursdays 5:00-5:40 pm or 5:45-6:25 pm

Saturdays 9:00-9:40 am

STARFISH (advanced)

Starfish is an advanced level for those swimmers who are proficient in front crawl and comfortable in deeper water. In this level, students will build endurance and be introduced to more advanced strokes such as back crawl, elementary backstroke and treading water.

Mondays 6:30-7:10 pm

SWIM LESSONS FOR THE DEAF & HARD OF HEARING

A 40-minute swim class to students with hearing impairment. A communication assistant is present to assist. Regular swim class fees apply.

Thursdays 5:00-5:40 pm

AGES 6-12

PRE-POLLIWOG (non-swimmer)

For school-age children who are apprehensive or fearful of water. Swimmers will learn how to adjust to the water through front and back floating skills, paddle strokes and personal safety and the use of floatation devices.

Wednesdays 5:00-5:40 pm

POLLIWOG (non-swimmer/beginner)

Swimmers will learn front and back floating skills, paddle stroke on both front and back, personal safety and the use of floatation devices.

Mondays 5:45-6:25 pm or 6:30-7:10 pm

Tuesdays 6:30-7:10 pm

Wednesdays 5:45-6:25 pm or 6:30-7:10 pm

Thursdays 6:30-7:10 pm

Saturdays 9:00-9:40 am

BLUEGILL (beginner)

Swimmers continue to gain confidence learning new skills of treading water and survival floating along with practicing front and back crawl skills and will be introduced to breaststroke and elementary backstroke.

Mondays 5:45-6:25 pm or 6:30-7:10 pm

Tuesdays 5:45-6:25 pm or 6:30-7:10 pm

Wednesdays 5:45-6:25 pm or 6:30-7:10 pm

Thursdays 5:45-6:25 pm or 6:30-7:10 pm

Saturdays 9:00-9:40 am

GUPPY (intermediate)

Swimmers refine their skills for breaststroke and elementary backstroke while continuing to develop their front and back crawl. Rescue skills will also be introduced.

Mondays 6:30-7:10 pm

Tuesdays 6:30-7:10 pm

Wednesdays 6:30-7:10 pm

Thursdays 6:30-7:10 pm

Saturdays 9:45-10:25 am

MINNOW (advanced)

Swimmers at this level are introduced to the butterfly and sidestroke.

Mondays 6:30-7:10 pm

Wednesdays 6:30-7:10 pm

Saturdays 9:45-10:25 am

FISH/FLYING FISH (advanced)

An advanced level for stroke refinement and endurance while being introduced to open turns and flip turns.

Mondays 6:30-7:10 pm

Wednesdays 6:30-7:10 pm

COMMUNITY SWIM is open to ALL Marshfield and surrounding area residents. Join the fun on Fridays from 6:00-8:30 pm and on Sundays from 2:45-4:45 pm. Cost is \$2 per person if not a Y member. Free for youth 5 years of age and under.