

## CHILD WATCH

**Ages:** 6 weeks - 5 years  
**Times:** Monday-Saturday • 8:00-11:00 am  
Monday-Thursday • 5:00-7:30 pm

Want to squeeze in a workout but need childcare? Our staff will meet your child's needs by providing a fun and safe environment while you enjoy use of the facility. Purchase a Child Watch Card at Member Services.

Cost Per Hour	Y-Member	Non-Member
Drop-In	\$4	\$5
10-Hour Card	\$35	\$45
20-Hour Card	\$60	\$70

## YOUTH & FAMILY LOUNGE

**Ages:** 5 years & up  
**Supervised Times:** M-Th 3:30-6:30 pm

Enjoy a workout while the children are supervised by Y staff in our Youth & Family Lounge featuring ping pong, foosball, air hockey, carpetball table, Xergame Sportswall and Xbox Kinect. The lounge also has tables and chairs for homework, reading or board games. **FREE** for members.

## YOUTH FITNESS

### Youth Fitness Center Orientation

**Ages 12-17**  
Teens and tweens learn how to use specific cardio equipment and understand the fundamentals of developing cardiovascular strength for personal fitness. A YMCA fitness staff member will provide the knowledge and skills to the participant to exercise in the Fitness Center without a parent or guardian present. This program is free and highly recommended for Y-Member Youth. Please schedule an appointment at Member Services.

### Teen Strength Training

**Ages 15-17**  
Teens learn, understand and practice the fundamentals of developing muscular strength for personal fitness. A YMCA fitness staff member will provide the knowledge and skills to the participant to exercise in the Strength Training Center without a parent or guardian. This program is free and highly recommended for Y-Member Youth. Please schedule an appointment at Member Services.

## FINANCIAL ASSISTANCE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. With funds raised through the Annual Campaign, The Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Stop by Member Services to pick up an application or visit us online [www.mfldymca.org](http://www.mfldymca.org).

## REGISTRATION

Registration for the Fall 1 session opens Monday, August 13, for Y-Members and on Wednesday, August 15, to non-member participants.

## REGISTRATION OPTIONS

1. **Online Registration** is available to Y Members only. Our online system is safe, secure, and ready to use. Contact Member Services for instructions.
2. **In-Person Registration** is available during Y staffed hours.
3. **Phone-in Registration** available by credit card payment only. Call 715.387.4900.

## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

410 West McMillan Street

Marshfield, WI 54449

P: 715.387.4900

F: 715.384.7085

[www.mfldymca.org](http://www.mfldymca.org)

TOGETHER ENRICHING LIVES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROW LEARN EXPLORE



**MARSHFIELD CLINIC  
HEALTH SYSTEM YMCA**

**Youth Programs**

**Fall 1 Session  
September 10-October 28, 2018**

## YOUTH SPORTS & SPECIAL PROGRAMS

At the Y, we don't just teach swimming or provide child care; we're about youth development, ensuring that all children and teens reach their full potential by helping them grow - physically, mentally, and socially. Join us and integrate fun and play in your day.

### HOMESCHOOL GAMES FOR ALL

**Tuesdays • 10:00 - 11:00 am**

Play, socialize, learn new skills, improve your self-esteem and develop healthy habits with the Y's Homeschool Physical Education program.

Y-Member: \$25 • Participant: \$38

Each additional sibling \$6

### ROCK CLIMBING CAMP

**September 17-20 • 5:45 - 6:30 pm**  
**Ages 6-10**

Explore the world of rock climbing in our Rock Climbing Camp. Your young adventurer will reach new heights.

Y-Member: \$15 • Participant: \$25

### TAE KWON DO

**Mondays • 6:30 - 8:30 pm**  
**Ages 6 & up**

Designed for both the newest and skilled Tae Kwon Do participants. Uniform purchased for additional cost.

Y-Member: \$35 • Participant: \$53



## PARENTS NIGHT OUT

Want a Friday evening to dine out or catch a movie? Why not bring your kids to the Y? They can play games, watch movies, enjoy a nutritious snack, and socialize with friends, while you spend time enjoying your interests. Open to youth ages 1-12. Pre-registration is required.

**Friday, September 21**

**Friday, October 19**

**5:30 - 8:30 pm**

Y-Member: \$10 per child

Participant: \$15 per child

Each additional sibling: \$6

## SPOOKTACULAR HALLOWEEN PARTY

Float in the pool with pumpkins and select the perfect one to decorate. Enjoy pizza, crafts and a costume parade. Bring your favorite Halloween costume and swimsuit.

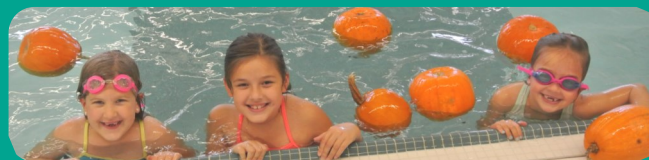
**Saturday, October 20**

**10:30 am - 12:00 pm**

**All Ages Welcome**

Y-Member: \$10

Participant: \$12



## SATURDAY NIGHT LIVE

**Saturday, October 20**

**5:30 - 9:00 pm**

Pool and gym party for teens, grades 7-9. It's Saturday Night Live at the Y, a safe hangout with friends. The evening also includes pizza, chips and beverages.

Y-Member: \$1

Participant: \$2

## VACATION AT THE Y

The Y is your answer for childcare on non-school days, holiday vacations, and emergency snow days in accordance with the Marshfield School District. It's 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. Open to all students in grades 4K-6. Please register in advance for these **2018-2019** dates:

**October 15**

**November 21 & 23**

**December 24, 26, 27, 28 & 31**

**February 18**

**March 25-29**

**Time: 7:00 am - 6:00 pm**

**Fee: \$30 per day per child**

## YOUTH NIGHT

**Saturday, October 13**

**5:30 - 8:30 pm**

Parents: Drop off your son or daughter for an evening of swimming, sports, socializing and fun at the YMCA. This event is exclusive and **FREE** to Marshfield and surrounding area youth in grades 4-6.

**COST: FREE**