

CHILD WATCH

Ages: 6 weeks - 5 years
Times: Monday-Friday • 8:00-11:00 am

Want to squeeze in a workout but need child care? Child Watch is a service for Y members that allows you to pursue your own health and well-being, knowing that your children are safe, secure and cared for in a positive environment. We now offer Child Watch as a **FREE** service to our Y members for 1.5 hours per child per day and **RESERVATIONS ARE REQUIRED**. To register, simply go to our website, navigate to the Youth & Family page, select 'Child Watch', and follow the provided link.

For more information, contact: Amanda Blaskowski, Child Development Center Site Director, at ablaskowski@mfldymca.org or 715.387.9538

YOUTH FITNESS

Healthy Living Center Orientation

Ages 13 & Over

This program helps teens learn how to use appropriate cardio and selectorize strength equipment, and understand the fundamentals of developing cardiovascular strength for personal fitness. A Wellness Coach will provide the knowledge and skills to the participant to exercise on their own in the Healthy Living Center. This program is **FREE** and highly recommended for Y-Member youth ages 13+ to use the Healthy Living Center. Please schedule an appointment at the Welcome Center.

Teen Strength Training Center Orientation

Ages 13 & Over

This program helps teens learn, understand and practice the fundamentals of developing muscular strength for personal fitness. A Wellness Coach will provide the knowledge and skills to the participant to exercise on their own in the Strength Training Center. This program is **FREE** and highly recommended for Y-Member youth ages 13+ to use the Strength Training Center. Please schedule an appointment at the Welcome Center.

REGISTRATION

Enrollment for March programs is now open!

REGISTRATION OPTIONS

1. **In-Person Registration** is available during Y staffed hours.
2. **Phone-in Registration** available by credit card payment only. Call 715.387.4900.

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 at the Welcome Center to pick up an application or visit us online www.mfldymca.org.

CONTACT

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MARSHFIELD CLINIC HEALTH SYSTEM YMCA

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P: 715.387.4900
F: 715.384.7085
www.mfldymca.org

INCLEMENT WEATHER POLICY

ALL Group Exercise Classes and programs will be cancelled if the Marshfield School District dismisses early or cancels school due to inclement weather. For weather related closings and cancellations, check our website, Facebook/Instagram page or contact the Y.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROW LEARN EXPLORE



**MARSHFIELD CLINIC
HEALTH SYSTEM YMCA**

**Youth & Teen
Programs**

APRIL 2024

YOUTH 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. Integrate fun and play in your day.



SKILL BUILDING AND CHARACTER DEVELOPMENT HAPPEN HERE.

CHILDCARE

VACATION AT THE Y

Grades K-6 • 6:45 am - 6:00 pm

This Y program provides children with fun-filled activities on both planned and unexpected days off (in accordance with the Marshfield School District). Our caring staff will keep your child busy with sports and games, arts and crafts, and homework assistance in a safe environment that is engaging and nurturing. Pre-registration with payment is required for these 2024 dates:

Dates: April 19

Cost: \$45 per child per day

Pryme Time Afterschool enrollment does not include Vacation at the Y

SPORTS & FITNESS CAMPS

Cost Per Camp: Y-Member: \$5 • Participant: \$10

Kickstart your year with a series of exciting camps designed to build your skills in different activities. January's Camps lineup is all about having fun while developing skills, forging new friendships, and experiencing the thrill of teamwork in a friendly and supportive atmosphere.

BASICALLY FUN BASKETBALL CAMP

APRIL 4 • 5:00 - 5:45 pm

Ages 4-6

Limit: 8 participants per class

SOCCER CAMP

APRIL 9 • 5:00 - 5:45 pm

Ages 4-6

Limit: 8 participants per class

VOLLEYBALL CAMP

APRIL 11 • 5:00 - 5:45 pm

Ages 6-11

Limit: 12 participants per class

SPORTS 4 FUN

APRIL 16 • 5:00 - 5:45 pm

Ages 4-6

Limit: 8 participants per class

FLAG FOOTBALL CAMP

APRIL 18 • 5:00 - 5:45 pm

Ages 5-9

Limit: 12 participants per class

FLOOR HOCKEY

APRIL 23 • 5:00 - 5:45 pm

Ages 5-9

Limit: 12 participants per class

OUTLAST 'EM DODGEBALL

APRIL 25 • 5:00 - 5:45 pm

Ages 5-9

Limit: 12 participants per class



FAMILY FITNESS

HOMESCHOOL GYM

TUESDAYS • APRIL 2 - 23

Ages 9 & Older: 9:00 - 10:00 am

Limit: 16 participants

Ages 5-8: 10:00 - 11:00 am

Limit: 12 participants per class

Each week we will work on specific skills and drills to enhance individual proficiency in various sports, including basketball, ultimate frisbee, football, soccer, kickball, and pickleball.

Y-Member: \$25 • Y Non-Member: \$50

Each additional sibling: \$10



TAE KWON DO

Mondays • February 26 - April 15

April 22 - June 10

5:30 - 6:45 pm

Ages 6 & up

Limit: 12 participants

Kids develop their fitness level while improving their self-confidence and self-discipline while developing cardiovascular fitness, strength and flexibility. Our classes are fun, safe, and teach kids much more than self-defense. We recognize the importance and uniqueness of each individual and encourage progress. Our classes offer instruction in a welcoming and supportive, yet disciplined and challenging atmosphere. This class will be held in the YMCA Studio A.