

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: Monday-Thursday • 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.

REGISTRATION

Registration for the Winter 1 session opens Monday, December 10 for Y-Members and on Wednesday, December 12 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

TOGETHER ENRICHING LIVES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROW LEARN EXPLORE



MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Youth Programs

Winter 1 Session

January 7 - February 24, 2019

YOUTH SPORTS & 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

Ages 4 - 8 • 9:30 - 10:15 am

Ages 9 & older • 10:15 - 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

ULTIMATE FRISBEE CLASS

Mondays

6:00 - 6:45 pm

Ages 6 - 10

Location: Grant School Gym, 425 Upham St, Marshfield

Hone your disc skills with engaging drills, throwing and catching techniques, and basic game play fundamentals and strategies. Each class ends with an activity to incorporate the skills and techniques learned in class.

Y-Member: \$25

Participant: \$38

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

KIDS NIGHT OUT

Friday, February 22 6:30 - 8:30 pm

Grades K-6

School-aged children can expect a fun night of games, swimming and a pizza party. Just like Parents Night Out, you get to spend time enjoying your interests without the kids.

Y-Member: \$12 per child

Participant: \$18 per child

Each additional sibling: \$6

PARENTS NIGHT OUT

Friday, January 18 5:30 - 8:30 pm

Friday, February 15 5:30 - 8:30 pm

Ages 1 - 12

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. Pre-registration is required.

Y-Member: \$10 per child

Participant: \$15 per child

Each additional sibling: \$6

SATURDAY NIGHT LIVE

Saturday, January 26 5:30 - 9:00 pm

Grades 7 - 9

A safe hangout with friends, Saturday Night Live at the Y is a pool and gym party for teens. The evening also includes pizza, chips and beverages.

Y-Member: \$1 • Participant: \$2

VACATION AT THE Y

February 18 7:00 am - 6:00 pm

March 25-29 7:00 am - 6:00 pm

The Y is your answer for childcare on non-school days, holiday vacations, and emergency snow days in accordance with the Marshfield School District. The day includes swimming, snacks, crafts and sports activities. All children must come with a sack lunch, an extra pair of gym shoes, swimsuit and towel. Pre-registration is required for above scheduled dates.

Cost: \$30 per day per child

YOUTH NIGHT

Saturday, February 2 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.

Cost: FREE

SPECIAL EVENTS

PIRATES AHOY

Saturday, January 19

10:30 am - Noon

All Ages Welcome

Come build your pirate ship and sail it across the open seas. See if your boat will float or watch it sink to the fish below the waves. Ship building starts the day with swimming and sailing to follow.

Y-Member: \$5

Participant: \$8



VALENTINE SPLASH

Saturday, February 9

10:30 am - Noon

All Ages Welcome

Feel the love through pool games, card making, crafts and snacks. So put on your red and jump into a heart filled pool party to remember.

Y-Member: \$5

Participant: \$8

