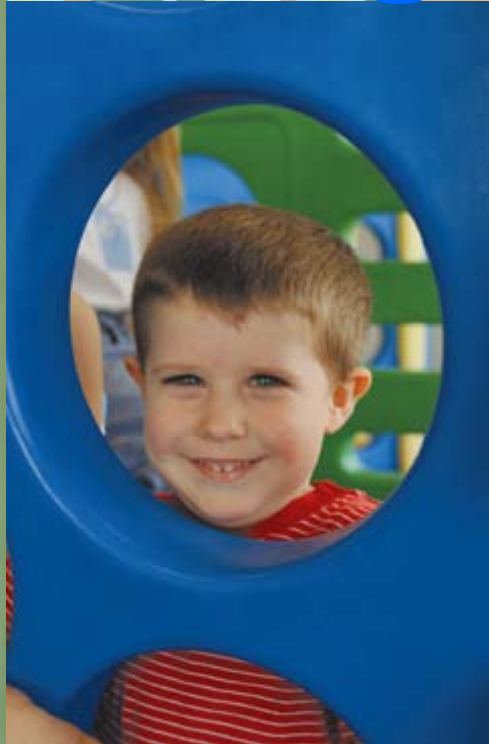


Winter-Spring 2010 Program Guide



Winter 1 Session Dates: January 4-February 21

Registration: Y-Members: Monday, December 14 **Participants:** Thursday, December 17

Swim Lesson Registration: Y-Members & City Residents: Monday, December 14
Participants: Thursday, December 17

Winter 2 Session Dates: February 22-April 18

Registration: Y-Members: Monday, February 1 **Participants:** Thursday, February 4

Swim Lesson Registration: Y-Members & City Residents: Monday, February 1
Participants: Thursday, February 4

NO CLASSES SPRING BREAK MARCH 29 - APRIL 2

Spring Session Dates: April 19-June 6

Registration: Y-Members: Monday, March 29 **Participants:** Thursday, April 1

Spring Swim Lessons Registration: Y-Members & City Residents: Monday, March 29
Participants: Thursday, April 1

NO CLASSES MEMORIAL DAY MAY 31

Marshfield Area YMCA
410 W. McMillan St.
Marshfield, WI 54449
715.387.4900

www.mfldymca.org



Marshfield Area YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA Key Staff

John Nystrom	CEO
Nancy Arndt	Welcome Center
Dick Berg	Facilities Director
Cheryl Hackel	Welcome Center
Aaron Heiss	Swim Team Director
Sara Henrichs	Sr. Program Director
Kristin Klement	Aquatics Director
Torrie Kolbeck	Youth & Family Director
Mary Kowalski	Finance/HR Director
Chris Lindner	Welcome Center
Cari Martin	4K Teacher
Molly Michalek	Wellness Coordinator
Kyle Schicker	Youth/Family Assistant
Scott Schweikl	Member/Wellness Director

Year-Round Facility Hours

Monday-Friday	5:15 am - 9:00 pm
Saturday	8:00 am - 6:00 pm
Sunday	10:00 am - 6:00 pm

All pools close ½ hour prior to closing.

Facility Closings

Christmas Day	December 25
Easter	April 4
Memorial Day	May 31

Holiday Hours

December 24	5:15 am - 3:00 pm
December 31	5:15 am - 5:00 pm
January 1	8:00 am - 6:00 pm

Water Slide Hours

Friday	6:00 pm - 7:30 pm
Saturday	2:00 pm - 4:00 pm
Sunday	1:00 pm - 3:00 pm

The pools and gymnasium will be closed Saturday, January 23, 2010 for a Sharks Swim Meet.

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YMCA

We build strong kids,
strong families, strong communities.

Open
New Year's Day
8:00 am - 6:00 pm

MEMBERSHIP

We build strong kids, strong families, strong communities.

MEMBERSHIP CATEGORIES

Youth: Individual 12 to 18 years of age.

College: Full-time student (12 or more credits) attending school on a semester basis. Please present proof of credits upon joining.

Adult: Individual men & women 19 years or older.

Family: All adults and their dependent children through age 18 and children 19-23 who are current full-time college students. College students must provide proof of full-time status on an annual basis. Family membership includes those eligible to file on the same federal tax return.

Single-Parent Family: Separated, divorced or widowed (not married) and their dependents.

Senior Adult: Any adult 65 years and older.

Military Memberships: The Armed Forces YMCA, The Department of Defense and the YMCA of the USA have joined forces to provide government funding for families and individuals to receive **FREE** memberships at full-facility YMCA's. Bring in your Military I.D. and Deployment orders to get started.

Employees in Motion Corporate

Memberships: Save \$25-\$50 on the joining fee and receive a 10-15% discount on our Adult, Family or Single Parent Family memberships. Call the Y today to see if your company is eligible.

MEMBERSHIP REFUND POLICY

Memberships are non-refundable and non-transferable.

JOINING FEE

All new members of the YMCA are required to pay a non-refundable joining fee. This is an important contribution to the longevity of the YMCA as an organization. Y's rely on the joining fee to help with the repair and maintenance cost of the facility and services for generations to come. Memberships that have not renewed **within 60 days** will pay **100%** of the joining fee upon rejoining.

FINANCIAL ASSISTANCE PROGRAM

The Marshfield Area YMCA is committed to supporting our members and the community by making financial assistance funds available.

The Marshfield Area YMCA will deny no person membership due to financial hardship.

Financial Assistance is based on individual need. Our financial assistance application can be found online at www.mfldymca.org

MEMBERSHIP PAYMENT PLANS

All memberships are continuous until a 30-day written cancellation notice is received at the YMCA. The Board of Directors has approved the following payment plans.

BANK DRAFT

◆ Monthly Bank Draft is available as an automatic withdrawal authorization from your checking account, savings account, or credit card account.

◆ An initial down payment (1st month), joining fee, a bank authorization, voided check and a bank draft plan contract needs to be completed at the YMCA.

◆ The monthly bank draft plan **is continuous until a 30-day written cancellation** request is made to the YMCA.

PAYROLL DEDUCTION

This option is open to employees of participating companies. **This option is continuous until a 30-day written cancellation** notice is made to the YMCA. Check with the Corporate Office for participating companies.

CASH/CHECK/CREDIT CARD

Annual membership payments may be paid in full by cash, check or Visa/MasterCard/Discover.

MEMBER CODE OF CONDUCT

The YMCA is committed to providing a Christian atmosphere that ensures the highest respect and courtesy towards one another, a healthy environment and the proper use, maintenance and care of YMCA property and equipment. To help ensure this environment, every member and guest can expect the following:

A smoke and drug free environment. An environment free from verbal abuse, swearing, and fighting. An environment that shows respect for the property of other members and staff. An environment free from verbal and physical harassment and an environment that is free from inappropriate sexual behavior. Cell phone and cell phone cameras are prohibited from being in the locker room and all fitness centers (Lobby use only).

Membership and use of the YMCA facilities is a privilege. Individuals disrupting this environment may lose this privilege.

SEXUAL HARASSMENT/SEXUAL OFFENDER

To keep our members and guests safe, it is against YMCA policy to allow any sexual harassment behavior in the YMCA. If a member is found guilty of sexual harassment, their membership will be terminated immediately. The sexual offender list is reviewed monthly. If a member is found to be an offender, the membership could be terminated with no refund of dues paid.

STRONG KIDS ANNUAL SUPPORT CAMPAIGN

The Marshfield Area YMCA provides financial assistance to individuals and families who might not otherwise have the opportunity to participate in programs or afford memberships. Please consider a gift toward the Strong Kids Annual Support Campaign to enhance your YMCA. – **ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE.**

YOU CAN SUPPORT THE YMCA THROUGH YOUR WILL AND TRUST

Through the YMCA's **Planned Giving Program** there are several options for donations other than cash. Non-profit organizations of all types receive gifts through wills (bequests) and living trusts. Bequests can come in the form of specified amounts of cash, property or a percentage of the overall estate.

It is possible to make deferred gifts toward the **YMCA's Endowment Fund** through your estate plan. The YMCA's endowment is solicited to provide a permanent fund for long-term support of the organization. Contact CEO John Nystrom at 387-4900 or jnystrom@mfldymca.org if you are interested in more information about this contribution.

INSURANCE AND LIABILITY

Participation in any recreation activity carries a certain degree of risk. We urge all participants to have adequate insurance coverage and doctor examinations before signing up for any program. The YMCA does not provide hospital/medical insurance for people involved in activities.

CAN YMCA EMPLOYEES WORK WITH YOUR CHILDREN OUTSIDE THE YMCA?

All Marshfield YMCA employees attend comprehensive training programs which ensure that our staff are prepared and qualified to work with your children at the YMCA. However, due to liability reasons, the YMCA is restricted from recommending staff members for any type of home childcare or instruction. Thank you for your understanding and cooperation with this policy.

REMINDER TO MEMBERS/GUESTS

Please use the circle drive in front of the building for **drop-off** only. With the high traffic volume at different times of the day, this can be a safety hazard. Thank you for helping keep our members and guests safe.

General Information

FACILITY HIGHLIGHTS

The Marshfield Area YMCA is located on 7 acres and includes 50,000 square feet of building space. Our facility includes:

AQUATIC CENTER

- ◆ 25 yard, 6 lane pool (maintained at 80-85 degrees due to the diversity of usage) Depth: 3'6"-8'
- ◆ 36' X 20' shallow water teaching/therapy pool (maintained at 84-88 degrees) Depth: 2'10"-4'3"
- ◆ 12' X 10' spa
- ◆ Twin Flume Waterslides

FITNESS

- ◆ 3,800 sq. ft. Wellness Center
- ◆ Women's Only Express Center
- ◆ Free Weight Strength Training Center
- ◆ Cycling Studio
- ◆ Group Exercise Studio

GYMNASIUM

- ◆ Twin court, air-conditioned gym
- ◆ Suspended run/walk track (16 laps=mile)

FAMILY CENTERS AT THE Y

- ◆ Child Watch/Family Fun Zone
- ◆ Youth Fit for Life Center/Teen Center

POOL AGE GUIDELINES

Youth, ages 6 and under, must be accompanied in the water with a parent/guardian within arm's reach. Youth, ages 7-9, must have a parent/guardian in the pool area. Youth, ages 10-11, who can swim, may swim unaccompanied while a parent/guardian remains in the YMCA.

LOCKER USAGE

Lockers are available for daily use - locks left overnight will be removed. Contact the Corporate Office for rental information.

YMCA LOCKER ROOM RULES

- ◆ **Men's and Women's (Adult) Locker Room** – YMCA members and guests who are 16 years and older may use the Men's and Women's adult locker rooms. Children under the age of 16 are **NOT** allowed in either gender adult locker room at any time.
- ◆ **Youth/Family Locker Room** – Children 15 years and under and adults accompanying children 5 and under must use the adult gender specific **youth** locker room. Private changing areas are available.
- ◆ **Special Needs Locker Room** – Our special needs locker room is available for individuals who need help with showering and changing. Families desiring to remain together may also use the special needs locker room.
No food or beverages in locker room.

REFUNDS AND CANCELLATIONS

The YMCA reserves the right to cancel programs with insufficient registration. In the event of a program cancellation, participants will be notified the Thursday prior to the beginning of the session.

Refunds are given only if a class is cancelled by the YMCA due to insufficient registration or if you present a valid medical excuse.

Licensed Childcare Programs: Please refer to the handbooks provided at sign-up.

INCLEMENT WEATHER CANCELLATION POLICY

In the event that the Marshfield School District dismisses early due to inclement weather ALL YMCA youth programs and Senior Adult Programs, with the exception of After School Child Care, will be canceled. **Listen to WDLB (1450 AM) for cancellations.**

PHOTO POLICY

YMCA programs are often photographed and video taped for promotional purposes. If you do not wish to be included, please inform the YMCA at time of registration.

AWAY PROGRAM

We participate in the national "AWAY" program and you will be welcomed to other participating YMCAs according to **their** guest policy. When traveling, please carry your membership card with you.

FUN FLOATING & FAMILY NIGHT AT THE YMCA

Friday nights 6-9 pm
Y-Members: Free
Participants: \$10 per family

WEBSITE

For the latest information on all activities at the Marshfield Area YMCA, visit our new designed website, www.mfldymca.org.

YCHILD WATCH™

We build strong kids, strong families, strong communities.

The YMCA Child Watch service is open to children (age 6 weeks to 6 years) while parents are involved in programs at the Marshfield YMCA facilities. Children are under supervision at all times. In case of an emergency, parents must be in the building while their child is in our care. We ask that children arrive to Child Watch diapered and fed. If you are toilet training your child, please alert the staff and bring them in pull-ups, a diaper or extra cloth diapers.

HOURS:

Monday-Friday	8:00 am - 11:00 am
Monday-Thursday	4:30 pm - 7:30 pm
Saturday	8:00 am - 11:30 am

Hours subject to change. May close early due to low enrollment. Call on evenings if your children are going to attend.

GUEST POLICY

It is the policy of the YMCA to encourage members to invite guests. Guests are welcome to pay for a daily membership as listed below. For families on extended visits, contact our Membership Director for short-term plans.

*AGE GUIDELINES

According to our usage guidelines, youth must be at least 12 years of age to be in the YMCA without adult supervision. Youth, under the age of 12, must be in a program or be with an individual at least 16 years of age. A complete list of age guidelines is available at the YMCA or on our website.

GUEST FEE

*See Age Guidelines

Child (5 & under)	FREE
Youth (6-18)	\$5
Adult (19 & older)	\$8
Family	\$15

You'll Fit Right In at the Marshfield Area YMCA...

Welcome to the Marshfield Area YMCA, which has proudly served our community for 21 years. Here you can get on the path to health, the kids can have fun and everyone's better for it. You'll fit right in. Can't you just picture it?

By joining the YMCA you will discover what it means to truly belong. You will be part of an organization that's dedicated more than ever to helping you live strong in spirit, mind and body. Your membership entitles you to enjoy and participate in all that we have to offer. All memberships also include preferred pricing on most programs and services, as well as priority registration. Stop in for a tour and discover all that the YMCA has to offer you and your family.



We provide a wide range of community programs including: Pied Piper 4K, After School, Summer Day Camp, Teen Nights, Sports, Family, Adult, Health & Wellness, and Aquatics — all designed to help you and your family reach your fullest potential. Our Y Personal Fitness Program, FREE with your membership, offers personal coaching and a plan designed just for you, and Child Watch is available to help parents get in their work-out time.

The Marshfield Area YMCA also understands the scheduling and economic pressures which are influencing family decisions. As many of our members and participants can tell you, the value of the YMCA extends well beyond our doors. Through our [fee structure and financial assistance program](#) we can ensure that you can afford an engaging and healthy experience.

Together, let's continue or get started on the road to a healthier lifestyle.

Yours in Health,

A handwritten signature in blue ink that reads "John".

John Nystrom
CEO



Marshfield Area YMCA Gift Certificate

Are you looking for a gift that is both useful and healthy?
A gift certificate to the YMCA is your answer. Easy Shopping!
Gift certificates can be purchased at the YMCA Welcome Center.



**First
month
\$20.10!**

New Year

New You

2010 Promotion

Open January 1, 2010
8:00 am to 6:00 pm

Join on January 1 and **SAVE**.
Get the first month of membership
for \$20.10 when you authorize payment
on a bank draft, credit card,
payroll deduction or pay for the year
in full. A reduced joining fee
may apply at the time of signing up.



Healthy Kids Day



Saturday, February 13
10 am – 2 pm
Free to the Community

- ✓ Obstacle Course
- ✓ Bounce House Fun
- ✓ Power Pass Contest
- ✓ Jump Rope Marathon
- ✓ Pools 11:30 am – 2 pm
with Water Slides

Looking for more information on healthy lifestyle alternatives for you and your children? Searching for some health conscious recipes or different options for exercise? The YMCA, in collaboration with area health agencies, can help you find the answers to these and other questions related to children's health. Take a day out to learn more about good health choices for you and your family...your body deserves it. Visit the health booths while the kids have fun!



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715-387-1045



The following people and companies donated to the 2009 Strong Kids Annual Support Campaign. We are very grateful for the generosity of those who consider the mission of the YMCA a worthy recipient of their time and resources. Many families in the Marshfield area benefit from the dedication of these kind donors.

Anonymous
 Eldon Andersen
 Bill & Nancy Arndt
 Associated Sales & Leasing
 Matt Berrier
 Barbara Babcock
 The Baltus Company
 Frank Baltus
 Richard Berg
 Thomas Bitner
 Mark Borchardt/Gwen Stone
 Jack Browell
 Larry & Elaine Byers
 Eric & Emily Callaghan
 Central WI State Fair Assoc.
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 Dental Clinic of Marshfield
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 Joe & Ginny Mazza
 Drs. Gary & Allyson Mayeux
 Catherine & Daniel McCarty
 Jill Meilahn & Randy Lueth
 Dennis Michalski
 Bill Mork
 Ralph Mueller
 Allan Musack
 Earl Nelson
 Jim & Gretta Nickerson
 Frank & Debbie North
 Mark & Karen Nowack
 John Nystrom
 Michael Olsen
 Jim Opitz
 Tom Palmer Benefit Concert
 PEO Sisterhood Chapter CL
 (Kathryn Manor In honor of
 J.Opitz)
 Bob & Laurel Peterson
 Scott & Andrea Peterson
 Kathleen Pribnow
 Promolux (Tyra Hammett)
 Valeria Quirt
 Christopher Raasch
 Carole Radeztsky
 Naina & Sanjay Rao
 Bill Rebolz
 Douglas Reding

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 Mike Reigel
 Re/Max American Dream –
 The R.E. Profs LLC
 Troy & Christy Rens
 Judith A. Rhodes
 Patricia Riepe
 Rose Bowl Inc.
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 Kathleen Rulka & Brian Ewert
 Jim Rusk
 Saint Joseph's Hospital
 Theresa Schauer
 Bob Scheuer
 Scott Scheuer
 Kyle Schicker
 Mike & Anne Schmidt
 Ceola Schuette
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 Daniel & Cara Drexler
 Steve Sutterer
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 Tom & Ellen Vanderboom
 Wal-Mart Store #01-2813
 Jeff & Rebecca Weis
 John Williams Sr.
 LaMalle Winkler
 Wood County Medical Society
 Andrea Peterson
 Ronnie Word &
 Beatriz Coccoaro-Word
 Wynia & Billings SC
 Steve & Debbie Youso

All Contributions as of November 19, 2009. We apologize if we have unintentionally missed anyone.



Jeff Hill, (back left) 2009 Strong Kids Campaign Chair, and John Twiggs, (back right), co-chair, are pictured with some of this year's Adventure Day Camp kids in the Youth Fit for Life Center, which is currently undergoing exciting changes. YMCA Adventure Day Camp kids enjoy the Youth Fit for Life Center, along with daily swimming. The YMCA is committed to building strong kids, strong families and strong communities. Please consider a gift toward the Strong Kids Campaign to support your YMCA.

Make Your Donation Today!



Annual Strong Kids Campaign 2009



Name _____

Address _____

Phone () _____ E-mail _____

_____ \$50 _____ \$75 _____ \$100 _____ \$250 _____ \$500 _____ \$1000 Chairman's Round Table _____ Other

Visa Account #: _____
 Mastercard CID#: _____ Expiration Date: _____
 Discover Signature: _____

Enclosed is my check payable to the YMCA
 Stock (Call John Nystrom for more information)
 Please bill me. Monthly Semi-Annually One-Time
 My company matches gifts – Co. Name: _____
 Yes! I would like more information leaving a legacy to the YMCA through the YMCA Heritage Club.

Thanks for helping the YMCA build strong kids, strong families, and strong communities in 2008!

Marshfield Area YMCA 19th Annual Dairyfest Cheese Chase



6:00 pm Friday, June 4 Wildwood Park

EVENT		By April 30, 2010	May 1 - June 3, 2010
	10K Race	\$15 pre-registration	\$20
	2-Mile Race/Walk	\$15 pre-registration	\$20
5:30 pm	Children's Fun Run	No Charge; pre-register	
RACE DAY	10 K	\$25	<i>Race T-shirt not guaranteed on race day.</i>
	2-Mile Race/Walk	\$25	

Thank you to these 2009 Cheese Chase Sponsors

Baltus Oil Company	LifeFitness	Massage by Joel	Sentry Insurance
Burt Trophy & Awards	Marshfield Clinic	Menards	Stratford Sign LLC
City of Marshfield	Marshfield Fire Dept.	Power Pac	Subway/Team Schierl
Dairy Queen	McDonald's	Road ID	Summit Commercial Fitness
Dental Clinic	Marsh21	Roehl Transport	Walmart
Eastbay	Marshfield Parks &	Saint Joseph's Hospital/	WDLB
Forward Vending	Recreation	Ministry Health Care	

If you would like to volunteer or be a sponsor, contact Scott Schweikl at 387-4900 or sschweikl@mfldymca.org. Registration forms will be available at the YMCA or online at www.mfldymca.org. This is a major fundraiser for our annual Strong Kids Campaign, therefore in the event of a weather cancellation no refunds will be issued.

HAPPY BIRTHDAY

For your birthday have a YMCA Super Splash Party!
Use both our small and large pools and waterslides.
You can celebrate with food, cake and gifts in our
conference room overlooking the pool area.

For an extra special party, consider a Theme Party.
You pick the theme and we provide the decorations, plates,
napkins and cups. Available themes are Dinosaurs, Sports,
Princess, Barbie, Ninja Turtle, Spiderman, Pirates, Cars,
Hot Wheels, Dora Explorer and Sponge Bob.

Party Times

Friday	5:00-8:00 pm
Saturday	12:00 pm-5:00 pm
Sunday	1:00 pm-5:00 pm

Other days and times may be available upon request
for an additional fee.

Y Member

Less than 10	\$75
11-15	\$100
More than 16	\$140

Participant

Less than 10	\$100
11-15	\$125
More than 16	\$160

For a Theme Party

Y Member

Less than 10	\$105
11-15	\$130
More than 16	\$165

Participant

Less than 10	\$130
11-15	\$150
More than 16	\$185

Facility Rentals

We have room for your family gatherings, school outings, bridal showers, meetings, etc. For your next special event, call the YMCA at 715-387-4900 or email Nancy at narndt@mfldymca.org



We build strong kids, strong families, strong communities.

YMCA Child Watch

Child Watch, the YMCA in-house child care service, is open to children 6 weeks through 6 years. Parents working out at the YMCA may use this service by purchasing a Child Watch punch card from the Welcome Center.



Our staff is experienced and receives CPR/AED, Child Abuse Prevention, Shaken Baby Syndrome training, and monthly in-service training. The Child Watch staff strives to meet your child's needs by providing fun, safe, and appropriate play. We encourage physical, as well as social development through play.

We do ask that your child arrives to the program fed and diapered. If your child is in the process of being toilet trained, please inform the staff and provide pull-ups or diapers while they are in our care. (For safety reasons, parents or guardians must remain at the YMCA while their child is in Child Watch.)

Child Watch is your solution for care when you attend the YMCA!!!

CHILD WATCH HOURS

Monday-Friday	8:00 am-11:00 am	20 hours
Monday-Thursday	4:30 pm- 7:30 pm	10 hours
Saturday	8:00 am-11:30 am	Drop-ins

PUNCH CARDS

Y-Member	Participant
\$52	\$62
\$30	\$40
\$3hr	\$4hr

Punch cards are non-refundable and expire one year after the purchase date.



We build strong kids, strong families, strong communities.

2009-2010 Pryme Time

After School Care Grades K through 6

*Parents, are you rushing to school to pick up your children
or are they going home to an empty house?
Pryme Time After School Care is your answer.*

Pryme Time is a licensed program where your child will receive a healthy snack, homework assistance, structured care with friendly teachers, and social time with friends. County assistance accepted.



Once a week each site will have "Healthy Day" where a YMCA staff member will work with the group on healthy life style choices. Once a month each site has a scheduled "Y-Day" where the children will be transported after school to the Marshfield Area YMCA to swim, play games, and enjoy all that the YMCA has to offer.

Pryme Time begins the first day of school and will run through the last day of school.

School Sites: Nasonville, Lincoln, Washington, Grant, Madison and Stratford

	Y-Member	Participant
Registration Fee	\$35	\$40
Monthly Tuition		
Full time (5 days per week)	\$149	\$199
Part time (4 days a week or less)	\$99	\$135
Drop-In Rate	\$15	\$20
Per day fee for days not scheduled requires a 24-hour notice. This must be paid at the YMCA Welcome Center prior to attendance at the YMCA.		



We build strong kids, strong families, strong communities.

Parents' Night Out

5:30-8:30 pm
Saturday, January 30
Program#: 03501-01

Saturday, February 27
Program#: 03501-02

Saturday, March 27
Program#: 03501-03

Saturday, April 24
Program #: 03501-04

Saturday, May 22
Program #: 03501-05

Ages: 1-12

Y-Member: \$15 per child

Participant: \$17 per child



Why should parents have all the fun?


Looking for quality child care on Saturday nights that's affordable? Why not look to the YMCA! Your kids can have an enjoyable night out where they can play games, watch movies, enjoy a nutritious snack, and enjoy socializing with their friends.

Parents, this program runs the same night as Teen Night! What a great time for parents to get out!

The YMCA Needs YOU!

The YMCA needs "YOU" to come and share your gifts and talents as a volunteer. By sharing what you know, you increase a child's self-esteem by teaching them a new skill. You commit to "OUR" future by mentoring the next generation of parents, leaders, and professionals.

If you are willing to give of your time and talents, contact Torrie Kolbeck at 387-4900 or tkolbeck@mfldymca.org. Leave an imprint on the world...volunteer!



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Y SCHOOL AGE

We build strong kids, strong families, strong communities.

2010 Summer Day Camp



From Paula,
2009 Day Camp Parent:

“As a single, working parent, the YMCA has given me the greatest gift – peace of mind. Through their summer program my daughter engages in healthy physical and creative activities. The instructors have been very positive mentors for my child, and she is learning leadership and self-confidence skills from them. Without the YMCA, I would not be able to place my daughter in a program of this caliber. The YMCA has been a blessing for both of us. Thank you!”

- This summer the YMCA will offer a summer camp for ages 5-14.
- The camp will be held at the YMCA for the duration of the summer! No more shuffling your children around from one spot to the other.
- Attending Summer School?...Don't worry. YMCA staff will walk children to and from Grant School.
- FREE SWIM LESSONS
- We are planning another exciting summer adventure where the children will learn about themselves and the world they live in!
- Member/Non-member – One great price for all!
- Register early for our “Early Bird Special.” Registration opens February 1.
- February 1-March 15: \$25 Registration (non-refundable)
After March 15: \$35 Registration (non-refundable)

Y SCHOOL AGE

We build strong kids, strong families, strong communities.

Shamrock Shenanigans

Saturday, March 13
10:00-11:30 am
Children & adults of any ages!
Program#: 03801-01



Join us at the YMCA for an Irish Festival where we will collaborate together trying to build a Leprechaun trap to catch the ever elusive Leprechaun's. We will enjoy St. Patty's Day treats while listening to festive music and socializing with our fellow Irish friends. You don't have to be from Ireland to join us on this festive day!

Y-Member: \$7
Participant: \$9

Please register by March 11 so we can prepare for this fun event!

Early Morning Egg Hunt

Saturday, March 27
10:30-11:30 am
All ages welcome
Program#: 03802-01



Grab your bonnet and your Easter basket and hop on into the YMCA for an Egg-cellent Celebration! You're invited to join your friends at the Y to help decorate for the upcoming holiday celebration. Everyone will receive a giant egg to decorate and hang in the YMCA. We will also have a light snack before hopping out to fill our baskets with eggs!

Y-Member: \$5
Participant: \$7

May Baskets

Saturday, May 1
10:30-11:30 am
Children & adults of any ages!
Program#: 03803-01

Hey-a-day-day! Spring has sprung! Come to the YMCA to celebrate May by creating a beautiful May Basket for the special person in your life. Come join us as we gather with old friends and new friends to create beautiful baskets.

Y-Member: \$7
Participant: \$9

Dance Concepts:

Jazz & Hip-Hop

Sunday
3:00-3:45 pm
Age: 6-9 years
Program#: 05100-01
Limit: 12

This class will begin by focusing on technique as students learn how to perform ball changes, chasse, leaps, and pirouettes. Each skill will be practiced and then perfected by also including basic arm and leg placements. The newly learned skills will then be choreographed to music creating a fun dance routine.

Winter I Only
Y-Member: \$11
Participant: \$22

The Wonders of Wellness – Kids Fitness Club

Wednesdays
January 13, 20, 27, February 3 & 10
4:00-5:00 pm
Age: 7-12 years
Program#: 05142-01
Limit: 10

This 5-part series will be geared towards children ages 7-12 years and will cover the essentials of healthy living including the different components of exercise and nutrition. Contents will be fun, interactive games, activities, and snacks. The lessons learned will be carried over to include options and projects that they can do at home with their family.

Y-Member: \$12
Participant: \$15

HEALTH & WELL-BEING

We build strong kids, strong families, strong communities.

Teen New Year's Resolution & Personal Development

Saturday
Winter 1: January 4-February 21
12:00-1:00 pm
Ages: 12-18
Cost: FREE!

(At the first class, we will discuss other times and dates that might work better for the group.)



Teens, it's never too early to start thinking about your future and planning for your success!

The YMCA is developing a teen group where youth in the surrounding areas can gather to explore future goals and interests. We will have workshops with topics such as applying for a job, money management, scholarship writing, and so much more. We will also discuss how to be community minded contributors in the world we live in!

This group is only for teens that are serious about their self-development and the potentials they hold. Topics of discussion will be decided on by the teen leaders and a YMCA Youth Teen Board will be developed.

For more information, contact Youth & Family Director Torrie Kolbeck at 387-4900 or tkolbeck@mfldymca.org.

Adult New Year's Resolution

Saturday
Winter 1: January 4-February 21
3:00-4:00 pm
Cost: FREE



This is a six week program that will help "YOU" to be the best you can be! Each week we will have a different speaker teaching us how to make our lives better! Class themes will consist of financial development, stress management, parenting 101, relationship development and other topics that are of interest to the group. The first session will be a meet and greet. At that session we will discuss what interests the group has and what topics would help the development of the group. Childcare will be provided.

For more information, contact Youth & Family Director Torrie Kolbeck at 387-4900 or tkolbeck@mfldymca.org.

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435387-01



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Vacation at the Y



The YMCA is your answer for childcare on non-school days such as conference days, teacher work days, holiday vacations and emergency snow days.

Grades: K-6

Time: 6:45 a.m. – 6:00 p.m.

Location: Marshfield Area YMCA

What you need:

Lunch

Appropriate Outdoor Clothing

Tennis Shoes

Swimsuit/towel

A full day action packed program for your child that includes swimming, snacks, crafts, and sport activities!

***Bowling at Rose Bowl Lanes...**

Children will walk to Rose Bowl so be sure they are dressed appropriately. The bowling fee is added to your daily tuition so – please do not send additional money.



<u>Date</u>	<u>Y-Member</u>	<u>Participant</u>
December 28, 2009	\$28	\$38
December 29, 2009	\$28	\$38
*December 30, 2009	\$34	\$44
December 31, 2009	\$28	\$38
January 20, 2010	\$28	\$38
February 12, 2010	\$28	\$38
March 29, 2010	\$28	\$38
March 30, 2010	\$28	\$38
March 31, 2010	\$28	\$38
April 1, 2010	\$28	\$38
*April 2, 2010	\$34	\$44

Pre-registration is required for the scheduled non-school days listed. Registration forms and payment must be made prior to the use of the program. Enroll early as space fills up fast!

Stratford Vacation at the Y schedules are available by request. 5 participants are required to run the program

*Bowling Fee included

Note: Additional charge if lunch is forgotten.



We build strong kids, strong families, strong communities.

Kinder Sports

Wednesdays

Ages: 2-5

10:30-11:15 am

Winter 1: January 4-February 21

Program#: 08310-01

This program is about learning the basic movements and skills associated with various sports. With guidance from a sports instructor, you and your child together, will learn sports skills from games including soccer, basketball and baseball.

Winter 2: February 22-April 18

Program#: 08310-01

Limit: 20

Y-Member: \$25

Participant: \$35

Dad and Me Sports

Wednesdays

Ages: 3-5

5:45-6:30 pm

Winter 1: January 4-February 21

Program#: 08315-01

This program will expose your child to the vast array of sports that are played in this country and around the world. With parent involvement and the direction of sports staff, we will tackle sports such as football, baseball, soccer, basketball and hockey.

Spring: April 19-June 6

Program#: 08315-01

Limit: 20

Y-Member: \$25

Participant: \$35

Mini-Kicker

Indoor/Outdoor Soccer

Thursdays

5:45-6:30 pm

Ages: 4-6

Winter 1 Indoor: January 4-February 21

Program#: 08340-01

Limit: 25

This program will offer basic skill development such as passing, dribbling, and shooting. The remainder of the time children will be divided into teams and play full court soccer. Parents are welcome to participate.

Saturdays

10:00-10:45 am

Ages: 4-6

Spring Outdoor: April 19-June 6

Program#: 08340-01

Limit: 25

Y-Member: \$25

Participant: \$35

Tiny Shooters Basketball

Thursdays

5:45-6:30 pm

Ages: 4-6

Winter 2: February 22-April 18

Program#: 08350-01

Our staff will stress the fundamentals of basketball including dribbling, passing, and everyone's favorite – shooting. We will use mini-basketballs and lowered hoops to ensure success is achieved.

Y-Member: \$25

Participant: \$35



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Little Diggers

Monday
5:45-6:30 pm
Grades 1-4
Program#: 08540-01
Winter 1: January 4-February 21
Limit: 16

If volleyball interests you, give this program a try! As an introductory class, we will focus on the key fundamentals of volleyball that include bumps, sets, and serves. This program incorporates unique mini-games and lowered nets that will result in increased success and enjoyment.

Y-Member: \$25
Participant: \$35

Mighty Kickers Indoor/Outdoor Soccer

Tuesdays
5:45-6:30 pm
Grades 1-2
Winter 2 Indoor: February 22-April 18
Program#: 08400-01
Limit 25

This program will offer basic skill development and instruction while playing the game and having fun.

Saturdays
11:00-11:45 am
Grades 1-2
Spring Outdoor: April 19-June 6
Program#: 08400-01
Limit 25

Y-Member: \$25
Participant: \$35

Youth Floor Hockey

Thursdays
5:00-5:45 pm
Grades 1-2
Spring: April 19-June 6
Program#: 08450-01
Limit: 25

Did you enjoy playing floor hockey in gym? If so, bring your friends and take them on at the YMCA. We will use modified rules and equipment designed for indoor use to provide a safe, yet competitive environment.

Y-Member: \$25
Participant: \$35

Spring Flag Football

Saturdays
1:30-3:00 pm
Grades 1-3
Spring: April 19-June 6
Program#: 08423-01

Bring your friends for some flag football action at the YMCA. On the first day, we will have a skills review covering throwing, passing, catching, and running. We will also use this day to divide up teams. **Parents – your help is crucial in making this program run as we are always looking for coaches and referees. T-shirts are included.**

Y-Member: \$30
Participant: \$40



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Girls Youth Basketball Camp

Saturday, January 9
9:00 am-11:00 am
Grades 5-7
Program#: 08513-01
Limit: 20

This camp will offer ball handling, key components of the game of basketball, as well as shooting tips and much more. Torrie Kolbeck will run the camp. Registration is expected to fill fast so register early.

Y-Member: \$10
Participant: \$15

Baseball Camp – Catcher/Pitcher Camp

Saturdays, March 13 & 20
9:00-11:00 am
Grades 7-8
Program#: 08511-01

Get ready for the spring baseball season. The camp will cover the fundamentals of pitching and catching to get ready for the big field. Participants will be taught the differences from the small field to the large field and the different rules for pitching. This camp will be a great jump on the spring season.

Y-Member: \$20
Participant: \$30

T-Ball Instruction

Saturdays, January 2, 9, 16 & 23
10:00-11:00 am
Ages: 4-6
Program #: 08360-01

This camp will be a great opportunity to introduce your child to the game of baseball by Coach Jess Kolbeck who has more than 10 years of experience. Your child will learn the core fundamentals of this great American pastime such as throwing, catching, fielding, batting, and base running. Parents and children bring your gloves for this fun event.

Y-Member: \$25
Participant: \$35

Boys Youth Basketball Camp

Saturday, January 9
1:00-3:00 pm
Grades: 5-7
Program#: 08514-01
Limit: 20

This camp will offer ball handling, key components of the game of basketball, as well as shooting tips, and much more. Jess and Torrie Kolbeck will run the camp with assistance from high school basketball players. Registration is expected to fill fast, so please register early.

Y-Member: \$10
Participant: \$15

Lego Creator Build Off

January 9
10:45 am-12:00 pm
Ages: 7 & up
Program#: 08230-01
Limit: 15

Are you a Lego builder? Do you have a creative imagination? If so, the YMCA is hosting a Lego Creator build-off. YMCA staff will pick a theme or object to build and you have an hour to build it. After the build time, staff will take pictures of your creations to display at the YMCA Welcome Center! You can choose to build with your own Legos or the YMCA will provide all the Legos you will need. Parents, bring a camera and see what your child creates!

Y-Member: \$3
Participant: \$6

Rockets Red Glare

Saturday, April 10
10:00 am-11:30 am
Ages: 7&up
Program#: 08240-01
Limit: 15

Discover the evolution of rocketry and how they work! In this program, we will be making our own air rockets and launching them in the gym (or outside depending on weather) to see how far and accurate they fly! Before we start building our rockets, we will watch a short video on how rockets evolved from primitive fireworks to getting man into space! The YMCA will provide all the materials you need to build your rocket.

Y-Member: \$6
Participant: \$9



We build strong kids, strong families, strong communities.

Youth Basketball League

Saturday
Winter 1: January 16-March 6
Grades 1-4 Co-ed
Grades 1-2: Start at 11:00 am
Grades 3-4: Start at 1:00 pm
Program#: 08403-01

The YMCA has gone to the drawing board and redesigned its basketball program from the ground up. Participation in the league is determined by team registration. Forms are available at the YMCA Welcome Center. Grades 1-2 will play one game a week for 7 weeks and Grades 3-4 will play double headers for 7 weeks. Other communities have been invited to play such as Stratford, Abbotsford, and Pittsville. League is limited to 8 teams per division and is filled on a first-come, first-served basis.



**New, redesigned
basketball
program!**

Fee: \$75 per team up to 10

Play It All Dodgeball

Monday
5:30-6:05 pm
Grades: 3-4
Spring: April 19-June 6
Program#: 08480-01
Limit: 25

This is an exciting game for both boys and girls in Grades 3-6. Dodgeball is a game of speed and agility that also requires some skill and strategy. We will play different versions of this game such as jailball, divide and conquer, and last pin standing to keep things interesting.

Monday
6:15-6:50 pm
Grades 5-6
Spring: April 19-June 6
Program#: 08480-02
Limit: 25

Y-Member: \$20
Participant: \$25

Youth Volleyball League

Monday
6:00 pm start
Grades: 6-8
Winter 2: February 22-April 18
Program #: 08440-01

Teams will be formed by submitting a team roster. We will play three scored matches up to 15 points or the leader after 15 minutes. You must win by two. Remaining time will be used for practice and free play. Winners will receive team trophy. Games will start on 45-minute time intervals.

\$40 per team

3v3 Basketball Tournament

Saturday, April 17
9:00 am-1:30 pm
Grades: 7-8
Program#: 08483-01

Tournament is limited to a maximum of 8 teams. Registration is taken by team. The tournament structure is a true double elimination and you are guaranteed at least two games. Tournament end time and structure will vary depending on the number of teams registered. Tournament fills on a first-come, first-served basis. Winners receive awards.

\$15 per team

9-12 Grade Dodgeball Tournament

Saturday, March 20
9:00 am-Approximately 5:00 pm
Grades 9-12
Program#: 08481-01

Tournament is limited to a maximum of 8 teams. Registration is taken by team. The tournament is structured as a true double elimination and you are guaranteed at least two matches. Nine games lasting a total of three and a half minutes a piece constitute a match. Tournament end time and structure will vary depending on the number of teams registered. Tournament fills on a first come, first-served basis. Winners receive a team trophy.

\$25 per team

Speed Camp

Winter 1 Session
Grades 6-8
Saturday 11:00-1:00
Program#: 08550-01
Limit: 20

Do you want to get a jump on the competition? Tired of falling behind? This program is aimed at helping participants improve their running technique by teaching proper form, increasing the rate of footfall, and expanding stride length. Participants will also work on increasing flexibility and agility. Classes will include a variety of drills, resistance training in the weight room, and even a day in the pool! Performance testing will be completed during the first and last class to show improvements. A PAR-Q form will need to be complete with registration.

Winter 1 Session
Grades 9-12
Saturday 1:30-3:30
Program#: 08550-02
Limit: 20

\$30 Y-members
\$40 non-members



We build strong kids, strong families, strong communities.

Private Baseball Lessons

By appointment only
Winter 2: February 22-April 18

Please contact Youth & Family Director at the YMCA, 387-4900.

Pee Wee Floor Hockey

Tuesdays
5:45-6:30 pm
Ages: 4-6
Spring: April 19-June 6
Program#: 08324-01
Limit: 15

In this new program we will learn what it is like to play hockey and parents get to be part of the fun! We will learn how to handle a hockey stick, along with shooting and passing. On most days, we will attempt to play a modified game, with both instructor and parent participation.

Y-Member: \$25
Participant: \$35

Rookies Baseball

Thursdays
6:00-6:45 pm
Ages: 4-6
Spring: April 19-June 6
Program#: 08510-01
Limit: 15

Got a little one who loves the Milwaukee Brewers or baseball in general? If so, give this program a try! In Rookies Baseball, we will explore the skills that make this game an American pastime. Fundamentals such as throwing, catching, fielding, batting, and base running will be stressed. Please have your child bring a glove as we will learn what it is like to play with one. Safety baseballs and tennis balls will be used to eliminate injury and increase success.

Y-Member: \$25
Participant: \$35

Rookies Flag Football

Saturdays
12:15-1:00 pm
Ages: 4-6
Spring: April 19-June 6
Program#: 08323-01
Limit: 15

As an introductory football program, you child will learn the basic fundamentals of the sport which includes passing, catching, and running. We will use nerf footballs to increase confidence and eliminate injury. The program will culminate with an introduction to gameplay and teamwork.

Y-Member: \$25
Participant: \$35

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YADULT LEAGUES™

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Coed Dodgeball League

Tuesdays
6:00 pm
Winter 1: January 4-February 21
Ages 18+
Program#: 08610-01
Limit: 8 teams

Relive those glory days in gym class and on the playground with a little competitive dodgeball. Teams will be formed by submitting a team roster. Team information and rules are located at the front desk. League is limited to 8 teams and is filled on a first-come, first-served basis.

\$75 per team

Men's 4v4 Basketball

Sundays
3:00 pm
Ages: 18+
Winter 1: January 4-February 21
Program#: 08601-01
Limit: 8 teams

This will be a call your own foul league. Team registration only. Score will be kept by a YMCA staff person. Calls that can't be resolved will be determined by the YMCA staff person present.

\$75 per team

Women's 4v4 Basketball

Sundays
Starting at 3:00 pm
Ages: 18+
Winter 1: January 4-February 21
Program#: 08602-01
Limit: 8 teams

This will be a call your own foul league. Team registration only. Score will be kept by a YMCA staff person. Calls that can't be resolved will be determined by the YMCA staff person present.

\$75 per team

Coed Volleyball League

Wednesdays
6:00 pm
Winter 2: February 22-April 18
Program#: 08605-01

Games will start at 6:00 pm at the YMCA with each successive game beginning 45 minutes later.

\$75 per team

Coed Chuck N'Duck Dodgeball Tournament

Saturday, March 13
9:00 am-Approximately 5:00 pm
Ages 18+
Program#: 08615-01

Tournament is limited to a maximum of 8 teams. Registration is taken by team. The tournament is structured as a true double elimination and you are guaranteed at least two matches. Nine games lasting a total of three and a half minutes a piece constitute a match. Tournament end time and structure will vary depending on the number of teams registered. Tournament fills on a first-come, first-served basis.

\$20 per team

4v4 Coed Indoor Soccer

Winter 2: February 22-April 18
Sundays
3:00 pm
Ages 18+
Program#: 08602-01

League is open to a maximum of 8 teams and is filled on a first come, first served basis. Forms and rules are available at the YMCA Welcome Center.

\$75 per team

4v4 Adult Flag Football

Spring: April 19-June 6
Sundays
1:00 pm
No games Memorial Day weekend
Ages 18+
Program#: 08600-01

League will take place at the YMCA fields and is open to a maximum of 8 teams, and is filled on a first-come, first-served basis.

\$75 per team



We build strong kids, strong families, strong communities.

Beginning Tae Kwon Do

Wednesday

Ages 6 and up

6:30-8:30 pm

Program#: 08010-01

Y-Member: \$52

Participant: \$70

A class designed for the newest of Tae Kwon Do participants, we offer a once a week class designed to give a basic understanding of this popular martial art. This class stresses the physical fitness, self-confidence, and disciplines that only Tae Kwon Do can offer, while allowing you to see if our class is right for you. On the first day of class, instructor Steve Greunke will introduce you to the basic tenets of Tae Kwon Do and present your first robe to you (a \$25 value). Each week will involve new moves and a better understanding of the ancient art. Join us, sign up for the excitement today.

Sponsored by Everhard's Karate, Medford, WI

Tae Kwon Do

Ages: 6 and up

Program #: 08010-02

Day	Time
Monday	6:30-8:30 pm
Wednesday	6:30-8:30 pm

Y-Member: \$35

Participants: \$60

This class stresses the physical fitness, self-confidence, and discipline that only martial arts can offer. You may attend any or all of the 3 action packed classes offered each week. Join us for some kicks, courtesy, and camaraderie that are unsurpassed. After over a decade of mentoring youth and adults through this program, Instructor Steve Greunke continues to cultivate his class into the best in the area.

Sponsored by Everhard's Karate, Medford, WI



Marshfield Area YMCA Gift Certificate

Are you looking for a gift
that is both useful and healthy?

A gift certificate to the YMCA is your answer.

Easy Shopping!

Gift certificates can be purchased at
the YMCA Welcome Center.

NOMINATIONS DUE JAN. 11

Teen Character Awards

Monday, March 22, 2010

Marshfield Holiday Inn Hotel and Convention Center

Marshfield Area YMCA, along with the Marshfield News-Herald, is proud to host the 5th Annual Teen Character Awards on March 22, 2010 at the Marshfield Holiday Inn Hotel and Convention Center. During this prestigious banquet, we will acknowledge those teens that exhibit the YMCA's four core values of caring, honesty, respect and responsibility in their everyday lives.

We ask for your help in nominating our incredible teens for their commitment to outstanding character. Please help reinforce the benefits of having good behavior, making good choices, and being good citizens and nominate an area teen today. Upon nomination, each teen will be invited to join us for a night of fun, food and friendship.

After an exciting evening, we will unveil our Teens of Distinction Award winners as chosen by our panel of judges. Each Teen of Distinction will receive a \$200 savings bond courtesy of Marshfield Savings Bank. These teens will serve as quality role models and encourage other youth to incorporate these values in their daily lives. By implementing the importance of strong principles, teens will develop core character traits, which will benefit both their personal and professional lives.

Honor an area teen who has impacted your life through the display of outstanding character. Show them they are appreciated.

Invest in our future.

Contact Sara Henrichs at 387-4900 or
shenrichs@mfldymca.org for more information.

YMCA Teen Nights



The YMCA is all yours for 3 hours of fun, fitness, and entertainment. Check out what is available to you!

- Wii Sports, Wii Fitness, Wii Ski
- Dance Dance Revolution
- Table Tennis
- Gymnasium
- Swimming Pool
- Carpetball
- Plus much, much more

Each teen night, we will have a special activity such as 3v3 basketball, volleyball, and the smash hit: Dodgeball!



Teen Night Dates

6:30-9:30pm

January 30

February 27

March 27

April 24

May 22

Cost: Y-Member: Free
Participant: \$2

Grades: 6 and up

Questions?

Contact the Youth & Family Department at 387-4900

Youth Fit 4 Life Center



Supervised Hours

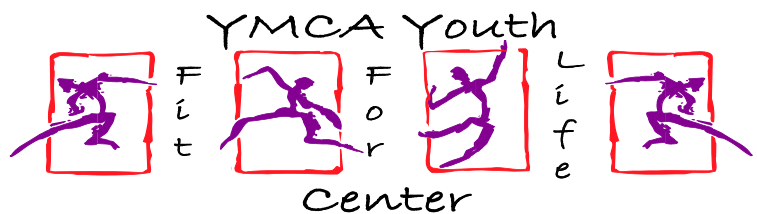
During Supervised Hours, children may be signed into the Youth Fit 4 Life Center by a Parent/Guardian to exercise under the watch of our coaches.

M-Th	3:30-6:30 pm
Friday	3:30-5:30 pm
Saturday	10:00 am-2:00 pm
Sunday	10:00 am-3:00 pm

Unsupervised Hours

All children must be accompanied and supervised by an adult while in the Youth Fit 4 Life Center. Please ask one of our Welcome Center staff to open the door for you.

The Youth Fit 4 Life Center, a place for the 5-12 year old YMCA members to exercise and have fun. The Youth Fit 4 Life Center offers Dance-Dance Revolution, Foosball, Wii, Ping-Pong and more.
Stay tuned!



YMCA Home-School Physical Education

What: A physical education opportunity for all home-schoolers, directed in part by the YMCA staff.

Where: The Marshfield Area YMCA gym, pool and youth areas.

When: 1:00-3:00pm Tuesdays; the last Tuesday of each month will be a swim day.

Why: Physical conditioning and fellowship for parents and students alike.

How: Fill out a registration form at YMCA Welcome Center.

Cost: Y-Member: Free but must register
Participants: \$14 per family for each 7-week session.

Each week there will be an opportunity for "free play". Throughout the year, specific, organized programs targeting different age groups will be offered.

Parents are expected to supervise their own children.

This is not a drop-off program.

Winter 1 Session: January 4-February 21

Registration Dates: Y-Members: Monday, December 14

Participants: Thursday, December 17

Program#: 08115-01

Winter II Session: February 22-April 18

Registration Dates: Y-Members: Monday, February 1

Participants: Thursday, February 4

Program#: 08115-01

Spring Session: April 19-June 6

Registration Dates: Y-Members: Monday, March 29

Participants: Thursday, April 1

Program#: 08115-01



Please contact
Anne Warren
(715-384-3316)
with any questions.

Gym and Swim



Winter 1: January 4-February 21

Winter 2: February 22-April 18

Tuesday

Program#: 08110-01

AND/OR

Thursday

Program#: 08110-02

9:00-11:00 am

Ages: 0-10 years old

Looking for a place where your children can run around, have some free play time, and release some of their energy during the winter months? If so, please come and join us. We will have age-appropriate gymnasium equipment and fun things for the kids to play with. The last week of the month, we will meet at the small pool for some swimming time. Parental supervision is required.

Sign up for one or both sessions.

Y-Member: Free (however registration is still required)

Participant: \$14 per family per session

\$14 for one day; \$28 if you want to attend both days

YAQUATICS™

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Winter 1 Session Dates: January 4-February 21

Registration Dates:

Y-Members and City Residents
Monday, December 14
Participants
Thursday, December 17

Winter 2 Session Dates: February 22-April 18

Registration Dates:

Y-Members & City Residents
Monday, February 1
Participants: Thursday, February 4

Spring Session Dates: April 19-June 6

Registration Dates:

Y-Members & City Residents
Monday, March 29
Participants: Thursday, April 1

Swim Class Fees

YMCA Member: \$37
City Resident: \$45
Participant: \$55

The city resident fee is subsidized by the City of Marshfield for any person who resides in Marshfield and pays taxes to the City of Marshfield but is not a YMCA Member. – Does not apply to adult/teen instruction.

Youth swimmers new to YMCA Swim Lessons should attend a skill check for proper placement. Call the YMCA at 387-4900 to make an appointment.

Classes not meeting minimum enrollment requirements may be combined. **A short skill assessment will be conducted the first day of each class to ensure proper placement.**

Cancellations made after 6 pm the Thursday prior to the start of the session will not be refunded or credited without a written medical excuse.

The YMCA reserves the right to cancel swim lessons during inclement weather. All cancelled lessons will be rescheduled.



A Parent's Perspective...

"We have moved a lot and participated in many different swim lesson programs. The Marshfield YMCA is among the BEST! The instructors are AWESOME – across the board. I like that multiple class offerings are made at the same time to allow for children of different ages to participate. GREAT JOB."

"Both my kids looked forward to coming to swim lessons. They had so much fun that it was like they were just swimming, not realizing they were learning how to swim at the same time."

Preschool, a new class being offered, is an all-ability swimming lesson for children 3½-5 years of age, using the same YMCA curriculum as the current preschool class. All classes limited to 5 participants.

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Parent-Child Aquatic Classes

Ages: 6 months - 5 years Class Length: 30 minutes

Aqua Babies

6 months - 18 months
Class Length: 30 minutes

Aqua Babies is a parent/child introduction to water enjoyment and aquatic safety skills for both parent and child. This class is designed to encourage parent/child learning and water adjustment through songs and games while encouraging development of motor skills such as kicking and arm movement.

Parent Child

19 months - 36 months
Class Length: 30 minutes

Parent Child is a water enrichment class for parent and child to help begin the transition into our preschool learn-to-swim program. Through song, games, and other water activities you and your child will learn proper holds, kicking, arm movement, and become more comfortable in the water. This class is an excellent opportunity for children to begin transitioning to the pre-school swim program.

Mighty Mites

3 years - 5 years
Class Length: 30 minutes

Mighty Mites is designed for children who are fearful or apprehensive in the water and not ready to take group lessons. During the class, you and your child will work on water adjustment, kicking, floating and beginning swim skills designed to prepare your child for a group lesson by themselves. This class is a great introductory level to a Pike or Polliwog class for a child who does not have much experience in the water.

PRE-SCHOOL AQUATICS PROGRAM

AGES: 4 – 5 Class Length: 40 minutes

Our preschool program provides children with their first pool experience without parental assistance in a safe, fun and positive learning environment. Using student-centered teaching methods our instructors use progressive, multi-phased methods to help your child learn the building blocks of swimming. The main components of this program are personal safety, personal growth, stroke development, rescue skills, water sports and games.

Pike



Pikes introduces new little swimmers 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.
Prerequisites: NONE

Eel



Eels is designed for little swimmers who are well adjusted to the water and have completed Pike skills. Eel swimmers continue to build on the basics learned in Pikes, such as kicking and progressive paddle stroke. Additionally, they will learn more about pool safety and develop their floating. **Prerequisites:** Completion of Pike level or can swim independently 2 yards and float independently on front and back for 5 seconds.

Ray



Rays is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in Rays will be introduced to rhythmic breathing, front and back crawl, treading water, and rescue skills. Swimmers will also start learning the basics of elementary backstroke and breaststroke.
Prerequisites: Completion of Eel level or can swim independently on front and back the width of the small pool (7 yards) and float independently on back for 20 seconds and on front for 10 seconds.

Starfish



Starfish is an advanced level for those swimmers who are proficient in front crawl and are 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 breaststroke.
Prerequisites: Completion of Ray level or can swim front crawl 7 yards and is comfortable in the large pool.









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Progressive (School Age) Aquatics Program

Ages 6 and up

Class Length: 40 minutes

Whether your school-age swimmer is new to swimming or already swimming circles around you, our School Age swim program offers the class that is right for him or her. Using a student-centered approach to learning we deliver the skills in a safe, fun, and positive learning environment. Your child will learn personal safety, stroke development, rescue skills, water sports and games.

Polliwog		<p>Polliwog introduces school-age children to the pool and helps them adjust to the water. In Polliwog, swimmers will learn front and back floating skills, paddle stroke on both front and back, personal safety and the use of floatation devices. Prerequisites: NONE</p>
Bluegill		<p>Swimmers in Bluegill continue to gain confidence in their abilities by practicing paddle stroke skills, floating and rotary breathing without the aid of floatation devices. Children learn new skills of treading water and survival floating. Students will begin practicing front and back crawl skills and will be introduced to breaststroke, sidestroke, and elementary backstroke in the level also. Upon completion of this level interested swimmers are encouraged to join the Sharks Swim Team. Prerequisites: Completion of Polliwog or can swim independently on front and back 15 yards and float independently on front and back for 20 seconds.</p>
Guppy		<p>Swimmers in Guppy begin to refine their skills for breaststroke, sidestroke, and elementary backstroke while continuing to develop their front and back crawl. Swimmers will also work on survival floating and treading water and be introduced to rescue skills in this level. Prerequisites: Completion of Bluegill or can swim 25 yards of front crawl and back crawl and tread water 30 seconds.</p>
Minnow		<p>Swimmers in Minnow continue to work on improving their swimming stroke of front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke while increasing endurance and technique. Swimmers will be introduced to butterfly in this level and open turns. Prerequisites: Completion of Guppy or can swim 25 yards of front and back crawl with good form and can perform breaststroke, sidestroke, and elementary backstroke for 25 yards.</p>
Fish		<p>Fish is an advanced level for swimmers to work on stroke refinement and endurance. Flips turns and different kinds of kicks for treading water are introduced along with first aid and CPR skills. Prerequisites: Completion of Minnow or the ability to swim 50 yards of front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke and can swim 25 yards of rudimentary butterfly.</p>
Flying Fish		<p>Flying Fish swimmers focus on perfecting their strokes and increasing their endurance with the use of open and flip turns. Swimmers are also introduced to three new strokes in this level: Inverted Breaststroke, Overarm Sidestroke, and Trudgeon Crawl. Prerequisites: Completion of Fish or can swim 100 yards of front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, and can swim 50 yards of butterfly along with the ability to tread water and survival float for 6 minutes.</p> <p>When you have passed Flying Fish, consider joining the YMCA Swim Team to increase and enjoy your swimming ability. Or for the benefit of others, enroll in upcoming lifeguard training classes or volunteer to help with swimming classes. For more information, call 387-4900.</p>



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Swim Lesson Schedule

Swim class fees: Y-Member: \$37 City Resident: \$45 Participant: \$55

All classes are 40 minutes in length with the exception of Aqua Babies and Parent/Child classes which are 30 minutes.

New class!

Preschool: An all ability swim lesson for children 3½-5 years of age, using the same YMCA curriculum as the current preschool class. All classes limited to 5 participants.

Monday	5:00 pm	Program#	5:45 pm	Program#	6:30 pm	Program#		
	Pike	04014-01	Parent/Child	04012-01	Starfish	04017-01		
	Eel	04015-01	Pike	04014-02	Guppy	04103-01		
	Ray	04016-01	Eel	04015-02	Minnow	04104-01		
			Polliwog	04101-01	Fish	04105-01		
			Bluegill	04102-01	Flying Fish	04106-01		
Tuesday	10:45 am	Program#	4:15 pm	Program#				
	Parent/Child	04012-02	Preschool	04018-01				
Wednesday	9:30 am	Program#	4:30 pm	Program#	5:45 pm	Program#	6:30 pm	Program#
	Preschool	04018-02	Preschool	04018-03	Aqua Babies	04011-01	Ray	04016-02
					Pike	04014-03	Polliwog	04101-03
					Eel	04015-03	Guppy	04103-02
					Polliwog	04101-02	Minnow	04104-02
					Bluegill	04102-02	Fish	04105-02
							Flying Fish	04106-02
Thursday	9:00 am	Program#	5:00 pm	Program#	5:45 pm	Program#	6:30 pm	Program#
	Preschool	04018-04	Pike	04014-04	Mighty Mites	04013-01	Polliwog	04101-04
	9:45 am	Program#	Eel	04015-04	Pike	04014-05	Bluegill	04102-03
	Parent/Child	04012-03	Ray	04016-03	Eel	04015-05	Guppy	04103-03
					Starfish	04017-02	Minnow	04104-03
Saturday	9:00 am	Program#	9:45 am	Program#	10:30am	Program#	11:15 am	Program#
	Pike	04014-06	Pike	04014-07				
	Eel	04015-06	Eel	04015-07	Bluegill	04102-05	Fish	04105-03
	Bluegill	04102-04	Polliwog	04101-05	Guppy	04103-04	Flying Fish	04106-03
Sunday	3:00 pm	Program#	3:45 pm	Program#				
	Polliwog	04101-06	Guppy	04103-05				
	Bluegill	04102-06	Minnow	04104-04				

New for all...

Community Swim



Open to all Marshfield and surrounding area residents.
Enjoy some family friendly swimming time to wrap up the week.
At 4:00-5:30 pm Sundays, beginning January 1,
both pools will be open to non-member families at **\$1 per person!**
All pool rules apply and will be enforced.
Participants will be restricted to the pools and locker room areas only.

Open Swim

Open swim in small pool the last Tuesday
of each month 9:00-10:45 am.

This will be a guarded pool time for all
members and guests wishing to use the small pool
in the morning.

**Children with their parents
ARE permitted at this time.**

Financial Assistance

Every child deserves to learn to swim. Financial assistance
is available to all who qualify.
Inquire at YMCA Welcome Center.



Splash

**A fun way for kids to learn how to
be safer around water!**

For ages 6 and up

Monday - Thursday

March 29, 30, 31 & April 1

10:00 am

Program#: 04820-01

11:00 am

Program#: 04820-02

Only \$5 for the 4 classes

•Low student-teacher ratio

Caring, well-trained instructors

Safe, clean pool

Sign up now!

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Specialty Swim Programs

Adult/Teen (ages 13 & up)

Swim Lessons

Monday

Class length: 40 minutes

Time	Program#
7:15-7:55 pm	04201-01

Y-Member: \$37

Participant: \$55

Safe swimming skills are something everyone should know at any age! Participants will learn to adjust to the water and to develop proficiency in the pool. For those more comfortable in the water, stroke development and endurance are the focus. Water safety is emphasized with all participants, who will be divided by age (teen & adult) and skill level. This class will be held in either the large or small pool depending on the skill levels of class participants.

Private Swim Lessons

Class length: 30 minutes

Y-Member: \$18

Participant: \$36

The YMCA offers private lessons for children and adults, **5 years and up**. To sign up, complete a private swim lesson form at the Welcome Center. Lessons are subject to the availability of instructors. Lessons are ½ hour and are one-on-one. Private lessons will be taught by YMCA employees. Contact the Aquatic Director with any questions.

Semi-Private

Swim Lessons

Class length: 30 minutes

Y-Member: \$18

Participant: \$36

Two participants share the same time slot with one instructor. Fill out Private Swim Lesson form. Requests will be honored based on instructor availability and available pool space.

Adaptive Aquatics

Class length: 30 minutes

Y-Member: \$31 for 6 classes

Participant: \$49 for 6 classes

This program offers swim lessons to children with special needs who may find it hard to learn to swim in a group environment. Classes will be adapted to work with each participant on individual needs while learning basic water safety and swimming skills. Classes are set up one-on-one with an instructor at a time that works for you and the instructor. For questions or to see if your child qualifies, contact the Aquatic Director.

Scout Swim Testing

Cost per swimmer: \$4



Each Spring, we conduct swim testing for area scouts to determine their swimming abilities prior to arriving at camp. We will be holding skill tests on the following dates and times. March 2 & 18, April 6 & 15, May 4 & 20 @ 7:15pm and March 28, April 25 and May 23 @ 4:00pm. These tests will be conducted by a Certified Lifeguard, will use forms accepted by the scout's camp, and on completion, will satisfy the water skill testing for admission to the waterfront areas determined by each participants' swimming ability. Please call the Marshfield Area YMCA @ 715 387 4900 24 hrs in advance to notify the Aquatic Director with anticipated numbers to ensure proper staffing. The cost for all swimmers will be \$4 each.

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Popular Water Exercise Classes

Water Exercise (low intensity)

Monday/Wednesday/Friday

Time **Program#**
10:00-11:00 am 04305-01

Y-Member: \$63
Participant: \$87

This water exercise class is for those participants who want MORE aerobic exercise without the jarring effects of land-based programs. This class meets three times a week and is taught in the large pool. No swimming skills are required.

Water Exercise (high intensity)

Tuesday/Thursday

15 years and up

Limit: 25

Time **Program#**
8:30-9:30 am 04305-02
5:40-6:40 pm 04305-03

Y-Member: \$42
Participant: \$66

Water exercise is a fantastic aerobic workout, which uses the resistance of water to exercise. Enjoy a total body workout without the impact. No swimming skills required.

Senior Water Exercise

Monday/Wednesday/Friday

Limit: 15

Time **Program#**
10:00 - 10:45am 04310-01

Y-Member: \$48
Participant: \$72

An excellent way to exercise and NO swimming skills are required! Class is held in the therapy pool. This class uses the resistance of the water to increase cardiovascular endurance, develop flexibility and improve muscle tone. Join in the fun! **Water temperature will be between 84 and 88 degrees.**

Arthritis Foundation Aquatic Program

Monday/Wednesday/Friday

Time **Program#**
8:30-9:15 am 04315-01

15 years and older
Limit: 15

Y-Member: \$48
Participant: \$72

The YMCA & Arthritis Foundation provides a specially designed aquatic class for people with arthritis and related conditions. Class is held in the therapy pool. This class requires a physician's referral that must state participant has arthritis. **Water temperature will be between 84 and 88 degrees.**

Arthritis Foundation Aquatics Program Deep Water Workout

Monday/Wednesday/Friday

Time **Program#**
9:00-10:00 am 04315-02

15 years and older
Limit: 15

Y-Member: \$63
Participant: \$87

The Arthritis Deep Water Aquatics Program is a recreational group exercise program that was co-developed by the Arthritis Foundation and the YMCA of the USA. Exercises in the class can improve range of motion, muscle strength and endurance. Class is held 50% of the time in the large pool and 50% of the time in the shallow (5'6" depth) with water belts. You do not need to know how to swim to participate in this class.



Fun Floating & Family Night at the YMCA

Friday nights are family fun & fun floating nights at the YMCA. Join us in the pool for a night of fun on the waterslides, in between swimming a lap or two. Or why not join in on a game of basketball, volleyball or soccer. We also have the Youth Fit for Life Center where the whole family can either play on the Dance, Dance Revolution, play ping pong, foosball or the Wii.

Time: 6 pm-9 pm (Pools close at 8:30)

Waterslide hours:

6 pm-7:30 pm

Cost:

Y-Members: Free

Participants: \$10 per family

What to Bring:

- ↪ Favorite tubes, rafts or life jackets
- ↪ Swim suit
- ↪ Sneakers



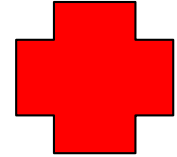
Some Pool Restrictions Do Apply:

- ✓ Rafts must measure 36" by 72" or smaller.
- ✓ Inner tubes need to be 10" in height or less.
- ✓ Beach balls are not allowed
- ✓ Rough play is strictly prohibited

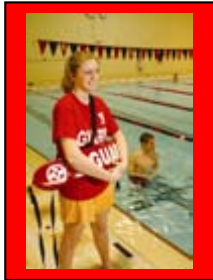


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American Red Cross Lifeguard Certification



Participants will be certified in Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer. Course includes Lifeguard Manual and resuscitation mask. To be certified, you must attend ALL classes.



Friday, February 19

6:00 pm - 10:00 pm

Saturday, February 20

8:00 am - 8:00 pm

Sunday, February 21

8:00 am - 4:00 pm

PREREQUISITES:

- ✓ Minimum 15 years of age;
- ✓ 300 yards continuous swim front crawl and breast stroke;
- ✓ Swim 20 yards, retrieve 10 lb. brick from 7 foot depth, return to starting point and exit pool within 1 minute 40 seconds.

For more information or to be placed on an interest list, contact the Marshfield Area YMCA at 387-4900. All persons interested must pre-register at the YMCA by Thursday, February 11, 2010 to ensure a spot in the class.

Fee:

Y-Member: \$140

YMCA Sharks Swim Team

Ages 5-18



Join the Sharks Swim Team and discover the excitement, friendships, and self-confidence that come with competitive swimming. The swim team competes at the local, state, and national levels. Practice times focus on fundamental competitive swimming skills, team building, and endurance. Swimmers learn race strategies and have the opportunity to participate in swim meets. Interested swimmers must be able to swim 25 yards of both front and back crawl, or have passed through Bluegill progressive swim lessons. Swimmers will be assigned to practice groups based on ability, age, experience, and level of commitment.

Swimmers new to the sharks should take advantage of the two-week free trial. Swimmers may try the team for two weeks without obligation at any time during the season. Trial passes are available at the YMCA Service Desk.

No practice is mandatory; families determine their own level of involvement. The Sharks also participate in a variety of swim meets and social events during the season. Participation in away meets and social events is optional. Swimmers sign up for each meet and event they want to participate in.

Swimmers must be members of the YMCA in order to join the team.

For practice schedules, meet information, special events, and further swim team information, visit our website: <http://www.mfldymca.org/swimteam>

Adult Swim League and Strength Training January 4 – March 4

Adult Swim League T/R 6:45-7:30 PM	The Adult Swim League is for adults ages 19 and older who can swim 1 length of the pool and wish to improve their stroke technique and stamina. This program is ideal for triathletes and everyday lap swimmers.	Y Member: \$60 Participant: \$90 Program#: 04550-02
Swim Strength Training T/R 5:50-6:20 PM	The Senior strength training program is for members of the Senior group and Adult Swim League. The program emphasizes strengthening swimming-specific ranges of motion as well as preventing injury.	Y Member: \$40 Participant: \$60 Program#: 04552-02

Winter Swim Season January – March 2010

The winter swim season began in October 2009. Call Coach Aaron at 387-4900 to arrange a prorated fee.

Group	Description
Junior 1 T/R 3:30-4:15 PM F 3:30-4:30 PM	The Junior 1 group is for new and returning swimmers 6-10 years old. Focus is on learning strokes and having fun. Swimmers must be able to swim 1 length of the pool to join.
Junior 2 M/W/F 3:30-4:30 PM	The Junior 2 group is for more experienced swimmers age 11 or younger. New swimmer ages range from 9 to 11 years old. Focus is on refining strokes, starts, and turns. A basic training program is also implemented.
Senior M-F 4:15-5:40 PM	The Senior group is for experienced swimmers ages 11 and older capable of training up to a 90-minute period. Focus is on advanced technique refinement, as well as intense physical training and race preparation.

YMCA Sharks Swim Team

Ages 5-18



Spring Stroke Clinics & Pre-Season April 19 – May 21

Beginner Stroke Clinic T/R/F 3:30-4:15 PM	The beginner stroke clinic is for new swimmers looking to explore the world of competitive swimming. Focus is on developing each of the competitive strokes, as well as introducing stroke drills, starts, and turns.	Y Member: \$39 Participant: \$59 Program#: 04531-01
Intermediate Stroke Clinic M/W/F 3:30-4:15 PM	The intermediate stroke clinic is for returning swimmers aiming to improve their technique. Focus is on refining strokes and race details, and setting good practice habits.	Y Member: \$39 Participant: \$59 Program#: 04531-02
Senior Pre-Season M-F 4:15-5:40 PM	The senior pre-season is for returning swimmers training in the Senior practice group. Focus is on refining strokes and race details, with additional movement analysis.	Y Member: \$59 Participant: \$79 Program#: 04536-01
Adult Swim Clinic T/R 6:45-7:30 PM	The Adult Swim Clinic is for adults ages 19 and older who can swim 1 length of the pool and wish to improve their stroke technique and stamina. This program is ideal for triathletes and everyday lap swimmers.	Y Member: \$39 Participant: \$59 Program#:04551-01



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Welcome -- You Belong!

On behalf of the Marshfield Area YMCA, we would like to welcome you to our extensive offering of Aerobic, Strength, and Wellness Programs. Browse the following pages and enroll in the program that best fits you. Any choice of a daily or weekly program of exercise offers you, the Health Seeker, the life-long benefits of wellness. Participation in structured programs or a daily routine of exercise and balanced eating benefits the individual in all components of life -- **Spirit, Mind & Body.**

A few items to note as you select your class or program:

The best time to enroll in a class is at the beginning of our program cycles or sessions. Each of our 6 sessions runs for 7 weeks, with the exception of the summer, which is 10 weeks. Prices for classes are based on how often and how long the classes meet, once, twice or 3 times a week, 30, 40, 50 or 60 minutes per class. Each class has a specific size limit, and enrollment for late registration is not guaranteed. Members do have the option of first registration so take advantage of this privilege. We do not prorate registration for classes. There will be an exception for medical reasons when provided with a doctor's written excuse and for members joining half way into an active class when there is space. If you expect to be gone halfway through the session, we will not prorate. **(Must be 13 to participate in our fitness classes. Parental supervision and/or a doctor's referral may be requested.)**

Involvement and participation in a class is based on your personal goals. All classes are listed with a description and expected intensity and ability. You may take a class you are not registered for by purchasing a "drop-in" pass at the Welcome Center (space provided). The fee is \$3 for a Y member and \$6 for a participant. (Class only.) Purchase your drop-in pass at the Welcome Center and present it to the instructor at the beginning of class.

Comfortable workout clothing is best for any class. Comfortable tennis shoes (not your outdoor shoes) are recommended for classes.

Super Saturday Work Out:

Super Saturday Workout is a group exercise class that varies each Saturday. A schedule will be posted at the beginning of each month. Members can work out for free from 8:15-9:30 am. Participant rate is \$6. (Class only.) Space is limited for cycling, so sign up at the Welcome Center.

Fitness Center Guidelines:

- Cell Phones are not allowed in the classroom, Wellness Center or locker rooms. You may respond to a page in the lobby.
- Report any injury or emergency to the instructor, wellness coach or Welcome Center staff.
- Complete an Accident/Incident report.
- Automated External Defibrillator on site.
- Report any equipment malfunctions to the wellness staff. We will address any concerns promptly.
- Thirty Minute (30 minutes) only signup on Cardiovascular Equipment. Honor and respect fellow members.
- In the event of inclement weather and there is no school or an early dismissal, Senior Programs, AFAP, Senior Water Exercise and Silver Sneakers will be cancelled, and no make-up provided. Adult programming will be held at the discretion of the instructor. Listen to WDLB Marshfield for activity cancellation. Please use your best judgment in driving to class in inclement weather.

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Winter 1 Session Dates: January 4-February 21; Registration opens December 14.
 Winter 2 Session Dates: February 22-April 18; Registration opens February 1.
 Spring Session Dates: April 19-June 6; Registration opens March 29.

Beginning Yoga

Monday/Wednesday/Friday
 8:15-9:15 am
 Program#: 05234-01
 Limit: 10
 Y-Member: \$42
 Participant: \$84

Introduce yourself to a form of exercise that has been around for thousands of years and has been known to increase strength and body awareness, improve posture and balance, increase flexibility and decrease stress. This class will introduce you to the basics of yoga including breath, held postures, flow and balance.

Yoga

Tuesday/Thursday
 8:15-9:15 am
 Program#: 05224-01
 Limit: 10
 Y-Member: \$28
 Participant: \$56

This mixed level yoga class is for individuals who are able to handle fundamental poses with strength and confidence. Class format will include a warm-up, a work session, and deep stretch-ing with relaxation. The work session will be 20-30 minutes of class and will integrate held poses, flow and balance in order to maximize both strength and flexibility. Finish with relaxation, centering the mind, body, and spirit.



Tuesday/Thursday
 4:00-5:00 pm
 Program#: 05224-02
 Limit: 20
 Y-Member: \$28
 Participant: \$56

Sunday
 10:15-11:15 am
 Program#: 05224-03
 Limit: 20
 Y-Member: \$14
 Participant: \$28

Yoga Express

Thursday
 12:15-12:45 pm
 Program#:05225-01
 Limit: 20
 Y-Member: \$10
 Participant: \$20

This class will introduce you to the basics of yoga including breath, held postures, flow and balance.

Intermediate Pilates

Tuesday
 6:00-6:45 pm
 Program#: 05243-01
 Limit: 10
 Y-Member: \$12
 Participant: \$24

Advance your basic Pilates practice by incorporating more challenging options and intermediate to advanced exercises. Some equipment (including bands, stability balls, or weighted bars) may also be used for variety and added challenge. Modifications will be provided allowing you to grow at your own pace.

Pilates Fusion

Tuesday/Thursday
 9:30-10:00 am
 Program#: 05244-01
 Limit: 10
 Y-Member: \$14
 Participant: \$28

Pilates Fusion combines traditional pilates with a variety of other exercises. Targeting the abs, back and legs will be the focus of this fast-moving, 30-minute fusion class.

Power Pilates

Winter 2 & Spring Only
 Monday/Wednesday
 6:00-6:30 am
 Program#: 05245-01
 Limit: 10
 Y-Member: \$14
 Participant: \$28

Start your day right with an energizing, low-impact workout that will focus on strengthening your core muscles. Fluid movements using the entire body will help build heat and intensity all while isolating the abs, back, and bottom. Gain the body awareness and energy that your body needs to stay strong all day long!

Yoga (at Marshfield Clinic)

Winter 1 & 2
 Tuesday/Thursday
 5:15-6:15 pm
 Y-Member: \$28
 Participant: \$56

This mixed level yoga class is for Marshfield Clinic employees only. Class is held in the lower level of the east wing.

Spring
 5:15-6:00 pm
 Y-Member: \$22
 Participant: \$44
 Program#: 05010-01
 Limit: 15

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Winter 1 Session Dates: January 4-February 21; Registration opens December 14.
Winter 2 Session Dates: February 22-April 18; Registration opens February 1.
Spring Session Dates: April 19-June 6; Registration opens March 29.

20/20/20

Monday

5:20-6:20 pm

Program#: 05239-01

Limit: 30

6:30-7:30 pm

Program#: 05239-02

Limit: 30

Y-Member: \$14

Participant: \$28

Tuesday/Thursday

9:30-10:30 am

Program#: 05239-03

Limit: 30

Y-Member: \$28

Participant: \$56

Maximize your hour-long workout with this variety class that will challenge your cardio, strength, and coordination levels. Class choreography will rotate every 20 minutes and will include elements of Step, Kickboxing, Stability Ball and Strength Training. Class will conclude with a challenging ab workout.



Body Sculpting

Tuesday/Thursday

5:30-6:15 pm

Program#: 05231-01

Limit: 30

Y-Member: \$22

Participant: \$44

Focus will be length and strength – a mix of stretching and strength training for the entire body using weights, stability balls, body bars, bands, steps, along with a mix of yoga and Pilates. Format will vary but effect will be optimized in this 45-minute class.

Ab & Back Attack

Monday/Wednesday

12:15-12:45 pm

Program#: 05247-01

Limit: 20

Y-Member: \$14

Participant: \$28

Strengthen your "powerhouse" (abs, back, hips and bottom) in this class that will incorporate a wide variety of exercises including pilates, stability ball, weights, and yoga.

Dance Mix

Thursday

6:30-7:30 pm

Program#: 05240-01

Limit: 20

Y-Member: \$14

Participant: \$28

Spice up your workout, enrich your life and have fun with this variety dance class geared for adults of all ages. This class will include a wide range of dance styles including: Hip-Hop (Hustle), Latin Dance, upbeat jazz and Zumba! Each style of dance will offer beginning and unique choreography that will allow you to move with zero hesitations. So find your rhythm, your grace, and your funk and come dance! (Great for teens too!)

Zumba

Tuesday

6:30-7:30 pm

Program#: 05235-01

Limit: 20

Y-Member: \$14

Participant: \$28

Zumba fuses Latin music and dance with aerobic and fitness training. This high-energy class utilizes the principles of fitness/interval training and resistance training to maximize caloric output, to burn fat, and to tone the entire body. Zumba is a dynamic, exciting, and effective workout with fun & easy-to-follow dance steps, perfect for all fitness levels! Moving into spring, new moves with African beats, country music and tango will be incorporated into the workout.

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Spring Session Dates: April 19-June 6; Registration opens March 29.

Morning Mix-Up

Monday/Wednesday/Friday
 5:30-6:30 am
 Program#: 05221-01
 Limit: 30

Y-Member: \$42
 Participant: \$84

Wake up to an energizing workout that will vary each day of the week.

Mondays: Enjoy fun and fresh step moves that will repeat and progress each Monday. Lower body toning emphasizing the legs, glutes and core will also be included.

Wednesdays: Class will begin with cardiovascular work using a combination of floor aerobics and kickboxing. We will end with upper body conditioning using a variety of equipment.

Fridays: Instructor's Choice! Some examples include interval training, boot camp, circuit and power workouts!

Cardio Conditioning

Tuesday/Thursday
 5:30-6:15 am
 Program#: 05229-01
 Limit: 30

Y-Member: \$22
 Participant: \$44

Get an energizing workout with this 45-minute class that will incorporate cardiovascular and strength exercises. Included will be a combination of step, kickboxing, floor aerobics and weight exercises. Great for individuals new to group exercise.

Total Body Challenge

Monday/Wednesday/Friday
 7:00-8:00 am
 Program#: 05227-01
 Limit: 30

Y-Member: \$42
 Participant: \$84

Give yourself a total workout including strength training and flexibility. Have fun using a variety of exercises and equipment to burn calories and shape your body. Improve your health while you challenge yourself in this class designed for all ages and fitness levels.

Dancer's Core Workout

Monday/Wednesday
 8:15-9:00 am
 Program#: 05246-01
 Limit: 12

Y-Member: \$22
 Participant: \$44

Full body toning with elements of dance, this class will target everything from head to toe. Fluid movements (mat based and standing) similar to bar work in ballet includes strong core work and some balance challenge.

Advanced Step Aerobics

Monday/Wednesday/Friday
 8:15-9:15 am
 Program#: 05222-01
 Limit: 30

Y-Member: \$42
 Participant: \$84

Master the simple techniques to put together a challenging and fun workout to take you outside the box of regular step aerobics. Get ready for fun, creative workouts that will make you fly on the step as the hour flies by!

Prerequisite: Advanced step experience or approval by instructor.

Hi/Lo Aerobics

Tuesday/Thursday
 8:15-9:15 am
 Program#: 05226-01
 Limit: 30

Y-Member: \$28
 Participant: \$56

Enjoy a high intensity, low impact cardio workout and 30 minutes of total body toning. Easy on the knees and joints, but packed full of energy, cardiovascular benefits, and fun!

Talk 'n Tone

Monday/Wednesday/Friday
 9:30-10:30 am
 Program#: 05223-01
 Limit: 30

Y-Member: \$42
 Participant: \$84

Talk 'n Tone combines lively conversation with weight training to shape, tone, and strengthen your muscular system. You'll meet new friends and get your old body back

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Winter 1 Session Dates: January 4-February 21; Registration opens December 14.
Winter 2 Session Dates: February 22-April 18; Registration opens February 1.
Spring Session Dates: April 19-June 6; Registration opens March 29.

Group Cycling

Day	Time	Program#
M/W	5:30-6:30 pm	05248-01
T/Th	5:20-6:20 am	05248-02
	8:15-9:15 am	05248-03
	5:30-6:30 pm	05248-04
	6:40-7:40 pm	05248-05

Limit: 24
 Y-Member: \$34
 Participant: \$68

Indoor cycling is for all ages and abilities. Trained instructors will lead you through a fun workout based on road cycling and other popular training principles. In addition to getting a great cardiovascular workout, you will also build longer and leaner muscles. And, because there is no competition in cycling, you can adjust your own resistance while working at a pace comfortable for you.

Day	Time	Program#
Wed	4:00-5:00 pm	05248-06
Fri	8:15-9:15 am	05248-07
Sat	9:30-10:30 am	05248-08
Sun	10:15-11:15 am	05248-09

Limit: 24
 Y-Member: \$17
 Participant: \$34

PLEASE NOTE NEW TIMES: 6:40-7:40 pm on Tuesdays and Thursdays,
 4:00-5:00 pm Wednesday and
 10:15-11:15 am on Sundays.

Cycling Express

Monday/Wednesday/Friday
 5:30-6:10 am
 Program#: 05249-01
 Limit: 24
 Y-Member: \$35
 Participant: \$70

Add variety to your workout with this 40-minute express class that is great for a beginner or intermediate participant. Class content will include classic road cycling techniques set to upbeat music. Enjoy the challenge, variety and convenience of this express class. (Warm up, 30 min. workout, cool down)

Monday/Wednesday
 8:30-9:10 am
 Program#: 05249-02
 Y-Member: \$23
 Participant: \$46

Cardio Combo

Monday
 4:00-5:00 pm
 Program#: 05230-01
 Limit: 24

Y-Member: \$14
 Participant: \$28



This class will consist of a cardio workout including aerobic dance & step aerobics. A great class for new participants!

Attention Triathletes...Please refer to page 41 for our adult swim programs.

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

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Winter 2 Session Dates: February 22-April 18; Registration opens February 1.

Spring Session Dates: April 19-June 6; Registration opens March 29.

Bootcamp

Wednesday
5:20-6:20 pm
Program#: 05238-01
Limit: 30

Get a total body workout including cardiovascular, upper/lower body toning, and core training in this intense class designed to challenge participants by going outside the box of traditional aerobics.

Y-Member: \$14
Participant: \$28

Boxing Express

Wednesday
6:30-7:15 pm
Program#: 05241-01
Limit: 12

Come and join us for intense, stress busting, leg kickin', arm punchin' fun! In this class, you will work out on punching/kicking bags. You will be shown proper technique and form to punch and kick your way to a great workout.

Y-Member: \$11
Participant: \$22

Sunday Surprise

Sunday
11:30-12:30 pm
Program#: 05241-01
Limit: 20



Free up your busy work week schedule by fitting in your workout during the weekend! This new class will include zumba, toning and aerobic dance. Great for anyone new to group exercise.

Y-Members: \$14
Participants: \$28

Super Saturday Workout

EVERY Saturday
8:15-9:30 am

An intense and fun cardio/conditioning workout. Class content will vary with each instructor and may include step, turbo kick, cycling and strength training. Inquire at Welcome Center for the schedule.

Y-Member: Free
Participant: \$6

Women's Only Workout Studio

For members only, a program where you can participate in an introductory Cardio/Strength circuit. Designed for the individual "new to exercise." Friendly and trained staff will show you proper technique for fixed and free weights. Cardio equipment available.

Family Fitness Center Hours

5-9 pm Friday
8 am-6 pm Saturday
1 -5 pm Sunday

Ages 11-14 must be accompanied by a parent at all times, unless a graduate of the Future Force program.

YPERSONAL FITNESS™

We build strong kids, strong families, strong communities.

Personal Yoga or Pilates Training

All sessions are 60 minutes
Y-Member: \$25
Participant: \$37
Y-Member Special:
Five 1-hour sessions for \$100
Participant:
Five 1-hour sessions for \$160

Receive one-on-one training on the many concepts of yoga or Pilates including breathing, postures, flow, stretching, and relaxation. Enrich your own practice or personalize a new program. For all ages, fitness levels, and backgrounds.

Call Wellness Coordinator, Molly Michalek, at 387-4900
or email mmichalek@mfldymca.org
to make an appointment with a certified instructor.

Body Composition Testing

18 years and older
Time: 30 minutes
Program#: 05500 (month)
Y-Member: \$10 per time
Participant: \$15 per time

Our YMCA offers a four-point body fat test. Using a caliper, we do a simple skin fold measurement to accurately determine your body fat. This is a great tool to track progress for athletes who are training as well as for individuals starting a new workout program or trying to lose weight.

Call Scott Schweikl at 387-4900
or email sschweikl@mfldymca.org
to make an appointment with a certified instructor.

Future Force (Limit 5)

Special training for Y-Member
Youth Ages 11-14

Y-Members only \$25
3 sessions

Future Force is a YMCA program allowing Y-Member youth to be trained on the strength training and cardio equipment. The program focuses on proper technique, form, and strength training guidelines. During the last class, the participants take a written exam and demonstrate proper form to earn their Future Force cards. Call Scott Schweikl at 387-4900 or email sschweikl@mfldymca.org for an appointment.

Personal Training

All sessions are 60 minutes

1 session:
Y-Member: \$30
Participant: \$42

5 sessions:
Y-Member: \$135
Participant: \$195

10 sessions:
Y-Member: \$250
Participant: \$370



Have you ever wanted your own fitness trainer? The YMCA offers personalized training services: convenient one-on-one sessions tailored to meet your specific needs. Regardless of your age or current fitness level, our nationally certified trainers can help you safely and effectively reach your goals. They'll also track and measure your progress, making sure that your program is challenging and varied.

PLEASE NOTE: Cancellations require a 24-hour notice. Clients will be charged for one full session without this notice.

For more information, call the YMCA at 387-4900

Small Group Strength Training

5 Sessions:
Y-Member: \$40
Participant: \$100
Program#: 05504 (month)

Build strength, tone up, and lose body fat while working with a certified instructor in a small, comfortable setting that includes your friends, family, co-workers, or whomever you decide! This new option is perfect for people with demanding schedules, for those working on specific goals, or for beginning exercisers. You'll receive personal attention and motivation that can lead to a committed healthy lifestyle!

Days and times are by appointment only. Minimum of 3 people required with a maximum of 6.

Personal Fitness Program FREE To YMCA Members 12 Weeks

Moving into the action stage!

Y Personal Fitness is specifically designed for new or returning exercisers. Our trained staff offers the step-by-step guidance, motivation, and structure needed to start and commit to a fitness routine and, ultimately, to a more active lifestyle. **We want to help you move into the action stage of behavior change; develop a routine of exercising 3 days a week; learn the basic principles of exercising in a non-intimidating manner.**

Ask yourself these questions to see if Y Personal Fitness is appropriate for you.
Has it been more than 6 months since you've been in a regular exercise program?
Do you need a little extra motivation to stay in the habit of exercising?
Do you lack the self confidence to be successful in an exercise program?

If you answered yes to any or all of these questions, Y Personal Fitness is right for you. Make an appointment today.

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

Rusty Hinges

Monday/Wednesday
9:00-9:45 am Parkview
10:00-10:45 am Cedar Rail

Y-Member: Free
Participant: \$14 per session

The YMCA comes to you! An excellent opportunity to take the joints through range of motion. Upper body adapted exercise, great for semi-ambulatory and wheel chair confined. Gentle cardiovascular activity. Exercises are performed while seated or standing.

Silver Sneakers Fitness Program

Monday/Wednesday/Friday
9:15-10:15 am
Program#: 05901-01
Location: YMCA Gymnasium

Y-Member: \$40
Participant: \$60

This class offers multi-level equipment based strength and conditioning exercises that are easy on your joints and appropriate for individuals who exercise regularly as well as those new to exercise or who may not have exercised in years. The exercises are designed to improve your strength, flexibility and the ability to perform functional activities.



Yoga Stretch

Wednesday
10:30-11:15 am
Program#: 05902-01

Y-Member: \$11
Participant: \$22



This class will highlight gentle yoga postures using a chair that will help increase balance, strength, and flexibility.

Marshfield, Wisconsin Rapids and Wood County Law Enforcement, Fire and EMS

Contact Numbers

911 for all Emergency Requests for Law Enforcement, Fire and Emergency Medical Services

NON-EMERGENCY CONTACT NUMBERS

Marshfield Area

Marshfield
Police Dept. **384-3113**

Marshfield
Fire/Ambulance..... **486-2094**

Wood County
Sheriffs Dept. **384-5345**

Marshfield/Wood County
Dispatch Center **387-4394**

Wisconsin Rapids Area

Wisconsin Rapids
Police Dept. **423-4444**

Wisconsin Rapids
Fire/Ambulance..... **423-1150**

Wood County
Sheriffs Dept. **421-8700**

Wisconsin Rapids/Wood County
Dispatch Center **421-8702**

Other Wood County

Other Fire/Ambulance Depts. **Consult phone book for number**
Wood County Sheriffs Dept.
and Wood County Dispatch Center **884-6596 or 652-3551**

**For road construction and winter road conditions
call Wis DOTs 511 information line**

For general information in all areas of Wood County
call United Ways 211 information line

**PROVIDING THE PEOPLE OF WOOD COUNTY
THE HELP THEY NEED WHEN THEY NEED IT THE MOST**

Seniors on the Move

2010 Events

<p>Winter Sunday, February 21 Cost: \$36 per person Includes motor coach transportation, dinner Limit: 34 Program#: 06002-02</p>	<p>Snow Fun at Levis Mounds, Neillsville</p> <ul style="list-style-type: none"> • Spend afternoon showshoeing or cross-country skiing at Levis Mounds • Dinner at Wildcat Inn Supper Club, Neillsville <p>Registration opens January 2</p>
<p>Spring Monday-Thursday May 17-20 Cost: \$410 per person Includes motor coach transportation, bicycle transportation, 3 nights lodging, 9 meals, hiking trail fees, state park pass) Limit: 34 (bicyclists only) Program#: 06002-05</p>	<p>Bicycle Ride on the Gandy Dancer State Park Trail, Siren</p> <ul style="list-style-type: none"> • Bicycle 47-mile trail, varied daily distances • Hiking at Crex Meadows Wildlife Area, Interstate State Park & Blue Hills Recreational Area • Special Dinner at Trade River Winery <p>Registration opens April 15</p>
<p>Spring Sunday, May 23 Cost: \$42 a person Includes Motor coach transportation, dinner Limit: 34 Program#: 06002-06</p>	<p>Walk on the Old Abe State Park Trail, Chippewa Falls</p> <ul style="list-style-type: none"> • Walk a portion of an abandoned, but developed rail-road pathway • Visit River Bend Winery • Dinner at High Shores Supper Club on Lake Wissota <p>Registration opens April 15</p>

Linda Bauer
 Coordinator
 659-2357



YMCA Endowment Fund



Endowment gifts make our YMCA a great, healthy place in our community. At the same time, you can help secure your family's future through the financial benefits of the gift. The YMCA aspires to be in the community forever and a gift to the Endowment Fund will help the mission be alive for generations. A designated gift to fund a certain program can also be established meeting your specific goals of helping the YMCA.

Join the YMCA Heritage Club today. Let us know that you will remember the YMCA in your will or estate plans and your membership will be completed!

Ways to help: Insurance policies, gift annuities, wills, property, cash gifts, charity remainder trusts

We will be very happy to discuss the many different options you may have to best fit your family's needs. Contact John Nystrom, Executive Director, at 387-4900 or jnystrom@mfldymca.org.

Y's Buys

Attention YMCA Members. Membership has its privileges. Carrying your card with you has its privileges. Besides gaining quick access into the Marshfield YMCA and access into participating A.W.A.Y. program Y's, your Marshfield YMCA has teamed up with the following local establishments to bring you savings:

Cattails Coffee: 10% discount with YMCA card at both locations, 1000 N. Oak Ave. and 1710 N. Central Ave.

Schierl Tire and Service: \$5.00 off an Oil Change Service. Mention CP#311. Not valid with any other offer. Limit one offer per Guest per day. Schierl Tire and Service has the BEST TIRE PRICE PERIOD! FREE TIRE ROTATION WITH AN OIL CHANGE, AND FREE TIRE REPAIR! Visit us at schierltire.com.

Younkers Hair Salon: \$25 off any service over \$50 or more; 10% off product (Limit 3). Cannot be combined with any other offer.

Baltus Oil Company: \$.03 off per gallon any grade gasoline or diesel fuel with minimum 8 gallon purchase.

Associated Sales and Leasing: \$5.00 off oil change.

Arby's: Buy 1 regular roast beef and receive one regular roast beef at no cost. Limit 2 per visit. Not valid with any other offers or discounts.

CRC Computers: 10% off services for new customers

Gianeselli's: 10% off dinner entrée

YMCA cards must be presented to obtain the discount.

To Business Owners,

If you are interested in participating in Wise Buys, our membership benefit program, please contact the YMCA at 387-4900.

Massage Therapy at the Y Provided by:

Massage by Joel

	Y-Member	Participant
30 minute limited	\$28	\$30
45 minute extra	\$36	\$38
60 minute regular	\$42	\$45
90 minute special	\$61	\$65

Package rates, gift certificates, and relaxation products are available.

Parental consent required for clients under the age of 18.

YMCA Membership not required.

Why? Massage by Joel

Find out at www.massagebyjoel.net

Also Offering:

Senior Massage

“specialized geriatric massage”

Senior Massage can be performed at the Y or on-site at most facilities. Gift certificates are available.



Hours are by appointment Monday through Friday and selected Saturday mornings. Walk-ins are welcomed, but appointments work best and may be booked through the YMCA by phone 387-4900 or at the YMCA Welcome Center. For other information, call Joel at 389-1111.

Monday-Friday: 8:00 am-7:00 pm
Saturdays: 8:00 am-12:00 pm

Joel is a 1999 graduate of The Balanced Touch Institute, a member of Associated Bodywork & Massage Professionals, and is a WI Licensed Massage Therapist. He is committed to taking the time and effort to explain to you what to expect from your massage and to make your experience as comfortable and meaningful as possible, regardless if you've never had a massage or are an “old pro.” If there is concern about the gender difference, Joel would like to assure you that professionalism and proper draping will address this and the goal is that every new client will only wonder, “Why haven't I been here before?”

Massage by Joel, an independent contractor, will accept personal checks or cash, plus for your convenience Visa, Master Charge or Discover.

Infant Massage

Thursdays

6:00-6:45 pm

January 7, 14, 21

February 4, 11, 18

March 11, 18, 25

April 8, 15, 22

May 6, 13, 20

Please contact **Catie Grassman at (715) 676-2912 for registration. Payment will be accepted during the first class. No registration/fees will be taken at the YMCA.**

Infant massage classes are taught in a series of sessions that usually meet weekly for 3 weeks. A new series of classes begin each month. Infant massage is a hands-on class where parents and caregivers learn to communicate love through gentle and tender touch. Infant massage strokes help to relax and soothe babies, establish better sleep patterns, aid in digestion, and assist in relief of colic. This class is recommended for babies over the age of 6 weeks and taught by a certified educator of infant massage. Class fee includes massage oil and course booklet.

Cost: \$20 per session

CORPORATE SPONSORSHIP PROGRAM

YMCA COMMUNITY CORPORATE SPONSORSHIP PROGRAM

Through the Community Corporate Sponsorship, the YMCA is able to team with area businesses in an effort to support YMCA youth sports and special events. These special events include Teen Nights and Family Nights. In sponsoring a YMCA youth sport or special event, participating businesses receive a banner which is proudly displayed in the YMCA gym for the entire year and additional benefits throughout the year.

With assistance from the Marshfield community, the YMCA will be able to provide more quality events which will include crafts, entertainment, swimming, gym games and much more!

Contact Mary Kowalski at 387-4900 or mkowalski@mfldymca.org if you are interested in learning more about the Community Corporate Sponsorship Program to promote your organization today.



***Thank you for helping the YMCA
build strong kids, strong families, strong communities.***

The Baltus Co.

Bents Chiropractic Center

Buyers Guide

Central Wisconsin State Fair
Assoc.

Figi's Inc.

First Choice Credit Union

Forward Vending

H & S Manufacturing Inc.

Hawkins, Ash, Baptie & Co.
LLP

Heinzen Printing

Marshfield Fire Fighters

Marshfield Insurance
Agency

Marshfield Savings Bank

Martin Dental

McDonald's Restaurant

St Joseph's Hospital/
Ministry Health Care

Security Health Plan

Sentry Insurance

Sherwin Williams

The Sports Den

Staab Construction

Success Realty

Time Federal Savings Bank

Victory Apparel

Registration Dates for Winter-Spring 2010

Winter 1 Session: January 4-February 21. Registration opens Monday, December 14.

Winter 2 Session: February 22-April 18. Registration opens Monday, February 1.

NO CLASSES SPRING BREAK MARCH 29-APRIL 2

Spring Session: April 19-June 6. Registration opens Monday, March 29.

NO CLASSES MEMORIAL DAY, MAY 31

Option 1: In-Person Registration is available during YMCA facility hours at the Corporate Office. Extra forms are available at the Corporate Office. Please complete the class registration form in advance for faster service. Receipt/Confirmation will be given at the time of registration. No receipt/confirmation will be sent unless you leave a self-addressed stamped envelope.

Option 2: Drop Off/Mail in-For drop off/mail-in registration you must:

- Completely fill out a separate registration form for each activity and participant. Please be sure to list program numbers and a daytime phone number. Include a check (no cash please) payable to the YMCA.
- If you want a receipt and confirmation you **MUST** enclose a self-addressed stamped envelope and mail to: Marshfield Area YMCA, 410 W McMillan, Marshfield, WI 54449
- Registrations and payments may be dropped off at Member Services.
- Drop off registrations will be processed the next business day. Mail-in registrations will be processed after 3:00 pm
No phone in registrations will be accepted. Class fees must be paid in full at time of registration.
Registrations are taken on a first come, first serve basis. Classes do not meet on holidays.
The YMCA reserves the right to cancel classes with insufficient enrollment.

SWIM LESSON CANCELLATION POLICY

The YMCA reserves the right to cancel one swim lesson per session due to pool closings that would deem your child unsafe to swim. **No** credit will be given. Additional cancellations during the same session will be credited or made up.

Last Name	First Name	Birthdate	Age	Sex M/F	Mbr Y/N	Session	Program Name	Program #

Adult's Name _____ Home# _____ Work# _____

Residential Address _____ City _____ Zip _____

Mailing Address _____ City _____ Zip _____

Home Email _____

Work Email _____

T-shirt size (circle one) if applicable
Youth 6-8 10-12 14-16
Adult Small Medium Large

Please initial the following:
 Willing to volunteer – Our programs depend on volunteers to keep fees down.
 I authorize the YMCA staff to administer basic first aid.
 Should an emergency arise while participating in a program, I give permission for the participant to be transported to St. Joseph's Hospital, if felt necessary by the YMCA representative.
 If a participant becomes disruptive I understand they will be removed from the group, and if the disruption is severe, will not be allowed to return to class.
 I hereby irrevocably release and give consent to the Marshfield Area YMCA and its agents, to use my photograph, likeness, and voice as it pertains to my participation with the YMCA, in any manner for promotional efforts without expectation of any reimbursement.

Emergency Instructions

Physician's and Clinic's Name _____ Phone _____

Emergency Contact Person _____ Phone _____ Relationship _____

Allergies, medications, or other health needs: _____

Signature: _____ **Date:** _____

Fee: _____	Initial: _____
LOC / SJH / Y Voucher: _____	Cash/Check: _____
Total: _____	Credit Card: _____

Winter-Spring 2010
Winter 1
Winter 2
Spring