SOMETHING FOR EVERYONE

WINTER/SPRING 2013 PROGRAM GUIDE
MARSHFIELD AREA YMCA

SESSION DATES
Winter 1: January 2 – February 17
Winter 2: February 18 – April 14
(No Classes Spring Break, April 1–7)
Spring: April 15 – June 2
(No Classes Memorial Day, May 27)

Program Registration
Dates on Inside Cover
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

Pools close 30 minutes prior to building closing.
See pool and gym schedules for open times.

Holiday Hours
Christmas Eve December 24  5:15 am – 3:00 pm
Christmas Day December 25  CLOSED
New Years Eve December 31  5:15 am – 5:00 pm
New Years Day January 1     8:00 am – 6:00 pm
Easter Sunday March 31      CLOSED
Memorial Day May 27         8:00 am – Noon

Water Slide Hours
Friday         6:00 pm – 7:30 pm
Saturday       2:00 pm – 4:00 pm
Sunday         2:00 pm – 4:00 pm

Child Watch Hours
Monday–Saturday 8:00 am – 11:00 am
Monday–Thursday 4:30 pm – 7:30 pm
See Page 8 for more information.

Youth Fit 4 Life Center Hours
Supervised Hours
Monday–Thursday 3:30 pm – 6:30 pm
Saturday–Sunday 1:00 pm – 6:00 pm
See Page 11 for more information.

Unsupervised Hours
See Page 11 for more information.

Winter/Spring Program
Registration Information

Winter 1 Session: January 2–February 17
Y-Member registration opens Monday, December 17.
Participant registration opens Wednesday, December 19.
Swim Lesson registration opens to Marshfield City Residents on Monday, December 17.

Winter 2 Session: February 18–April 14
No Classes Spring Break, April 1–7
Y-Member registration opens Monday, February 4.
Participant registration opens Wednesday, February 6.
Swim Lesson registration opens to Marshfield City Residents on Monday, February 4.

Spring Session: April 15–June 2
No Classes Memorial Day, May 27
Y-Member registration opens Monday, April 1.
Participant registration opens Wednesday, April 3.
Swim Lesson registration opens to Marshfield City Residents on Monday, April 1.

REGISTRATION OPTIONS:
1. Online Registration is available to Y-Members only.
   Our online system is safe, secure, and easy to use.
   Contact Member Services for instructions.
2. In-Person Registration is available during Y facility hours.
3. Phone-in Registration available by credit card payment only. Call 715.387.4900.
4. Drop-off Registration can be taken in advance and kept until the appropriate registration day.

If you have questions about registration, contact
Member Services at 715.387.4900.

Visit our website at www.mfldymca.org for current schedules, holiday hours, and class cancellations.

YMCA Professional Leadership Team

John Nystrom  Chief Executive Officer  jnystrom@mfldymca.org
Dale Aue     Facilities Director        daue@mfldymca.org
Amanda Blaskowski Youth & Family Director ablaskowski@mfldymca.org
Aaron Heiss  Swim Team Director        aheiss@mfldymca.org
Sara Henrichs Senior Program Director  shenrichs@mfldymca.org
Rochelle Hill Marketing & Development Director rhill@mfldymca.org
Scott Schweikl Member & Wellness Director sschweikl@mfldymca.org

Y POOLS & GYMNASIUM CLOSED SATURDAY, JANUARY 19 FOR A SHARKS SWIM MEET.
ABOUT OUR Y

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

Areas of Focus
The Y is a cause-driven organization that is for youth development, healthy living and social responsibility. That’s because a strong community can only be achieved when we invest in our children, our health and our neighbors.

Code of Conduct
At the Marshfield Area YMCA, we expect staff, members and guests to behave in accordance with our mission and values at all times, including use of the AWAY program, by respecting the rights and dignity of others. At the Y, we demonstrate Respect, Responsibility, Caring and Honesty by:

- Speaking in respectful tones; refraining from the use of vulgar or derogatory language; dressing appropriately.
- Resolving conflicts in a respectful, honest and caring manner by never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public and abstaining from contact of a sexual nature.
- Respecting the property of others by never engaging in theft or destruction.
- Creating a safe and caring environment by never carrying firearms, devices or weapons.
- Participating in programs to build a healthy spirit, mind and body by never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or the use of alcohol on YMCA premises.

Failure to adhere to the Code of Conduct can lead to temporary or permanent suspension of membership privileges.

Use of the Marshfield Area YMCA facilities, programs and services, advice and information is at the sole choice and risk of the member/program participant. Always consult your physician or health care provider before beginning any nutrition or exercise program particularly if you are pregnant or nursing, or if you are elderly or have chronic or recurring medical conditions. Discontinue any exercise that causes you pain and immediately consult a medical expert.
Financial Assistance
The Marshfield Area YMCA will deny no person membership due to the inability to pay. With funds raised through the Annual Support Campaign, the Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Please visit our website at mfldymca.org or stop in at the Y for an application.

Annual Membership
- Paid annually by cash, check, Visa, Mastercard, or Discover.
- Must be renewed annually.
- If membership lapses and is not reinstated within 60 days, joiner fee must be paid again.
- All membership fees are non-refundable and non-transferable.

Continuous Membership
- Payments through automatic monthly bank draft from a checking, savings, or credit card account. Contact the Y regarding required documentation needed prior to contract completion.
- Cancellation requires 30-day written notice prior to bank draft date. Cancellations not accepted by phone or email.
- If membership lapses and is not reinstated within 60 days, joiner fee must be paid again.
- All membership fees are non-refundable and non-transferable.

Daily Guest Passes
Guests are welcome to pay for daily passes. For families on extended visits, contact the Y's Membership Director for short-term memberships. Youth must be at least 10 years of age to be in the Y without adult supervision. Youth, under the age of 10, must be enrolled in a program or supervised by a parent, guardian, or individual at least 12 years of age.

Daily Guest Pass Fee
- Child (ages 5 & under) FREE
- Youth (ages 6-18) $5.00
- Adult (ages 19 & older) $8.00
- Family $15.00

Member Buddy Passes
Available to Y member adults for their children who wish to bring friends who are not members – ages 18 and under. An 11-visit punch card can be purchased for $25 (more than 50% off the regular daily guest rate). Children under the age of 10 must be supervised by a parent, guardian, or individual at least 12 years of age.

Military Family Membership
Deployment can be a stressful and uncertain time for our nation’s servicemen, women and their families. In partnership with the Armed Services YMCA and the Department of Defense, the Y is proud to offer FREE memberships to eligible military personnel and families. Bring in your Military I.D. and Deployment Orders to the Y for verification.
MEMBERSHIP BENEFITS

AWAY Program
The Marshfield Area YMCA participates in the national AWAY (Always Welcome at the Y) program which entitles Y members to visit other Y’s at little or no charge, according to their guest policy. Please present your membership card when visiting another Y.

Locker Usage & Rental
Lockers are available to all members and guests for daily use. Locker rental is available to members for a fee. See the Welcome Center for more information.

Corporate Membership
The YMCA Corporate Membership Program is a great way for companies to promote the benefits of exercise to their employees and families. Once a company becomes involved in our program, employees will receive a 10%-15% discount on the regular Adult, Family or Single Parent Family Membership and a discount on the joiners fee. Payroll deduction is available to employees of certain participating companies.

Don’t see your company listed below? Talk to your employer about joining our Corporate Team. It’s free for companies to enroll.

For Corporate Membership rates and to find out how we can develop a program that’s right for your organization, contact Scott Schweikl at 715.387.4900 or sschweikl@mfldymca.org.

Current Corporate Membership Participants:

A&B Process Systems
Alliance Collection Agencies
Associated Sales & Leasing
Auburndale School District
Carquest
Charter Communications
Child Care Centers of Mfld
City of Marshfield
Cummins Inc.
Custom Fabrication
ESE, Inc.
Felker Brothers Corp.
Festival Foods
Figi’s
Grassland Dairy
Heritage Bank
Immanuel Lutheran Church
Info Group
Land O’ Lakes
Marshfield Care Center
Marshfield Clinic
Marshfield Dental Clinic
Marshfield Door Systems
Marshfield Furniture
Marshfield News-Herald
Marshfield School District
Marshfield Utilities
Mid State Truck Service Inc.
MSA Engineering
Nelson Jameson Inc.
Pittsville School District
Prevention Genetics
Roehl Transport Inc.
Shopko
Spencer School District
St. Joseph’s Hospital/MHC
Staab Construction
Target
Three Oaks
UW Wood County-Marshfield
UW Ag Wood County
V&H Automotive Inc.
Veolia
Walmart
Wisconsin Farm Business
Wisconsin Homes
Wood County
Vital Communications
Younkers

MEMBERSHIP POLICIES

SUPERVISION OF CHILDREN
The Marshfield Area YMCA requires that all youth under the age of 10 have adult supervision at all times.

Age Use Policy
Youth under the age of 10 must have direct supervision at all times by a supervising individual who is 12 years or older, unless participating in a supervised program. Youth 10 years and older may be unaccompanied but need to check in at the Welcome Center with a membership card. IN THE POOL, youth 9 years and under must be accompanied by an adult in the pool area at all times. Those who can not swim must be accompanied by an adult in the water at arms reach, or use a Coast Guard approved life jacket. Any safety-related decisions in the pool area, including those relating to the age-use guidelines, are at the discretion of the lifeguard(s) on duty.

Cancellations, Credits & Refunds
Classes or programs lacking sufficient enrollment may be cancelled. In the event of a cancellation, participants will be notified prior to the first day of the session. Participants have the option to transfer to another class or receive a credit or refund. Refunds are only given if a class is cancelled by the Y or if a participant presents a valid medical excuse. Regarding Licensed Children Programs, please refer to the handbook provided upon registration.

Inclement Weather Policy
In the event of inclement weather, the Marshfield Area YMCA may have to cancel classes and/or programs. Cancellation of classes and/or programs will NOT be based upon the Marshfield Area School’s cancellations. We will make an independent decision based on our assessment of the weather. For weather-related closings/cancellations, check our website, Facebook page or contact the Y at 715.387.4900.

Insurance & Liability
Participation in any recreation activity carries a certain degree of risk. We urge all participants to have adequate insurance coverage and physician exams before registering for any program. The Y does not provide hospital/medical insurance.

Locker Room Rules

- Men’s & Women’s Adult Locker Room – for Y members and guests, 18 years or older. Children under the age of 18 are not allowed in either gender adult locker room.
- Family/Special Needs Locker Rooms – 13 private changing areas available for youth 17 years and under; for families desiring to remain together; and for individuals who need assistance with showering and changing.

YMCA Multi-Media Policy
Y programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included in Y promotional materials, please notify the Y event and/or program staff. The use of electronic recording devices is prohibited in ALL locker rooms, restrooms and fitness centers.
Welcome to the Marshfield Area YMCA. Here you can get on the path to health, the kids can have fun, and everyone’s better for it.

By joining the Y, you will discover what it means to truly belong. You will be part of an organization that’s dedicated to youth development, healthy living and social responsibility. For 25 years we have offered programs that help kids reach their potential, that help families and individuals achieve better health outcomes, and that encourage everyone to get involved and make their community a better place.

The Y is best known for health and fitness, but we also provide after school childcare, parent-child programs, swim lessons, activities for seniors, child watch, individual adult classes, summer youth programs, and much more. The abundance of programs offered by the Marshfield Area YMCA allow us to effectively meet a variety of needs and serve a community that is growing more diverse.

Here at the Y, we understand the scheduling and economic pressures which are influencing family decisions. As many of our members and participants can tell you, the value of the Y extends well beyond our doors. Through our fee structure and financial assistance program we can ensure that everyone can afford an engaging and healthy experience.

I would like to welcome all of the new members to the Y and welcome back those members who were enjoying the great outdoors this summer and fall. Also, I would encourage any member to stop by my office if there is something I can help you with, or if you just want to say hello.

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

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**THE VALUE OF YOUR MEMBERSHIP**

- State-of-the-Art Fitness Center
  - LifeFitness, Precor, Matrix, and NuStep cardio machines
  - Cybex, Hammer Strength, and LifeFitness strength training equipment
- Women’s Only Express Fitness Center
- Personal Fitness Introduction to Fitness Centers
- Variety of Group Exercise Classes
- Cycling Studio – featuring Keiser Spin Bikes
- Free-Weight Strength Training Center
- Youth Fit 4 Life Center
- Outdoor Climbing Wall
- 2-Court, Air-Conditioned Gymnasium
- Indoor Track
- Aquatic Center with a 25-Yard, 6 Lane Indoor Pool; a Teaching/Therapy Indoor Pool; a Whirlpool Spa; and Twin Flume Waterslides
- WiFi is Free and Available in the Fitness Center and Lobby Area
- Family/Special Needs Locker Rooms with Private Amenities
- Men’s & Women’s Locker Rooms with Sauna
- Child Watch / Family Fun Center
- Early Program Registration for Members
- State Licensed Youth Programs
- Facility Rentals for Special Events
- Y’s Buys - Present your Y card at local businesses for discounts. Participating businesses can be found on the Y website.
SPECIAL EVENTS & FAMILY PROGRAMS

The Y is dedicated to providing a safe, wholesome and fun environment for families. Your entire family can be active, challenged, involved and part of a larger community striving for the same goal of a healthy spirit, mind, and body. Join us and together we can grow healthy kids, healthy families, and a healthy community.

GROUP EXERCISE SUPER SWEAT FUNDRAISER
Ages 15 and over
This 2-hour workout sampler will highlight popular classes and exercises in a fun and noncompetitive environment. Proceeds from this event support the YMCA group exercise department. Refreshments will follow both classes in the group exercise room. For more information, contact Molly Michalek, Wellness Coordinator at mmichalek@mfldymca.org.

Cardio/Strength Sampler
7:30 – 9:30 am
This class will include four 30-minute sample classes and will include a variety of exercises and equipment. Registration for this class is limited to 30 people.

Cycling
8:00 – 9:30 am
This 90-minute cycling class will include a variety of classic road techniques all set to fun, upbeat music. Registration for this class is limited to 24 people.

Y-Member: $5
Participant: $10

HEALTHY KIDS DAY
All Ages Welcome
The Y will host Healthy Kids Day, a nationally observed YMCA event aimed at helping families to understand, accept and develop healthy lifestyles. At this free event, families with children are invited to stop by the Y to participate in the day’s healthy, informative and fun activities, under the supervision of Y staff and volunteers. A list of activities and times will be available closer to the date. For more information, contact Sara Henrichs, Senior Program Director.

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<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Marshfield Area Y</td>
<td>February 9, 2013</td>
<td>10:00 am - 1:00 pm</td>
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8TH ANNUAL TEEN CHARACTER AWARDS
This annual awards ceremony, hosted by the Marshfield Area YMCA and the Marshfield News-Herald, proudly acknowledges area teens who exhibit the YMCA core values of caring, honesty, respect and responsibility in their everyday lives. The award winners are a living example of strong moral character, leadership and service dedicated to strengthening their families, schools and communities. For more information, contact Sara Henrichs, Senior Program Director.

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<th>Location</th>
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<th>Time</th>
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<tr>
<td>Holiday Inn, Marshfield</td>
<td>March 25, 2013</td>
<td>6:00 pm</td>
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WOMEN’S WELLNESS EVENING
Enjoy an evening out that will be focused on women’s wellness and entertainment. This event will include guest speakers, health screenings, massage, fitness, relaxation, and more! There will also be healthy information and popular vendors for education and shopping. Bring your friends and daughters for a fun evening out while support the YMCA Group Exercise Department. Refreshments and light appetizers will be provided. For more information, contact Molly Michalek, Wellness Coordinator at mmichalek@mfldymca.org.

Y-Member: $15
Participant: $25

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<th>Location</th>
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<th>Time</th>
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<tr>
<td>Marshfield Area Y</td>
<td>January 26, 2013</td>
<td>6:00 – 9:00 pm</td>
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CHILD CARE

CHILD WATCH
Ages 6 weeks – 6 years
Child Watch, the Y’s in-house child care service, is open to children 6 weeks to 6 years of age. Parents using the Y facilities may use this service by purchasing a Child Watch punch card from the Welcome Center.

Our staff not only has the experience of working with children in a child-care setting, but has also received CPR/AED, Child Abuse Prevention, and Shaken Baby Syndrome trainings. Our staff will meet your child’s needs by providing a fun and safe environment while you enjoy use of the building. For safety reasons, parents and guardians must remain at the Y while their child(ren) is in Child Watch.

Children must arrive fed and diapered. If your child is in the process of being toilet trained, please inform the staff and provide the necessary undergarments.

Note: The person who signs a child into Child Watch is required to sign the child out unless a written note is provided and identification is shown to the staff member.

For more information, contact Amanda Blaskowski, Youth & Family Director.

PRYME TIME AFTER SCHOOL CARE
Grades K–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 affordable and convenient answer.

The Y’s Pryme Time After School Care program is a state-licensed, child-care program offered to all K–6th grade students enrolled at Grant, Lincoln, Nasonville, Washington or Stratford (Zion Lutheran Church) elementary schools. Children not at these locations have the option to be bused or transported to these sites at the cost of the parents. Children will receive a healthy snack, homework assistance, and guidance from Y staff trained and certified in group activities and socialization skills. The program begins the first day of school and runs according to the school calendar.

Once a month, each site has a scheduled Y-Day. The children are transported after school to the Marshfield Area YMCA to swim, play games in the gym, use the Youth Fit 4 Life Center and Outdoor Climbing Wall (weather permitting).

After School Care Locations:
Grant, Lincoln, Nasonville, Stratford, and Washington elementary schools.

For more information, contact Amanda Blaskowski, Youth & Family Director.

2012–2013 MONTHLY SCHOOL AGE RATES

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<tr>
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<th>Y Member</th>
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<tr>
<td>Registration Fee</td>
<td>$35</td>
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<td>Full Time (5 days a week)</td>
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<tr>
<td>Part Time (4 days a week or less)</td>
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<tr>
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<td>Part Time (4 days a week or less)</td>
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<tr>
<td>*Daily Rate</td>
<td>$25</td>
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*Daily Rate: Per day fee for days not scheduled requires a 24-hour notice. This must be paid prior to attendance at the Y Welcome Center.
CHILD CARE

VACATION AT THE Y
Grades K–6
The Y is your answer for childcare on non-school days such as conference days, teacher work days, holiday vacations and emergency snow days in accordance with the Marshfield School District. A full-day program for your child that includes swimming, snacks, crafts and sport activities. All children must come with a lunch, appropriate outdoor clothing, tennis shoes, swimsuit and towel.

Dates for 2012–2013:
December 26, 27, 28
December 31 (special hours 6:30 am – 5:00 pm)
February 1
February 18
April 1–5

Time: 6:30 am – 6:00 pm
Y-Member: $30 per day
Participant: $35 per day

Pre-registration is required for the dates listed. Registration forms and payment must be made prior to the use of the program.

PARENTS NIGHT OUT
Ages 1–12
Want a Friday evening to dine out or catch a movie? Why not look to the Y? Your kids can have an enjoyable night to play games, watch movies, enjoy a nutritious snack and socialize with friends while you spend time enjoying your interests. Please register by the Friday before Parents Night Out occurs.

December 21
Valentine’s Day Date Night:
February 15
Spring Break Parent Break:
April 5

Time: 5:30 pm – 8:30 pm
Y-Member: $9 per child
Participant: $12 per child
Each additional sibling $3

EDUCATION

YMCA PIED PIPER CHILD DEVELOPMENT CENTER 4K PROGRAM
Pied Piper offers a free 4K preschool program daily from 8:00 am–11:00 am and 11:45 am–2:45 pm. Held in partnership with the Marshfield School District, this licensed preschool program provides a fun, yet structured program for your child’s first school experience. Painting, language, math and science are offered each day in a fun, yet stimulating atmosphere. Registration is through the Marshfield School District office at 715.387.1101.

For more information, contact Youth & Family Director, Amanda Blaskowski, at ablaskowski@mfldymca.org.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

YOUTH EVENTS

LET’S CELEBRATE
All Ages Welcome
Help us celebrate St. Patty’s Day and Easter at the Y. You are invited to join us to help decorate for the upcoming holiday celebrations. Everyone will receive a giant egg and shamrock to decorate which they can display in the Y. After our project is finished, we will “hop” to the pool. Don’t forget your swimsuit.

Saturday, March 16
10:00 am - 12:00 pm

Program#: 03802-01
Y-Member: $5
Participant: $8

Registration deadline: March 14

APRIL SHOWERS BRING MAY FLOWERS AND MOTHER’S DAY
All Ages Welcome
To celebrate Spring and Mother’s Day, join us for a morning of fun. We will bring out the bright colored construction paper, glue, glitter and paint to let our imaginations bloom. This will be followed by a “Spring” into the pool.

Saturday, May 4
10:00 am - 12:00 pm

Program#: 03803-01
Y-Member: $5
Participant: $8

Registration Deadline: March 26

Parents are encouraged to be a part of these events or may be required to depending on age. For more information, contact Amanda Blaskowski, Youth & Family Director.

MONDAY MORNING PLAY DATES AT THE Y
All Ages Welcome
Your children can run, have free play time, release energy during the winter months, and enjoy age-appropriate gymnasium equipment. The last Monday of the month is swim time in the small pool. Parent supervision is required on these Mondays (please see pool-age guidelines for additional requirements.)

Winter 1 - January 2 - February 17
Winter 2 - February 18 - April 14

M 10:45 - 11:45 am

Program#: 08110-01
Y-Member: FREE
Participant: $2 per family

Registration Deadline: March 14

Parents are encouraged to be a part of these events or may be required to depending on age. For more information, contact Amanda Blaskowski, Youth & Family Director.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Youth/Teen Recreation

GREAT ESCAPE NIGHT
Grades 5–8
Saturday nights belong to tweens/teens at the Y. Open exclusively for Marshfield and surrounding area tweens/teens, Great Escape Night is three hours of fun, fitness, and entertainment. Enjoy open gym activities, pool time, Youth Fit 4 Life Center, and time and space to socialize and hang out in a safe and supervised environment. FREE to all youth in grades 5–8.

Dates: January 12
March 2
April 27
May 18
Time: 6:00 pm – 9:00 pm

For more information, contact Amanda Blaskowski, Youth & Family Director.

OUTDOOR CLIMBING WALL
Check our website for opening days and times.

For more information on the Outdoor Climbing Wall, contact Amanda Blaskowski, Youth & Family Director.

YOUTH FIT 4 LIFE CENTER
Ages 5 and over
Youth and teens now have their own strength circuit specifically designed to build self-esteem, promote a sense of accomplishment, and help kids develop a positive and healthy lifestyle. Our Youth Fit 4 Life Center now features TuffStuff “kid size” premier strength training equipment created to help fight childhood obesity and inactivity. Expresso interactive bikes, Xergame Sportswall, Dance Dance Revolution, and X-Box Kinect (controller free) equipment are also available. FREE for members.

Supervised Hours
Children must be signed in by a parent or guardian. Supervision and fitness equipment orientations are provided by Y staff members.

Monday–Thursday 3:30 pm – 6:30 pm
Saturday–Sunday 1:00 pm – 6:00 pm

The Fit 4 Life Center may be supervised special hours on holiday and non-school days. Check the Y’s website for these special dates or call 715.387.4900.

Unsupervised Hours
All children, ages 5–9, must be accompanied and supervised by a parent or guardian while in the Youth Fit 4 Life Center during unsupervised hours.

For more information on the Youth Fit 4 Life Center, contact Scott Schweikl, Member & Wellness Director.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Birthday Parties/Facility Rentals

Looking for a fun location for your child’s next birthday party? Host a party at the Y.

Enjoy the small and large pools, waterslides, gym and Youth Fit 4 Life Center. You can celebrate with food, cake and gifts in our party room. Decorations and supplies for the party room not provided by the Y.

Consider booking your party with the scheduled times of our floating WIBIT inflatable obstacle course, January 5 & 26, February 9 & 23, March 9 & 23, April 13 & 27 and May 11 from 2:00-4:00 pm, which also includes the waterslides. The WIBIT is available outside of those times at a charge of $70 for 2 hours.

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

Other days, times and options may be available upon request. Additional fees may apply.

Y-Member: Less than 10 children - $75
11-15 children - $100
More than 16 children - $140

Participant: Less than 10 children - $100
11-15 children - $125
More than 16 children - $160

The Y also has room for your family gatherings, school outings, bridal showers, meetings, etc.

For your next special event, contact Nancy Arndt, Birthday Party and Facility Rental Consultant.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Personal Fitness

FITNESS CENTER YOUTH ORIENTATION
Required for Y-Member youth ages 12-17 to use the Fitness Center without a parent or guardian. Parent or guardian must be present for ages 10-11 and all youth ages 12-17 who choose not to participate in this program.

Youth will meet with a Wellness Specialist to learn fitness principles and proper, safe, use of cardiovascular and strength equipment. Youth will learn fun ways to use different exercise equipment such as the stability ball and resistance bands.

This program is FREE for Y-Member Youth and may require more than one session based on evaluation from the Wellness Specialist. Contact the Welcome Center to schedule an appointment.

TEEN STRENGTH TRAINING PROGRAM
Do you have a child 15-17 years of age who wants to Strength Train without your supervision? This program is designed to give them the knowledge and skills to exercise on their own in our Weight Room.

Required for Y-Member youth ages 15-17 to use the Weight Room without a parent or guardian. Parent or guardian must be present for all youth ages 15-17 who choose not to participate in this program.

This program is FREE for Y-Member Youth and may require more than one session based on evaluation from the Wellness Specialist or Personal Trainer. Contact the Welcome Center to schedule an appointment.

Youth Dance

JAZZY HIP-HOP—Cancelled for Spring
A fusion of jazz and hip-hop choreography will be used to create a fun dance routine that will progress week to week. Dance is a great form of exercise that builds general coordination, rhythm, and flexibility.

T 5:20 - 6:00 pm  Program#: 05104-01
Ages: 7-11
Limit: 8
Y-Member: $14
Participant: $24

Youth Fitness

BUILD ME UP:
YOUTH FITNESS VARIETY CLASS
This new class will focus on empowering kids through cardiovascular, endurance, core, balance, and strength exercises in a fun group setting. Class will include basic aerobic and body movement, light weights and core training, and some group cycling. This is for the beginner where the emphasis is on fitness through fun. This class will offer options for modifications to meet each participant’s level of ability. Parents are welcome to participate.

T 3:30 - 4:15 pm  Program#: 05131-01
Ages: 9-14
Y-Member: $15
Participant: $25

For more information on Youth Dance and Fitness, contact Molly Michalek, Wellness Coordinator at mmichalek@mfldymca.org.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Youth Tae Kwon Do

BEGINNING TAE KOWN DO
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 uniform to you. Each week will involve new moves and a better understanding of the ancient art. Join us - sign up for the excitement today.

W 6:30 – 8:30 pm  Program#: 08010-01
Ages: 6 and up
Y-Member: $52
Participant: $70

TAE KOWN DO
This class stresses the physical fitness, self-confidence, and discipline that only martial arts can offer. You may attend any or both of the two 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.

M/W 6:30 – 8:30 pm  Program#: 08010-02
Ages: 6 and up
Y-Member: $35
Participant: $52

For more information, contact the YMCA.
SOCCER SKILLS
Soccer Skills are designed to meet each player at their current level of play and provide opportunities to increase their individual skills. The goal is that these opportunities lead to an overall enjoyment of the game for years to come. Each class will end with a 15-minute game.

WINTER 1 - January 2-February 17
WINTER 2 - February 18-April 14
T 4:45 - 5:30 pm  Program#: 08501-01
Grades: K-2nd
T 5:30 - 6:15 pm  Program#: 08501-02
Grades: 3rd-5th
Y-Member: $25
Participant: $35

SPORTS INTRO FOR ALL ABILITIES
This is a fun, non-competitive class where a different sport or game will be played each week. Some of the activities include soccer, basketball, kickball, tossing the ball, and tag games. This program is based on improving fundamental athletic skills and self-esteem for children.

SPRING - April 15-June 2
T 5:30 - 6:15 pm  Program#: 08503-01
Ages: 6-9 years
Y-Member: $25
Participant: $35

VOLLEYBALL BASICS
Bump, Set, Spike! Interested in playing volleyball or learning how to play volleyball? Learn the basic volleyball skills of hitting, passing and setting. This coed class is great for beginners to learn how to play volleyball and have fun at the same time.

WINTER 1 - January 2-February 17
WINTER 2 - February 18-April 14
M 5:30 - 6:30 pm  Program#: 08541-01
Ages: 6-10 years
Y-Member: $25
Participant: $35

3v3 SOCCER
This program is designed to help your child to continue to develop solid soccer fundamentals, improve their field vision, balance, coordination, ball comfort, first touch, trapping, passing 1v1 skill, usage of both feet, ability to transition from offense to defense, and gain a better understanding of positioning in a 3v3 setting. Please register your team by December 21 for Winter 1 and February 12 for Winter 2.

WINTER 1 - January 2-February 17
WINTER 2 - February 18-April 14
T 6:20 - 7:00 pm  Program#: 08402-01
7:00 - 7:40 pm  Program#: 08402-02
Grades: 6th-8th
Cost: $75 Per Team

For more information regarding Youth Sports, contact Amanda Blaskowski, Youth & Family Director.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Adaptive Sports

WHEEL CHAIR SPORTS PERSONAL TRAINING
The Y now offers sports options for individuals with special needs. Learn skills necessary to play wheelchair basketball, tee ball, football, or wheelchair racing. Learn how to shoot a basket or dribble the ball from a wheelchair. No previous experience in adaptive sports is necessary.

Personal trainer, Tony Iniguez, 2008 U.S. Paralympic wheel-chair marathoner and track athlete, will lead all sessions. Tony was a member of the University of Illinois Wheelchair Basketball and Track Teams and has been involved in wheelchair road racing for more than 20 years. Most recently he was selected to the 2012 U.S. Paralympic Athletics Coaching Staff for the London Paralympic Games.

For more information, contact Amanda Blaskowski, Youth & Family Director.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Youth Swim Lessons

WINTER 1 SESSION DATES:
January 2 – February 17
REGISTRATION DATES:
Y-Members & City Residents
Monday, December 17
Participants
Wednesday, December 17

WINTER 2 SESSION DATES:
February 18 – April 14
No Classes Spring Break, April 1-7
REGISTRATION DATES:
Y-Members & City Residents
Monday, February 4
Participants
Wednesday, February 6

SPRING SESSION DATES:
April 15 – June 2
No Classes Memorial Day, May 27. Last day of Monday lessons is June 3.
REGISTRATION DATES:
Y-Members & City Residents
Monday, April 1
Participants
Wednesday, April 3

SWIM CLASS FEES:
Y-Member: $37
City Resident: $45
Participants: $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 Y Member. Does not apply to adult/teen instruction.

Aquatic Center Information
- 25 yard, 6 lane pool
- Depth: 3’6”-8’
- Temperature maintained at 80-85 degrees due to the diversity of usage
- 36’ x 20’ shallow water teaching/therapy pool
- Depth: 2’10”-4’3”
- Temperature maintained at 85-92 degrees
- 12’ x 10’ whirlpool spa
- Twin Flume Waterslides

Youth Swim Lesson Information
Youth swimmers new to YMCA Swim Lessons should attend a skill check for proper placement. Call the Y at 715.387.4900 to schedule 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 by the participant after 6:00 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.

All of our instructors are YMCA of the USA certified Swim Lesson Instructors.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Youth Swim Lessons

PARENT/CHILD AQUATICS PROGRAM
Ages: 6 months–5 years

SHRIMP (6 months–18 months)
Shrimp 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.

PERCH (19 months–36 months)
Perch 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)
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 on their own. 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.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Youth Swim Lessons

PRE-SCHOOL AQUATICS PROGRAM
Ages: 4-5 years
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.

TADPOLE
An all-ability swimming lesson for children 3½ to 5 years of age, using the same Y curriculum as the current pre-school class. All classes limited to 5 participants.

PIKE
Pike 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
Eel 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 Pike, 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 on front and back 2 yards and float independently on front and back for 5 seconds.

RAY
Ray is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in Ray will be introduced to rhythmic breathing, front and back crawl, 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 independently 12 yards.
YOUTH AQUATICS PROGRAM

Ages: 6-12 years

Youth classes are divided into six levels with each level building upon the previous one. All classes are 40 minutes in length. Every level includes skills in five areas: personal safety, stroke development, character development skills, personal growth and fitness, and water safety.

POLLIWOG
Polliwog introduces school-age children to the pool and helps them adjust to the water. 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

BLUEGILL
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. Upon completion of this level, interested swimmers are encouraged to join the Sharks Swim Team.

Prerequisites: Completion of Polliwog or able to swim independently on front and back 15 yards and float independently on front and back for 20 seconds.

GUPPY
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 able to swim 25 yards of front crawl and back crawl and tread water 30 seconds.

MINNOW
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.

FISH
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.

FLYING FISH
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.

When you have passed Flying Fish, consider joining the YMCA Sharks 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.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

WINTER/SPRING WEEKLY SWIM LESSON SCHEDULE
Each lesson meets for 7 weeks, once per week, for a total of 7 classes per session

REMINDERS: No classes during Spring Break April 1–5.
No classes Memorial Day, Monday, May 27.
Make-up lesson Monday, June 3.

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<tr>
<th>Weekly Swim Class Fees</th>
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<tr>
<td>Y-Member: $37</td>
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YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Youth Swim Lessons – Specialty

ADAPTIVE AQUATICS PROGRAM
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. Class length is 30 minutes.

Y-Member: $37 for 6 classes
Participant: $55 for 6 classes

SWIM LESSONS FOR THE HEARING IMPAIRED
Ages 4–17
This program offers a 40 minute swim class to students with hearing impairment. An interpreter will be present to assist. For more information, contact Sara Henrichs, Senior Program Director, at shenrichs@mfldymca.org.

TH 6:30 – 7:10 pm Program#: 04115-01

Y-Member: $37
City Resident: $45
Participant: $55

PRIVATE SWIM LESSONS
Private lessons for children, 5 years and up. To register, complete a private swim lesson form at the Welcome Center. Lessons are subject to the availability of instructors. Lessons are 30 minutes and are one-on-one. Private lessons are taught by a YMCA certified swim instructor.

Y-Member: $20
Participant: $40

SEMI-PRIVATE SWIM LESSONS
Semi-private lessons for children where two participants share the same time slot of 30 minutes with one instructor. To register, complete a private swim lesson form at the Welcome Center. Requests will be honored based on instructor availability and available pool space.

Y-Member: $20
Participant: $40
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Competitive Swimming

YMCA SHARKS SWIM TEAM
Ages: 5-18
The YMCA Tiger Sharks use the sport of competitive swimming as a tool to develop children and teens into healthy, productive adults. Join the Tiger Sharks 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 safe in deep water. Swimmers will be assigned to practice groups based on ability, age, experience, and level of commitment.

Swimmers new to the Sharks Swim Team 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.

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 in which they want to participate.

Swimmers must be members of the Y 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

For more information, contact Aaron Heiss, Swim Team Director.

DIVE IN AND SAVE

NEW SWIMMER DISCOUNT
Participate in the spring stroke clinics and get your stroke clinic fee amount (up to $59 off) discounted when you register for summer swim team.

RETURNING SWIMMER DISCOUNT
Participate in the spring stroke clinics/pre-season and get $20 discounted when you register for summer swim team. If you're not sure which group is right for your swimmer, feel free to contact Head Coach Aaron Heiss for assistance.

DISCOVER THE BENEFITS
The sport of swimming changes lives every day. Swimmers enjoy diverse, full-body workouts that develop both strength and stamina, without the strain of high-impact activity. Competitions allow individuals to succeed on their own terms, all while contributing to the overall success of the team. This unique balance enriches the athletes’ ability to grow into committed, successful adults. Sign up now and see for yourself.

PROMOTION DETAILS
Promotional pricing is only available to those who participate in the spring stroke clinics or pre-season, and summer swim team. Discounts are applied at the time of registration for summer swim team. Register now and see the savings.

Please note that this promotional offer may not be combined with other offers or discounts.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
Competitive Swimming

WINTER SWIM SEASON
January 2 – March 15, 2013
The winter swim season began in October 2012. Contact Coach Aaron Heiss to arrange a prorated fee.

JUNIOR 1
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 comfortable in deep water to join.

T/R 3:30 – 4:15 pm Program#: 04500-01
F 3:30 – 4:30 pm

JUNIOR 2
The Junior 2 group is for more experienced swimmers age 11 or younger. Focus is on refining strokes, starts, and turns. A basic training program is also implemented.

M/W/F 3:30 – 4:30 pm Program#: 04505-01

SENIOR
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.

M–F 4:15 – 5:40 pm Program#: 04510-01

SPRING STROKE CLINICS & PRE-SEASON
April 15 – May 17, 2013

BEGINNER STROKE CLINIC
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. Supervised cross training is included free of charge.

T/R/F 3:30 – 4:15 pm Program#: 04531-01
Cross Training
M/W 5:50 – 6:20 pm
Y–Member: $49
Participant: $69

INTERMEDIATE STROKE CLINIC
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. Cross training is included free of charge.

M/W/F 3:30 – 4:15 pm Program#: 04531-02
Cross Training
M/W 5:50 – 6:20 pm
Y–Member: $49
Participant: $69

SENIOR PRE-SEASON
The senior pre-season is for returning swimmers training in the Senior practice group. Focus is on refining strokes and developing base aerobic capacity and strength. Cross training is included free of charge.

M–F 4:15 – 5:40 pm Program#: 04536-01
Cross Training
M–R 5:50 – 6:20 pm
Y–Member: $69
Participant: $89

Adult Swim Clinic available. See page 27 for details.
HEALTHY LIVING
Improving the nation’s health and well-being

FAMILY TIME
Family Aquatics

COMMUNITY OPEN SWIM
All Ages Welcome
Come and enjoy some family friendly swim time in both YMCA pools. Open to all Marshfield and surrounding area residents. All pool rules apply and will be enforced. Lifeguards will be on deck. Participants will be restricted to the pools and locker room areas only.

Tuesday 9:30 am - 11:30 am
Sunday 3:00 pm - 5:30 pm

Y-Member: Free
Participant: $1

FUN FLOATING FAMILY NIGHT
All Ages Welcome
Every Friday night, bring your favorite tubes, rafts or life jackets to the Y pools. Also, enjoy the gymnasium and Youth Fit 4 Life Center with the family.

6:00-8:30 pm
Waterslide Hours: 6:00-7:30 pm

Y-Member: Free
Participant: $10 per family

Note: Some pool restrictions apply. Rafts must measure 36” x 72” or smaller. Inner tubes 10” in height or less. Beach balls not allowed.

WIBIT
All Ages Welcome
Twice each month our floating WIBIT inflatable obstacle course is set up in the large pool to bring fun and excitement to the water. Challenge your friends or just try to complete the course without falling in. On your mark, get set, GO!

The WIBIT will be set up 2:00-4:00 pm on these Saturdays:

January 5 & 26
February 9 & 23
March 9 & 23
April 13 & 27
May 11

Y POOLS & GYMNASIUM CLOSED SATURDAY, JANUARY 19 FOR A SHARKS SWIM MEET.
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Adult Water Exercise

ARTHITIS FOUNDATION AQUATIC PROGRAM
The YMCA & Arthritis Foundation provide a specially designed aquatic class for people with arthritis and related conditions. Class is held in the therapy pool. Water temperature will be between 85 and 92 degrees.

M/W/F 8:30 - 9:15 am Program#: 04315-01
Y-Member: $40
Participant: $60
Limit: 15

WATER EXERCISE (low intensity)
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.

M/W/F 9:30 - 10:30 am Program#: 04305-01
Y-Member: $50
Participant: $75
Limit: 25

WATER EXERCISE (high intensity)
Ages 15 and over
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.

T/TH 8:30 - 9:30 am Program#: 04305-02
5:30 - 6:30 pm Program#: 04305-03
Y-Member: $35
Participant: $53
Limit: 25

SENIOR WATER EXERCISE
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 85 and 92 degrees.

M/W/F 9:30 - 10:15 am Program#: 04310-01
Y-Member: $40
Participant: $60
Limit: 15

For more information, contact the YMCA at 715.387.4900.

Interested in trying out a class? Many adult classes allow for drop-in’s. $3 for Members; $6 for Non-Members. Drop-in availability may be limited due to space availability. Purchase your drop-in pass at the Welcome Center.
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS

Adult Swim Lessons

ADULT/TEEN SWIM LESSONS
Ages 13 and over
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 skills levels of class participants.

M 7:15 - 7:55 pm  Program#: 04203-01
Y-Member: $37
Participant: $55

PRIVATE SWIM LESSONS
Private lessons available to adults. To register, complete a private swim lesson form at the Welcome Center. Lessons are subject to the availability of instructors. Lessons are 30 minutes and are one-on-one. Private lessons are taught by a YMCA certified swim instructor.

Y-Member: $20
Participant: $40

SEMI-PRIVATE SWIM LESSONS
Semi-private lessons for adults where two participants share the same time slot of 30 minutes with one instructor. To register, complete a private swim lesson form at the Welcome Center. Requests will be honored based on instructor availability and available pool space.

Y-Member: $20
Participant: $40

Adult Swim Programs

ADULT SWIM CLINIC
The Adult Swim Clinic is for adults ages 19 and older who can swim one length of the pool and wish to improve their stroke technique and stamina. This program is ideal for triathletes and everyday lap swimmers. Cross Training is included free of charge.

SPRING SESSION: April 15 – May 17
T/R 6:45 - 7:15 pm  Program#: 04551-01
Cross Training
T/R 5:50 - 6:20 pm

Y-Member: $39
Participant: $59

For more information regarding Adult Swim Programs, contact Aaron Heiss, Swim Team Director.

AMERICAN RED CROSS
LIFEGUARD CERTIFICATION
Ages 15 and over
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.

Prerequisites: Must be 15 years of age on or before the final scheduled session of this course; 300 yards continuous swim front crawl and breast stroke; swim 20 yards, retrieve a 10 lb. brick from 7 foot depth, return to starting point and exit pool within 1 minute 40 seconds.

April 12–14, April 19–21  Program#: 04601-01
F 5:00 - 9:00 pm
SA/SU 10:00 am - 5:00 pm

Y-Member: $160
Participant: $180
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Active Older Adults

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

M/W 10:00 – 10:45 am Cedar Rail
FREE to Community

SILVERSNEAKERS FITNESS PROGRAM
SilverSneakers is an innovative national exercise program specifically designed for the unique health and physical needs of older adults. The SilverSneakers Fitness Program is taught by a certified instructor and focuses on improving muscular strength, flexibility, balance and coordination. Plus, you’ll enjoy the great music and camaraderie of your fellow participants.

M/W/F 9:30 – 10:30 am Program#: 05901-01

Y-Member: $35
Participant: $50

For more information, contact Molly Michalek, Wellness Coordinator, at mmichalek@mfldymca.org.
HEALTHY LIVING
Improving the nation’s health and well-being

SWIM, SPORTS & PLAY
Adult Sports Leagues

YMCA Adult Sports Leagues are designed to be family-friendly, semi-competitive leagues. All are open to ages 18 and older regardless of membership status or gender.

5v5 ADULT SOCCER
WINTER 1 - January 2-February 17
Sunday 3:00 – 6:00 pm Program#: 08602-01
$100 Per Team

WINTER 2 - February 18-April 14
Sunday 3:00 – 6:00 pm Program#: 08602-01
$100 Per Team

4v4 BASKETBALL
SPRING - April 15-June 2
Thursday 6:00 – 9:00 pm Program#: 08601-01
$100 Per Team

For more information on Adult Sports Leagues, contact Amanda Blaskowski, Youth and Family Director.
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Aerobics/Cross Training

20/20/20
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.

T/TH  9:30 – 10:30 am  Program#: 05239-01
Y-Member:  $33  
Participant:  $50  
Limit:  30

ADVANCED STEP AEROBICS
Step up your fitness with a beat-driven workout that combines basic step moves with more advanced step patterns utilizing an adjustable step. A variety of strength and core work will also add to this challenging class.

Prerequisite: Advanced step experience or instructor approval.

M/W/F  8:15 – 9:15 am  Program#: 05222-01
Y-Member:  $50  
Participant:  $75  
Limit:  30

BOOTCAMP
This intense total body cardio workout alternates between drills, intervals, and sculpting routines to peak your performance.

W  5:20 – 6:20 pm  Program#: 05238-01
Y-Member:  $17  
Participant:  $26  
Limit:  30

BOXING/PILATES FUSED
Based on the newest fitness craze, Piloxing®, this unique class will offer calorie burning cardio with boxing choreography, all while fusing in core strengthening exercises based on Pilates.

W  6:30 – 7:30 pm  Program#: 05241-01
Y-Member:  $17  
Participant:  $26  
Limit:  30

CARDIO CONDITIONING
Easy to follow cardio mixes keep your heart pumping, spirits high, and stress levels low. Cardio combinations of step, kickboxing, and floor aerobics, along with strength training build muscle strength and endurance. Great for individuals new to group exercise.

T/TH  5:30 – 6:15 am  Program#: 05229-01
Y-Member:  $25  
Participant:  $38  
Limit:  30

EARLY MORNING EXERCISE
This combination class will consist of fun step combinations along with core work and flexibility on Mondays. Wednesdays will include calorie burning cardio and strength training.

M/W  5:30 – 6:30 am  Program#: 05232-01
Y-Member:  $33  
Participant:  $50  
Limit:  30

For more information on Aerobics/Cross Training, contact Molly Michalek, Wellness Coordinator, at mmichalek@mfldymca.org.
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Aerobics/Cross Training

HARD CORE BOOT CAMP - Cancelled
This calorie blasting workout will provide a serious workout that will include a boxing circuit, strength exercises (think push-ups, planks, squats), and cardio/core drills using a variety of equipment. Join ex-military fitness trainer, Todd Wolff, and get yourself back into shape...boot camp style!

M/W 6:40-7:40 pm  Program#: 05254-01
Y-Member: $33  
Participant: $50  
Limit: 20

HI/LO AEROBICS
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.

T/TH 8:15 - 9:15 am  Program#: 05226-01
Y-Member: $33  
Participant: $50
Limit: 30

MONDAY MIX-UP
This class will offer the perfect blend of cardio and strength while mixing it up with a variety of exercises and equipment.

M 5:20 - 6:20 pm  Program#: 05221-01
Y-Member: $17  
Participant: $26
Limit: 30

SUPER SATURDAY WORKOUT
An intense and fun cardio/conditioning workout. Class content will vary with each instructor and may include step, strength training, yoga, water exercise, or cycling. Inquire at the Welcome Center or visit the Y’s website for an updated monthly schedule.

SAT 8:15 - 9:15 am  Drop In Only
Y-Member: FREE each Saturday
Participant: $6 each Saturday

ZUMBA™
Join the party! Zumba™ is a fusion of Latin, Hip Hop, and International music dance themes that create a dynamic, exciting, effective fitness system. It is a mixture of body sculpting movements with easy-to-follow dance steps, perfect for all fitness levels.

T/TH 6:30 - 7:30 pm  Program#: 05235-01
Y-Member: $33  
Participant: $50
Limit: 30

For more information on Aerobics/Cross Training, contact Molly Michalek, Wellness Coordinator, at mmichalek@mfldymca.org.

Interested in trying out a class? Many adult classes allow for drop-in’s. $3 for Members; $6 for Non-Members. Drop-in availability may be limited due to space availability. Purchase your drop-in pass at the Welcome Center.
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Indoor Cycling

GROUP CYCLING
Cycle to the beat and achieve uphill climbs, jumps, sprints and hovers for an ultimate lower body and cardio workout. Trained instructors will lead you through a fun workout where you can adjust your own resistance to work at a pace comfortable or challenging.

T/TH 8:15 – 9:15 am Program#: 05248-01
Y-Member: $35
Participant: $53
Limit: 24

SA 9:30 – 10:30 am Program#: 05248-02
Y-Member: $13
Participant: $20
Limit: 24

M/W 5:30 – 6:30 pm Program#: 05248-03
Y-Member: $35
Participant: $53
Limit: 24

CYCLING EXPRESS
Add variety to your workout with this 45-minute express class that is great for a beginner or intermediate participant. Enjoy the challenge, variety and convenience of this express cycling class.

M/W/F 5:30 – 6:15 am Program#: 05249-01
Y-Member: $40
Participant: $60
Limit: 24

T/TH 5:30 – 6:15 am Program#: 05249-02
Y-Member: $26
Participant: $39
Limit: 24

M/W 8:30 – 9:15 am Program#: 05249-03
Y-Member: $26
Participant: $39
Limit: 24

F 8:30 – 9:15 am Program#: 05249-05
Y-Member: $13
Participant: $20
Limit: 24

For more information on Indoor Cycling, contact Molly Michalek, Wellness Coordinator, at mmichalek@mfldymca.org.
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Strength Training

AB & BACK-ATTACK Cancelled for Spring
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.

M/W 12:15 - 12:45 pm  Program#: 05247-01

Y-Member: $17
Participant: $26
Limit: 20

BODY SCULPTING
Let’s sculpt a better you! This class is designed to strengthen various muscle groups using a variety of equipment along with stabilization techniques and core work. Format will vary but effect will be optimized in this 50-minute class.

T/TH 5:30 - 6:20 pm  Program#: 05231-01

Y-Member: $33
Participant: $50
Limit: 30

KETTLEBELL
Kettlebells offer a different kind of workout using dynamic moves targeting all aspects of fitness including endurance, strength, balance, cardio and flexibility. Burn serious calories with one piece of equipment.

M/W 5:30 - 6:15 pm  Program#: 05251-01

Y-Member: $25
Participant: $38
Limit: 6

LET’S PLAY BALL–Cancelled for Spring
Get a great workout while “playing” with a variety of fitness equipment including: stability, bosu, bender (mini), and medicine balls. This total body toning class will also incorporate exercises that will strengthen the core while working on balance and flexibility.

M 6:30 - 7:15 pm  Program#: 05246-01

Y-Member: $13
Participant: $20
Limit: 15

TALK ‘N TONE
Talk ‘n Tone combines lively conversation with weight training to shape, tone, and strengthen your muscular system. You’ll meet new friends while you sculpt your body and accelerate your metabolism.

M/W/F 9:30 - 10:30 am  Program#: 05223-01

Y-Member: $50
Participant: $75
Limit: 30

TOTAL BODY CHALLENGE
Strengthen and tone from head to toe all while learning about proper form, technique, and body awareness. This class will use a variety of equipment and exercises to create a total body challenge.

M/W 7:00 - 8:00 am  Program#: 05227-01

Y-Member: $33
Participant: $50
Limit: 30

For more information on Strength Training Classes, contact Molly Michalek, Wellness Coordinator, at mmichalek@mfldymca.org
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Pilates & Yoga

PILATES FUSION
Pilates Fusion combines traditional Pilates with a variety of exercises that targets the abs, back and legs, which is the focus of this fast-moving, 30-minute class. Equipment including exercise balls, bands, weights and Pilates rings will also be incorporated for added challenge and variety.

T/TH 9:30 – 10:00 am  Program#: 05244-01
Y-Member: $17
Participant: $25
Limit: 10

STRENGTH FUSION
Take time out of your busy day to do something great for yourself. This new class will fuse elements of Pilates with traditional strength exercises and a variety of equipment. Class will conclude with deep stretching to help you relax while increasing flexibility.

SPRING SESSION ONLY
M/W 9:30 – 10:15 am  Program#: 05245-01
Y-Member: $25
Participant: $38
Limit: 10

YOGA
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 stretching with relaxation. Held poses, flow and balance will be integrated in order to maximize both strength and flexibility.

T/TH 8:15 – 9:15 am  Program#: 05224-01
Y-Member: $33
Participant: $50
Limit: 12

TH 5:30 – 6:30 pm  Program#: 05259-02
F 8:15 – 9:15 am  Program #: 05259-03
Y-Member: $17
Participant: $26
Limit: 12

YOGA FOR LIFE – Cancelled for Spring
Introduce yourself to a form of exercise that increases strength and body awareness, improves posture and balance, increases flexibility and decreases stress. This class introduces you to the basics of yoga including breath, held postures, flow and balance.

M 8:15 – 9:15 am  Program#: 05234-01
Y-Member: $17
Participant: $26
Limit: 12

YOGA AT MARSHFIELD HIGH SCHOOL
M 4:00 – 5:15 pm  Program#: 05259-01
Y-Member: $21
Participant: $32
Limit: 12

YOGA STRENGTH
Traditional yoga postures and deep breathing will be the foundation of this class. In addition, options to move beyond the basics will be provided, allowing for strong yoga poses to add strength and Vinyasa flow to build heat. Finish with relaxation to center the mind, body and spirit.

SU 10:15 – 11:00 am  Program #: 05228-01
Y-Member: $13
Participant: $20
Limit: 20

For more information on Pilates and Yoga, contact Molly Michalek, Wellness Coordinator, at mmichalek@mfldymca.org.
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Personal Fitness

BODY COMPOSITION ANALYSIS
Ages 18 & up
Our YMCA offers a 3-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. Contact Scott Schweikl, Wellness Director, to inquire about an appointment with a certified instructor.

Y-Member: $10 per 30-minute analysis
Participant: $15 per 30-minute analysis

GUIDED WEIGHT LOSS PROGRAM
Ages 14 & up
This ongoing program helps participants take small steps toward achieving and maintaining a healthier lifestyle. Led by Jill Faciszewski, Fitness Coach, you will begin the program with an educational session; then attend a weekly class for goal setting, confidential and optional weigh-in, and exercise sessions with a group or on your own.

WINTER 1 & SPRING ONLY
M 10:30 am - 12:30 pm Program #: 05540-01
   5:00 - 7:00 pm Program #: 05540-02

Y-Member: $20
Participant: $30

PERSONAL FITNESS PROGRAM
Are you looking for a program with a proven record that will help you establish activity and exercise into your lifestyle? Y Personal Fitness is FREE with your membership and 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. Contact the Welcome Center to set up an appointment today!

Y-Member: FREE
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Personal Training

PERSONAL TRAINING
We believe in health and well-being for everyone. We are here for you, to help you grow in spirit, mind and body. Our nationally certified personal trainers will help you; we will coach, motivate and inspire you to reach your goals. At the Y, you will be part of a welcoming and nurturing environment where together we will achieve the results you have always wanted.

Customize Your Personal Training Program
- Rev up a stale exercise routine with fresh approaches to your workout.
- Break out of your fitness plateau – challenge yourself.
- Reduce the risk of injury by learning proper techniques.
- Stay motivated and committed to your exercise program.

Benefits of Personal Training
- Help you safely begin and maintain an effective exercise program.
- Develop an exercise program specifically designed according to your personal health history, needs, limitations and goals.
- Provide motivation, encouragement and accountability to your exercise program.
- Serve as a resource for objective and accurate health and fitness information.
- Help you fit exercise into your busy schedule to make the most efficient use of your time.
- All staff are nationally certified.

Personal Training Pricing

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<thead>
<tr>
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<th>Y-Member</th>
<th>Participant</th>
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<tbody>
<tr>
<td>1 Session</td>
<td>$30</td>
<td>$42</td>
</tr>
<tr>
<td>5 Sessions</td>
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<tr>
<td>10 Sessions</td>
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Sessions are 60 minutes in length and available to Y Members and Participants, 12 years of age and over.

Contact Scott Schweikl, Wellness Director to inquire about an appointment with our personal trainers.

PERSONAL YOGA OR PILATES TRAINING
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. Contact Molly Michalek, Wellness Coordinator, at mmichalek@mfldymca.org, to inquire about making an appointment with a certified instructor. All sessions are 60 minutes.

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<tr>
<td>1 Session</td>
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<td>$37</td>
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<tr>
<td>5 Sessions</td>
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The Y now offers Nutrition Consultation Services. Contact Scott Schweikl for more information.
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Massage Therapy

MASSAGE BY JOEL
Massage by Joel is located within the Marshfield Area YMCA as an independent contractor. Y membership is not required. 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 accepts personal checks or cash, plus for your convenience Visa, MasterCard or Discover.

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<tr>
<th>Time</th>
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<tr>
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<tr>
<td>45 minute extra</td>
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<td>60 minute regular</td>
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<tr>
<td>90 minute special</td>
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All times are approximate. Prices are subject to change without notice, one discount per visit please. Package rates, gift certificates and relaxation products are available. Ask Joel about on-site chair massage. Parental consent required for clients under the age of 18. YMCA membership not required.

M-F 8:00 am – 7:00 pm
SAT 8:00 am – 12:00 pm

Walk-ins are welcomed, but appointments do work best and may be scheduled at the Y’s Welcome Center or by contacting the Y at 715.387.4900. For more information, contact Joel at 715.389.1111 or visit his website at www.massagebyjoel.net

Senior Massage, a specialized geriatric massage, is also available. Senior Massage can be performed at the Y, in your home, or on-site at most facilities. Gift certificates are available.
SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors

VOLUNTEERISM & GIVING

ANNUAL SUPPORT CAMPAIGN
At the Marshfield Area YMCA, we reach out to those in the community who need assistance and help them find a sense of belonging. Financial assistance keeps the Y available for children and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, you continue to strengthen our community. As the nation’s leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood.

HOW CAN YOU HELP?
- Give a gift to the Annual Campaign.
- Get involved in the campaign by asking others to give a gift and ensure the Y is accessible to all members of the community.

Contact Rochelle Hill, Director of Marketing & Development, to learn more about our Annual Support Campaign.

CHAIRMAN’S ROUND TABLE SPONSORSHIP
Individuals and businesses giving a gift of $1,000 or more annually are recognized as a member of the YMCA Chairman’s Round Table. Recognition includes banners that will be seen by the hundreds of Y members each day and being recognized for helping make a meaningful, enduring impact right in your own neighborhood. To become a member of the Chairman’s Round Table, contact Rochelle Hill, Director of Marketing & Development.

THE HERITAGE CLUB
The Heritage Club is composed of individuals from all backgrounds and communities who have made an outright or planned gift to the Marshfield Area YMCA Endowment Fund. The Heritage Club was established to help provide for the long-range financial stability of our organization. There are a number of ways for your gift to qualify you as a member of the Heritage Club:
- Making an outright gift of cash, appreciated assets or securities to the YMCA Endowment Fund.
- Including the YMCA Endowment Fund as a beneficiary in your will or living trust.
- Naming the YMCA Endowment Fund as a beneficiary of a new or existing life insurance policy, IRA, pension plan, or bank account.
- Creating a charitable trust or annuity that directs all or a portion of the remaining assets to the YMCA Endowment Fund.

With your help, we are creating a promising today and a brighter tomorrow for children, families and communities. For more information, contact Rochelle Hill, Director of Marketing & Development.

CORPORATE SPONSORSHIP PROGRAM
Many of the Y’s family events, youth sports and teen nights are offered at reduced fees or free of charge in order to make them easily available to any family, youth, or teen that wants to be involved in these positive experiences. In partnering with the Y, you can feel confident your gift is making a meaningful and lasting impact. For information on becoming a corporate sponsor, contact Rochelle Hill, Director of Marketing & Development.

MEMBER VOLUNTEER OPPORTUNITIES
Get involved as a Marshfield Area YMCA member volunteer. A great many of our programs and special events are only possible because of the incredible people in our community who volunteer their time. We are committed to strengthening the foundations of our community. And we can’t do it without you. For more information about current volunteer opportunities, contact Sara Henrichs, Senior Program Director, at 715.387.4900 or by email shenrichs@mfldymca.org.