

March 8- May 1

2010



Community Y
Spring 1 Brochure

www.ymca-ywca.org

Community Y Building Hours

Monday-Thursday	5 a.m. - 10 p.m.
Friday	5 a.m. - 8 p.m.
Saturday and Sunday	7 a.m. - 8 p.m.

The Community Y will be closed on

Easter	Thanksgiving Day
Memorial Day	Christmas Eve (close 1:30)
4th of July	Christmas Day
Labor Day	New Year's Eve (close 1:30)
	New Year's Day

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2010 Community Y Board of Directors

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2010 YWCA Board of Directors

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Jennifer Hass	Mary Wertzberger



The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.



YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.



Hello everyone!

The recession and the likelihood of a slow recovery mean that many families today are looking for value. Many are dealing with a range of issues from job loss and debt to health risks and loss of affordable activities for their families. Community Y staff and volunteers are committed serving families in the Marshalltown area with programs and services that enrich their lives, provide a healthy outlet for activity, and provide positive time together as a family and with others in our community.

The impact of the Y on the lives of our members and friends this past year has been substantial. Some of the highlights for 2009 include: the Health and Wellness Department served 5,164 participants in group exercise classes; 995 students learned healthy lifestyle habits in the Fit Kids After School Program; Summer Day Camp averaged 65 children a week; an average of 168 children per session took swimming lessons; more than 170 adults participate in each session of aqua-exercise classes; 32 new swimmers participated in the Y Blue Wave Swim Team, which totals almost 90 swimmers during the season; approximately 90 children and 30 volunteers participating in Safety Camp, co-sponsored with the Marshalltown Police Department; hundreds of active older adults participated in the Fine Living Council activities such as Fishing for Fun, Card Club, Cooking for the Retired, the Health Forum Series, Line Dancing and Travel Club trips; 165 people worked on living a healthier, more active life through the Y's Healthy U lifestyle management program; the YWCA celebrated its 100th Anniversary in Marshalltown with a series of activities; Y members scanned into the Horne-Henry Center 225,156 times from January to November in 2009 with the average number of visits per month being 18.763, add to that the many members and program participants who regularly attend activities at the Y's Cultural Center.

For almost all Americans, the level of stress and tension in our lives is rising. But research shows that participation in high quality programs matter. High quality early childhood programs can mitigate the effect of poverty on a child's ability to learn. High quality youth programming can increase the likelihood that a student will remain in school. High quality programs can help people change their lifestyles - and influence others to change theirs as well. Community Y staff and volunteers are deeply committed to "being there" for our members and friends during this difficult time. Physical and mental activity, help in developing strong family relationships, friendships and connections to the community are all positively influenced by being a member of the Y. As we look to better times in 2010, rest assured that the Community Y will remain a strong and vibrant community asset.

Carol Hilbs



Registration Information

Registration

Spring 1 Session

Members Monday, March 1, 2010
Prog. Participants Wednesday, March 3, 2010

For Classes That Begin

March 8th- May 1st (8 weeks)

(Spring 2 session information will be in an upcoming brochure)

Spring 2 Session

Members Monday, April 26, 2010
Prog. Participants Wednesday, April 28, 2010

May 3rd- June 12th (6 weeks)

Registration Hours:

Monday -Thursday	8 a.m. - 8 p.m.
Friday	8 a.m.- 8 p.m.
Saturday	10 a.m.- 2 p.m.

How to Register

Registration for members begins on Monday and program participants on Wednesday of registration week. **Pre-registration is required for youth classes.** This is necessary to ensure proper class numbers to avoid class cancellation. **Registration needs to be completed by the end of each registration week. Members must present their membership cards when registering.**

Phone Registrations

Phone-in registrations will be taken on Monday after 2 p.m. for members and Wednesday after 2 p.m. for program participants during registration week. Payment for classes must be made at time of sign-up. Classes requiring payment will require a credit card when registering by phone.

Mail/Fax Registrations

Will not be put in until noon Monday for members and noon Wednesday for program participants.

Online Registration

Online registration is now available. Members are able sign up at 8 a.m. on the first day of member registration and program participants can sign up on the first day of program participants registration. Online registration will end on the Saturday of registration week. Sign up for classes at www.ymca-ywca.org.

Late Fee

A \$5 late fee will be assessed to ALL registrations taken after 2 p.m. on Saturday the week of registration.

Waiting List:

If a class is full, you can be placed on a waiting list and will be called if an opening occurs. Every effort will be made to expand classes or start new classes as available space and staff allows.

Refund Policy:

Refunds will be given under the following circumstances .

- 1) If the Y cancels the class.
- 2) Class participants can no longer participate in a program due to medical reasons (a doctor's excuse must be presented at the time the refund is requested).
- 3) NO REFUNDS, CREDITS OR TRANSFERS WILL BE GIVEN AFTER REGISTRATION ENDS.



A full-day approach to early education that combines preschool and child care into one quality program, one quality location.

Y Preschool currently has openings for the 2009-2010 school year. If interested, stop by the Service Desk. There may be times when an opening comes available. The program provides a rich classroom environment where children are encouraged to explore and are challenged to learn, while making friends and developing self-confidence. Through a "learn by doing" approach, children experience hands-on learning through many opportunities. While at the Y for care and preschool, children will be involved in experiences exclusive to the program including water safety, age appropriate health and wellness activities and local field trips!

Children may be dropped off as early at 7:30 a.m. and picked up as late as 3:30 p.m. Monday through Friday. Lunch and snacks are included.

Preschoolers needing a later pick up time can attend the Y's after school care program, Fit Kids.

****An open house and registration for the 2010-2011 school year will take place on February 27th, from 9-11 a.m. This will be the first chance for new students to register for 2010-2011.**

Cost per week:

A non-refundable registration fee of \$35 is due upon enrollment.

Preschool Only: \$100 per week*

*Must be a physical or social member of the Y.

Youth social memberships are \$10 per year.

Location: Cultural Center
Preschool Teachers: Stephanie Ricken
Brandee Brown
Director: Ashley Woodruff



Child Care

The Community Y Child Care is a 2-hour complimentary service provided at no charge to members with children ages 6 months to 10 years. Children may explore in a giant maze, participate in stories/crafts and free play. Parents must remain in the building while using this service. Please provide and label all supplies (snacks, diapers, wipes) necessary. Punch cards are available at the service desk for program participants. All parents must complete an information form for each child being cared for in the Y's drop-off center.

Cost:	Free	Hours:	
Members:		Monday-Thursday:	8:30 a.m.-1p.m. & 4-7:30 p.m.
Prog. Participants:	\$1.25/each child per hour	Friday:	8:30 a.m.-1p.m.
	*.75 cents/hour for each additional child	Saturday:	8:30 a.m.-11:30 a.m.

Hours are subject to change based on the number of children in child care. If no children are in child care one-half hour before closing time, the provider will be excused.

Registration Policy For All Programs

If registered for a program and the participant does not attend, they may be eligible to receive a 50% refund if staffing costs are not affected.



Fit Kids

Fit Kids has moved to the Cultural Center and is open to all kids K-4! The Community Y has designed an after school program which will teach children healthy lifestyle habits early on. Each day will be broken down into three parts; snack time, activity time, and craft/homework/reading time.

Program Specifics- Participants are offered time to get homework help and study time as well as reading time. A healthy snack will be provided each day. Participants will also take part in physical activity each day. All participants will be assessed for physical fitness according to the President's Physical Fitness Test once per quarter. Children will learn about good nutrition and the food pyramid, how to add more activity into their day, and also about the core values of the Community Y. Each month lessons will focus on a different Community Y core value and how to apply it to daily living.

School's Out Fun Days

An excellent opportunity for kids to have a safe and fun alternative to day care when school is not in session. Kids have a great time swimming, playing, games and getting creative with crafts. On occasion the participants will go on field trips to the park. Some of the activities include dodgeball, water balloon toss, and team building activities all with the Community Y core values in mind. More information will be sent home in school folders with the students as the School's Out Day arrives. Space is limited to the first 40 kids. Parents wishing to register for the days need to do so prior to the Wednesday before attending the camp to avoid a \$5 late fee.

Meets: March 12th
 March 19th (half day)
 April 1st, 2nd, 5th (Spring Break)
 May 31st (Memorial Day)

Location: Cultural Center
 Instructors: Deb Grove, Misty Roelsgard

Full Days	8 a.m.-5:30 p.m.
Member:	\$27
Prog. Participant:	\$37
Half Days	12 p.m.-5:30 p.m.
Member:	\$14
Prog. Participants:	\$17

Marshalltown Schools run a bus to the Community Y after school. All students registered for Fit Kids are able to take the bus from any school in Marshalltown. The after school program will run Monday-Friday unless school is dismissed at an earlier than normal time or is closed or cancelled due to weather. Parents will need to pick up their children no later than 5:30 p.m. each day by an adult listed on a designated pick-up list. Children will not be allowed to walk home alone or leave the program without an adult on their pick up list. Those students who participate in other Y programs, such as swimming lessons, dance, or tumbling, will have a staff member transfer those students get to their designated program. Payments and registrations for the next week are due by the Wednesday prior or a \$5 late fee will be assessed. A limit of 50 kids can attend on a first come basis.

Meets:	M/T/Th/F	3:20-5:30 p.m.
	W	2:20-5:30 p.m.
Location:	Cultural Center	
Member Fee:	\$5 per day	
Prog. Participant Fee:	\$7 per day	
Instructor:	Misty Roelsgard	

*In case of weather related early dismissal of school, Fit Kids will be available for an additional \$5 fee to all participants. Buses will run as normal.

Developmental Soccer

A great opportunity for youth ages 4-8 to learn the fundamentals of soccer, while in the comfort of the indoors. Kids will learn how to dribble, shoot, and pass in a warm environment. Registration will begin in December. Practices will be held in the Green Room at the Cultural Center.

Meets: Saturdays, February 13th-March 20th

Where: Cultural Center Green Room.

4-5 year old coed: 9 a.m.
6-8 year old girls: 10 a.m.
6-8 year old boys: 11 a.m.
Members: \$27
Prog Participants: \$52
Instructor: Mike Garrels.

Youth Strength Training

10-14 year olds

Class provides hands-on experience using the Cybex strength training equipment while learning proper lifting techniques. After the completion of the class the youth participants can use the Cybex weight room when accompanied by a parent (or at designated times without a parent).

Class meets: T/TH 5:30-6:30 p.m.
Instructor: Rotating Instructors
Location: Fitness Floor,
Horne-Henry Center



Tee Ball

Everyone plays!!! Tee Ball is for boys and girls ages 4 through completing the 2nd grade. Tee Ball is a fun and exciting way to introduce the game of baseball to kids at an early age with the Community Y core values in mind.

All players will have one practice per week beginning the week of May 3rd and one game per week for 6 weeks beginning May 18th. Practices can be held any night of the week, Mon-Thur, coaches will decide the practice day. Pee Wees (ages 4-5) will play games on Tuesday evenings and Mighty Mites (ages 6-8) will have games on Thursday evenings.

All games will begin at 5:30pm or 6:30pm and will last approximately 1 hour regardless of the league. All participants get to bat and play in the field each inning. In the Pee Wee division all players will hit off of a tee. In the Mighty Mite division, coach pitch plays a larger role with participants starting on the tee but developing to coach pitch during practices and games.

Registration ends April 24th. Any registrations received after the 25th will receive a \$5 late fee. A Coaches meeting will be held, Monday, April 26th at 6pm in the party room at the Horne-Henry Center. All players will receive a call from their coach the week of the 26th to set practice times. All game and practices will be held on the Cultural Center Fields on the Community Y Campus.

Meets: Begins week of May 3rd (Mon-Thurs)

Games Begin:

May 18th (Pee Wee 5:30pm./6:30pm)

May 20th (Mighty Mites 5:30pm/6:30pm)

Location: Cultural Center Fields

Instructor: Deb Grove

Member: \$27

Prog. Participants: \$52

Game Room

An interactive game room is available for all members of the Community Y for FREE. Each game offers a different and physical aspect to gaming. New to the game room are DDR, Makoto, Trazer, Lightspace, Air Hockey, and Foosball. The game room is open Monday, Wednesday and Thursday from 4-8 p.m. & 1-3 p.m. Saturday-Sunday. Hours are subject to change without notice.

Teen Programs

Middle School Y-Teen Clubs

Educating and preparing girls for a lifetime of self-respect and healthy living.

Y Girls

Fifth & sixth grade students meet weekly. Girls gain responsibility and gain friendships by doing community service projects and working on committees. Other enjoyable activities include a unit on careers/future, babysitter training, local field trips, crazy hair day, cooking competition, and fitness activities with dance and swimming fun! Each group votes on a group trip/activity. Past activities include a day at the movie theatre and ice skating.

Meets: Wednesdays from 3-4 p.m.
Club Dues: \$10 per month, plus a Community Y Social or Physical Membership

Y-Teens

Seventh & eighth grade teens meet twice a month learning important life skills. Work as a team to design club fitness routines, offer community assistance, mentor young children and learn budgeting skills. This program is a rewarding experience for community teens who want to be leaders and make a difference. This year's group will take part in decision making for a community project and event planning for middle school activities. This group works to take a trip to the spa for a day!

Meets: Every other Wed. from 3-4 p.m.
Club Dues: \$10 per month, plus a Community Y Social or Physical Membership

FAAD:

Friends Against Alcohol and Drugs

FAAD educators are high school sophomores trained in drug and alcohol education, decision making, listening and communication skills. The program is taught by Janice Ott, SATUCI counselor, and targets middle school students. This alcohol and drug prevention program is funded by a grant from the Iowa Department of Human Services. For further information, or to schedule a presentation for a group or school, contact Ashley Woodruff, 752-8658 ext. 220.



Young Parent's Support Group

An empowerment program designed to educate, support, connect and motivate expecting and young parents while facing the challenges of parenting. The group focuses on establishing positive lifestyles and futures for both parents and children. The program works to empower young parents by providing educational speakers and topics, such as infant/child CPR, finding child care, what to know before sending child to preschool and much more. One of the weekly meetings per month is held at the Y's Party Room for dinner and followed by family swim in the recreational pool.

Pregnant and young mothers are invited to attend. Regular participants are provided with a family membership to the Y facilities. There is no fee for joining and Storks Nest Points are earned. Dinner and child care are also provided.

Meets: Mondays, 5:30-7:30 p.m.
Location: Horne-Henry Center Party Room
Director: Allison Vaughn

PACT: Peers Actively Communicating with Teens

Peer pressure, resistance skills, pregnancy prevention and youth empowerment are the goals of this abstinence-based program for teens. The program, currently in its 22nd year at the Community Y, utilizes high school sophomores, juniors and seniors who have been selected on the basis of maturity and ability to relate to others. They are required to complete 35-hours of PACT training during their sophomore year. The teens then present programs using role-plays, humor and question and answer segments, designed to empower middle school youth to make informed decisions about their sexual behavior, and to increase awareness of the consequences.

PACT is currently presenting programs at the following middle schools: Miller Middle School, East Marshall, West Marshall & GMG. For further information or to arrange a presentation, contact Ashley Woodruff, 752-8658 ext. 220.

Community Y School of Dance



Picture by Stewart Photography

All classes at the Community Y School of Dance are under the direction of Kimberlee Kups-Benson. Miss Kimi has been active in dance since the age of 3 and has been an instructor at the Y for 23 years. With over 30 years of dance involvement, Kimi's dance background includes study with Lynn Neuhas, Jerry Rose, and master teacher, Finis Jhung. Miss Kimi attended Western Kentucky University Dance Educators of America Teacher Training School. Also included in Miss Kimi's dance training is advanced instruction with leading dance professionals in the field of jazz, Guss Giordano and Joe Tremain.

Miss Kimi's Dance Konnection Competition Team has attended advanced workshops throughout the country for continuing education. Several members of the team spent a few days in New York studying this summer! Competing dancers have won High Point and top awards throughout the Midwest.

Important Dance Dates:

Picture night and recital ticket sales at the
Community Y Cultural Center
Friday, April 30th

Recital: Live Love Dance

at the Marshalltown Community Auditorium
Friday, May 14th
Saturday, May 15th

Parent and Tot Classes

This class is geared toward toddlers, 18 months to 3 years, and the special adult in his or her life. It is designed to help students feel comfortable learning in a group setting. Activities will include dance games, playing instruments, and singing songs while having fun together. Learn new and creative ways to enjoy music and dance.

This class is offered in two 6-week sessions.

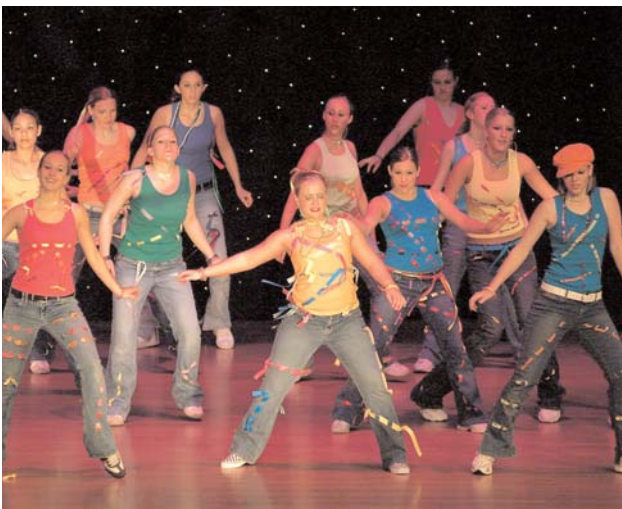
10-10:45 a.m.

March 3-April 7

Cost: \$35 per session

Kimberlee Jo Kups' Dancers

This is our performance team. This group is for all dancers currently enrolled in The Community Y School of Dance. Dancers need to be 8 by Jan. 2010 and taking 2-3 dance subjects. This is a non-competitive group. Rehearsal and performances vary from week to week.





Reji Kurian
Youth Outreach Director
7 - 12 grade boys
& elementary youth

This program serves the needs of at-risk boys in grades 6-12. There are three aspects to the program - community service, education and recreation. All of the participants are required to sign a behavior contract that emphasizes the importance of good behavior at home, in school and in the community.

The boys' program helps to build a strong community by having the group members participate in several volunteer activities. All of the boys volunteer at the Iowa Veterans Home escorting residents to Chapel. Other projects include Adopt-A-Highway and Meals-On-Wheels.

Community involvement increases the youths' capacity for social interaction, personal responsibility, self-esteem, leadership, team building and it gives them a sense of belonging to the community. The Community Y provides positive role models to group participants and allows them to develop important social skills.



7-12 grade girls &
elementary youth

Participants in the Youth Outreach Program include elementary youth and 7-12 grade girls from the Marshalltown area. Students are referred to the program primarily through the school system, but may also receive referrals through juvenile court and local human service agencies.

Youth Outreach emphasizes positive interactions not just at the Y, but also at school and in the community. Students are involved in about 20-30 hours per week in Outreach activities and receive a Y membership.

Daily programming consists of activities that center around three main components: recreation, education, and community service. Community Y core values are integrated into all activities and serve as the basis for many group projects.

Notable activities have included babysitting for the Community Y's Young Moms Support Group, serving at the House of Compassion and delivering meals through the Meals on Wheels program.

Swim Lessons

The purpose of the Community Y Swim Lesson Program is to build a strong body, mind, and spirit by incorporating five distinct components into the aquatic program. These are *Personal Safety, Personal Growth, Stroke Development, Water Sports/Games and Rescue*. These skills will be taught in the water and on deck using a variety of teaching methods and equipment. Life jackets, boats, water polo balls, rescue manikins, "noodles," synchronized swimming skills, hoops, rescue tubes and diving practice are a regular part of class.

	Member Fee	Participant Fee	
8-week session/ 2 times per week	\$48	\$96	Only \$3 per class for members! Join today to get the member price!
8-week session/ 1 time per week	\$24	\$48	

Parent/Tot 6 months to 3 years

Location: Warm Water Rec Pool

Parents accompany their children at all times while an instructor guides parents in teaching their children fundamental safety and aquatic skills. Uses songs and games to teach water safety skills in a relaxed setting. A great way to introduce children to swimming and prepare them for preschool swim lessons. (30-minute class)

5:40-6:10 p.m. Tuesday

10-10:30 a.m. Friday

Preschool Age Swim Lessons- Ages 3-5

Preschool Classes (3-5 years): Child must be 3 by the start of the class.

Maximum enrollment is 6.

The preschool program provides children with their first pool experience without parental assistance, in a safe, fun and positive learning environment. The Community Y reserves the right to combine class levels, or cancel classes for insufficient enrollment. In the event of a cancelled class, system credit will be given. Please consult with Aquatic Director to determine correct level.

Pike/Eel

Location: Warm Water Rec Pool

Pike...This level helps children learn water adjustment, safe pool behavior, and independent movement in the water. *Skill Focus: Water adjustment, blowing bubbles, swimming and floating with assistance.*

Eel...This advanced beginner level reinforces Pike skills and is for children who are comfortable with water. Children will swim the length of the rec. pool unassisted by the instructor when completed. *Skill Focus: Independent paddle stroke on front, back and side; independent floats, gliding.*

Pike and Eel class times are shared together.

9:15 - 10:00 a.m.	M/W or T/TH
4:00 - 4:45 p.m.	M/W or T/TH
4:50 - 5:35 p.m.	M/W or T/TH
5:40 - 6:25 p.m.	M/W
8:30 - 9:15 a.m.	SAT*
9:20 - 10:05 a.m.	SAT*



Ray/ Starfish

Prerequisite: Pass Pike/ Eel

Location: Rec Pool/ Lap Pool

Ray...Ray swimmers are ready to begin developing endurance as well as improving stroke skills. Swimmers will be encouraged to swim without floatation devices and will practice some skills in the lap pool.

Skill Focus: Stroke development, rhythmic breathing, treading water, acclimation to deep water.

Starfish...At this advanced level, swimmers prepare for youth age swim lessons. Children will swim several lengths of the lap pool when completed. *Skill Focus: Stroke refinement, diving, underwater swimming, rescue skills.*

Ray and Starfish class times are shared together.

10:00 -10:45 a.m.	M/W or T/Th
4:00 -4:45 p.m.	T/TH
4:50 - 5:35 p.m.	M/W or T/TH
8:30 - 9:15 a.m.	SAT*
9:20 - 10:05 a.m.	SAT*



Starfish Plus

Prerequisite: Pass Starfish

Location: Rec Pool/ Lap Pool

This class will challenge preschool children who have completed the skills at the Starfish level and are ready to learn more but are not old enough for youth classes. Students should be ready to learn advanced skills in all five components. *Skill Focus: Stroke refinement, diving, turns, butterfly, water sports, endurance.*

4:50-5:35 p.m.	T/TH
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Youth Age Swim Lessons- Ages 6 and up

Youth Classes (Age 6 and up): Child must be 6 by the start of the class.

Minimum enrollment is 4. Maximum enrollment depends on skill level. Please consult with Aquatic Director to determine correct level prior to registration. The Community Y reserves the right to combine class levels, or cancel classes for insufficient enrollment. In the event of a cancelled class, system credit will be given.

Polliwog

Prerequisite: None

Location: Rec Pool/ Lap Pool

In this beginning level for school age children, swimmers are acquainted with the pool and learn water adjustment. Float devices are used to encourage students towards water independence. *Skill Focus: Independent paddle strokes, floating, water safety, jumping unassisted.*

4:00 - 4:45 p.m.	M/W
4:50 - 5:35 p.m.	M/W
5:40 - 6:25 p.m.	M/W
8:30 - 9:15 a.m.	SAT*

Guppy

Prerequisite: Pass Polliwog skills

Location: Lap Pool

Guppies move toward stroke independence and will swim several lengths of the pool unassisted when completed. Swimmers should be comfortable swimming in deep water in order to build on previous skills.

Skill Focus: Symmetrical and alternating paddle strokes, rotary breathing, floating, treading, kneeling dives.

4:00 - 4:45 p.m. T/TH

4:50 - 5:35 p.m. M/W

9:20 - 10:05 a.m. SAT*

Minnow

Prerequisite: Pass Guppy skills

Location: Lap Pool

Minnows are intermediate swimmers and will progress with front crawl, back crawl, breast, elementary back, and side strokes. Swimmers will work on consistency and endurance. *Skill Focus: Stroke development, rhythmic breathing, standing dives, basic rescue skills.*

4:00 - 4:45 p.m. T/TH

4:50 - 5:35 p.m. M/W

9:20 - 10:05 a.m. SAT*

Fish/ Fly Fish/ Shark

Prerequisite: Pass Minnow Skills

Location: Lap Pool

Advanced swim students will work on refining their strokes and increasing their endurance while adding starts and turns. Students will also expand on water safety, rescue skills, synchronized swimming, and water polo skills. Each participant will be challenged at their level and ability. *Skill Focus: Stroke perfection, flip turns, advanced rescue skills, endurance.*

4:00 - 4:45 p.m. M/W

8:30-9:15 a.m. SAT*

Private Lessons

Private Lesson Age: 3 to adult

Available at flexible times when the pool is not in high use. Private lessons are set up by the Aquatic Director and passed to a private lesson instructor. The instructor will contact the parent and schedule convenient times that will work for swimmer and instructor. If a participant fails to come at a scheduled time without advance notice, the session is still counted and will require payment. Please call Aquatic Director to set up a lesson.

Member Fee: \$50 for 4 x 30 minute session
Prog. Participant Fee: \$72 for 4 x 30 minute session
Lessons must be purchased and registered in 2 hour punch cards through the Front Desk.
Typical lesson time is 30 minutes.
Maximum is 2 participants from the same family.

Home School Swim Club

Location: Rec Pool/ Lap Pool

This multi-level class is for beginner to advanced swimmers. Home-school students will learn basic water skills: strokes, floating, treading, and diving. This class will also teach additional aquatic knowledge with practice in wetball, rescue, synchronized swimming, and safety skills. Great for fulfilling a PE requirement!

3:00-3:45 p.m. Wed

School's Out Swim Days

The Recreational Pool will be open 2-4 p.m. on days when Marshalltown Schools are not in session.

March 12, 19 and April 1, 2, 5

Pool Schedules

Lap Pool 2010 Spring I Session

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00 - 6:45	Lap Swim DWA	Lap Swim	Lap Swim DWA	Lap Swim	Lap Swim DWA		
6:45 - 7:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00-8:30						Lap Swim	
8:30 - 9:15						Lap Swim F/FF	
9:30 - 10:15	DWA		DWA		DWA	Lap Swim G M	
10:15-11:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
11:00-12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:00-1:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:00-2:00						Lap Swim	Lap Swim Synchro
2:00-3:00						Lap Swim	Lap Swim Synchro
3:00-3:45	HSSC		HSSC			Lap Swim	Lap Swim
4:00 - 4:45	Lap Swim F FF	Lap Swim G M	Lap Swim F FF	Lap Swim G M		Lap Swim	Lap Swim
4:50 - 5:35	Lap Swim G M	Lap Swim S+	Lap Swim G M	Lap Swim S+		Lap Swim til 5 PM	Lap Swim til 5 PM
5:30 - 6:30	Lap Swim	Lap Swim PC	Lap Swim	Lap Swim PC			
6:30 - 7:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
7:15 - 8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim			

Hours subject to change for events.

Please call for availability.

Pool closed I March 6 (all day)
March 7 (all day)
March 20 (PM only)

KEY G = Guppy HSSC = Home School Swim Club
M = Minnow SD= Springboard Diving
F = Fish MS = Master's Swim
FF = Fly Fish ASL= Adult Swim Lessons
BWST = Blue Wave Swim Team
PC = Porpoise Club begins April 20

Recreational Pool 2010 Spring I Session

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45		Aqua Boot Camp		Aqua Boot Camp			
6:45-7:45	Aqua Aerobics	Warm Water Lap Swim	Aqua Aerobics	Warm Water Lap Swim	Aqua Aerobics		
7:45-8:30	Senior Aqua	Water Walking	Senior Aqua	Water Walking	Water Walking		
8:30-9:15	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua	P/E R/S Polliwog	
9:15-10:00	P/E	P/E	P/E	P/E	Senior Open Swim	P/E R/S	
10:00-10:45	R/S	R/S HHH*	R/S	R/S HHH*	Senior Open Swim P-T		
11:00-12:00	Aqua-lates RH*	Silver Splash	Aqua-lates RH*	Silver Splash	Aqua-lates RH*		
12:00-1:00		Warm Water Lap Swim		Warm Water Lap Swim			
1:00-2:00		Senior Aqua		Senior Aqua		Open Swim	Open Swim
2:15-3:00						Open Swim	Open Swim
3:00-3:45			HSSC			Open Swim	Open Swim
4:00 - 4:45	P/E Polliwog	P/E R/S Adapt-X*	P/E Polliwog	P/E R/S	Open Swim	Open Swim	Open Swim
4:50 - 5:35	P/E R/S Polliwog	P/E R/S	P/E R/S Polliwog	P/E R/S	Open Swim	Open Swim til 5 PM	Open Swim til 5 PM
5:40 - 6:25	P/E Polliwog	Aqua Aerobics P-T	P/E Polliwog	Aqua Aerobics	Open Swim		
6:30 - 8:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim til 7 PM		

Pool Closed Dates March 6 (all day)
March 7 (all day)

* Rusty Hinges class time is 10:45-11:30 AM
* Hoppin Happy Hinges class time is 10:15-11 AM
* Adaptive Aerobics class time is 4:30-5:15 PM

KEY P/E = Pike/Eel RH = Rusty Hinges
R/S = Ray/Starfish HHH = Hoppin Happy Hinges
S+ = Starfish Plus HSSC= Home school swim club
P-T = Parent-Tot Adapt-X = Adaptive Aerobics

Aquatics

Rusty Hinges

Class is taught by instructors that follow guidelines set forth by the Arthritis Foundation. This is a low impact gentle program designed to help relieve pain and stiffness caused by arthritis, multiple sclerosis, or post operative rehabilitation from surgery.

10:45-11:30 a.m. M/W/F
Rating 1 Instructor: Pat Kirner

Hoppin' Happy Hinges

Get ready to move and groove to music close to those young at heart! This class is based on guidelines set forth by the Arthritis Foundation, but will provide a step up in activity from the "Rusty Hinges" class. Included in the class are some facets of water walking, games, dancing and other aquatic movement.

10:15 - 11:00 a.m. T/TH
Rating 2 Instructor: Pat Kirner

Aqua Boot Camp

Location: Rec Pool

Jump start the morning with this high intensity water work out! Class will use a variety of equipment and exercises to keep the class fresh and the intervals strong.

6:00 a.m. - 6:45 a.m. T/TH
Rating 5 Instructor: TBD

Adult Private Lessons

Location: Lap Pool

Swim instructors can help a beginner learn swimming basics or prepare a triathlete for a race. Private lessons are a great option for rehabilitation ideas, stroke refinement or workout alternatives. Please call Aquatics Director to set up a lesson.

Member \$50 for 4 x 30 minute session
Prog. Participant \$72 for 4 x 30 minute session
Lessons must be purchased and registered in 2 hour punch cards through the Front Desk. Typical lesson time is 30 minutes.

Aqua-lates

Like Pilates and water aerobics? Get both at the same time! Combine the resistance of water with core-toning properties of Pilates to strengthen abs, enhance energy, and improve posture.

11:00 a.m.-12:00 p.m. M/W/F
Rating 2-3 Instructor: Connie Klaas



Adaptive Aerobics

Location: Rec Pool (by Green Slide)

This class is for those who have special needs and are able to participate in a health and fitness program. Aerobics, toning, and flexibility are offered in a welcoming environment with an experienced instructor. No prior experience or swim ability required.

4:30 -5:15 p.m. T/TH
Rating 1-2 Instructor: Pat Kirner

Senior Open Swim

This is a swimming time for seniors to enjoy splashing in the water, love of laughter, socializing in the presence of other friends of the swim group.

9:30 - 10:15 a.m. Friday
Warm Water Rec Pool

Lifeguard Certification Class

Train yourself to be a professional rescuer! Class covers the skills and knowledge to prevent and respond to aquatic emergencies. Class will certify in the following: Red Cross Lifeguarding, CPR for the Professional Rescuer, First Aid, and AED. Please call the Aquatics Director for more information on dates, times and pricing.

Prerequisites: Swim 300 yards continuous swim, proficiency in front crawl and breast stroke, surface dive 7-10 feet, 15 years of age by course end.

Two separate classes are offered Spring 2010:

Class 1:

Friday, March 19, 4-8 p.m.
Saturday, March 20, 12-8 p.m.
Sunday, March 21, 12-8 p.m.

Class 2:

Friday, April 9, 4-8 p.m.
Saturday, April 10, 12-8 p.m.
Sunday, April 11, 12-8 p.m.

Class Fee: \$150 for members or non-members

Swim Instructors and Lifeguards

The Y is always on the look out for GREAT people to be part of the Y Aquatic Staff. Swim instructors, water aerobic instructors and lifeguards are always in high demand. Those who have a desire to assist others through healthy programs or have past experience in aquatics should contact the Aquatics Director. Lifeguards are needed for 2010 summer operating season of the Marshalltown Family Aquatic Center and Community Y.



Volunteer Opportunities Available!

The Aquatics department is on the lookout for volunteers! Quality people are always welcomed to help with events and programming. Opportunities include swim lesson aide, lane timer for home swim meets, event clean-up, fundraiser assistants, personnel for State Swim meets and more. Contact Shelley Lechnir, Aquatics Director.

2010 YMCA State Swim Meet

This will be the Marshalltown Community Y's sixth consecutive year in hosting the YMCA State Swimming Championships on March 7th and 8th. This high end YMCA competition will bring 1,000 plus swimmers and 3,000 of their family members to Marshalltown for the weekend. The Boys' meet is on Saturday March 6th and the Girls' is on Sunday March 7th. This exciting swimming competition will require numerous volunteers...contact Aquatics Director for volunteer opportunities.

S.S. Minnow's Synchronized Swimming Show

The Community Y's own Synchronized Swimming program will be holding its Spring Show on Saturday, March 20th at 6 p.m. The show is FREE for all and will be held in the Community Y's Natatorium complete with costumes, music and more! Makes a great family outing!

Porpoise Club Age: 5 and up

Prerequisite: Swim multiple pool lengths

Location: Lap Pool

Designed for both the intermediate as well as the advanced swimmer, this group has structured workouts for all levels. Swimmers will improve stroke technique, starts, turns, and endurance in a non-competitive atmosphere. Great for those who are interested in joining the 2010 season of the Blue Wave Swim Team! Program runs April 20 - May 27.

5:30 - 6:30 p.m. T/TH

Program Fee: \$30

Policy for Fitness and Aquatics Classes

There is no registration for Group Fitness Classes (including Group Cycling) and for Water Aerobics Classes. Members are welcome to join any class at its start time on a first-come, first-served basis. Program participants may purchase a punch card at the Service Desk and join any class at any time as well, but members will have priority. Once the class has reached capacity, the instructor will close the door and no additional participants will be allowed to join the class. **All classes are subject to cancellation due to low attendance.**

Punch cards are available at the front desk.

Program Participants: \$60 = 10 punches/classes
Senior: \$45 = 10 punches/classes

Class Rating System:

*more toning/stretching
*****high intensity with cardio

Class Rating System for complexity of routines:

N-none S-simple
I-intermediate C-complex

Children in Fitness Classes

1.Children ages 10-13 are allowed in Group Fitness Classes (Excluding Group Cycling) as long as they are accompanied by a parent.

2.The parent is responsible for child's behavior during class and instructor reserves the right to dismiss from class if child is disruptive or non-attentive.

3.Teens ages 14 and up are welcome to join all fitness classes unaccompanied by parent.

Fitness Classes

Core Training*N

Over 90% of all body movement originates from the core (abdominals, obliques & back muscles). This class will strengthen the core to make participants less prone to lower back pain and related injuries, as well as improve posture.

Class meets: M/W/F 8:30 a.m./Studio 1
Instructor: Rita Hummel

Class Meets: M/W 5 p.m./Studio 1
Instructor: Lonni Waltermire

Class Meets: T/Th 5 p.m./Studio 1
Instructor: Jen Juel

Core Blast***N

This 25-minute class is a combination of core exercises and cardio drills to get the heart rate up and burn more calories.

Class meets: M/W/F 5:30 a.m./Studio 1
Instructor: Gretchen Hageman

Amazing Arms*N

This 25-minute "upper body only" class gives members no excuse not to get the arms they've always wanted! Use weights, bands, tubes and body resistance to get results.

Class Meets: T/Th 8:30 a.m./Studio 1
Instructor: Angie Paxson

Arms Blast **N

Same format as Amazing Arms with added bursts of cardio to burn extra calories.

Class Meets: T/Th 5:30 p.m./Studio 1
Instructor: Kim Schnathorst

BLT Blast **N

For those with thigh anxiety! This 25-minute class focuses on intense lower body exercises to sculpt and tone those troublesome glutes, hips, and thighs. Get lower body results with added bursts of cardio to burn extra calories.

Class meets: T/Th 6 p.m./Studio 1
Instructor: Kim Schnathorst

Cardio Express***I

Attention all STEP lovers!! Enjoy lots of variety using the STEP in this class to keep participants challenged and learning! It's a one hour workout designed to get everyone going, without the caffeine!

Class Meets: M/W/F 6 a.m./Studio 1
Instructor: Ginger Ernat

TGIF*****N

End the week with a bang! No fancy choreography to follow, just intense cardio intervals mixed with strength training drills. This class guarantees variety and a calorie burning workout every week.

Class meets: Friday 9 a.m./Studio 1
Instructor: Tanya Sommerlot

BYOB (Build Your Own Body)****N

Intense aerobic intervals...strength training drills...whether just starting out or an athlete, this class will definitely challenge and produce results.

Class meets: T/TH 5:30 a.m./Studio 1
Instructor: Chris Rhinehart

Body Sculpting*N

This 30-minute class is designed for body toning only, no cardiovascular work. It is a great compliment to a current exercise program. A wide variety of exercise tools are used creatively to define and strengthen the entire body.

Class Meets: T/TH 6 a.m./Studio 2
Instructor: Sandy Bennett

Cardio Mix***C

This class mixes it up for the experienced stepper who enjoys variety, choreography, and being challenged. A variety of exercise tools are used creatively to tone and define muscles of the upper and lower body in addition to the great cardiovascular workout.

Class meets: Wed. 9 a.m./Studio 1
Instructor: Tanya Sommerlot

Y-Pump*N

The Y-Pump is a structured format which utilizes body bars and stability balls in addition to other equipment to guarantee a well-rounded and balanced strength training workout each and every class. Workouts vary by week, but all follow a set routine.

Class Meets: T/Th 9 a.m./Studio 1
Instructor: Florence Vis

Total Body Training***N

This class is a combination of simple cardio & strength drills that includes all the variety one needs to get a complete workout in one hour. No fancy choreography, just intense training for the entire body to challenge all fitness levels.

Class meets: M/W 5:30 p.m./Studio 1
Instructor: Lonni Waltermire

Class meets: Monday 9 a.m./Studio 1
Instructor: Tanya Sommerlot

Cy/Yo***N

This class starts with ½ hour of cycling and finishes with ½ hour of yoga. Never tried either form of exercise? Then this is the class to check out!

Class meets: Saturday 9:30 a.m./Cycling studio
Instructor: Misty Roelsgard

Zumba***I

The Zumba program is a popular fitness program inspired by Latin dance. This one hour class uses upbeat Latin music and fun dance moves to provide a cardiovascular workout for all ages and fitness levels.

Class meets: M/W 6:30 p.m./ Studio 1
Instructor: Julie Dysart



Health and Wellness

Pilates *N

This 30-minute class focuses on the strength and conditioning aspect of Pilates. Strengthen the core muscles, improve posture and tone the entire body with this gentle yet challenging form of exercise.

Class Meets: M/W 6 a.m./Studio 2
Instructor: Kelli Grabau

Stretch!*N

This 25-minute express class is the perfect compliment to any strength routine! Nothing fancy, just simple stretching to make tired and tight muscles feel renewed!!

Class Meets: T/TH. 10 a.m. /Studio 2
Instructor: Sue Fehrman/ Angie Paxson

Yoga *N

Enjoy traditional yoga poses to enhance flexibility, range of motion, and muscle tone in this 45-minute class. Participants leave feeling energized and ready for whatever the day brings.

Class meets: T/TH 8:30 a.m./ Studio 2
Instructor: Misty Roelsgard/ Ginger Ernat

Flow Yoga*N

Stretch and unwind with gentle flow-series yoga poses to enhance flexibility, range of motion, and muscle tone. Complete practice by focusing on breathing and awareness through deep relaxation. Class participants are sure to leave rejuvenated.

Class meets: M/W 5:30 p.m./Studio 2
Instructor: Ellen Stoakes



Young at Heart **S

This class is designed for the adult who is looking for a gentle workout to stay healthy and strong through all stages of life. Class begins with a warm-up, followed by low impact cardiovascular work, resistance strengthening, and a cool down. Enjoy the variety of activities to keep the participants motivated and challenged.

Class meets: M/W 9 a.m./Studio 2
Instructor: Rita Hummel

SilverSneakers*

Muscular Strength & Range of Movement
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Class meets: M/W 10:15 a.m./Studio 1
Instructor: Rita Hummel/ Misty Roelsgard

Special Aerobics *N

This class is for those who have disabilities and are able to participate in a health and fitness program. Low-intensity aerobics are offered at an easy pace along with strength and toning exercises.

Class meets: Thursday 4:15 p.m./Studio 2
Instructor: Sarah Bencoter

Community Y of Marshalltown – 2010 Fitness Classes – Spring 1 Session March 8-May 1

* toning or stretching (no cardio) *****high intensity (includes cardio)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		Cycling*****		Cycling*****	Cycling*****		
5:30 am	Core Blast *** (1)	BYOB***** (1)	Core Blast *** (1)	BYOB***** (1)	Core Blast*** (1)		
6:00 am	Cardio Express*** (1)	Body Sculpting* (2)	Cardio Express*** (1)	Body Sculpting* (2)	Cardio Express*** (1)		
7:45 am	Cycling***** Pilates* (2)		Cycling***** Pilates* (2)	Cycling*****			
8:30 am	Core* (1)	Amazing Arms* (1)	Core* (1)	Amazing Arms* (1)	Core* (1)	Cycling*****	
9:00 am	Total Body Training*** (1) Young at Heart ** (2)	Yoga* (2) Y-Pump* (1)	Cardio Mix*** (1) Young at Heart ** (2)	Yoga* (2) Y-Pump* (1)	TGIF***** (1)		
9:30 am	Cycling*****	Cycling*****		Cycling*****		Cy/Yo*** ½ hr cycle/ ½ hr yoga	
10:00 am		(2)Stretch*		(2) Stretch*			
10:15 am	Silversneakers* (1)		Silversneakers* (1)				
12:10 pm	Cycling*****		Cycling*****		Cycling*****		1:30 p.m. Cycling***** (through March)
4:15 pm				Special Aerobics (2)*			
4:45 pm		Cycling*****		Cycling*****			
5:00 pm	Core* (1)	Core* (1)	Core* (1)	Core* (1)			
5:30 pm	Flow Yoga* (2)	Arms Blast** (1)	Flow Yoga* (2)	Arms Blast** (1)			
	Total Body Training*** (1)	Youth Strength*	Total Body Training*** (1)	Youth Strength*			
6:00 pm	Cycling*****	Cycling*****	Cycling*****				
6:30 pm	Zumba*** (1)	BLT Blast** (1)	Zumba*** (1)	BLT Blast** (1)			

Group Cycling

Group Cycling classes range from 30 minutes to one hour with an instructor that combines basic, rhythmic, and athletic training drills. Those participating are amazed at how quickly the body responds and how quickly they notice an increase in stamina. At the same time, they are conditioning the abs, glutes, and thighs. No previous cycling experience is necessary for participation in group cycling classes. Just remember to bring a towel and a water bottle. Padded shorts are suggested, but not required. Participants must be 14 years of age to participate in Group Cycling.

30 minute classes:

6 a.m. M/W
9:30 a.m. Saturday

40 minute classes:

5:15 a.m. T/Th
7:45 a.m. Thursday
12:10 p.m. M/W/F
4:45 p.m. T/Th

1 hour classes:

5:15 a.m. Friday
9 a.m. M/T/Th
8:30 a.m. Saturday
1:30 p.m. Sunday (through March)
5:30 p.m. M/T/W



Massage Therapy

Rachel L. Fogle, LMT
Monday-Friday 9 a.m.-7 p.m.

641-691-4010
Saturday 9 a.m.- 12 noon

By Appointment Only
For Members and Non-Members!

Therapeutic Massage:

(An individually customized massage using many forms of massage therapy)

15-Minute	\$14
30-Minute	\$27
45-Minute	\$40
60-Minute	\$53

FaceLift Massage:

For Women

(A cleansing, exfoliating, toning and moisturizing- An uplifting facial massage- A relaxing hand and foot massage)

1 hour \$60

Packages:

(For one person- For the same massage service- Carry a 6 month expiration)

Package of 3	5% off
Package of 6	10% off

Gift Certificates

*Available at the Community Y Service Desk
*Available for all massage services and packages
*Carry a 6 month expiration

The Community Y's personal training program will work with individuals to develop a personal fitness program that gives them the individual attention to stay motivated and on target. Personal fitness trainers are lifestyle managers, consultants, and "coaches" that work one-on-one with an individual to improve their overall wellness.



Personal Training Options:

One Session	
Member	\$33
Prog. Participant	\$55
Five Sessions	
Member	\$140
Prog. Participant	\$248
Ten Sessions	
Member	\$220
Prog. Participant	\$440

Group Training Rates

(Groups of 2-4 people)

Get a personalized program for a group and work out together! The entire group must attend each session for the 25% discount.

One session	
Member	\$25 per person
Prog. Participant	\$42 per person
Five sessions	
Member	\$105 per person
Prog. Participant	\$186 per person
Ten Sessions	
Member	\$165 per person
Prog. Participant	\$330 per person

Body Composition Testing:

Members: 1 free test/ year: \$10 each additional test.

Prog. Participant: \$20

Individual Nutrition Counseling Christine Jacobson, RD, LD

Chris has over 10 years professional experience as a clinical and community dietitian. She will provide tailored nutrition counseling based on the clients specific needs and circumstances, including weight management, sports nutrition, and other nutrition concerns. For questions regarding services and availability, please call 752-8658 x 223.

Members	\$40 one hour session
Prog. Participant	\$65 one hour session

6 week individualized nutrition counseling pkg

This package includes an initial one hour individual appointment and five 30 minute weekly follow up appointments to address further questions and concerns.

Members	\$130
Prog. Participants	\$225 (does not include use of facility during 6 week package).

Polar Body Age Testing

This is a one-on-one fitness assessment with one of the Community Y's personal trainers. Clients will go through a series of assessments including blood pressure, cardiovascular efficiency (Vo2 max), cholesterol, health history, strength and flexibility tests and body composition, health risk appraisals, stress test, and girth measurements. These tests are used to establish baseline data and a "body age" that compares to the clients actual age. Trainers do a complete consultation of results all in the same meeting.

Member	\$45
Prog. Participant	\$75

Health and Wellness



Healthy "U"niversity

This 12-week program is designed to educate the participant in order to make healthy lifestyle changes that will last a lifetime. After an initial individual one hour appointment with the dietitian to determine a personal meal plan with estimated calorie needs, the participant then has two different program options to choose from.

Option #1- Weekly meetings on Thursdays at 11:30 a.m. (begin weigh-ins at 11:15) lasting approximately 45 minutes.

Option #2- One Meeting each month on the 3rd Saturday of every month at 8:30 a.m. lasting approximately 45-60 minutes. On the Saturdays where there is no meeting, there will be weigh-ins at 8:30 a.m. on the fitness floor/room 223.

Every non-meeting Saturday there is an optional group workout for all Healthy U participants at 9 a.m. led by Rita.

Class meets: Third Sat. of each month @ 8:30 a.m.
Thurs. 11:30 a.m. Party Room

Instructors: Christine Jacobson, LD. RD.
Rita Hummel,
Assistant Health and Wellness Dir.

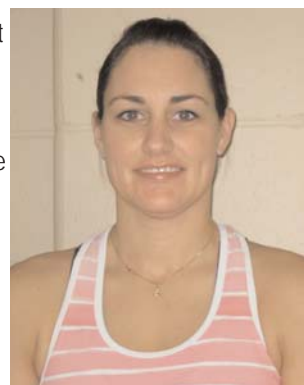
No start or end dates: Please join at anytime.

Cost:

Members: \$75

Prog. Participants: \$120

Last year at this time I could not fit into any of my jeans and instead of buying the next size up I decided to get healthy and lose the weight. What led to the weight gain was I had recently moved and got out of my regular exercise routine and snacked on goodies throughout the day like cookies, chips, and candy bars. After joining Healthy U, I learned to focus on



small changes and not get overwhelmed with the big goal. My old dieting habits of eating small amounts during the day and a big dinner were traded for three 600 calorie meals a day and two snacks between meals like fruit or nuts. I thought I knew what to eat because of my years as an athlete. But, I found out through the Healthy U dietitian that some foods I thought were healthy for me were not that good for me after all. My current workout routine includes a variety of aerobic activities. I try to vary the duration and intensity. I also do yoga and weights. I do abdominal exercises, pushups and pull-ups daily. My daughter and I try to go on a walk or bike ride every weekend when the weather is nice. Fitting back into my old jeans was a great day for me. I feel so much better physically. I wish I would have had this program offered to me years ago when I was younger.

-Corby Robbins



I joined Healthy U with my girlfriend, Amy, because I worked out regularly and still seemed to gain weight. Amy and I chose this program because it was local people running the program with knowledge of every aspect of living a healthier lifestyle. I have always known how to eat better, but "I eat what I want, when I want" was my excuse. The

Healthy U program helped me integrate better choices into my eating habits. Also, I added more cardio activity into my workout plan. Cardio was something I started to let slip the more I got into strength training. To live a healthy lifestyle you need cardio, strength training and healthy eating to be balanced. I even noticed improvements in my weight lifting from a healthier diet. I've made better choices, I have lost weight and gained muscle. I am going to continue with Healthy U with goals to be at an athletic fitness level before I turn 40. I need to make my better eating choices second nature so I don't slip back into my old habits after Healthy U. All and all, it's been a positive and educational experience for Amy and myself.

-Reuben Canada



Karate

Learn the art of Tae Kwon Do, emphasizing self-discipline, flexibility, and self-confidence. Traditional classes incorporate hand and foot techniques, Poomse (forms) as well as Kyorugi (sparring) techniques. Tae Kwon Do is a great family sport and participants range in age from 7 to 65. Stay in shape through flexibility and movement. Minimum age for participation is seven and uniforms can be purchased from the instructor. For those who are thinking of joining a class, Master Shaw offers the first month FREE.

Class Meets: Tuesdays/Thursdays
Beginning/Intermediate: 6 p.m.
Advanced classes: 7 p.m.
Class sessions: August 4th- May 27th

Location: Cultural Center, Scott Nisely Dojang

Instructors:

6th Degree Black Belt Master Jim Shaw
4th Degree Master Black Belt Dave Hala
3rd Degree Black Belt Frank Burggraaf
2nd Degree Black Belt Don Huxham
1st Degree Black Belt Eric Gummert

Fees:	Members	Prog. Participants
Youth	\$20	\$40
Adult	\$25	\$45
Family	\$50	\$75

Racquetball lessons

Free to members! This hour lesson is designated for the beginner. Learn the basic rules, strategies, stroke techniques, and equipment. Sign up with a friend or as an individual and learn the game of racquetball. For Community Y members only. Reservations can be made by calling the Service Desk or Family Sports Director, Deb Grove.

Men's 30+ Basketball

All games will be held Sunday afternoons February 21st- April 4th. All games will be full court with teams calling their own fouls; each player will get 6 fouls per game. A scorekeeper/timer will be provided by the Y. Games will consist of two 20-minute halves with a continuous clock running until the last two minutes of the game. All rosters must be entered at the time of registration and will be enforced. Fitness and socialization is the focus of the league.

Meets: Sundays, February 21st- April 4th
Location: HHC gym
Team Fee: \$80

Coed Volleyball Mash Up

Like to play coed volleyball, but don't have a team? Join other active people in a volleyball mash-up. Interested individuals 18 and older will meet at 6 p.m. on Thursday evenings in the Horne-Henry Center gym to pick teams and play a game or two of coed volleyball. Teams will be picked on gender and luck as guys will be distributed evenly between the teams. If enough participants come regularly, then teams will be formed and a league will be made up. Registration will begin in January. This will be a recreational league with an emphasis on fun!

Meets: 6 p.m. Thursdays
February 25th- April 1st
Location: HHC Gym
Members: \$15
Prog. Participants: \$25

Hinder Club

If you are interested in joining a racquetball league look no further. The Hinder Club is Marshalltown's own racquetball club held at the Community Y. The club meets one time per month for a scheduled event, runs the racquetball league, and hosts the racquetball tournament each spring. Those interested in becoming more involved in meeting other racquetball players while being part of the Hinder Club may contact club president, Ric Anderson at ric.anderson@hyvee.com for more information.

Adult Programs

Coffee Club

Complimentary coffee is available each Monday through Friday from 6-11 a.m. It's a fun place to catch up with fellow class participants!

Birthday Club

During their birthday month, members may sign in on a log every time they come to the Y. The last Wednesday of each month, a drawing of those names entered in the log will take place. The winner will receive a coffee club t-shirt and there's cake for everyone!

Book Club

The Community Y Book Discussion Group meets every third Thursday of the month at 4 p.m. to discuss the selected book for that session. A lively room of readers proves to be an adventurous trip through the novel! The club meets in the Small Conference Room at the Horne-Henry Center. Must be a Community Y social member.

Cooking for the Retired

The Cooking for the Retired Series is a huge success! Programs include everything from "Dish Up More Fish" to "A Fitful Fare for Few" or "Wild Game Cooking"....attend the programs in 2009 for great information and lots of fun!

Card Party

Here is an opportunity to put a table together to play 500, Bridge or Cribbage on the 2nd and 4th Mondays from 1-3 p.m. in the Cultural Center. There'll be prizes, snacks and coffee along with gracious fellowship and fun! Lora Smaha is the volunteer coordinator for the Card Party. Must be a Community Y social



Fine Living Council

The Fine Living Council was developed to meet the programming needs of Y members age 55 and older. The council meets monthly to monitor the progress of a variety of projects such as Line Dancing, Card Party, Book Discussion Group, Hobby-Craft Club, Health Forums, Cooking for the Retired, Estate Planning Seminars, a Parkinsons Support Group, Travel Club and so much more!

Health Forum

Every Spring and Fall the Community Y Fine Living Council hosts a series of Health Forums. Professionals in the community speak on different topics selected for that session. Subjects vary from *Going Green! Healthier Living with Herbs* to *High Cholesterol and Heart Disease* to *What's Available to Keep Seniors in their Homes Longer*. All sessions are free to the public and everyone is welcome!

Hobby-Craft Club

The Hobby-Craft Club was organized more than 40 years ago and continues to meet every Tuesday morning from 9 a.m. to Noon in the multipurpose room of the Cultural Center. A group of about 25 ladies work on a variety of projects and share new trends and ideas. The last Tuesday of each month a potluck is held with a speaker as entertainment. Participants may bring their own project or join in on a group lesson. Proceeds from the events that Hobby-Craft hosts go to the Y's Partner With Youth Campaign. The Hobby-Craft Club also recognizes National Craft Month (every other year) with an open house. Must be a Community Y social member.

Line Dancing

Line dancing is a popular form of dancing which is done to many different styles of music. Anyone can participate! Line dancing is a great stress reducer and good exercise!

Meets: Wednesdays, 1-2 p.m.
Fees: Free to Y physical and social members
Location: HHC Studio 2
Instructor: Delores Clayton

Aquatics Rules:

If a child fails to attend the first 2 class times, their spot will be offered to participants on the waiting list unless the aquatic director is contacted.

There is a \$2 fee to make up a missed class.

Swimmers must wear clean swim suits, leotards or shorts. No cut offs or clothing with torn/tattered edges. T-shirts must be approved.

Spa Rules:

- *No diving or jumping in the spa.
- *Lifeguard not provided for spa area.
- *Must be 14 or older to use spa.
- *Please shower before entering spa.
- *Spa may be used for 10 minutes at a time.
- *No horseplay.
- *Proper swim wear is required.
- *No food or drinks allowed in spa.
- *Persons with medical conditions, including pregnancy should abstain from spa use.
- *Persons with a contagious skin conditions should not enter the spa.
- *No soaps or oils in or around the spa.
- *Temperature is 102-104 degrees, depth is 3 feet.
- *Red Stop button for emergencies only.

Community Y Rules:

1. Respect the Y's property.
2. Care for all who enter the Y's doors.
3. Provide leadership to help those around you who are unfamiliar with the facility and equipment.
4. Be responsible for how you act and what you say.
5. Empower yourself to remind others gently, if need be, about appropriate behavior at the Y.
6. Honesty is always the best policy.

The following behaviors will not be tolerated:

1. Disrespectfulness of others, the facility or equipment.
2. Derogatory actions or demeaning remarks about race, creed, gender, or appearance.
3. Theft or destruction of Y property.
4. Public displays of affection other than holding hands.
5. Swearing
6. Fighting
7. Spitting
8. Smoking anywhere on the Y campus is prohibited.
9. Use of drugs or alcohol anywhere on the Y campus is prohibited.
10. Clothing that portrays graphic violence or language or is offensive.
11. Activity or behavior that could be interpreted by staff as having gang affiliation.
12. Other behaviors deemed inappropriate.
13. Carrying or concealing any weapons, devices, or objects which may be used as weapons.
14. Harassment or intimidating behavior.

Pool Rules:

- *No diving except in the deep end of the lap pool.
- *No breath-holding contests or extended swim under water.
- *Children under age 8 must have supervision in the pool area by someone age 14 or older.
- *Children under age 6 must have active supervision in the water by someone age 14 or older.
- *Deep water tests may be required of swimmers.
- *Rough play/horseplay not allowed.
- *Proper swim wear is required, including swim diapers (determined by staff).
- *Walk on pool deck.
- *Showers are encouraged before entering.
- *Food and beverages permitted in designated areas only.
- *Starting blocks are for competitive or instructional purpose only (Lap Pool).
- *All toys or flotation aids must be approved by a lifeguard.
- *Diving boards available with permission only.
- *1 bounce on diving boards and exit straight off boards.
- *No hanging on lap lanes.
- *No flips from the edge of the pool.
- *Cameras not allowed unless approved by management with the exception of competition events.
- *Pool available for use only when lifeguard is on duty.
- *Put swimming aids back where they were located.
- *Lifeguard decisions are final.
- *Stated/posted current rules: Children under age 8 must have supervision in the pool area by someone 14 or older. Children under age 6 must have active supervision in the water by someone age 14 or older.

Amendment: Young children not directly accompanied in the water may be asked to demonstrate swimming ability through a swimming test.

Swimming test: Swim 25 yards front crawl without stopping or use of a flotation device or equipment.
* Lifeguard will ultimately determine swimming ability.

Clarification: This means children 5 and under must still have active supervision in the water by someone age 14 or older. Children 7 and under must have active supervision in the pool area by someone age 14 or older. Anyone not able to pass the swimming test will be required to have active supervision in the water by someone age 14 or older.

Policies

PLEASE NOTE:

This is a general guideline. The Community Y reserves the right to make adjustments as needed and to

General Building:

- *Youth ages 14-17 are required to have their hand stamped to be on the fitness floor and use the whirlpool. Must present their membership card or ID to receive stamp when checking in at the Welcome Center.
- *Children must be 8 or older to be in the building without the **direct** supervision of a parent or a responsible person of at least 14 years of age.
- *Children 7 and younger must either be under the direct supervision of a parent or a responsible person of at least 14 years or older OR be enrolled and participating in a Y program at that time.

Racquetball Courts:

- * Youth ages 12 or older may use the courts without supervision.
- * Youth ages 8- 11 may use the courts under the direct and constant supervision of a parent or guardian.
- * Children 7 and under are not allowed on the courts.

Fitness Floor/Fitness Classes:

- * Youth age 14 and older are allowed on the Fitness Floor unsupervised and may also participate in Fitness Classes.
- * Youth ages 10-13 may attend Youth Strength Training Class then after completion, they can use the Cybex Weight Room when accompanied by a parent/guardian or at designated times without a parent/guardian.
- * Youth ages 10-13 along with a parent/guardian may attend Parent/Child Fitness Orientation. Youth will be able to use the main fitness equipment and take group fitness classes. Parent/guardian must accompany the youth and remain with them at all times.

Indoor Track:

- * Youth ages 14 and older may use the track unsupervised.
- * Youth ages 8-13 may use the track only under the direct supervision of a parent/ guardian.

Locker Rooms:

Adult Locker Rooms

- * Only members/guests ages 18 and older may use the women's and men's locker rooms.

Men/Boys and Women/Girls

Locker Rooms

- * No age restrictions.

Family Locker Room

- * Parents with children who are 8 or under and people with special needs may use the Family Locker Rooms.

Daily use-no charge. Padlocks are now available at the Welcome Center at no charge or members may furnish their own. Lockers are for daily use only.

Guests:

All guests need to be registered at the Service Desk or at the Welcome Desk when the Service Desk is not open. Each member is entitled to bring one guest or one family (legally married, legal dependents under the age of 18) each time they visit. Each guest can be a guest three times per year before they have to purchase a day pass.)

Satisfaction Guarantee!

30-day money back satisfaction guarantee (less the activation fee) for members who are not totally satisfied with a Community Y membership.

Towels:

Members/Guests may use 1 bath towel and 1 sweat towel at no additional charge. There are designated hampers to put towels in when finished.

Weather Cancellations:

Listen to KIX, KDAO or KFJB radio stations for up-to-date information or check the Community Y website at www.ymca-ywca.org.

Registration Policy:

If registered for a program and the participant does not attend, they may be eligible to receive a 50% refund if staffing costs are not affected.

Child Abuse Prevention:

The Community Y Board and staff take seriously the role of prevention. We pledge to communicate to all staff and volunteers that we are serious about preventing child abuse or accusations of child abuse. The Community Y takes a zero-tolerance stance on child abuse.

Definition of Membership

Family: A husband and wife that are legally married and living together, which may also include the following conditions:

1. Includes dependents of husband/ wife up through age 18 or through age 22 if a full-time college student.
2. Persons claimed as dependents on income tax returns of the husband and/or wife.
3. **Foreign exchange students and/or foster children living in the household are eligible for scholarships.

Please contact the Service Desk or Membership Director for more information.

Single-parent family: Includes dependents through age 18 or 22 if full-time college student, with only one parent in residence.

Adult: Any individual 18-61 years of age.

Senior citizen: Any individual 62 years of age or older

Youth: Up to 18 years of age or graduation from high school.

College student: Full-time student enrolled in college taking a minimum of 12 credit hours. Must provide a current college ID or current class schedule.

Membership & Admission Policy

Membership at the Community Y of Marshalltown and admission to its facilities and programs is a privilege, not a right.

The Community Y reserves the right to deny membership, suspend or revoke the membership of any person whose behavior, whether on or off the Y premises, is judged by the Executive Staff and Board of Directors either to be in conflict with the welfare of the Y patrons or staff, or in violation of the Community Y mission, as expressed in the mission statements found in the Y's seasonal brochures, on the Y's website and in the by-laws.

AWAY Program

Planning a trip? Travel for business? There are more than 2000 Y's nationwide accessible to Community Y members. The AWAY statement on the Y membership card entitles members to visit participating Y's in other cities when they are traveling. While traveling in the United States, members will have free or reduced guest privileges to most Y's on a compatible membership category basis.

AWAY guests from another Y, 50 miles or more outside the Marshalltown area may use the facility up to 3 times per month at no charge with an active membership.

A membership card from their Y must be presented to use the facility.

Financial Assistance

Every day the Community Y offers quality, affordable programs and services designed to benefit people of all incomes and backgrounds. Through generous contributions, no one is turned away from the Y due to inability to pay. Check with the Membership Director for financial assistance information. All records are kept confidential.

Social Membership

Social memberships are available annually to participants for (Dance, Tumbling, Pom Pon, Y-Teen clubs, Preschool, Y-Arts Classes, Line Dancing, Y Dance Parties, Hobby Craft Club, Travel Club and all Fine Living Council programming.)

Youth:	\$10
Adult:	\$20
Family:	\$28
Seniors: (62+)	\$10
Senior Couple: (62+)	\$20

Day Passes (Prices reflect daily fees)

Day Pass Cost:

Youth:	\$6 (through high school)
College:	\$8
Adults:	\$10
Family:	\$17
Senior:	\$6

Adult Monthly Pass

Facility usage only- classes not included
Cost: \$86

Day Pass Punch Cards

Buy a punch card that can be used to utilize the facility for a day!

7-day punch card	
Adult	\$60
Family:	\$102
Senior and Youth:	\$36
College Student:	\$48

Class Pass Punch Cards

Punch cards are available at the Service Desk.
10 punches/ classes

Prog. Participants:	\$60
Seniors:	\$45

Locker Use

Daily use lockers at no charge. Padlocks are available at the Service Desk at no charge or you may furnish your own.

Permanent locker storage is available for a fee of \$8 per month as part of a membership bankdraft or \$96 per year.

Joining the Community Y is easy!

The Y offers these easy methods of payment for physical membership:

Bank draft/ Credit Card draft - An easy way to pay as you go! A checking account, savings account, debit card or credit card is debited on one of the following dates: 1st, 10th, 15th, 20th or 25th of each month. This is a continuous membership plan with no expiration date. To cancel or change this membership in any way, the proper paperwork must be filled out and returned to the Community Y Service Desk by the 26th of the month to change or cancel the membership for the following month's draft date.

Please note: Should a bank draft or credit card default due to NSF funds, closed account, stop payment, over limit, or expired credit card, the membership may be terminated. A \$30 service charge will be assessed along with the monthly membership fee.

Full Payment - Membership fees may be paid in full upon joining and yearly thereafter. Payment accepted via cash, personal check, debit card, Mastercard, Visa, or Discover.

Renewal Policy: Due to computer software requirements, memberships must be renewed by the expiration date, if a membership is not renewed by the expiration date, access to the facility is denied. However, members will still have 30 days to renew the membership after the expiration date without being charged an activation fee.

Rates are effective January 1st, 2010				
Type of Membership	Monthly Bankdraft	Activation Fee (New Members)	Full Pay Rate	Annual BAM rate
Family	\$65	\$52	\$774	\$780
Single-parent family	\$53	\$44	\$630	\$636
Adult	\$49	\$36	\$582	\$588
Senior adult (62+)	\$35	\$27	\$414	\$420
Senior couple	\$46	\$38	\$546	\$552
Youth	\$15	\$15	\$174	\$180

- New members must pay activation fees upon membership registration.
- New members are defined as not having current membership status for 30 days.

College Student

A college membership is full pay only. Must show current college ID with a date or a current class schedule.

1 month: \$35
3 month: \$95

Prime Time Club (ages 62+)

Join the Community Y P/T Club. Enjoy a membership at a special rate. Must use facility between 7-11:30 a.m and/or 1-3:30 p.m. to qualify.

Type of Membership	Monthly Bank Draft	Activation Fee (new members)	Full Pay Rate	Annual BAM Rate
P/T Single	\$30	\$27	\$354	\$360
P/T Couple	\$36	\$38	\$426	\$432



The SilverSneakers Fitness Program is offered in partnership with local health plans at no additional cost to Medicare-eligible members. Each member is entitled to a basic membership at a SilverSneakers facility. The basic membership includes the SilverSneakers Classes, as well as other classes offered at the Community Y, guidance from qualified fitness instructors, social activities, and the use of swimming pools, saunas, steam rooms, as well as the whirlpool. Those interested in more information about this program may inquire at the Service Desk or Membership Office.

Tumblebus

Don't forget the Tumblebus for birthday parties and events! The Tumblebus is a gym on wheels for children ages 2 to 10. Included on the bus are bars, beams, vault, ropes, rings and monkey bars.

Cost: \$75 for one hour, balloons for party guests and t-shirt for birthday child included. Contact Ashley Woodruff, ext. 220, for scheduling and details.

Pool Rentals & "Dive In Movie"

Rent the Community Y recreational pool or lap pool for a church group, company or organization party! The Community Y Rec Pool boasts many fun water features. The Community Y Lap Pool offers a 22 foot diameter screen with movie capability from the pool (bleachers can be used as well). Come enjoy a splash of a good time in the Community Y pools!

Rec Pool Rental w/ Slide: \$150/ hour
Lap Pool Rental (Dive-In Movie): \$150/ hour

Room Rentals

A variety of room sizes are available to rent by the hour at the Community Y. Contact Nicki Reynolds for more information at 641-752-8658 or nicki.reynolds@ymca-ywca.org.

Pool Party Birthday Rentals

Let the Community Y help celebrate birthdays with a splash! The Y's Party Room is available for rent and includes passes for unlimited swimming.

Birthday packages from the Y will include:

- 10 guest passes for the pool
- Party Room off the pool side for 1 hour
- Unlimited swim time during open swim hours
- Party Balloons
- Birthday t-shirt for the birthday child
- a wet-n-wild time!

Cost is \$75 for a birthday party rental. All parties must be booked through Nicki Reynolds, Office Manager or Tara Weatherly, Service Desk Supervisor at 641-752-8658.

Overnight Rentals

Overnight rentals are available for groups to have access to the Y all night long! Rentals must be scheduled during the Y's off-hours, and availability is determined by the availability of Y staff.

- Adult supervision must be a ratio of 1 adult per 15 children.
- Minimum of 50 people for a rental
- Pool hours must be arranged through the Aquatics Director.
- Pool hours available from 10- midnight. Pool rentals for Prom overnights are 1-3 p.m.
- Maximum of 75 in the pool at one time.
- A walk-thru and \$500 deposit is required two weeks prior to the scheduled event.

\$12 per person with a minimum of 50 people.
\$24 per hour for supervising staff. (There will be 2 supervising staff for all overnight rentals)
Chaperones for overnight youth groups are free.

How to reach us... 641-752-8658

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Youth Director



Be Happy, Be Healthy,
Belong to the Y!