

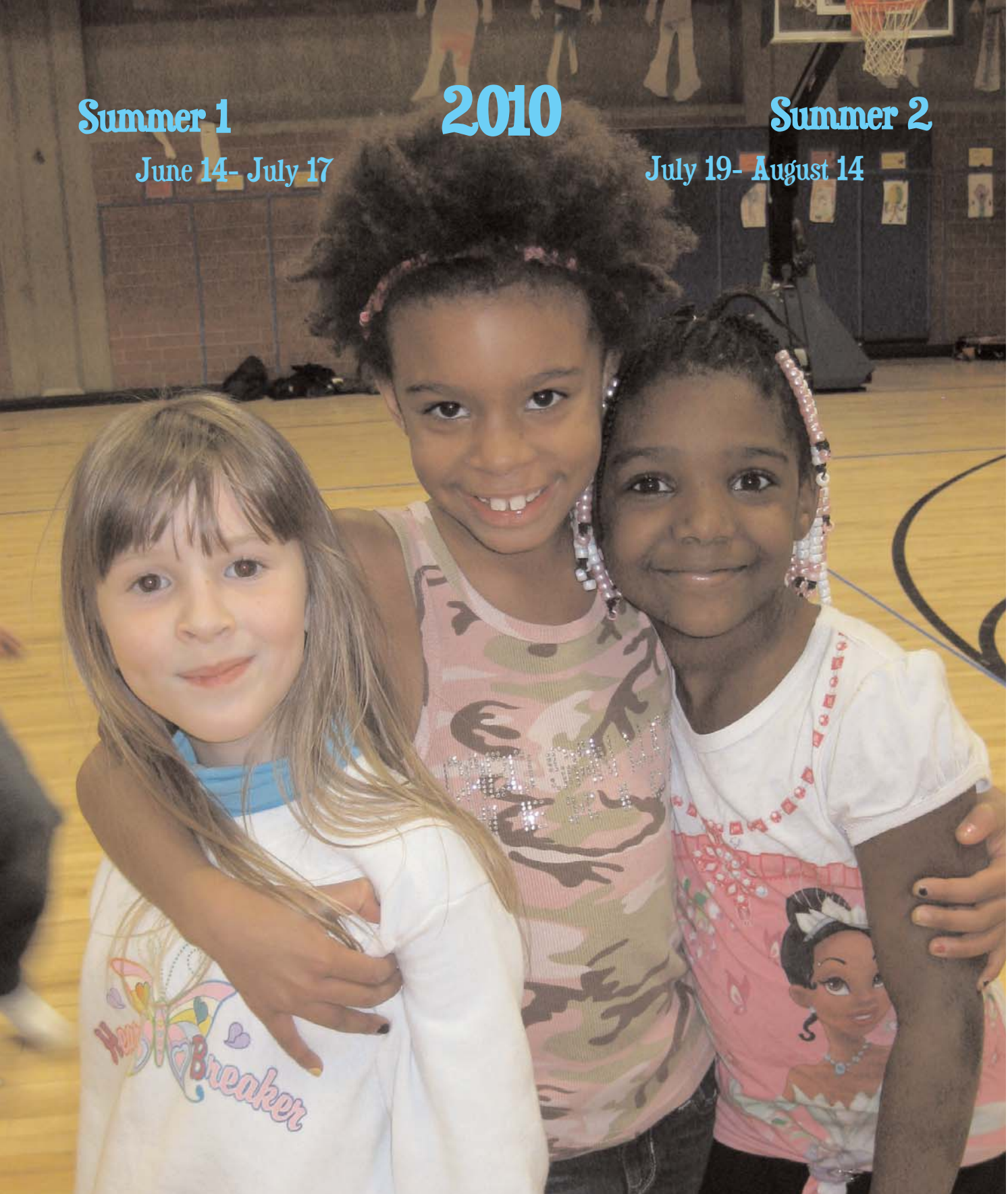
Summer 1

June 14- July 17

2010

Summer 2

July 19- August 14



Community Y Summer Brochure

www.ymca-ywca.org

Community Y Building Hours

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

Beth Akason	John Hermanson
Robin Anctil	Sarah Hesmer
Paul Beals	John Hughes
Terry Briggs	Elaine Johnson
Jamie Brown	Jillian Kern
Bill Fitzgerald	Maureen Lyons
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Jennifer Hass	Loras Neuroth
Brian Heithoff	Janice Ott
	Mary Wertzberger

2010 YWCA Board of Directors

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Bianca Greazel	Janice Ott
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!

Never in the history of America are people's health and well-being so at-risk. Obesity rates are rising, along with the associated chronic diseases. This reality is both sobering and jarring for the Y, who as an organization has been dedicated to strengthening people's physical, emotional and spiritual health for more than a century. At the Community Y, staff and volunteers are committed to supporting individuals and families who struggle to adopt and sustain healthy lifestyles (people we call Health Seekers). The Y is also working in the community to promote policy and environmental changes that support healthy living.

The YMCA's Activate America initiative (which the Marshalltown Community Y has participated in since 2005) is in the process of scaling-up a diabetes prevention program piloted at the YMCA of Greater Indianapolis. The program has been identified by the National Institutes of Health and the Centers for Disease Control and Prevention as one of the most promising evidence-based programs for reducing health care costs and reducing rates of diabetes - one of the nation's costliest chronic diseases.

The Community Y's Healthy U program is a lifestyle management program intended to help people at various levels of health start on the path to a better life. This program, developed here by the Y's dietician and health and wellness staff members, takes a holistic, supportive approach to helping "health seekers" take control of their lives around their eating and exercise habits. As the national diabetes prevention program piloted in Indianapolis rolls out around the country in the coming months, the Community Y is ready to adapt our already successful "health seeker" programs offered in Marshalltown to meet the criteria of the new initiatives.

The following entry, written on her blog by a woman named Tracy McKay, Dandelion Mama (<http://dandelionmama.wordpress.com>) describes a "health seeker's" experience: "Skinny people will never know how hard it is for a fat chick to walk into a gym for the first time. It's like being dropped at a train station in a foreign country - you don't speak the language or have any friends. Just so I couldn't change my mind, I even put it on my calendar. Between 9:30 and 11:00, I was going to the gym. Other than taking the kids to swimming, I haven't set foot in a gym in 10 years. That's a travesty of its own, but it stops today.

"All the planning in the world won't get you over the hump of walking in that door. And even with all that planning, by the time I got to the door, I was dragging two little kids and had my cell phone wedged between one shoulder, and my bag on the other, and I dropped my phone as the door slammed me in my ample butt. Excellent. ...Okay, deep breath, and I am ready..."

Let the friendly and supportive staff at the Y help you take that first step, there is no time like the present!

Carol Hilts



Registration Information

Registration

For Classes That Begin

Summer 1 Session

June 14- July 17 (5 weeks)

Members Monday, June 7, 2010
Prog. Participants Wednesday, June 9, 2010

Summer 2 Session

July 19- August 14 (4 weeks)

Members Monday, July 12, 2010
Prog. Participants Wednesday, July 14, 2010

Registration Hours: Monday -Thursday 8 a.m. - 8 p.m.
Friday 8 a.m.- 8 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.

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.

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 as 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.

****Registration is open for the 2010-2011 school year.**

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.

	Hours:	
	Monday-Thursday:	8:30 a.m.-1p.m. & 4-7:30 p.m.
	Friday:	8:30 a.m.-1p.m.
	Saturday:	8:30 a.m.-11:30 a.m. (Only until May 29)
Cost:		
Members:	Free	
Prog. Participants:	\$1.25/each child per hour	
	*.75 cents/hour for each additional child	

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.

Summer Camps

SUMMER DAY CAMP

An excellent opportunity for kids to have a safe and fun week of activities as an alternative to child-care. At the Community Y Summer Day Camp kids will play games, go swimming, hiking, learn about nature, garden, participate in team-building skills, experience the arts, and have lots of fun! Each week of summer will have a different field trip with all the week's activities revolving around the trip. The emphasis each week will have a Community Y core value in mind.

Campers are 5 year- olds entering Kindergarten (Community Y preschool students) in the fall through 7th grade. 6th and 7th graders can be chosen by camp counselors to participate in the Leaders-In-Training program and will have different/additional roles than the younger campers. LIT's will help counselors with camp, be able to take strength training classes, help with the set up of activities, and be group leaders. The staff consists of high school students, college students, and adults, many of whom are teachers. Adults and teachers with the summers off are the staff leaders. All staff are selected because they have a real interest in children having fun and learning in a safe environment. Staff to camper ratio is 8:1.

All field trip admission is included in the day camp price. There is a limit of 60 campers per day. Those wishing to register must do so the Wednesday before the week they wish to attend to avoid a \$5 late registration fee and to ensure a spot of the field trip.

The Community Y's Cultural Center was accepted to be a site for the summer community meal program through Marshalltown School Food Service. This service will run from June 1st-July 31st. Offering this program means that all campers will be provided a hot lunch through July 31st at no additional cost. (A sack lunch will be provided for field trip days.)

The fun begins Tuesday, June 1st, 8 a.m.-5:20 p.m. (Field trips begin the week of June 7th)

*Special arrangements may be made for participants needing to arrive earlier than 7:45 a.m. or leaving after 5:20 p.m. by contacting instructor.

Location: Cultural Center
Member Fee: \$27/day or \$121.50/week (5th day is 50% off)
Prog Participant Fee: \$37/day or \$166.50/week (5th day is 50% off)
Instructors: Deb Grove or Misty Roelsgard



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

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.

Gymnastics Camp

Children kindergarten-4th grade can participate. Camp is an introduction to gymnastics and learning the fundamentals of the balance beam, floor, bars, vault, and Tumblebus! Camp is held from 9 a.m.-11 a.m. and children will be split into age groups 4-6 year olds and 7-10 year olds. Camp will be in the Community Y's Cultural Center Green Room and children of all skill levels are invited to participate.

Meets: June 21st-June 23rd M/T/W
9 a.m.-11 a.m.

Members: \$22

Program Participants: \$42

Location: Green Room

Instructor: Leslie Major

Babysitter Training

What babysitters need to know and what every parent wants in a responsible babysitter!

Designed for 11-15 year olds, the American Red Cross Babysitter's Training Course can help:

- Interview for a babysitting job
- Choose safe and age-appropriate toys and games
- Perform first aid
- Learn diapering and feeding techniques
- Handle bedtime issues
- Learn tips for having a safe babysitting experience
- And more!

Meets: Thursday, June 10th, 9 a.m - 3 p.m. or
Thursday, August 12th, 9 a.m. - 3 p.m.

Participants should bring a sack lunch.

Members: \$20

Program Participants: \$25

(Additional \$15 for optional book)

Location: Horne Henry Center Board Room

Instructor: Ashley Woodruff



Make Believe Dance Camp

Girls, Ages 3-6

Enter a world of sparkles and pixie dust with Make Believe Camp. This camp is perfect for all little girls who want to dance like a princess, fairy, glamour girl, rock star or hula girl. Amongst all the dancing, campers will also do crafts, sign songs, listen to stories and dress up.

Meets: June 22-24, 9:15-11:15 a.m.

Members: \$25

Program Participants: \$30

Instructor: Dance

Konnection Staff



ADVENTURE DANCE

CAMP

Boys, ages 3-6

Each day embarks a new adventure. This boys-only camp will satisfy every little explorer out there while taking adventures as pirates, athletes, dinosaurs and super heroes. Learn songs, dance, listen to stories, watch movies and make crafts in this action packed camp.

Meets: June 22-24, 1-3 p.m.

Members: \$25

Program Participants: \$30

Instructor: Dance Konnection Staff

Ka-Motion Spirit Camp

Returning by Popular Demand!

Grades K-6

Got spirit? Then join Ka-Motion Camp! By doing so, participants will receive a great jump start for fall classes. Placement for the fall Ka-Motion classes will be given at the end of camp. This camp is all spirit leaders, both new and returning students. Join the fun of cheerleading and pom pon. Campers will learn cheers, pom pon dance routines, tumbles, jumps and stunts. Wear comfortable clothes that are easy to move in, tennis or dance shoes and have hair up off of face and neck.

Meets: July 20-22, 9-10:30 a.m.

Members: \$30

Program Participants: \$35

Instructor: Dance Konnection Staff

Community Y School of Dance

Summer/Early Fall Dance Registration

This sign up is for new and returning students.
June 9, 6-8 p.m., Cultural Center

Fall Dance Registration

August 11, 6-8 p.m., Cultural Center
Fall Classes begin August 30

Dance Baby Dance

Ages 3-4

A creative movement class that introduces Pre-Ballet and Pre-Tap. Dancers will work on basic ballet and tap step along with movement exercises that will teach coordination and musicality. Dancers need leotard, tights, tap and ballet shoes.

Meets: Wednesdays, 5-5:45 p.m.
June 23, 30 and July 7, 14, 21
Members: \$55
Program Participants: \$60
Instructor: Dance Konnection Staff

5-6 Year Old Dance

A great class for kindergartners and first graders wanting to try dance. This class is also designed for those already in dance and wanting to boogie the summer away. While working on basic ballet and tap step, dancers will also experience combination step and simple barre exercises. Dancers need leotard, tights, tap and ballet shoes.

Meets: Wednesdays, 5:45-6:30 p.m.
June 23, 30 and July 7, 14, 21
Members: \$55
Program Participants: \$60
Instructor: Dance Konnection Staff



Beginner Hip Hop

Ages 7-10

A class for all young dancers wanting to learn the newest dances and moves. This 45-minute class is exclusively street dance. Dancers need to wear loose clothes and CLEAN sneakers.

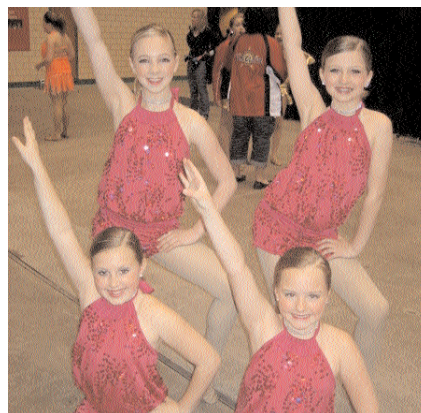
Meets: Wednesdays, 5-5:45 p.m.
June 23, 30 and July 7, 14, 21
Members: \$55
Program Participants: \$60
Instructor: Dance Konnection Staff

Beginner Tap and Jazz

Ages 7-10

A class for those that have never taken dance or have stopped and are ready to get back to dance. This hour-long tap and jazz class is perfect for those looking to sharpen skills as well. Dancers need leotard, tights, tap and jazz shoes.

Meets: Wednesdays, 5:45-6:30 p.m.
June 23, 30 and July 7, 14, 21
Members: \$65
Program Participants: \$70
Instructor: Dance Konnection Staff



Ballet Technique

Open to all Ballet 1, 2, 3, 4, 5 and Pointe 1, 2, 3 Dancers

A great class to keep up on technique during the summer! Dancers need leotard, tights and ballet shoes.

Meets: Thursday, 5-6 p.m.
June 24 and July 1, 8, 15, 22

Cost:
Members: \$65
Program Participants: \$70
Instructor: Kimi Kups-Benson

Beginner Pointe

Prerequisite from Miss Kimi is required.
Learn the basics, work on strength and care of shoes. Dancers need leotards, tights, pointe shoes and ballet shoes.

Meets: Thursdays, 6-7 p.m.
June 24 and July 1, 8, 15, 22

Cost:
Members: \$65
Program Participants: \$70
Instructor: Dance Koneksi Staff

Hip Hop 2

Open to all Jazz 2, 3, 4, 5, 6, 7, 8 Students.
This class will expand on the popular dance form while working on Hip Hop technique and learning some cool dance moves. Wow all your friends with the fresh new moves you'll learn this summer in class. Dancers need to wear loose clothes and CLEAN sneakers.

Meets: Thursday, 7-7:45 p.m.
June 24, and July 1, 8, 15, 22

Cost:
Members: \$55
Program Participants: \$60
Instructor: Dance Koneksi Staff



Advanced Jazz and Lyrical

Open to all Jazz 2, 3, 4, 5, 6, 7, 8 Students
This class will work on advanced technique as well as working on routines and combinations to push dancers and make the summer sizzle. Dancers need dance clothes and jazz shoes.

Meets: Thursdays, 7:45-8:30 p.m.
June 24, and July 1, 8, 15, 22

Cost:
Members: \$70
Program Participants: \$75
Instructor: Dance Koneksi Staff

Graceful Worshippers

Liturgical dance is being incorporated in many churches. This class will explore the wonderful world for prayerful dancing. Students of this 3-week class will learn dances to contemporary Christian artists and old standards. At the end of the session, a performance may be announced.

Meets: Mondays, 10-10:45 a.m.
June 28, and July 5, 19

Cost:
Members: \$30
Program Participants: \$35
Instructor: Dance Koneksi Staff





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	Participant	
5-week session/ 2 times per week	\$30	\$60	Only \$3 per class for members! Join today to get the member price!
5-week session/ 1 time per week	\$15	\$30	
4-week session/ 2 times per week	\$24	\$48	
4-week session/ 1 times per week	\$12	\$24	

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)

6:10 - 6:55 p.m. Tuesday

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
 4:30 - 5:15 p.m. M/W or T/TH
 5:20 - 6:05 p.m. M/W or T/TH
 6:10 - 6:55 p.m. M/W or Thurs. only* New Class Option!



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

4:30 - 5:15 p.m. M/W or T/Th

5:20 - 6:05 p.m. M/W or T/Th

6:10- 6:55 p.m. Monday only* New Class Option!



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.

4:30-5:15 p.m. T/TH

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.

10:00 - 10:45 a.m. M/W New class time for summer!

4:30 - 5:15 p.m. M/W

5:20 - 6:05 p.m. M/W or Thurs. only* New Class Option!

6:10 - 6:55 p.m. M/W

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.

9:15 - 10:00 a.m. M/W New class time for summer!
4:30 - 5:15 p.m. M/W
5:20 - 6:05 p.m. T/Th
6:10 - 6:55 p.m. Mondays only* New Class Option!

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.*

5:20 - 6:05 p.m. M/W
6:10 - 6:55 p.m. Mondays only* New Class Option!

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.

Lightening Policy

Location: Rec Pool/ Lap Pool

When lightening is seen in the immediate vicinity of the Community Y, it is the policy of the YMCA of the USA to clear all pools for 20 minutes from the time of each lightening sighting. This includes the Lap Pool, Recreation Pool and Spa. Swimmers should move away from windows and doors during this time. The pools will be reopened only after the lightening has completely subsided by the end of the 20 minutes. The front desk will be notified as soon as the pools are closed and will be updated as to the timing for reopening. Swim lessons will do "dry land" activities during these times, while aquatics classes will attempt to run if there is enough time remaining after the 20 minutes. Any questions may be directed to Shelley Lechnir, Aquatics Director.

Pool Schedules

Recreational Pool

2010 Summer 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 Polliwog	
9:15-10:00	P/E	P/E	P/E	P/E	Senior Open Swim P-T	P/E R/S	
10:00-10:45	R/S Polliwog	R/S HHH*	R/S Polliwog	R/S HHH*	Senior Open Swim		
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	Open Swim	Senior Aqua	Open Swim	Senior Aqua	Open Swim	Open Swim	Open Swim
2:00-3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00-4:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:30 - 5:15	P/E R/S Polliwog	P/E R/S Adapt-X	P/E R/S Polliwog	P/E R/S	Open Swim	Open Swim	Open Swim
5:20 - 6:05	P/E R/S Polliwog	P/E R/S	P/E R/S Polliwog	P/E R/S Polliwog	Open Swim	Open Swim	Open Swim
6:10 - 6:55	P/E R/S Polliwog	P-T Aqua Aerobics	P/E Polliwog	P/E Aqua Aerobics			
7:00 - 8:30	Open Swim	Open Swim	Open Swim	Open Swim			

* Rusty Hinges class time is 10:45-11:30 AM

* Hoppin Happy Hinges class time is 10:15-11 AM

KEY P/E = Pike/Eel

R/S = Ray/Starfish

P-T = Parent-Tot

RH = Rusty Hinges

HHH = Hoppin Happy Hinges

Adapt-X = Adaptive Aerobics

Lap Pool

2010 Summer 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 - 7:00	Lap Swim DWA	Lap Swim MS	Lap Swim DWA	Lap Swim MS	Lap Swim DWA		
7:00 - 7:30	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST		
8:00-8:30	BWST	BWST	BWST	BWST	BWST	Lap Swim	
8:30 - 9:15	BWST	BWST	BWST	BWST	BWST	Lap Swim Guppy	
9:15 - 10:00	BWST Guppy	BWST	BWST Guppy	BWST	BWST	Lap Swim M F/FF	
10:15-11:00	Lap Swim DWA	Lap Swim	Lap Swim DWA	Lap Swim	Lap Swim DWA		
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
2:00-3:00						Lap Swim	Lap Swim
3:00-3:45						Lap Swim	Lap Swim
4:00 - 4:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30 - 5:15	Lap Swim Gup	Lap Swim S+	Lap Swim Gup	Lap Swim S+	Lap Swim	Lap Swim	Lap Swim
5:20 - 6:05	Lap Swim Min	Lap Swim Gup	Lap Swim Min	Lap Swim Gup	Lap Swim til 6 p.m.	Lap Swim til 6 p.m.	Lap Swim til 6 p.m.
6:10 - 6:55	Lap Swim G/M	Lap Swim	Lap Swim	Lap Swim F/FF			
7:00 - 8:00	Lap Swim	Lap Swim MS ASL	Lap Swim	Lap Swim MS ASL			

Hours subject to change for events.

Please call for availability.

KEY G = Guppy

M = Minnow

F/FF = Fish/Fly Fish

S+ = Starfish Plus

MS = Master's Swim

ASL = Adult Swim Lessons

BWST = Blue Wave Swim Team

Pool Schedules

Recreational Pool

2010 Summer II 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		
9:15-10:00	P/E	P/E	P/E	P/E	Senior Open Swim		
10:00-10:45	R/S Polliwog	R/S HHH*	R/S Polliwog	R/S HHH*	Senior Open Swim		
11:00-12:00	Aqua-lates RH*	Warm Water Lap Swim	Aqua-lates RH*	Warm Water Lap Swim	Aqua-lates RH*		
12:00-1:00		Warm Water Lap Swim		Warm Water Lap Swim			
1:00-2:00	Open Swim	Senior Aqua	Open Swim	Senior Aqua	Open Swim	Open Swim	Open Swim
2:00-3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00-4:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:30 - 5:15	P/E R/S Polliwog	P/E R/S Adapt-X	P/E R/S Polliwog	P/E R/S	Open Swim	Open Swim	Open Swim
5:20 - 6:05	P/E R/S Polliwog	P/E R/S	P/E R/S Polliwog	P/E R/S Polliwog	Open Swim	Open Swim	Open Swim
6:10 - 6:55	P/E R/S Polliwog	P-T Aqua Aerobics	P/E Polliwog	P/E Aqua Aerobics			
7:00 - 8:30	Open Swim	Open Swim	Open Swim	Open Swim			

* Rusty Hinges class time is 10:45-11:30 AM
 * Hoppin Happy Hinges class time is 10:15-11 AM

KEY P/E = Pike/Eel RH = Rusty Hinges
 R/S = Ray/Starfish HHH = Hoppin Happy Hinges
 P-T = Parent-Tot Adapt-X = Adaptive Aerobics

Lap Pool

2010 Summer II 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 - 7:00	Lap Swim DWA	Lap Swim MS	Lap Swim DWA	Lap Swim MS	Lap Swim DWA		
7:00 - 7:30	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST		
8:00-8:30	BWST	BWST	BWST	BWST	BWST	Lap Swim	
8:30 - 9:15	BWST	BWST	BWST	BWST	BWST	Lap Swim	
9:15 - 10:00	BWST Guppy	BWST	BWST Guppy	BWST	BWST	Lap Swim	
10:15-11:00	Lap Swim DWA	Lap Swim	Lap Swim DWA	Lap Swim	Lap Swim DWA		
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
2:00-3:00						Lap Swim	Lap Swim
3:00-3:45						Lap Swim	Lap Swim
4:00 - 4:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30 - 5:15	Lap Swim Gup	Lap Swim S+	Lap Swim Gup	Lap Swim S+	Lap Swim	Lap Swim	Lap Swim
5:20 - 6:05	Lap Swim Min	Lap Swim Gup	Lap Swim Min	Lap Swim Gup	Lap Swim til 6 p.m.	Lap Swim til 6 p.m.	Lap Swim til 6 p.m.
6:10 - 6:55	Lap Swim G/M	Lap Swim	Lap Swim	Lap Swim			
7:00 - 8:00	Lap Swim	Lap Swim MS ASL	Lap Swim	Lap Swim MS ASL			

Hours subject to change for events.
 Please call for availability.

KEY G = Guppy MS = Master's Swim
 M = Minnow ASL= Adult Swim Lessons
 F/FF = Fish/Fly Fish
 S+ = Starfish Plus BWST= Blue Wave Swim Team

Policy for Fitness and Aquatics Classes

There is no registration 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 its start time as well, but members will have priority. **All classes are subject to cancellation due to low attendance.**

Water Fitness Classes

See the rating for aquatic classe intensity....

1 Focuses on range of motion and flexibility and 5 Focuses on cardio fitness and strength

The rating system is based by the instructors workout and leadership plan, but each of the aquatic classes are very easily adjusted for individual comfort.

Water Walking

Walking in water is a hybrid exercise suited to all fitness levels including people with arthritis. Water walking class is a self paced, yet instructor led time to work out, socialize and enjoy the refreshing properties of H2O.

7:45 - 8:30 a.m. T/TH
Rating 1-4 Instructor: Sheila Barritt

7:45 - 8:30 a.m. Fridays
Rating 1-4 Instructor: Pat Kirner

Deep Water Aerobics

Looking to mix-up a workout? This program provides a vigorous, higher intensity water work out. Don't swim? No problem! Participants use floatation aids for buoyancy and water weights for added resistance.

6:00 - 6:45 a.m. M/W/F Lap Pool
Rating 5 Instructor: Sheila Barritt

10:15 - 11:00 a.m. M/W/F Lap Pool
Rating 5 Instructor: Sheila Barritt

Senior Aqua Aerobics

Participants will enjoy a mild aerobic workout combined with muscle strengthening and flexibility. Class is 30 minutes of organized group exercise and 15 minutes of toning.

7:45 - 8:30 a.m. M/W
Rating 3 Instructor: Pat Kirner

8:30 - 9:15 a.m. M/T/W/Th/F
Rating 3 Instructor: Sheila Barritt (T/Th)
Pat Kirner (M/W/F)

1:00 - 1:45 p.m. T/TH
Rating 3 Instructor: Connie Klaas

Aqua Aerobics

Get all the benefits of a land-based aerobics class and none of the impact! Improve cardiovascular endurance, muscle strength/tone and flexibility with water weights and a variety of easy to learn exercises.

7:00 - 7:45 a.m. M/W/F
Rating 4 Instructor: Sheila Barritt

6:10 - 6:55 p.m. T/TH
Rating 4 Instructor: TBD

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

Classes Continued...

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: Sheila Barritt

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

Other Programs...

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: TBD

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

Master's Swim

An experienced swim coach has a work-out ready to start the day or squeeze into the lunch hour! Participants use a variety of equipment to improve strokes and build endurance. Classes are targeted to the advanced swimmer, but anyone is welcome to attend.

Class Meets: 6:00 - 6:45 a.m. T/TH
 Instructor: Elizabeth Barske

7:00 - 7:45 p.m. T/TH
 Instructor: TBD

Adult Swim Lessons

Location: Lap Pool

It's never too late to learn to swim! Class is self-paced, and will work on fundamentals such as floating, treading water, kicking, and basic strokes. Instructors will help you work toward your own personal goal, and will guide you in the areas in which you want to improve.

Fees: See Swim Lesson Information for pricing information. Registration required for class.

Class Meets: 7:00 - 7:45 p.m. T/TH
 Instructor: TBD

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: Misty Roelsgard

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 (Summer 1 Only!)

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 (Summer 1 Only!)

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 5:30 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

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: Monday 5:30 p.m./Studio 1
Instructor: Lonni Waltermire

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

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 Lavendar

Kardio Kickboxing*****S

Brought back by popular demand, kickboxing remains the workout of choice for many due to the intense interval training that it provides, along with powerful punching and kicking moves that are great for toning and strengthening the entire body.

Class meets: Wednesday 5:30 p.m./ Studio 1
Instructor: Angela Lins-Eich





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 9 a.m./ Studio 2
Instructor: Misty Roelsgard

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/F 9 a.m./Studio 2
Instructor: Misty Roelsgard

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: Misty Roelsgard

Health and Wellness Classes- Summer 2010

Summer 1 & 2

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

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 a.m.		Cycling***** (40)		Cycling***** (40)	Cycling***** (1 hr)
5:30 a.m.	Core Blast***	BYOB****	Core Blast***	BYOB****	Core Blast***
		Body Sculpting*		Body Sculpting*	
6 a.m.	Cardio Express***		Cardio Express***		Cardio Express***
	Cycling***** (30)		Cycling***** (30)		
	Pilates*		Pilates*		
8:30 a.m.	Core*	Amazing Arms*	Core*	Amazing Arms*	Core*
9 a.m.	Total Body Training***	Y-Pump*	Cardio Mix***	Y-Pump*	TGIF*****
	Young at Heart**	Yoga*	Young at Heart**	Yoga*	Young at Heart**
	Cycling***** (1 hr)	Cycling***** (1 hr)		Cycling***** (1 hr)	
10 a.m.		Stretch*		Stretch*	
10:15 a.m.	Silversneakers*		Silversneakers*		
12:10 p.m.	Cycling***** (40)		Cycling***** (40)		
4:45 p.m.		Cycling***** (40)		Cycling***** (40)	
5 p.m.	Core*	Core*	Core*	Core*	
5:30 p.m.	Flow Yoga*	Arms Blast**	Flow Yoga*	Arms Blast**	
	Total Body Training***	(Summer 1 Only) Youth Strength*	Kickboxing*****	(Summer 1 Only) Youth Strength*	
	Cycling***** (1 hr)		Cycling***** (1 hr)		
6:00 p.m.		BLT Blast**		BLT Blast**	
		(Summer 1 Only)		(Summer 1 Only)	
6:30 p.m.	Zumba***		Zumba***		

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

1 hour classes:

5:15 a.m. Friday
9 a.m. M/T/Th
5:30 p.m. M/W

40 minute classes:

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



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.

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

Class meets: Thurs. 11:30 a.m. Party Room

Instructors: Christine Jacobson, LD. RD.
Health and Wellness staff

No start or end dates: Please join at anytime.

Cost:

Members: \$75

Prog. Participants: \$120

I had lost weight before on a different weight loss program. I maintained my weight loss from that program for a while but some of the weight slowly crept back on. Disappointed and thinking that I knew everything I needed to lose it again, I tried to lose weight by myself last summer. I exercised every day and the weight still did not come off. That's when I decided to give Healthy U a try. That was a decision I wished I had made earlier. The balanced approach at Healthy U has show me not only how to eat healthier, something I thought I knew, but also how to balance that with cardio and weight lifting to get the best results. Christine and Rita are terrific support. They are always there to answer any questions or talk through any problem. The price of Healthy U also makes it a great value for me. I am half way to what I would like to lose. I feel better and get to go closet shopping for those clothes that I fit into again. I would recommend this program to anyone who wants to live healthier.

-Jennifer Estabrook

I joined Healthy U because I needed to focus on improved eating habits for life! I did not have a significant amount of weight to lose but did find myself slowly putting on weight that was getting harder and harder to lose again.

My lifelong poor eating habits were definitely contributing to this. I needed education on nutrition. On my own, I did not even know where to begin. Chris taught me how to make healthy food choices and how I could make a few simple changes in my eating habits. Those small changes made a huge difference. For instance, I have learned to eat more calories for breakfast and lunch and then less for supper. I now try to actually go to bed hungry so that I can burn fat while I sleep and wake up hungry. I am eating more fruits, vegetables, and fish. I am happy to say that I also learned that I can still eat out and choose from a variety of healthy choices from many menus.

I did not join Healthy U because I needed to learn more about exercise more. I am an avid Y user and have exercised all of my life. I have even completed a marathon. I have learned, however, that I did have some exercise habits that could be improved. Little did I know, I was in an exercise rut and that was contributing to my slow weight gain. Rita has taught me to "change up" my workouts on a regular basis and has taught me the importance of interval workouts and lifting heavier weights.

I would highly encourage anyone to try Healthy U. The focus is not on how fast you can lose weight. It is not a "diet" program. The focus is on educating participants in healthy eating and exercise so that they can learn to make lifestyle changes that make a difference for life. The weight will come off because eating healthy and regular exercise is the answer. The key is education and dedication to making real changes!

- Lora Kester





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.

Summer Karate

Learn the art of Tae Kwon Do, emphasizing self-discipline, flexibility, and self-confidence. 6th Degree Master Jim Shaw, 4th Degree Master Dave Hala, 3rd Degree Frank Burggraaf, 2nd Degree Don Huxham, and 1st Degree Erick Gummert supervise as well as instruct the classes. 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.

Class Meets: Tuesdays

Beginning/Intermediate: 6 p.m.

Advanced classes: 7 p.m.

Class sessions: June 1st-July 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, and 1st Degree Black Belt Erick Gummert (assistant instructor)

Fees	Member	Prog. Participant
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.



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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Executive Director

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Health and Wellness Director

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Marketing, AOA Director

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Office Manager



Be Happy, Be Healthy,
Belong to the Y!