



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# START YOUR YEAR FRESH

**Winter 2012**

**YMCA OF DANE COUNTY, INC.**

**WINTER 1: January 2-February 26**

**WINTER 2: February 27-April 22**



# A BRAND NEW DAY



Dear friends,

New Year's Day has long been a time for reflection on the personal changes we want to make as we look forward to a happy new year. Health-related goals are popular resolutions, but you may not know where to begin. At the Y you'll find ways to get and keep a Healthy You, Healthy Family, Healthy Home, Healthy Community, and Healthy Workplace. At the Y, we are for healthy living, so make health your resolution.

We understand that change can be difficult and are committed to supporting families in their pursuit of healthy living. I invite you to join us and become a part of a growing community of parents and children who are working and playing their way toward a healthier tomorrow through programs and resources like our YMCA Healthy Lifestyles Program, a program offered in a group setting with other members who are also trying to achieve changes to live a balanced and healthy life. YMCA Healthy Family Home is a free resource with tips, and tools to support parents and their families in forming healthy habits around eating, physical activity, quality family time, outdoor play, and quality sleep. Food and Fun, engages over 1200 kids in all of our child care programs forming healthy eating and exercise habits. YMCA KidzFit, a research proven program providing information on healthy living and physical activity in 11 of our 33 Y after school programs. The positive impact of getting children started early in a more active, healthy lifestyle is dramatic on their future health and related health care costs. I am also very proud to offer our community LIVESTRONG at the YMCA, a small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal".

The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming, camping or cooking, Ys want families doing them together because you'll live healthier and make memories for a lifetime.

We need to make the healthy choice the easy choice by ensuring that our communities have adequate opportunities for children, families and adults to engage in healthy behaviors in all of the places where they live, work, learn and play.

Warm regards and best wishes to a healthy and happy new year.

Carrie Wall  
President/CEO

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## Code of Conduct

The mission of the YMCA of Dane County, Inc., is to respond to needs of families through programs that build a healthy spirit, mind and body for all. The YMCA principles include honesty, responsibility, caring and respect. They are the basis for all we do as an organization. Using them as a guide, we have developed the following Code of Conduct to ensure that all who enter our facility enjoy a safe, welcoming and comfortable environment.

We ask individuals to act in a manner that upholds these principles at all times when they are in our facility or participating in YMCA programs. We expect those using the YMCA to behave in a way that shows respect and caring for others, which includes not using any language or engaging in any action that can hurt or frighten another person or that falls below a generally accepted standard of conduct. Actions not showing respect for others and are not permitted include:

- Wearing inappropriate attire. Attire must include swimsuits only in the pool area; shoes, shorts and shirt or leotard in other areas of the facility. Clothing with vulgar or profane writing or pictures is not allowed.
- Using angry or vulgar language; swearing, name calling or shouting.
- Making physical contact with another person in an angry or threatening way.
- Engaging in sexual activity or contact with another person.
- Harassment or intimidation with words, gestures, or body language. Behavior which is inappropriate, threatening or offensive in nature.
- Stealing or behavior which results in destruction of property.
- Carrying or concealing devices or objects which may be used as weapons.
- Using or possessing illegal chemicals or alcohol on YMCA property or in vehicles.
- Smoking. All YMCA facilities and grounds offer a smoke free environment.

The YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender.

Members and guests are encouraged to be responsible for their personal well-being. Feel free to ask any person to refrain from any activity that threatens your comfort. If the situation needs additional assistance, YMCA staff are always available.

The Branch Executive will investigate all reported incidents. If the Branch Executive determines a violation of this Code of Conduct has occurred, suspension or termination of YMCA membership privileges as stated in YMCA policy may result.

**MEMBERSHIP FEES – EFFECTIVE NOVEMBER 14, 2011**

Membership Type	Entry	Monthly
Youth Ages 8-18	\$ 25	\$ 25
Adult Ages 19+	\$ 50	\$ 47
Family	\$ 50	\$ 68
Household	\$ 50	\$ 75
Senior Ages 60+	\$ 50	\$ 44
Senior Plus One	\$ 50	\$ 61

**Annual Membership**

- Paid annually by cash, check, VISA™ or Mastercard™.
- Must be renewed annually.
- If membership lapses entry fee must be paid again.
- All membership fees are non-refundable and non-transferable.

**Continuous Membership**

- Payments through automatic bank draft.
- Cancellation requires 10-day written notice prior to bank draft date. Cancellations are not accepted by phone or email.
- If membership lapses, entry fee must be paid again.
- All membership fees are non-refundable and non-transferable.
- The YMCA of Dane County is not responsible for more than one month's draft if failure to properly notify the YMCA of an error.

**YMCA of Dane County Membership**

Your YMCA membership is good at all Dane County YMCA branches. Your membership may be used for member services or program registration at member rates. A membership card is issued to every member 8 years old and older. The YMCA requires that all children under the age of 8 have adult supervision at all times. Rates and schedules subject to change. Membership ID Card or Key Tag is required for admittance to facility.

**Workplace Wellness Partnership – NEW**

Join the YMCA Workplace Wellness Partnership and help your employees reach their health and wellness goals! For more detailed information about the program please contact Mary Lee Steinmuller, Workplace Wellness Accounts Executive, @ 608-664-9622 ext 1016 or marylee.steinmuller@ymcadanecounty.org

**Carry Your Membership ID Card/Key Tag**

It is necessary to present your membership ID card or key tag for admittance to your YMCA. If a member forgets his/her card, the member must verify membership with a photo ID. Membership cards are non-transferable. Any member who lends his/her card or assists a non-member in unauthorized use of the facility subjects their membership to revocation.

**AWAY**

The YMCA AWAY policy allows you to use YMCAs around the world for low or no charge.

**Guest Passes**

Each membership unit will receive six complimentary guest passes each calendar year to be used to bring in prospective members, friends and family. All passes must be picked up by adults in the family. Guests must present a photo ID card and be with a member when using a pass. An individual may use up to six guest passes per calendar year. This is a member benefit, distributed annually, some restrictions apply.

Members may also bring guests by paying the following fees. Guests must present photo ID card. Rates are subject to change.

Youth	\$8.00
Adult/Senior	\$15.00
Family/Household	\$20.00

**Kit Lockers**

Payments made Annual or Continuous through monthly bank draft. See desk staff for availability.

Monthly Rental Rate \$5.00

**Member Get a Member Program**

Current members receive 1 FREE month of membership for each friend you refer to the Y.

**YMCA Multi-Media Policy**

YMCA programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included in YMCA promotional materials, please indicate this to YMCA event and/or program staff. The use of cell phones and other electronic devices are prohibited in ALL locker rooms and restrooms.

**Member Prices**

In order to receive member prices on programs, you must be a member for the entire session.

**Credits and Refunds**

If the YMCA cancels a class or if the participant has a medical excuse, a credit or refund will be made. Classes not held for holidays or due to inclement weather are not refundable. Credit vouchers are good for one year from the date of issue.

**Returned Checks**

Returned checks and bank drafts will be assessed a \$15 processing fee.

**Abuse Prevention Statement**

Your child's safety is our priority. That is why as part of the YMCA of Dane County established abuse prevention program, background checks and references are completed on all employees and volunteers. To view the YMCA Code of Conduct or to learn more about how the YMCA takes steps to protect children, please contact the Program Director or YMCA Branch Executive.

**Financial Scholarship Program**

Provides membership and program scholarships to individuals, children, and families in need, and in turn, the opportunity to participate in the YMCA high quality, character building programs, regardless of one's ability to pay.

Please visit our website at [www.ymcadanecounty.org](http://www.ymcadanecounty.org) or see your local branch for an application and information.

**Building Hours**

Monday-Friday	5:15am-10:30pm
Saturday	6:00am-7:00pm
Sunday	9:00am-7:00pm

**Holiday Hours**

Christmas Eve	6:00am-2:00pm
Christmas Day	CLOSED
New Year's Eve	6:00am-6:00pm
New Year's Day	9:00am-5:00pm
Easter	CLOSED

**Child Watch**

Available for children ages 6 weeks through 7 years. Free for Members. Not available on holidays.

**East**

Monday-Thursday	8:00am-1:00pm 3:00-8:00pm
Friday	8:00am-1:00pm 4:00-7:00pm
Saturday	8:00am-12:00pm

**Northeast**

Monday-Thursday	8:00am-12:30pm 3:30-8:00pm
Friday	8:00am-12:30pm 3:30-7:00pm
Saturday	8:30am-1:00pm
Sunday	1:00-5:00pm

**West**

Monday-Thursday	8:00am-1:00pm 3:30-8:00pm
Friday	8:00am-1:00pm 3:30-6:00pm
Saturday	8:00am-1:00pm

**Youth Zone**

Come hang in the Zone! A place for youth and teens at the YMCA with video games, homework help, Ping Pong, arts and crafts and more! Supervised drop-in area. Youth are permitted to sign in and out without parent consent. Ages 8-14 years. Free for Members. Not available on holidays.

**East**

Monday-Thursday	4:30-8:00pm
Friday	4:30-6:30pm
Saturday	9:00am-12:00pm

**Northeast**

Monday-Thursday	4:00-8:00pm
Friday	4:00-6:30pm
Saturday	9:00am-12:00pm

**West**

Monday-Thursday	4:00-8:00pm
Friday	4:00-6:00pm
Saturday	9:00am-12:00pm

**Board of Directors**

Robert Hilby, Chair  
Elizabeth Huebel, Vice Chair  
Sean Baxter, Vice Chair  
Kelly Lietz, Secretary  
Mike Mohoney, Treasurer  
James Butler, Past Chair

Sean Baxter	Kayser Automotive Group
Charles Billings	Community Leader
James Butler	Wipfli, LLC
Jane Clark	QTI, Human Resources, Inc.
Ted Crabb	Community Leader
Sara DeTienne	Morgridge Institute for Research
Todd Fortune	Merrill Lynch
Robert Hilby	American Family Insurance
Isabel Hubbard	Community Leader
Elizabeth Huebel	Community Leader
Kelly Lietz	Park Bank
Bryan McGann	McGann Construction
Kathryne McGowan	WEA Trust
Colin Mehlum	Direct Networks
Michael Mohoney	Physicians Plus Insurance Corp.
Thomas Neujahr	Urban Land Investments, Inc.
Erin R. Ogden	Murphy Desmond S.C.
Maggie Peterman	Freelance Journalist
Jennifer Sereno	Wisconsin Alumni Research Foundation
Jasper Vaccaro	Marshall & Ilsley Trust Co.

**Supervision of Children**

The YMCA requires that all children under the age of 8 have adult supervision at all times.

**Inclement Weather**

If the school district cancels school; then all YMCA classes in that particular district will be cancelled. YMCA facilities will remain open.

**Lap and Open Swim Times**

Pick up a schedule at Member Services or check our web site at [www.ymcadanecounty.org](http://www.ymcadanecounty.org)

**JOBS**

The YMCA has career opportunities in many fields including health and wellness, aquatics, child care, community outreach and development, maintenance and custodial, administrative support, executive leadership and more. The YMCA prides itself in offering competitive wages and great benefits, including a free YMCA membership.

Opportunities available on our website  
[www.ymcadanecounty.org](http://www.ymcadanecounty.org)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## CHILD CARE

Safe, nurturing environment for children to learn, grow and develop social skills.

We strive to provide a developmentally appropriate curriculum in a child-centered environment of warmth, friendliness and freedom. Your child will have opportunities for exploring, experimenting and questioning, which will encourage curiosity, creativity and expression. We provide an opportunity to develop self-confidence, creativity, social skills, gross and fine motor skills. Since all children are individuals, we believe in developing the whole child emotionally, physically, intellectually and socially, while meeting each child's own needs and learning styles.

Children will learn about the world around them through a variety of opportunities in these State Licensed and City of Madison accredited child care programs. Throughout the day children will participate in a structured learning environment. Our purpose is to provide a safe, wholesome, creative, and educational learning experience. A curriculum is developed that enhances creativity, social skills, physical and emotional development. It will encourage hands on activities and active learning. Through games, group activities, songs, creative drama, gym time, outdoor play, and story time, children will learn more about the world around them.

Materials available at Member Services of YMCA and all Child Care sites.

\$50 non-refundable registration fee/family.

10% sibling discount on the 2nd and 3rd child.

All sites accept W-2 funding. City of Madison sites accept City Scholarships.



## YEAR ROUND FULL DAY PRESCHOOL

These full day programs offer year round child care Monday-Friday, to accommodate your schedule. Includes Creative Curriculum, healthy activities, gym and Spanish classes. Accepting registrations year round. Call for current openings.

Monday-Friday    Ages 2-5yrs    6:30am-6:00pm

## 2011-2012 PART DAY PRESCHOOL

Part day preschool incorporates Creative Curriculum, healthy activities and Spanish class. Child must be age listed by September 1, 2011. Registration for the 2011-2012 program year begins on March 1.

Ages 2-5yrs

AM Classes            9:00-11:30am  
Lunch Bunch        11:30am-12:30pm (West only)  
PM Classes            12:30-3:00pm  
Extended care also available.

## 2011-2012 MONTHLY PRESCHOOL RATES

MEMBER	M-F	M/W/F	T/TH
Full Day	\$780	N/A	N/A
Part Day	\$390	\$230	\$195

## PROGRAM MEMBER

Full Day	\$980	N/A	N/A
Part Day	\$780	\$460	\$390

## PRESCHOOL LOCATIONS

Madison-East			
East YMCA	Full Day		
Damascus Road Church	Full Day	Part Day	MMSD 4K
Madison-West			
West YMCA	Full Day	Part Day	MMSD 4K
Middleton/Cross Plains			
Saint Martin's Lutheran Church	Full Day	Part Day	MCPASD 4K
Saint Dunstan's Episcopal Church	Full Day	Part Day	MCPASD 4K
Oregon			
Netherwood Knoll Elementary	Full Day		OSD 4K
Sun Prairie			
Northeast YMCA	Full Day		SPASD 4K

## SCHOOL AGE CHILD CARE

An exciting and challenging place, where children ages 5-12 stretch their skills in mind and body. Programs offer a combination of free-choice and structured activities. Expanded curriculum includes: arts and crafts, science, service learning, health & fitness, homework support, literacy, character development and conflict resolution. All programs promote the four core values of caring, honesty, respect and responsibility. School Age Child Care programs are State Licensed and Madison sites are City Accredited.

## AFTER SCHOOL

- Starts when school lets out and ends by 6:00pm.
- Early release care included.

## BEFORE SCHOOL

- Begins at 7:00am (6:30am in Sun Prairie) and children are released when the school bell rings.

\*All Sun Prairie Before School is held at Creekside Elementary. The YMCA buses children to their schools.

## LATE START

- Available Mondays at all Verona locations.
- Begins at 7:00am and ends when the school day begins.

## SCHOOL'S OUT DAY CAMP (SODC)

- 7:00am-6:00pm.
- Children currently 5-12 years old.
- Theme days filled with activities may include, special projects, field trips, and swimming.
- Registration/payment is separate from Before/After School programs.
- Locations listed to the right.

## 2011-2012 MONTHLY SCHOOL AGE RATES

MEMBER	5 days	4 days	3 days	extra day
After School	\$265	\$245	\$225	\$25
Before School	\$120	\$110	\$100	\$20
Late Start	\$50 for all Late Starts in a month			
SODC	\$25			
PROGRAM MEMBER				
After School	\$290	\$270	\$250	\$30
Before School	\$135	\$125	\$115	\$25
Late Start	\$65 for all Late Starts in a month			
SODC	\$40			

Materials available at Member Services and all Child Care sites.

\$50 non-refundable registration fee/family.

10% sibling discount on the 2nd and 3rd child.

All sites accept W-2 funding. City of Madison sites accept City Scholarships.

## SCHOOL AGE CHILD CARE LOCATIONS

### DeForest

Yahara Elementary		After School	
Eagle Point Elementary		After School	

### Madison-East

Elvehjem Elementary	Before School	After School	SODC
Gompers Elementary	Before School	After School	
Kennedy Elementary	Before School	After School	
Sandburg Elementary	Before School	After School	
Schenk Elementary	Before School	After School	
(also serves Lowel and Frank Allis students after school)			

### Madison-West

Huegel Elementary	Before School	After School	SODC
Olson Elementary	Before School	After School	
Orchard Ridge Elementary	Before School	After School	
(also serves St. Maria Goretti)			

### Middleton

Northside Elementary		After School	SODC
Sauk Trail Elementary		After School	
Sunset Ridge Elementary		After School	

### Monona Grove

Winnequah Elementary		After School	SODC
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### Oregon

Netherwood Knoll Elementary	Before School	After School	SODC
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### Sun Prairie

Creekside Elementary	Before School	After School	SODC
C. H. Bird Elementary	*Before School	After School	
Eastside Elementary	*Before School	After School	
(also serves Northside Elementary students after school)			
Horizon Elementary	*Before School	After School	
Royal Oaks Elementary	*Before School	After School	
Westside Elementary	*Before School	After School	

### Verona

Core Knowledge Charter School	Before School	After School	
	Late Start		
Country View Elementary	Late Start	After School	SODC
Glacier Edge Elementary	Late Start	After School	
Stoner Prairie Elementary	Late Start	After School	
Sugar Creek Elementary	Late Start	After School	
(also serves New Century School)			

### Windsor

Windsor Elementary		After School	SODC
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# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## EDUCATION & LEADERSHIP

Knowledge, character development, guidance and encouragement to help youth develop and realize their potential.

## ART AND SCIENCE EXPLORATION

Join us as we explore and create visual art using a variety of media, and provide opportunities for hands-on science investigations! There will also be ample time for fun physical activity both in the classroom and outdoors. A healthy snack will be provided.

**West**  
F Ages 3-5 12:30-2:30pm

Member \$108  
Program Member \$216

## ONCE UPON A STORY

Come join us as we dive deeper into your favorite picture books. Each week we will read a story and follow up with fun projects or activities which will enhance the story.

**Northeast**  
T Ages 3 1/2-5 6:00-7:00pm

**West**  
W Ages 3 1/2-5 6:00-7:00pm

Members \$45  
Program Member \$90



## FIRST FRIENDS

A variety of activities including independent exploration, imaginative art projects, fun outdoor activities, and "circle time" make this a perfect opportunity for your child to experience new adventures and enrich social skills!

**East**  
See page 4 for 2 year old enrollment opportunities.

**Northeast**  
M Ages 1 1/2-2 1/2 9:00-11:00am  
TH Ages 1 1/2-2 1/2 9:00-11:00am

**West**  
M Ages 1 1/2-2 1/2 9:15-11:15am

Member \$108  
Program Member \$216

T/TH Ages 2-3 9:15-11:15am  
W/F Ages 2-3 9:15-11:15am  
T/TH Ages 2-3 11:30am-1:30pm\*

\*Please send packed lunch with child.

Member \$199  
Program Member \$398

## FUN COMPANY

In a nurturing environment, we incorporate stories, music, crafts, flannel boards, fingerplays and movement for fun and learning. We focus on building your child's self-esteem and providing a preschool experience to foster and support early learning.

**West**  
M Ages 3-5 12:30-2:30pm

Member \$108  
Program Member \$216

## TOTS AROUND THE WORLD

Children will be encouraged to explore the world around them through food, songs, dancing, and arts and crafts projects. Join us on a trip around the world!

**West**  
W Ages 3-5 12:30-2:30pm

Member \$108  
Program Member \$216

## SCIENCE EXPLORERS

Get together each week and have fun making new friends and investigating the world of science. Through a balance of free exploration, hands-on models and directed experimentation, children begin to understand the basis of scientific principles.

**West**  
T Ages 6-10 5:00-6:30pm

Member \$70  
Program Member \$140



## COOKING

Each week your child will learn to cook an entire meal and will soon be eager to try new foods at home! Participants will also learn about nutrition, teamwork, following directions and kitchen safety.

**East**  
TH Ages 5-12 5:30-7:00pm

**Northeast**  
W Ages 5-12 6:15-7:45pm

**West**  
W Ages 5-12 5:30-7:00pm

Member \$70  
Program Member \$140

## LITTLE CHEFS

A cooking class that incorporates learning about recipes, age appropriate culinary skills, basic nutrition and pre-math skills. Paced for the preschool attention span.

**Northeast**  
TH Ages 3-5 6:15-7:30pm

Member \$70  
Program Member \$140

# YOUTH DEVELOPMENT

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## EDUCATION & LEADERSHIP

Knowledge, character development, guidance and encouragement to help youth develop and realize their potential.

### DRAMA I

This class will focus on storytelling, puppets, and finger plays. Helps build confidence and enhance language skills.

#### Northeast

T Ages 5-7 5:00-5:45pm

Member \$45  
Program Member \$90

### DRAMA II

Perfect for drama kings and queens or children needing more confidence in themselves. Participants will learn about acting techniques, theater and play production. Session will end with a performance in front of an audience.

#### Northeast

T Ages 8-12 6:00-7:00pm

#### West

TH Ages 7-12 6:00-7:00pm

Member \$50  
Program Member \$100

### DRAMA III

Various theater performance techniques are explored and performance procedures are reinforced as the class prepares a short one act play to be performed at the end of the class.

#### Northeast

T Ages 11-14 7:15-8:15pm

Member \$50  
Program Member \$100

### RED CROSS BABYSITTING

For young people, babysitting is one of the first opportunities to earn money and learn job responsibilities. The comprehensive training prepares the babysitters to know what to expect when they approach the job; what questions to ask the parents; what to do in an emergency; how to diaper infants; how to deal with children of different ages; how to respond to phone calls or visitors and more essential child care skills. Please bring a packed lunch.

#### East

SA January 1 Ages 11-14 9:00am-4:30pm  
SA March 3 Ages 11-14 9:00am-4:30pm

#### West

SA February 14 Ages 11-14 9:00am-4:30pm  
SA April 7 Ages 11-14 9:00am-4:30pm

Member \$60  
Program Member \$90



### YOUTH ZONE MOVIE NIGHT

Parents, if you're looking for a quiet evening, drop your kids off at the YMCA. Youth can come enjoy a movie and snack in a supervised program. Second Friday of each month.

Winter I: January 13 February 10  
Winter II: March 9 April 13

#### East/Northeast/West

Ages 7-14 6:30-8:30pm

Member \$5  
Program Member \$10

### YOUTH CENTERS

The Youth Centers are a place for youth to "hang out" with and meet friends. There are many daily, weekly and special event activities offered to the youth.

### MISSION STATEMENT

Youth Centers, managed by the YMCA of Dane County, Inc., are a safe, alcohol and drug free meeting place for middle school youth to participate in positive social, recreational, educational, and community service activities. Youth Centers are free of cost!

### OUR LOCAL YOUTH CENTERS

Mt. Horeb 437-6780  
105 N. Grove St. • Mt. Horeb, WI 53572

Oregon 835-0822  
110 N. Oak St. • Oregon, WI 53575

Sun Prairie 825-4303  
160 South St. • Sun Prairie, WI 53590



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### SWIM LESSONS AGES 6-36 MONTHS

The prerequisites indicate what the child is expected to do prior to the class in which they will be participating. Listed below are some of the skills and activities that the child will be working on in that level.

### SHRIMP/PERCH

No swim skills.

A program for parents with children at least 6-36 months. Focus on water adjustment, safety, and basic swimming skills. Parent or guardian must accompany each child in the water.

### TADPOLE

Beginning swim skills. Prerequisites: Must be 2 years old. No swimming skills, but must be comfortable in the water without parent.

### EAST

Day	Class	Time
M	Shrimp/Perch	6:30-7:00pm
T	Shrimp/Perch	10:45-11:15am
W	Tadpole	10:15-10:45am
W	Shrimp/Perch	10:45-11:15am
TH	Tadpole	11:00-11:30am
TH	Shrimp/Perch	6:30-7:00pm

### NORTHEAST

W	Shrimp/Perch	5:30-6:00pm
TH	Shrimp/Perch	9:00-9:30am
TH	Tadpole	9:30-10:00am
SA	Shrimp/Perch	10:30-11:00am

### WEST

T	Shrimp/Perch	6:30-7:00pm
W	Shrimp/Perch,	11:00-11:30am
TH	Tadpole	9:00-9:30am
TH	Shrimp/Perch,	10:00-10:30am
SA	Shrimp/Perch	9:30-10:00am
SU	Shrimp/Perch	3:00-3:30pm
SU	Tadpole	3:30-4:00pm

Member \$40  
Program Member \$80

### SWIM LESSONS AGES 3-5

The prerequisites indicate what the child is expected to do prior to the class in which they will be participating. Listed below are some of the skills and activities that the child will be working on in that level.

### PIKE

Beginning swim skills.

Prerequisites: Must be at least 3 years old. No swimming skills, toilet trained, comfortable without parent.

Skills/Activities: Water adjustment and comfort with submerging face, front & back float with \*\*IFD, front paddle, back paddle, and side paddle (all strokes 10 yds with IFD and 5 ft. without IFD).

Next Level based on Instructor's Recommendation: Pike, Eel or Polliwog if 6 years old.

### EEL

Advanced beginning swim skills (\*ARC Level 1)

Prerequisites: Pike skills

Skills/Activities: Front & back float, jump into shallow water, front paddle, back paddle, and side paddle strokes (all strokes 25 yds with \*\*IFD and 15 ft. without IFD).

Next Level based on Instructor's Recommendation: Eel, Ray or Polliwog if 6 years old.

### RAY

Intermediate swim skills (\*ARC Level 2)

Prerequisites: Eel skills

Skills/Activities: Front & back float, tread water, jump into deep water, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes (all strokes 25 yds with \*\*IFD and 20 ft without IFD).

Next Level based on Instructor's Recommendation: Ray, Starfish or Guppy if 6 years old.

### STARFISH

Advanced swim skills (\*ARC Level 3)

Prerequisites: Ray skills

Skills/Activities: Front & back float, tread water, jump into water from height, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes (all strokes 25 yds with \*\*IFD and 40 ft without IFD).

Next Level based on Instructor's Recommendation: Starfish or Guppy if 6 years old.

\*ARC = American Red Cross \*\*IFD = Individual Flotation Device

### EAST

Day	Class	Time
M	Pike, Eel, Ray	6:30-7:00pm
T	Pike	9:15-9:45am
T	Eel	9:45-10:15am
T	Ray/Starfish	10:15-10:45am
T	Pike, Eel, Ray, Starfish	6:30-7:00pm
W	Pike/Eel	9:45-10:15am
W	Ray/Starfish	9:15-9:45am
TH	Pike/Eel	10:30-11:00am
TH	Ray/Starfish	10:00-10:30am
TH	Pike, Eel, Ray/Starfish	6:30-7:00pm
SA	Pike, Eel/Ray	10:30-11:00am

### NORTHEAST

M	Pike, Eel	4:15-4:45pm
M	Pike, Eel, Ray/Starfish	4:45-5:15pm
M	Pike	6:00-6:30pm
M	Ray/Starfish	6:30-7:00pm
W	Pike, Eel, Ray/Starfish	4:15-4:45pm
W	Ray/Starfish	5:30-6:00pm
W	Pike, Eel	6:00-6:30pm
TH	Pike	10:00-10:30am
TH	Eel	10:30-11:00am
TH	Pike	11:00-11:30am
TH	Ray/Starfish	11:30am-12:00pm
SA	Pike, Eel, Ray/Starfish	9:00-9:30am
SA	Eel	10:30-11:00am
SA	Pike, Ray/Starfish	11:45am-12:15pm

### WEST

Day	Class	Time
M	Pike, Eel	2:00-2:30pm
T	Pike	3:30-4:00pm
T	Pike, Eel	6:30-7:00pm
W	Pike, Eel, Ray, Starfish	10:00-10:30am
W	Pike, Eel, Ray, Starfish	10:30-11:00am
W	Pike, Eel	11:00-11:30am
TH	Pike, Eel	9:00-9:30am
TH	Pike, Eel, Ray, Starfish	9:30-10:00am
TH	Pike, Eel	10:00-10:30am
TH	Eel	3:30-4:00pm
TH	Pike, Eel, Ray, Starfish	6:30-7:00pm
SA	Pike, Eel	9:30-10:00am
SA	Pike, Eel, Ray, Starfish	10:00-10:30am
SU	Pike, Eel	2:30-3:00pm
SU	Pike	3:30-4:00pm
SU	Pike, Eel	4:00-4:30pm
SU	Ray, Starfish	4:30-5:00pm
SU	Pike	5:00-5:30pm
SU	Eel	5:30-6:00pm
SU	Pike	6:00-6:30pm

Member \$40  
Program Member \$80

**QUESTIONS ABOUT WHAT LEVEL TO REGISTER YOUR CHILD?**

**Contact your Branch Aquatic Director.**

**Family locker rooms are available at all Branches. These are designed for families with opposite sex children. Diaper changing tables are readily accessible.**

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### SWIM LESSONS AGES 6+

The prerequisites indicate what the child is expected to do prior to the class in which they will be participating. Listed below are some of the skills and activities that the child will be working on in that level.

#### POLLIWOG

Beginning swim skills (\*ARC Level 1 & 2)

Prerequisites: Must be at least 6 yrs. old; no swim skills necessary  
Skills/Activities: Water adjustment and feel comfortable submerging face, front & back float with IFD, front paddle, back paddle, and side paddle (all strokes 10 yds with IFD and 5 ft. without IFD).

Next Level based on Instructor's Recommendation: Polliwog or Guppy

#### GUPPY

Advanced beginning swim skills (\*ARC Level 3)

Prerequisites: Polliwog skills  
Skills/Activities: Front & back float, tread water, jump into deep water, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes (all strokes 25 yds)

Next Level based on Instructor's Recommendation: Guppy or Minnow

#### MINNOW

Intermediate swim skills (\*ARC Level 4)

Prerequisites: Guppy skills  
Skills/Activities: Resting float, tread water for 1 minute, confident in deep water, front and back alternating stroke with overarm recovery, rotary breathing, rudimentary breaststroke, side stroke, elementary backstroke (all strokes 25 yds)

Next Level based on Instructor's Recommendation: Minnow or Fish

#### FISH

Advanced swim skills (\*ARC Level 5)

Prerequisites: Minnow skills  
Skills/Activities: Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 50 yds), rudimentary butterfly 25 yds with fins and 15 ft without. Tread water for 2 minutes.

Next Level based on Instructor's Recommendation: Fish, Flying Fish or Swim Team

### FLYING FISH

Advanced swim skills (\*ARC Level 6)

Prerequisites: Fish skills  
Skills/Activities: Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 100 yds), rudimentary butterfly 25 yds. Tread water for 6 minutes. Flip turns.

Next Level based on Instructor's Recommendation: Flying Fish, Shark, Porpoise or Swim Team

### SHARK

Advanced swim skills (\*ARC Level 7)

Prerequisites: Flying Fish skills  
Skills/Activities: Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 100 yds) Rudimentary butterfly 25 yds. Flip turns, 200 yds individual medley (butterfly, backstroke, breaststroke and freestyle with starts and flip turns).

Next Level based on Instructor's Recommendation: Shark, Porpoise or Swim Team

### PORPOISE

Advanced swim skills (\*ARC Level 7)

Prerequisites: Shark skills, Ages 11-14  
At this final level, students are exposed to a wide range of aquatic experiences, including Guard Start, lifeguarding and swim lesson instructor skills. In class these advanced swimmers learn new strokes and rescue skills, as well as develop leadership skills through volunteer experiences.

\*ARC = American Red Cross \*\*IFD = Individual Flotation Device

### SWIM TEAM

Swim Team Season: September 12-Mid March 2012, after YMCA State Championship Meet. The YMCA Swim Team is a YMCA and USA sanctioned team. A variety of competitive experiences are available to challenge novice and experienced swimmers alike. Through practice and competition the swim team strives to make each swimmer the best they can be while having fun. We offer the opportunity to compete in several swim meets. We have swimmers that compete at the State, Regional and National levels. The YMCA Swim Team gives swimmers of all ages the chance to improve swimming skills while building friendships and healthy habits that last a lifetime. For additional information ask for Swim Team brochure at Member Services or visit our website.

YMCA of Dane County United Swim Team website:  
www.ydcswimteam.org

### EAST

Day	Class	Time
M	Polliwog, Guppy, Minnow, Fish/Flying Fish	7:00-7:45pm
TU	Polliwog, Guppy	4:00-4:45pm
TU	Minnow, Fish, Flying Fish, Shark	4:45-5:30pm
TU	Polliwog, Guppy, Minnow, Fish/Flying Fish	7:00-7:45pm
TH	Polliwog, Guppy, Minnow, Fish/Flying Fish	7:00-7:45pm
SA	Minnow, Fish, Flying Fish, Shark	9:00-9:45am
SA	Polliwog, Guppy	9:45-10:30am

### NORTHEAST

M	Guppy	4:00-4:45pm
M	Polliwog, Minnow	5:15-6:00pm
M	Polliwog, Guppy	6:30-7:15pm
M	Minnow, Fish	7:15-8:00pm
M	Porpoise	7:15-8:15pm
W	Polliwog, Guppy, Minnow	4:45-5:30pm
W	Polliwog, Guppy, Fish	6:30-7:15pm
W	Flying Fish/Shark	7:15-8:00pm
SA	Fish/Flying Fish/Shark	9:30-10:15am
SA	Polliwog, Guppy, Minnow	11:00-11:45am
SA	Guppy	11:45am-12:30pm

### WEST

M	Polliwog, Guppy	2:30-3:15pm
M	Minnow, Fish	3:15-4:00pm
T	Polliwog	4:00-4:45pm
T	Minnow	4:45-5:30pm
T	Guppy, Minnow	7:00-7:45pm
T	Porpoise	6:45-7:45pm
TH	Guppy	4:00-4:45pm
TH	Fish, Flying Fish	4:45-5:30pm
TH	Polliwog, Guppy, Minnow,	7:00-7:45pm
TH	Flying Fish, Shark	7:00-7:45pm
SA	Polliwog, Guppy, Minnow	10:30-11:15am
SA	Minnow, Fish, Flying Fish, Shark	11:15am-12:00pm
SU	Polliwog, Guppy	3:00-3:45pm
SU	Polliwog, Guppy	3:45-4:30pm
SU	Polliwog, Guppy, Minnow	4:30-5:15pm
SU	Minnow, Fish	5:15-6:00pm
SU	Flying Fish, Shark	6:00-6:45pm

Member \$40  
Program Member \$80

### ADAPTIVE SWIM LESSONS

Swimming Instruction based on swimmers current ability and goals. Swimmer must be accompanied in the water by a parent/assistant. Flotation devices will be provided to assist in learning swimming skills.

#### Northeast

M Ages 5-16 6:00-6:30pm

Member \$40  
Program Member \$80

#### TEEN/ADULT SWIM LESSONS

Designed for teens who are in need of beginner level instruction, and those who want to improve their strokes and continue to an advanced level. All abilities welcome! Classes may be combined with Adult Swim Lessons due to enrollment.

#### East

M Ages 13-17 7:45-8:30pm  
TH Ages 13-17 9:15-10:00am

#### Northeast

T Ages 13-17 9:45-10:30am  
W Ages 13-17 7:15-8:00pm

#### West

SA Ages 13-17 8:00-8:45am Beginner Level 1  
SA Ages 13-17 8:45-9:30am Adv. Beg. Level 2  
T Ages 13-17 7:00-7:45pm

Member \$40  
Program Member \$80

Family locker rooms are available at all Branches. These are designed for families with opposite sex children. Diaper changing tables are readily accessible.

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### DROP-IN GYM CLASS

This class allows children to explore a variety of equipment including balls, scooters, slides, balance beams, and tumbling apparatus. Each hour concludes with short group activities and Parachute Play! Our "drop-in" format fits the needs of daycare providers and parents/guardians. Simply register at Member Services and attend with your child(ren) whenever your schedule allows!

#### Northeast

T Ages walkers-5 10:00-11:00am

#### West

W Ages walkers-5 10:00-11:00am

Member \$4 Drop-in  
Program Member \$8 Drop-in

### TINY TUMBLERS

Parents and tots work together to learn basic tumbling moves as well as fun and exciting movement that develops confidence.

\*Parent or caregiver participation required.

#### Northeast

F Ages 1-2½ 10:00-10:30am

#### West

M Ages 1-2½ 8:45-9:15am

Member \$35  
Program Member \$70

### TUMBLING I

Focus on learning beginner tumbling skills and improving coordination, strength, and flexibility. Your child will learn to follow circuits and simple directions.

#### West

T Ages 5-8 6:45-7:45pm

Member \$55  
Program Member \$110

### TUMBLING II

For children who are ready to learn more advanced tumbling skills and who are looking to be challenged physically. Prerequisites: Able to comfortably complete a forward and backward roll down a wedge mat, mini cartwheels and holding a bridge for 3 seconds.

#### West

T Ages 9-12 7:15-8:15pm

Member \$55  
Program Member \$110

### GYMNASTICS I

See your child develop basic gymnastics skills with an emphasis on form and balance. A great introductory class!

#### West

M Ages 2½-4 9:30-10:15am

Member \$37  
Program Member \$74

### GYMNASTICS II

Build upon basic form and fundamentals and continue to improve skill level and building confidence.

#### Northeast

T Ages 3-5 6:00-6:30pm  
TH Ages 3-5 10:15-10:45am

Member \$35  
Program Member \$70

#### East

W Ages 3-4 4:30-5:15pm  
W Ages 4-5 5:00-5:45pm

#### West

M Ages 3-4 10:30-11:15am

Member \$37  
Program Member \$74

### GYMNASTICS III

This program is designed to work on the basics of gymnastics in the specific areas of floor, beam, vault and bars

#### Northeast

T Ages 6-9 6:30-7:30pm

Member \$45  
Program Member \$90

### LET'S GET MOVIN'

We will introduce fitness terms and activities that are then promoted through various physical fitness activities. Activities include: obstacle courses, songs, coordination exercises and sequencing of ideas. Children will explore new ways to have fun and get movin'!

#### West

TH Ages 2-3 10:00-10:45am

Member \$37  
Program Member \$74

### SPORTS LEAD-UP

Each week participants will learn the fundamental skills of a new sport while playing fun games. Sports include: Football, Soccer, Basketball, Floor Hockey, T-Ball, Gymnastics and more. This class will concentrate on skill development, participation, fun, fitness and teamwork!

#### Northeast

W Ages 3-4 9:00-9:45am  
W Ages 4-5 9:45-10:30am  
TH Ages 4-5 11:00-11:45am

#### West

TH Ages 4-6 5:30-6:15pm  
TH Ages 7-8 6:30-7:15pm

Member \$37  
Program Member \$74

### WIGGLES AND GIGGLES

Sing and dance your "sillies" out while having fun exploring music and movement with various props and musical instruments. Focus on listening, self expression and stretching the muscles with musical fun!

#### Northeast

T Ages 3-5 11:00-11:30am  
TH Ages 3-5 5:30-6:00pm

Member \$35  
Program Member \$70

### YOGA

Your child can gain strength, flexibility and balance of the body, mind and spirit in a non-competitive environment.

#### Northeast

TH Ages 3-5 10:35-11:05am

#### West

F Ages 3-5 3:15-3:45pm

Member \$38  
Program Member \$76



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### DODGEBALL

Dive, dip, dart and...dodge!!! Games played every week.

#### Northeast

TH Ages 7-11 6:30-7:30pm

Member \$21  
Program Member \$42

### HOME SCHOOL PHYSICAL EDUCATION CLASS

This co-ed physical education-based class is designed to keep home school students active. Some activities will include basketball, soccer, floor hockey, baseball, kickball and organized groups games.

#### East

TH Ages 5-16 2:00-3:00pm

#### West

TH Ages 5-12 2:00-3:00pm

Member \$21  
Program Member \$31

### JUNIOR GOLF

Junior Golfers will learn in a fun warm environment from PGA golf professionals and YMCA staff at Vitense Golfland.

Week 1: Grip, stance, posture, intro full swing  
Week 2: Full swing with irons, intro to woods  
Week 3: Woods, intro to short game  
Week 4: Putting & etiquette  
Week 5: Miniature golf tournament  
Week 6: Video golf swing, break down each swing  
Week 7: Fun day, prizes, treats & miniature golf

#### West- Vitense Golfland

SU Ages 6-13 12:00-1:00pm

Member \$100  
Program Member \$120



### KARATE ROOKIE

Designed for first time student. B=Begining/ C=Continuing

#### East

T/TH Ages 4-6 5:10-5:50pm, Lil Dragon-C  
T/TH Ages 4-6 6:00-6:30pm, Lil Dragon-B  
T/TH Ages 7-12 4:20-5:00, Junior

#### Northeast

M/W Ages 4-6 5:10-5:50pm, Lil Dragon-C  
M/W Ages 4-6 6:00-6:30pm, Lil Dragon-B  
M/W Ages 7-12 3:30-4:10pm, Junior  
M/W Ages 7-12 4:20-5:00pm, Junior

### BEGINNING

For beginner to advanced.

#### East

T/TH Ages 13+ 8:00-8:50pm

#### Northeast

M/W Ages 13+ 8:00-8:50pm

### NOVICE/CONTINUING

Orange/yellow belts.

#### East

T/TH Ages 7-12 6:40-7:10pm

#### Northeast

M/W Ages 7-12 6:40-7:10pm

### INTERMEDIATE/CONTINUING

Purple/green belts.

#### East

T/TH Ages 7-12 7:20-7:50pm

#### Northeast

M/W Ages 7-12 7:20-7:50pm

Member \$77  
Program Member \$130

### KARATE KOBUDO

Designed for orange belts and above.

#### Northeast

F Ages 7+ 6:50-7:30pm

### YOUTH/ADULT COMPETITION PERFORMANCE

#### Northeast

F Ages 7+ 6:00-6:40pm

Member \$37  
Program Member \$74

### KARATE - SHORIN RYU

Traditional Okinawan techniques which include emphasis on formal exercise (Kata).

#### West

SA Ages 8-Adult 10:00am-12:00pm

Member \$77  
Program Member \$130

### INAYAN ESKRIMA SELF DEFENSE

This co-ed program emphasizes self-defense through traditional Filipino martial arts. The Inayan System Eskrima teaches students practical and effective self-defense skills through the use of equipment and empty-hand techniques. Additional equipment may be required. More information will be given by the instructor.

#### East

T/W/TH Ages 13+ 8:00-9:00pm

Member \$55  
Program Member \$110

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### ROOKIES INDOOR TENNIS

This beginner class will have your child learning the fundamentals of tennis. From swinging to serving, this is great class for first timers.

#### West

M	Ages 5-7	5:00-6:00pm
M	Ages 8-12	6:00-7:00pm
W	Ages 5-7	5:00-6:00pm
W	Ages 8-12	6:00-7:00pm
TH	Ages 5-7	5:00-6:00pm
TH	Ages 8-12	6:00-7:00pm

Member	\$65
Program Member	\$100

### ROOKIES INDOOR SOCCER

Instructors teach skills through fun games and scrimmage play. This exciting class allows for smaller teams and more one-on-one attention.

#### East - Winter I only

W	Ages 4-6	4:00-4:45pm
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#### Northeast

TH	Ages 4-5	5:00-5:45pm
TH	Ages 6-8	5:45-6:30pm

#### West

M	Ages 4-5	3:30-4:15pm
M	Ages 6-7	4:15-5:00pm

Member	\$37
Program Member	\$74

### ROOKIES INDOOR T-BALL

Get ready for the upcoming T-ball season. Class consists of structured drills, game activities and allows for smaller teams and more one-on-one attention.

#### East

W	Ages 4-6	4:00-4:45pm
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#### West

W	Ages 4-6	4:00-4:45pm
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Member	\$37 Winter II only
Program Member	\$74 Winter II only

### A COMPETITIVE SWIM

For swimmers who are competing in Special Olympics in the Spring. We will train for competition by working on different swim strokes and techniques. Winter I: January 2-February 11. Winter II: February 12-March 24.

#### East

W	Ages 8+	7:30-8:15pm
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Member	\$34
Program Member	\$67

### A YOUNG ATHLETES PROGRAM (YAP)

In collaboration with Special Olympics Wisconsin, YAP is a new, innovative sports play program for children with and without cognitive disabilities, designed to introduce them to the world of sports! Skills worked on include: throwing, walking and running, balancing and jumping, trapping and catching, throwing, striking, kicking and more! For more details contact Katie Oeftger, Adaptive Program Director at 221-1571 or Brandee Christensen, Membership and Marketing Director at 837-8221.

#### Northeast

	Ages 2-7
Member	\$18 Winter II only
Program Member	\$36 Winter II only



### A TEAM BASKETBALL

Class runs January 2-March 17 (11 weeks). Practices held at East YMCA. Emphasis on team play and improving skills

#### Special Olympic Competition

#### East

M	Ages 12+	6:00-7:30pm
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Member	\$63
Program Member	\$125

### SPECIAL OLYMPICS BASKETBALL COMPETITION SCHEDULE 2012

M	Feb. 1	Medical Form Deadline
SU	March 4	Region 6 Basketball Tournament

#### For teams that qualify:

SU	March 18	Southern Sectional Basketball Tournament
F-SU	April 13-15	State Indoor Sports Tournament



### ROOKIES BASKETBALL

Get ready for the basketball season. Class consists of structured drills and game activities. We use a junior-size ball and lower the hoops to 8 feet for ages 5-6 and 9 feet for ages 7-9 so everyone can succeed!

#### East

M	Ages 5-6	4:00-4:45pm
M	Ages 7-9	4:45-5:30pm

#### West

T	Ages 5-6	4:00-4:45pm
T	Ages 7-9	4:00-4:45pm
TH	Ages 5-6	4:00-4:45pm
TH	Ages 7-9	4:00-4:45pm

Member	\$37
Program Member	\$74

### FRIDAY NIGHT HOOPS

Get together for pick-up games every 1st, 2nd and 3rd Friday of the month! Must be in before 10:00pm. Cannot come and go. Must be playing basketball to be involved. Participants must have a photo ID.

#### West

F	Grades 5-12	9:30pm-12:00am
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Member	FREE
Program Member	\$3

### YBA CO-ED BASKETBALL

The emphasis of this 7 week co-ed program will be on games, with one night of practice and 6 weeks of games. Starts week of January 3. Limited enrollment, sign up early! \$10 early bird discount if registered before January 1. Times rotate between 4:00 and 4:45pm.

#### Northeast

F	Grades K-1	4:00/4:45pm
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Member	\$45 Winter I only
Program Member	\$45 Winter I only

Member	\$55 (after Jan. 1)
Program Member	\$55 (after Jan. 1)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### MARCH MANIA BASKETBALL LEAGUES

Begins in February for 6 weeks. Program emphasizes team work, fair play, equal participation and most of all, fun. Majority of the time will be spent in game situations. Times will rotate weekly. (Start dates and times vary; please check the brochure).

#### East

Co-ed Grades K-1 East YMCA  
SA 8:30/9:30/10:30/11:30am

Boys Grades 2-3 East YMCA  
SA 8:30/9:30/10:30/11:30am/12:30pm

Girls Grades 2-3 East YMCA  
SA 11:30am/12:30/1:30pm

#### West

Co-ed Grade K West YMCA  
SA 8:30/9:30/10:30am

Co-ed Grade 1 West YMCA  
SA 8:30/9:30/10:30am

Girls Grades 2-3 Location TBA

M 5:00/6:00/7:00pm

Boys Grades 2 Location TBA  
TH 5:00/6:00/7:00pm

Boys Grades 3 West YMCA  
T 5:00/6:00/7:00pm

Register by Feb. 2 for Early Bird Fee

Member \$42  
Program Member \$62

Member \$52 Beginning Feb. 3  
Program Member \$72 Beginning Feb. 3

#### Northeast

Grades K-8 Boys & Girls Leagues  
Check brochure more information

### SPRING BASKETBALL LEAGUE

This 5 week league is an extension of the level 2 basketball season for 4-6 grade boys. One practice a week set up by coach and one game per weekend. WIAA Refs are used. Practice begins week of February 27. Game weekends run March 3-April 7. Please see brochure for more info.

#### East/West

Member \$60  
Program Member \$90

### KIDZFIT

With the generous support of our sponsors KidzFit is offered as a free enrichment program to children already enrolled at select after school programs, during the open hours of after school.

#### M/W/F

Core Knowledge  
Huegel  
Orchard Ridge  
Oregon/Netherwood Knoll  
Sandburg  
Sugar Creek  
Sun Prairie Eastside  
Sun Prairie Northside  
Sun Prairie Westside

#### T/TH/F

Elvjhem  
Schenk



### CIRCUIT TRAINING

Utilize circuit stations for beginner level strength training routine with a lifestyle center staff. Improve strength and flexibility.

#### East

SA Ages 8-12 10:00-10:45am  
SA Ages 8-12 11:00-11:45am

#### Northeast

T Ages 8-12 4:15-5:00pm  
TH Ages 8-12 4:15-5:00pm  
SU Ages 8-12 3:00-3:45pm

#### West

F Ages 8-12 4:00-4:45pm  
SU Ages 8-12 3:00-3:45pm

Member \$40  
Program Member \$80

### PARENT/CHILD ORIENTATION

Join Lifestyle Center Staff for a parent/child orientation to select cardiovascular equipment. Upon completion, youth ages 10-15 can utilize cardio equipment with their (18+) parent/guardian's direct supervision. Accessibility may vary by session and by branch. Register at Member Services and a Lifestyle center staff member will call to schedule an appointment.

#### East/Northeast/West

Ages 10-15 1 hour

Members only FREE

### TEEN ORIENTATION

2-3 appointments with a Lifestyle Center Staff to certify teens for limited access to the Lifestyle Center. Register at Member Services and a Lifestyle Center Staff member will call to schedule the appointments.

#### East/Northeast/West

Ages 13-15

Members only FREE

### YOUTH FITNESS

(Formally known as KidzFit) This class includes games, sports and fitness activities to engage youth. Please see fitness schedule for days and times.

#### East/Northeast/West

Ages 8-12

Members only FREE



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### DANCE ACADEMY

Recreational dance program at all 3 branches with progressive training in ballet, tap, jazz and hip hop for 3-12 year olds. A spring showcase of performances will include all youth classes and Winter II preschool classes at all 3 branches. We will continue to have parent visitation days throughout the year.

### PRE-BALLET

Enjoy the love of ballet in this introductory class to formal ballet technique. Stories and pretend make this class fun and exciting for new dancers. Comfortable dance attire and ballet shoes recommended.

### PRE-TAP

Introduction into the fun world of tap. Learn about different rhythms and increase coordination. Tap shoes highly recommended. No formal attire required.

Member \$40 1 day 30 min  
Program Member \$80 1 day 30 min



### BALLET

Ballet attire and ballet shoes recommended.  
Ages 5-7: Formal ballet technique is introduced with an emphasis on terminology and muscular skills, as well as class composition.  
Ages 7-12: For older beginning students and continuing students of ballet. Technique, musicality, terminology and muscular skill continues, as well as introducing complex combinations.

### TAP

No formal attire required, tap shoes highly recommended.  
Ages 5-7: Learn rhythms and challenge yourself with techniques.  
Age 7-12: Work on your coordination and learn tap terminology.

### JAZZ

Dance attire, and jazz shoes recommended.  
Ages 5-7: Exercise to the latest musical hits. Proper dance stretching, and jazz technique will be introduced.  
Ages 7-12: For older students or continuing jazz students. Develop your jazz skills while listening to the latest music.

### HIP HOP

Comfortable attire and tennis shoes recommended.  
Ages 5-7: Learn the latest moves, increase flexibility and have fun dancing to the hottest music. Isolations will be introduced.  
Ages 7-12: Continuing hip hop and older students will build upon their skills, including isolations, speed and coordination.

### TEEN DANCE

Comfortable attire and tennis shoes recommended.  
Ages 13-18: Get back into dance, or start for the first time! We will explore a combination of dance styles, including hip hop, lyrical, jazz and musical theater.

Member \$80 1 day 30 min  
Program Member \$160 1 day 30 min

Member \$88 1 day 45 min  
Program Member \$176 1 day 45 min

Member \$96 1 day 60 min  
Program Member \$192 1 day 60 min

Youth dance classes run January 2-April 22.

## EAST – PRESCHOOL

Day	Class	Age	Time
M	Pre Ballet	3-5	4:00-4:30pm
M	Pre Tap	3-5	4:30-5:00pm
T	Pre Ballet	3-5	5:00-5:30pm
W	Pre Ballet	3-5	9:00-9:30am
W	Pre Tap	3-5	9:35-10:05am
W	Pre Ballet	3-5	5:20-5:50pm
TH	Pre Ballet	3-5	9:00-9:30am
TH	Pre Ballet	3-5	4:00-4:30pm
TH	Pre Tap	3-5	4:35-5:05pm

## NORTHEAST – PRESCHOOL

T	Pre Ballet	3-5	9:45-10:15am
T	Pre Tap	3-5	10:20-10:50am
W	Pre Ballet	3-5	3:45-4:15pm
TH	Pre Ballet	3-5	4:50-5:20pm
TH	Pre Tap	3-5	5:25-5:55pm
F	Pre Ballet	3-4	9:45-10:15am
F	Pre Tap	3-5	10:20-10:50am
F	Pre Ballet	4-5	11:00-11:30am
SA	Pre Ballet	3-5	9:45-10:15am
SA	Pre Tap	3-5	10:20-10:50am

## WEST – PRESCHOOL

M	Pre Ballet	3-5	10:00-10:30am
M	Pre Tap	3-5	10:35-11:05am
T	Pre Ballet	3-5	4:00-4:30pm
T	Pre Tap	3-5	4:35-5:05pm
W	Pre Ballet	3-5	5:10-5:40pm
W	Pre Ballet	3-5	5:45-6:15pm
F	Pre Ballet	3-4	10:00-10:30am
F	Pre Ballet	3-5	10:35-11:05am
F	Pre Ballet	4-5	11:15-11:45am

## EAST – YOUTH

Day	Class	Age	Time
M	Ballet	5-7	5:05-5:35pm
M	Tap	5-7	5:40-6:10pm
T	Ballet	9-12	4:00-5:00pm
T	Ballet	5-7	5:35-6:05pm
T	Hip Hop	5-7	6:10-6:40pm
T	Hip Hop	7-9	6:40-7:25pm
T	Hip Hop	9-12	7:30-8:15pm
W	Ballet	7-9	4:00-4:45pm
W	Tap	7-9	4:45-5:15pm
TH	Hip Hop	5-7	5:10-5:40pm
TH	Tap	9-12	5:45-6:15pm
TH	Jazz	9-12	6:20-7:05pm
TH	Teen Dance	13-18	7:15-8:00pm

## NORTHEAST – YOUTH

M	Hip Hop	5-7	4:00-4:30pm
M	Hip Hop	7-9	4:30-5:15pm
W	Ballet	5-7	4:15-4:45pm
W	Jazz	5-7	4:45-5:15pm
TH	Ballet	5-7	3:45-4:15pm
TH	Tap	5-7	4:15-4:45pm
SA	Ballet	5-7	11:00-11:30am
SA	Jazz	5-7	11:35am-12:05pm

## WEST – YOUTH

M	Ballet	5-7	3:45-4:15pm
M	Ballet	7-9	4:15-5:00pm
M	Ballet	9-12	5:00-6:00pm
T	Tap	5-7	5:10-5:40pm
T	Hip Hop	5-7	5:40-6:10pm
T	Teen Dance	13-18	7:00-7:45pm
W	Ballet	5-7	4:00-4:30pm
W	Jazz	5-7	4:35-5:05pm
TH	Hip Hop	7-9	4:00-4:45pm
TH	Tap	7-12	4:45-5:15pm
TH	Hip Hop	9-12	5:15-6:00pm

# HEALTHY LIVING

Improving the nation's health and well-being.

## FAMILY TIME

Bringing families together to have fun and grow together.

### BIRTHDAY PARTY

Two hour birthday party for children 4 and up, includes room rental and pool admission for 12. East hours: Saturday from 1:00 to 3:00pm or 3:30 to 5:30pm and Sunday 1:30-3:30pm. Northeast and West hours: Saturday and Sunday 1:30-3:30pm. Call to schedule and for more information!

### BASIC PARTY

#### East/Northeast/West

Member \$70  
Program Member \$140

### BASIC PARTY PLUS

Includes inflatable. Sundays only.

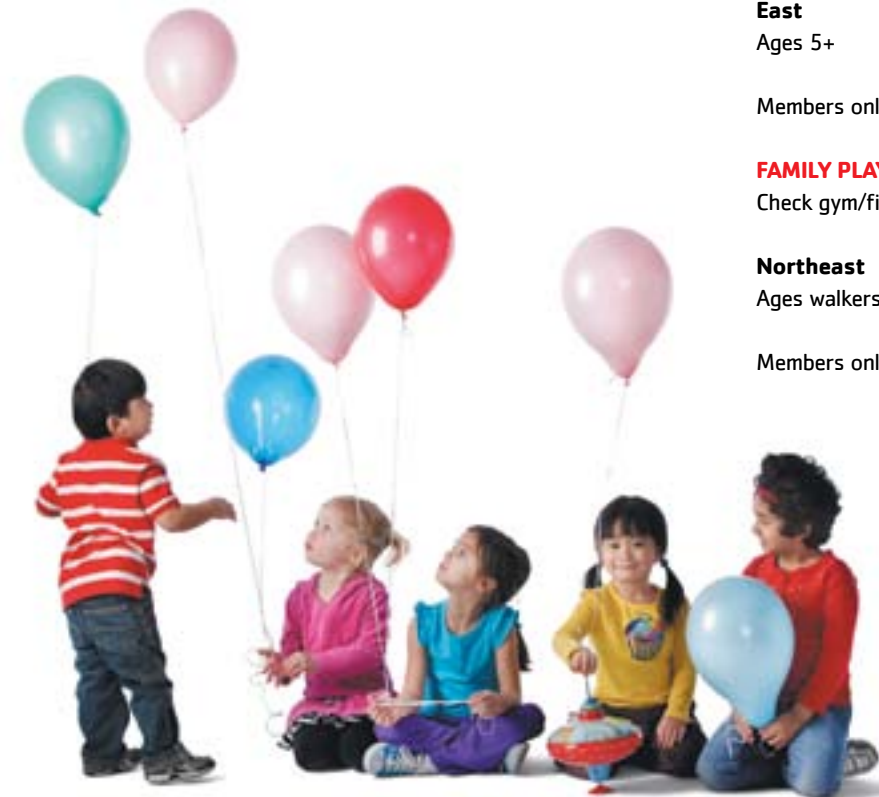
#### East/Northeast

Member \$85  
Program Member \$170

### DELUXE PARTY

#### West

Member \$110  
Program Member \$220



### FAMILY CONSULTATION

Meet one-on-one with a Y staff to discuss how you can maximize your experience at the Y by taking full advantage of programs that benefit every member of the family! Y staff will help you develop a Family Calendar that will simplify your activity planning and ensure you're aware of all upcoming family events both at the Y and in the community! Register at Member Services.

#### East/Northeast/West

Members only FREE

### FAMILY BOOTCAMP

Check fitness schedule for times. Parent participation required.

#### East/Northeast

Ages 5+

Members only FREE

### FAMILY HULA HOOPING

Learn basic hooping techniques, tricks, games and more. Both Kid and Adult sized hoops available. Check fitness schedule for times.

#### East

Ages 5+

Members only FREE

### FAMILY PLAYTIME - NEW

Check gym/fitness schedule for times. Parent participation required.

#### Northeast

Ages walkers-5

Members only FREE

### FAMILY PRIME TIME

Get active with your whole family! Activities may include swimming, basketball, inflatable obstacle course, or other fitness activities and games.

#### East/Northeast

F 6:30-8:30pm  
SU 1:30-3:30pm

#### West

F 4:30-8:30pm

Members only FREE

### FAMILY ZUMBA™

Zumba™ for ages 5+. Check fitness schedule for times.

#### East/Northeast

Members only FREE

### PARENT/CHILD YOGA

Relax, stretch, play as a family! Yoga based exercise for kids accompanied by a parent.

#### East

SU Ages 6+ 3:30-4:15pm

#### Northeast

TH Ages 2-5 9:45-10:30am

#### West

M Ages 2-5 11:15-11:45am

1 day 30 min

Members \$38 Family (1 adult & 1 child)  
Program Member \$76 Family (1 adult & 1 child)

1 day 45 min

Members \$42 Family (1 adult & 1 child)  
Program Member \$84 Family (1 adult & 1 child)



# HEALTHY LIVING

Improving the nation's health and well-being.

## GROUP INTERESTS

Social networks and activities that bring together people that share common passions and personal interests.

### ADULT SOCIAL GROUP

Get together on the 2nd Monday of every month for coffee and socialization while learning tips for healthy living.

#### Northeast

January 9, February 13, March 12, April 9 10:15-11:00am

Member FREE  
Program Member FREE

### FAMILY KNITTING

Learn basic knitting skills. You will learn casting on, the knit and purl stitch. You will begin basic projects which may include; hats, scarves, baby blankets, and bags. Supply list will be handed out the first week of class. Yarn will be provided.

#### West

SA All Ages 9:30-10:30am

Member \$50 Family (1 adult & 1 child)  
Program Member \$100 Family (1 adult & 1 child)  
Additional person \$20

### OLDER ADULT VALENTINE'S SOCIAL

Pot luck brunch and socialization.

#### West

F February 11 9:00-11:00am

Member FREE  
Program Member FREE



Winter 1: January 2 - February 26, 2012

### LOCK-INS

A Lock-In is an overnight at the YMCA for all clubs, schools, churches, Girl Scouts, Boy Scouts, 4-H, and other non-profit groups. You can plan your own agenda! Saturdays only.

Pool • Gym • Racquetball Court • Multipurpose Area

#### East/ West/Northeast-NEW

SA All Ages 7:30-11:00pm

Half Lock-In \$350

#### West

SA All Ages 10:00pm-6:00am

Full Lock-In \$500

### LOG ROLLING

This century's old talent of walking on a log has evolved into a fun and exciting sport. Attempt to roll your counterpart off the log and into the water. Must be able to swim 25 yards continuously to ensure class safety.

#### East

SU All Ages 5:00-5:45pm

#### West

F All Ages 6:30-7:15pm

F All Ages 7:15-8:00pm

Member \$50  
Program Member \$100



Winter 2: February 27 - April 22, 2012

### A BOWLING - BADGER BOWL

Come bowl with friends, and meet new ones. Class fee includes weekly bowling, 2 games and shoes. Winter 1: January 2-February 11. Winter 2: February 12-March 24.

#### East

T Ages 8+ 4:30-6:00pm

Member \$47  
Program Member \$65

### A SEASONAL CRAFTS

Celebrate each season with a one of a kind unique craft that you will make! Keep for yourself or give as a gift. Winter 2: February 12-March 24.

#### East

W Ages 8+ 5:00-5:45pm

Member \$38 Winter II only  
Program Member \$76 Winter II only

### A CHAIR EXERCISE

A lively seated exercise class featuring warm ups, exercises and cool downs designed to improve range of motion, body spatial orientation, lateral/bilateral and muscle strengthening activities. Winter 1: January 2-February 11

#### East

W Ages 8+ 5:00-5:40pm

Member \$33 Winter I only  
Program Member \$66 Winter I only

### A BEAN BAG TOSS

Enjoy an indoor game of cornhole - or bean bag toss as most of us know it! This lively game can bring out the competitor in you as you work on aiming and tossing skills! Winter 1: January 2-February 11.

#### East

W Ages 8+ 6:00-6:30pm

Member \$33 Winter I only  
Program Member \$66 Winter I only

### A TRACK & FIELD CONDITIONING

A pre season Track & Field work out designed to increase leg muscle strength, core strength and more. If you are competing in Special Olympics Track & Field in the spring, don't miss out on this great opportunity! Held in the East YMCA gym. Winter 2: February 12-March 24.

#### East

W Ages 8+ 6:00-6:30pm

Member \$33 Winter II only  
Program Member \$66 Winter II only

### A ADAPTIVE DAY TRIPS

#### Viva Vegas

Fireside Dinner Theatre, Fort Atkinson

Vegas! Las Vegas has been home to the world's greatest entertainers and the most exciting shows. The Rat Pack - Frank Sinatra, Sammy Davis Jr., Dean Martin, Celine Dion! Elvis Presley! The Fireside continues its cherished tradition of live band revues with a sparkling tribute to the ultimate center of music, laughter, glitz and glamour featuring a stunning cast of performers and The Fireside's own LIVE BAND! Must register by January 1.

SU January 29 Ages 16+

Member \$89  
Program Member \$123

#### UW Women's Hockey

Kohl Center, Madison

Join us for an afternoon of Badger hockey as the UW Women's team takes on Ohio State! This is a mid day game time. Must register by February 10.

SA February 18 Ages 16+

Member \$16  
Program Member \$23

#### Thursday Night Out

Madison

Enjoy an evening out on the town. Evening out includes a manicure and paraffin treatment or haircut and style at Regency salon followed by dinner! Cost of dinner not included in cost of trip. Must register by March 18.

TH March 22 Ages 16+

Member \$33  
Program Member \$46

#### Cancellation Policy on Adaptive Day Trips:

The payment is fully credited only if cancellation occurs more than 30 days prior to departure date. Cancellations, no shows or arriving late day of tour and missing the shuttle bus will forfeit the entire amount.

#### Staff/Traveler Ratio:

Typical staff to traveler ratio is 1:4 or 1:5. If a traveler requires 1:2 or 1:1 supervision we will require that travelers bring their own staff, and an added fee will be required. Contact Katie Oeftger at 608 221 1571 for fee amounts.

# HEALTHY LIVING

Improving the nation's health and well-being.

## SPORTS AND RECREATION

Healthy lifestyle activities that bring together people with shared athletic and recreational interests.

### INAYAN ESKRIMA SELF DEFENSE

This co-ed program emphasizes self-defense through traditional Filipino martial arts. The Inayan System Eskrima teaches students practical and effective self-defense skills through the use of equipment and empty-hand techniques.

<b>East</b>		
T/W/TH	Ages 13+	8:00-9:00pm
Member	\$55	
Program Member	\$110	

### KARATE - BEGINNING

For beginner to advanced.

<b>East</b>		
T/TH	Ages 13+	8:00-8:50pm
<b>Northeast</b>		
M/W	Ages 13+	8:00-8:50pm
Member	\$77	
Program Member	\$130	

### KARATE

#### KOBUDO

Designed for orange belts and above.

<b>Northeast</b>		
F	Ages 7+	6:50-7:20pm

### YOUTH/ADULT COMPETITION PERFORMANCE

<b>Northeast</b>		
F	Ages 7+	6:00-6:40pm
Member	\$37	
Program Member	\$74	

### KARATE - SHORIN RYU

Traditional Okinawan techniques which include emphasis on formal exercise (Kata).

<b>West</b>		
SA	10:00am-12:00pm	
Member	\$74	
Program Member	\$125	

### SENIOR PICKLEBALL

Come play one of the fastest growing sports in the nation. Pickleball is a combination of Ping-Pong and tennis. All skill levels are welcome. Weekly drop in fee assessed at the door.

<b>Northeast</b>		
TH	Ages 55+	1:00-3:00pm
Member	\$3/week	
Program Member	\$5/week	

### WALKING CLUB

Enjoy walking with others as we start our own YMCA Walking Club. Weekly walks, monthly hikes, and attending local charity walks as a group.

<b>East/Northeast/West</b>		
Members only	FREE	

### VOLLEYBALL LEAGUES

Recreation Coed Leagues available. 8 weeks. \$5 off for each YMCA Member (up to \$20 discount). Starts January 9.

For more information call Brian @ 608 276 6616 ext. 4007

<b>West</b>		
SU	5:30/6:15/7:00/7:45pm	
Team	\$250	



## HEALTH, WELL-BEING & FITNESS

Resources and guidance to maintain or improve physical activity, health and wellness.

### LIFEGUARD TRAINING WITH CPR/AED/FIRST AID

American Red Cross training includes: CPR/AED/First Aid/Lifeguard. Prerequisite: Minimum age of 15, must be able to swim 300 yards continuously. Participants must attend all classes listed for that session, no make up classes are offered. Register at YMCA now!

<b>East</b>		
For a listing of additional American Red Cross Lifeguard Training Courses being offered at the East Y, contact Robin Berg @ (608) 221 1574 ext. 3036		

<b>Northeast</b>		
SA	March 17, 24	8:00am-4:00pm
SU	March 18, 25	8:00am-4:00pm

<b>West</b>	
TBA	

Member	\$225
Program Member	\$225

### MASTERS SWIM PROGRAM

An opportunity to work out together to maintain and improve physical fitness. Registration is required for program participation. Must be able to swim 50 yards continuously to ensure program safety and requirements. Ages 18+

<b>East</b>	
T/TH	7:45-9:00pm

<b>Northeast</b>	
T/TH	5:15-6:45am

<b>West</b>	
M/W	9:00-10:15pm

Members only	\$25
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### ADULT/TEEN SWIM LESSONS

All abilities welcome! Classes may be combined with Teen Swim Lessons due to enrollment. Ages 18+

<b>East</b>	
M	7:45-8:30pm
TH	9:15-10:00am

<b>Northeast</b>	
T	9:45-10:30am
W	7:15-8:00pm

<b>West</b>	
SA	8:00-8:45am Level 1-Beginner
SA	8:45-9:30am Level 2-Adv. Beg.
T	7:00-7:45pm Level 1 & 2

Member	\$40
Program Member	\$80



# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL-BEING & FITNESS

Resources and guidance to maintain or improve physical activity, health and wellness.

### AQUA BOOT CAMP - NEW

#### Northeast

Get ready to be challenged by the resistance of the water in Aqua Bootcamp! Adults of all ages can benefit from this high intensity, interval workout using resistance equipment for an additional challenge. Great cross-training option for athletes wanting to reduce impact without sacrificing intensity.

### AQUA ZUMBA™

#### Northeast

Join us for a "pool party" workout. Water-based movements that adhere to the Zumba™ fusion of Latin, Hip Hop and International music.

### DEEP WATER WORKOUT

#### East/Northeast

Exercise against the resistance of water for an outstanding aerobic workout. Flotation belts provided. Non-swimmers welcome!

### WATER AEROBICS

#### East/Northeast/West

High-energy, low-impact workout for all fitness levels. Non-swimmers welcome!

### GENTLE WATER EXERCISE

#### East/West

Low intensity exercise for new exercisers, active older adults and anyone looking to strengthen and stretch in the pool. Non-swimmers welcome!

### OPEN WATER WALKING

#### East/West

Walking in all depths of the pool, using the water as resistance for a great aerobic workout. Flotation belts provided. Non-swimmers welcome. Open water walking workouts are self-directed.

### OPEN WATER VOLLEYBALL

#### East

A great time playing volleyball in the water with a beach ball!

Locations listed above are subject to change. Please check fitness schedules for times and availability.

Drop in classes for ages 13+  
FREE to members

### 20-20-20

#### East/Northeast/West

Aerobics based class that introduces a new type of exercise every 20 minutes. This may include step, bosu, Zumba™, hi-lo, kickboxing, body sculpting, Pilates, Drums Alive® or Yoga.

### CARDIO BLAST

#### Northeast

Includes aerobics, kickboxing, and a variety of strength training using equipment such as bosus, weighted bars, stability balls, free weights and resistance bands. Each class will introduce fun fitness trends so come try it out and see how energizing exercise can be!

### CARDIO BOOT CAMP

#### East/Northeast/West

Add variety to your routine with this high intensity cross training workout. Includes strength, cardio, interval circuits, agility training, and more.

### CRUNCH EXPRESS

#### East/Northeast/West

A quick class that will fit your schedule and strengthen your core utilizing equipment such as bands, balls, and weights. Aerobics not included.

### GET UP AND GO!

#### East/Northeast/West

Early morning workout with a mix of cardio formats. Class might include step, bootcamp, skills and drills, hi/lo, and more.

### GROUP CYCLING

#### East/West

High intensity, no impact workout utilizing stationary bikes. Improve strength and cardiovascular conditioning.

### HI/LO AEROBICS

#### East/Northeast/West

Easy to follow cardiovascular workout for all fitness levels.

### HIP HOP CARDIO PARTY

#### East/Northeast/West

Similar to Zumba™ but without the Latin and International dance styles. With the latest tunes and easy to follow dance steps, you won't even realize you're exercising!

### HULA HOOPING

#### East

Learn the fundamentals of hoop dancing and cool tricks. Strengthen your core and tone your body while having fun. No dance or hoop experience needed. Adult sized hoops available.

### LOW IMPACT AEROBICS

#### West

Aerobics based class geared for moderate intensity and active older adults.

### OPEN WALLEYBALL

#### West

A great time playing volleyball with a beach ball in the racquetball courts.

### POWER PUMP

#### East/Northeast/West

High energy lifting class to music. Barbells with plates, dumbbells and bands are used to sculpt the body.

### PRENATAL GENTLE EXERCISE

#### East/West

Enjoy gentle movement and exercise in a calming environment. You will build strength and endurance at a moderate pace, getting you ready for the birth of your child.

### R.I.P.P.E.D - NEW

#### East/Northeast/West

This cardio and strength based class includes: resistance, intervals, power, plyometrics and endurance. All levels are welcome.

### SMART STRETCH

#### Northeast/West

Take your flexibility to a new level with this non-stop stretch class and learn proper stretching techniques. Make sure you warm up before class.

### SILVERSNEAKERS® MUSCULAR STRENGTH

#### East/West

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 balls are offered for resistance and chair is used for seated and/or standing support. This class is geared toward older adults.

### STRENGTH FUSION

#### East/Northeast/West

Sculpting your body with an emphasis on strength, balance, and functional training. May include use of stability balls, weights, and tubing.

### SILVERSNEAKERS® YOGASTRETCH

#### West

Yogastretch will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. This class is geared toward older adults.

### STEP AEROBICS

#### East/West

A fun, cardiovascular workout which utilizes an adjustable step.

### STRONG PEOPLE™ - NEW

#### East

This program focuses on improving muscle strength, bone density, and over all health for the middle aged/older participants. From sedentary to very active, this is an excellent beginning weight training program.

### TURBOKICK™

#### Northeast/West

An addictive workout that combines cardio kickboxing, sports drills, and simple dance moves in a party atmosphere.

### YOGA BASICS

#### East/Northeast/West

Introduction to basic Yoga poses and simple breathing techniques. Chair support may be offered.

### ZUMBA™

#### East/Northeast/West

ZUMBA™ is a fusion of Latin, Hip Hop, and International music dance themes that create a dynamic, exciting, effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps.

### ZUMBA GOLD™

#### West

Zumba Gold is a fitness program specifically designed for the active older adult, the beginner participant, and other special populations that may need modifications in an exercise program. Zumba Gold™ classes create a total body workout that puts the fun back into fitness!

Fitness schedules available  
at each Branch 2 weeks  
prior to each session.

[www.ymcadanecounty.org](http://www.ymcadanecounty.org)

# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL-BEING & FITNESS

Resources and guidance to maintain or improve physical activity, health and wellness.

### BALLET

An excellent alternative to traditional group exercise. This class will focus on the technique of ballet and the required muscular skills for the art of ballet. Comfortable attire and ballet shoes recommended.

<b>West</b>	
M	7:40-8:40pm
W	7:40-9:10pm*

1 day-60 min	
Member	\$48
Program Member	\$96

1 day-90 min*	
Member	\$54
Program Member	\$108
*Ballet Continuing	

### CIRCUIT TRAINING

Use strength and aerobic equipment to shape and tone your body in the Lifestyle Center.

<b>West</b>	
M/W	9:00-10:00am
T/TH	6:00-6:45pm - Intermediate/Advanced

2 day 45 min	
Member	\$80
Program Member	\$160

2 days 60 min	
Member	\$88
Program Member	\$176

### OLDER ADULT STRENGTH TRAINING 101

Learn the proper form and technique of strength training with a Lifestyle Center Staff while using machines and free-weights in the Lifestyle Center. Geared toward older adults and beginners.

<b>Northeast</b>	
T/TH	9:00-9:45am

<b>West</b>	
T/TH	11:00-11:45am

Member	\$40
Program Member	\$80

### TREKKING

The fitness class is done on a treadmill and includes challenging power mixes, treadmill hill climbing, speed intervals and unique strength moves to build endurance and strength. Walkers and runners welcome! Whether you are just getting started or want to achieve your personal best, let us coach you!

<b>West</b>	
M/W	10:30-11:15am
T/TH	7:15-8:00pm
W	7:15-8:00pm

1 day 45 min	
Member	\$20
Program Member	\$40

2 days 45 min	
Member	\$40
Program Member	\$80

### SUPER CIRCUIT WORKOUT

Improve your overall strength by pushing yourself to a new level of fitness while using medicine balls, strength training equipment, free weights, and body weight exercises.

<b>East</b>	
T	10:00-11:00am
TH	10:00-11:00am
TH	11:00am-12:00pm
F	10:00-11:00am

<b>Northeast</b>	
M	5:30-6:15am
W	5:30-6:15am
F	5:30-6:15am

1 day 45 min	
Member	\$20
Program Member	\$40

1 day 60 min	
Member	\$22
Program Member	\$44

### TRX

TRX Suspension Trainers use body weight exercise to develop core strength, muscle balance, and stability. This high intensity, short interval workout is great for low impact cross training and increasing cardiovascular and muscular strength.

<b>West</b>	
M	6:00-6:30am
M	12:15-12:45pm
T	9:45-10:15am
W	12:00-12:30pm
TH	9:45-10:15am
F	12:15-12:45pm

Member	\$38
Program Member	\$76

### CARDIO TRX - NEW

Combine TRX workout with intense cardio drills.

<b>West</b>	
W	5:30-6:15pm
SA	8:15-9:00am

Member	\$40
Program Member	\$80



All fitness classes open to members 13 and older.

# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL-BEING & FITNESS

Resources and guidance to maintain or improve physical activity, health and wellness.

### PILATES

Develop core strength and stabilization in this ultimate program for gaining control of movement and developing a lean toned body. Proper form and technique emphasized allowing participants to get the most benefit from this tried and true form of exercise.

#### East

M	7:30-8:15pm
T	9:40-10:25am
W	7:30-8:15pm
TH	9:40-10:25am

#### West

T/TH	5:45-6:30am
T/TH	7:45-8:30am
TH	6:15-7:00pm

1 day 45 min	
Member	\$36
Program Member	\$72

2 days 45 min	
Member	\$72
Program Member	\$144

### PILATES CONTINUING

Moves at a slightly faster pace. Experience with a prior Pilates class is encouraged.

#### West

M/W	7:45-8:30am
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Member	\$72
Program Member	\$144

### YOGALATES

Combines Yoga and Pilates in a total body workout focused on toning the glutes, thighs and stomach. Develop core strength and stabilization through Pilates while improving flexibility, muscular strength, posture, and alignment through Yoga poses, breathing, and relaxation.

#### East

M	6:15-7:15pm
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#### Northeast

W	7:10-7:55pm
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#### West

T	6:15-7:00pm
T/TH	8:45-9:30am
W	11:00-11:45am
SA	9:15-10:00am

1 day 60 min	
Member	\$48
Program Member	\$96

1 day 45 min	
Member	\$42
Program Member	\$84

2 days 45 min	
Member	\$84
Program Member	\$168

### RESTORATIVE YOGA

Come rejuvenate with this gentle Yoga practice that combines simple postures held for long periods. Let deep connective tissue relax, and your mind unwind.

#### East

SU	2:00-3:15pm
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#### West

SU	3:30-4:45pm
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Member	\$54
Program Member	\$108

### RIGOROUS YOGA

Intense Yoga Flow providing strength and cardio, focusing on alignment and form.

#### West

TH	7:15-8:30pm
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Member	\$54
Program Member	\$108

### YOGA FOR BIGGER BODIES

This class is specially designed for individuals who are interested in Yoga but aren't comfortable in a traditional class setting because of their size, shape or ability. Learn how to work with your body in this welcoming gentle Yoga class that will help you gain strength, flexibility and confidence.

#### West

M	6:30-7:30pm
W	6:30-7:30pm

Member	\$48
Program Member	\$96

### YOGA FOR ATHLETES

Hatha-based yoga class geared towards long distance runners and triathletes. Develop better breathing techniques while improving your balance, flexibility, core strength and endurance.

#### West

T	12:15-1:00pm
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Member	\$42
Program Member	\$84

**All fitness classes open to members 13 and older.**

### YOGA

Relieve stress and build strength by incorporating the mind, body and spirit into your workout. This hatha-based Yoga class helps improve flexibility, muscular strength, posture and alignment through Yoga poses, breathing, and relaxation.

#### East

M	10:30-11:45am
T	8:30-9:30am
W	10:30-11:45am
F	8:30-9:30am
F	10:30-11:45am
W	6:00-7:15pm
SU	4:45-6:00pm

#### Northeast

M	6:55-7:55pm
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#### West

SU	5:00-6:00pm
----	-------------

1 day 60 min	
Member	\$48
Program Member	\$96

1 day 75 min	
Member	\$54
Program Member	\$108

### YOGA FLOW

Create warmth and energy in the body through a series of flowing postures, emphasizing strength and flexibility.

#### West

M	8:45-9:45am
F	8:45-9:45am

Member	\$48
Program Member	\$96

# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL-BEING & FITNESS

Resources and guidance to maintain or improve physical activity, health and wellness.

### BODY COMPOSITION ANALYSIS

Determine your target weight based on your age, gender, and body composition measured with skinfold calipers.

#### East/Northeast/West

30 mins  
Members only \$15

### FITNESS ASSESSMENT

Measure your progress! Includes measures of blood pressure, cardiovascular endurance, muscular strength, flexibility, and body composition.

#### East/Northeast/West

1 hour  
Members only \$50

### NUTRITION CONSULTATION

One-on-one appointment with a Registered Dietician. Focus on individual nutrition needs, appropriate meal planning, and behavior modification for successful, long-term weight management.

#### East/Northeast/West

1 hour  
Members only \$50

3 hours  
Members only \$130

### WELLNESS CONSULTATION

Meet one-on-one with a wellness coach to discuss individual goals, barriers to exercise, fitness successes and challenges and learn how the YMCA can support you on your journey. Lifestyle Center Staff can also introduce you to our fitness equipment. Register at Member Services.

#### East/Northeast/West

Members only FREE

### PERSONAL TRAINING

Are you working out everyday and not reaching your fitness and weight management goals? Have you reached a plateau? Meet one on one with a certified personal trainer to develop an individualized exercise plan that will jump start your program! Register at Member Services. 10 & 20 session packages include FREE Body Composition and fitness assessment. 30 minute FREE consultation available.

#### East/Northeast/West

Members only \$30 30 min  
Members only \$50 1 Hour  
Members only \$130 3 Hour  
Members only \$180 5 Hour  
Members only \$350 10 Hour  
Members only \$650 20 Hour

### SMALL GROUP TRAINING

Join the expertise of a personal trainer with group motivation for a fraction of regular training costs. Trainer will lead small groups of 2-8 individuals through challenging workouts designed with your goal in mind. Specialized training available in areas such as Yoga, Pilates, Cycling, marathon training, triathlon training and more! Eight 1 hour sessions or Sixteen 30 minute sessions.

#### East/Northeast/West

Members only \$140/member

### WINTER BODY BLAST CHALLENGE

This 8 week exercise program is designed to elevate your fitness level and get you exercising on a regular basis. Experience weekly workout plans designed by a certified personal trainer who will help you stay motivated and accountable. Your Challenge: Have a positive attitude, work hard, and commit to exercise every week. All levels welcome, workouts can be modified to your exercise experience and goals. Register at the desk and a Lifestyle Center Staff will call you with details before January 2nd.

#### East/Northeast/West

Members only \$75 Winter I only

### ACTIVTRAX - NEW

ActivTrax is a tool that creates customized workouts around your goals, strength and fitness experience. Each time you visit the Y, you can receive a new workout that tells you exactly what you need to meet your goals. From home, ActivTrax also provides you with an online weight management tool to help keep your nutritional needs on track. Register at the YMCA for a wellness consultation to receive access to this tool!

Attend a free ActiveTrax Seminar to learn how to use this system accurately and effectively. Located at the West Y in the Training Room.

#### West

W 10:00am  
W 5:30pm  
SA 10:00am

### HEALTHY LIFESTYLES PROGRAM

The YMCA Healthy Lifestyles Program is a 10 month behavior change program for individuals who wish to make a lifestyle change, usually in the areas of weight management, increased physical activity, improved nutrition, or stress reduction. Make lasting lifestyle changes in the dimensions of physical, emotional, and spiritual wellness. Enrollment on a continuous basis. Contact your Health and Well-Being Director for more information.

- Healthy lifestyle assessment
- 22 group sessions
- Short and long-term goal setting
- One on one meeting with facilitator

Members only \$150 - Payment plans available

### EXERCISE FOR PEOPLE WITH PARKINSON DISEASE - NEW

This class is designed to help adults with Parkinson Disease maintain an active lifestyle while focusing on cardiovascular conditioning, trunk mobility, flexibility and balance. This class includes a group exercise component in the studio followed by cardiovascular exercise in the Lifestyle Center. Participants must be independently mobile or bring an assistant. Contact Janelle Van Erem, Health & Well-Being Director for more information @ 608 834 4373 ext. 6015.

#### Northeast

W 11:00am-12:00pm

Member \$40  
Program Member \$50

### STANFORD HEALTH AND LIFESTYLE ASSESSMENT (SHALA)

SHALA is an online survey designed to help individuals assess their current health and wellbeing, as well as assess their readiness to make lifestyle changes. After completing this free online assessment, you can generate a printout which outlines your personal health risks and makes suggestions on where to start improving your health and lifestyle habits. Contact your Health and Well-Being Director for more information or go to <https://healthimprovement.stanford.edu/amway/>

### LIVESTRONG AT THE YMCA

This program is a partnership between the YMCA and the Lance Armstrong Foundation. We are here to support and guide cancer survivors and their families through their recovery process by cultivating an atmosphere that embraces survivors with compassion, understanding, and awareness; to heal their spirits, minds, and bodies in a safe, supportive and respectful environment. The Y offers a wide variety of programs in addition to Cancer Survivorship programs to support those seeking to live a healthy and full-filling life.

This program is a free small-group wellness program for adult cancer survivors. Certified instructors are trained in the elements of cancer, post-rehab exercise, nutrition and supportive cancer care. The program is a 12-week session that meets for 75 minutes, two times per week at the YMCA.

- Improve energy levels and self-esteem
- Regain muscle mass and strength
- Increase flexibility and endurance
- Develop an ongoing fitness plan to continue practicing a healthy lifestyle

### CRITERIA FOR PARTICIPATION

- Commit to attending 80% of the classes
- Inform your physician that you plan to join the program
- Participants must receive medical clearance and are evaluated on an individual basis. Patients currently undergoing treatment may participate, but only if they receive medical clearance.
- This class is recommended for people who have recently finished cancer treatment. Enrollment will be handled on a case-by-case basis.

#### East/Northeast/West

Member FREE  
Program Member FREE

Includes a FREE 3 month Y membership for the cancer survivor and caregiver while enrolled in the program.

Advanced registration is required. Contact your local branch or email: [livestrong@ymcadanecounty.org](mailto:livestrong@ymcadanecounty.org)

Additional information can be found on our website: [www.ymcadanecounty.org](http://www.ymcadanecounty.org).

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## SOCIAL SERVICES

Training, resources and support to empower our neighbors to make change, bridge gaps and overcome obstacles.

### Y ACHIEVERS

Y Achievers offers at-risk teenagers a variety of challenging activities and learning opportunities designed to build healthy relationships and promote discipline, self-reflection, a willing attitude, and concern for others.

- Learn problem solving skills
- Job and internship opportunities
- Provide positive mentoring relationships
- Develop a positive sense of self
- Tutoring and homework help

Contact Greg Hoyte @ 608 276 6606 for more information.

Member FREE  
Program Member FREE

### GIRL'S CIRCLE

Available to girls ages 10-14. This program promotes the importance of health, prevention, education, and self-esteem enhancement while providing feminine unity and support. Some topics include working as a team, stress management, goal setting, communication skills, body image, peer pressure and resistance skills.

**West**  
TH Ages 10-14 6:00-8:00pm

Member FREE  
Program Member FREE

## DO MORE. BE MORE.

Volunteers are at the heart of the YMCA. We were founded by a volunteer, and we continue to be governed by volunteers. A great many of our programs for children, families and people with disabilities are only possible because of the incredible people in our community who volunteer their time. Consider the YMCA as a place to volunteer. Call 608 664 9622 ext.1009 for more information.

### MILITARY OUTREACH INITIATIVE

Deployment can be a stressful and uncertain time for our nation's servicemen and women and their families. In partnership with the Armed Services YMCA and the Department of Defense, the Y is proud to offer memberships to eligible military families and personnel to give them extra support during this difficult period. It's our way of giving back to those who dedicate themselves to serving our country.

For more information, contact your local YMCA.



## VOLUNTEERISM & GIVING

Voluntary contributions that fund, lead and support the Y's critical work.

### COMMUNITY SUPPORT CAMPAIGN

Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

To make an on-line gift, visit our website:  
[www.ymcadaneconomy.org](http://www.ymcadaneconomy.org)



## 2011 SPONSORS

American Family Insurance	MG&E Foundation
American Transmission Co, LLC	Mike & Susan Mohoney
Robert Anderson	Murphy Desmond S.C.
Associated Bank Humana Inc.	Andrew & Loree Nelson
Bank of Sun Prairie	Tom & Hilde Neujahr
Glenn & Sharon Baldwin	Optimist Club of Mount Horeb
Sean & Amanda Baxter	Paul Owen
Larry & Alice Borchert	Park Bank
Andrew Burish	Jim & Maggie Peterman
Christopher Burque	Physicians Plus Insurance Corporation
Jim & Debbie Butler	Ronald Pulvermacher
Sharon Covey & Todd Jackson	QTI Qualitemps
Dane County Department of Human Services	Thomas & Karen Ragatz
Richard & Stacia Darga	Glenn & Sara Reinl
Andrew & Sara DeTienne	RJ Carpenter
DirectNetworks, Inc	John Rose
Donor by Design Group LLC	Sauk Prairie Memorial Hospital Foundation
Door Creek Dental	David & Jennifer Sereno
Jeff & Jami Dugan	The Shult Family
Group Health Cooperative	Dave Silverberg & Betsy Huebel
GTECH Corporation	Joe & Jeanne Silverberg
Hausmann-Johnson Insurance	John & Mary Lee Steinmuller
Allan & Isabel Hubbard	The Allstate Foundation
Chris & Sara Jenny	The Capital Times Kids Fund
Johnson Health Tech / Matrix Fitness / Horizon Fitness	The Evjue Foundation
Kayser Ford Inc	United Way Of Dane County
M&I Marshal & Ilsley Bank	UW Health
Francois & Sondra Ortalo-Magne	Jasper & JoAnne Vaccaro
Margaret A. Cargill Foundation	Paul & Shelly Vandervelde
Paul & Karen Marshall	Tom & Carrie Wall
Bryan & Julia McGann	WEA Insurance Corporation
McGann Construction Inc	Marykay Zimbrick
Kiernan & Kathyne McGowan	

## ADVOCACY

Collaborations with policy makers, community leaders and private and public organizations to develop youth, prevent chronic disease, and build healthier communities and encourage social responsibility.

### HEALTHY LIVING - DANE COUNTY

Healthy Living has been a part of the Y since the late 1800's. Improving the nation's health and well-being is a core area of focus for our YMCA. We are committed to help reduce obesity and help all who need us to reduce their risks for chronic disease and diabetes. The YMCA of Dane County is poised to face the challenges of the communities we serve.

### OLDER ADULT WELLNESS SERIES

Sign up at the membership desk for each seminar!

### NUTRITION WITH ACTIVTRAX

Meet with staff to help you get started!

**East**  
F January 20 12:00pm  
F March 18 12:00pm

### KNOW YOUR RISK OF HEART DISEASE

**East**  
F February 17 12:00pm

### HEALTHY COOKING DEMO

**East**  
F April 20th 12:00pm

Members only FREE

## DONATE TO LIVESTRONG AT THE YMCA

LiveSTRONG at the YMCA offers those new to cancer treatment, and those that are living with, through and beyond cancer, a safe environment where they can participate in physical and social activities that address their special wants, needs and interests.

We hope you will consider making a gift to support this program. To make a donation please call 608 664 9622.



## REGISTRATION INFORMATION

### Member Registration:

Monday, November 21 at 9:00am

### Member and Program Member Sports League Registration:

Monday, November 21 at 9:00am.

Registration form required.

### Program Member Registration Start Date:

Winter I: Monday, December 19 at 9:00am

Winter II: Monday, February 13 at 9:00am

### Online Registration:

[www.ymcadanecounty.org](http://www.ymcadanecounty.org)

### Phone-In:

Member registrations payable with MasterCard™ or Visa™.

Phone-in registration numbers are:

**East YMCA** - 608 221 1571

**Northeast YMCA** - 608 837 8221

**West YMCA** - 608 276 6606

### Walk-In:

Next time you're at the Y stop at Member Services to register and pay for your classes.



# ENRICHING LIVES TOGETHER

## JANUARY

### PAY THE DAY

At the Y, you and your family can share something special, time together. Not just quality time, but healthy quality time. To make joining an even better value, in January 2012 we're letting you "pay the day." That's right; your entry fee will be figured according to the day you join. \$1 on the 1st... \$2 on the 2nd... you get the idea!

### East / Northeast / West

January 1-31

## FEBRUARY

### LOVE THE Y

Member Get a Member; refer your family or friends to join the Y and get one month membership FREE! Contact any Member Service Professional for details.

### East / Northeast / West

February 1-29

## MARCH

### HEALTHY FAMILY FESTIVAL

Healthy Family Festival offers wild and crazy games and activities for the entire family. Everyone walks away a winner. Free admission and 25¢ tickets. Some games may require more than one ticket.

### East / Northeast / West

F March 16 6:30-8:00pm

Member FREE

Program Member FREE

## MARCH

### BREAKFAST WITH THE EASTER BUNNY

Join us for breakfast with the Easter Bunny! Bring your camera and have your picture taken. Children will receive a gift from the Easter Bunny. Open to all families and all ages welcome.

### Northeast/West

SA March 31 8:30-10:00am

Member \$12 Family (1 adult & 1 child)

Program Member \$20 Family (1 adult & 1 child)

Member \$8 Additional child \$4 Additional adult

Program Member \$12 Additional child \$8 Additional adult

## APRIL

### HEALTHY KIDS DAY

Come join the YMCA for our Healthy Kids Day. If your family could benefit from a little togetherness, the Y is the place to be.

### East / Northeast / West

April 28

Member FREE

Program Member FREE

### CAMP FAIR

Free event for families interested in the Y's summer programming for children ages 2-14 years. Kids can participate in fun activities, while staff answer all your questions. Bring your child's immunization records to register at the fair! Enter our drawing to win a free week of camp!

### East / Northeast / West

April 29

Member FREE

Program Member FREE

## TOGETHER – WE'RE MAKING A DIFFERENCE

### 2011 HEALTHY LIVING SUMMIT SPONSORS

**Diamond:** Physicians Plus

**Gold:** UW Health

**Silver:** Group Health Cooperative - South Central Wisconsin

Meriter Health Services

Smart Motors Inc.

**Table:** Access Community Health Centers

Associated Bank

Cuna Mutual

Dean Health Systems & St. Mary's Hospital

Edgewood College

Fresh Madison Market

Merrill Lynch - Fortune Financial

QTI

David & Jennifer Sereno

Dave Silverberg & Betsy Heubel

Summit Credit Union

Tom & Carrie Wall

WEA Trust

### 2011 HEALTHY LIVING SUMMIT HOSTS

Access Community Health Centers

American Family Children's Hospital

City of Madison

Dane County Medical Society

Dean & St. Mary's

Greater Madison Chamber of Commerce

Group Health Cooperative - SCW

Johnson Health Tech LLC.

KW2

Madison Metropolitan School District

Meriter Health Services

William S. Middleton Memorial Veterans Hospital

Physicians Plus Insurance Corporation

Public Health Madison and Dane County

United Way of Dane County

UW Health

UW School of Nursing



**YMCA of Dane County, Inc. Association Offices**  
8001 Excelsior Drive Suite 200, Madison, WI 53717

Non-Profit Org.  
U.S. Postage  
PAID  
Madison, WI  
Permit No. 912

**Child Care**

8001 Excelsior Drive, Suite 200  
Madison, WI, 53717  
608 288 4101

**Lussier Family East YMCA**

711 Cottage Grove Road  
Madison, WI 53716  
608 221 1571

**Northeast YMCA**

1470 Don Simon Drive  
Sun Prairie, WI 53590  
608 837 8221

**Lussier Family West YMCA**

5515 Medical Circle  
Madison, WI 53719  
608 276 6606

**JOIN THE Y  
IMPACT YOUR  
COMMUNITY**

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The YMCA of Dane County will be celebrated and supported as the community's leading nonprofit organization for youth development, healthy living and social responsibility.

**YMCA OF DANE COUNTY, INC.**  
[www.ymcadanecounty.org](http://www.ymcadanecounty.org)

