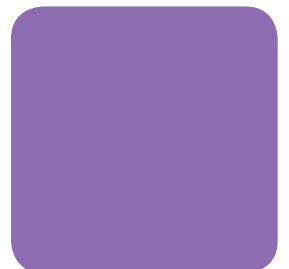
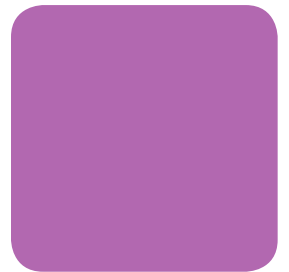




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

YMCA OF DANE COUNTY, INC.



SPRING:
SUMMER:

April 23–June 10, 2012
June 11–August 19, 2012

LIVE HEALTHIER



Dear friends,

There isn't a person who doesn't want to see our children grow strong; to see young people who are healthy, happy and full of hope - but our kids are at risk. The Y's cause - strengthening community through youth development, healthy living and social responsibility - compels us to lead. We have committed to help close the educational achievement gap between low-income children and their middle and upper-income peers through our community collaborations and signature programs. Statistics

show most low-income children reach kindergarten behind in language and other skills essential to school success, and they continue to fall behind as they move through school. Our cause compels us to help these kids.

Thirty percent of children are overweight or obese. We have unprecedented levels of diabetes. Children today are less active - with many now spending more than eight hours a day in front of a screen. The Y is making a significant commitment to help improve the health of our children by adopting national standards for healthy eating and physical activity in all of our early childhood, afterschool and youth programs. More than 20,500 children and teens participate in our Y programs today, and our ability to further their health and well-being will be significant.

When the Y commits to something, we are committing because we know that not only is it the right thing to do, but that we also can deliver on our promise. We make the healthy choice, the easy choice. Join us to make it happen, get involved and volunteer to make a difference. 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. We turn no one away for the inability to pay.

Warm regards,

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

Membership Type	Entry	Monthly	Summer Memberships*
Youth Ages 8-18	\$ 25	\$ 25	\$75
Adult Ages 19+	\$ 50	\$ 47	\$165
Family	\$ 50	\$ 68	\$230
Household	\$ 50	\$ 75	\$250
Senior Ages 60+	\$ 50	\$ 44	\$155
Senior Plus One	\$ 50	\$ 61	\$205

*SUMMER MEMBERSHIPS

Available for purchase May 1, 2012.
Valid Memorial Day - Labor Day.

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 Member Services.

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, program and Child Care 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 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

Easter	CLOSED
Memorial Day	8:00am-5:00pm
4th of July	8:00am-5:00pm
Labor Day	8:00am-5:00pm

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 3:30-6:00pm
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 3:30-6:30pm
Saturday	8:00am-1:00pm

Y5210 YOUTH ZONE

Come hang in the zone! A safe, fun place for youth and teens at the YMCA focusing on: adult and peer relationships, games, art, healthy snacks, homework help and much more! Youth are permitted to sign in and out without parental/guardian consent. Ages 8-14 years. Free for Members. Hours may change due to holidays and special events/circumstances.

East / Northeast / West

SPRING

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

SUMMER

Monday-Thursday	4:00-7:00pm
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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 Service or check our web site at 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

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

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 songs, story time, creative drama, outdoor play, cooperative games and physical activity. Throughout the day children will participate in a structured learning environment. Our purpose is to provide a safe, wholesome, creative, and educational learning experience. Daily curriculum enhances creativity, social skills, physical and emotional development. It encourages hands on activities and active learning.

All Programs are State Licensed and follow City of Madison Accredited standards. Registration materials are available at YMCA Member Services. \$50 non-refundable registration fee/family.

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

For 4K information, please see your School District.

YEAR ROUND FULL DAY PRESCHOOL

Our 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 2-5 6:30am-6:00pm

2012-2013 MONTHLY FULL DAY PRESCHOOL RATES

	Age 2	Ages 3-5
Member	\$795	\$780
Program Member	\$915	\$900

PART DAY PRESCHOOL

Part day preschool incorporates Creative Curriculum, healthy activities and Spanish class. Child must be within age range shown below by September 1, 2012. Registration for the program year begins on February 27, 2012.

M/W/F or T/TH Ages 2-5 9:00-11:30am

Extended care also available.

2012-2013 MONTHLY PART DAY PRESCHOOL RATES

	M-F	M/W/F	TH
Member	\$390	\$230	\$195
Program Member	\$510	\$350	\$315

PRESCHOOL SUMMER FUN

Are you looking for fun summer activities for your preschooler? We have just the thing for you! Preschool Summer Fun is a great opportunity to experience a variety of theme-based activities. This program is for children who have not yet entered kindergarten.

June 11-28 This Land is Your Land

This 3 week long session will incorporate arts, crafts, games, and stories to teach pint sized paleontologists about dinosaurs. Then we will have a star spangled, fire cracker of a good time celebrating the 4th of July.

July 9-26 Your Big Backyard

Whether it's your backyard garden or neighborhood pond, we'll discover the wonders of nature and the small wonders of backyard camping-classroom style! 3 week session.

July 30-August 16 Out of This World-Stars to Starfish

Step out of this world and have loads of fun exploring what lies under the ocean and twinkles in the sky above. 3 week session

M/W Ages 3-5 8:30-11:30am
T/TH Ages 3-5 8:30-11:30am

Member \$135/session
Program Member \$185/session

Look for PSF below for Summer locations.

PRESCHOOL LOCATIONS

Madison-East

East YMCA Full Day PSF
Damascus Road Church Full Day Part Day MMSD 4K

Madison-West

West YMCA Full Day Part Day MMSD 4K PSF

Middleton/Cross Plains

Saint Martin's Lutheran Church MCPASD 4K PSF
Saint Dunstan's Episcopal Church Full Day MCPASD 4K PSF

Oregon

Netherwood Knoll Elementary Full Day OSD 4K PSF

Sun Prairie

Northeast YMCA Full Day SPASD 4K PSF

Verona

Location TBA VASD 4K

SCHOOL AGE CHILD CARE

An exciting and challenging place, where children ages 5-12 stretch their skills in mind and body. Our 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 and a strong emphasis on healthy lifestyles. School Age Child Care programs are State Licensed and Madison sites are City Accredited. Registration for the program year begins on February 27, 2012.

AFTER SCHOOL

- Starts when school lets out and ends by 6:00pm.
 - Early release care included.
- (No program is held if school closes ie. inclement weather etc.)

BEFORE SCHOOL

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

LATE START

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

SCHOOL'S OUT DAY CARE (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 for each school district. Choose a location convenient to home or work.

2012-2013 MONTHLY SCHOOL AGE RATES

YMCA MEMBER

	5 days	4 days	3 days
After School	\$267	\$247	\$227
Before School	\$122	\$112	\$102
Late Start	\$50 for all Late Starts in a month		
SODC	\$25/day		

PROGRAM MEMBER

After School	\$293	\$273	\$253
Before School	\$138	\$128	\$118
Late Start	\$65 for all Late Starts in a month		
SODC	\$40/day		

Registration materials available at YMCA Member Services. \$50 non-refundable registration fee/family. All sites accept W-2 funding. City of Madison sites accept City Scholarships.

SCHOOL AGE CHILD CARE LOCATIONS - BY SCHOOL DISTRICT

DeForest

Yahara Elementary (DeForest) After School
Eagle Point Elementary (DeForest) After School
Windsor Elementary (Windsor) After School
(DeForest School District School's Out program is held at Creekside Elementary School in Sun Prairie)

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
(Schenk 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
(Orchard Ridge 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

Oregon

Netherwood Knoll Elementary Before School After School SODC

Sun Prairie

Creekside Elementary Before School After School SODC
(Creekside also serves all Sun Prairie Schools Before School)

C. H. Bird Elementary After School
Eastside Elementary After School
(Eastside also serves Northside Elementary students After School)

Horizon Elementary After School
Royal Oaks Elementary After School
Westside Elementary 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
(Sugar Creek also serves New Century School)

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.

FUN COMPANY

In a nurturing environment, we incorporate a variety of activities that may include 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.

Northeast

W Ages 3-5 9:30am-11:30pm

Spring

Member \$108
Program Member \$216

FIRST FRIENDS - SPRING

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

W Ages 11/2-2 9:00-11:00am

Northeast

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

West

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

Spring

Member \$108
Program Member \$216

West

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.

Spring

Member \$199
Program Member \$398



FIRST FRIENDS - SUMMER

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. Summer includes two 5-week sessions to choose from.

Two 5 week Summer sessions

Session 1: June 11-July 15

Session 2: July 16-August 19

Northeast

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

West

W Ages 11/2-2 1/2 9:00-11:00am

Summer

Member \$75/session
Program Member \$150/session

West

T/TH Ages 2-3 9:00-11:00am

Summer

Member \$140/session
Program Member \$280/session

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

Spring

Member \$108
Program Member \$216

ART I

Entice your child's creativity and imagination. Each week children will learn about different art mediums and use a variety of tools while creating elaborate projects using unusual supplies.

West

W Ages 5-12 6:00-7:00pm

Spring

Member \$50
Program Member \$100

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

Spring

Member \$108
Program Member \$216



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

Spring

Summer

Member \$70 \$90
Program Member \$140 \$180

HEALTHY KIDS COOKING

Your child will learn to cook healthy meals and snacks and will soon be eager to try new foods at home! Participants will also learn about nutrition, teamwork, reading food labels, kitchen safety and much more!

East

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

Northeast

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

West

T Ages 5-12 6:00-7:15pm

Spring

Summer

Member \$70 \$90
Program Member \$140 \$180

BAKING

Learn the basics of healthy baking, including volume, weight and measurement. This class focuses on healthy baking techniques, teaching children how to prepare healthy and delicious items. Get active in this baking class, as children learn how to bake and decorate their own colorful and tasty cookies, pizzas, cakes and more!

West

TH Ages 5-12 6:00 - 7:15pm

Spring

Summer

Member \$70 \$90
Program Member \$140 \$180

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.

DRAMA I

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

Northeast

T Ages 5-7 5:30-6:15pm

Spring

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 6:30-7:30pm

Spring

Member \$50
Program Member \$100

RED CROSS BABYSITTING

Babysitting is one of the first opportunities to earn money and learn job responsibilities. This comprehensive training prepares the babysitters to know what questions to ask the parents; what to do in an emergency; how to diaper infants, deal with children of different ages and respond to phone calls or visitors. Please bring a packed lunch.

East

SA May 5 Ages 11-14 9:00am-4:30pm
SA July 14 Ages 11-14 9:00am-4:30pm

West

SA May 19 Ages 11-14 9:00am-4:30pm
SA June 30 Ages 11-14 9:00am-4:30pm
SA August 11 Ages 11-14 9:00am-4:30pm

	Spring	Summer
Member	\$60	\$60
Program Member	\$90	\$90



SWIM, SPORTS & PLAY

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

PRE-SWIM TEAM STROKE CLINIC

For swimmers who are looking to try the Y swim team who have not participated in our year round swim team before. The clinic will focus on developing and refining stroke technique, starts and turns. Swimmers should have knowledge of all 4 competitive strokes and have the endurance to swim for an hour. 6 weeks - Members and Program Members can register beginning February 27.

April 16 - May 25

West

M/W Ages 6-12 6:30-7:30pm

East

M/TH Ages 6-12 4:00-5:00pm

Member \$80
Program Member \$130

SPRING SWIM TEAM

Get ready for summer swimming! Practices will focus on stroke technique and endurance training. Swim Meets are also offered, which will be primarily Long Course 50M.

April 16 - May 25

AGES 12 & UNDER

Dry land training will take place at the start or end of practice for 15 min.

West

M/W/F Ages 12 & under 3:45-5:30pm

East

T/ W/ F Ages 12 & under 4:15-6:00pm

Members only \$130

\$25 Swim Team Support Fee. \$25 Meet Entry Fee Deposit

AGES 13 & OVER

Dry land training will take place at the start of practice for 30-45min.

West

M-TH Ages 13+ 7:00-9:00pm

East

M/TH/ F Ages 13+ 4:00-6:00pm
W Ages 13+ 5:30-7:30pm

Members only \$155

\$25 Swim Team Support Fee. \$25 Meet Entry Fee Deposit

2012 YDC SUMMER SWIM TEAM

Improve your swimming skills and endurance over the summer. T/TH/F practices are held at the Middleton Cross Plains High School Pool (25yds) and the East YMCA. M/W practice will be at the UW Madison Southeastern Recreational Facility (50M). Swim Meets are also offered, which will be primarily Long Course 50M. Swimmers must be able to perform all 4 competitive strokes and have the endurance to train for 1.5-2 hours. Dry land training will take place the first half hour of practice on T/TH/F.

June 4-August 3

WEST

Group #	Practice Day	Time	Members only
1 ages 12under	T/TH/F (MHS)	4:00-5:30pm	\$150
2 ages 9+	T/TH/F (MHS)	4:00-6:00pm	\$195
3 ages 9+	M-F		\$315
	M/W (SERF)	6:45-8:45pm	
	T/TH/F (MHS)	4:00-6:30pm	
4 ages 9+	M/W (SERF only)	6:45-8:45pm	\$175

EAST

1 ages 12under	T/TH/F	3:30-5:00pm	\$150
2 ages 9+	T/TH/F	3:30-6:00pm	\$195
3 ages 9+	M-F		\$315
	M/W (SERF)	6:45-8:45pm	
	T/TH/F	3:30-6:00pm	
4 ages 9+	M/W (SERF only)	6:45-8:45pm	\$175

\$25 Swim Team Support Fee. \$25 Meet Entry Fee Deposit

COMPETITIVE STROKE CLINIC

An excellent opportunity to learn/review the competitive techniques and to sharpen your present stroke proficiency involved in freestyle, backstroke, breaststroke, and butterfly. Course includes starts and turns for all strokes. For swimmers who can swim 4 lengths non-stop.

April 16-May 18

Northeast

M/W/F Beginners Ages 6-10 6:00-7:00pm
M/W/F Advanced Ages 11-18 7:00-8:00pm

Member \$80
Program Member \$130

YOUTH DEVELOPMENT

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. Preferably who have taken a Shrimp/Perch (parent/child class) prior.

EAST - SPRING & SUMMER

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 - SPRING

M	Tadpole	4:15-4:45pm
T	Tadpole	9:45-10:15am
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

NORTHEAST - SUMMER

M	Shrimp/Perch	6:00-6:30pm
W	Tadpole	5:15-5:45pm
TH	Tadpole	9:30-10:00am
SA	Shrimp/Perch	9:00-9:30am

WEST - SPRING

T	Shrimp/Perch	6:30-7:00pm
W	Shrimp/Perch	11:00-11:30am
TH	Tadpole	9:00-9:30am
TH	Tadpole	6:30-7:00pm
TH	Shrimp/Perch	10:00-10:30am
F	Tadpole	11:15-11:45am
SA	Shrimp/Perch	9:30-10:00am
SA	Tadpole	9:30-10:00am
SA	Tadpole	10:00-10:30am
SU	Tadpole	3:00-3:30pm
SU	Shrimp/Perch	3:30-4:00pm
SU	Tadpole	3:30-4:00pm

WEST - SUMMER

T	Shrimp/Perch	6:30-7:00pm
TH	Shrimp/Perch	10:15-10:45am
TH	Tadpole	10:15-10:45am
SA	Shrimp/Perch	9:30-10:00am
SU	Shrimp/Perch	4:00-4:30pm
SU	Tadpole	4:00-4:30pm
SU	Tadpole	5:30-6:00pm

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

	Spring	Summer
Member	\$40	\$50
Program Member	\$80	\$100



Summer June 11 - August 19, 2012

EAST - SPRING & SUMMER

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	Ray/Starfish	10:00-10:30am
TH	Pike/Eel	10:30-11:00am
TH	Pike, Eel, Ray/Starfish	6:30-7:00pm
SA	Pike, Eel/Ray	10:30-11:00am

NORTHEAST - SPRING

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

WEST - SPRING

M	Pike, Eel	2:00-2:30pm
T	Pike	3:30-4:00pm
T	Pike, Eel	6:30-7:00pm
W	Pike, Eel	10:00-10:30am
W	Pike, Ray, Starfish	10:30-11:00am
W	Pike	11:00-11:30am
TH	Pike, Eel	9:00-9:30am
TH	Pike, Eel, Ray, Starfish	9:30-10:00am
TH	Pike	10:00-10:30am
TH	Eel,	3:30-4:00pm
TH	Pike, Eel, Ray, Starfish	6:30-7:00pm
SA	Pike	9:00-9:30am
SA	Pike, Eel	9:30-10:00am
SA	Pike, Eel	10:00-10:30am
SA	Pike, Ray, Starfish	10:30-11:00am
SA	Eel, Ray, Starfish	11:00-11:30am
SU	Pike, Eel	3:00-3:30pm
SU	Pike, Ray	4:00-4:30pm
SU	Eel, Starfish	4:30-5:00pm
SU	Pike, Eel	5:00-5:30pm
SU	Eel, Ray, Starfish	5:30-6:00pm
SU	Pike	6:00-6:30pm
F	Pike, Ray, Starfish	11:15-11:45am
F	Pike, Eel	11:45am-12:15pm

East 608 221 1571 Northeast 608 837 8221 West 608 276 6606

NORTHEAST - SUMMER

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

WEST - SUMMER

T	Pike, Eel, Ray, Starfish	9:00-9:30am
T	Pike, Eel, Ray, Starfish	10:15-10:45am
T	Pike, Eel	6:30-7:00pm
TH	Pike, Eel, Ray, Starfish	9:00-9:30am
TH	Pike, Eel	10:15-10:45pm
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	4:00-4:30pm
SU	Pike, Ray, Starfish	4:30-5:00pm
SU	Eel, Ray, Starfish	5:00-5:30pm
SU	Pike, Eel	5:30-6:00pm

SUMMER FAST TRACK LESSONS

Get your child on the fast track! Everything you love about your child's swimming lessons bundled into 2 weeks!

Northeast/West: June 11-21

East/Northeast/West: June 25-July 5 (no classes July 4)

East/Northeast/West: July 9-19

East/Northeast/West: July 23-August 2

Northeast/West: August 6-16

EAST

Day	Class	Time
M-TH	Pike/Eel	9:00-9:30am
M-TH	Ray/Starfish	9:30-10:00am

NORTHEAST

M-TH	Tadpole, Pike, Eel, Ray/Starfish	4:00-4:30pm
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WEST

M-TH	Pike, Eel, Ray/Starfish	5:00-5:30pm
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Member	\$40/ 2 week session
Program Member	\$80/ 2 week session

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YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

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 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 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

	Spring	Summer
Member	\$40	\$50
Program Member	\$80	\$100

EAST - SPRING & SUMMER

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



Summer June 11 - August 19, 2012

NORTHEAST - SPRING

Day	Class	Time
M	Guppy	4:00-4:45pm
M	Polliwog, Minnow	5:15-6:00pm
M	Polliwog, Guppy	6:30-7:15pm
M	Minnow, Fish, Porpoise	7:15-8:00pm
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

NORTHEAST - SUMMER

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

WEST - SPRING

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

WEST - SUMMER

T	Polliwog, Guppy, Minnow	9:30-10:15am
T	Guppy, Minnow	7:00-7:45pm
TH	Guppy, Minnow, Fish	9:30-10:15am
TH	Polliwog, Fish, Flying Fish, Shark	7:00-7:45pm
SA	Polliwog, Guppy	10:30-11:15am
SA	Minnow, Fish, Flying Fish, Shark	11:15-12:00pm
SU	Polliwog, Guppy	4:30-5:15pm
SU	Minnow, Fish	5:15-6:00pm
SU	Flying Fish, Shark	6:00-6:45pm

East 608 221 1571 Northeast 608 837 8221 West 608 276 6606

SPECIAL NEEDS SWIM CLASS

Swim time, led by an instructor, for children with more severe physical, emotional and developmental challenges. Focus will be on water adjustment, safety and basic swimming skills. Swimmers must be accompanied in the water by a parent/assistant.

Northeast

W	Ages 5-16	6:00-6:30pm - Spring
M	Ages 5-16	5:15-5:45pm - Summer

	Spring	Summer
Member	\$40	\$50
Program Member	\$80	\$100

TEEN 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	9:00-9:45am - Spring
W	Ages 13-17	7:15-8:00pm - Spring
T	Ages 13-17	10:30-11:15am - Summer
W	Ages 13-17	7:30-8:15pm - Summer

West

SA	Ages 13-17	8:45-9:30am - Spring
SA	Ages 13-17	11:30am-12:15pm - Spring
T	Ages 13-17	7:00-7:45pm - Spring
SA	Ages 13-17	8:45-9:30am - Summer
T	Ages 13-17	7:00-7:45pm - Summer

	Spring	Summer
Member	\$40	\$50
Program Member	\$80	\$100

SUMMER FAST TRACK LESSONS

Get your child on the fast track! Everything you love about your child's swimming lessons bundled into 2 weeks!

Northeast/West: June 11-21

East/Northeast/West: June 25-July 5 (no classes July 4)

East/Northeast/West: July 9-19

East/Northeast/West: July 23-August 2

Northeast/West: August 6-16

EAST

Day	Class	Time
M-TH	Polliwog, Guppy	10:00-10:45am

NORTHEAST

M-TH	Polliwog, Guppy, Minnow, Fish/Flying Fish/Shark	4:30-5:15pm
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WEST

M-TH	Polliwog, Guppy, Minnow/Fish	4:15-5:00pm
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Member	\$40/2 week session
Program Member	\$80/2 week session

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YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

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

GYMNASTICS I

Improve coordination, develop flexibility, increase strength, and have FUN with elements of gymnastics.

East		
W	Ages 3-4	4:30-5:15pm - Spring
W	Ages 4-5	5:15-6:00pm - Spring

West		
M	Ages 3 1/2-5	9:30-10:15am - Spring
		Spring

Member	\$37
Program Member	\$74

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

	Spring	Summer
Member	\$35	\$45
Program Member	\$70	\$90

GYMNASTICS II

Prerequisites: Gymnastics I or Instructors' recommendation.

Build upon the basic form and fundamentals of gymnastics. Must demonstrate the ability to complete and understand forward rolls to stand position, balance beam skills, kick to headstand and core strength.

West		
M	Ages 3-5	10:30-11:15am

	Spring
Member	\$45
Program Member	\$90

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

	Spring	Summer
Member	\$45	\$55
Program Member	\$90	\$110

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.

East		
F	Ages 1-2 1/2	11:00-11:30am

Northeast		
F	Ages 1-2 1/2	10:00-10:30am

West		
M	Ages 1-2 1/2	8:45-9:15am - Spring

	Spring	Summer
Member	\$35	\$45
Program Member	\$70	\$90

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 the front desk and attend with your child(ren) whenever your schedule allows!

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

	Spring
Member	\$4/week
Program Member	\$8/week

WIGGLES AND GIGGLES

Sing, dance, and have 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

	Spring	Summer
Member	\$35	\$45
Program Member	\$70	\$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'!

Northeast		
T	Ages 2-3	10:00-10:45am

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

	Spring	Summer
Member	\$37	\$50
Program Member	\$74	\$100

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 - Spring

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

	Spring	Summer
Member	\$37	\$50
Program Member	\$74	\$100

FRIDAY NIGHT HOOPS

Drop-in and 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

	Spring	Summer
Member	FREE/week	FREE/week
Program Member	\$3/week	\$3/week

GIRLS OPEN GYM

Join us for drop-in basketball instruction, for girls grades 5th-12th who want or need that "little extra" help with their game! Wednesdays, June 13th through August 29th. Everyone must sign in to participate.

West		
W	Grades 5-12	7:00-9:00pm

	Summer
Member	\$4/week
Program Member	\$7/week

ROOKIES BASKETBALL

This fun 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 - Spring
M	Ages 7-9	4:45-5:30pm - Spring

West		
T	Ages 5-6	4:30-5:15pm
T	Ages 7-9	4:30-5:15pm
TH	Ages 5-6	4:30-5:15pm
TH	Ages 7-9	4:30-5:15pm

	Spring	Summer
Member	\$37	\$50
Program Member	\$74	\$100

DODGEBALL

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

Northeast		
TH	Ages 7-11	6:00-7:00pm

	Spring
Member	\$25
Program Member	\$50

KIDS MINI-TRIATHLON

June 22, 2012

see page 29 for details

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

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

BADGER WRESTLING ACADEMY - NEW

Designed to teach the fundamentals, disciplines and techniques of Folkstyle Wrestling from former collegiate wrestlers. The program will include an introduction of the rules and regulations of wrestling with an emphasis on sportsmanship and respect. Guest appearances from University of Wisconsin wrestling team members and coached will help motivate the athletes during the sessions.

West		
T/TH	Grades K-5	5:00-5:45pm
T/TH	Grades 6-8	6:00-7:00pm
T/TH	Grades 9-12	7:15-8:30pm
	Spring	Summer
Member	\$120	\$137
Program Member	\$150	\$172

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
	Spring	
Member	\$21	
Program Member	\$42	



JUNIOR GOLF

Junior Golfers will learn in a fun warm environment from PGA golf professionals and YMCA staff at Vitense Golfland. Spring session condensed into 7 weeks.

- Week 1: Grip, stance, posture, intro full swing, equipment
- Week 2: Full swing with irons, intro to woods
- Week 3: Woods, V1 Swing Analysis
- Week 4: Full swing review with individual instruction
- Week 5: Intro to short game, putting, chipping
- Week 6: Par 3 golf course with on course instruction
- Week 7: Short game, miniature golf tournament
- Week 8: Bunker shots & basic rules
- Week 9: On course instruction for par 3 golf course
- Week 10: Fun day, prizes & activities

West- Vitense Golfland

W	Ages 6-10	4:00-5:00pm - Spring
W	Ages 11-14	5:15-6:15pm - Spring
W	Ages 6-10	11:00am-12:00pm -Summer
W	Ages 11-14	12:15-1:15pm -Summer
	Spring	Summer
Member	\$100	\$120
Program Member	\$120	\$140

GOLF LESSONS

Learn the basic fundamentals of golf swing including the proper grip and stance, golf shots such as; driving, pitching, chopping, and putting, general play rules, equipment, terms and etiquette. Please bring your own clubs. First few weeks of class will be on site, remaining time will be at a local course. Schedules and more information will be available the first day of class. Summer will run 7 weeks.

East - held on the East YMCA field.

TH	Ages 8-17	5:30-6:15pm
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Northeast - location to be announced.

TU	Ages 8-16	5:00-5:45pm
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	Spring	Summer
Member	\$52	\$52
Program Member	\$104	\$104

WEST REGENT TACKLE FOOTBALL

Join the growing tradition of West Regent football. Athletes will learn all the fundamentals of tackle football while competing in the Dane County Football League. Games will be on Saturday with practices throughout the week. League runs August - October.

Grades 4-8	
Member	\$150
Program Member	\$200

NFL FLAG FOOTBALL LEAGUES

Team consists of no more than 12 players. Sign up with your friends as a team! Fundamentals, team play, sportsmanship and fun. NFL reversible jersey included. Begins Saturday, April 14. Practice set by coaches. Game times may change due to enrollment.

East		Possible Games Times
SA	Grades K-1	8:45/9:45/10:45am
SA	Grades 2-3	11:45am/12:45/1:45pm
SA	Grades 4-5	2:45/3:45/4:45pm
West - Toki School		Possible Games Times
SA	Grades K-1	8:45/9:45am
SA	Grades 2-3	10:45/11:45am
SA	Grades 4-5	11:45am/12:45/1:45pm

Register by Monday, March 26 for Early Bird Fee

	Spring
Member	\$65
Program Member	\$89
Member	\$75 Beginning March 27
Program Member	\$99 Beginning March 27

NFL FLAG FOOTBALL TOURNAMENT

This is a double elimination tournament for anyone who wants to put a team together. Sign up by June 9.

West - Toki Middle School Field

SA	Grades 2-3	8:00am-5:00pm
SA	Grades 4-5	8:00am-5:00pm
SA	Grades 6-7	8:00am-5:00pm

Team fee	Spring
	\$75

NORTHEAST FLAG FOOTBALL

6 week program with limited practice and an emphasis on games. Registration deadline April 18. T-shirt included. \$10 Late Fee.

Northeast - Patrick Marsh

TH	Grades K-2	5:00/6:00/7:00pm
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	Spring
Member	\$25
Program Member	\$50



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

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

SOCCER SKILLS

Learn basic dribbling, passing, shooting and goal keeper skills. Emphasis is on individual and team skill and actual game play. Warm up for summer leagues.

West - Odana School Park

W Ages 4-6 5:30-6:15pm - Spring
W Ages 7-9 6:15-7:00pm - Spring

Northeast - Northside School

M Ages 4-6 5:30-6:15pm

	Spring	Summer
Member	\$24	\$26
Program Member	\$48	\$52

SOCCER LEAGUE

Your child will be taught the fundamentals of soccer while emphasizing team work and fun!

East
T Ages 4-6 5:00/5:45/6:30pm -Spring
W Ages 7-9 5:00/5:45pm - Spring
Times will rotate weekly.

Northeast

M Ages 7-9 6:15pm

	Spring	Summer
Member	\$35	\$45
Program Member	\$70	\$90

West - Odana School Park

Summer league will run 7 weeks. Deadline to sign up is May 29.

Monday practice and Wednesday games.

M/W Ages 4-6 5:15/6:15/7:15pm -Summer

	Summer
Member	\$40
Program Member	\$80

TBALL SKILLS - SPRING TRAINING

Your child will be taught the fundamentals of Tball while emphasizing team work and fun! This class is a great way to get ready for the summer Tball leagues.

East

M Ages 4-6 5:00-5:45pm
TH Ages 4-6 5:00-5:45pm

West - Huegel Jamestown Park

T Ages 4-6 5:30-6:15pm
T Ages 4-6 6:15-7:00pm

	Spring
Member	\$25
Program Member	\$50

Northeast - Northside School

W Ages 4-6 5:00-5:45pm

	Spring
Member	\$25
Program Member	\$50

T-BALL LEAGUE

Your child will be taught the fundamentals of Tball while emphasizing teamwork and fun! Meets once a week for 7 weeks. Game time rotates weekly. There will be 2 weeks of practice followed by 5 weeks of games. Tshirt included.

East - East YMCA Field

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

West - Huegel Jamestown Park

SA Ages 4-6 9:30/10:30/11:30am
T Ages 4-6 5:15/6:15/7:15pm

	Summer
Member	\$25
Program Member	\$50

Northeast

Volunteer coaches needed.

SA Ages 4-6 10:00/11:00am

Starts June 4	Summer
Member	\$25
Program Member	\$50

COACHES PITCH SKILLS - SPRING TRAINING

Your child will be taught the fundamentals of baseball while emphasizing team work and fun! This class is a great way to get ready for the summer Machine Pitch league.

East

TH Ages 7-9 5:45-6:30pm

Northeast - Northside School

W Ages 7-8 5:45-6:30pm

West - Huegel Jamestown Park

TH Ages 7-9 5:30-6:15pm
TH Ages 7-9 6:15-7:00pm

	Spring
Member	\$25
Program Member	\$50

COACHES PITCH LEAGUES

Your child will be taught the fundamentals of baseball while emphasizing teamwork and fun! Child must have participated in a Tball league before entering Coaches Pitch. Game time rotates weekly. There will be 2 weeks of practice followed by 5 weeks of games.

East

TH Ages 5-6 5:30/6:30pm

Northeast

SA Ages 5-6 9:00/10:00am

	Summer
Member	\$25
Program Member	\$50

MACHINE PITCH LEAGUE

Your child will play structured games while focusing on the fundamentals, teamwork and fun! Game time rotates weekly. Games will be played between both East and West YMCA locations. There will be 2 weeks of practice followed by 5 weeks of games.

East

TU Ages 7-9 5:15/6:15/7:15pm

West - Huegel Jamestown Park

TH Ages 7-9 5:15/6:15/7:15pm

Northeast

TH Ages 7-9 6:00/7:00pm

	Summer
Member	\$25
Program Member	\$50

PLAYER PITCH LEAGUE

Take the next step in learning the fundamentals of baseball. This league will teach kids to pitch to a live batter as well as improving on the skills learned in machine pitch. Practice will be once a week with Saturday games.

West - Huegel / Greenfield / McGaw

SA Ages 10-12 Coach will set practice time

	Summer
Member	\$35
Program Member	\$70



**NEW SPORTS LEAGUES
REGISTRATION
NOW AVAILABLE ONLINE**

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

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

KARATE

ROOKIE

Designed for first time student. B=Beginning/ 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-B
M/W	Ages 4-6	5:10-5:50pm, Lil Dragon-C
M/W	Ages 7-12	4:20-5:00pm, Junior
M/W	Ages 7-12	6:00-6:30pm, Junior

BEGINNING

For beginner to advanced.

East

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

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

Orange/yellow belts.

East

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

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

Purple/green belts. Summer runs for 9 weeks.

East

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

M/W	Ages 7-12	7:20-7:50pm
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	Spring	Summer
Member	\$77	\$99
Program Member	\$130	\$166

KOBUDO

Designed for orange belts and above.

Northeast

F	Ages 7+	6:50-7:20pm
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YOUTH/ADULT COMPETITION PERFORMANCE

Summer runs 9 weeks.

Northeast

F	Ages 7+	6:00-6:40pm
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	Spring	Summer
Member	\$37	\$42
Program Member	\$74	\$84

KARATE - SHORIN RYU

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

West

SA	Ages 8-Adult	10:00-12:00pm
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	Spring	Summer
Member	\$77	\$99
Program Member	\$130	\$166

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
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	Spring	Summer
Member	\$55	\$70
Program Member	\$110	\$125

ADAPTIVE COMPETITIVE SWIM

For swimmers who are competing in Special Olympics in the Spring. Work on your swim strokes and techniques. Spring: March 25 – May 19.

East

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

ADAPTIVE TRACK AND FIELD

Develop skills in running, relays, field events and more. For all ability levels. Eight weeks of practice.

March 25-May 19. Practice for Special Olympic Competition.

East - Monona Grove High School

W	Ages 8+	6:00-7:00pm
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	Spring
Member	\$63
Program Member	\$125

SPECIAL OLYMPICS AQUATICS/TRACK AND FIELD COMPETITION SCHEDULE 2011

SU	April 1	Medical Form Deadline
SA	April 21	District Aquatics
SA	May 5	Regional Track and Field
For teams that qualify:		
TH-SA	June 7-9	State Summer Games

ADAPTIVE BOCCE BALL

Come be a part of our YMCA Special Olympics Bocce Ball team! A great game of skill and strategy for participants of all ability levels. Special Olympics competition. Summer: June 3-July 28.

East

T	Ages 8+	6:00-7:00pm
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	Summer
Member	\$60
Program Member	\$121

SPECIAL OLYMPICS BOCCE BALL COMPETITION SCHEDULE 2012

SU	July 1	Medical Form Deadline
SA	July 14	District Bocce Ball Tournament
For teams that qualify:		
F-SA	August 3-4	State Outdoor Tournament



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

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

TRACK

The YMCA track program provides an opportunity for youth to learn track skills while receiving the rewards of being part of a team. Athletes will participate in nearby meets.

East

Practice meets once per week at the East YMCA. We will occasionally meet at Monona Grove High School track for practice. T-shirt included. Starts the week of April 23.

M Grades 1-8 5:30-6:30pm

Northeast - Cardinal Height Upper Middle School Track

Another track program available in DeForest. Call for information! T-shirt included. Program starts April 21. Saturday track meets and Tuesday or Wednesday practices.

T/W Grades 1-6 6:00-7:15pm

Member \$25
Program Member \$50



AGILITY CLUB

Agility provides athletes with drills and exercises that will improve agility, footwork and all around athleticism. Agility is taught by a YMCA fitness staff that will be able to give individual help in a group setting. Join Agility today and gain an extra step on your competition!

East

TH Ages 8-12 4:00-4:45pm

Northeast

M Ages 8-12 4:00-4:45pm
W Ages 8-12 4:00-4:45pm

West

W Ages 8-12 4:00-4:45pm

Member \$50
Program Member \$100

HEALTHY LIVING KIDS

With the generous support of our sponsors Healthy Living Kids (formerly 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

Huegel
Orchard Ridge
Oregon/Netherwood Knoll
Middleton Northside

T/W/F

Sugar Creek

T/TH/F

Elvehjem
Middleton Northside
Sun Prairie Westside

M/T/TH

Schenk

M/TH/F

Sandburg

M-F

Sun Prairie Eastside

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

Northeast

T Ages 8-12 4:15-5:00pm - Spring
TH Ages 8-12 4:15-5:00pm - Spring
T Ages 8-12 4:00-4:45pm - Summer
TH Ages 8-12 4:00-4:45pm - Summer
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 \$35
Program Member \$70

YOUTH FITNESS

This class includes games, sports, and fitness activities to engage youth. Please see fitness schedule for days and times. Ages 8-12.

East/Northeast/West

Member \$35
Program Member \$70

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 the member service desk.

East/Northeast/West

Ages 10-15 1 hour

Members only Spring FREE Summer FREE

TEEN ORIENTATION

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

East/Northeast/West

Ages 13-15

Members only Spring FREE Summer 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 3-18 year olds. We will have a parent visitation day during the last class of the session.

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.

	Spring
Member	\$35 1 day 30 min
Program Member	\$70 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.

	Spring
Member	\$35 1 day 30 min
Program Member	\$70 1 day 30 min

Member	\$39 1 day 45 min
Program Member	\$78 1 day 45 min

Member	\$42 1 day 60 min
Program Member	\$60 1 day 60 min

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	7:15-8:15pm

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	7:00-8:00pm
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

PRESCHOOL & YOUTH SUMMER DANCE WORKSHOPS

Check out page 28.

YOUTH DEVELOPMENT

HEALTHY KIDS SUMMER CLINICS & WORKSHOPS



LOOKING FOR FULL DAY CAMPS?

Look for our Healthy Kids Camp Brochure at your local Branch!

PART DAY SPORTS CLINICS

Through sport specific skills sessions, the Sports Camp Part Day program focuses on skill development, learning the rules of the game and actual play. All activities are focused on becoming more familiar with the sport, improving physical coordination and making new friends!

East

Fridays we will be going to Jacksplash for the last hour of camp. Be sure to bring your swimsuit, towel and sunscreen

M-F Grades K-5 8:30-11:00am

July 9-13 Flag Football
July 16-20 Soccer
July 23-27 Basketball

Member \$45/week
Program Member \$90/week

BASKETBALL CLINIC

West - Main Gym

June 11-15 Boys - Ages 7-12 2:00-4:30pm
June 18-19 Girls - Ages 7-12 2:00-4:30pm
June 25-29 Boys - Ages 9-14 2:00-4:30pm
July 9-13 Girls - Ages 9-14 2:00-4:30pm
July 16-20 Co-ed - Ages 5-8 2:00-4:30pm

FOOTBALL CLINIC

West - Elver Park

August 6-10 Ages 7-12 9:00-11:00am

WRESTLING CLINIC

West - Memorial High School Wrestling Room

June 20-24 Ages 5-13 2:00-4:00pm

Member \$45
Program Member \$90

PRESCHOOL SPORTS CLINIC

Learn several different sports including soccer, gymnastics, basketball and more!

July 23, 24, 26, 27

Northeast

T-F Ages 3-5 9:00-10:00am

Member \$26
Program Member \$52

ALL STAR FOOTBALL CLINIC

Basics taught by Sun Prairie High School Varsity Football Coaches, High School and College Prep players. Emphasis placed on fundamental skills of passing, receiving, punting and kicking. Work on basic offensive, defensive formations, executing fundamental running, passing plays and games. T-shirt included. Register early!

Sun Prairie High School Practice Field

June 25-29 Grades K-6 8:30-10:30am

Member \$45
Program Member \$90

GIRLS VOLLEYBALL CLINIC

A one week summer Volleyball clinic for girls going into 6-8th grades in the upcoming school year. Location TBA. Call for more information in May.

KARATE CLINIC

Karate for beginning/continuing students. Monday through Friday.

June 18-22

Northeast

M-F Beginning Ages 7-12 8:30-10:00am
M-F Continuing Ages 7-12 10:00-11:30am

Member \$50
Program Member \$100

CHAMPIONS BASKETBALL CLINIC

Camp emphasizes basic dribbling, passing, shooting and rebounding, offense and defense through scrimmage games. T-shirt included.

July 30-August 2

Northeast

M-TH Grades K-2 8:30-9:30am
M-TH Grades 3-6 9:30-10:45am

Member \$35
Program Member \$70

LANCER BASKETBALL CLINIC

Camps will consist of structured drills to improve individual skill. Our camp will be directed by LaFollette High School Basketball Varsity staff! Fee includes T-shirt.

East - LaFollette High School Field House

GIRLS

June 25-29 Grades 3-5 9:00-11:30am
June 25-29 Grades 6-9 12:00-2:30pm

BOYS

June 18-22 Grades 3-5 9:00-11:30am
June 18-22 Grades 6-9 12:00-2:30pm

Register by May 21 for early bird fee

Member \$35/week
Program Member \$70/week

Register after May 21

Member \$40
Program Member \$80

SWIMMING SPORTS AND GAMES CLINIC

More than just swimming lessons! Participants will experience, more in depth, the five components of the YMCA Aquatics Program: Personal Safety, Personal Growth, Stroke Development, Water Sports and Games and Rescue.

East - August 13-17

M-F Ages 5-12 10:00-11:30am

Northeast - August 6-10

M-F Ages 5-12 10:00-11:30am

Member \$40
Program Member \$80

DRAMA WORKSHOP

This workshop emphasizes acting technique through script work. We will be using the script as the inspiration for learning solid acting skills and basic stagecraft. Games and improvisation are also introduced in preparation for our performance at the end of the week.

July 23-27

Northeast

M-F Ages 7-12 1:00pm-4:00pm

Member \$75
Program Member \$115

YOUNG ARTIST WORKSHOP

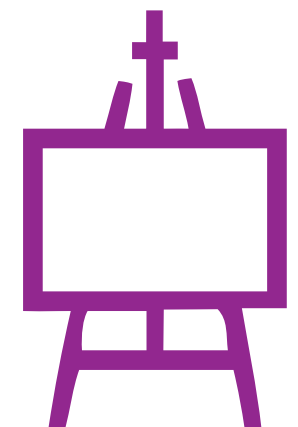
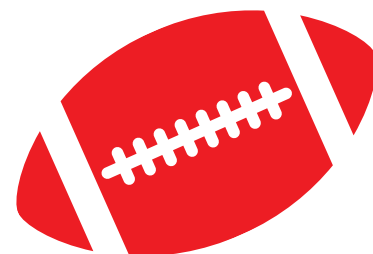
Do you like art? If so, join us this summer for a fun-filled week of exploring various art mediums.

July 16-20

Northeast

M-F Ages 5-12 1:00-4:00pm

Member \$90
Program Member \$125



YOUTH DEVELOPMENT

HEALTHY KIDS SUMMER CLINICS & WORKSHOPS



DANCE WORKSHOPS

Week-long workshops offered in various dance styles for ages 3-14. A performance will be given each week on Friday. Parents, friends, and cameras welcome!

Ballet

Study the art and technique of ballet, work on crafts for a performance, and learn choreography from various ballets including Cinderella, Swan Lake, Beauty And The Beast, and Sleeping Beauty. Dance attire and ballet shoes encouraged but not required.

Hip Hop

Develop coordination while learning the latest moves and dancing to the hottest music. Comfortable clothing and tennis shoes are recommended.

Sampler

Explore various dance styles including ballet, tap, jazz and hip hop. Comfortable clothing recommended, ballet, tap and jazz shoes are encouraged but not required.

Teen

Explore various dance styles including hip hop, jazz, contemporary, and musical theatre. Comfortable clothing and tennis shoes are recommended.

Ages 3-14

Member \$75/week
Program Member \$150/week



EAST

Week	Workshop	Ages	Time
June 18-22	Ballet - Swan Lake	5 to 7	12:00-2:00pm
June 25-29	Hip Hop	7 to 10	3:00-5:00pm
July 9-13	Ballet - Beauty/Beast	3 to 5	9:00-11:00am
July 9-13	Hip Hop	5 to 7	3:00-5:00pm
July 16-20	Ballet - Swan Lake	7 to 10	3:00-5:00pm
July 16-20	Sampler	5 to 7	12:00-2:00pm
July 23-27	Ballet - Cinderella	3 to 5	9:00-11:00am
July 23-27	Teen	11 to 14	3:00-5:00pm
July 30-Aug 3	Ballet - Sleeping Beauty	3 to 5	12:00-2:00pm
Aug 6-10	Sampler	7 to 10	3:00-5:00pm
Aug 13-17	Hip Hop	5 to 7	12:00-2:00pm

NORTHEAST

June 18-22	Ballet - Cinderella	3 to 5	9:00-11:00am
June 18-22	Sampler	5 to 7	3:00-5:00pm
June 25-29	Hip Hop	5 to 7	12:00-2:00pm
July 9-13	Ballet - Swan Lake	5 to 7	3:00-5:00pm
July 16-20	Ballet - Sleeping Beauty	3 to 5	9:00-11:00am
July 30-Aug 3	Sampler	7 to 10	3:00-5:00pm
Aug 6-10	Ballet - Beauty/Beast	3 to 5	9:00-11:00am
Aug 13-17	Hip Hop	7 to 10	3:00-5:00pm

WEST

June 18-22	Sampler	7 to 10	3:00-5:00pm
June 25-29	Ballet - Swan Lake	7 to 10	3:00-5:00pm
July 9-13	Ballet - Cinderella	3 to 5	9:00-11:00am
July 16-20	Hip Hop	7 to 10	3:00-5:00pm
July 23-27	Hip Hop	5 to 7	3:00-5:00pm
July 30-Aug 3	Ballet -Beauty/Beast	3 to 5	9:00-11:00am
July 30-Aug 3	Sampler	5 to 7	3:00-5:00pm
Aug 6-10	Ballet - Swan Lake	5 to 7	3:00-5:00pm
Aug 13-17	Teen	11 to 14	3:00-5:00pm
Aug 13-17	Ballet - Cinderella	3 to 5	9:00-11:00am

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 1:00 to 3:00pm, or Saturday 3:30 to 5:30pm, or Sunday 1:30-3:30pm. Northeast and West hours: Saturday or 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 the member service desk.

East/Northeast/West

Members only FREE

FAMILY BOOTCAMP

Check fitness schedule for times. Parent participation required.

East/Northeast

Ages 5+

Members only **Spring** FREE **Summer** FREE

FAMILY ZUMBA™

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

East/Northeast/West

Members only **Spring** FREE **Summer** 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

F 6:00-8:00pm

Northeast

F 6:30-8:30pm

West

F 4:30-8:30pm

Members only **Spring** FREE **Summer** FREE

FAMILY POOL SAFETY DAY

Join us for a pool safety seminar. Topics include sunscreen, boating and pool safety, lifejackets, and activities for all. Please bring your swim suit and towel!

West

SA June 9 2:00-4:00pm

Spring

Member \$3
Program Member \$6

KIDS MINI-TRIATHLON

Swim in the pool, bike and run around the block. Come on, give it a TRI!! Race will be divided by ages into 4 heats. Don't forget your bike and helmet! A letter with more information will be sent to those who are registered.

Northeast

F June 22 Ages 2-14 6:30pm

Summer

Member \$5
Program Member \$10

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.

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/Northeast/West

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 -Spring

F All Ages 6:30-7:15pm

F All Ages 7:15-8:00pm

West -Summer

W All Ages 6:30-7:15pm

W All Ages 7:15-8:00pm

	Spring	Summer
Member	\$50	\$100
Program Member	\$60	\$120

ADULT SOCIAL GROUP

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

Northeast

May 14, June 11, July 9, August 13 10:15-11:00am

Member	FREE
Program Member	FREE



ADAPTIVE DAY TRIPS LEGALLY BLONDE

Fireside Dinner Theatre, Fort Atkinson, WI

LEGALLY BLONDE tells the tale of a determined young woman who rises above everyone's expectations and pre-judgements to her ultimate triumph in a show filled with music, dancing and laughter.

SU May 20th Ages 18+

Member	\$89
Program Member	\$123

A DAY IN THE DELLS

Wisconsin Dells, WI

Nothing says summer like a Wisconsin Dells visit! Your day of fun includes a Wisconsin Original Duck ride, and Mini Golf at Timber Falls Adventure Park. The fun continues as you get a chance to visit the local shops and more!

TH May 31st Ages 18+

Members	\$63
Program Member	\$84

MALLARDS GAME

Warner Park

Come root for our Madison Mallards at the Duck Pond as they take on the Battle Creek Bombers!

TH June 14th Ages 18+

Members	\$20
Program Member	\$27

MILWAUKEE BREWERS BASEBALL

Milwaukee, WI

The summertime tradition at Miller Park! Watch the Brewers take on the St. Louis Cardinals. Tailgate lunch included.

W July 18th Ages 18+

Member	\$69
Program Member	\$96

DANCING HORSES THEATRE AND ANIMAL GARDENS PETTING ZOO

Lake Geneva, WI

It's a two for one trip! Join us as we see this dazzling spectacle featuring an array of horse breeds who perform alongside their trainers in this fantastic cavalcade of equestrian artistry. Following the show we will visit the Animal Garden's Petting Zoo – home of 'Echo' the singing bird as seen on America's Got Talent.

F August 17th Ages 18+

Member	\$58
Program Member	\$74

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.

Itineraries for trips are mailed to all participants two weeks prior.



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.

East		
T/W/TH	8:00-9:00pm	
	Spring	Summer
Member	\$55	\$70
Program Member	\$110	\$125

KARATE - BEGINNING

For beginner to advanced. Summer runs 9 weeks.

East	
T/TH	8:00-8:50pm
M/W	12:00-12:50pm

Northeast		
M/W	8:00-8:50pm	
	Spring	Summer
Member	\$77	\$99
Program Member	\$130	\$166

KARATE - SHORIN RYU

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

West		
SA	10:00-12:00pm	
	Spring	Summer
Member	\$77	\$99
Program Member	\$130	\$166

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.

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

GOLF LESSONS

Learn the basic fundamentals of golf swing including the proper grip and stance, golf shots such as; driving, pitching, chopping, and putting, general play rules, equipment, terms and etiquette. Please bring your own clubs. First few weeks of class will be on site, remaining time will be at a local course. Schedules and more information will be available the first day of class.

East - held on the East YMCA field.		
TH	Ages 18+	6:15-7:00pm
Northeast - Location TBD		
T	Ages 16+	5:45-6:30pm
	Spring	Summer
Member	\$52	\$52
Program Member	\$104	\$104

WOMEN'S GOLF LESSONS

Lady golfers will learn in a fun environment from a PGA golf professional 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: On course training
- Week 6: Video golf swing, break down each swing
- Week 7: Bunker shots and review all swings
- Week 8: Par 3 tournament (scramble)

West- Vitense Golfland		
TH - 8 weeks	Ages 18+	1:00-2:00pm
	Summer	
Member	\$120	
Program Member	\$140	

A ADAPTIVE FLOOR HOCKEY

Learn the fundamentals of floor hockey while having fun! All skill levels are welcome. Spring: March 25th- May 19th.

East		
T	Ages 13+	5:30-6:15pm
	Spring	
Member	\$33	
Program Member	\$66	

A ADAPTIVE SOCCER

Join the fun as we learn and play the game of soccer. Beginners are welcome. Spring: March 25th - May 19th.

East		
T	Ages 13+	6:15-7:00pm
	Spring	
Member	\$33	
Program Member	\$66	

A ADAPTIVE YOUNG ATHLETES PROGRAM

In collaboration with Special Olympics Wisconsin, this innovative sports play program is for children with and without cognitive disabilities, designed to introduce them to the world of sports. Skills to be worked on will include throwing, walking, running, balancing, jumping, trapping, catching, striking, kicking and more! Spring: March 25th - May 19th

East		
T	Ages 2-7	4:00-4:30pm
	Spring	
Member	\$33	
Program Member	\$66	

A ADAPTIVE SHUFFLEBOARD

Come and learn and play the timeless game of shuffleboard. Fun for all ages and all ability levels. Spring: March 25th - May 19th.

Northeast		
TH	Ages 13+	4:30-5:00pm
	Spring	
Member	\$33	
Program Member	\$66	

A ADAPTIVE BEAN BAG TOSS

Otherwise known as 'cornhole' - what a great way to spend an evening at the Y. Program covers throwing techniques, game rules and play. Spring: March 25th - May 19th. Summer: June 3rd - July 28th. Summer program will be played outside!

Northeast		
TH	Ages 13+	5:00-5:30pm - Spring
East		
T	Ages 13+	5:15-5:45pm - Summer
	Spring	Summer
Member	\$33	\$33
Program Member	\$66	\$66

A ADAPTIVE BOWLING

Enjoy some bowling fun out of the summer sun. Program fee includes weekly bowling, two games and shoes. Summer: June 3rd - July 28th.

East - Badger Bowl		
M	Ages 13+	6:00-7:30pm
	Summer	
Member	\$64	
Program Member	\$93	

A ADAPTIVE WATER MOVEMENT

Get moving in the water! Class will include a variety of ways to exercise through game playing and aerobic movement. Summer: June 3rd - July 28th

East		
W	Ages 13+	6:15-7:00pm
	Summer	
Member	\$33	
Program Member	\$66	



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.

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!

East		
SA	April 28	8:00am-5:00pm
SU	April 29	8:00am-4:00pm
SA	May 5	8:00am-4:00pm
SU	May 6	8:00am-4:00pm
W	June 13	9:00am-4:00pm
TH	June 14	9:00am-4:00pm
F	June 15	9:00am-4:00pm
M	June 18	9:00am-4:00pm

Northeast		
M-F	July 30-August 3	8:00am-4:00pm

West		
F	April 13	5:00-9:00pm
SA	April 14	9:00am-4:30pm
SU	April 15	9:00am-4:30pm
F	April 20	5:00-9:00pm
SA	April 21	9:00am-4:30pm
SU	April 22	9:00am-4:30pm

Member	\$225
Program Member	\$225

LIFEGUARD REVIEW

American Red Cross certification training for those with current lifeguarding certifications ready to expire.

East		
August 27, 28, 29		9:00am-4:00pm

Member	\$120
Program Member	\$120

STROKE PROFICIENCY

An excellent opportunity to learn/review competitive techniques and sharpen your stroke proficiency involved in freestyle, backstroke, breaststroke, and butterfly. Course includes starts and turns

East		
T	Ages 18+	7:45-8:30pm

	Summer
Member	\$50
Program Member	\$100



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+

East	
T/TH	7:45-9:00pm - Spring

Northeast	
T/TH	5:15-6:45am - Spring

West	
M/W	9:00-10:15pm - Spring
M/W	8:15-9:30pm - Summer

	Spring	Summer
Members only	\$25	\$25



SWIM LESSONS

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

East	
M	7:45-8:30pm
TH	9:15-10:00am

Northeast	
T	9:00-9:45am - Spring
T	10:30-11:15am - Summer
W	7:15-8:00pm - Spring
W	7:30-8:15pm - Summer

West	
SA	8:45-9:30am - Spring
SA	11:30am-12:15pm - Spring
T	7:00-7:45pm - Spring
SA	8:45-9:30am - Summer
T	7:00-7:45pm - Summer

	Spring	Summer
Member	\$40	\$50
Program Member	\$80	\$100

HEALTHY LIVING

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HEALTH, WELL-BEING & FITNESS

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

AQUA BOOT CAMP

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!

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

www.ymcadanecounty.org

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.

DRUMS ALIVE

East

Improve your physical and mental fitness as you get your feet stomping and body moving through music and rhythm while you beat drumsticks on stability balls.

FUNCTIONAL FITNESS - NEW

East

Learn exercises that challenge posture, balance, muscular strength, agility, flexibility and aerobic fitness. Improve your ability to perform activities of daily living and learn how to enhance your active lifestyle with fun and challenging workouts.

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.

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

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.

R.I.P.P.E.D

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/Northeast/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!

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.

West

M 7:40-8:40pm
W 7:40-9:10pm*

1 day-60 min	Spring	Summer
Member	\$42	\$60
Program Member	\$84	\$120

1 day-90 min*	Spring	Summer
Member	\$47	\$68
Program Member	\$94	\$136

*Ballet Continuing

CIRCUIT TRAINING

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

West

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

2 day 45 min	Spring	Summer
Member	\$70	\$100
Program Member	\$140	\$200

2 days 60 min	Spring	Summer
Member	\$78	\$110
Program Member	\$156	\$220

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.

Northeast

T/TH 9:00-9:45am

West

T/TH 11:00-11:45am

	Spring	Summer
Member	\$35	\$50
Program Member	\$70	\$100



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!

West

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

1 day 45 min	Spring	Summer
Member	\$18	\$25
Program Member	\$36	\$50

2 days 45 min	Spring	Summer
Member	\$36	\$50
Program Member	\$72	\$100

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.

East

T 10:00-11:00am
TH 10:00-11:00am
TH 11:00am-12:00pm
F 10:00-11:00am

Northeast

M 5:30-6:15am
W 5:30-6:15am
F 5:30-6:15am

1 day 45 min	Spring	Summer
Member	\$18	\$25
Program Member	\$36	\$50

1 day 60 min	Spring	Summer
Member	\$19	\$28
Program Member	\$38	\$56

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.

West

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

	Spring	Summer
Member	\$33	\$48
Program Member	\$66	\$96

CARDIO TRX

Combine TRX workout with intense cardio drills.

West

W 5:30-6:15pm
SA 8:15-9:00am

	Spring	Summer
Member	\$35	\$50
Program Member	\$70	\$190



All fitness classes open to members 13 and older.

HEALTHY LIVING

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HEALTH, WELL-BEING & FITNESS

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MOVING MEDITATION - NEW

This gentle practice combines slow movements, Tai Chi, breathing exercises, and Qigong (Chi-Gung) meditation. Qigong (Chi-Gung) is from the Chinese medicine tradition, which means working with your energy. This class is designed to assist with stress management and promote a state of peacefulness while also enhancing energy flow, flexibility, and vitality for all ability levels. It can be performed standing or sitting.

Northeast
SU 6:10-6:55pm

West
M 6:00-6:45am

Member \$37
Program Member \$74

PRENATAL GENTLE EXERCISE

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. Registration required.

West
SU 1:00-2:15pm

Members only
Spring FREE Summer FREE



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

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

1 day 45 min
Member \$32 Summer \$45
Program Member \$64 \$90

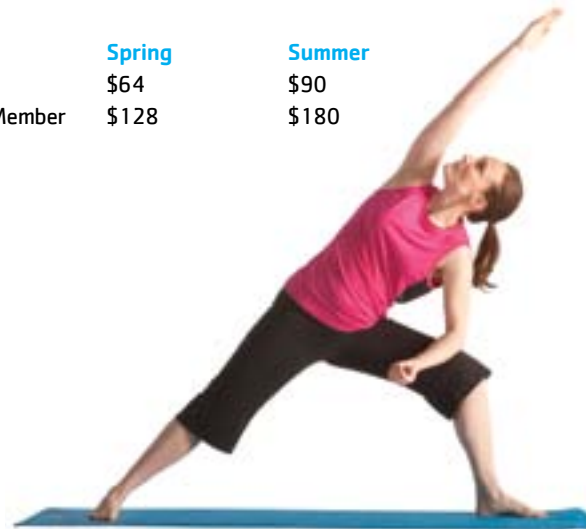
2 days 45 min
Member \$64 Summer \$90
Program Member \$128 \$180

PILATES CONTINUING

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

West
M/W 7:45-8:30am

Member \$64 Summer \$90
Program Member \$128 \$180



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

Northeast
W 7:10-7:55pm - Spring

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 \$42 Summer \$60
Program Member \$84 \$120

1 day 45 min
Member \$37 Summer \$53
Program Member \$74 \$106

2 days 45 min
Member \$74 Summer \$106
Program Member \$148 \$212



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 - Spring

West
SU 3:30-4:45pm

Member \$47 Spring \$68 Summer
Program Member \$94 \$136

RIGOROUS YOGA

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

West
TH 7:15-8:30pm

Member \$47 Spring \$68 Summer
Program Member \$94 \$138

HEALTHY LIVING

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HEALTH, WELL-BEING & FITNESS

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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	
	Spring	Summer
Member	\$42	\$60
Program Member	\$84	\$120

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	
	Spring	Summer
Member	\$37	\$53
Program Member	\$74	\$106

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		
	Spring	Summer	
Member	\$42	\$60	
Program Member	\$84	\$120	

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

Northeast	
M	6:55-7:55pm - Spring
M	6:45-7:45pm - Summer

West	
SU	5:00-6:00pm
TH	6:30-7:30am*

*Class specific to Men.

1 day 60 min	Spring	Summer
Member	\$42	\$60
Program Member	\$84	\$120

1 day 75 min	Spring	Summer
Member	\$47	\$68
Program Member	\$94	\$136

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.

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

SPRING BODY BLAST CHALLENGE

This 7 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 member service desk and a Lifestyle Center Staff will call you with details.

East/Northeast/West

Members only **Spring**
\$75

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. Available at all our YMCA Branches. Register 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 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

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 at 608 834 4373 ext. 6015.

Northeast

W 11:00am-12:00pm

	Spring	Summer
Member	\$35	\$50
Program Member	\$45	\$60

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@ymcadenecounty.org

Additional information can be found on our website: www.ymcadenecounty.org.

All fitness classes open to members 13 and older.

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

Through academic aid, career exploration and mentoring, this program helps youth to raise their academic standards, develop a positive sense of self, build character, explore diverse college and career options, and learn from role models who inspire them to greater heights. The Y Achievers program will meet weekly at the West YMCA.

Please Contact Emily Stone at 276-6616 ext. 4008 for details.

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

Spring

Member FREE
Program Member FREE

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.

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



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



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Steve Squires
John & Mary Lee Steinmuller
Summit Credit Union
VanderVelde's: Paul, Shelly, Ava, Reese, Finley & Bryn
Tom & Carrie Wall
WEA Trust

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.



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:

Spring & Summer: Monday, February 27 at 9:00am

PROGRAM MEMBER REGISTRATION:

Spring: Monday, April 9 at 9:00am

Summer: Tuesday, May 29 at 9:00am

SPORTS LEAGUES AND SWIM TEAM REGISTRATION:

Members & Program Members: Monday, February 27 at 9:00am

Online registration is now available for Sports Leagues.

Registration form required for Swim Team.

ONLINE REGISTRATION:

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.



SAY HELLO TO SUMMER

HEALTHY KIDS CAMPS

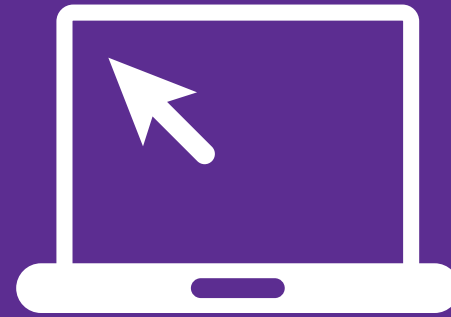
For generations, YMCA Camps have provided children with rewarding experiences and a lifetime of memories. Y Healthy Kids Camps are more than just something to do... At camp, we are committed to providing children with a healthy spirit, mind and body! We create opportunities for kids to build relationships that last a lifetime! It begins with quality leadership that is committed first to the physical and emotional safety of your child, and then is devoted to developing the positive values of caring, honesty, respect, and responsibility in every child.



LET'S CONNECT

EMAIL COMMUNICATIONS

Receive periodic emails from the YMCA about events, activities and schedules that interest you. Your email address will be kept confidential. To begin receiving updates simply send an email to marketing@ymcadanecounty.org or visit our website!



THE VOICE OF THE COMMUNITY

APRIL

HEALTHY FAMILY CHALLENGE

Challenge your family to 125 healthy activities. Activities are divided into 5 different categories, including: Get Active, Healthy Eating, Financial Fitness, Skill Development and Social Awareness. The Y's three areas of focus, Healthy Living, Youth Development, and Social Responsibility, are a big part of EACH activity!

April 28-June 22

East / Northeast / West

Register at the front desk and receive your packet and get started!

Member	FREE
Program Member	FREE

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 10:00am-2:00pm

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 28 10:00am-2:00pm

Member	FREE
Program Member	FREE

MAY

FAMILY SPLASH POOL PARTY

This party includes games and fun while teaching children to be safer around water.

East / Northeast / West

May 18 6:30-8:00pm

Member	FREE
Program Member	FREE

JUNE

MEMBER APPRECIATION PARTY

Thanks for being a member. Join YMCA staff and members for a "kick-off to summer"! Sign up now.

East / Northeast / West

June 22 5:30-8:00pm

Members only	FREE
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JULY

NATIONAL DANCE DAY DANCE-A-THON

Join us in the celebration of all types of dance and Zumba for all ages and abilities. We will be outside (weather permitting) so wear your sunscreen and bring your sun glasses. Rain location is the East gym.

All Branches are invited to attend!

East

July 28 10:00am-12:00pm

Member	FREE
Program Member	FREE

AUGUST

BACK TO SCHOOL BASH

Block party style with an inflatable obstacle course, organized games and activities held outdoors (weather permitting).

East / Northeast / West

August 24 6:00-8:00pm

Member	FREE
Program Member	FREE



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

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YMCA Child Care

5515 Medical Circle
Madison, WI 53719
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