

# ALWAYS HERE FOR COMMUNITY



WINTER/SPRING PROGRAMS 2019  
MARSHALL AREA YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OUR MISSION

The Marshall Area YMCA instills the values of caring, honesty, respect and responsibility through programs and services that build a healthy spirit, mind, and body for all.

## Become a Member

Youth: ages 9 – 18                      \$24 monthly fee\*

Full Time College Student:        \$38 monthly fee\*

Adult: 19+                                 \$52 monthly fee\*

Single Parent Family:                \$57 monthly fee\*

Family:                                      \$71 monthly fee\*

\*-fees are subject to change

\$35 joining fee. No Contracts.

Financial Assistance available.

Insurance incentive reimbursements.

Have questions? We're here for you!

Find us  
online:



MARSHALL AREA YMCA \* 200 South A Street \* Marshall, MN 56258 \* (507) 532-9622

[www.marshallareaymca.org](http://www.marshallareaymca.org) \* [www.facebook.com/MarshallAreaYMCA](https://www.facebook.com/MarshallAreaYMCA)

## ITTY BITTY SPORTS (ages 3 – 5)

Fun is the ultimate goal of our Itty Bitty Sports program. Register each month to learn the following sports:

<b>Jan.</b>	Tee Ball (starts Jan. 9)
<b>Feb.</b>	Bowling
<b>Mar.</b>	Camp Games
<b>Apr.</b>	Basketball
<b>May</b>	Golf

**Wednesdays 5:30 – 6:15 pm**

**Fee per month:**

\$25 Members

\$40 Non-Members

## GYMNASTICS

**Session 1 Jan. 15 – Feb. 19**

**Session 2 Feb. 26 – Apr. 2**

## TUMBLING TOTS

*(ages 2 & 3 with a parent)*

Parent/Child class for boys and girls with little or no class experience.

Tuesdays 6:00 – 6:30 pm

\$30 Members

\$45 Non-Members

## TUMBLERS

*(3 & 4 with little or no experience)*

Emphasis is placed on gross motor skills and an introduction to tumbling, bars, and beam.

Tuesdays 6:35 – 7:05 pm

\$30 Members

\$45 Non-Members

## ROLLERS *(ages 5 – 10)*

Focus on beam, springboard, and bars. Learn beginner and advanced skills with handstands, headstands, bridges, summersaults, cartwheels and round offs.

Tuesdays 7:10 – 7:55 pm

\$35 Members

\$50 Non-Members

## KIDS N COFFEE

**Fridays 9:30 – 11:00 am**

January 4 – May 24 (no program April 19)

Enjoy a morning out and mingle with other families in our Kids Gym while your kids play in our bounce house. Snack and coffee provided after playtime in the lobby. Adult supervision required for all participants.

**\$5 fee** per family for January – May due at the first session you choose to attend.

## YOUTH FUTSAL (4th– 8th grade)

Competitive indoor modified soccer game that uses basketball court boundaries. Teams formed by the Y at a scrimmage on January 24. Playoffs March 7 – 14.

**Thursday Night Games:**

January 24 – March 14

5:00 – 5:45 pm

6:00 – 6:45 pm

7:00 – 7:45 pm

\$30 player fee

## BASKETBALL LEAGUE

*(Pre K – 4th grade)*

March 4 – April 6

Participants will practice dribbling, coordination drills, and learn how to work with a team. Players will receive a Y T-shirt to keep after the league

**Practice Mondays, Games Saturdays**

**Practice Times:**

5:30 – 6:15 pm Pre K and K

6:30 – 7:25 pm 1st – 4th grades

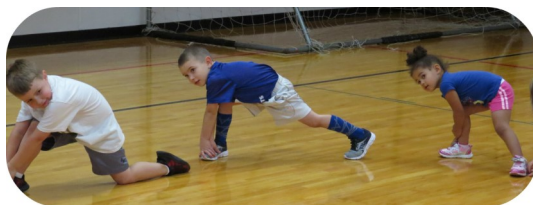
**Game Times:**

10:00 – 10:45 am Pre K and K

11:00 – 12:00 pm 1st – 4th grades

\$45 Members

\$70 Non-Members



## 3v3 BASKETBALL TOURNEY

Saturday, April 13 starts at 10:00 am

Double elimination tournament

3 age brackets. Teams may be CoEd. Max of 4 players per team. See flyer at front desk for more details.

10-14 years old

15-18 years old

18+ years old

\$65 Youth Teams

\$75 Adult Teams

# YOUTH PROGRAMS

## YOUTH NIGHTS

*(5th – 8th grade)*

When a school quarter ends it's time to have a party! Hang out at the Y with your friends and play video games, group activities, listen to music and more!

7:00 – 9:30 pm

March 22 – End of 3rd Quarter celebration

May 30 – Last Day of School

\$5 entry fee – pre registration required.



## RAISE THE BAR SPORTS PERFORMANCE TRAINING

In between seasons and still want to improve your game? Push yourself to be bigger, faster, and stronger. Training can be scheduled according to the participant and trainer's schedule. Training Includes a strength, speed, agility, and conditioning all directed towards the sport of their preference. General plans for multisport athletes are also available.

**Package 1 (3 day)**

\$300 Members

\$350 Non-Members

**Package 2 (2 day)**

\$200 Members

\$250 Non-Members

Minimum group size: 3

**Certified Strength and Conditioning Specialist, Matt Konrad:**

[mkonrad@marshallareaymca.org](mailto:mkonrad@marshallareaymca.org)

## WARWICK BASKETBALL CAMP (grades 3 – 8)

March 30 – 31

An advanced offensive player development basketball camp. High intensity workouts designed to teach skill sets needed to develop each athlete's individual skills and take their game to the next level. More details, and to register online at:

[warwickworkouts.com](http://warwickworkouts.com)

# YOUTH DEVELOPMENT

## AFTER SCHOOL PROGRAM

(Grades Pre K - 4)

Our daily curriculum makes us a unique child care provider, and sets us apart from others. We provide a mentoring relationship between your child and our caring staff maximizing exploration and learning. A safe setting, character values, positive role models and enrichment activities including arts, STEM, sports & designated homework time are all part of the Y After School care experience. A nutritious snack is provided daily and we go swimming on the last Wednesday of each month. The program serves grades PK-4 and will bus kids from all Marshall schools to the Y.

**Monday-Friday until 6:00 pm  
at the YMCA**

\*\*Fee per week:

Mon-Fri:

\$55 Members

\$70 Non-Members

3 day week:

\$45 Members

\$55 Non-Members

Early Out Wednesday only

\$20 Members

\$25 Non-Members

**\*\* Fee is prorated for weeks with  
scheduled off days from school\*\***

Financial Assistance available

## SCHOOL'S OUT CAMP

7:30 am - 6:00 pm

Fill your non-school days with a variety of activities including arts and crafts, swimming, field trips, and physical and recreational activities. Bring their own lunch, swimsuit & towel, and dress appropriately for field trips.

**December 26, 27, 28**

**January 2, 21**

**February 18**

**March 25**

**April 18, 19**

**May 31**

**Fee per day:**

\$30 Members

\$40 Non-Members

## KIDS-N-CANVAS

(ages 5 and up)

Go through a step-by-step process to recreate a painting while adding your own personal touches. Taught by a talented artist, with a background teaching painting skills to youth. Parents, add a canvas for yourself and paint along with your child for \$10. Space is limited.

January 26, 2:00 - 4:30 pm

February 23, 2:00 - 4:30 pm

March 16, 2:00 - 4:30 pm

April 13, 2:00 - 4:30 pm

\$25 Members

\$35 Non-Members

Private Painting Parties are also available upon request. A fun option for birthdays, bonding, or any celebration! Pricing varies by party size. Contact Racquel Paulsen at [rpaulsen@marshallareaymca.org](mailto:rpaulsen@marshallareaymca.org).

## PINT SIZE PICASSOS

(Ages 3 - 6)

Every artist throughout history is known for their specific style and technique. Each class session will review an artist's work and you'll create a masterpiece in their style. Smocks are available, but creativity knows no bounds; please dress accordingly.

Thursdays 5:30 - 6:15 pm

Session I: January 17 - 31

Session II: February 21 - March 7

\$20 Members

\$25 Non-Members

## KIDS NIGHT OUT

(ages 3\* - 10)

Give the kids a night out and drop them off at the Y! Each session has a different theme but always includes a meal, fun activities, swimming, and a movie to top off the night. Bring your pillow and blanket for the movie, if you wish.

5:30 - 9:30pm

January 18 - Winter Wonderland

February 22 - Emoji Night

March 15 - St. Patty's Party

April 12 - Hop Into Spring

May 17 - Luau Night

Members & Non-Members

\$25 first child in family

\$8 each additional sibling

**\*-must be potty trained & able to change into swim clothes on their own.**

## BIRTHDAY AT THE Y!

The Y Birthday Party Team will ensure a fun-filled celebration with decorations, games and activities.

**Classic Birthday Party -**

**\$100 Members /\$125 Non-Members**

**(\$5 for each additional guest after 10)**

2.5 hour party for up to 10 attendees: 60 minutes of activities including the bounce house and staff led activities of legos and coloring. Followed by 30 minutes for presents/treats\*. Last 60 minutes include either swim or gym time.

**Specialty Birthday Party -**

**\$125 Members/\$150 Non-Members**

**(\$5 for each additional guest after 10)**

2.5 hour party for up to 10 attendees: 60 minutes of activities including the bounce house and staff led themed activity. Followed by 30 minutes for presents/treats\*. Last 60 minutes include either swim or gym time.

**SPECIALTY PARTY OPTIONS:**

**Arts and Crafts:** Guests will create a masterpiece of geometric painting on a canvas to bring home with them. All supplies are provided.

**Royalty:** Invite your guests to dress as royalty. We will create jewelry and tiaras and have a royal dance party.

**Science:** Grab your safety goggles and create an out of this world slime!

**Classic & Specialty Party days and times:**

Friday 5:30 - 8:00 pm

Saturday 11:30 - 2:00 pm or 2:30 - 5:00 pm

Sunday 12:30 - 3:00 pm or 3:30 - 6:00 pm

*Reservation deadline - 1 week in advance*

**\*YMCA does not provide cake or birthday treats.**

## MAKE IT & TAKE IT

(ages 7\* and up)

Monday Nights 5:30 - 6:45 pm

Join us for our "Pinterest" crafting program where your child will have the opportunity to create a themed project. All supplies are included.

January 28 - Wood Snowman

February 25 - Heart String Art

April 1 - Bunny Wreath

\$25 Members

\$35 Non-Members

\*- if under 7, an adult needs to be present to assist with the projects.

## SHAMROCK SHUFFLE 5K

Saturday, March 16  
Race capped at 300 runners.  
-5K begins at 10:30 AM

-**Lucky Price: \$25 for those who register before Feb 18th.**

-Price Increases Feb. 18th to \$30  
-Price increases March 1st to \$35

**Guaranteed Long sleeved T-shirt by registering before March 1st.** Late registrants can pick up shirts on a first-come, first-serve basis during packet pick up.

## SHAMROCK SHUFFLE COUCH TO 5K

January 14 - March 14  
Meet 2x/week for eight weeks to prepare yourself for the Shamrock Shuffle fun run! Race entry is included in the cost. Mondays & Thursdays 5:30 pm

\$60 Y Members  
\$70 Non-Members

## ADULT FUTSAL LEAGUE

Captain's Meeting: January 6  
Regular Season: January 11 - March 23  
Playoffs: March 29 - April 6

FRIDAYS 8:00 - 10:00 pm  
SATURDAYS 6:30 - 10:30 pm

5 player teams compete in a modified indoor soccer game. Games are played on Fridays & Saturdays. Season ends with a tournament. Maximum of 10 players per team. Maximum of 12 teams.

\$400 Team Fee

## RACQUETBALL

**FREE Clinic: January 19; 10:00 am**  
Season: January 28 - April 22  
League separated by skill level. League is open to all age ranges. Participants play weekly. You and your opponent schedule your match based on your personal schedules. Post season tournament will follow league.

\$20 Members  
\$40 Non-Members

## SWING DANCE NIGHTS (Ages 18+)

Thursday Nights April 4 - 25  
Come and Learn: 7:00pm-7:30pm  
*Lessons included with admission fee*  
Come and Dance: 7:30pm-8:30pm

\$5 per person each night

## \*\*NEW\*\* WORKSHOPS

Ever wonder if you're doing exercises properly or why sometimes you have nagging aches and pains in your joints? It may be due to improper form during exercises, muscle imbalances, lack of mobility in a joint, or simply muscle weakness.

**BE SURE to sign up for these workshops to overcome these issues or simply be better prepared for your training routines!**

### BARBELL

Saturday, January 19: 8:30 - 10:00 am  
\$35 Member

\$55 Non-Member  
(maximum of 6; minimum 5)

Session Focus will be on proper technique of the squat, bench press, and deadlift; along with variations of each exercise. These movement patterns are the basics to learn before attempting any other weight room activity.

### PROGRAM DESIGN

Saturday, February 16: 8:30 am - 10:00 am  
\$35 Member

\$55 Non-Member  
(maximum of 20; minimum 5)

Get top advice on how to program workouts, from beginners to advanced trainees. Various types of training styles will be discussed along with several progressions and regressions to each exercise by our top personal trainers and strength coaches. You will be prepared to train smarter than ever before and NEVER go into a workout not knowing what to do again.

### MOBILITY/FOAM ROLLER (F.R.)

Saturday, March 9: 8:30 - 10:00 am  
\$35 Member (Participant provides F.R.)  
\$55 Non Member (Participant provides F.R.)  
\$55 Member (YMCA provides F.R.)  
\$75 Non-Member (YMCA provides F.R.)  
(Maximum of 20; minimum 5)

Improve your quality of movement each day! Learn how to properly manage tight muscles! Participants keep Foam Rollers if purchased.

### KETTLEBELL/BANDS

Saturday, April 6: 8:30 - 10:00 am  
\$35 Member  
\$55 Non-Members  
(Maximum of 20; minimum 5)

Diversify your workout routine and properly implement variable equipment into your weekly training sessions.

# ADULT PROGRAMS

## HEALTH ASSESSMENT

This non-invasive health assessment will bring you to a better idea of where your current health status lies.

The assessment will go over non-fatiguing tests, specific vitals, and physical measurements that will include Cardiorespiratory, Strength, and Flexibility.

\$15 Y Members  
\$25 Non-Members

To schedule contact Matt Konrad at [mkonrad@marshallareaymca.org](mailto:mkonrad@marshallareaymca.org).

## PERSONAL TRAINING

Our personal trainers will motivate you and hold you accountable as you achieve your fitness goals. Sessions start at \$30/hour or \$20/half hour.

## SMALL GROUP TRAINING

We know that sticking to an exercise program is easier with friends, so we encourage groups of two or three to train together. These options will save you money, provide more accountability and make exercise more fun!

Packages start at \$20/person. A small group can have no more than 4 people and **all** must be available to train at the same time.

Now is the time to invest in yourself!

**Contact: Matt Konrad**

[mkonrad@marshallareaymca.org](mailto:mkonrad@marshallareaymca.org)

## GROUP EXERCISE

Did you know the YMCA offers 55 classes each week and they are FREE and included with your membership?

**New in February 2019**

**BODYCOMBAT** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

# SWIM & WATER SAFETY PARENT/CHILD (ages 6 mos – 3 yrs)

## WATER DISCOVERY & EXPLORATION

Parents and their child learning fundamental safety & aquatic skills from a certified instructor.

## PRESCHOOL (ages 3-5)

### Recommended skills for all to have around water

#### LEVEL 1 - WATER ACCLIMATION

This stage lays the foundation that allows for a student's future progress in swimming.

#### LEVEL 2 - WATER MOVEMENT

Focus on body position and control, directional change and forward movement.

#### LEVEL 3 - WATER STAMINA

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water.

#### LEVEL 4 - STROKE INTRODUCTION

Develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

## YOUTH (ages 6 - 14)

### Skills to support a healthy lifestyle

#### LEVEL 1 - WATER ACCLIMATION

#### LEVEL 2 - WATER MOVEMENT

#### LEVEL 3 - WATER STAMINA

#### LEVEL 4 - STROKE INTRODUCTION

#### LEVEL 5 - STROKE DEVELOPMENT

Students in this stage work on stroke technique and learn all major competitive strokes.

#### LEVEL 6 - STROKE MECHANICS

Refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

### PRIVATE SWIM LESSONS (ages 3 and older)

Together, the instructor, participants and/or parent determine the goals and curriculum for the session. Each session includes four 30 minute lessons.

**Private Lessons  
(1 participant):**

\$55 Members  
\$75 Non-Members

**Semi-Private Lessons  
(2 or 3 Participants)**

\$40 per Member  
\$50 per Non-Member

## TUESDAY & THURSDAY SESSIONS

**Preschool  
ages 3-5**

\$40 - Members  
\$60 - Non-Members

**Youth**

\$45 - Members  
\$70 - Non-Members

**WINTER I · JAN 15 – FEB 7**

**WINTER II · FEB 19 – MAR 14**

**SPRING I · MAR 26 – APR 18**

**SPRING III · APR 30 – MAY 23**

4:30-5:15p Youth Levels 1, 2, 3

5:20-5:50p Preschool Levels 1, 2, 3

5:55-6:25p Preschool 3, 4, Parent/Child (III only)

6:30-7:15p Youth 4, 5, 6



## SATURDAY SESSIONS

**WINTER I JAN 19 – FEB 23**

**WINTER II MAR 2 – APR 6**

**SPRING II APRIL 13 – MAY 18**

9:25-9:55a Preschool Levels 1, 2, 3

10:00-10:45a Youth Levels 1, 2, 3

10:50-11:20a Preschool Levels 1, 2, 3, 4

11:25a - 12:10p Youth 3, 4, 5, 6

**Preschool**

\$30 - Members  
\$45 - Non-Members

**Youth  
ages 6-14**

\$35 - Members  
\$55 - Non-Members

The Marshall Area YMCA offers Health & Safety Certification classes to the community! We have certified American Safety & Health Institute Instructors on-site ready to train you! Certification classes are offered monthly.

Courses also serve as certification renewal for expiring certifications; don't let your certification lapse.

## CPR /AED and FIRST AID TRAINING

\$90 Members  
\$110 Non-Members



## LIFEGUARD CERTIFICATION

March 15 - 17  
Must attend all three days.  
Certification is valid for two years for CPR/AED, First Aid, and lifeguarding.

\$225 per participant  
\$112.50 Y Employee  
(must be hired prior to course)

Y employees may be reimbursed the full certification fee. Ask for details.

## LIFEGUARD RECERTIFICATION

March 23  
8:00 am - 8:00 pm  
One day training. Certification valid for two years for CPR/AED, First Aid, and lifeguarding.

\$125 per participant

# CERTIFICATIONS & TRAININGS

## YOGAFIT LEVEL 1

March, 2 & 3 (Saturday & Sunday)  
8:00 am - 6:00 pm

In this certification you'll learn 46 fundamental YogaFit poses and be able to create dynamic vinyasa sequencing and flowing class formats based on YogaFit's three--mountain class structure.

Register today at: [www.yogafit.com](http://www.yogafit.com)

## BARRE ABOVE CERTIFICATION

Saturday, February 2  
8:00 am - 4:30 pm

- Flexible formats for all fitness levels.
- Can be taught on or off the barre.
- Complement any instructor's teaching style.

Register today at: [www.barreabove.com](http://www.barreabove.com)

Aerobic Studio will be CLOSED during these trainings.

# SOCIAL RESPONSIBILITY

## VOLUNTEER

Volunteers are the backbone of the YMCA. From the first YMCA formed in 1844 to today's modern Y's, volunteers are essential to what we do. Volunteers allow us to expand our services and further our mission. All potential volunteers must complete a volunteer application available at the Service Center or on our website. No matter if you are a seasoned volunteer or a newbie looking to get involved in a new adventure the YMCA is the place for you! Help us make the YMCA safe, beautiful and enjoyable for all!

## FINANCIAL ASSISTANCE

The Marshall Area YMCA is committed to providing financial assistance for membership dues, day camps and After School fees. Financial Assistance is based on economic need. Applications are available at the Service Center. Thank you to the United Way of Southwest Minnesota and all of our supporters for providing the funds for our Financial Assistance Program. If you would like to contribute to help individuals here in Marshall, please contact the Y.



United Way  
of Southwest Minnesota

## FACILITY HOURS

through Memorial Day

**Monday-Thursday**  
5:15 am - 10:00 pm

**Friday**  
5:15 am - 9:00 pm

**Saturday**  
7:00 am - 6:00 pm

**Sunday**  
Noon - 8:00 pm

## CHILD WATCH HOURS

Beginning January 1, 2019

**Mon - Fri Mornings**  
8:15 am - 12:00 pm

**Mon & Wed Eve**  
4:30 pm - 8:00 pm

**Tues & Thurs Eve**  
3:55 pm - 8:00 pm

**Saturday Mornings**  
7:25 am - Noon

**Sunday**  
CLOSED

## HOLIDAYS

**Christmas Eve**  
5:15 am - 2:00 pm

**Christmas Day**  
CLOSED

**New Year's Eve**  
5:15 am - 2:00 pm

**New Year's Day**  
Noon - 6:00pm

**Easter Sunday**  
CLOSED

**Memorial Day**  
CLOSED

# FACILITY INFO

## Contact Us

(507) 532-9622  
200 South A Street  
Marshall, MN 56258