

HELPING YOU LIVE BETTER



WINTER/SPRING PROGRAMS 2018
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	\$23 monthly fee
Full Time College Student:	\$37 monthly fee
Adult: 19+	\$51 monthly fee
Single Parent Family:	\$56 monthly fee
Family:	\$70 monthly fee

\$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 * 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:

Jan. Tee Ball
Feb. Dance
Mar. Badminton
Apr. Basketball
May Golf

Wednesdays 5:30 – 6:15 pm

Fee per month:

\$25 Members

\$40 Non-Members

DIVE-IN-MOVIE

Join us as we watch family friendly movies while swimming/floating in the pool. Bring your own floatation devices.

\$5 Individual (minimum age 9)

\$25 Family

Time: 6:30 – 8:30 pm

Saturday, January 27: Finding Dory

Saturday, April 28: Soul Surfer

GYMNASTICS

Session 1 Jan. 9 – Feb. 13

Session 2 Feb. 20 – Mar. 27

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)*

A beginning class for boys and girls.

Tuesdays 7:10 – 7:55 pm

\$35 Members

\$50 Non-Members

YOUTH FUTSAL (4th– 8th grade)

January 25 – March 15

Competitive indoor modified soccer game that uses basketball court boundaries. Teams formed by the Y at a scrimmage on January 25. Playoffs March 8 – 15.

Thursday Night Games:

5:00 – 5:45 pm

6:00 – 6:45 pm

7:00 – 7:45 pm

Help build our future leaders. Volunteer!

\$30 player fee



NEW – NEEDLE ARTS (Ages 6 and up)

Gain a new skill and take home a project all in one morning! Each session is taught by a skilled needle artist, is geared towards beginners, and will teach a different skill each time. Many of these skills can be turned into a lifetime tool or hobby!

Crochet Basics:

9:00 – 11:00 am

Saturday, February 10

\$25 participant fee

Quilting Basics:

9:00 – 11:00 am

Saturday, February 24

\$25 participant fee

Sewing Basics:

9:00 – 11:00 am

Saturday, March 10

\$25 participant fee

Register for all 3 sessions : \$60



NEW – INTRO TO BILLIARDS (ages 7 and up)

Mondays 5:30 – 6:15 pm

February 5 – March 5

We've partnered with C&N Sales to provide pool tables and cues to teach the angles and basic critical thinking of billiards in an instructional environment. Equipment is provided.

\$30 Member

\$40 Non-Member

YOUTH PROGRAMS

SWIM CLUB

Advanced Swimming Practice

Prerequisite – Minnow or Level 4 completion, ages 6 – 14

Work on technique, learn new skills for competition, lap swim, and gain a lifetime of healthy living. Monthly Sessions.

Every Monday & Wednesday 3:30 – 4:30 pm

\$20/Month Members

\$30/Month Non-Members

NEW – YOUTH SPORTS AGILITY CLINIC

(ages 10-18)

Space is limited to 12 athletes per session. Choose from 2 days per week or 3 days per week. Your session includes specialized training programs to get kids faster and stronger. Learn proper weight lifting technique, agility drills, and benefit from working with our staff of Certified Personal Trainers what include a Division I Hockey Player, a Division II track athlete, and an Amateur Football player.

Jan. 8-Feb. 23 (3 day)

Mon, Wed, Fri

3:30-5:00 pm

\$350 Members

\$400 Non-members

Jan 10-Feb 22 (2 day)

Tues & Thurs

3:30-5:00 pm

\$300 Members

\$350 Non-Members

WARWICK BASKETBALL CAMP (grades 3 – 8)

April 6-8

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

YOUTH DEVELOPMENT

AFTER SCHOOL PROGRAM (Grades Pre K - 4)

Offering an extension of the school day, the Y After School care focuses on promoting exploration of the sciences, engineering, math, technology, arts and healthy living. A safe setting, character values, positive role models and enrichment activities are all part of the Y After School care experience. After School care participants have access to daily homework help, monthly swimming activities, and gymnasium use. The program serves grades PK-4 and will bus kids from all Marshall schools to the Y.

Monday-Friday until 6:00 pm

Afterschool Child Care Program runs on a **weekly** basis.

Mon-Fri (All Week):
\$53 Members
\$68 Non-Members

3 day week:
\$42 Members
\$53 Non-Members

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

Financial Assistance available

SCHOOL'S OUT CAMP

Need something fun for your child to do on school vacation days? School's Out Camp runs from 7:30 am - 6:00 pm. Each day is filled with a variety of activities including arts and crafts, swimming, field trips, and physical and recreational activities. Participants must bring their own lunch, swimsuit & towel, and dress appropriately for field trips.

Dates are as follows:

December 26, 27, 28, 29

January 2, 22

February 19

March 28, 29, 30

April 2

June 1

Fee per day:

\$30 Members

\$40 Non-Members

EARLY OUT WEDNESDAYS

Kid's can end their day right by joining Y staff for fun and learning after school at 2:20pm every Wednesday until 6:00pm at the Y! Students from all Marshall schools will get bussed to the Y.

Space is limited, so register early! Participants in After School Program automatically enrolled.

Fee per Day: \$16 Members
\$21 Non-Members



KIDS NIGHT OUT (formerly Parent's night out)

(ages 3*-10)

While it is still true that having your kids attend this program will give you a night off, it also gives your children a fun and safe night out! Each session has a different theme but always includes a meal, fun activities like crafts and games, swimming, and a movie to top off the night.
5:30-9:30pm

\$25 first child in family
\$8 each additional sibling
*-must be potty trained

January 19 - Beach Night
February 16 - Lego Night
March 16 - Mermaids & Pirates
April 20 - Welcome to the Jungle
May 18 - Superheroes

NEW! MAKE IT & TAKE IT (ages 7* and up)

Thursday 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.

February 1 - Valentines Day Project
March 22 - Easter Project

\$25 Members
\$35 Non-Members

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

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 20, 2:00 - 4:30 pm
February 10, 2:00 - 4:30 pm
March 24, 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 Winters at rwinters@marshallareaymca.org for details.

BIRTHDAY AT THE Y! (ages 3-12)

Don't have enough time to plan a great party for your child? Let the Y help by planning and hosting a birthday for your little one. Your birthday boy or girl can choose swim time or gym time after the party for a full day at the YMCA. Fee includes everything for up to 12 people and only \$8 extra for each additional person with a max of 20 people.

BIRTHDAY PARTY: We provide party host, room with decorations, Y Hop, T-shirt for the birthday child, and swim or gym time. You bring the food and cake.

\$85 Members
\$110 Non-Members

Party days and times:

(First 90 minutes are in the Party Room)

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



ADULT BILLIARDS LEAGUE

Mondays February 5 - March 5
6:30 pm

Thanks to our partnership with C&N Sales, we are offering a billiard league for adults. Compete against others and pick up some new skills and billiard games.

\$30 Members
\$40 Non-Members

NEW - SENIOR SHAPE-UP AT THE Y

Tuesdays & Thursdays 1:30-2:30 pm
January 2 - February 8

Come and learn about all the senior programming that our YMCA has to offer. This 6-week program will include a basic wellness assessment, exposure to a variety of senior classes, & basic nutrition information. Class is held in the multipurpose room or the aerobics studio, depending on the programming for that day.

\$20 Members
\$25 Non-Members

ADULT FUTSAL LEAGUE

Captain's Meeting: January 7
Regular Season: January 12 - March 23
Playoffs: March 30 - April 7

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

5 player teams compete in a modified soccer game that utilizes the same boundaries as a basketball court. Games are played on Fridays & Saturdays. Season ends with a tournament. Maximum of 10 players per team. Maximum of 12 teams.

\$200 Team Fee
\$20 Player Fee

COUCH TO 5K

January 15 - March 8

This 9 week class will meet 2 times a week to give you all the tools you need to successfully complete the St. Patrick's Day Fun Run. Race entry to the Fun Run is included in the cost.

Mondays & Thursdays 5:30 am or 5:30 pm

\$55 Y Members
\$65 Non-Members

LAZYMEN TRIATHLON

March 1 - 31

The Lazyman Triathlon is a month long event where each individual or team works towards completing their swimming, biking, and running/walking distances. There are four different challenges to choose from: Ironman, 1/2 Ironman, Olympic, and Family Relay. Each person keeps track of their miles on their own mileage chart. PRIZES for everyone that completes their Challenge!

\$20 Y Members ONLY

JUMP START

Unsure if Personal training is right for you? Purchase a Jump Start Package as an intro to personal training. Two, 1-hour sessions with a Personal Trainer.

\$40 Y Members Only



GROUP EXERCISE NEW YEAR SAMPLER January 13

Classes begin at 7:30 am.

Join us for a sample of our group exercise classes. Each segment is 30 minutes. Come for 1 or stay for all!

ST. PATRICK'S DAY FUN RUN

Saturday, March 17
Registration coming soon!

ADULT PROGRAMS

PERSONAL TRAINING

Training to run a race? Looking to get fitter, faster, or stronger? 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.

Now is the time to invest in yourself!

Call today! - 532-9622

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 for duos at
4 1-hour sessions for \$100 per participant.

Packages for trios start at
4 1-hour sessions for \$80 per participant.

*a small group can have no more than 4 people and **all** must be available to train at the same time.

LESMILLS CLASSES

RPM is a cycling workout that delivers maximum results with minimum impact on your joints. You control your resistance and speed to build up your fitness level over time.

BODYPUMP is the original barbell class that strengthens your entire body! You can burn up to 560 calories The results: an increase in strength and endurance, a more toned body and maintain bone health.

BODY ATTACK is a cardio workout for building strength and endurance/stamina. This high-energy interval training class combines athletic aerobic movements with strength exercises. You can expect to burn up to 675 calories. The results: tone and shape your body, increase agility.

BODY FLOW is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. This holistic workout brings the body into a state of harmony and balance.

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

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
ages 6–14

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

WINTER I · JAN 16 – FEB 8

WINTER II · FEB 20 – MAR 15

SPRING I · MAR 27 – APR 19

SPRING III · MAY 1 – MAY 24

4:30–5:15p

Youth Levels 1, 2, 3, 4

5:20–5:50p

Preschool Levels 1, 2, 3, 4

5:55–6:25p

Parent/Child, Preschool 1, 2, 3

6:30–7:15p

Youth 3, 4, 5, 6

SATURDAY SESSIONS

WINTER I JAN 20 – FEB 24

WINTER II MAR 3 – APR 7

SPRING III APRIL 14 – MAY 19

9:25–9:55a

Preschool Levels 1, 2, 3, 4

10:00–10:45a

Youth Levels 1, 2, 3, 4

10:50–11:20a

Parent/Child, PS 1, 2, Youth 1

11:25a – 12:10p

Youth 3, 4, 5, 6

Preschool
ages 3–5

\$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.

CERTIFICATIONS & TRAININGS



BASIC CPR & AED (Adult, Child, and Infant)

\$45 Members
\$60 Non-Members

FIRST AID

\$45 Members
\$60 Non-Members

CPR /AED and FIRST AID TRAINING

\$90 Members
\$110 Non-Members

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

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

M-W-F Mornings
8:15 am - 12:30 pm

Tue-Thur-Sat Morn.
8:15 am - Noon

Mon-Thurs Eve.
4:30 pm - 8:00 pm

Sunday
CLOSED

HOLIDAYS

Christmas Eve
Noon - 4:00 pm

Christmas Day
CLOSED

New Year's Eve
Noon - 4:00 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