



MARSHALL AREA YMCA WINTER/SPRING PROGRAMS

REGISTER ONLINE:

www.marshallareaymca.org

REGISTER IN PERSON:

200 South A Street

REGISTER BY PHONE:

(507) 532-9622

YOUTH BASKETBALL LEAGUE

(Pre K - 4th grade)

January 21 - March 4

Participants will practice dribbling, coordination drills, and learn how to work with a team. Masks are required for all players age 6 and older.

Practice & Games Thursdays

Times:

5:30 - 6:15 pm Pre K and K
6:30 - 7:15 pm 1st & 2nd grades
7:20 - 8:05 pm 3rd & 4th grade

\$50 Members
\$70 Non-Members

GYMNASTICS

Session 1 Jan. 19 - Feb. 23

TUMBLING TOTS

(ages 2 & 3 with a parent)

Tuesdays 6:15 - 6:45 pm
\$30 Members
\$45 Non-Members

TUMBLERS

(3 & 4 with little or no experience)

Tuesdays 6:50 - 7:20 pm
\$30 Members
\$45 Non-Members

ROLLERS (ages 5 - 10)

Tuesdays 7:25 - 8:00 pm
\$35 Members
\$45 Non-Members



YOUTH BARBELL CLUB

(ages 12 - 18)

Train with certified coaches and learn the basics of weightlifting and proper training techniques. No experience necessary.

**Monday, Wednesday, & Friday
3:30 - 5:00 pm**

**Fee per month:
\$40 Members**

CAMPUS CONNECTIONS DISTANCE LEARNING

(grades K - 5)

Following your student's schedule the Y will be offering all day distance learning in our classrooms. These days will be similar to a day at school with drop off beginning at 7:45 am and pick up at the end of the day at 3:00 pm. Bring your school issued device to connect with your teachers and be ready to learn! One day, or two days a week options are available based on your school district schedule.

TRANSPORTATION: There is no transportation offered before or after school to the YMCA. Parents will be responsible for drop off and pick up at designated times.

AFTER SCHOOL PROGRAM

(Pre K - 5th grade)

Our daily curriculum makes us a unique child care provider, and sets us apart from others. 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 experience. After School care participants have access to daily homework help, monthly swimming activities, and gymnasium use. The program serves Pre K - 5th grade and will bus kids from all Marshall schools to the Y. Pick full week, 3 day week, or Wednesday only options.

SCHOOL'S OUT CAMP

(Pre K - 5th grade)

Spend a fun filled day at the Y on scheduled no school days. Pre-registration is required. Program include games, crafts, gym time, and swimming. Bring your own sack lunch. Children can be dropped off as early as 7:30 am and picked up as late as 6:00 pm.

\$30 Members
\$40 Non-Members

LITTLE ATHLETES (ages 2-5) DATES TBA

Class is filled with a mixture of learning the basic fundamentals of each sport, and fun! Developmental games are used to teach kids in an exciting and positive environment. We'll focus on volleyball, basketball, baseball/softball, football, kickball, & track.

We hope to be able to start this program soon, be on the look out for registration and other details.

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SWIM LESSONS & WATER SAFETY

CURRENTLY ON PAUSE. AT THIS TIME POOLS ARE UNABLE TO BE OPEN PER STATE AND HEALTH DEPARTMENT GUIDELINES. ONCE WE ARE ABLE TO REOPEN THE POOL; LESSONS WILL BEGIN.

ADULT WELLNESS PROGRAMS

GROUP EXERCISE CLASSES

Virtual classes are available to members at no additional cost through our app. The Y currently has 17 live class options along with an on-demand library of classes.

Live classes do require a reservation and attendance at the scheduled class time. On-Demand classes are available for viewing on your schedule, take a class when you have time.

PERSONAL TRAINING

Make your fitness goals a reality by competing against your biggest opponent: yourself! Work with our certified personal trainers to reach any goal you set, sessions are flexible and may be booked by the month, or designated package session amount.

Contact Matt Konrad at mkonrad@marshallareaymca.org for more details or to schedule a FREE consultation.

GROUP TRAINING

Need the extra motivation of training with a family member or friend? Get together in a small group (2-4 people) with one of our certified trainers to get that extra push. Sessions are flexible and you make your own schedule.

Contact Jeff Pooler at ipooler@marshallareaymca.org for more details or to schedule a FREE consultation.

WOMEN ON WEIGHTS

Tuesdays & Thursdays 5:30 - 6:30 PM
January 19 - February 25

Want to incorporate weight training into your workouts, but not sure where to begin? You are not alone. This small group environment will help you learn more about technique and proper use of free weights. Certified Y staff will lead each session. Space is limited, guarantee a roster spot and register today!

\$60 Members

\$120 Non-Members



ADULT BARBELL CLUB

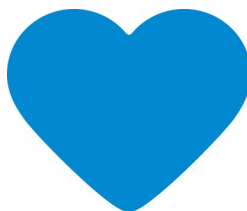
There is no prior experience necessary to participate. Our goal is simple, build community by getting stronger together.

Participants receive a customized personal monthly program based on pre-determined goals. All Y coaches are NSCA certified as a Personal Trainer or a Strength and Conditioning Coach. All Y coaches also hold their USA - Weightlifting Certification.

\$40 Member

FREE HEALTH ASSESSMENT

(offered January 1 - 29)
Registration is required to schedule appointment. Have your health and movement assessed by a certified Personal Trainer. Assessment includes various vital readings and a functional movement screening. Please be dressed comfortably to move/walk and exercise.



SHAMROCK SHUFFLE 5K

Our St. Patty's Day tradition will be held in 2021. Registration will begin in January for the March 20th run.

Our plan A is an in-person race, but we do have a plan B of a virtual option in case we need to go that route.

Keep watching for more details and registration.



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