

# YCHILD CARE™

## TODDLER'S TIME

**Toddler's Time** is an unlicensed, drop in nursery available for parents and guardians of little ones crawling to 7 years. Parents must stay within the YMCA facility while their child is in Toddler's Time and must leave contact information with the caregivers.

**Toddler's Time Hours:** Monday—Friday 8 am - 11 am  
Monday—Thursday 4 pm - 7 pm

**There are several ways to pay for Toddler's Time usage:**

**Punch Card:** You may purchase a card for \$5.00 through \$15.00.

**Unlimited Card:** This card can be purchased for each month for \$12.50; \$5.00 for each additional child per month (must designate morning or afternoon usage).

**Member Daily Fee:** \$1.00 for the 1st hour, 50¢ for each additional hour; 50¢ per hour for each additional member child.

**Non-Member Daily Fees:** \$2.00 for the 1st hour, \$1.00 for each additional hour; \$1.50 per hour for each additional non-member child.

*Toddler's Time Cards may be purchased at the Front Desk.*

*Cards are Non-Refundable and are for YMCA Member purchase only.*

*Cards are valid for one year from the date of purchase.*

*It is our policy that children 7 years and younger must at all times be accompanied by an adult.*

*Children under 8 may not be left to watch TV in the lobby or play alone with older brothers and sisters.*

*Please place your child in Toddler's Time, this is for their safety and your peace of mind.*

## YMCA KIDS CLUB

**Summer Childcare for School Age Children (For children entering Kindergarten through 5th grade)**

Y-KIDS Club is a quality, KDHE licensed full day program. It is a great alternative to babysitting or leaving your child at home unattended. We provide loving care for your K-5th grade student. Kids Club provides a structured environment that builds **spirit** through socialization and interaction with peers, builds **minds** by encouraging academic achievement with study time and tutoring, and builds **bodies** by giving the children ample time to play organized games or in free time. Daily activities vary and two snacks are provided each day.

**Hours of Operation:** 7:45 am - 6:00 pm

**Fees:** \$10.00 Non-refundable Registration Fee, all applications.

Members: Full week \$81.00, MWF \$61.00, T/TH \$41.00

Non-Members: Full week \$93.00, MWF \$73.00, T/TH \$63.00

**Full week participants have priority for registration.**

*Field trips are an additional cost based on the activity and must be paid prior to participation.*

**Financial Aid:** The McPherson Family YMCA endeavors to serve individuals of all economic levels. Every effort will be made to develop support for those who cannot afford fees. Applications for financial aid are available upon request at the front desk and downloadable from our website. No child will be turned away due to the inability to pay. The Y-KIDS Club accepts SRS, so talk to your case worker about enrolling your child.

# YPARTY

## BIRTHDAY PARTIES

**Looking for the perfect place for a birthday party?**

Look no further for an exciting swim and moon bounce party than the McPherson Family YMCA.

**Party options:**

**Option 1:** 1st Hour--One hour of swimming

2nd hour--In the party room (including the Castle Moon Bounce)

Available Sat. from 9:00-11:00am

\$60.00 for up to 20 guests (Additional \$2.00 per person over 20)

**Option 2:** 1st Hour--One hour of private swimming with Soggy Dog

2nd hour--In the party room (including the Castle Moon Bounce)

Available Sat. after 1:00pm or Sun.

\$80.00 for up to 20 guests (Additional \$2.00 per person over 20)

## TODDLER PARTY

**Got a toddler celebrating a birthday soon?**

We have a great party package for you!

Two hours in the party room (includes the Castle Moon Bounce)

Decorations, plates, cups, napkins and party favor bags

Available Saturdays & Sundays

\$60.00 for up to 20 guests (Additional \$2.00 per person over 20)

## TEEN PARTY

**Need a place to let your teen and friends party for their birthday?**

Not your average teen party! Our party package includes:

Two hours in the facility; One hour in two of the following areas:

Indoor Swimming Pool, Gymnasium or Youth Center

Available Fri. & Sat. 10pm—Midnight

\$60.00 for up to 20 guests (Additional \$2.00 per person over 20)

*Minimum supervision of 1 adult per 10 youth/teens required*



# SUMMER PROGRAMS

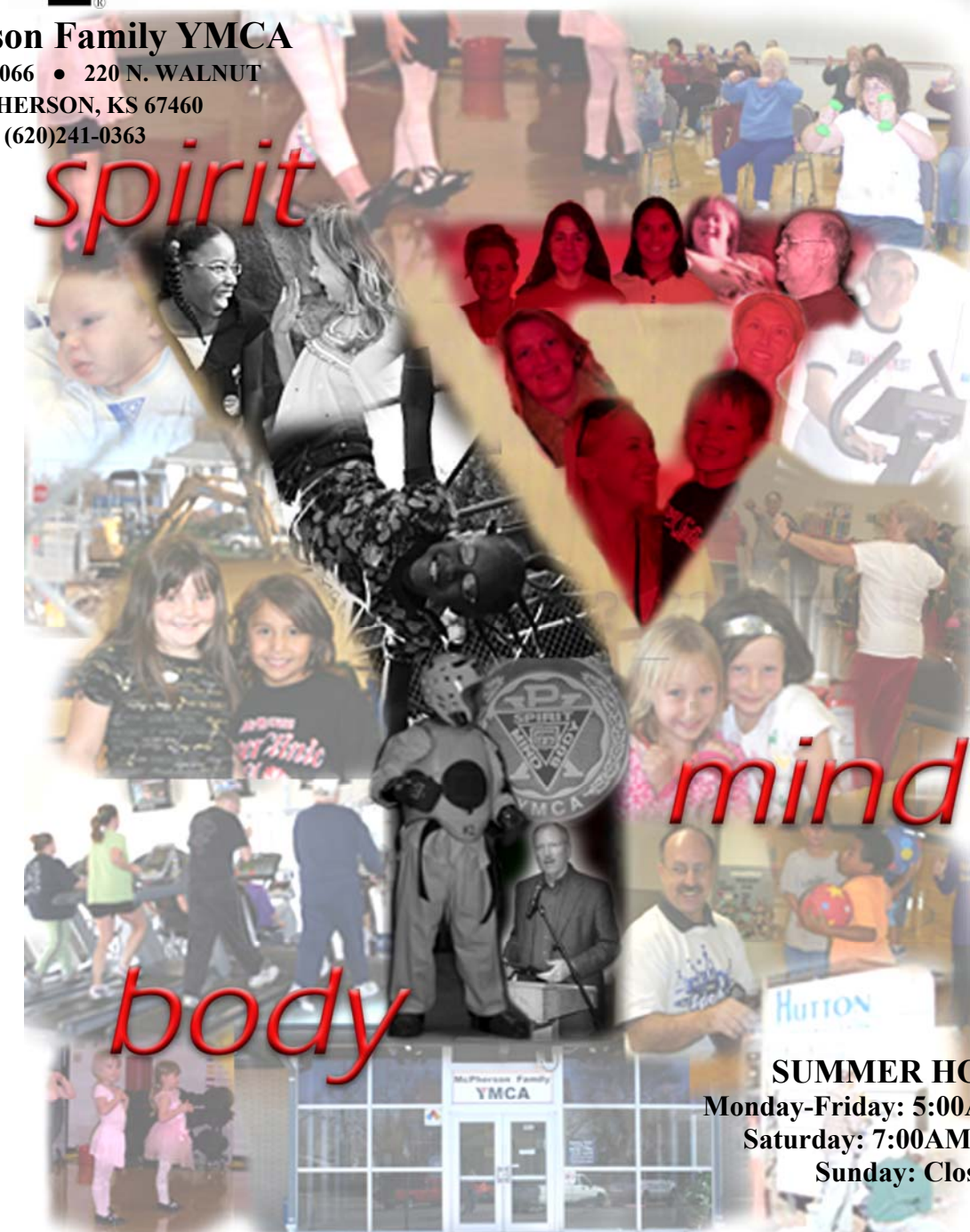
MAY 23 - SEPTEMBER 7, 2009

## McPherson Family YMCA

PO BOX 1066 • 220 N. WALNUT

McPHERSON, KS 67460

(620)241-0363



## SUMMER HOURS

Monday-Friday: 5:00AM-8:00PM

Saturday: 7:00AM-1:00PM

Sunday: Closed

The McPherson Family YMCA is united in a common effort to put Christian principles into practice to enrich the quality of spiritual, mental, physical and social life for ourselves and community. We are a non-profit charitable association and we welcome all regardless of race, religion, age, gender, income and ability to pay.

Financial Aid/Scholarship Program: YMCA programs and services are designed to benefit persons of all backgrounds. Fees are based on the cost of providing each program. Guidelines are based on income and number of dependants. Applications for financial assistance may be picked up at the front desk or downloaded at [www.mcphersonfamilyymca.com](http://www.mcphersonfamilyymca.com).



Scholarships and some programs funded in part by McPherson County United Way, McPherson County Community Foundation and Friends of the McPherson Family YMCA.



Visit us online to for program information and registration at [www.mcphersonfamilyymca.com](http://www.mcphersonfamilyymca.com)





Gymnastics Sessions will start June 1st and run on a continuous month to month basis through August 28th. All class fees listed are **monthly fees and are due by the 1st of each month**. Registration is taken at the front desk of the YMCA. No registration will be taken over the phone or without payment. Online registration at [www.ymca-mrc.com](http://www.ymca-mrc.com) is available and recommended. Enrollment is limited, and is on a first come, first serve basis. The Gymnastic Coordinator reserves the right to combine or cancel any classes. Level 1, 2, 3 & Pre-Pups and team classes are for girls only. All boys should either enroll in preschool classes, based upon age, or in the boys class. Pre-Pups enrollment is by Gymnastics Coordinator permission only, must be Y member. Team fees may be bank drafted monthly.

### PRESCHOOL CLASSES

<b>Happy Handstands</b> (3-5 yrs.): Mon./Wed.	9:00-10:00am
Member: \$20.00	Non-Member: \$40.00
<b>Crazy Cartwheels</b> (3-5 yrs.): Mon./Wed.	3:00-4:00pm
Member: \$20.00	Non-Member: \$40.00
<b>Tiny Tumblers</b> (3-5 yrs.): Tues./Thurs.	9:00-10:00am
Member: \$20.00	Non-Member: \$40.00
<b>Parent / Tot</b> (2-3 yrs.): Tues./Thurs.	3:00-3:45pm
Parent participates	Member: \$15.00 Non-Member: \$30.00

### SCHOOL AGED CLASSES (Ages 5+ yrs.)

<b>Level 1:</b>	Mon./Wed.	9:00-10:15am
	Mon./Wed.	4:15-5:30pm
	Tues./Thurs.	9:00-10:15am
	Member: \$25.00	Non-Member: \$50.00
<b>Level 2:</b>	Mon./Wed.	10:30am-12:00pm
	Member: \$30.00	Non-Member: \$60.00
<b>Level 3:</b>	Tues./Thurs.	4:00-6:00pm
	Member: \$40.00	Non-Member: \$80.00
<b>Boys:</b>	Mon./Wed.	10:15-11:00pm
	Member: \$15.00	Non-Member: \$30.00

### TODDLER'S IN MOTION

A weekly parent/tot class (2-4 yrs.) structured with stretching, music and activities for coordination, motion, balance and loco-motor exercise. Wednesdays 10:00-10:45am Cost: Member: \$7.50 Non-Member: \$15.00

### TUMBLING

**Youth Tumbling** teaches basic tumbling skills for beginners. (5-10 yrs.): Tues./Thurs. 10:15-11:00am Member: \$15.00 Non-Member: \$30.00  
**Teen Tumbling** teaches basics of cheer and tumbling skills for middle and high school girls (11+ yrs.): Tues./Thurs. 5:00-6:30pm Member: \$30.00 Non-Member: \$60.00

### COMPETITIVE TEAM

<b>Pre-Pups</b>	Mon./Wed.	3:30-6:30pm
Cost: \$58.25		
<b>Group C</b>	Tues./Wed.	3:30-6:30pm
Cost: \$87.50	Thurs.	9:00am-12:00pm
<b>Group B</b>	Mon./Thurs.	3:30-6:30pm
Cost: \$97.25	Tues.	9:00am-1:00pm
<b>Group A</b>	Mon./Wed.	3:30-6:30pm
Cost: \$121.50	Tues./Thurs.	9:00am-12:30pm



For class level descriptions and prerequisites available on our website in the Y-Aquatics tab or at the front desk.

### SESSION I—YOUTH: May 26—June 4

Lessons meet twice per week for 45 minutes for two consecutive weeks.  
**Fees:** Member: \$17.00 Non-Member: \$34.00  
**Tuesdays & Thursdays:**  
 10:00-10:45am Preschool Levels (All levels)  
 1:00-1:45pm Preschool Levels 1 2 & Youth Levels 1 2  
 5:15-6:00pm Preschool Levels 1 2  
 6:15-7:00pm Youth Levels 1 2

### SESSION III—YOUTH: June 30—July 9

Lessons meet twice per week for 45 minutes for two consecutive weeks.  
**Fees:** Member: \$17.00 Non-Member: \$34.00  
**Tuesdays & Thursdays:**  
 10:00-10:45am Preschool Levels (All levels)  
 1:00-1:45pm Preschool Levels 1 3 & Youth Levels 1 3  
 5:15-6:00pm Youth Levels 1 3  
 6:15-7:00pm Preschool Levels 1 3

### SESSION V—YOUTH: Aug. 4-13

Lessons meet twice per week for 45 minutes for two consecutive weeks.  
**Fees:** Member: \$17.00 Non-Member: \$34.00  
**Tuesdays & Thursdays:**  
 10:00-10:45am Preschool Levels 1 2 3 4  
 1:00-1:45pm Preschool Levels 1 3 & Youth Levels 2 4  
 5:15-6:00pm Preschool Levels 1 3  
 6:15-7:00pm Youth Levels 2 4

### SESSION II—YOUTH: June 9-18

Lessons meet twice per week for 45 minutes for two consecutive weeks.  
**Fees:** Member: \$17.00 Non-Member: \$34.00  
**Tuesdays & Thursdays:**  
 10:00-10:45am Preschool Levels (All levels)  
 1:00-1:45pm Preschool Levels 3 4 & Youth Levels 3 4  
 5:15-6:00pm Preschool Levels 3 4  
 6:15-7:00pm Youth Levels 3 4

### SESSION IV—YOUTH: July 14-23

Lessons meet twice per week for 45 minutes for two consecutive weeks.  
**Fees:** Member: \$17.00 Non-Member: \$34.00  
**Tuesdays & Thursdays:**  
 10:00-10:45am Preschool Levels (All levels)  
 1:00-1:45pm Preschool Levels 2 4 & Youth Levels 2 4  
 5:15-6:00pm Youth Levels 2 4  
 6:15-7:00pm Preschool Levels 2 4

### PRIVATE SWIM LESSONS

**For ages 3 to 90+**  
 For anyone wanting one-on-one instruction from a certified instructor. Swim lessons are adjusted to meet the needs of each individual. Private lessons will be scheduled into four lessons lasting 30 minutes each. If interested, please complete the information page at the front desk and an instructor will call you to schedule your lessons.  
**Members Only:** \$40.00



All Health & Wellness classes are free to all members and day pass users.

### BOOT CAMP

Are you ready for a new training routine? Then try our Boot Camp! A YMCA instructor will lead you through a challenging "cardio and abs" workout on Tuesdays and Thursdays.

### TAI CHI \*

Tai Chi is a gentle exercise class that will increase flexibility, muscular strength and improve balance. *Classes held at Cedars Wellness Center.*

### SILVERSNEAKERS® \*

Taught by a certified instructor, come 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.

### STEP AEROBICS

Invigorating step patterns followed with abs and toning exercises. All levels welcome.

### Y-PUMP

Join this weekly weight training session using dumbbells, barbells, bands and balls. All levels welcome, instructor is certified YMCA instructor.

### AQUAROBICS/SILVERSPLASH® \*

A shallow workout that incorporates aerobic conditioning as well as toning and strengthening exercises. This is a wonderful work-out for all ages that's easy on the body and is appropriate for all fitness levels and will improve aerobic endurance, muscular strength and flexibility—no swimming skills required. Taught by a friendly SilverSneakers® certified instructor.

### PERSONAL TRAINING

For those members that want to meet with a personal trainer to guide them through each workout YMCA certified personal trainers are available by appointment. Programs are tailored to your goals and physical condition. Your trainer will provide you with the extra support and motivation you need to succeed. Hourly rates, individual and group packages available.

(\* DENOTES CLASSES DESIGNED FOR BEGINNERS AND ACTIVE OLDER ADULTS)

### CORE TRAINING

It's all about THE CORE! Thirty minutes of abdominal exercises that are guaranteed to chisel and strengthen your middle. Additional leg and buttocks exercises seal the deal.

### LOW IMPACT AEROBICS \*

A cardio class for those desiring a low impact exercise environment. The class specifically addresses cardiovascular endurance and toning.

### PILATES

A series of core exercises designed to strengthen your core, back and aid in improving flexibility.

### TURBO KICK

Try this fun, high energy choreographed kick boxing and movement class! No experience needed.

### YOGA

Improve your muscle tone, flexibility and balance while relieving stress and tension. Beginners welcome!

### ARTHRITIS CLASS\*

A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints. Co-developed by the Arthritis Foundation and the YMCA. Instructors are certified through the Arthritis Foundation.

### TOTAL HEALTH CONSULTATION

A free program for members of the Y. Our certified personal trainers will create a well-balanced program that will help you achieve your fitness goals. This program includes three free visits to help jump start your fitness routine. Sign up today online or at the front desk for your total health consultation!

Full class schedules available at the front desk or online anytime at [www.mcphersonfamilyymca.com](http://www.mcphersonfamilyymca.com)



### FIT YOUTH

A class just for youth ages 9-12! As a group, get in shape by playing games, participating in fun activities and exciting workouts!  
 Cost: Member: \$8.25, Non-Member \$16.50  
**Session I:** June 16<sup>th</sup>-25<sup>th</sup> Tues./Thurs. 4:00-4:45PM  
**Session II:** June 30<sup>th</sup>-July 9<sup>th</sup> Tues./Thurs. 4:00-4:45PM  
 Class minimum: 6 Class maximum: 12

### 8th GRADE WEIGHT LIFTING CLASS

**MANDATORY PROGRAM** for all 8th graders of the 2009-2010 school year that are interested in using the Wellness Center or Weight Room. Certified personal trainers will meet with your child on a one-on-one basis in order to insure proper form and technique is used. Appointments are required. Program starts May 28, 2009. See front desk for more details.

Visit us online at [www.mcphersonfamilyymca.com](http://www.mcphersonfamilyymca.com) for online program registration, monthly class schedules, pool schedule, financial aid information and more!