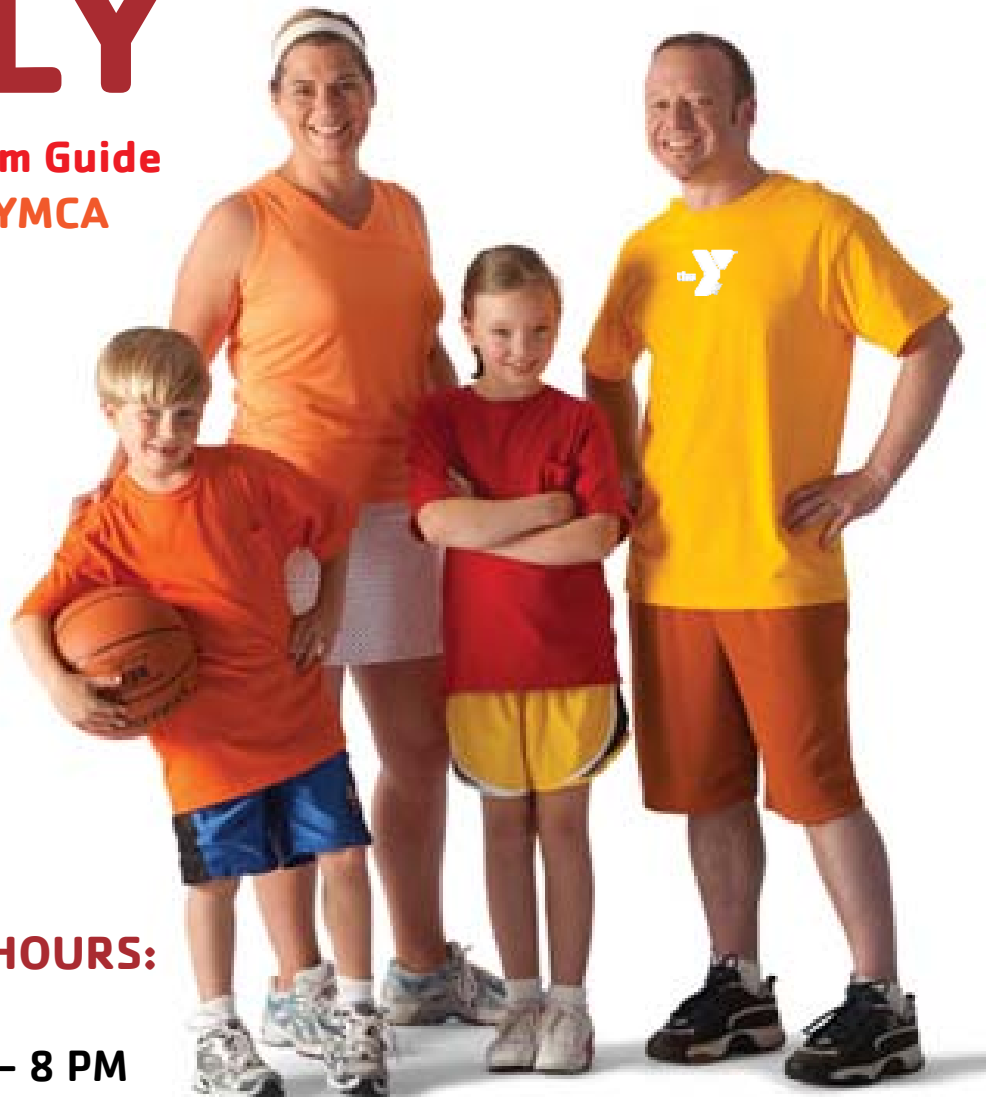




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING UP YOUR FAMILY

2011 Summer Program Guide
MCPHERSON FAMILY YMCA



SUMMER BUILDING HOURS:

May 28 - September 5

Monday-Friday: 5 AM - 8 PM

Saturday: 7 AM - 1 PM

Closed May 30, July 4 & September 5

GYMNASTICS

PRESCHOOL GYMNASTICS *Class Size: Min. 4, Max. 8*

Parent/Tot (Ages 2-4 years)

Monday/Wednesday: 5:00-5:30 PM

Member: \$10.75, Non-Member: \$21.50

Toddlers In Motion (Ages 2-4 years)

A parent/tot class structured with stretching, music & activities for coordination, balance & loco-motor skills.

Wednesday: 10:00-10:45 AM

Member: \$8.00, Non-Member: \$16.00

Happy Handstands (Ages 3-5 years)

Tuesday/Thursday: 9:00-9:45 AM

Member: \$16.00, Non-Member: \$32.00

Crazy Cartwheels (Ages 3-5 years)

Monday/Wednesday: 4:00-4:45 PM

Member: \$16.00, Non-Member: \$32.00

Tiny Tumblers (Ages 3-5 years)

Tuesday/Thursday: 10:00-10:45 AM

Member: \$16.00, Non-Member: \$32.00

GIRLS GYMNASTICS *Class Size: Min. 4, Max. 10*

Level 1 (Ages 5 years+)

Monday/Wednesday: 4:00-5:00 PM

Monday/Wednesday: 5:15-6:15 PM

Tuesday/Thursday: 10:30-11:30 AM

Member: \$21.25, Non-Member: \$42.50

Level 2 (Ages 5 years+)

Tuesday/Thursday: 9:00-10:15 AM

Member: \$26.50, Non-Member: \$53.00

Level 3 (Ages 5 years+)

Monday/Wednesday: 4:00-5:30 PM

Member: \$32.00, Non-Member: \$64.00

BOYS GYMNASTICS *Class Size: Min. 4, Max. 8*

Tuesday/Thursday: 9:00-9:45 AM

Member: \$16.00, Non-Member: \$32.00

YOUTH TUMBLING (Ages 5-10 years) *Class Size: Min. 4, Max. 12*

This class teaches basic tumbling skills for beginners.

Tuesday/Thursday: 10:00-10:45 AM

Member: \$16.00, Non-Member: \$32.00

TEEN TUMBLING (Ages 11-18 years) *Class Size: Min. 4, Max. 12*

This class teaches basic cheer & tumbling skills.

Monday/Wednesday: 5:30-6:30 PM

Member: \$21.25, Non-Member: \$42.50

COMPETITIVE TEAM

Enrollment on the competitive team is by Gymnastics Coordinator permission only. Team members must be a Y member.

Pre-Team: Monday/Wednesday: 4:00-6:30 PM

Cost: \$51.75

Group C: Monday/Thursday: 4:00-6:00 PM

Wednesday: 9:00 AM -12:00 PM

Cost: \$72.25

Group B: Tuesday/Thursday: 3:30-6:30 PM

Wednesday: 9:00 AM -12:00 PM

Cost: \$93.00

Group A: Tuesday/Thursday: 3:00-6:30 PM

Wednesday: 9:00 AM -1:00 PM

Cost: \$113.75

GYMNASTICS PROGRAM INFORMATION

June: June 6 - July 1

July: July 5 - 29 (No classes will be held Monday, July 4, 2011)

August: August 1 - 26

Lessons run on a month to month basis. Enrollment is limited & is on a first come, first serve basis. All class fees are monthly fees & are due by the 1st of each month at the Front Desk or by online registration. If not paid by the 10th of the month, a \$5.00 billing fee will be added to the class cost. The Y will not scholarship billing fees. McPherson Family YMCA reserves the right to combine or cancel any class due to low enrollment.

CHILD CARE

TODDLER TIME (Ages crawling - 7 years)

Hours of Operation

Mornings: Monday-Friday: 8:00-11:00 AM

Evenings: Monday/Wednesday: 4:00-7:30 PM

Tuesday/Thursday: 4:00-7:00 PM

Friday: CLOSED

Hourly Fees	<u>1st Child</u>	<u>2nd Child</u>
Member:	\$1/1st hour	\$0.50/hour
	\$0.50/hour each additional child/hour	
Non-Member:	\$2/1st hour	\$1.50/hour
	\$1.50/hour each additional child/hour	

Payment Options

Daily: Pay at front desk after each visit

Punch Card†: Load card with \$5-15 Valid For 1 Year

Monthly†*: \$12.50/ 1st child Valid For 1 Month

\$5.00/each additional child

*† Toddler Time cards & daily fees must be paid for at the Front Desk. Cards are non-refundable, non-transferable & for Y member purchase only. *Monthly unlimited cards must designate AM or PM use. Both parent & child must be members to purchase unlimited card. Toddler Time fees are not subject to YMCA financial aid assistance.*

YKIDS CLUB

We believe that kids deserve the opportunity to discover who they are & what they can achieve. At YKIDS Club, we provide care for your K-5th grade student. Your child can expect fun activities & nutritious snacks daily.

2011 Summer: 05/25/11- 08/15/11
Hours: 7:45 AM - 6:00 PM
Weekly Fees: Y Member - \$81.00/child
 Non-Member - \$93.00/child

Location: McPherson Family YMCA

2011-2012 School Year:

Hours: 3:06 - 6:00 PM

Weekly Fees: Y Member - \$27.00/child
 Non-Member - \$31.00/child

Location: McPherson Family YMCA

Program Registration: Parents interested in YKIDS Club must contact the Program Director, Alana Murphy, at 241-0363 or alanamurphy@ymca-mrc.com for more info. A non-refundable registration fee of \$10.00 is required at enrollment.

Financial Aid Program: No child will be turned away due to the inability to pay. *SRS Participants Welcome.*
 YKIDS Club funded in part by grants from United Way of McPherson County & McPherson County Community Foundation.

SWIM LESSONS

PARENT/CHILD SWIM LESSONS (Ages 6 months to 3 years)

Class Size: Min. 3, Max. 6. Adult participation required. Class members learn water safety, swimming readiness skills, sing songs & play games. Lessons meet 30 minutes once per week.

Monday: 10:15-10:45 AM

Member: \$11.75, Non-Member: \$23.50

PRESCHOOL & YOUTH SWIM LESSONS (Ages 3-14 years)

JUNE & JULY MONTHLY SESSIONS *Class Size: Min. 3, Max. 15*

Morning lessons: 45 minutes once per week for 4 weeks

Tuesday: 10:00-10:45 AM - Preschool Levels 1234

Wednesday: 10:00-10:45 AM - Preschool Levels 1234

Member: \$17.75, Non-Member: \$35.50

Afternoon lessons: 30 minutes twice per week for 4 weeks

Tuesday/Thursday: 1:00-1:30 PM - Youth Levels 12345

Member: \$23.50, Non-Member: \$47.00

Evening lessons: 30 minutes twice per week for 4 weeks

Tuesday/Thursday: 5:30-6:00 PM - Preschool Levels 1234

Tuesday/Thursday: 6:15-6:45 PM - Preschool Levels 1234

Tuesday/Thursday: 6:15-6:45 PM - Youth Levels 12345

Member: \$23.50, Non-Member: \$47.00

AUGUST MINI SESSION (August 1-12) *Class Size: Min. 3, Max. 15*

Morning lessons: 45 minutes twice per week for 2 weeks

Mon./Wed.: 10:00-10:45 AM - Preschool Levels 1234

Tues./Thurs.: 10:00-10:45 AM - Preschool Levels 1234

Member: \$17.75, Non-Member: \$35.50

Evening lessons: 30 minutes twice per week for 2 weeks

Tuesday/Thursday: 5:30-6:00 PM - Preschool Levels 1234

Tuesday/Thursday: 6:15-6:45 PM - Youth Levels 12345

Member: \$17.75, Non-Member: \$23.50

SWIM TEAM

For individuals who want to try the competitive side of swimming during the summer, contact McPherson AquaPups by visiting their website at www.aquapups.com. *Y swim team will be back in Sept.*

PRIVATE SWIM LESSONS (Ages 3 to 99 years)

For anyone wanting one-on-one instruction. Our instructors will fit swim lessons to meet the need of each individual. Private lessons consist of four lessons lasting 30 minutes each. Register at the front desk. *Available for Y members only.* Member: \$41.25 for four lessons

SWIM LESSON PROGRAM INFORMATION

June: June 6 - July 1

July: July 5 - 29 (No classes will be held Monday, July 4, 2011)

August: August 1 - 12 (Mini session)

Lessons run on a month to month basis. Enrollment is limited & is on a first come, first serve basis. All class fees are monthly fees & are due by the 1st of each month at the Front Desk or by online registration. If not paid by the 10th of the month, a \$5.00 billing fee will be added to the class cost. The Y will not scholarship billing fees. McPherson Family YMCA reserves the right to combine or cancel any class due to low enrollment.

PRESCHOOL & YOUTH SWIM LESSON PREREQUISITES

PRESCHOOL LESSONS - Ages 3-5 years

Preschool I (Beg.): First water experience.

Preschool II (Int. Beg.): Children who can kick, splash & blow bubbles without support or assistance.

Preschool III (Adv. Beg.): Children who can free float for 5-10 sec. & swim 15 feet without support on their front, back, & side.

Preschool IV (Adv.): Children who can perform over arm strokes on front & back for 20 feet without support.

YOUTH LESSONS - Ages 6-14 years

Youth I (Beg.): No skills required.

Youth II (Int. Beg.): Children who can free float for 5-10 seconds & swim 5 feet without support on their front & back.

Youth III (Adv. Beg.): Children who can swim 15 yards front crawl with rhythmic breathing & swim 15 yards of back crawl.

Youth IV (Int. Adv.): Children who can swim 25 yards front crawl with rhythmic breathing swim 25 yards of back crawl & have basic knowledge of breaststroke & elementary backstroke.

Youth V (Adv.): Children who can swim 50 yards & are proficient in above strokes.

YOUTH HEALTHY LIVING PROGRAMS

ZUMBATOMIC® (Ages 4-10 years) *Class Size: Min. 5, Max. 20*

A crazy-cool dance-fitness workout for kids set to hip-hop, salsa, reggaeton and more. Summer Session: July 19, 21, 26, 28

"Little Stars" Level (Ages 4-7 years)

Tuesday/Thursday: 4:15-4:45PM

Member \$11.75, Non-Member \$23.50

"Big Stars" Level (Ages 8-10 years)

Tuesday/Thursday: 4:15-5:00PM

Member \$17.50, Non-Member \$35.00

YOUTH WEIGHT TRAINING (Ages 12-14) *Class Size: Min. 5, Max. 8*

Teaches proper mechanics & etiquette for the Y weight room.

Summer Session: June. 7-30, 2011

Tuesday/Thursday 4:00-4:45PM

Member \$17.50, Non-Member \$35.00

FIT YOUTH (Ages 9-11 years) *Class Size: Min. 5, Max. 15*

Exercises keep participants moving, thinking & acquiring new skills needed for an active lifestyle. Summer Session: July 5-28, 2011

Tuesday/Thursday 4:00-4:45PM

Member \$17.50, Non-Member \$35.00

2011-2012 8TH GRADERS - WEIGHT LIFTING ETIQUETTE

Sign up for your Weight Lifting Etiquette Appointment.

You must meet with a trainer before you can use the Wellness Center or Weight Room. Register at the front desk or online.

FALL 3, 4, 5 YEAR OLD INSTRUCTIONAL OUTDOOR SOCCER

Help your child experience soccer at an early age! Participants are placed on teams & coached by parents or other volunteers.

Member: \$26.00, Non-Member: \$52.00

Free for students with free/reduced lunches coupon

Registration Deadline: Friday, Sept. 2, 2011 by 9:30 PM

Coaches Meeting: Thurs. Sept. 8, 2011, 6:00 PM

Practices Start: Saturday, Sept. 17, 2011

Games Start: Saturday, Sept. 24, 2011

[*MRC runs K-6th Grade Soccer League*]

LATE FEE ON YOUTH SPORTS

All registrations accepted after deadline are charged \$5.00 late fee. No exceptions.

TEAM SPORT FINANCIAL AID COUPON

Students who qualify for Free or Reduced School Lunches can sign up for any Y team sport for FREE by completing and returning this coupon at registration.

Take this coupon to your school office or the district office and have them sign below that you qualify for Free or Reduced School Lunches. Coupon must be turned in at time of registration to receive the discount. Coupon not good for late fees or billing fees.

"I am a school official & I certify that these children qualify."

Staff signature: _____

Child's Name _____ Grade _____

Child's Name _____ Grade _____

ADULT HEALTHY LIVING PROGRAMS

ADULT SWIM LESSONS

Overcome your fear of the water, learn strokes and water safety skills or train for a triathlon. Lessons are eight 30 minute lessons tailored to each swimmer's needs.

Sign up on the interest list at front desk.

Member: \$23.50, Non-Member: \$47.00

ADULT VOLLEYBALL LEAGUES (Ages 14 years+)

Teams select A League (Competitive) or B League (Recreational). Season includes ten regular season games & single elimination tournament.

WOMEN'S / COED SUMMER LEAGUE

Games Start: Women's-Monday, June 6, 2011

Coed-Wednesday, June 8, 2011

Registration Deadline: Friday, May 27, 2011 by 9:30 PM

Captain's Meeting: Tuesday, May 31, 2011, 6:00 PM at Y

Member: \$26.75, Non-Member: \$63.75

WOMEN'S / COED FALL LEAGUE

Games Start: Women's-Monday, September 12, 2011

Coed-Wednesday, September 14, 2011

Registration Deadline: Friday, September 2, 2011 by 9:30 PM

Captain's Meeting: Tuesday, September 6, 2011, 6:00 PM at Y

Member: \$27.50, Non-Member: \$65.75

GROUP CLASSES

Monthly schedules available at front desk or online.

LAND CLASSES

Join us for Cardio'N'Weights, Core, Muscle Pump, Pilates, Yoga, Step Aerobics, Turbo Kick, Aerobics, Y-Pump, Y-Spin, Boot Camp, Zumba®, Kettlebell, H.I.I.T. & more!

AQUATICS CLASSES

Jump in for Aquarobics, Aqua Zumba®, Water Aerobics & Water Polo. Designated Lap Swimming & Water Walking available.

ACTIVE OLDER ADULTS CLASSES

Come social and exercise during Silver Sneakers®, Water Aerobics, Yoga, Arthritis Class, Low Impact Aerobics & Tai Chi.

PERSONAL FITNESS

TOTAL HEALTH CONSULTATIONS

Three free sessions with a Y personal trainer. Become familiar with all that the Y has to offer & develop a personal exercise plan.

Session 1: Physical Activity Readiness Questionnaire & have your blood pressure, body weight, and body fat checked. More assessments are available, if desired.

Session 2: Learn how to use the cardio equipment at the Y & participate in a Cardiorespiratory Assessment.

Session 3: Strength training orientation/workout.

Sign up online or at the front desk.

PERSONAL TRAINING

For members who want a personal trainer to guide them through each workouts. Available to Y members only.

\$30.00 per visit when purchasing one

\$25.00 per visit when purchasing 2 or more visits

GROUP TRAINING

For groups of 2-4 members who want to work out under the guidance of a personal trainer. Available to Y members only.

Fees: \$60.00 for 4 visits per member

CERTIFICATION CLASSES

Get certified: CPR for the Professional Rescuer Update, First-Aid Re-certification, AED & Oxygen Administration, Lifeguard Certification & Water Safety Instructor. Classes are open to the community. Please check with the front desk or online for specific dates, times & course fees.

Y MEMBERSHIP

The Y offers affordable memberships for your family! We work to strengthen the foundations of our community—your family through programs that promote youth development, healthy living & social responsibility.

MEMBERSHIP OPTIONS

Youth (0-13 years): \$8.00/month or \$96.00/year

Teen (14-18 years): \$12.50/month or \$150.00/year

College (Enrolled full time): \$31.25/month or \$375.00/year

Adult (18-61 years): \$31.25/month or \$375.00/year*

Family: \$40.00/month or \$480.00/year*

Senior (62 years+): \$28.00/month or \$336.00/year*

*New members subject to joiner fee.

Financial Aid: Y membership and programs are designed to benefit persons from all backgrounds. Fees are based on the cost of providing each program. Financial aid guidelines are based on income and number of dependants.

See front desk or download application online to apply.

MEMBERSHIP BENEFITS

Basketball Gym • Family Pool • Lap Pool • Wellness Center
Weight Room • Ab/Back Room • Land & Water Group Classes
Personal Training • Total Health Consultation • Youth Center
Hot Tub & Sauna • Racquetball/Handball Courts • Locker Rooms

FIND US ON FACEBOOK

Log on to Facebook and search for McPherson Family YMCA or go to www.facebook.com/mcphersonfamilyymca to find up to date information on program registration deadlines, family events and healthy living tips from our certified trainers.



MCPHERSON FAMILY YMCA

220 North Walnut, McPherson, KS 67460

(620) 241-0363 • www.mcphersonfamilyymca.com

Y programs supported in part by United Way of McPherson County.

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 non-profit charitable association and we welcome all regardless of race, religion, age, gender, income and ability to pay.