

**PLAY.
WORKOUT.
THRIVE.**



WINTER PROGRAM GUIDE | JANUARY - MAY 2020

GRUNDY FAMILY YMCA

SOCIAL RESPONSIBILITY

INFORMATION

SESSION 1 – JANUARY 12TH - FEBRUARY 21ST

SESSION 2 – MARCH 1ST - APRIL 10TH

SESSION 3 - APRIL 19TH - MAY 29TH

FITNESS CENTER HOURS

Monday-Friday 5:00 am - 9:00 pm (closes at 8:00 pm on Friday)

Saturday 7:00 am - 12:00 pm

Sunday 2:00-7:00 pm

STAFF

Mandy Yoder - Branch Director

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Katie Rasmussen - Youth Programs Director

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BRANCH BOARD OF DIRECTORS

Jenn Venenga, Chair

Steve VanderPol, Vice Chair

Lisa Zinkula, Treasurer

Erika Allen

John Gordan

Katie Thornton-Lang

Gordan Bloxham

Carla Knutsen

Mike Stumberg

FINANCIAL ASSISTANCE

Financial assistance is granted to qualifying individuals. Money raised through the Annual Campaign and special events helps the YMCA provide membership and program scholarships. Contact a YMCA program director for more information on financial assistance.

MEMBERSHIP POLICIES

YMCA memberships are valid for one year from the date of purchase. You may pay for the full year or have your fee deducted monthly through auto-checking. Members paying through auto-checking will have their memberships continuously renewed unless they given written notification to the YMCA before the first of the month.

Membership Type	Activation Fee	Monthly Auto Checking
Youth	\$10	\$13
College	\$10	\$16
Adult	\$20	\$25
One- Parent Family	\$40	\$37
Family	\$40	\$49
Adult 65 & Better	\$20	\$23
Family 65 & Better	\$40	\$44

All new members pay an activation fee. This fee will not be charged again unless your membership lapses for more than 30 days. Memberships are nonrefundable and nontransferable to another person.

ANNUAL PROGRAM MEMBERSHIP

This is an ANNUAL activation fee for those participating only in programs.

One Person Activation Fee: \$20 per year

Family Activation Fee: \$35 per year

Check our our website:

www.BlackHawkYMCA.org for the latest updates on program information. Click on the Grundy Center tab.

GUEST PRIVILEGES

Nonmembers may purchase a day pass. Pass fees: \$5 per day and \$10 per week. Identification must be presented with the purchase of a day pass.

HOW TO REGISTER FOR CLASSES

NEW! ONLINE REGISTRATION available at www.blackhawkymca.org. Click on the Grundy Center tab to register for adult and youth programs. Registrations are also taken at the YMCA Fitness Center. Payment is due at the time of registration.

CLASS REFUND/CANCELLATION POLICY

The YMCA reserves the right to cancel classes due to lack of participation. If the YMCA cancels a class, a full credit will be issued to each participant. If a participant cancels, credit will be given, minus a \$4 service charge.

During inclement weather, the YMCA may cancel classes. Facility closings and hours of operation changes will be announced through KWWL and our Facebook page "GrundyFamilyYMCA."

YOUTH DEVELOPMENT

SESSION 1 – JANUARY 12TH - FEBRUARY 21ST

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Parents are encouraged to volunteer to help with programs. Please contact the Y if you're interested.

Participants involved with programs that begin directly after school (3:45 PM start times) will be picked up at school unless otherwise notified and are invited to have a snack prior to their program starting.

BEFORE & AFTER SCHOOL CARE

We offer a quality Before and After school program designed to keep kids safe, help working families, and improve academic achievement. After school, the kids will be kept busy with recess, activities based on a monthly theme of their choice, center time, and homework help. A healthy snack is provided after school, and the school's breakfast can be purchased in the mornings.

Ages: 5 years-5th grade

Day and Time: Monday-Friday, 6:30-8:00 am/3:00-6:00 pm

Location: Upper Elementary - YMCA Childcare Room

Cost:

Member: \$30/week (Before Care)

\$35/week (After Care)

\$60/week (Before & After Care)

Program Member: \$35/week (Before Care)

\$40/week (After Care)

\$70/week (Before & After Care)

YMCA SCHOOL'S OUT FUN DAYS

We have childcare for kids during school in-services, early outs, school cancellations due to inclement weather, and most holidays. Youth will have fun participating in various activities including group games, arts and crafts, free center play, and occasional field trips. Kids will need to bring a lunch and one snack. Please contact the Y to register your kids at least one week in advance.

Ages: 5 years-5th grade

Day and Time: 6:30 am-6:00 pm on No School Days

Location: Upper Elementary - YMCA Childcare Room

Cost:

Member: \$20 per day

Program Member: \$25 per day

*The program fees above are in addition to the already scheduled weekly payments for the Before & After school care.

ROLLERSKATING CLUB

Instructors will guide participants through the beginning skills and facilitate skill development in roller skating. Youth can also look forward to activities and games to make this form of aerobic exercise more fun. Roller skates and safety equipment will be provided. Limited to 10 spots.

Ages: K-5th grades

Day and Time: Thursdays 3:45-4:45 PM

Location: Upper Elementary Gym

Session: 3

Cost: Member: \$12 Program Member: \$21

STEAM DISCOVERY

This is a STEAM based class for Science, Technology, Engineering, Art and Math. Participants will work together weekly on a new STEAM project that will help push kids to expand their horizons, experiment, and problem solve. Participants will discover, make, play and learn weekly with our fun activities!

Ages: K-5th grades

Day and Time: Tuesdays 3:45-4:30 PM

Location: YMCA Fitness Studio 2

Session: 1

Cost: Member: \$12 Program Member: \$21

FOOD ADVENTURES

Healthy children develop a relationship with a variety of foods. This after school Food Adventures program will introduce children to a variety of wholesome foods and simple food preparation techniques. Class includes food preparation and tasting of foods. Please advise program leaders of any food allergies.

Ages: K-5th grades

Day and Time: Tuesdays 3:45-4:30 PM

Location: YMCA Fitness Studio 2

Session: 3

Cost: Member: \$12 Program Member: \$21

BOWLING CLUB

This program will allow participants to learn the skills involved with this lifelong recreational activity. Participants will also learn how to manually score while meeting new friends and practicing sportsmanship.

Ages: 2nd-5th grades

Day and Time: Mondays 4:00-5:00 PM

Location: Meet at Upper Elementary (Participants will be bused to Crystal Bowl Bowling Alley and transported back to the Upper Elementary for pick up).

Session: 1

Cost: Member: \$15 Program Member: \$24

FOCUSED ON FITNESS

This program is designed to help participants gain the endurance and skills they need to begin or improve their health, daily workout, or sports-related performance in any area. They will be taught proper lifting for hand weights, running, stretching and other techniques. They will also work hard on their cores!

Ages: 6-12th grades

Day and Time: Thursdays 5:00-6:00 PM

Location: Upper Elementary Gym

Session: 1

Cost: Member: \$12 Program Member: \$21

YOUTH BOOT CAMP

This is a strength and conditioning fitness class designed for kids in 2nd-5th grades. It consists of drills and games that improve speed, agility and strength building using different training equipment and stations that focus on body weight exercises like push ups and squats. This class is perfect for your child who has a lot of stored up energy and enjoys a good sweat!

Ages: 2nd-5th grades

Day and Time: Thursdays 5:15-6:00 PM

Location: Upper Elementary Gym

Session: 2

Cost: Member: \$12 Program Member: \$21

MAD SCIENTISTS

Does your child enjoy learning about how something works or is formed? This is the program for them! Participants will get hands on during this program while creating new experiments while being safe and learning how science is involved in their everyday lives.

Ages: K-5th grades

Day and Time: Mondays 3:45-4:30 PM

Location: YMCA Fitness Studio 2

Session: 2

Cost: Member: \$15 Program Member: \$24

GIRL'S ON THE RUN

Girl's on The Run focuses on the whole girl. Meeting twice a week in small teams, trained volunteer coaches inspire girls to build confidence and other important life skills through dynamic, interactive lessons and physical activity. The girls will partake in a 5K on May 9th. To volunteer as a coach please visit: girlsontheruniowa.org/coach. Registration opens January 17th!

Ages: 3rd-8th grades

Day and Time: TBD

Location: Elementary Gymnasium

Session: February 24th - May 9, 2020

Cost: This program is grant supported ensuring the program is available to any girl, regardless of financial resources.

Registration: January 17th at girlsontheruniowa.org/program-registration

YOUTH SOCCER

Coaches will lead youth through the beginning skills of soccer. Dribbling, passing, shooting, and defense will be the areas of focus, and kids will have the opportunity to play games in a non-competitive atmosphere.

Ages: 4 to 6 years old

Day and Time: Tuesdays 5:00-5:45 PM

Location: George Wilhelm Sports Complex

Session: 3

Cost: Member: \$12 Program Member: \$21

Special Programs

HEALTHY KIDS DAY

Healthy Kids Day is a national initiative to improve the health and well-being of kids in our community. The Y will celebrate by hosting an event that will engage and get kid's moving, play games and explore all kinds of ways to be healthy!

Ages: Open to all ages

Day and Time: Friday, April 17th 5:00-6:30 PM

Location: Upper Elementary Gym

Cost: FREE

VANLENTINE'S DANCE

Looking for a special night out with your son, daughter, grandson, granddaughter, niece or nephew near Valentine's Day?! Come to our dance! This special night will be filled with dancing, a craft for two and photo booth opportunities! Get dressed up with your little one for a night of fun and memories!

Ages: Preschool age - 5th grade

Day and Time: Saturday, February 8th from 6:00-8:00 PM

Location: Upper Elementary Gym

Cost: \$5/couple

BIRTHDAY PARTY RENTALS

The YMCA is a great place for birthdays! Our party host will assist with your child's party and help with planned activities of your choice. All birthday parties run for two hours and include use of our inflatable slide, the gym, and party room. Parties are for 15 children, each additional child after is \$2.00 each.

Member: \$120.00 Program Member: \$150.00

Deposit:

Member: \$50.00 Program Member: \$50.00

Available party times are Friday 6:30-8:30 pm and Saturday mornings from 10:00 am-12:00 pm or in the afternoon from 3:00-5:00 pm. Sundays from 1:00-3:00 pm is also another available party time.

To book your party, visit the YMCA Fitness Center and fill out the rental agreement form at least three weeks prior to the party date. Deposit is non-refundable and due at the time your party is booked. The remaining balance is due the Wednesday prior to your party.

HEALTHY LIVING

SESSION 1 – JANUARY 12TH - FEBRUARY 21ST

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BOOT CAMP & CARDIO – CHILD CARE AVAILABLE 8:30AM CLASS ONLY

Keep your heart rate elevated and your muscles burning with this fun Boot Camp style class. Body weight strength and cardio exercises will be used along with a variety of equipment (dumbbells, barbells, medicine balls, sand bells and more)! Instructors will push you to go harder each day. You'll appreciate the challenge after class is over!

Ages: Adults

Day and Time: Monday & Wednesday & Friday at 5:15 am-6:00 am

Location: Upper Elementary Gym

Sessions: 1, 2 & 3

Cost/Session: Member: \$36

Program Member: \$90

Childcare Fee: Member: Free

Program Member: \$30

Ages: Adults

Day and Time: Tuesday & Thursday 8:30 am-9:15 am, 5:15 pm-6:00 pm

Session: 1, 2 & 3

Location: Upper Elementary Gymnasium for both set of times

Cost/Session: Two days/week

Member: \$24

Program Member: \$60

INDOOR CYCLING

Instructors will help you take your cardio workout to the next level with combinations of hills, flats, sprints and intervals. Class is designed for beginners and advanced riders alike because you control your own resistance. Our Keiser bikes provide a digital readout showing RPM, Distance, Heart Rate, Watts and Resistance Level.

Ages: Adults

Day and Time: Monday and Wednesdays 5:30-6:15 PM

Location:

Session: 1, 2 & 3

Cost/Session: Member: \$24

Program member: \$60

KICKBOXING & CORE

Combination of high-intensity, instructor-led cardio kickboxing and Core exercises. Instructor will teach the basic upper and lower body striking moves and progress into challenging combinations. 10 minutes will be reserved each class for abdominal and lower back exercises. Participants need to bring their own gloves.

Ages: Adults

Day and Time: Tuesday & Thursday 5:15am-6:00am

Location: Upper Elementary Gym

Session: 1, 2 & 3

Cost/Session: Member: \$24 Program Member: \$60

SENIOR FITNESS

Instructor-lead cardio-respiratory and strength training workouts for Seniors. Helps increase mobility, range of motion, and energy levels. Exercises are no to low impact and will help with performance of day to day activities outside of the YMCA!

Ages: Adults 60 years old & better

Day and Time: Monday, Wednesday, Friday 3:15-4:00pm and Tuesday & Thursday 7:00-7:45am

Location: Fitness Center

Sessions: 1, 2 & 3

Cost/Session: Free – only open to members of the YMCA

ULTIMATE CORE

Take your core training to the next level. This 45-minute workout will emphasize all muscle groups in the core musculature. Tone your abdominals, back, and glutes with the help of trained instructors. Continue your workout in the fitness center with our great cardio options!

Ages: Adults

Day and Time: Monday & Wednesday 5:30-6:15pm

Location: YMCA

Sessions: 1, 2 & 3

Cost/Session: Member: \$24 Program Member: \$60

DELAY THE DISEASE™

This evidence-based fitness program created by Ohio Health is designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Research in the area of Parkinson's disease indicates that exercise has been shown to improve self-confidence and independence, decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility. The Parkinson's exercise program is geared specifically to counteract the movement challenges experienced by people with Parkinson's. Individuals with other neurological conditions are also welcome to join the class! Classes are ongoing and participants may join at any time.

Day and Time: Monday & Thursday 10:00–11:00am

Location: Fitness Center

Session: 2 & 3

Cost/Session: Member: Free Program Member: Free

YOGA

Participants will learn beginning yoga poses and advance to more challenging positions as the class progresses. Focus will be placed on balance, muscular endurance and relaxation techniques. Wind down your day with yoga.

Ages: Adults

Day and Time: Monday & Wednesday 6:00-6:45 pm

Location: Fitness Studio 2

Sessions: 1, 2 & 3

Cost/Session: Member: \$24 Program Member: \$60

PICKLEBALL

Try out the game of Pickleball! Instructors will show interested participants through the skills of the game including serving, volleying and game play. Already know how to play? Come and play a non-competitive game of singles or doubles!

Ages: Adults

Day and Time: Sunday 5:00-6:30pm and Tuesday & Thursday 6:00pm-7:30pm

Location: Belpre Tennis Court or Upper Elementary Gymnasium

Sessions: 1 & 2

Cost/Session: Member: Free Program member: \$10

YMCA PERSONAL TRAINING

Let one of our Certified Personal Trainers take you through workouts specifically geared to meet your fitness and wellness goals. You can work one-on-one or in a group. You'll learn various exercises that build strength, endurance, reduce body fat, and improve overall cardiovascular fitness. A workout plan can be created in order to maintain workouts beyond instruction. Personal training sessions are made by appointment only.

	1 member:	2 members:	3 members:
3 sessions	\$90	\$75/person	\$60/person
6 sessions	\$162	\$132/person	\$102/person
10 sessions	\$240	\$190/person	\$140/person
20 sessions	\$420	\$320/person	\$220/person

WORKOUT PLAN

Would you like someone to create a workout plan that meets your fitness and wellness goals? Let one of our personal trainers design and create a workout plan that can be implemented in our fitness facility.

Cost:

Member: \$20 (first plan), \$15 (each plan after)

Program Member: \$30 (first plan), \$20 (each plan after)

YMCA FITNESS TESTING

Get baseline numbers for all five components of fitness. We will measure your flexibility, cardiovascular endurance, muscular strength and endurance and body composition. Testing is available for all fitness levels. If you would like to know the progress you are making, sign up to be re-tested. Testing is available by appointment only.

Cost:

Member: \$15

Program member \$25

NEW OR EXISTING MEMBER ORIENTATION

Are you unfamiliar with fitness equipment and find it a challenge just figuring out where to start? Or do you have specific questions about how machines work? Our staff will walk you through the basic usage of all our resistance training and cardiovascular equipment. Call to schedule a free orientation or just stop in during fitness center hours.

Cost:

Member: Free

WHERE THE COMMUNITY COMES TOGETHER

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

Our Promise:

At the Y, strengthening community is our cause. Every day, we work side by side with our volunteers and other organizations to make sure that everyone - regardless of age, income or background - has the opportunity to learn, grow and thrive.

WHAT WE DO:

The Y makes accessible the support and opportunities that empower people and communities to learn, grown and thrive. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the community's health and well-being and provides opportunities to give back and support neighbors.

HOW WE DO IT:

There is no nonprofit quite like the Y. That's because, in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver, positive change.

OUR WORK IS ALIGNED AROUND 3 MAIN AREAS OF FOCUS:

YOUTH DEVELOPMENT: Nurturing the potential of every child

We believe all kids deserve the opportunity to discover who they are and what they can achieve. That's why, at the Grundy Family YMCA, hundreds of kids in our community each year are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

HEALTHY LIVING: Improving the community's health and well-being

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors

The Grundy Family YMCA has been listening, and responding to the needs of our community since 2002. Whether developing skills or emotional well-being through programming and services, preventing chronic disease or building a healthier community, the Grundy Family YMCA empowers members of our community to be healthy, confident, connected and secure.



GRUNDY FAMILY YMCA

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