



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALL TOGETHER BETTER

2017 Summer Program Guide  
MCPHERSON FAMILY YMCA



## SUMMER BUILDING HOURS:

May 27 - September 4, 2017

Monday - Friday: 5 AM - 8:30 PM

Saturday: 7 AM - 1 PM

Sunday: 1 - 4 PM

*Closed on the following dates:*

*May 28 - 29, July 4 & September 3 - 4*

## PROGRAM DATES & POLICIES:

Programs run on a 4 week basis. Enrollment is limited & is on a first come, first serve basis. All program fees are based on 4 weeks & are due by the first day of the 4 week period at the Front Desk or by online registration. If not paid by the 10th of the month, a \$5 billing fee will be added to the program fee. The Y will not scholarship billing fees. The Y reserves the right to combine or cancel any classes due to low enrollment.

\* Program Fees prorated at registration

*(No Classes May 29 - June 2)*

June 2017 June 5 - June 30

July 2017 July 3 - 28 *(Closed July 4th)*

August 2017 July 31 - Aug 25\*

\*Class times subject to change when school starts.



# GYMNASTICS

## COED GYMNASTICS *Class Size: Min. 4, Max. 8* Parent/Child (Ages 2-4 years)

Wednesday: 9:00-9:45 AM  
Member: \$9.50, Non-Member: \$19.00  
Monday/Wednesday: 5:00-5:30 PM  
Member: \$12.75, Non-Member: \$25.50

*Both parent & child must be members or will be charged as non-member.*

## Preschool (Ages 3-5 years)

Monday/Wednesday: 4:00-4:45 PM  
Tuesday/Thursday: 5:00-5:45 PM  
Tuesday/Thursday: 9:00-9:45 AM  
Tuesday/Thursday: 4:00-4:45 PM  
Member: \$19.00, Non-Member: \$38.00

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

### Level 1 (Ages 5 years+)

Level 1: Monday/Wednesday: 4:00-5:00 PM  
Level 1: Monday/Wednesday: 5:15-6:15 PM  
Level 1: Tuesday/Thursday: 10:00-11:00 AM  
*\*Starting July 31st for August: Tuesday/Thursday: 4:00-5:00 PM*  
Level 1: Tuesday/Thursday: 5:15-6:15 PM  
*\*Starting July 31st for August: Tuesday/Thursday 5:30-6:30 PM*  
Member: \$25.25, Non-Member: \$50.50

### Level 2 (Ages 5 years+)

Level 2: Tuesday/Thursday: 4:00-5:15 PM  
Member: \$31.50, Non-Member: \$63.00

### Level 3 (Ages 5 years+)

Level 3: Monday/Wednesday: 5:00-6:30 PM  
Member: \$38.00, Non-Member: \$76.00

## BOYS GYMNASTICS (Ages 5-10 years) *Class Size: Min. 4, Max. 10*

Monday/Wednesday: 4:00-4:45 PM  
Member: \$19.00, Non-Member: \$38.00

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

This class teaches basic tumbling skills for beginners.

Tuesday/Thursday: 4:00-4:45 PM  
Member: \$19.00, Non-Member: \$38.00

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

This class teaches basic cheer & tumbling skills.

Tuesday/Thursday: 5:00-6:00 PM  
Member: \$25.25, Non-Member: \$50.50

## COMPETITIVE TEAM

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

**Pre-Pups:** Tues. 9:00-11:30AM / Wed. 4:00-6:30PM

*\*Starting July 31st for August: Mon./Wed. 4:00-6:00 PM*

Cost: \$61.00

**Group C:** Tues. & Wed. 9:30AM-11:30 AM / Thurs. 4:30-6:30 PM

*\*Starting July 31st for August: Tues./Thurs. 4:30-7:00 PM / Wed. 4:30-6:30 PM*

Cost: \$86.00

**Group B:** Mon. & Thurs 9:00AM-12:00PM / Tues. 3:30-6:30PM

*\*Starting July 31st for August: Mon./Tues./Thurs.: 4:00-7:00 PM*

Cost: \$110.50

Revised 6/2/2017

## 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.

June: June 5 - June 30 July: July 3 - 28 \*July 31 - Aug. 25  
Lessons run on a month-to-month basis. Enrollment is limited and is on a first come, first serve basis. All class fees are monthly fees and 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 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: Mon, Tues & Thurs: 4:00-7:30 PM  
Wednesday: 4:00-7:45 PM  
Friday: CLOSED

Hourly Fees	1st Child	2nd Child
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†\*: AM & PM\*\*: \$15/ 1st Child, Valid for 1 Month  
\$7 each additional child  
AM or PM\*\*: \$12.50/1st Child, Valid for 1 Month  
\$5 each additional child

† Toddler Time cards & daily fees must be paid for at the Front Desk.

Cards are non-refundable & non-transferable.

\*\*Both parent & child must be members to pay member fee.

†† AM & PM cards are good for both. AM or PM cards must select one.

Toddler Time fees are not subject to YMCA financial aid assistance.

## YKIDS

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

**2017 Summer:** 05/25/16 - 8/14/17

Hours: 7:45 AM - 6:00 PM

Weekly Fees: Y Member - \$81/child; Non-Member - \$93/child

Location: Lincoln Elementary School / McPherson Family YMCA

**2017-2018 School Year:**

Hours: 3:06 - 6:00 PM

Weekly Fees: Y Member - \$27/child

Non-Member - \$31/child

Full days during school year at Y, \$15/day for members; \$19/day for non-members

Lincoln and Washington Elementary

Location:

**Program Registration:** Parents interested in YKIDS must contact the Program Director, Beth Keeley, at 241-0363 or bethkeeley@ymca-mrc.org for more info. A non-refundable registration fee of \$10 per child is required at enrollment.

**Financial Aid Program:** No child will be turned away due to the inability to pay. *DCF Participants Welcome.* YKIDS funded in part by United Way of McPherson County, McPherson County Community Foundation and Williams.

# SWIM LESSONS

## SWIM LESSON PROGRAM INFORMATION

**June:** June 5 - 30 **July:** July 3 - 28 **Aug:** July 31 - Aug. 25  
 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 2 days prior due to low enrollment.

### PRESCHOOL & YOUTH SWIM LESSON PREREQUISITES

#### PARENT/CHILD LESSONS - Ages 6 months - 3 years

**(Class A)** - Water Discovery: Children who are shy and apprehensive about being in the water.

**(Class B)** - Water Exploration: Children that have begun to blow bubbles in the water with assistance. More willing to get face wet.

#### PRESCHOOL LESSONS (3-5 years) & YOUTH LESSONS (5-12 years)

**(Level 1)** - Water Acclimation: Children who bob and blow bubbles with Assistance and need assistance floating.

**(Level 2)** - Water Movement: Children who can kick, splash & blow bubbles without support or assistance.

**(Level 3)** - Water Stamina: Children who can submerge in chest deep water to retrieve a object & swim 10 yards without support on their front, back, & side.

**(Level 4)** - Stroke Introduction: Children who can perform over arm strokes on front & back for 15 yards without support.

#### YOUTH LESSONS ONLY (Ages 5-12 years) Includes Levels 1-4 listed above

**(Level 5)** - Stroke Development: Children who can swim 25 yards & are proficient in Front Crawl, Back Stroke and can Tread water for 2 min.

**(Level 6)** - Stroke Mechanics: Children who can swim 50 yards using Above strokes & flip turn.

Register at the front desk. Available for Y members only.

Member: \$46.25 for four lessons

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

##### JUNE & JULY MONTHLY SESSIONS Class Size: Min. 3, Max. 6

Adult participation required. Class members learn water safety, swimming readiness skills through songs and games.

Lessons meet 30 minutes once per week for 4 weeks

Monday: 10:15-10:45 AM

Tuesday: 5:30-6:00 PM

Member: \$14.25, Non-Member: \$28.50

### 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

Wednesday: 10:15-11:00 AM - Preschool Levels 1234

Thursday: 10:15-11:00 AM - Preschool Levels 1234

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

**Afternoon Lessons:** 30 minutes twice per week for 4 weeks

Tuesday/Thursday: 1:00-1:30 PM - Youth Levels 123456

Member: \$28.25, Non-Member: \$56.50

**Evening Lessons:** 30 minutes twice per week for 4 weeks

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

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

Tuesday/Thursday: 6:15-6:45 PM - Youth Levels 123456

Member: \$28.25, Non-Member: \$56.50

### MCPHERSON AQUAPUPS SWIM TEAM

For individuals who want to try the competitive side of swimming during the summer, go to [www.macaquapups.webs.com](http://www.macaquapups.webs.com)



### BIRTHDAY PARTIES at The Y!

**Ages 4-11: Have a Swim & Bounce Party!**

**Ages 11 & Up: Have a late night Swim Party!**

Call (620) 241-0363 or

Visit [www.mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org)

for more details.



# YOUTH HEALTHY LIVING PROGRAMS

### BOOT CAMP

**Training Session: Min. 5, Max. 15**

We will pair fitness and fun in each session encouraging kids to live healthy active lifestyles.

Age Group	Days	Time	Monthly
K-8th grade	Mon./Wed./Fri.	1:15-2:00 PM	\$33.00

### 3,4,5 YR OLD INSTRUCTIONAL OUTDOOR SOCCER

(MRC runs K-5th Grade Soccer League. Deadline is August 4th)

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

\$0 for students receiving free/reduced lunch w/coupon

Registration Deadline: Friday, August 4, 2017 by 8:30 PM

Coaches Meeting: Thursday, August 17, 2017 @ 6 PM @ the Y

Games: Saturdays, September 9 - October 14 @ Grant Complex

### CONNECT ACTIVITIES (For those entering 6th-8th grade)

**Cost:** Free activity and snacks! Bring a water bottle, sunscreen and a friend!

**Days/Time:** Tuesday & Thursdays / 1-2 PM

**Month/Activity:**

June

Location: Wall Park Ball Diamonds

Activity: Kickball

July

Location: Lakeside Park, Shelter #5

Activity: Kickball and Disc Golf

**July 30th** - Cookout & Team building activities @ Lakeside Park Shelter #5

**Extra Reward:** On Thursdays in July MRC will purchase admission to McPherson Water Park at 2 PM, if student has attended both Tues. and Thurs. activities that week. Be sure to bring a swimsuit, towel & sunscreen.

*Connect & Ambassador programs are free to the community through partnership with McPherson Recreation Commission and support from United Way of McPherson County.*



### LATE FEE ON YOUTH SPORTS

All registrations accepted after deadline are charged a \$5 late fee. No exceptions.

### FREE/REDUCED LUNCH COUPON FOR FREE SPORTS

Coupons available on website, school secretary, YMCA Front Desk. Must be signed by school official & presented at time of registration.

# 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: \$27.25, Non-Member: \$54.50

## ADULT VOLLEYBALL LEAGUES (Ages 14 years+)

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

### WOMEN'S / COED FALL LEAGUE

Games Start: Women's-Monday, Sept. 11, 2017

Coed-Wednesday, Sept. 13, 2017

Registration Deadline: Friday, Aug. 25, 2017 by 8 PM

Captain's Meeting: Tuesday, Sept. 5, 2017, 7 PM at Y

Per Season Fee: \$180 per team, due with the roster by the deadline.

## GROUP CLASSES

Monthly schedules available at front desk or online.

### LAND CLASSES

Join us for LES MILLS™ BODYPUMP™, Core, Pilates, Yoga, Turbo Kick, Y-Pump, Y-Spin, Boot Camp, Zumba®, & more!

### AQUATICS CLASSES

Jump in for Splashercise, Toning, Powercise, Arthritis & Water Aerobics. Designated Lap Swimming & Water Walking times available.

### ACTIVE OLDER ADULTS CLASSES

Come socialize and exercise during Line Dance, Cardio Circuit®, Water Aerobics, Yoga, Enhanced Fitness, & Arthritis Class.

## PERSONAL FITNESS

### HEALTHY LIVING SESSION

This is a free opportunity for members to meet with a certified personal trainer to set goals and get you on the right fitness plan to accomplish them.

### PERSONAL TRAINING

For members who want a certified personal trainer to help you meet your fitness aspirations, no matter how big or small, and help you stay on the right track. Available to Y members only.

\$30 per visit when purchasing one

\$25 per visit when purchasing 2 or more visits

### GROUP TRAINING

For groups of 2-4 members, who prefer to workout with friends under the guidance of a certified personal trainer. Available to Y members only.

Fees: \$60 for 4 visits per member

## 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.

## 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 dependents.

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 • Healthy Living Sessions • Spin Room • Game Room • Yoga/Pilates Room • Hot Tub & Sauna • Racquetball/Handball Courts • Locker Rooms

## RACQUETBALL & HANDBALL

Court reservations are advised for members, 1 day in advance.

## PICKLEBALL

Pickup games M-F 8-11 AM / T & Th 7:30- 8:30 PM in gymnasium.

## FACEBOOK, TWITTER, & INSTAGRAM

Log on to Facebook and search for McPherson Family YMCA or go to [www.facebook.com/mcphersonfamilyymca](http://www.facebook.com/mcphersonfamilyymca) to find up to date information on program registration deadlines, family events and healthy living tips from our certified personal trainer.

Follow us on Twitter @McPhersonYMCA.

Also, follow us on Instagram @mcpherson\_family\_ymca.

## YMCA MISSION

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.



## MCPHERSON FAMILY YMCA

220 North Walnut, McPherson, KS 67460

(620) 241-0363 • [www.mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org)

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