

YOUTH & ADULT HEALTHY LIVING PROGRAMS

CONNECT ACTIVITIES (Free for 6th-8th grade)
 Focuses on connecting students socially to their peers through activities. Physical (dodgeball, kickball, basketball, etc.), Mental (chess, checkers, board games, etc.) and other enrichment activities
 Time/Date: 3:10-4:15 PM Tuesday / Thursday @ MMS
 Activities vary and will be in the daily announcements at the MMS.

Connect Activities & Ambassador Club are free to the community through partnership with MRC and support through a grant from United Way of McPherson County.

GROUP CLASSES
 Monthly schedules available at front desk or online.

LAND CLASSES
 Join us for LES MILLS™ BODYPUMP™, Core, Pilates, Yoga, Power Step, Y-Pump, Y-Spin, Boot Camp, Zumba®, & more!

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

ACTIVE OLDER ADULTS CLASSES
 Come socialize and exercise during Senior & Beginner Fitness, Water Aerobics, Yoga, Enhance 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

YOUTH BOOT CAMP
 We will pair fitness and fun in each session encouraging kids to live healthy active lifestyles. *Must be a Y member*

Age Group	Days	Time	Monthly
K-8th grade	Mon./Wed./Fri.	3:30-4:15 PM	\$35.00

3rd Annual Easter Member Appreciation
 Members can join us on April 19th from 5:30PM-7:00PM for an aqua egg hunt, family fitness classes, bounce castle, healthy snack, and more!

RACQUETBALL & HANDBALL
 Court reservations are advised for members, 24 hours in advance.

PICKLEBALL
 Pickup games M-F 8-11 AM / T & Th 7:30-9 PM in gymnasium.
Must be a Y member

ADULT VOLLEYBALL LEAGUES
 (Ages 14 years+)
 Teams select A League (Competitive) or B League (Recreational). Season includes 8 regular season games & single elimination tournament.
 Fee: \$180/Team

WOMEN'S / COED FALL LEAGUE
 Games Start: Women's-Monday, September 10, 2018
 Coed-Wednesday, September 12, 2018
 Registration Deadline: Friday, August 24, 2018 by 8:30 PM
 Captain's Meeting: Wednesday, September 5, 2018, 7:00 PM at Y

WOMEN'S / COED SPRING LEAGUE
 Games Start: Women's-Monday, January 28, 2019
 Coed-Wednesday, January 30, 2019
 Registration Deadline: Friday, January 11, 2019 by 9:30 PM
 Captain's Meeting: Tuesday, January 22, 2019, 7:00 PM at Y

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.
 Application available at front desk or download online to apply.

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

FIND US ON FACEBOOK
 Log on to Facebook and search for McPherson Family YMCA or go to www.facebook.com/mcphersonfamilyymca

FOLLOW US ON TWITTER @McPhersonYMCA

FOLLOW US ON INSTAGRAM mcpherson_family_ymca



MCPHERSON FAMILY YMCA
 220 North Walnut, McPherson, KS 67460
 (620) 241-0363 • www.mcphersonfamilyymca.org
Y programs supported in part by United Way of McPherson County.



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR OUR COMMUNITY



Sept 2018-May 2019 Program Guide MCPHERSON FAMILY YMCA

BUILDING HOURS
September 4, 2018-May 24, 2019
Monday-Friday: 5 AM-9:30 PM
Saturday: 7 AM-4 PM
Sunday: 1 PM-6 PM
Closed: Sept. 2 & 3, Nov. 22, Dec. 25, Jan. 1, April 21, May 10, 26 & 27
Close at 2 PM: Dec. 24
Close at 5 PM: Dec. 31

YOUTH 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

Sept. 2018	Sept. 4-Sept. 28	Jan. 2019	Jan. 7- Feb. 1
Oct. 2018	Oct. 1-Oct. 26	Feb. 2019	Feb. 4-March 1
Nov. 2018	Oct. 29-Nov. 30 (No Classes Nov. 19- 23)	March 2019	*March 4-March 29 (No Classes March 11-15)
Dec. 2018	*Dec. 3-Dec. 21 (No Classes Dec. 24-Dec. 28)	April 2019	April 1-April 26
		May 2019	April 29-May 24 (No Classes May 27-May 31)



GYMNASTICS

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

Parent/Child (Ages 2-4 years)

Wednesday: 9:00-9:45 AM
 Member: \$9.75, Non-Member: \$19.50
 Monday/Wednesday: 5:00-5:30 PM
 Member: \$13.00, Non-Member: \$26.00
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: 9:00-9:45 AM
 Tuesday/Thursday: 4:00-4:45 PM
 Tuesday/Thursday: 5:00-5:45 PM
 Member: \$19.50, Non-Member: \$39.00

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: 4:00-5:00 PM
 Member: \$26.00, Non-Member: \$52.00

Level 2 (Ages 5 years+)

Level 2: Tuesday/Thursday: 5:15-6:30 PM
 Member: \$32.50, Non-Member: \$65.00



Level 3 (Ages 5 years+)

Level 3: Monday/Wednesday: 5:00-6:30 PM
 Member: \$39.00, Non-Member: \$78.00

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

Monday/Wednesday: 4:00-4:45 PM
 Member: \$19.50, Non-Member: \$39.00

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: \$20.25, Non-Member: \$40.50

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: \$27.00, Non-Member: \$54.00

COMPETITIVE TEAM

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

Pre-Team: Tues./Thurs. 4:00-6:30PM
 Cost: \$65.25

Black Group: Mon./Tues. 4:00 PM-6:30 PM / Wed. 4:00-6:00 PM
White Group: Mon./Tues. 4:00 PM-6:30 PM / Wed. 4:00-6:00 PM
 Cost: \$91.25

Red Group: Mon./Tues./Thurs.: 4:00 PM-7:00 PM
 Cost: \$117.25

BIRTHDAY PARTIES at The Y!

(must be booked at least 2 weeks in advance)

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



GYMNASTICS PROGRAM INFORMATION

(See Monthly Program Dates on Front of this Program Guide.)

Lessons run on a 4 week basis. Enrollment is limited & is on a first come, first serve basis. All fees are based on 4 weeks & are due by the 1st day of each 4 week period at the Front Desk or online registration. If not paid by the 10th of the month, a \$5.00 billing fee will be added to the class fee. The Y will not scholarship billing fees. McPherson Family Y 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

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

Kids engage in physical, learning and imaginative activities that encourage them to explore who they are and what they can achieve. They receive assistance with their homework and also have the opportunity to participate in STEM activities (science, technology, engineering, math), a variety of literacy activities and HEPA activities (healthy eating, physical activities).

2018-2019 School Year:

Hours: 3:06 - 6:00 PM
 Weekly Fees: Y Member-\$30.00/child
 Non-Member-\$40.00/child

Program Location: Washington & Lincoln Elementary Schools
 (USD buses Roosevelt to Washington and Eisenhower to Lincoln)

2019 Summer:

Hours: 7:45 AM-6:00 PM @ McPherson Family YMCA
 Weekly Fees: Y Member-\$90.00/child
 Non-Member-\$105.00/child

Program Registration: Contact the YMCA at 241-0363 for more info. A non-refundable fee of \$15.00 per child is required at enrollment. (Enrollment fee waived at sign up, with automatic draft.)

Y-Kids Financial Aid Program: No child will be turned away due to the inability to pay. DFC Participants Welcome. YKIDS funded in part by grants from United Way of McPherson County, McPherson County Community Foundation & Williams.

YOUTH & ADULT AQUATICS

SWIM LESSON PROGRAM INFORMATION

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 support 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 an 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.

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: \$50.25 for four lessons



PARENT/CHILD - YOUTH SWIM LESSONS

(Ages 6 months - 14 years) *Class Size: Min. 3, Max. 15 **

Evening Lessons: 30 minutes once per week for 4 weeks

Parent/Child- Monday: 5:30-6:00 PM

Member: \$15.00, Non-Member: \$30.00

(Adult participation required.) * Class Max. 6 Not offered in Dec. (Parent & Child must be members or pay non-member fee.)

Morning Lessons: 45 minutes once per week for 4 weeks

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

Preschool- Thursday: 10:00-10:45 AM

Member: \$22.50, Non-Member: \$45.00

Evening Lessons: 30 minutes twice per week for 4 weeks

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

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

Member: \$30.00, Non-Member: \$60.00



ADULT SWIM LESSONS

Overcome your fear of the water, learn strokes and water safety skills or train for a triathlon. Eight 30 minute lessons tailored to each swimmer's needs. Sign up on the interest list at front desk.
 Member: \$30.00, Non-Member: \$60.00

LIFEGUARD TRAINING CLASSES

American Red Cross for 15 years and older who have the desire to become a lifeguard to protect the lives of patrons in and around the water environment.

Session 1: September 17-29

Mon./Tues./Thurs.: 6-9 PM / Sat., Sept. 29: 8 AM-5 PM

Session 2: March 11, 12, 13

Mon./Tues./Wed.: 8 AM-5 PM

Session 3: April 19, 20, 22

Fri./Sat./Mon.: 8 AM-5 PM

Session 4: April 29- May 11

Mon./Tues./Thurs.: 6-9 PM / Sat., May 11: 8 AM-5 PM

Member: \$175, Non-Member: \$225



SWIM TECHNIQUE LESSONS (ages 7-13)

Great for competitive swim or those who want to become competitive swim athletes. Work on all four competitive strokes, starts, and water efficiency.- Wednesday: 5:30-6:30 PM
 Member: \$30.00, Non-Member: \$60.00

SWIM TEAM

For individuals who want to try the competitive side of swimming, visit McPherson AquaPups at www.macaquapups.com

YOUTH SPORTS

3,4,5 YR OLD INSTRUCTIONAL OUTDOOR SOCCER

(MRC runs K-6th Grade Soccer League. Deadline is August 3rd)

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 3, 2018 by 8:30 PM

Coaches Meeting: Thursday, August 16, 2018 @ 5:30 PM @ the Y

Games: Saturdays, September 8-October 13 @ Grant Complex

LATE FEE ON YOUTH SPORTS

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

FREE TEAM SPORTS

Are offered to all that qualify for free or reduced lunches. You are required to provide a coupon from the school office or district office or provide your approval letter from your USD office.

K-3RD GRADE INSTRUCTIONAL BASKETBALL

(MRC runs 4th-8th Grade Basketball. Deadline is Fri., Oct. 19th)

Start your child early learning the skills & fundamentals of basketball. Placed on teams & coached by parents & other volunteers.

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

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

Registration Deadline: Friday, October 19, 2018 by 9:30 PM

Coaches Meeting: Tuesday, November 6, 2018 @ 5:30 PM @ the Y

Saturday Games: December 8, 2018-January 26, 2019 @ the Y

3,4,5 YR OLD SPRING SOCCER ACADEMY

(MRC runs K-6th Grade Soccer Academy. Deadline is Fri., March 8)

Small groups learn fundamental skills which are reinforced through 3-on-3 games. **A parent is required to be on the field with their child.**

Coached by McPherson College Soccer Players.

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

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

Registration Deadline: Friday, March 8, 2019 by 9:30 PM

Days: March 26-April 25, Tues. & Thurs., 5:30-6:30 PM @ Grant

