

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

Registration Deadline: Friday, Aug. 23, 2019 by 8:30 PM
Games Start: Women's-Monday, September 9, 2019
Coed-Tuesday, September 10, 2019

Captain's Meeting: Tuesday, Sept. 3, 2019, 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™, Barre, Pilates, Yoga, Express Burn, Y-Pump, Y-Spin, Boot Camp, Zumba®, & more!

AQUATICS CLASSES

Jump in for Splashercise, Toning, Water Tabata, Arthritis & Aqua Exercise. Designated Lap Swimming & Water Walking times available.

ACTIVE OLDER ADULTS CLASSES

Come socialize and exercise during Tai Chi, 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

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 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



ALL TOGETHER BETTER

2019 Summer Program Guide MCPHERSON FAMILY YMCA

SUMMER BUILDING HOURS:

May 25 - September 2, 2019

Monday - Friday: 5 AM - 8:30 PM

Saturday: 7 AM - 1 PM

Sunday: 1 - 4 PM

Closed on the following dates:

May 26 - 27, July 4 & September 1 - 2

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 27 - May 31)

June 2019 June 3 - June 28

July 2019 July 1 - 26 (Closed July 4th)

August 2019 July 29 - Aug 23*

(No Classes August 26- September 2)

*Class times subject to change when school starts.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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

COMPETITIVE TEAM

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

Level 1 Pre-Team: Monday/Wednesday: 4:30-6:30 PM
Cost: \$52.25

Level 2 Pre-Team: Tuesday/Thursday: 4:00-6:30 PM
Cost: \$65.25

Team Black: Monday/Thursday 1:00-3:30PM Wednesday 2:00-4:00PM
Cost: \$91.25

Team Red: Monday/Tuesday/Thursday: 1:00-4:00 PM
Cost: \$117.25



June: June 3 - June 28 **July:** July 1 - 26 **Aug:** July 29 - Aug. 23
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-Thurs: 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, we provide care for your K-5th grade student. Your child can expect fun activities and nutritious snacks daily.

2019 Summer:

Hours: 7:45 AM - 6:00 PM
Weekly Fees: Y Member - \$90/child
Non-Member - \$120/child
Location: Lincoln Elementary School/McPherson Family YMCA

2019-2020 School Year:

Hours: 3:06 - 6:00 PM
Weekly Fees: Y Member - \$30/child
Non-Member - \$40/child
Location: Lincoln and Washington Elementary

Contact Program Director, Ameilea Alexander, at 241-0363 or ameileaalexander@ymca-mrc.org for more information.

Program Registration: Parents interested in YKIDS must contact the Program Director, Ameilea Alexander, at 241-0363 or ameileaalexander@ymca-mrc.org for more info.

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 and McPherson County Community Foundation.

SWIM LESSONS

SWIM LESSON PROGRAM INFORMATION

June: June 3 - 28 **July:** July 1 - 26 **Aug:** July 29 - August 16
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 LEVELS

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.



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 2nd)
Help your child experience soccer at an early age! Participants are placed on teams & coached by parents or other volunteers.

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

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

Registration Deadline: Friday, August 2, 2019 by 8:30 PM

Coaches Meeting: Tuesday, August 13, 2019 @ 6 PM @ the Y

Games: Saturdays: September 7 - October 12 @ Grant Complex

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 for more details.



CONNECT ACTIVITIES

Instructor: TJ Jones along with other staff & volunteers
Grades: Entering 6th - 8th Grade
Cost: Free activity, drinks & snacks!
Bring: Water bottle, sunscreen & a friend!
Days/Times: Tues. & Thurs. / 1 PM - 2 PM

June & July

Location: Lakeside Park, Shelter #5
Activity: Various sports and group activities

August 1st

Location: Lakeside Park, Shelter #5
Activity: Cookout & other fun activities

Extra Reward: On Thursdays, MRC will purchase admission to the McPherson Water Park at 2:00 PM for students who have attended both Tuesday and Thursday 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, or YMCA Front Desk. Must be signed by school official & presented at time of registration.

YMCA FIELD CONDITION NOTIFICATION OPTIONS:

If field use/game status is questionable, the Y will decide at 4:30 PM on weekdays & will text/email, place the information on website, Facebook & announce on KNGL/KBBE. TEXT/EMAIL: Go to our website & click on RainedOut at the top right hand corner to choose which notifications you would like to receive and how you want to receive.