



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALL TOGETHER BETTER

**2022 Summer Program Guide
MCPHERSON FAMILY YMCA**



SUMMER BUILDING HOURS:

May 31 - September 5, 2022

Monday - Friday: 5 AM - 8:30 PM

Saturday: 7 AM - 1 PM

Sunday: 1 - 4 PM

Closed on the following dates:

May 29 - 30, July 4 & September 4- 5



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 if the month has less than 4 weeks.



June 2022

June 6 - July 1

July 2022

July 5 - July 29

August 2022

Aug 1 - Aug 26*

(No Classes July 4, August 29 - Sept 5)

***Class times subject to change when school starts.**

GYMNASTICS

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

Monday/Wednesday: 5:00-5:30 PM
Member: \$14.25, Non-Member: \$28.50
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: 4:00-4:45 PM
Tuesday/Thursday: 5:00-5:45 PM
Member: \$21.25, Non-Member \$42.50

GIRLS GYMNASTICS *Class Size: Min. 4, Max. 12*

Level 1 (Ages 5 years+)

Level 1: Monday/Wednesday: 4:00-5:00 PM
Level 1: Tuesday/Thursday: 4:00-5:00 PM
Member: \$28.50, Non-Member \$57.00

Level 2 (Ages 5 years+)

Level 2: Tuesday/Thursday: 5:15-6:30 PM
Member: \$35.50, Non-Member \$71.00

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

Tuesday/Thursday: 4:00-4:45 PM
Member: \$21.25, Non-Member \$42.50

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

This class teaches basic cheer & tumbling skills.
Monday/Wednesday: 5:15-6:15 PM
Member: \$28.50, Non-Member \$57.00

COMPETITIVE TEAM

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

Pre-Team #1: Monday/Wednesday: 4:00-6:00 PM
Cost: \$57.00

Pre-Team #2: Tuesday/Thursday: 9:00-11:00 AM
Cost: \$57.00

White Team: Tuesday/Thursday: 9:00-11:30 AM
Cost: \$71.25

Black Team: Monday: 1:00-3:00 PM
Tuesday: 9:00-11:30 AM
Thursday: 12:00-2:30 PM
Cost: \$99.75

Red Team: Monday/Wednesday: 9:00 AM-12:00 PM
Thursday: 3:30 PM-6:30 PM
Cost: \$128

June: June 6 - July 1 July: July 5 - July 29 Aug: Aug 1 - 26
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) *Must Be a Y Member*

Fee: \$15/month for each child (Month begins on date of purchase)

Hours of operation

Monday: 10:00-11:00 AM
Tuesday: 12:20-1:20 PM; 5:00-6:00 PM
Wednesday: 10:00-11:00 AM; 6:30-7:30 PM
Thursday: 9:00-10:00 AM; 5:00-6:00 PM



Y-KIDS

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

2022 Summer:

Hours: 7:30 AM - 6:00 PM
Weekly Fees: Y Member - \$120/child
Non-Member - \$150/child
Location: McPherson Family YMCA and Lincoln Elementary

2022-2023 School Year:

Hours: 3:06 - 6:00 PM
Weekly Fees: Y Member - \$40/child
Non-Member - \$50/child
Location: Lincoln and Roosevelt Elementary

Program Registration: Parents interested in Y-KIDS must contact the Program Director, Dani Horn, at 241-0363 or childcare@ymca-mrc.org for more info.

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

ADULT HEALTHY LIVING PROGRAMS

ADULT SWIM LESSONS

Overcome your fear of the water, learn strokes, 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: \$30.75, Non-Member \$61.50

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, August 5, 2022 by 8:30 PM

Games Start: Women's-Monday, August 22, 2022

Coed-Wednesday, August 24, 2022

Captain's Meeting: Saturday, Aug 13th, 2022, 1:30 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™, Group Ride, Pilates, Yoga, Express Burn, Y-Pump, Y-Spin, Boot Camp, Cardio Dance, & more!

AQUATICS CLASSES

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

ACTIVE OLDER ADULTS CLASSES

Come socialize and exercise during 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 • YMCA360 • Functional Fitness Room

RACQUETBALL & HANDBALL

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

PICKLEBALL

Pickup games M-F 9:30 AM-1:00 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 more. Follow us on Twitter @McPhersonYMCA.

Also, follow us on Instagram @mcphersonfamymca.

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.



SWIM LESSONS

SWIM LESSON PROGRAM INFORMATION

June: June 6– July 1 **July:** July 5–29 **Aug:** 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 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 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.



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

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: 6:00 PM–6:30 PM

Member: \$16.25, Non-Member: \$32.50

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

MONTHLY SESSIONS Class Size: Min. 3, Max. 15

Morning Lessons: 45 minutes once per week for 4 weeks

Monday 10:15–11:00 AM—Youth Levels –123456

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

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

Member: \$24.50, Non-Member: \$49.00

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 - Youth Levels 123456

Member: \$32.50, Non-Member: \$65.00

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

MCPHERSON AQUAPUPS SWIM TEAM

For individuals who want to try the competitive side of swimming during the summer, Google "Mac Aqua Pups" and click on "Team Unify".

YOUTH HEALTHY LIVING PROGRAMS

BOOT CAMP

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

Sessions: June: June 6 - July 1 July: July 5 - July 29 Aug: Aug 1 - 26

Class Size: Min. 5, Max. 15

Age Group	Days	Time	Monthly
K-8th grade	Mon./Wed./Fri.	1:15–2:00 PM	\$38.25

3,4,5 YR OLD INSTRUCTIONAL OUTDOOR SOCCER

(MRC runs K–5th Grade Soccer League. Deadline is Aug 19)

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. Inform desk attendant when signing up. When registering online be sure and choose the activity for Free/Reduced Coupon.

Registration Deadline: Friday, August 19th, by 8:30 PM

Coaches Meeting: Saturday, August 27, 2022 @ 11:30 am @ the Y

Games: Saturdays: Sept. 17– Oct. 22, 2022 @ Grant Sports Complex

MMS LEARNING LAB ACTIVITIES

Instructor: Sports Director 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: Tues: McPherson Family YMCA, 220 N. Walnut St.

Thurs: Lakeside Park, Shelter #5

Activity: Various sports and group activities

August 11th

Location: Lakeside Park, Shelter #5

Activity: Cookout & other fun activities

Extra Reward: Every Thursday, the YMCA 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.

MMS Learning Lab is a free to the community program in 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.

YMCA FIELD CONDITION NOTIFICATION :

If field use/game status is questionable, the Y will decide at 4:30 PM on weekdays and by 7:30 AM on Saturdays. The information will be on the McPherson Family YMCA Facebook page.