

YOUTH & ADULT HEALTHY LIVING PROGRAMS

CONNECT Tues/Thurs 3:10–4:30pm (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
 Contact TJ Jones at sportsdirector@ymca-mrc.org or 620-241-0363 for more details.

Learning Lab is 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™, Barre, Pilates, Yoga, Power Step, Y-Pump, Intervals, Boot Camp, Group Ride, HIIT & more!

AQUATICS CLASSES

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

ACTIVE OLDER ADULTS CLASSES

Come socialize and exercise during Water Aerobics, Yoga, Enhance Fitness, & Arthritis Water 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.

Fees: \$30 per visit when purchasing one

Fees: \$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–3rd grade	Mon. / Wed.	3:30–4:15 PM	\$27.75
4th–8th grade	Tues./ Thurs.	3:30–4:15 PM	\$27.75

YMCA360–STREAM CLASSES AND PROGRAMS

YMCA360 is a FREE benefit to your membership at the McPherson Family YMCA! Get a great workout even when you can't come to the Y or take a class on your own in a Y class room., if your can't make a class. Visit <https://ymca360.org/> to get started today, be sure to use the same email you have used for your Y membership.

5th Annual Easter Member Appreciation

Members can join us on March 29th from 5:30 PM–7:00 PM for an aqua egg hunt, family fitness classes, bounce castle, healthy snack, & more!

PICKLEBALL

Pickup games M–F 8:30 AM – 1:00 PM, Wed 7:00 PM – 8:30 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 11, 2023

Coed–Tuesday, September 12, 2023

Registration Deadline: Friday, August 20, 2023 by 8:30 PM

Captain's Meeting: Thursday, August 31, 2023 at 6:00 PM w/ schedule

WOMEN'S / COED SPRING LEAGUE

Games Start: Women's–Monday, January 29, 2024

Coed–Tuesday, January 30, 2024

Registration Deadline: Friday, January 12, 2024 by 9:30 PM

Captain's Meeting: Thurs., Jan. 18, 2024 by 6:00 PM w/ schedule

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

@mcphersonfamymca



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

BETTER TOGETHER

Sept 2023–May 2024 Program Guide MCPHERSON FAMILY YMCA

BUILDING HOURS

Monday–Friday: 5 AM–8:30 PM

Saturday: 7 AM–3 PM

Sunday: 1 PM–5 PM

*Closed: Sept. 3 & 4, Nov. 23, Dec. 25, Jan. 1,
 Mar. 31, May 10, 26 & 27*

Close at 2PM: Dec. 24



YOUTH PROGRAM DATES & POLICIES

Programs run on a 4 week basis. Enrollment is limited & 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. 2023	Sept. 5–Sept. 29	Jan. 2024	Jan. 2–Jan. 26
Oct. 2023	Oct. 2–Oct. 27	Feb. 2024	Jan. 29–Feb. 23
Nov. 2023	Oct. 30–Nov. 17	March 2024	Feb. 26–March 29
	<i>(No Classes Nov. 20–24)</i>		<i>(No Classes March 11–15)</i>
Dec. 2023	*Nov. 27–Dec. 22	April 2024	Apr 1–April 26
	<i>(No Classes Dec. 25–Dec. 29)</i>	May 2024	Apr 29–May 24



GYMNASTICS

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

Parent/Tot (Ages 2-4 years)

Children will learn the basic motor & coordination skills as they become more familiar with vault, bars, beam and floor.

Monday/Wednesday: 5:00PM -5:30 PM

Member: \$15.25, Non-Member: \$30.50

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

Preschool (Ages 3-5 years)

Class teaches participants how to follow directions and learn more introductory skills on vault, bars, beam and floor.

Monday/Wednesday: 4:00PM-4:45 PM

Tuesday/Thursday: 4:00 PM-4:45 PM

Tuesday/Thursday: 5:00 PM-5:45 PM

Member: \$22.75, Non-Member: \$45.50

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

Level 1 (Ages 5 years+)

Class teaches participants more progressive skills to gain confidence on vault, bars, beam and floor.

Level 1: Monday/Wednesday: 4:00 PM-5:00 PM

Level 1: Tuesday/Thursday: 4:00 PM-5:00 PM

Member: \$30.25, Non-Member: \$60.50

Level 2 (Ages 5 years+)

Class teaches participants technique of preview skills and focusing on more difficult gymnastics moves.

Level 2: Tuesday/Thursday: 5:15 PM-6:30 PM

Member: \$37.75, Non-Member: \$75.50



Level 3 (Ages 5 years+)

Class teaches participants technique of preview skills and focusing on more difficult gymnastics moves.

Level : Monday/Wednesday: 5:00 PM-6:30 PM

Member: \$45.25, Non-Member: \$90.50

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

Basic skills and concepts specifically related to boys gymnastics are taught on men's apparatus.

Beginners - Boys: Monday/Wednesday: 4:00 PM-4:45 PM

Member: \$22.75, Non-Member: \$45.50

Advanced - Boys: Monday/Wednesday: 4:00 PM-5:30 PM

Member: \$45.25, Non-Member: \$90.50

TUMBLING (Ages 5-18 years) Class Size: Min. 4, Max. 12

Skills and concepts specifically for tumbling and trampoline.

Monday/Wednesday: 5:15 PM-6:15 PM

Member: \$30.25, Non-Member: \$60.50

COMPETITIVE TEAM

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

Pre-Team: Monday/Wednesday: 4:00 PM-6:00 PM
Cost: \$60.50

Team White: Tuesday/Thursday: 4:00 PM-6:00 PM
Cost: \$60.50

Team Black: Tuesday/Thursday: 4:00 PM-6:30 PM
Cost: \$75.50

Team Red: Monday/Tuesday: 4:00 PM-7:00 PM
Wednesday: 4:00 PM-6:00 PM
Cost: \$121.00



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) Must be a Y Member

Hours of Operation:

Check the Front Desk for days and times.

Payment Options

Monthly*: \$15/Child, Valid for 1 Month

† 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.*

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



Y-KIDS

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).

2023-2024 School Year:

Hours: 3:06 PM-6:00 PM

Weekly Fees: Y Member-\$44.00/child

Non-Member-\$54.00/child

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

2024 Summer:

Hours: 7:00 AM-6:00 PM

More details to be announced May 2, 2024

Yearly Program Registration: Contact the YMCA at (620) 241-0363 for more information. A non-refundable fee of \$5.00 per child is required at enrollment each summer and semester.

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

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 online. 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.

PRE-SCHOOL & 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.

PRE-SCHOOL 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.

SWIM TEAM

For youth who want to try the competitive side of swimming, visit McPherson AquaPups at,

<https://www.teamunify.com/Home.jsp?team=ksmap>



PARENT/CHILD - YOUTH SWIM LESSONS

(Ages 6 months -14 years) Class Size: Min. 3, Max. 8*

Parent/Child Lessons: 30 minutes once per week for 4 weeks

(Ages 6 month - 3 years)

Monday 6:00-6:30 PM

Member: \$17.25, Non-Member: \$34.50

(Adult participation required.) * Class Max. 6

Preschool Lessons: 30 minutes twice per week for 4 weeks

(Ages 3 years - 5 years)

Tuesday/Thursday 5:30-6:00 PM

Member: \$34.50, Non-Member: \$69.00

Youth Lessons: 30 minutes twice per week for 4 weeks

(Ages 5 years - 14 years)

Tuesday/Thursday 6:15-6:45 PM

Member: \$34.50, Non-Member: \$69.00



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: \$51.75 for four lessons

LIFEGUARD TRAINING CLASSES

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.

The course is blended learning with students completing 7 hours of book/video course work prior to first date of session.

Session 1: October 19, 20 & 21

Thursday, Friday, Saturday

Session 2: Dec 27, 28 & 29

Wednesday, Thursday, Friday

Session 3: March 7, 8 & 9

Thursday, Friday, Saturday

Independent Study - For special class outside of scheduled sessions

Member: \$180.25, Non-Member: \$231.75



YOUTH SPORTS

3,4,5 YR OLD INSTRUCTIONAL OUTDOOR SOCCER

(MRC K-6th Grade Soccer League. Deadline is August 20th)

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: Sunday, August 20 by 8:30 PM

Coaches Equipment Checkout: Friday, September 1, 2023 @ the Y

Games: Saturdays, September 16-October 21 @ Grant Complex.

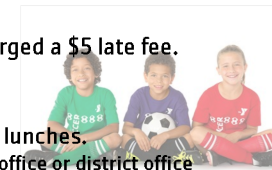
LATE FEE ON YOUTH SPORTS

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.



Students who qualify for Free or Reduced School Lunches can sign up for any Y team sport for FREE by completing and returning this coupon at registration. Take this coupon to your school office or the district office and have them sign below that you qualify for Free or Reduced School Lunches. Coupon must be turned in at time of registration to receive the discount. Coupon not good for late fees or billing fees. Gymnastics Excluded.

"I am a school official & I certify that these children qualify."

Staff signature: _____

Child's Name _____ Grade _____

Child's Name _____ Grade _____

3-4 YR OLD LIL DRIBBLERS BASKETBALL CLINIC

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

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

Registration Deadline: Sunday, October 29

Clinic: Saturdays, Nov. 11, 18 & Dec. 2, 9, 16: 8:30-9:30 AM @ the Y Gym

K-3RD GRADE INSTRUCTIONAL BASKETBALL

(MRC offers 4th-6th Grade Basketball. Deadline is Sun., Oct. 29th)

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: Sunday, October 29

Coaches Email: Will be sent out by 5 PM on Monday, Nov. 7th

Coaches Equipment Checkout: Monday, Nov. 13th @ the Y

Saturday Games: January 6-February 10, 2023 @ the Y

3,4,5 YR OLD SPRING SOCCER ACADEMY

(MRC runs K-6th Grade Soccer Academy. Deadline is Sun., March 10th)

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: Sunday, March 10

Dates: March 26-April 30: Tuesdays: 6:00-7:00 PM @ Grant Complex