



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

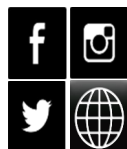
# WHERE MEMBERSHIP MEANS MORE



## PROGRAM GUIDE 2024 DECATUR COUNTY FAMILY YMCA

### YMCA Mission:

“To put Christian principles into practice through programs that build healthy spirit, mind and body for all.”



(812) 663-9622  
1 YMCA Way  
Greensburg, IN 47240  
[www.decaturchcountyfamilyymca.org](http://www.decaturchcountyfamilyymca.org)

## TABLE OF CONTENTS

### GENERAL INFORMATION

- 3: Membership, Financial Assistance, Hours of Operation
- 4: Class Policies, Facility Guidelines, Child Watch
- 5: Personal Training, Fitness Evaluations, Open Sports
- 6: Chronic Disease Prevention
- 7: Swim Lessons
- 8: Lifeguard Certifications and Aquatics Special Event
- 9: Pickleball at the Y

### JANUARY–MARCH PROGRAMMING

- 10: BLOC and Preschool
- 11: School Break Camps
- 12: Youth Classes, Leagues and Teen Programs– January
- 13: Youth Classes, Teen Programs and Special Events– February
- 14: Youth Classes, Teen Programs and Special Events– March
- 15: Fitness Challenges: January, February, Specials and Annual Campaign

### APRIL – JUNE PROGRAMMING

- 16: Youth Classes and Leagues and Teen Programs– April
- 17: Youth Classes and Teen Programs– May
- 18: Afterschool, Youth Classes and Teen Programs– June
- 19: Fitness Challenges May and June and Spring Specials
- 20: Special Events and Financial Development

### JULY–SEPTEMBER PROGRAMMING

- 21: Youth Classes, Teen Programs and Special Event– July
- 22: Youth Classes, Teen Programs and Special Event– August
- 23: Youth Classes, Teen Programs and Fitness Challenges– September

### OCTOBER–DECEMBER PROGRAMMING

- 24: School Break Camps (Fall and Winter)
- 25: Youth Classes, Leagues, Teen Programs and Special Events– October
- 26: Youth Classes and Teen Programs– November
- 27: Fitness Challenge– November and November Special
- 28: Youth Classes and Teen Programs– December

## THANK YOU TO OUR GOLD SPONSORS!

John & Adele Corya \*  
(including Hygrade Excavating)  
First Financial Bank \*  
Geenex Simply Solar  
Honda  
Rick and Mary Johnson \*

## GENERAL INFORMATION

### Types of Membership

<b>HOUSEHOLD:</b>	1 or 2 adults with up to 5 dependent children through the age of 23, and enrolled in school full time.
<b>ADULT:</b>	18 years of age or older
<b>SENIOR CITIZEN:</b>	Over the age of 62
<b>YOUTH:</b>	Under 18 or high school student

### Membership Rates:

	Monthly	Annual	Joiner's Fee*
Household	\$62	\$744	\$75
Adult	\$38.50	\$462	\$75
Senior Citizen	\$33	\$396	\$75
Student	\$14.25	\$171	\$50

\*Joiners Fee applies to all new memberships.

### YMCA NATIONWIDE RECIPROCITY PROGRAM

Now, full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the nation, at no extra charge. To be eligible Member must have 50% scans at your home YMCA.

### HOW IT WORKS:

Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access!

**Guest passes: Valid for one full day, from open to close!** The following prices are per visit effective 1-1-24:

Student (under 18 or high school student) \$5.00      Adult (18 and up) \$10.00      Family \$15.00

**Guest passes will NOT be sold after 8:30 pm Mon – Fri and 4:30 pm Sat – Sun**

### Membership Information

All annual memberships are valid one full year from the date of purchase, are non-refundable and are not transferable. The annual rate is payable by cash, check, Visa, MasterCard, or American Express. A membership paid by bank draft is considered continuous. No renewal notices will be sent, and drafts will continue until the member requests and signs a termination of membership. **Cancellation of memberships must occur in writing at least 7 days prior to draft date.** No refunds will be made. The member will be informed in writing 30 days prior to any changes in monthly draft rates, indicating the new monthly draft amount. A one-time assessment fee, called the Joiner's Fee, goes toward the Capital Improvement Fund and must be paid upon joining the YMCA. A Y Member who terminates their membership will have a one-year grace period during which they can rejoin without paying the Joiner's Fee. After one-year, the former member has four years to rejoin and pay only 1/2 of the Joiner's Fee. If the membership lapses for more than five years, the full Joiner's Fee will be assessed when it is renewed.

## Financial Assistance

The YMCA has a scholarship program (financial assistance) to assist members of our community to take advantage of all the YMCA has to offer. The program is based on the income level of the applicant and the availability of funds raised through our Annual Campaign. For information on our scholarship program or on how you can assist by contributing to our Campaign, please stop by the Front Desk or call 812-663-9622.

## Hours of Operation

*\*\*During severe weather, check our social media channels, website and listen to WTRE and WRBI for updates and cancellations.\*\**

### BUILDING HOURS

Monday – Friday 6:00 am – 9:00 pm

Saturday 9:00 am – 5:00 pm

Sunday 1:00 pm – 5:00 pm

### WELLNESS CENTER

Monday-Friday 6:00 am – 9:00 pm

Saturday 9:00 am – 5:00 pm

Sunday 1:00 pm – 5:00 pm

Wellness Center available 24/7 to members with purchase of key fob.

### AQUATIC CENTER

Mon, Wed, Fr: 6am—2pm and 4pm-7:30 pm

Tues/Thurs: 8am-2pm and 4pm-7:30pm

Saturday 9:00 am – 4:30 pm

Sunday 1:00 pm – 4:30 pm

CLOSED 2pm-4pm: M-F

### The Y will be closed in 2024 on:

January 1	New Year's Day
March 31	Easter
May 26, 27	Memorial Day
July 4	Independence Day
September 1, 2	Labor Day
November 28	Thanksgiving
December 24, 25	Christmas Eve/ Day
December 31	New Year's Eve

**\*\* Hours may vary, please call ahead or visit our website for updates \*\***

## GENERAL INFORMATION

### Class Policies

The YMCA reserves the right to cancel published classes (**Youth Classes, Youth Leagues and Swim Lessons**) for lack of enrollment. In these cases, participants registered get a full refund in the form of a system credit. Program Staff will contact participants to notify them of the cancellation.

In the event the YMCA cancels a class (**Youth Classes, Youth Leagues and Swim Lessons**) due to a special event or inclement weather, a make-up will be scheduled. Only in the event that a make-up cannot be scheduled will a system credit be available (extenuating circumstances will be taken into consideration on a case-by-case basis).

Participants that miss scheduled classes (**Youth Classes, Youth Leagues and Swim Lessons**) due to vacation, illness or conflicting obligations will **NOT** be eligible for system credits. Cases of extreme illness or injury will be decided on a case-by-case basis.

### Facility Guidelines

#### FACILITY USE GUIDELINES

1. Parents are responsible for the actions of their children. Appropriate supervision is required.
2. Proper attire must be worn at all times in all YMCA program areas.
3. Food and drink (except water) are not permitted in YMCA program areas at any time.
4. The Decatur County Family YMCA is a smoke-free campus (this includes electronic cigarettes)

#### AGE REQUIREMENTS

**General:** Youth under the age of 10 must be accompanied at all times by a parent, guardian, or responsible adult 18 years of age or older, unless involved in a YMCA class or supervised activity. Youth age 10-13 are permitted in designated areas of the YMCA as long as a parent, guardian, or responsible adult remains on the YMCA premises. Children age 5 and above must use the locker room of their own sex. A unisex dressing area is available. **YOU MUST BE 14 YEARS OLD OR OLDER TO BE AT THE YMCA WITHOUT A PARENT OR GUARDIAN.**

**24/7 Key Fob:** 18 years of age and older, must be a member in good standing, signed contract required.

**Gyms:** 10 years of age and older. For youth ages 10-13, a parent must be on the premises. Parent must accompany children younger than 10 years old.

**Y-Zone:** For youth ages 10-13, a parent must be on the premises

**Swimming Pool:** For youth ages 10-13, a parent must be on the premises. For youth ages 7-9, a parent must be in the viewing area or on the pool deck. Parent must be in the water with children under the age of 7. **There is 1 Lifeguard on Duty for every 25 swimmers. Lifeguard will prioritize bathers if more than 25 are present.**

**Sauna:** 18 years of age and older.

**Whirlpool:** 16 years of age and older.

**Lap Lane:** 16 years of age and older. **The pool is 25 yards long. Down is a length, down and back is a lap. 36 laps is 1 mile and 18 laps is 1/2 mile.** One lap lane is always available during open pool hours, some exceptions may apply.

**Indoor Walking/Running Track:** 8 years of age and older. Youth 8-13 years of age are permitted on the track when accompanied by the parent. Children under 8 years of age are not permitted on the track at any time. **17 laps is equal to 1 mile.**

**Outdoor Track:** Open to Everyone in the community. Distance is just short of 3/4 of a mile. No smoking or pets are allowed on the track.

**Wellness Center:** 10 years of age and older. For their safety, youth 10-17 years old must receive prior orientation from staff and youth 10-13 years old must be accompanied at all times with parent or guardian.

**Free Weight Area:** 15 years of age and older. Youth 15-17 years old must have an orientation and signed parent/teen waiver.

**Racquetball Court:** 15 years of age and older. Youth under the age of 15 are permitted on the racquetball court when accompanied by a parent.

**Indoor Playground:** For youth ages 2-12. Children under age of 10 **must be supervised at all times** by a parent/caregiver unless signed up for Child Watch or Kid Zone. Youth 10-12 can be unsupervised, a parent must be on the premises.

**Membership Services Director: Bridget Eastwood, 663-9622, Ext. 14 [bridgete@dcfymca.org](mailto:bridgete@dcfymca.org)**

### Child Watch

These areas are available to children ages 6 months to 9 years old, of members and nonmembers who use the facility. Parents must remain on YMCA premises. All attendants are certified in CPR, AED and First Aid. They also have attended Child Abuse Prevention training. **We require a 24 hour reservation for each area as limited spaces are available.**

**Daytime Hours: Mon-Fri. 8:30 am-2:30 pm:** Daytime Child Watch is located in the room to the right of the front desk and takes a limited amount of children ages 6 months - 9 years.

**Evening Hours: Mon-Fri. 3:30 pm-7:30 pm** Evening has separate programs for children 3 and up and those 6 months to 3 years.

**Tot Spot:** is located in the room to the right of the desk and is for children 6 months to 3 years of age and can only take 4 children at one time.

**Kids Zone:** is located in the Indoor Playground and is for children 3 to 9 years of age and can take up to 7 children at one time. **WEEKEND OFFERINGS: Saturday 9:00 am - 4:30 pm and Sunday 1:00 pm - 4:30 pm.**

**Daily Fees:** \$1/child YM \$2/child PM

**20 visit card:** \$10/child YM \$20/child PM



# HEALTHY LIVING

## Personal Training and Fitness Evaluations

### PERSONAL TRAINING:



Why work with a trainer? Personal Trainers will help motivate you, give you consistency in your workouts, clarify all of the information that you hear, help you build confidence, avoid injury, will give you one-on-one attention, will help you navigate any medical conditions you may have, or to help you age gracefully, but most of all they can help you have FUN when you exercise. Yes, exercise can be FUN! Your trainer will use a variety of methods to create a

program that focuses on meeting your individual goals, whether you are new to exercise or an athlete, our trainers will customize your fitness program to fit you! Your trainer will assess your previous and present fitness level, review your goals, and develop customized workouts for you. Stop by or call to schedule your FREE consultation today! All sessions expire 6 months from date of purchase.

### DUO OR TRIO SESSIONS: Y MEMBERS ONLY:

Have a custom routine designed for you and a friend or two. Your hour-long routine will be designed so you can get the most out of your workout together. Must be done at the same time.

### Small Group Personal Training:

Workout with a Certified Personal Trainer and a group of individuals (between 4-8 people) with similar fitness goals to burn the most calories possible during the workout while toning, tightening the core, and building overall muscular strength and endurance.

**Meets: Tuesdays and Thursdays 9:15 am – 10:45 am in the Wellness Center**

**Fees: \$35.00 YM \$55.00 PM**

### FITNESS EVALUATIONS:

**SKIN FOLD ANALYSIS:** Skin fold test will determine body fat percentage. Choose from either a 4 or 7 site test. If you are working to build body mass or are very athletic, this test is for you. Great for tracking strength training progress.

**Fees: \$10 YM \$20 PM**

**By Appointment Only**

**FITNESS TESTING:** Consists of: Blood Pressure, Cardiovascular, Strength, and Flexibility

**Fees: FREE YM \$20 PM**

**By Appointment Only**

**FITNESS EVALUATION:** A trainer will help determine your cardiovascular endurance, muscular endurance, flexibility, and body fat percentage. This is a great way to measure your current strengths and weaknesses. After 4-8 weeks, retest to see what progress you've made! Everyone is encouraged to take advantage of this test. Make your appointment at the front desk today!

**Fees: FREE YM \$30 PM**

**By Appointment Only**

**QUARTERLY FITNESS EVALUATION:** Track your progress! See what your score (fitness level) is for cardiovascular, muscular and core strength, along with how flexible you are. Your scores will show you where your strengths and weaknesses are so you will know areas that may require more focus. Testing every quarter is a great tool for setting and reaching your personal fitness goals. Make your appointment today at the wellness desk.

**Fees: FREE YM \$30 PM**

**By Appointment Only**

## OPEN SPORTS

### OPEN BASKETBALL:

Ages 16+ Want to play hoops but don't want the hassle of getting a team together? This is your chance to BALL! \*\*NOTE: 16 and 17 year olds MUST be accompanied by parent/guardian before playing to sign waiver at the YMCA front desk in person with YMCA staff\*\*

**Lunch time: Fridays 12:00 pm – 3:00 pm**

**Fees: Free YM \$3 PM**

**Evening time: Wednesdays 7:00 pm – 9:00 pm**

**Fees: Free YM \$3 PM**



### OPEN SOCCER:

Ages 12+ This program is for members and non-members to be able to play pick up style soccer games. It is a great time to meet other people and increase your soccer skills. Shin guards and gym appropriate shoes are required to participate.

**Meets: Sundays 1:00 pm – 3:00 pm**

**Fees: Free YM \$3 PM**

### OPEN VOLLEYBALL:

Ages 16+ This program is for members and non-members to be able to play pick up style volleyball games. It is a great time to meet other people and increase your volleyball skills.

**Meets: Thursdays 7:00 pm – 9:00 pm**

**Fees: Free YM \$3 PM**



## CHRONIC DISEASE PREVENTION

### TAKE ACTION TO IMPROVE HEART HEALTH

Our Blood Pressure Self-Monitoring Program helps adults with hypertension lower and better manage their blood pressure. The simple process of checking and recording one's blood pressure at least twice a month has been shown to lower blood pressure in some people with hypertension. This program focuses on regular monitoring of one's blood pressure at home using proper measuring techniques, individualized support and nutrition education in an effort to reduce blood pressure and improve their quality of life. Reducing your sodium intake is an effective tool in preventing heart disease, whether you have high blood pressure, are at risk for heart disease or just want to keep your heart healthy.



Classes are **FREE** and meet **Tuesdays 8:30 am—9:00 am** in the Lobby

*Nutritional seminars: January 25, February 22, March 21, April 25, May 30, June 27, July 25, August 22, September 26, October 24, November 21 and December 19.*

### REDEFINE YOUR HEALTH, TRANSFORM YOUR LIFE

Did you know?

- About 79 million American adults have prediabetes, a condition where blood glucose levels are higher than normal.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease

The Good News...

With the YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk. Programs like the Diabetes Prevention Program have been shown to prevent or delay type 2 diabetes in individuals over age 60 by 70%.

**Support Group and Virtual Options Available**

**Next In-Person Class: Saturdays, Jan 27– May 25 from 9:30 am – 10:30 am. Deadline to register Jan 22.**

**Mondays: May 13– Aug 30 from 5:45 pm—6:45 pm. Deadline to register May 8.**

**Tuesdays: Aug 13– Dec 3 from 5:30 pm – 6:30 pm. Deadline to register Aug 8.**

**Fees: \$180 for YM and \$250 for PM**



### PARKINSON'S EXERCISE PROGRAM

This is a 12-week evidenced-based fitness program for people living with Parkinson's Disease. The program is designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of their symptoms. Research shows that exercise benefits people with PD. Participating in regular exercise can help your body cope with the disease and results in stabilization or improvement of symptoms.

#### CHANGES PARTICIPANTS HAVE NOTICED:

- Improved posture & strength
- Improved balance & walking ability
- Help preventing falls & restore general functional ability
- Improved cardiovascular health
- May also see improvement in memory, sleep, mental health and overall quality of life

**Meets: Tuesdays and Fridays from 1:00 pm – 2:00 pm. Fees: \$70 YM and \$140 PM**

**January 2– March 22: Break Week: March 25–29**

**April 4– June 21**

**June 25– September 13**

**September 17– December 13: Break Week October 7–11**

**Wellness Coordinator: Dawn Ernstes, 663-9622, Ext. 19 [dawnb@dcfymca.org](mailto:dawnb@dcfymca.org)**

# SWIM LESSONS

**Registration begins on the 1st of each month for the following month.**  
**Registration ends when Program is FULL.**

## **Swim Lessons:**

All swim lessons are 30 minutes in length and include 4 lessons per session. Swimmers may register in multiple sessions for the same level to customize lessons for 1x, 2x or 3x per week. Fee per session (4 lessons): **\$35 YM      \$55 PM**

## **Water Discovery/ Exploration (Swimmers ages: 6 mo. – 2 yrs):(10:1 ratio)**

Introduces infants & toddlers to the aquatic environment and focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills. **\*\*Disposable diapers are not permitted in pools. Swim diapers are required to be worn by children not yet potty-trained.\*\***



## **Level 1,2 (Swimmers ages: 3-5 years old): (5:1 ratio)**

**Level 1: Water Acclimation:** Increases comfort with underwater exploration and introduces basic self-rescue skills with performed assistance..

**Level 2: Water Movement:** Encourages forward movement in water and basic self-rescue skills performed independently

## **Level 3,4 (Swimmers ages: 5-12 years-old): (5:1 ratio)**

**Level 3: Water Stamina:** Develops intermediate self-rescue skills performed at longer distances than in previous stages.

**Level 4: Stroke Introduction:** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

## **Adaptive Lessons: (Max enrollment is 4)**

Adaptive swim lessons are designed for participants who have special needs, including physical, mental, and educational challenges. The class focuses on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play. Caregivers/parents are allowed in the water with the participant.

## **Adult and Teen: (Max enrollment is 8)**

We offer group lessons that are designed to build confidence in teens and adults that are new to swimming. This class provides basic instruction and skill development for anyone that wants to improve their swimming strokes. Instructor will assist in developing an individual training plan to improve skills between class meeting.

Time	Monday	Tuesday	Wednesday	Time	Saturday
4:30p-5:00p	Level 1, 2	Level: 4	Level: 1,2	9:15a-9:45a	Water Discovery
5:00p-5:30p	Level: 3	Adaptive	Level: 3	9:45a-10:15a	Level: 1,2
5:30p-6:00p	Level: 4	Teen/Adult	Level: 4	10:15a-10:45a	Level: 3,4

## **PRIVATE SWIM LESSONS: 30 MINUTES**

These lessons will provide students with the individual attention to enhance their stroke ability, endurance and form. **These lessons can also be customized for teens, adults and seniors to focus on stroke development and aquatic fitness.**

**Individuals can use these lessons to learn the basics pf swimming to the more complex stroke techniques.**

**Meets: Individualized schedules are set up based on availability of instructor and student.**

**Fees:** Individual Lesson: **\$20 YM      \$35 PM**  
 6 Lesson Package: **\$90 YM      \$158 PM**  
 12 Lesson Package: **\$180 YM      \$308 PM** (Buy 12 get one 1 FREE)

## **SEMI-PRIVATE LESSONS: 30 MINUTES**

These lessons are designed to give families the opportunity to enhance their swimming and stroke skills together. Students need to be close to the same swim level. **Fees cover up to 2 children.**

**Meets: Individualized schedules are set up based on availability of instructor and students.**

**Fees:** 6 Lesson Package: **\$135 YM      \$237 PM**  
 12 Lesson Package: **\$263 YM      \$463 PM** (Buy 12 get one 1 FREE)  
 Additional child for max 3: **\$92.50 YM      \$185.25 PM**

## LIFEGUARD CERTIFICATIONS

### **American Red Cross Lifeguard Certification Class**

ARC Lifeguarding course is designed to provide entry-level lifeguard participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies; to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. Must be 15yrs old and pass prerequisite skills test: 300 yard continuous swim of front crawl (freestyle) and breaststroke; tread water 2min using only legs also swim 20yrs to retrieve 10lbs object from deep water, re-surface and swim 20 yards on back to starting point while holding object with hands at the surface of the water, exit pool at edge in <1:40s. Certification is valid for 2yrs, LG and CPR for the Professional Rescuer. **Please bring suit, goggles, towels**

**Meets:** March 25th– 29th. Times will be available early February 2024.

**Fees:** \$225 YM and \$275 PM; fees to be collected post pre-course.



### **American Red Cross Lifeguard Re-Certification Class**

Lifeguard and CPR for the Professional Rescuer CPR recertification course. Will perform prerequisites (as listed above). Presented in shorter format. Intended for guards who are close to expiring.

**Call for an appointment**

**Fees:** \$75 YM

**\$90 PM**

### **INTERESTED IN BECOMING A LIFEGUARD?**

Attend a 1 hour Informational session from 6:00 pm—7:00 pm monthly. Please see Front Desk for meeting dates. Please bring suit, goggles, towels and calendars.

## Aquatics Special Event

### **SAFETY AROUND WATER: FREE!! Sponsored by KB Specialty Foods**

Week of March 18-21st. Times to be announced in early February 2024.

THIS PROGRAM IS DESIGNED FOR BEGINNING SWIMMERS Grades K-5

Participants will be grouped according to age/ability. Registration forms are to be returned to YMCA. Each participant will receive a free Safety Around Water T-shirt on the last day of class!!

**Program Goal:** To teach basic water safety, and swimming principles to Decatur County Youth.

**BRING:** Swimsuit, Towel, Goggles (optional) each day

**PARENTS:** For safety reasons and due to limited space, we are unable to allow observers in the pool area. You may view lessons from the lobby.



**Aquatics Director: Sabrina Schorm, 663-9622, Ext. 21 [sabrinas@dcfymca.org](mailto:sabrinas@dcfymca.org)**



# PICKLEBALL AT THE Y

## **OPEN PICKLEBALL:** Ages 15+

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy.

**Fees:** Free YM \$4 PM per day  
(10 punch card for \$25, 15 punch card for \$30)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					(starting) 11/11/23	
8am-12pm	8am-12pm	8am-12pm	8am-12pm	8am-12pm	9-11:30am	
COMPETITIVE	RECREATIONAL	COMPETITIVE	RECREATIONAL	OPEN PLAY	OPEN PLAY	CALL FOR INFO
AFTERNOON OPEN PLAY						
Monday	Tuesday	Wednesday	Thursday			
2-4:30pm	2-4:30pm	2-4:30pm	2-4:30pm			
OPEN PLAY	OPEN PLAY	OPEN PLAY	OPEN PLAY			

## **WINTER PICKLEBALL TOURNAMENT:**

**Registration begins December 1st**

**February 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>**

<u>Date:</u>	<u>Divisions:</u>	<u>Start Time:</u>	<u>Estimated Finish Time:</u>
Friday night, Feb 2 <sup>nd</sup> :	Senior Mixed Doubles 3.5 and below	6:00pm	8:30pm
Saturday, Feb 3 <sup>rd</sup> :	3.0 Women's Doubles	8:30am	11:30am
Saturday, Feb 3 <sup>rd</sup> :	3.5 Men's Doubles	11:45am	2:15pm
Saturday, Feb 3 <sup>rd</sup> :	3.5 Women's Doubles	2:25pm	4:30pm
Saturday, Feb 3 <sup>rd</sup> :	3.0 Men's Doubles	4:45pm	6:45pm
Sunday, Feb 4 <sup>th</sup> :	3.0 Mixed Doubles	12:30pm	3:00pm
Sunday, Feb 4 <sup>th</sup> :	3.5 Mixed Doubles	3:10pm	5:45pm

**Entry Fee:** \$30 per person 1<sup>st</sup> Division Event, add \$10 for each additional Division Event.  
If you desire a tournament drift T-shirt, add \$15 for sizes through XL.  
Add \$4.00 more for 2 XL or larger.

Pickleball Director, Deena Hamer: 663-9622, Ext. 28 [deenah@dcfymca.org](mailto:deenah@dcfymca.org)

## WINTER PROGRAMS

### BLOC and Preschool

#### BRINGING LEARNING AND OUTREACH TO CHILDREN (BLOC)

**\*\*AVAILABLE ON SNOW DAYS ONLY\*\***

Parents/ Caregivers can drop off 7:00 am

**Full Snow Day Fees: \$27 YM \$37 PM**

(A morning and afternoon snack will be provided, children will need to bring their lunch)

**Must be pre-registered in order to attend. No day of drop offs will be accepted.**



## Preschool Registration for 2024-2025 school year begins January 2, 2024

### PRESCHOOL

Our preschool program is licensed and we are currently at a Level 3 in Paths to Quality. Our program offers child centered learning in a Christian atmosphere. It includes creative learning, music & movement, pre-writing & writing, arts and crafts, centers, and much more. All of our staff are CPR, AED, & First Aid certified and have attended a Child Abuse Prevention training. They have years of experience working with children and know how to teach children through play. The Y preschool sets individual goals and objectives for each child, in a fun and safe environment. We also offer swim time for all age groups. We maintain a 1:7 (or better) staff-to-child ratio.

\*Children must be age 5 on or before Sept. 1 to enter Kindergarten. Please keep this in mind when registering your child in preschool. Please remember we offer scholarships, are CCDF voucher certified, and offer vouchers through DCS.

**Non-Refundable Registration Fees: \$50 YM \$65PM**

#### PRE-K Classes:

**5-day all day weekly fees: \$125 YM \$150 PM**

**5-day half day monthly fees: \$150 YM \$185 PM (am only)**

**4-day half day monthly fees: \$130 YM \$155 PM (pm only)**

#### 3/4 year old classes:

**3-Day- half day monthly fees: \$100 YM \$115 PM**

**2-Day half day monthly fees: \$100 YM \$115 PM**

**\*A \$12 late fee will be applied if payment is made after the fifth of the month**

**First day of Preschool will be August 12, 2024**

### CLASS OFFERINGS:

<b>M-F</b>	<b>7:00 am - 6:00 pm</b>	<b>4 &amp; 5 yrs</b>
<b>M-F AM</b>	<b>8:30 am - 11:00 am</b>	<b>4 &amp; 5 yrs</b>
<b>T-F PM</b>	<b>12:15 pm - 2:45 pm</b>	<b>4 &amp; 5 yrs</b>
<b>M/W/F AM</b>	<b>8:45 am - 11:15 am</b>	<b>3 &amp; 4 yrs</b>
<b>M/W/F PM</b>	<b>12:00 pm - 2:30 pm</b>	<b>3 &amp; 4 yrs</b>
<b>T/Th</b>	<b>8:00 am - 11:30 am</b>	<b>3 &amp; 4 yrs</b>



**Child Services Director: Emma Trolinder, 663-9622, ext. 16 [emmat@dcfymca.org](mailto:emmat@dcfymca.org)**

## WINTER PROGRAMS

### SCHOOL BREAK CAMPS

**Registration ends when Program is FULL or unless stated.**

## SPRING BREAK CAMP: REGISTRATION BEGINS ON JANUARY 2ND.



**When: 7:00 am - 6:00 pm, March 18-29, Ages 5-12**

Camp gives children a safe environment to learn and have fun surrounded by a caring staff. We will provide a variety of activities including: sports, crafts, games, swimming, field trips, and much more. A morning and afternoon snack will be provided, but children need to bring a lunch each day. **Remember, if you have paid a registration fee for fall or winter break; spring break is included.**

**\$95/week YM**

**\$115/week PM**

**\$66/3-Day Rates YM**

**\$81/3-Day Rate PM**

**There is a discounted rate for those who have multiple children in the same family who participate in camps. Weekly fees are due the Wednesday prior to camp**

***\*We will not be having camp the week of March 11-15 as we follow the Greensburg Community Schools' schedule.***

Spring Break Camp	Theme
Week 1: March 18-22	Planting Persistence
Week 2: March 25-29	Growing Generosity

## SUMMER DAY CAMP/ SPECIALTY CAMP: REGISTRATION BEGINS ON MARCH 1ST.

**May 28-July 31 Ages 5-12**

**Monday - Friday 7:00 am - 6:00 pm**

Camp gives children the opportunity to learn, grow and have fun in a safe, caring environment surrounded by a committed staff. We look forward to a summer of exciting opportunities for children to have fun and learn in new ways! Children will participate in a variety of activities including: crafts, sports, team building games, songs, special speakers, swimming and field trips. Great Summers start at the Y! Come visit us at the Y for your child's summer camp experience. We offer scholarships to families who qualify, we accept CCDF Vouchers and are a vendor for DCS. All of our staff are CPR, AED, & First Aid certified and have attended a Child Abuse Prevention and Camp Counselor Training.

**AN ANNUAL SUMMER CAMP REGISTRATION FEE IS DUE UPON REGISTRATION.**

**YM \$25 PER CHILD OR \$40 PER HOUSEHOLD**

**PM \$30 PER CHILD OR \$50 PER HOUSEHOLD**

**FEES: YM \$100/week PM \$120/week**

**Additional Child Rate: YM \$60/week PM \$80/week**

**3-Day Rates \$70 YM \$84 PM**

**Every child that registers will receive a free camp t-shirt. Additional t-shirts will be available for \$10.**

**Immunization forms and other paperwork will need to be filled out before your child attends camp**

**FEES MUST BE PAID IN ADVANCE FOR YOUR CHILD TO ATTEND**



**RESERVE  
YOUR  
SPOT  
TODAY!**

**FIND YOUR FUN.  
FIND YOUR Y.**

**For a better us®**

### Specialty Day Camps

Specialty Camps give children a safe place to explore their interests. Camps are typically a week long and meet for 3 hours/a day either in the morning or the afternoon. Ages, prices, and exact days and times vary by camp. The topics of the camps will be announced in the 2024 Camp Guide which is set to be released in February but you can expect to see themes related to STEAM, sports, and so much more!

# WINTER PROGRAMS

## Youth Classes and Leagues– January

**Registration period Dec 1st– Jan 1st. Registration ends when Program is FULL or unless stated.**

### **NOON YEAR'S EVE PARTY: Saturday, December 30 from 11:30 am – 1:30 pm**

Families join us at the YMCA for the last big "PLAY" of 2023 and get a head start on celebrating New Year's! Kids will create special New Year's theme crafts, dance to music, count down to a special balloon drop at 12:00pm and then celebrate with Pizza and a Special Drink. After the balloon drop, families can enjoy some time at our pool or indoor playground. For youth ages 7-9, a parent must be in the viewing area or on the pool deck. Parent must be in the water with children under the age of 7. Appropriate for kids aged 2-12. **REGISTRATION DEADLINE: Dec. 20th**  
**Fees: \$10 a person or \$35 a family YM \$20 a person or \$55 a family PM**



### **VOLLEYBALL CLINIC:**

The YMCA presents a Volleyball Clinic with local Varsity Volleyball coaches. Come join us to learn Volleyball skills and fundamentals. This clinic is open to Grades 4-6 no volleyball experience is required.

**Meets: Sundays: Jan 7, 14, 21, 28 4:00 pm – 5:00 pm Fees: \$25 YM \$45 PM**

### **LITTLE DRIBBLERS: Ages: 3-5**

Boys and girls will learn the basics of basketball in this great introductory class. Participants will learn how to pass, dribble, and shoot in a fun, safe, non-competitive atmosphere. The focus of this class is to play basketball, meet new friends and HAVE FUN!! This is a parent/child class. Parents will be asked to participate with their children.

**Meets: Mondays, starting January 8th 5:30 pm – 6:00 pm Fees: \$25 YM \$45 PM**

### **YOUTH BASKETBALL LEAGUE: Age Divisions (4-6), (7-8), (9-11)**

YMCA basketball is a fun place to learn about the sport or to fine-tune your skills. Teams will have 1 hour of practice during the week and 1 game on Saturday.

Coaches will call players with team's regular practice time. **Registration ends on January 11th. A \$10 late fee will be applied for anyone registering after Jan 11th.**

**Meets: Saturdays: Feb 3– March 9 Fees: \$40 YM \$60 PM**

### **Youth Basketball Schedule of Events:**

January 13 – Assessment Day

#### **ASSESSMENT DAY TIMES**

9:15 am– 10:00 am: 4-6 yrs;

10:15 am– 11:00 am: 7-8 yrs;

11:15 am– Noon: 9-11 yrs

January 22– Practice begins

Feb 3 – First Game

### **TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets: Mondays & Wednesdays, starting Jan 3rd 3:30 pm – 4:00 pm**

**Fees: \$20 YM \$40PM**

### **TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

**Meets: Mondays & Wednesdays, starting Jan 3rd 4:30 pm – 5:25 pm**

**Fees: \$35 YM \$50 PM**

## Teen Programs– January

### **TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets: Fridays: Jan: 5, 12, 19, 26 4:30 pm – 6:00 pm**

**Fees: \$15 for 4 weeks**

### **TEEN PICKLEBALL: AGES: 12-18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy.

**Meets: Sundays: Jan 7, 14, 21, 28 3:30 pm – 5:00 pm**

**Fees: \$15 YM or PM**

### **ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets: Wednesdays 5:30 pm – 7:00 pm**

**Fees : \$35 YM \$50 PM**

### **TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets: Thursday, January 18th Grades 7-9: 6:00 pm – 7:00 pm Grades 10-12: 7:00 pm – 8:00 pm**

### **OPEN TEEN NIGHT:**

Calling all Teens ages 13-18! Come ready to have fun and bring ideas about programs you want to see at the YMCA!

**Meets: Saturday, January 27th 6:00 pm – 9:00 pm**

**Youth Development Director, Joe Poteet: 663-9622, Ext. 26 joep@dcfymca.org**



## WINTER PROGRAMS

### Youth Classes – February

**Registration period Jan 1st– Feb 1st. Registration ends when Program is FULL or unless stated.**

**LITTLE ALL-STARS: Ages 3-5:**

Through a range of developmentally appropriate activities children are introduced to some of the fundamentals of basketball, t-ball and indoor soccer. This is a parent/child class. Parents will be asked to participate with their children.

**Meets:** Mondays, starting February 5th      5:30 pm – 6:00 pm      **Fees:** \$25 YM    \$45 PM

**TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets:** Mondays & Wednesdays, starting Feb 5th      3:30 pm – 4:00 pm      **Fees:** \$20 YM    \$40PM

**TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

**Meets:** Mondays & Wednesdays, starting Feb 5th      4:30 pm – 5:25 pm      **Fees:** \$35 YM    \$50 PM

### Teen Programs– February

**TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets:** Fridays: Feb 2, 9, 16, 23      4:30 pm – 6:00 pm      **Fees:** \$15 for 4 weeks

**TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets:** Wednesdays: Feb 7, 14, 21, 28    7:00 pm – 9:00 pm      **Fees:** \$15 for 4 weeks

**TEEN PICKLEBALL: Ages 12-18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy.

**Meets:** Sundays: Feb 4, 11, 18, 25    3:30 pm – 5:00 pm      **Fees:** \$15 YM or PM

**ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets:** Wednesdays      5:30 pm – 7:00 pm      **Fees :** \$35 YM \$50 PM

**TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets:** Thursday, February 15th      Grades 7-9: 6:00 pm – 7:00 pm    Grades 10-12: 7:00 pm – 8:00 pm

**OPEN TEEN NIGHT:**

Calling all Teens ages 13-18! Come ready to have fun and bring ideas about programs you want to see at the YMCA!

**Meets:** Saturday, February 17th      6:00 pm – 9:00 pm

### Special Event– February

**Boots and Beauties– Daddy Daughter Event**

February 24th from 4:00 pm – 6:30 pm

Girls: bring your Father, Grandfather, or male relative to the Y for a special evening for just the two of you! You will enjoy a catered meal, crafts, swimming, games and have your picture taken.

**REGISTRATION DEADLINE:** February 19th

**FEES:** YM      \$30 per couple      PM      \$40 per couple      Each additional child: \$8 (YM or PM)





## WINTER PROGRAMS

### Youth Classes – March

**Registration period Feb 1st– Mar 1st. Registration ends when Program is FULL or unless stated.**

**TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets:** Mondays & Wednesdays, starting Mar 4th      3:30 pm – 4:00 pm      **Fees:** \$20 YM      \$40PM

**TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

**Meets:** Mondays & Wednesdays, starting Mar 4th      4:30 pm – 5:25 pm      **Fees:** \$35 YM      \$50 PM

### Teen Programs– March

**TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets:** Fridays: Mar 1, 8, 15, 22, 29      4:30 pm – 6:00 pm      **Fees:** \$15 for 4 weeks

**TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets:** Wednesdays: Mar 6, 13, 20, 27      7:00 pm – 9:00 pm      **Fees:** \$15 for 4 weeks

**TEEN PICKLEBALL: Ages 12-18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy.

**Meets:** Sundays: Mar 3, 10, 17, 24      3:30 pm – 5:00 pm      **Fees:** \$15 YM or PM

**ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets:** Wednesdays      5:30 pm – 7:00 pm      **Fees :** \$35 YM      \$50 PM

**TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets:** Thursday, March 14th      Grades 7-9: 6:00 pm – 7:00 pm      Grades 10-12: 7:00 pm – 8:00 pm

### Special Events– March

## NO REGISTRATION REQUIRED

## Healthy Kids Day – March 23rd 11:00 am – 1:00 pm FREE!

Summer starts here! As the school year winds down, it's time to relax, decompress, and get excited about summer programs at the Y! At Healthy Kids Day, children and families will have the opportunity to learn about the importance of healthy eating, nutrition and physical activity, mental and emotional well-being, and developing healthy habits. Fun events, games, activities, open swim, group exercise and youth class demonstrations, healthy snacks, contests and prizes, local vendors and community partner booths, and so much more and all free and open to the community!

## Community Easter Egg Hunt – March 23rd, Noon FREE!

Sponsored by DECATUR COUNTY FAMILY YMCA

Age groups: 2-3; 4-6; 7-9



## WINTER PROGRAMS

### Fitness Challenges– January

#### **December 1st Program Registration Begins** **“NEW YEAR, NEW YOU TRANSFORMATION”**

**January 2 – February 26**

Let's start out fresh and make this year a great one! Let's have some fun and get our body back in shape by getting stronger, leaner, and toned in 2023 with this 8-week weight loss program. The program includes:

- Group Circuit classes 2 days/week (Tues. & Thur. 5:30 pm – 6:00 pm)
- Personally designed workout
- Nutrition classes with local dietitian, Melissa Yates.
- Weekly weigh-ins (prizes for the most steps accumulated each week)
- Free Water Bottle

First Place Prize – 6 Month Membership

Second Place Prize – 3 Month Membership

Weigh-in Dates: January 3rd and 4th

Times: 5:30 am – 6:00 am, 8:00 am – 10:00 am, 11:15 am – 11:45 am, 5:30 pm – 7:30pm

Fees: \$40 YM \$120 PM (Program members receive a full membership for the 8 weeks)



### Fitness Challenges– February

#### **February 1st Program Registration Begins** **Feb 1– Feb 29: Espresso Challenge**

The Espresso Challenge is designed to help you get fit and help the Y at the same time. For every mile you ride on our Espresso Bikes, Espresso will donate \$0.10 back to the Decatur County Family YMCA Annual Campaign. It's a win, win! We have two Espresso bikes in our Wellness Center, one recumbent and one upright. Sign in online at [Espresso.com](http://Espresso.com) and get signed up with a username and password. Then every time you are on the bike, log in and it will record your miles for you. Race against your friends, challenge a co-worker, and in the meantime, give back to the Y through your fitness gain. Need help getting registered? No problem – we can help you with that! This is one challenge where everyone wins, no matter how big or small you make it.



### SPECIALS

**60 in 6 returns on January 2– February 29! Come 60 times in 6 months and receive your Joiner's Back in the form of a check!**

### Annual Campaign

Help us mold, shape and mentor the future leaders of our community and country by donating to our Annual Campaign. Your tax-deductible donation will help our future generations be able to build THEIR future and see a happier tomorrow! You can give either in person or via our website under the DONATE NOW! button.

MARK YOUR CALENDARS:

YMCA's ANNUAL MEETING IS TUESDAY, MARCH 26, 2024

PLEASE RSVP by TUESDAY, MARCH 19th, 2024 to Dawn Ernstes at [dawnb@dcfymca.org](mailto:dawnb@dcfymca.org)

## SPRING PROGRAMS

### Youth Classes and Leagues– April

**Registration period Mar 1st– Apr 1st. Registration ends when Program is FULL or unless stated.**

**TAE-KWON-DO: LITTLE DRAGONS: Ages 3–6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets:** Mondays & Wednesdays, starting Apr 1st      3:30 pm – 4:00 pm      **Fees:** \$20 YM      \$40PM

**TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

**Meets:** Mondays & Wednesdays, starting Apr 1st      4:30 pm – 5:25 pm      **Fees:** \$35 YM      \$50 PM

**T-BALL LEAGUE: Ages 3–6: Age Groups 3–4 and 5–6**

The YMCA is a great place to start learning about America's game. Games and practices emphasize teamwork and fair play.

**Registration ends on April 1st.**

**A \$10 late fee will be applied for anyone registering after April 1st**

**Meets:** 2x/week: 1x/week for practice and Saturdays for games (No practice or games Memorial Week)

**Fees:** \$40 YM      \$60 PM

**Schedule of Events:**

Week of April 22 – 1st Practice

May 9 – First Game



### Teen Programs– April

**TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets:** Fridays: Apr 5, 12, 19, 26      4:30 pm – 6:00 pm      **Fees:** \$15 for 4 weeks

**TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets:** Wednesdays: Apr 3, 10, 17, 24      7:00 pm – 9:00 pm      **Fees:** \$15 for 4 weeks

**TEEN PICKLEBALL: Ages 12–18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy.

**Meets:** Sundays: Apr 7, 14, 21, 28      3:30 pm – 5:00 pm      **Fees:** \$15 YM or PM

**ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets:** Wednesdays      5:30 pm – 7:00 pm      **Fees:** \$35 YM      \$50 PM

**TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets:** Thursday, April 18th      Grades 7–9: 6:00 pm – 7:00 pm      Grades 10–12: 7:00 pm – 8:00 pm

**OPEN TEEN NIGHT:**

Calling all Teens ages 13–18! Come ready to have fun and bring ideas about programs you want to see at the YMCA!

**Meets:** Saturday, April 25th      6:00 pm – 9:00 pm

## SPRING PROGRAMS

### Youth Classes – May

**Registration period Apr 1st– May 1st. Registration ends when Program is FULL or unless stated.**

**TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts  
**Meets: Mondays & Wednesdays, starting May 6th 3:30 pm - 4:00 pm Fees: \$20 YM \$40PM**

**TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

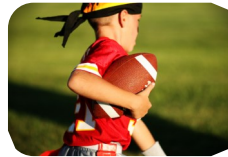
Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do -Kwon Tae-Kwon-Do Alliance.

**Meets: Mondays & Wednesdays, starting May 6th 4:30 pm - 5:25 pm Fees: \$35 YM \$50 PM**

**FLAG FOOTBALL: Ages 6-9: Age Groups 6-7 and 8-9**

**Practice Mondays or Wednesdays**

**Games: Saturdays May 4-25**



### Teen Programs– May

**TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets: Fridays: May 3, 10, 17, 24 4:30 pm - 6:00 pm**

**Fees: \$15 for 4 weeks**

**TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets: Wednesdays: May 1, 8 15, 22 7:00 pm - 9:00 pm**

**Fees: \$15 for 4 weeks**

**TEEN PICKLEBALL: Ages 12-18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy

**Meets: Sundays: May 5, 12, 19, 26 3:30 pm - 5:00 pm**

**Fees: \$15 YM or PM**

**ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets: Wednesdays 5:30 pm - 7:00 pm**

**Fees : \$35 YM \$50 PM**

## SPRING PROGRAMS

### Afterschool and Youth Classes – June

**Registration period May 1st– Jun 1st. Registration ends when Program is FULL or unless stated.**

#### **AFTERSCHOOL: Registration Begins May 1, 2024**

After School is a safe place for children ages 5-12 years old to go after school while parents are still at work. Children are transported to the YMCA from Greensburg School Corporation, Good Shepherd, St. Mary's, and North Decatur. The YMCA offers help with homework, games, crafts and snacks. We follow the Greensburg School calendar and offer Day Camps when school is out of session. Our After school program accepts CCDF vouchers, vouchers through DCS and provides a snack daily. All children attending afterschool must have a completed and signed immunization form on file at the YMCA before they can come to the program.

**Meets: Monday –Friday 3:30 pm –6:00 pm**

**4-5 days/week      YM \$42/week      PM \$52/week**

**1-3 day rates:      YM \$38/week      PM \$47/week**

**Sibling discounts available.**

***First day of Afterschool will be Monday, August 5, 2024.***

#### **TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets: Mondays & Wednesdays, starting June 3rd 3:30 pm - 4:00 pm      Fees: \$20 YM      \$40PM**

#### **TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do -Kwon Tae-Kwon-Do Alliance.

**Meets: Mondays & Wednesdays, starting June 3rd 4:30 pm - 5:25 pm      Fees: \$35 YM      \$50 PM**

### Teen Programs– June

#### **TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets: Fridays: June 7, 14, 21, 28      4:30 pm - 6:00 pm      Fees: \$15 for 4 weeks**

#### **TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets: Wednesdays: June 5, 12, 19, 26      7:00 pm - 9:00 pm      Fees: \$15 for 4 weeks**

#### **TEEN PICKLEBALL: Ages 12-18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy

**Meets: Sundays: June 2, 9, 16, 23      3:30 pm - 5:00 pm      Fees: \$15 YM or PM**

#### **ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets: Wednesdays      5:30 pm - 7:00 pm      Fees : \$35 YM      \$50 PM**

#### **TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets: Thursday, June 20th      Grades 7-9: 6:00 pm – 7:00 pm      Grades 10-12: 7:00 pm - 8:00 pm**

#### **OPEN TEEN NIGHT:**

Calling all Teens ages 13-18! Come ready to have fun and bring ideas about programs you want to see at the YMCA!

**Meets: Saturday, June 27th      6:00 pm - 9:00 pm**



## SPRING PROGRAMS

### Fitness Challenges– May

#### INDY 500 MILE CHALLENGE

**May 1 – May 31**

It's time to celebrate the month of May and all the traditions that the Indianapolis Motor Speedway has to offer by getting our bodies revved up, striving to get as many miles of exercise as we can achieve. Challenge yourself with a personal fitness goal!

**The goal:** rack up as many miles as possible between May 1 – May 31!

**How you'll do it:** by working out at the Y as much as possible to accumulate miles with a variety of exercises! Strive to reach as close to 500 miles of exercise as you can within the month. You can accumulate miles by: using cardio equipment in the wellness center, attending group classes, water walking, swimming laps, playing racquetball, basketball, pickleball, walking and/or running, cycling, and weight lifting. Your exercise **DOES NOT HAVE TO BE DONE ON THE YMCA'S PROPERTY**. Each challenger will add their own miles and post their miles on a master log that will be located in the Wellness Center. The top three with the most mileage will receive a free car wash from Kennelly Brothers. **This challenge is for YMCA members only, and it's FREE!**

### Fitness Challenges– June

#### IRONMAN CHALLENGE

**June 1 – June 30**

Take the IRONMAN Challenge

You have **30 days** to complete a full IRONMAN

0.6 miles of swimming per week. (21 laps)

28 miles biking per week

6.5 miles running or walking per week

**You may accumulate these miles inside or outside of the Y. You will have to log your miles at the Wellness Desk.** Complete the full IRONMAN in 30 days and receive a T-shirt. Sign up – take the challenge – the IRONMAN Challenge in 30 days! Condition your body using this cross training method to help you lose weight and feel great! It's great training for a Sprint Triathlon.

Registration begins: May 14 YM May 21 PM

**Fees: \$30 YM \$60 PM (no early registration discount)**

**(PM receive a full membership for 30 days and discounted fees on programs)**

**Fitness Director: Deena Hamer 663-9622, Ext. 28 [deenah@dcfymca.org](mailto:deenah@dcfymca.org)**

### Spring Specials

**CELEBRATING WOMEN**  
**May 12–18**

We are opening our doors to all women in celebration of Mother's Day and National Women's Health Week. Please use our facility May 12–18; focus on you, and your health!

- Classes for all women will be **FREE** during this week!
- Bring a friend!

 DECATUR COUNTY FAMILY YMCA

**SHORT –TERM MEMBERSHIPS**

**Memorial Day\* Thru Labor Day**

**100 days for \$100\***

\*Begin May 25, 2024  
\$100 for individuals  
\$200 for families

Membership valid 100 days from date of purchase!

 FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**CELEBRATING MEN**  
**JUNE 10–16**

We are opening our doors to all men in celebration of Men's Health Week and Father's Day. Please use our facility June 10–16; focus on you, and your health!

- Classes for all men will be **FREE** during this week!
- Bring a friend!

 DECATUR COUNTY FAMILY YMCA

## SPECIALS EVENTS

**Registration period Apr 1st– May 1st. Registration ends when Program is FULL or unless stated.**

### **YMCA GOLF CLASSIC** **DATE TO BE DETERMINED** **Greensburg Country Club**

All proceeds from the YMCA Golf Classic benefit the Annual Campaign. This campaign raises funds to provide financial assistance for families and youth.

Check in 10:00 am – 10:45 am

Shotgun Start 11:00 am

**Registration ends May 26th.**

**Fees:** Team \$300 (in one payment)

Individual \$80

**Fees include:** Green Fees

Cart

Refreshments/Snacks

Dinner

#### **Prizes:**

Hole in One Prize

Longest Drive

Double Your Dough

Closest to the Pin

Longest Putt

### **TREE CITY ROLLING** **TOUR & CENTURY** **June 22, 2024**

There are 5 routes to choose from:

1. 16 mile,
2. 34 mile,
3. 67 mile– Hilly
4. 67 mile– not as hilly,
5. whopping 100 mile route.

Those who plan to ride the 100 mile route should be on the road by 7am, the 67 mile riders between 7–8:00 am, the 34 by 9:30 am and the 16 milers by 10:00 am. SAG stops (refreshments) are provided along each route with restrooms on all routes except the 16 mile route. A *GREAT* lunch will be provided on the riders return. This is a family event, so bring the kiddo's. Kids 13 and under riding with their parent or guardian are free!

**Fees:** April 1st – June 16th, \$30; June 17th– 22nd, \$35

**Drift Shirts:** Add \$15 to price of registration. Please add an additional \$4 if 2x or larger shirt is requested.

Cut off to order a shirt is June 16th.

Register at YMCA or online at [www.treecityrollingtour.org](http://www.treecityrollingtour.org)



## Financial Development

There is no greater gift than that of one to our Endowment Fund. Making a donation to the YMCA's Endowment Fund carries on your legacy for a lifetime, offering stability to your YMCA for hundreds of years to come and ensuring opportunities and growth for thousands of participants in the future. While a gift of any amount is helpful, a donation of \$1000 to the YMCA Endowment Fund will also make you an important part of our Heritage Club. Consider a gift to the Endowment Fund today and watch your donation take root and flourish in the Decatur County Family YMCA!



## SUMMER PROGRAMS

### Youth Classes– July

**Registration period June 1st– July 1st. Registration ends when Program is FULL or unless stated.**

**TAE-KWON-DO: LITTLE DRAGONS: Ages 3–6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets:** Mondays & Wednesdays, starting July 1st      3:30 pm – 4:00 pm      **Fees:** \$20 YM      \$40PM

**TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

**Meets:** Mondays & Wednesdays, starting July 1st      4:30 pm – 5:25 pm      **Fees:** \$35 YM      \$50 PM

**21ST CENTURY PROGRAM**

Join us for the 21<sup>st</sup> CCLC Program at Greensburg Elementary School. This program supports the creation of community learning centers that provide academic enrichment opportunities during non-school hours for students. The program helps students meet state and local standards in core academic subjects, such as reading and math; offers students a broad array of enrichment activities that can complement their regular academic programs; and offers literacy and other educational services to the families of participating children.

**Hours:** 2:40 pm – 6:00 pm at the Greensburg Elementary School

**Fee** \$0

For more information or to enroll, please contact NaKecia Shafer, Program Director at [nakecias@dcfymca.org](mailto:nakecias@dcfymca.org) or 812-593-9819



### Teen Programs– July

**TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets:** Fridays: July 5, 12, 19, 26      4:30 pm – 6:00 pm      **Fees:** \$15 for 4 weeks

**TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets:** Wednesdays: July 3, 10, 17, 24      7:00 pm – 9:00 pm      **Fees:** \$15 for 4 weeks

**TEEN PICKLEBALL: Ages 12–18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy

**Meets:** Sundays: July 7, 14, 21, 28      3:30 pm – 5:00 pm      **Fees:** \$15 YM or PM

**ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets:** Wednesdays      5:30 pm – 7:00 pm      **Fees :** \$35 YM      \$50 PM

Youth Development Director, Joe Poteet: 663-9622, Ext. 26 [joep@dcfymca.org](mailto:joep@dcfymca.org)

### Special Event– July

## SAVE THE DATE!

## 36th ANNUAL CORPORATE CHALLENGE

July 15th, 6:00pm: Informational Meeting

August 12th, 6:00pm: 1<sup>st</sup> Captain's Meeting

August 19th, 6:00 pm: Team Registrations are due!

September 16th, 6:00pm: 2<sup>nd</sup> Captain's Meeting

September 23rd, 24th, 26th, 28th: Corporate Challenge Events

**Fees:** \$200 for YMCA Corporate Partners \$250 for other businesses  
**OPEN** to both large and small businesses and organizations!

## SUMMER PROGRAMS

### Youth Classes– August

**Registration period July 1st– Aug 1st. Registration ends when Program is FULL or unless stated.**

**TAE-KWON-DO: LITTLE DRAGONS: Ages 3–6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets:** Mondays & Wednesdays, starting Aug 5th      3:30 pm – 4:00 pm      **Fees:** \$20 YM      \$40

**TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

**Meets:** Mondays & Wednesdays, starting Aug 5th      4:30 pm – 5:25 pm      **Fees:** \$35 YM      \$50 PM

**LITTLE OLYMPIANS**

**Meets:** Mondays starting Aug 5th      5:30 pm – 6:00 pm      **Fees:** \$25 YM      \$45PM

### Teen Programs– August

**TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets:** Fridays: Aug 2, 9, 16, 23      4:30 pm – 6:00 pm      **Fees:** \$15 for 4 weeks

**TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets:** Wednesdays: Aug 7, 14, 21, 28      7:00 pm – 9:00 pm      **Fees:** \$15 for 4 weeks

**TEEN PICKLEBALL: Ages 12–18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy

**Meets:** Sundays: Aug 4, 11, 18, 25      3:30 pm – 5:00 pm      **Fees:** \$15 YM or PM

**ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets:** Wednesdays      5:30 pm – 7:00 pm      **Fees :** \$35 YM      \$50 PM

**TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets:** Thursday, August 15th      Grades 7–9: 6:00 pm – 7:00 pm      Grades 10–12: 7:00 pm – 8:00 pm

### Special Event

## 2nd ANNUAL SKELETON CHASE 5K RUN/WALK: Registration Begins on July 1st, 2024

October 19, 2024

Race Day Registration and Packet Pick-Up begins at 8:45 am

Divisions: 5K run and 5K walk

WHERE: Begins and ends at Decatur County Family YMCA

Everyone is encouraged to dress up! Costume Contest after Run/Walk

**PRIZES & PERKS:**

- Top 3 age division finishers receive medals
- Overall winners receive a trophy and a gift card
- Top 3 walkers receive medals

**FEES:** \$35 (no shirt) / \$50 (with shirt) if registered on or before Oct. 14th  
\$40 (no shirt) / \$55 (with shirt) if registered after Oct. 14th  
Register online at [www.getmeregistered.com](http://www.getmeregistered.com)



**Kids 10 and under are FREE  
with a Registered  
Participant!**

**Business Group Rate:  
\$20 a person for 10  
participants = \$200**

## SUMMER PROGRAMS

### Youth Classes – September

**Registration period Aug 1st– Sept 1st. Registration ends when Program is FULL or unless stated.**

**TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets:** Mondays & Wednesdays, starting Sept 4th 3:30 pm – 4:00 pm **Fees:** \$20 YM \$40PM

**TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

**Meets:** Mondays & Wednesdays, starting Sept 4th 4:30 pm – 5:25 pm **Fees:** \$35 YM \$50 PM

### Teen Programs– September

**TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets:** Fridays: Sept 6, 13, 20, 27 4:30 pm – 6:00 pm **Fees:** \$15 for 4 weeks

**TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets:** Wednesdays: Sept 4, 11, 18, 25 7:00 pm – 9:00 pm **Fees:** \$15 for 4 weeks

**TEEN PICKLEBALL: Ages 12-18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy

**Meets:** Sundays: Sept 1, 8, 15, 22 3:30 pm – 5:00 pm **Fees:** \$15 YM or PM

**ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets:** Wednesdays 5:30 pm – 7:00 pm **Fees:** \$35 YM \$50 PM

**INDIANA YMCA YOUTH AND GOVERNMENT (INYaG) Grades 9-12**

The Indiana YMCA Youth and Government (INYaG) program provides a fun and unique opportunity for youth in grades 9 through 12 to connect with their peers from around the state while learning how to effect change on social and political issues of personal importance to them. Through the program, youth first engage in local delegation meetings where they firm up their understanding of how their governments work. Then, they learn how to make their governments work for them. Along the way, they learn how to effectively investigate and articulate their concerns while being part of decision-making processes. Local activities lead to a day-long regional leadership conference during the fall and a three-day statewide model government conference in February. During the statewide conference, students take over the Indiana Statehouse to apply what they learned during their delegation meetings. The program also creates avenues for youth to apply their developed skills and understandings through real-life advocacy opportunities and national civic engagement opportunities that connect them to their peers around the country. INYaG is ideal for any students who want to improve their abilities to interact with adults and other youth, understand how to influence governments for effective and peaceful resolution, appreciate the diversity of viewpoints on public issues, demonstrate citizenship responsibilities and leadership roles essential for more accommodating communities, and embrace respect for ideas, beliefs, and the positions of others.

**Fees:** \$100 YM \$130 PM This includes the INYaG Model Government Conference fees held in Indianapolis in early 2025, lodging and most meals.



**TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets:** Thursday, September 19th Grades 7-9: 6:00 pm – 7:00 pm Grades 10-12: 7:00 pm – 8:00 pm

### Fitness Challenges– September

**THE BIGGEST LOSER: September 5 - October 30**

Are you tired and feeling totally out of shape? Do you lack motivation to lose weight? Maybe you've tried to lose a few pounds, but have not had much success. Let us help you with guidance, new workouts, and that extra push that you have been missing. This 8- week program offers:

\*Pick one class of choice per week.

\*Nutrition support

\*Biggest Loser T-shirt

\*Weekly weigh-ins

\*Membership prizes:

1st Place: 3 month Membership

2nd Place: 1 month Membership

\*Weekly challenges

\*Individually designed workouts

\*Most of all, better health: Initial weigh-ins on Sept. 3rd & 4th: 8:00 am – 10:00 am, 11:00 am – 11:45 am, 5:00 pm – 7:00 pm

**Fees:** \$40 YM \$110 PM

PM fee includes a full YMCA membership during challenge)





## FALL PROGRAMS

### SCHOOL BREAK CAMPS

**Registration ends when Program is FULL or unless stated.**

#### **FALL BREAK CAMP: Registration Begins on September 1st**

When: 7:00 am - 6:00 pm October 7-11

Who: Ages 5-12

Where: YMCA

Break weeks give children the opportunity to learn, grow and have fun in a safe, caring environment surrounded by committed staff. We look forward to camps with exciting opportunities for children to have fun and learn in new ways! Children will participate in a variety of activities including, crafts, sports, group games, songs, skits, swimming and field trips. Come join us for fantastic break weeks! **Children will need to bring their own lunch. A morning and afternoon snack will be provided.**

**Registration Fees (due upon registration in order to hold a spot for your child)**

**This registration fee will cover fall, winter, and spring breaks.**

YMCA Members: \$25/child or \$40/household

Program Members: \$30/child or \$50/household

**Camp Fees (due the Wednesday prior to the camp week or the child/children cannot attend)**

Members \$100/week

Additional Child Rate: Members \$60/week

Members 3-Day Rates \$70

Program Member \$120/week

Program Member \$80/week

Program Member 3-Day Rate \$84

#### **Winter BREAK CAMP: Registration Begins on October 1st**

When: 7:00 am - 6:00 pm Dec. 23, 26, 27, 30 and Jan 2

Who: Ages 5-12

Where: YMCA

Break weeks give children the opportunity to learn, grow and have fun in a safe, caring environment surrounded by committed staff. We look forward to camps with exciting opportunities for children to have fun and learn in new ways! Children will participate in a variety of activities including, crafts, sports, group games, songs, skits, swimming and field trips. Come join us for fantastic break weeks! **Children will need to bring their own lunch. A morning and afternoon snack will be provided.**

**Registration Fees (due upon registration in order to hold a spot for your child)**

**This registration fee will cover fall, winter, and spring breaks.**

YMCA Members: \$25/child or \$40/household

Program Members: \$30/child or \$50/household

**\*Early registration fee will also guarantee a reservation for any field trip (1<sup>st</sup> 50 campers only) – Weather permitting**

**Camp Fees (due the Wednesday prior to the camp week or the child/children cannot attend)**

Members \$100/week

Additional Child Rate: Members \$60/week

Members 3-Day Rates \$70

Program Member \$120/week

Program Member \$80/week

Program Member 3-Day Rate \$84



**Child Services Director, Emma Trolinder: 663-9622, Ext. 16 [emmat@dcfymca.org](mailto:emmat@dcfymca.org)**

## FALL PROGRAMS

### Youth Classes and Leagues– October

**Registration period Sept 1st– Oct 1st. Registration ends when Program is FULL or unless stated.**

#### **TAE-KWON-DO: LITTLE DRAGONS: Ages 3–6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets:** Mondays & Wednesdays, starting Oct 2nd      3:30 pm – 4:00 pm      **Fees:** \$20 YM      \$40PM

#### **TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

**Meets:** Mondays & Wednesdays, starting Oct 2nd      4:30 pm – 5:25 pm      **Fees:** \$35 YM      \$50 PM

#### **YOUTH BASKETBALL LEAGUE:**



Ages 4–11 yrs. YMCA basketball is a fun place to learn about the sport or to fine-tune your skills. Teams will have 1 hour of practice during the week and games will be played on Saturday. Score will not be kept in 4–6 age group. Score will be kept in the 7–8 age group with no tournament. Score will be kept, and there will be a season ending tournament for the 9–11 Age Group.

**Registration ends on Oct.15th. A \$10 late fee will be applied for anyone registering after October 15th.**

**Meets:** Saturdays      9:00 am, –1:00 pm  
**Fees:** \$40 YM      \$60 PM, NO GAMES THANKSGIVING WEEK

#### **Youth Basketball Schedule of Events:**

Oct 19 – Assessment Day

**ASSESSMENT DAY TIMES**

9:15 am– 10:00 am: 4–6 yrs;

10:15 am–11:00 am: 7–8 yrs;

11:15 am–Noon: 9–11 yrs

Oct 21– Practice begins

Nov 2 – First Game

### Teen Programs– October

#### **TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets:** Fridays: Oct 4, 11, 18, 25      4:30 pm – 6:00 pm      **Fees:** \$15 for 4 weeks

#### **TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets:** Wednesdays: Oct 2, 9, 16, 23      7:00 pm – 9:00 pm      **Fees:** \$15 for 4 weeks

#### **TEEN PICKLEBALL: Ages 12–18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy

**Meets:** Sundays: Oct 6, 13, 20, 27      3:30 pm – 5:00 pm      **Fees:** \$15 YM or PM

#### **ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets:** Wednesdays      5:30 pm – 7:00 pm      **Fees :** \$35 YM      \$50 PM

#### **TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets:** Thursday, October 17th      Grades 7–9: 6:00 pm – 7:00 pm      Grades 10–12: 7:00 pm – 8:00 pm

### Special Event– October

## HALLOWEEN CARNIVAL: NO REGISTRATION REQUIRED

October 28, 2023; 4:00 pm – 6:00 pm      **FREE!!**

A fun-filled evening with lots of Halloween-themed games, prizes, bounce house, face painting, hay rides and costume contest!



## FALL PROGRAMS

### Youth Classes– November

**Registration period Oct 1st– Nov 1st. Registration ends when Program is FULL or unless stated.**

**TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts  
**Meets: Mondays & Wednesdays, starting Nov 4th 3:30 pm – 4:00 pm Fees: \$20 YM \$40PM**

**TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do -Kwon Tae-Kwon-Do Alliance.

**Meets: Mondays & Wednesdays, starting Nov 4th 4:30 pm – 5:25 pm Fees: \$35 YM \$50 PM**

**LITTLE DRIBBLERS: Ages: 3-5**

Boys and girls will learn the basics of basketball in this great introductory class. Participants will learn how to pass, dribble, and shoot in a fun, safe, non-competitive atmosphere. The focus of this class is to play basketball, meet new friends and HAVE FUN!! This is a parent/child class. Parents will be asked to participate with their children.

**Meets: Mondays, starting Nov. 4th 5:30 pm – 6:00 pm Fees: \$25 YM \$45 PM**

### Teen Programs– November

**TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets: Fridays: Nov 1, 8, 15, 22 4:30 pm – 6:00 pm Fees: \$15 for 4 weeks**

**TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets: Wednesdays: Nov 6, 13, 20 7:00 pm – 9:00 pm Fees: \$15 for 4 weeks**

**TEEN PICKLEBALL: Ages 12-18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy

**Meets: Sundays: Nov 3, 10, 17, 24 3:30 pm – 5:00 pm Fees: \$15 YM or PM**

**ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets: Wednesdays 5:30 pm – 7:00 pm Fees : \$35 YM \$50 PM**

**TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets: Thursday, November 21st Grades 7-9: 6:00 pm – 7:00 pm Grades 10-12: 7:00 pm – 8:00 pm**

## FALL PROGRAMS

### Fitness Challenges– November

#### **ZERO Gain, “Just Maintain”**

**November 20 - December 27**



We all struggle to keep from packing on the pounds over the holidays. This program will hold you accountable to MAINTAIN your current weight from Thanksgiving to Christmas and on into the New Year.

**Here's how it works:**

Weigh in at the beginning and bet \$15 that you can keep from gaining any weight.

**When you weigh in on December 27 and don't gain any weight, you will receive an unlimited class pass for one month!**

**Fees: \$15 YM or PM**

### November Special



### Year-End Giving



**Donate online, send a check to the YMCA, or come see us today!  
Every donation changes lives.**

#### **YEAR-END GIFTS MAKE A DIFFERENCE!**

It is crazy to think we are already talking about year-end! A non-profit highly relies on donations to bring affordable memberships, new classes, equipment and even programming to the community. People make donations for many reasons. One, is to use it as a tax-deductible gift. All gifts to the YMCA are tax-deductible. Another reason is to bring specific programming or equipment to the Y. As a non-profit the Y doesn't always have the financial resources to add new equipment or finance upgrades. Sometimes a generous donor will help fill that financial void to make those things happen. And yet a third reason is to continue changing lives. We see and hear all the time testimonies from our members on how financial assistance allowed their children to attend preschool or how a membership gave them someplace to rehab after surgery or how the blood pressure program taught them how to better monitor and adjust their daily lifestyle enabling them to either reduce or quit the blood pressure medications they were on. Help sustain our cause so we can meet your needs for another century—or MORE!

## FALL PROGRAMS

### Youth Classes and Leagues– December

**Registration period Nov 1st– Dec 1st. Registration ends when Program is FULL or unless stated.**

#### **TAE-KWON-DO: LITTLE DRAGONS: Ages 3–6 yrs.**

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

**Meets:** Mondays & Wednesdays, starting Nov 4th    3:30 pm – 4:00 pm    **Fees:** \$20 YM    \$40PM

#### **TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.**

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do -Kwon Tae-Kwon-Do Alliance.

**Meets:** Mondays & Wednesdays, starting Nov 4th    4:30 pm – 5:25 pm    **Fees:** \$35 YM    \$50 PM

### Teen Programs– December

#### **TEEN CHESS CLUB:**

All skill levels welcome. Chess boards provided.

**Meets:** Fridays: Dec 6, 13, 20, 27    4:30 pm – 6:00 pm    **Fees:** \$15 for 4 weeks

#### **TEEN BOARDGAME CLUB:**

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

**Meets:** Wednesdays: Dec 4, 11, 18    7:00 pm – 9:00 pm    **Fees:** \$15 for 4 weeks

#### **TEEN PICKLEBALL: Ages 12–18**

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy

**Meets:** Sundays: Dec 1, 8, 15, 22    3:30 pm – 5:00 pm    **Fees:** \$15 YM or PM

#### **ADVANCED/ADULT TAE KWON DO: Ages 16 and older**

Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control.

**Meets:** Wednesdays    5:30 pm – 7:00 pm    **Fees :** \$35 YM \$50 PM

#### **TEEN LEADERSHIP ADVISORY BOARD (T-LAB)**

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.

**Meets:** Thursday, December 12th    Grades 7–9: 6:00 pm – 7:00 pm    Grades 10–12: 7:00 pm – 8:00 pm