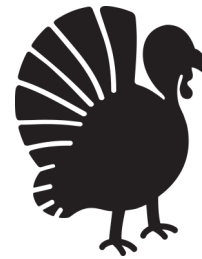




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROWING STRONGER TOGETHER

NOVEMBER 2016

BASKETBALL LEAGUE

GRADES 3-6

The YMCA Youth Basketball League has been a long-running tradition. Basketball was a sport invented by the YMCA, what better way to be a part of history than to join our league! Students attending Assumption, Nekoosa, Pittsville, Immanuel Lutheran, Rudolph, St. Paul's or the Boys & Girls Club may sign up at their respective schools.

DATE Nov 28-Feb 5
No games Winter Break Dec 23-Jan 6

FEE \$26/child *if registered through the Y

LOCATION | TIME | DAY to be announced

During the Holiday Season we invite you to give the gift of warmth by donating new, unwrapped children's and adults pajamas, hats, mittens, and scarves.

Gifts will be given to families in need in the community and the Family Center.

DROP OFF LOCATIONS

SOUTH WOOD COUNTY YMCA
1421 Pepper Avenue | Wisconsin Rapids
or
211 Wisconsin River Drive | Port Edwards



ROOKIE BASKETBALL LEAGUE

GRADES 4K-2

Young basketball players are introduced to the Y's instructional Basketball League to learn the game in a non-competitive setting. Through organized instruction, by volunteer coaches and referees, players learn the basic skills of basketball and play non-competitive games. Each player will receive a team t-shirt and will use the 8 foot modified baskets.

SESSION 2 KICK-OFF SAT JAN 7*

TIME GRADES 4K & KDG. . . . 9:00-10:00am
GRADES 1-2.10:15-11:15am

*Schedules and rosters will be handed out

LEAGUE GAMES

GRADES 4k-2

DATE Jan 14- Feb 4

REGISTRATION Thru Fri Dec 19
to be guaranteed a t-shirt

DAY Saturday

TIME Games run between 8:00am-Noon

LOCATION SWC YMCA Port Edwards

FEE Member \$21 Non-Member \$42



FAMILY DODGEBALL

Families get competitive with a fun, friendly game of dodgeball. Everyone will be looking to master the 4 D's; dodge, duck, dip, and dive. The focus will be on teamwork while staying active together.

AGE 6+

DAY Friday

DATE Nov 11 & 18

TIME 6:00-7:30pm

LOCATION SWC YMCA Port Edwards

FEE Member \$FREE
Non-Member \$15 Family Day Pass

THE GIFT OF WARMTH

November 25-December 9

EVERYONE IS WELCOME AT THE Y!

Family Day Pass \$15
Youth Day Pas (8yrs+) \$5

Enjoy an entire day at the YMCA! At our Port Edwards location we have 2 swimming pools, a gymnasium, a 3-story indoor playground that includes slides, toys,

NATIONAL FAMILY WEEK

November 20 – 26

FREE ADMISSION

with a non-perishable food donation



As part of the Y's commitment to children and families, the Y is encouraging families to spend time with each other connecting in their community during National Family Week.

We invite non YMCA members from the community to enjoy our centers during family week by bringing a donation to the food drive to our Port Edwards or Wisconsin Rapids locations.

One food item/person/day allows you to enjoy the Y during family week. Photo identification must be shown to gain entry to the SYMCA.

CLOSED Thanksgiving Day

BREAKFAST WITH THE GRINCH

Join the Grinch and Cindy Lou Who for breakfast, activities, pictures, and holiday spirit! Ticket price includes day pass for non-members.

Pre-Registration required. Limited space available.

DATE	Saturday December 3
TIME	8:00-11:00am
LOCATION	SWC YMCA Camp Alexander
FEE	Member \$6/person Non-Member \$10/person

CHILDCARE

DAYS OF NO SCHOOL CHILDCARE

This full day licensed childcare programming is offered for kids when Wisconsin Rapids, Port Edwards & Nekoosa school districts are not in session. This includes days of no school, snow days and winter/spring breaks.

We ensure your child is safe and having a fun-filled day that includes swimming, gymnasium sports, tumbling, crafts, cooking & activities. Bring a sack lunch, swimsuit and towel and we will have a day filled with fun and excitement.

UPCOMING DAYS OF NO SCHOOL CHILDCARE AT THE YMCA IN PORT EDWARDS:

Dec 2, 26, 27, 28, 29, & 30 | Jan 19 & 20

HOURS 6:30am-6:00pm

AGE 5-12

FEE Member \$29/day Non-Member \$33/day

Pre-registration required. Minimum of 10 children to run the program. To enroll your child, call 715.818.6019.



YOUTH GYMNASTICS

AT SWC YMCA WISCONSIN RAPIDS

SWC YMCA and the Wisconsin Rapids Park and Rec Department have combined efforts to offer tumbling classes for youth. The program is led by an enthusiastic instructor who keeps the kids excited and motivated to learn new skills each week.

DATE Oct 31-Dec 18

LOCATION SWC YMCA Wisconsin Rapids

PROGRAM	AGE	DAY	TIME
Tumble Bugs	2-3	Tues	5:30-6:00pm

With Parents

Tumble Tykes	4-6	Tues	6:00-6:30pm
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Beginning Tumbling	6-9	Tues	6:30-7:00pm
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FEE \$19/Wisconsin Rapids Resident

\$22/SWC YMCA Member

\$39/Non-Member/Non-Resident



JOHN E ALEXANDER | SOUTH WOOD COUNTY YMCA
715 887 3240 www.swcymca.org



SEARCH: South Wood County YMCA

GYMNASTICS

SCHOOL AGE PROGRESSIVE | BOYS & GIRLS

No prior gymnastics experience necessary! Participants have fun learning the fundamentals of gymnastics by acquiring basic skills on all four events. Children ages 6 and older are taught basic, intermediate and advanced gymnastic skills on bars, beam, vault and floor.

SESSION 2 DATES **Oct 31 – Dec 18** **REGISTER ONLINE | CALL NOW | STOP IN TODAY**

ROLLERS – Beginner

This class is designed to enhance strength, balance and flexibility on vault, uneven parallel bars, balance beam and floor. Youth level one work on the following skills:

Floor...cartwheels, handstand hold, jumps

Bars...casting skills

Beam...jumps, releve walks, high kicks

Vault...squat-on, straight jump to stick

DAY & TIME	Mon or Tues or Thurs	5:15-6:00pm
	Mon or Tues or Thurs	6:00-6:45pm

FEE	Member	Non-Member
Session 2	\$33	\$60
Session 2 Thurs	\$29	\$48

AERIALS PRE-TEAM – Advanced

Advanced level gymnastics that focuses on skill development, conditioning and flexibility. Participation will concentrate on body form and technique while developing the skills necessary for the competitive gymnastics team.

Floor...walkovers front & back, handsprings

Bars...glide kip, casts, hip circles

Beam...handstands, roll, leaps

Vault...handspring

DAY & TIME	Mon or Tues or Thurs	6:00-7:00pm
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FEE	Member	Non-Member
Session 2	\$39	\$66
Session 2 Thurs	\$34	\$57

CARTWHEELERS – Intermediate

This class is for those eager to develop their skills and continue gymnastics at a quicker pace. Youth level 2 work on the following skills:

Floor...backbend, kick over, handstand roll, levers, round offs

Bars...pullover, back hip circle, under swing

Beam...lever in & out, leaps and turns

Vault...pike on, hollow body fall, table top position

DAY & TIME	Mon or Tues or Thurs	5:15-6:00pm
	Mon or Tues or Thurs	6:00-6:45pm

FEE	Member	Non-Member
Session 2	\$33	\$60
Session 2 Thurs	\$29	\$48



YOUTH AQUATIC LESSONS



Member \$35
Non-Member \$45

SESSION 2 DATES Oct 31 – Dec 18

REGISTER ONLINE | CALL NOW | STOP IN TODAY

Age 6 Months - 6 Years In a 3'- 4', 92 degree warm water training pool your child will build confidence, skills and independence. Toys, games and songs are used to build confidence in the water. Class limit of 6.

PARENT TOT

Developmentally appropriate class that teaches beginning basics by using fun games and songs to make children more comfortable in the water. One adult must accompany each child in the water. Properly fitted swim diapers are required.

Mon or Thurs 6:00-6:30pm

STARFISH

Swimmers learn to do front and back floats on their own. Other skills include jumping in, basic arm movements and kicking.

Mon or Thurs 5:15-5:55pm
Wed 6:00-6:40pm

PIKE

This level is designed for first exposure in shallow water without being accompanied by an adult. Skills include front and back floats with help, submerging head and blowing bubbles.

Mon or Thurs 6:00-6:40pm
Wed 5:15-5:55pm

EELS

In this level, swimmers will retrieve objects in shallow water, learn the flutter kick, begin to work on basic strokes and will be exposed to the deep or front pool.

Mon or Thurs 5:15-5:55pm
Wed 6:45-7:25pm

Age 6-15 Years In our 83 degree pool, youth learn personal safety, stroke development, rescue skills and have fun playing water sports and games. Class limit of 8.

Polliwog

Swimmers stay in shallow end working on front/back glide, flutter kick, rhythmic breathing and front/back crawl.

Mon or Thurs 6:35-7:15pm
Wed 5:15-5:55pm

Minnow

Continued work on front/back crawl. Beginning work on endurance, breaststroke and turns are emphasized.

Mon or Thurs 7:30-8:10pm
Wed 6:45-7:25pm

Guppy

Front crawl is perfected. Swimmers learn elementary backstroke, dives, begin to tread water and deep water bobs.

Mon or Thurs 6:45-7:25pm
Wed 6:00-6:40pm

Fish

Swimmers learn sidestroke, dolphin kick and work on turns. This level emphasizes endurance and stroke techniques.

Mon or Thurs 7:30-8:10pm
Wed 6:45-7:25pm

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