



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YOUTH 9-BALL LEAGUE

SWC YMCA Port Edwards

The program is led by Brian Jacoby. He brings a wealth of knowledge in the game of pool and is eager to pass that on through teaching youth the game. This weekly league will offer opportunities to compete in area 9-ball tournaments. Minimum of 6 to run session.

AGE	18 and under
DATE	Jan 2 - Feb 19
DAY	Tuesdays
TIME	5:00 - 7:00pm
FEE	*\$20 *Sanction fee included

PICK-UP JUNIOR BASKETBALL

SWC YMCA Port Edwards

This is a great time for your child to continue to use the skills they've learned. Kids will have the gymnasium dedicated to pick-up youth basketball during the winter break.

ANY child interested in participating must check-out and return a jersey at the front desk.

AGE	6 - 12
DATE	Dec 27 & 29
TIME	6:30 - 7:30pm
FEE	MEMBER FREE NON-MEMBER \$5 DAY PASS FEE

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

www.swcymca.org



GROWING STRONGER TOGETHER
 DECEMBER 2016

ROOKIE BASKETBALL LEAGUE

SWC YMCA Port Edwards

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 using the 8 foot modified baskets. Each player will receive a team t-shirt that will be handed out at week 2 of program.

KICKOFF Jan 7

Grades 4K & Kdg	9:00 - 10:00am
Grades 1 & 2	10:15 - 11:15am

LEAGUE GAMES	Jan 14 - Feb 4
GRADE	4K - 2
DAY	Saturday
TIME	Games run between 8:00am - Noon
FEE	MEMBER \$21 NON-MEMBER \$42

Registration thru Monday Dec 19 to be guaranteed a t-shirt.



SEARCH: South Wood County YMCA

CHILDCARE

DAYS OF NO SCHOOL CHILDCARE

This full day licensed childcare programming is offered for kids when local school districts are not in session. This includes days of no school, snow days and winter and spring breaks.

We ensure your child is safe and having a fun-filled day that includes swimming, gymnasium sports, tumbling, guest speakers, crafts, cooking & activities that are sure to wear them out.

Simply bring a sack lunch, swimsuit and towel and we will have a day filled with fun and excitement.

2016/17 Days of No School program offered:

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

AGE 5 - 12

HOURS 6:30am - 6:00pm

LOCATION SWC YMCA Port Edwards

FEE	MEMBER	NON-MEMBER
	\$29/day	\$33/day

DAILY RATES

Not a member? Not a problem, we have daily rates available for you.

YOUTH \$5.00

ADULT \$10.00

FAMILY \$15.00

DAILY HOURS

MON-FRI 5:00am - 9:00pm

SAT 7:00am - 5:00pm

SUN 10:00am - 5:00pm

HOLIDAY HOURS

Wisconsin Rapids & Port Edwards

SAT Dec 24 7:00am - 2:00pm

SUN Dec 25 Closed all day

SAT Dec 31 7:00am - 2:00pm

SUN Jan 1 10:00am - 1:00pm



ADVENTURE PARTIES

Celebrate your birthday, scout gathering, or other party need at the YMCA! We include a party room that will hold up to 25 guests for one low reasonable rate. We also have an enclosed infant/toddler area for your convenience. The party room is attached to our three-story indoor playground that includes slides, toys, tunnels and a rock climbing wall. Add on the use of our back and/or front swimming pool, lifeguard included!

Teen parties include the use of the gymnasium, racquetball courts, youth game room, party room and front pool. For more information call 715.818.6010.

	MEMBER	NON-MEMBER
Splash/Adventure Party	\$110	\$140
Adventure Center Party	\$80	\$110
Teen Party	\$115	\$150

THE GIFT OF WARMTH

NOVEMBER 25 - DECEMBER 9

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 to the Family Center.

SWC YMCA DROP OFF LOCATIONS

1421 Pepper Avenue or 211 Wisconsin River Drive
Wisconsin Rapids Port Edwards

GYMNASTICS PARTY

Your child would love to have a fun and exciting party at the YMCA Youth Gymnastics Center! They will enjoy 2 hours of jumping on the tumble track or rolling down a mat with friends and/or family. The SWC YMCA provides a private room to enjoy food and refreshments. For more information call Andrea at 715.818.6031.

FEE	MEMBER	NON-MEMBER
	\$125	\$140

*Rates good up to 20 children per party.
\$6/additional child



SESSION DATES
 Jan 2 - Feb 19
REGISTRATION
 Member Priority Thru Dec 18
 Community begins Dec 19

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.

ROLLERS

BEGINNER

This class is designed to enhance strength, balance and flexibility on vault, uneven parallel bars, balance beam and floor.

Youth level 1 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

FEE	MEMBER	NON-MEMBER
	\$33	\$60
DAY & TIME	Mon, Tues or Thurs	5:15 - 6:00pm
	Mon, Tues or Thurs	6:00 - 6:45pm

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

FEE	MEMBER	NON-MEMBER
	\$33	\$60
DAY & TIME	Mon, Tues or Thurs	5:15 - 6:00pm
	Mon, Tues or Thurs	6:00 - 6:45pm

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: front & back walkovers, handsprings

Bars: glide kip, casts, hip circles

Beam: handstands, roll, leaps

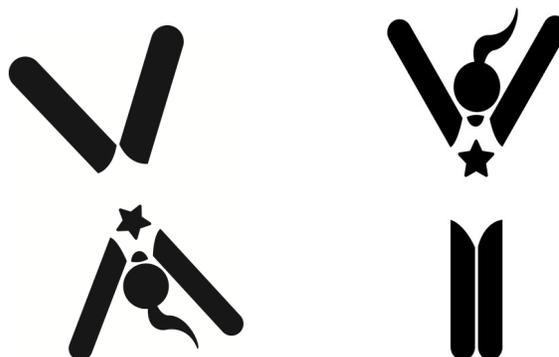
Vault: handspring

FEE	MEMBER	NON-MEMBER
	\$39	\$66
DAY & TIME	Mon, Tues or Thurs	6:00 - 7:00pm

PRIVATE LESSONS

Hour long lessons are available with a qualified gymnastics instructor. Contact the YMCA at 715.818.6031 to set up a time that is convenient for you.

FEE	MEMBER	NON-MEMBER
	\$35	\$45





YOUTH AQUATIC LESSONS

Member
\$26

Non-Member
\$46

SESSION DATES

Jan 2 - Feb 19

REGISTRATION

Member Priority thru Dec 18

Community begins Dec 19

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 6:00 - 6:30pm

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 5:15 - 5:55pm

WED 6:00 - 6:40pm

THURS 5:15 - 5:55pm

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 6:00 - 6:40pm

WED 5:15 - 5:55pm

THURS 6:00 - 6:40pm

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 5:15 - 5:55pm

WED 6:45 - 7:25pm

THURS 5:15 - 5:55pm

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 6:35 - 7:15pm

WED 5:15 - 5:55pm

THURS 6:35 - 7:15pm

MINNOW

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

MON 7:30 - 8:10pm

WED 6:45 - 7:25pm

THURS 7:30 - 8:10pm

GUPPY

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

MON 6:45 - 7:25pm

WED 6:00 - 6:40pm

THURS 6:45 - 7:25pm

FISH

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

MON 7:30 - 8:10pm

WED 6:45 - 7:25pm

THURS 7:30 - 8:10pm