



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



SEPTEMBER-OCTOBER 2017

YOUTH 9-BALL LEAGUE

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 will be a 6-8 week continuous league that will offer opportunities to compete in area 9-ball tournaments. If interested, register through the Y. Minimum of 6 to run session.

AGE 18 and under
DATE Sept 26 - Nov 28
DAY Tuesday
TIME 5:00-7:00pm
LOCATION SWC YMCA Port Edwards
FEE \$20 *Sanctioning fee may apply

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/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.

Childcare offerings for the following Days of No School at the YMCA in Port Edwards - Sept 29, Oct 27, Nov 22, Dec , 26-29

HOURS 6:30am-6:00pm **AGE** 5 - 12
LOCATION Port Edwards YMCA
FEE Member \$29/day Non-Member \$33/day

Pre-registration required. To enroll your child, call 715.818.6019. A reasonable non-refundable registration fee is due upon enrollment.

BEGINNER VOLLEYBALL

If you have never played before or want to learn the basics, this program is for you. Focusing on bumps, sets, and serving, our instructor will demonstrate the basic fundamental skills. As skills progress, we will play modified games in a fun, enjoyable atmosphere. Program will be held in the gymnasium. Minimum of 8 to run session.

GRADE 3 - 8
DATE Oct 19 - Nov 16
DAY Thursday
TIME 5:30-6:30pm
LOCATION SWC YMCA Port Edwards
FEE Member \$21 Non-Member \$42



TAEKWONDO

Taekwondo helps develop discipline, confidence, and physical fitness. Whether you are a casual practitioner interested in self-defense and physical fitness; as an athlete looking to cross train and build strength, reaction time, flexibility and balance; or you are a Taekwondo athlete interested in competing, this is the right program for you. Our Taekwondo program is affiliated with the Amateur Athletics Union (AAU) and teaches the most up to date standards in the nation.

INSTRUCTOR Master Randall Boggs
3rd Degree, Poom Black Belt
CONTACT INFO P 715.819.0762
E nomartkd@gmail.com
AGE Children and Adults 5 yrs & older
FEE Member \$25 Non-Member \$50
LEVEL **DAY** **TIME**
Beginner Tues/Thurs 6:15-7:15pm
Advanced Tues/Thurs 7:15-8:15pm
LOCATION SWC YMCA Port Edwards
FEE Member \$25 Non-Member \$50

JUMPSTART BASKETBALL

BOYS & GIRLS

AGE 4-6

Jumpstart programs allows you as the parent to participate alongside your child. The program consists of teaching you as the parent how to properly teach your child the basic skills of basketball. It is a great opportunity for you as a parent to spend quality time with your child in a healthy, positive environment.

AGE 4 - 6
DAY Wednesday
DATE Oct 4 - 25
TIME 5:30 - 6:15pm
LOCATION SWC YMCA Port Edwards
FEE Member \$21 Non-Member \$42

JR BASKETBALL CLINIC

BOYS & GIRLS

AGE 6-12

This will be an instructional program that focuses on getting your child ready for fall/winter basketball. We will work on honing and improving ball handling, passing and shooting skills along with teaching the values of sportsmanship and teamwork.

AGE 6 - 12
DAY Wednesday
DATE Oct 4 - 25
TIME 6:15 - 7:00pm
LOCATION SWC YMCA Port Edwards
FEE Member \$21 Non-Member \$42



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. T-shirts handed out at week 2 of program.

SESSION 1 KICK-OFF SATURDAY OCT 29

TIME Grades 4K & Kdg	9:00-10:00am	Grades 1-2	10:15-11:15am
DATE	Nov 5-Dec 3	REGISTRATION	Thru Thursday Mon Oct 17
DAY	Saturday	LOCATION	SWC YMCA Port Edwards
TIME	League games will run between 8:00am-Noon	FEE	Member \$21 Non-Member \$42

HALLOWEEN AT THE Y

For a safe and exciting Halloween, the YMCA is offering an imaginative experience!

Kids and families will have a spooktacular time participating in games and activities. Be sure to dress up the entire family and participate in the costume contest!

All of the little ghouls and goblins will be able to get out of their costumes and enjoy the pool and Adventure Center after the event.

DATE Friday October 27
TIME 6:00-7:30pm
AGE Up to 10
LOCATION SWC YMCA Port Edwards
FEE FREE with donation of a non-perishable food item



GOOD SPORTS PLAY HERE



NO PRIOR GYMNASTICS EXPERIENCE NECESSARY

The Y offers classes for ages 1 through teens, from beginners to competitive team. Participants enjoy a facility which, in addition to the standard required equipment, features a Bungee Bouncer, spring floor, tumble track, and a wide range of preschool specific soft equipment.

Teaching kids to tumble, jump and twist in our programs is fun and helps them develop muscular strength, flexibility and body awareness. Programs are designed to provide a safe, nurturing environment for youth to develop skills, as well as the four YMCA core values of caring, honesty, respect and responsibility.

PARENT-TOT TUMBLING

A chance to introduce parent & child to basic gymnastic movement. Teachers will guide the parent & child through instruction to develop coordination skills, balance & flexibility. Max enrollment 8.

TINY TUMBLERS

This class is designed for toddlers who would like to learn the basic fundamentals of gymnastics. Children will learn basic tumbling skills and movements on bars, floor, beam, vaulting & mini tramp. Max enrollment 8.

SCHOOL AGE PROGRESSIVE ● Age 6+

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

ROLLERS – BEGINNERS | LEVEL 1

Participation is designed to enhance strength, balance and flexibility on all gymnastic apparatus; vault, uneven parallel bars, balance beam and floor. Skills youth work on:

- Floor cartwheels, handstand hold, jumps
- Bars casting skills
- Beam jumps, releve walks, high kicks
- Vault squat-on, straight jump to stick

CARTWHEELERS – INTERMEDIATE | LEVEL 2

This class is designed for those eager to develop their skills and continue in gymnastics at a quicker pace. Skills youth work on:

- 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

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

Session 1 September 11 – October 29

Session 2 October 30 – December 17

Session 3 January 8 – February 25

PRIVATE GYMNASTIC LESSONS

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

FEE	Member	Non-Member
	\$35	\$45

OPEN GYMNASTICS WORKOUTS

Participants work on skill development in a non-structured environment with a qualified coach supervising. **Progressive** class and gym team participants only. Must pay at front desk and get hand stamped to get into gymnastics center.

AGE	6+
DAY	Saturday
TIME	9:00 – 11:00am

FEE	Team Participant	FREE
	Progressive Participant	Member \$6
	Progressive Participant	Non-Member \$10

GYMNASTICS TEAM | TEAM SEASON SEPT 11 - MARCH 11

Wisconsin Rapids ONLY Elite Gymnastics Facility!

SWC YMCA Gymnastics Team is organized to coach athletes in acquiring and executing skills with a progressive approach. Eight levels allow individuals to learn, practice and advance based on a comprehensive foundation and in a supportive atmosphere.

LEVEL	DAY	TIME
2	Mon/Wed	5:30 – 7:30pm
3	Mon/Wed	5:30 – 7:30pm
4	Tues/Thurs	5:30 – 8:30pm
5-8	Tues/Thurs	5:30 – 8:30pm
Open Gym	Saturday	9:00 – 11:00am

FEE	Member
Level 2-3	\$75/month for 6 months or \$450
Level 4-9	\$108/month for 6 months or \$648

Fees must be paid in full or the first month with bank deduction forms must be paid and completed by September 15. Monthly payments will automatically be deducted from your billing method on file on the 10th of every month. Participants must be a YMCA member.

Parent Info Meeting | Thursday ● September 7 at 5:30pm

Parent informational packets will be handed out. Parents/guardians must work at home meets on Dec 2 – 3 & March 3 – 4. Additional fees for uniform and competitions will be discussed.

If you cannot attend this meeting and are still interested contact the gymnastics office at 715.887.3240.

Tentative Gymnastics Meet Schedule 2017 – 2018

SWC Home Inv	Dec 2 – 3
Fond du Lac Inv	Dec 9 – 10
Stevens Point Inv	Jan 6 – 7
Wausau Inv	Jan 13 – 14
Sheboygan Inv	Feb 2 – 4
SWC Home Inv	March 10 – 11
State	March 17 – 18

BLACK SHARK SWIM TEAM

Discover friendships and the self-confidence that comes with competitive swimming. All swimmers are welcome to join. Participants must be able to swim one length of the pool. New swimmers are allowed one full practice week at no charge before deciding if Swim Team is a good fit. For more info contact Doug Wickersham at 715.818.6014 or wickersham@swcymca.org.

FREE! NEW SWIMMER NO-OBLIGATION PRESEASON STROKE & TRAINING CLINIC

Kids will get in the pool and coaches will discover each new swimmers overall swimming abilities. See what a "typical swim practice" involves, then find out what you need to know before participating in your first swim meet. Coach Doug will be available for any questions.

DAY Tuesday **DATE** October 3 **TIME** 4:00 - 5:30pm

PARENT INFORMATIONAL MEETING Friday October 6, 2017 | 6:00-7:00pm.

- Swim Team is from October 10, 2017 thru April 2018
- Team fees do not include the swim meet dues
- Dues must either be paid in full or the monthly bank deduction forms must be completed by Oct 17 with the front desk.
- Monthly payments are automatically deducted on the 10th of every month for 6 months.
- Must be a YMCA member to join the competitive team
- BLACK SHARK meet schedule will be announced

NOVICE | Age 10 & under. Designed for beginner swimmers or younger swimmers and will focus on stroke technique and development. Kids in this level must be able to swim one length of the pool. Attending swim meets is optional but highly encouraged.

DAY	TIME	FEE
Tues/Thurs	5:00 - 6:00pm	\$48/month for 6 months or \$288

JUNIOR | Age 11 & over. This level is designed for intermediate swimmers or swimmers with prior team experience and will focus on balance between stroke development and endurance. Kids in this level must be able to swim 4 lengths of the pool non-stop. Attending swim meets is optional but highly encouraged.

DAY	TIME	FEE
Tues/Thurs	5:00 - 6:30pm	\$55/month for 6 months or \$330

ELITE | This level is designed for advanced swimmers and will be aimed towards endurance, strength, and speed. Kids should be able to swim 8 lengths of the pool and be able to swim using most competitive strokes. These swimmers are expected to attend swim meets and most practices.

DAY	TIME	FEE
Mon/Tues/Thurs	3:30 - 5:00pm	\$63/month for 6 months or \$378

Fri 4:00 - 5:00pm in the Wellness Center for dry land training - must be 13+ to participate

* YMCA member fees are not included



SWIM LESSONS
\$26/MEMBER
\$46/NON MEMBER



**STRONG SWIMMERS
CONFIDENT KIDS**

Session 1 September 11 - October 29 **Session 2** October 30 - December 17 **Session 3** January 8 - February 25

SHALLOW POOL LEARNERS AGE 6 MONTHS – 6 YEARS

In a 3'- 4', 92 degree training pool your child will build confidence and independence with appropriate skill development. Toys, games and songs are used to build skill in the water. Class limit of 6.

PARENT TOT

This developmentally appropriate class teaches basics through games and songs making children comfortable in the water. One adult must accompany each child in the water. Properly fitted swim diapers are required.

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.

STARFISH

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

EELS

Swimmers retrieve objects in shallow water, learn the flutter kick, begin work on basic strokes and will be exposed to the deep pool.

BIG POOL SWIMMERS AGE 6 - 15

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.

GUPPY

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

MINNOW

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

FISH

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