



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

OCTOBER 2018

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 the game to youth. 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	September - March
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 Days of No School -
Oct 1, 26 Nov 21, 23, 30 Dec 24, 26, 27, 28 Jan 2

HOURS	6:30am - 6:00pm	AGE	5 - 12
LOCATION	SWC YMCA Port Edwards		
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.

TAEKWONDO

Taekwondo helps develop discipline, confidence, and physical fitness. Whether you are a casual practitioner interested in self-defense and physical fitness; an athlete looking to cross train and build strength, reaction time, flexibility and balance; or you are a Taekwondo athlete interested in competing at the highest levels, this is the right program for you. Our Taekwondo program partners with the Park Institute.

Instructor	Master John Chrystal 7th Degree Black Belt	
DAY/TIME	Monday and Thursday	6:30 - 7:30pm
	Saturday (optional)	9:00 - 10:00am
FEE	\$55/month/person A three month commitment is required Bank Draft is an option	
AGE	Children 5+ and Adults	
REGISTRATION	SWC YMCA Port Edwards or Wisconsin Rapids	
LOCATION	Park Institute of Taekwondo 4233 8th Street South Wisconsin Rapids WI 54494	

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.

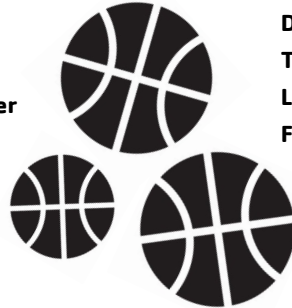
DATE	Friday October 26
TIME	6:00 - 7:30pm
AGE	Up to 12
LOCATION	SWC YMCA Port Edwards
FEE	FREE with donation of a non-perishable food item



JUNIOR BASKETBALL CLINIC

This is 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	8 - 12	
DAY	Thursday	
DATE	Oct 4 - 25	
TIME	6:30 - 7:15pm	
LOCATION	SWC YMCA Port Edwards	
FEE	Member	Non-Member
	\$21	\$42



JUMPSTART BASKETBALL

Jumpstart programs allow parents to participate alongside their child. The program teaches parents how to properly teach their child the basic skills of basketball. It is a great opportunity for parents and kids to spend quality time in a healthy, positive environment.

AGE	5 - 8	
DAY	Thursday	
DATE	Oct 4 - 25	
TIME	5:30 - 6:15pm	
LOCATION	SWC YMCA Port Edwards	
FEE	Member	Non-Member
	\$21	\$42

ROOKIE BASKETBALL LEAGUE | 4K - 4TH GRADE

Young basketball players are introduced to the Y's instructional Basketball League learning the game in a non-competitive setting. Through organized instruction, by volunteer coaches and referees, players learn the basic skills and play non-competitive games using the 8 foot modified baskets. Each player will receive a team t-shirt that will be handed out during week 2 of the program.

SESSION 1 KICK-OFF ● SATURDAY OCT 27

REGISTRATION THRU **MON OCT 15** TO BE GUARANTEED A T-SHIRT *Schedules and rosters will be handed out November 3

TIME			
	GRADES 4K & Kdg 9:00 - 10:00am	GRADES 1 - 2 10:15 - 11:15am	GRADES 3 - 4 11:30am - 12:30pm

LEAGUE GAMES

GRADE	4K - 2	DATE	Nov 3 - Dec 1	DAY	Saturday
TIME	Games run between 8:00am - Noon			LOCATION	SWC YMCA Port Edwards
FEE	\$18 / Member	\$36 / Non-Member			

BLACK SHARK SWIM TEAM

PARENT INFO MEETING | Fri Oct 5 2018 | 6:00-7:00pm

BLACK SHARK meet schedule will be announced at this meeting. Swim Team is from Oct 11, 2018 thru April 2019. Must be a YMCA member to join the competitive team. Dues must either be paid in full or the monthly bank deduction forms must be completed by Oct 18.

NOVICE ● Age 10 & under. This level is designed for beginner swimmers or younger swimmers and will focus more on stroke technique and development more than endurance and speed.

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

* YMCA member fees are not included

JUNIOR ● Age 11+. This level is designed for intermediate swimmers or swimmers with prior team experience and will focus on balance between stroke development and endurance.

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

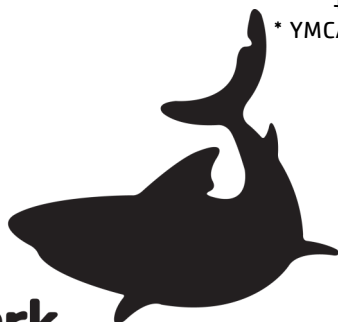
* YMCA member fees are not included

ELITE ● This level is designed for advanced swimmers and will be aimed towards endurance, strength, and speed.

DAY	TIME
Mon/Tues/Thurs	3:30 - 5:00pm
Fri	4:00 - 5:00pm
	For dry land training in the Wellness Center must be 13+ to participate

FEE	\$63/month for 6 months or \$378 for the season
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* YMCA member fees are not included



shark

WE'RE NOT JUST TEACHING LIFE-SAVING SKILLS WE'RE BUILDING CONFIDENCE



We use a student centered learning style to keep children actively involved in their progression. When students are allowed to figure out what to do on their own, they are actively and creatively participating in their learning. As a result they tend to remember what they learn, better and longer.

Participants are placed in a level based on age and ability to help meet the developmental needs of each swimmer.

SWIM STARTERS ● AGE 6 MONTHS - 6 YEARS ● SMALL POOL						
PROGRAM	DATE	DAY	TIME	AGE	MEMBER FEE	NON-MEMBER FEE
LEVEL A/B	Session 1 & 3	Mon or Thurs	6:00-6:30pm	6 months-6 years	\$26	\$46
	Session 2	Mon	6:00-6:30pm	6 months-6 years	\$26	\$46
	Session 2	Thurs	6:00-6:30pm	6 months-6 years	\$23	\$40
LEVEL 1	Session 1 & 3	Mon or Thurs	6:00-6:40pm	6 months-6 years	\$26	\$46
	Session 2	Mon	6:00-6:40pm	6 months-6 years	\$26	\$46
	Session 2	Thurs	6:00-6:40pm	6 months-6 years	\$23	\$40
	Session 1, 2 & 3	Wed	5:15-5:55pm	6 months-6 years	\$26	\$46
LEVEL 2	Session 1 & 3	Mon or Thurs	5:15-5:55pm	6 months-6 years	\$26	\$46
	Session 2	Mon	5:15-5:55pm	6 months-6 years	\$26	\$46
	Session 2	Thurs	5:15-5:55pm	6 months-6 years	\$23	\$40
	Session 1, 2 & 3	Wed	6:00-6:40pm	6 months-6 years	\$26	\$46
LEVEL 3	Session 1 & 3	Mon or Thurs	5:15-5:55pm	6 months-6 years	\$26	\$46
	Session 2	Mon	5:15-5:55pm	6 months-6 years	\$26	\$46
	Session 2	Thurs	5:15-5:55pm	6 months-6 years	\$23	\$40
	Session 1, 2 & 3	Wed	6:45-7:25pm	6 months-6 years	\$26	\$46

SESSION 1 September 10 - October 28 SESSION 2 October 29 - December 16 SESSION 3 January 7 - Feb 24

*Thurs are Pro Rated for No Class Nov 23 | Thanksgiving Day

SWIM STROKES ● AGE 6-15 ● LARGE POOL						
LEVEL 4	Session 1 & 3	Mon or Thurs	6:35-7:15pm	6 - 15	\$26	\$46
	Session 2	Mon	6:35-7:15pm	6 - 15	\$26	\$46
	Session 2	Thurs	6:35-7:15pm	6 - 15	\$23	\$40
	Session 1, 2 & 3	Wed	5:15-5:55pm	6 - 15	\$26	\$46
LEVEL 5	Session 1 & 3	Mon or Thurs	6:45-7:25pm	6 - 15	\$26	\$46
	Session 2	Mon	6:45-7:25pm	6 - 15	\$26	\$46
	Session 2	Thurs	6:45-7:25pm	6 - 15	\$23	\$40
	Session 1, 2 & 3	Wed	6:00-6:40pm	6 - 15	\$26	\$46
LEVEL 6	Session 1 & 3	Thurs	7:30-8:10pm	6 - 15	\$26	\$46
	Session 2	Thurs	7:30-8:10pm	6 - 15	\$23	\$40

YOUTH GYMNASTICS at SWC YMCA PORT EDWARDS

We offer classes for ages 1+, from beginners to competitive team. Participants enjoy a state-of-the-art 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.

PARENT-TOT TUMBLING ● Age 1-3

A chance to introduce parent & child to basic gymnastic movement. Teachers will guide the parent & child through instruction to develop coordination skills, balance & flexibility. Our main goal in this class is to have fun while exploring a wide variety of movement concepts and skills in a safe and positive learning environment.

TINY TUMBLERS ● Age 4-6

This class is designed for toddlers who would like to learn the basic fundamentals of gymnastics. Gymnastics equipment will be utilized, and gymnastics terminology will be taught. This class is fairly structured, so your child will learn to follow directions. In order to prepare your child for our skill-based classes, this class will feature some basic gymnastics skills.

SCHOOL AGE PROGRESSIVE ● Age 6+

NO PRIOR GYMNASTICS EXPERIENCE NECESSARY

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.

All classes work on a graded system. Teacher evaluation of students, their progress, their skill development and their proper placement is ongoing to keep students in the appropriate class level. Boys and girls age 6 and older are taught basic, intermediate and advanced gymnastic skills on the bars, beam, vault and floor.

ROLLERS ● BASIC

Participation is designed to enhance strength, balance and flexibility on all gymnastic equipment. Both the Rollers and Cartwheelers gymnastics classes are recreational in nature for our beginner to intermediate level students. These classes are the first skills-based classes offered to our students. The students will learn basic skills on all of the competitive gymnastics events as well as our trampoline. This class will improve most aspects of fitness as well.

CARTWHEELERS ● INTERMEDIATE

This class is designed for those eager to develop their skills and continue in gymnastics to a more advanced level. Students participate in a structured warm-up period at the start of each class to build strength, flexibility and a solid foundation. Weekly event rotations continue to give students the chance to practice and learn newer and more progressive skills on each event. All instruction is progressive for safety.

AERIALS PRE-TEAM ● ADVANCED

Advanced level gymnastics that focuses on skill development, conditioning and flexibility in a fun, supportive environment. In the advance gymnastics classes, students participate in a structured warm-up period at the start of each class to build strength, flexibility and a solid foundation. Weekly event rotations give students the chance to practice and continue to develop skills on each event in a regular, systematic fashion. All instruction is progressive for safety. Participation will concentrate on body form and technique to continue to develop their skills.

NEW* PRE-TEAM GYMNASTICS

New this year, we are establishing a new group of pre-team gymnasts. Our pre-teamers are gymnasts who will have worked very hard in our recreational classes throughout the previous year. Pre-team gymnasts come to class once a week, work more seriously on skill perfection than in our recreational program, and spend considerable time improving strength and flexibility.

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

PROGRAM	SESSION	DAY	TIME	AGE	MEMBER FEE	NON-MEMBER FEE
PARENT TOT TUMBLING	Session 1, 2, & 3	Mon or Thurs	4:45-5:15pm	1-3	\$28	\$48
	Session 2	Thurs	4:45-5:15pm	1-3	\$24	\$42
TINY TUMBLERS	Session 1, 2, & 3	Tues or Thurs	4:45-5:15pm	4-6	\$28	\$48
	Session 2	Thurs	4:45-5:15pm	4-6	\$24	\$42
ROLLERS-BASIC	Session 1, 2, & 3	Mon or Tues or Thurs	5:30-6:15pm	6+	\$38	\$55
	Session 2	Thurs	5:30-6:15pm	6+	\$32	\$47
CARTWHEELERS INTERMEDIATE	Session 1, 2, & 3	Mon or Thurs	6:30-7:15pm	6+	\$38	\$55
	Session 2	Thurs	6:30-7:15pm	6+	\$32	\$47
AERIALS PRE-TEAM ADVANCED	Session 1, 2, & 3	Tues or Thurs	5:30-6:30pm	6+	\$41	\$65
	Session 2	Thurs	5:30-6:30pm	6+	\$35	\$55
NEW* PRE-TEAM GYMNASTICS	Session 1, 2, & 3	Tues	6:30-7:30pm	6+	\$41	\$65

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