



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Youth & Teen Programs • Winter 2 Session • February 25–April 21, 2019

Registration opens to Y-Members on Monday, February 4, and to Non-Member Participants on Wednesday, February 6

EASTER EGG EXTRAVAGANZA

ALL AGES WELCOME

Hop in the pool, hunt for eggs and search for the treasure inside. Pool time will be followed by an Easter Egg craft.

DATE: Saturday, April 13
TIME: 10:30 - Noon
FEE: Y-Member: \$5 per child
Participant: \$8 per child

KIDS NIGHT OUT

GRADES K-6

School-aged children can expect a fun night of games, swimming and a pizza party. Parents: you get to spend time enjoying your interests without the kids.

DATE: Friday, April 26
TIME: 5:30 - 8:30 pm
FEE: Y-Member: \$12 per child
Participant: \$18 per child
Each Additional Sibling \$7

LIFE SIZE BOARD GAMES

AGES 5-9

Join us as we take popular board games to the gym. Participants will enjoy a different take on games such as Hungry Hippos, Frogger, Hi Ho Cheerio and Operation.

DATES: Mondays
This program will not run Spring Break Week, March 25-29
TIME: 6:15 - 7:00 pm
FEE: Y-Member: \$25
Participant: \$38

PARENTS NIGHT OUT

AGES 1-12

Want a Friday evening to dine out or catch a movie? Bring your kids to the Y. They can play games, watch movies, enjoy a nutritious snack, and socialize with friends while you spend time enjoying your interests.

DATES: Friday, March 15
Friday, April 5
TIME: 5:30 - 8:30 pm
FEE: Y-Member: \$10 per child
Participant: \$15 per child
Each Additional Sibling \$6

SATURDAY NIGHT LIVE

GRADES 7-9

It's Saturday Night Live at the Y! A pool and gym party for teens and safe hangout with friends. The evening also includes pizza, chips and beverages.

DATE: Saturday, March 9
TIME: 5:30 - 9:00 pm
FEE: Y-Member: \$1
Participant: \$2

SPLASH

AGES 5-12

Y Splash is a 4-day Spring Break program to help youth learn basic swim skills and water safety practices to be safe in and around water. Non-members are encouraged to participate.

DATES: March 25-28
TIME: 5:30 - 6:30 pm
FEE: \$5

TAE KWON DO

AGES 6 & UP

This class stresses the physical fitness, self-confidence, and disciplines that only Tae Kwon Do can offer. Uniform can be purchased at an additional cost.

DATES: Mondays
This class will not run Spring Break Week, March 25-29
TIME: 6:30 - 8:30 pm
FEE: Y-Member: \$35
Participant: \$53

VACATION AT THE Y

GRADES 4K-6

The Y is your answer for childcare on holiday vacations and emergency snow days in accordance with the Marshfield School District. The day includes swimming, snacks, crafts and sports activities. All children must come with a sack lunch, an extra pair of gym shoes, swimsuit and towel.

DATES: Spring Break • March 25-29
TIME: 7:00 am - 6:00 pm
FEE: \$30 per child per day

YOUTH NIGHT

GRADES 4-6

An evening of swimming, sports, socializing and fun at the YMCA. This event is exclusive and free to Marshfield and surrounding area youth.

DATE: Saturday, April 13
TIME: 5:30 - 8:30 pm
FEE: FREE

EVERYONE IS WELCOME AT THE Y!

Family Day Pass.....\$15
Adult Day Pass (ages 19+).....\$8
Youth Day Pass (ages 6-18).....\$5
Child Day Pass (ages 5 & under).....FREE

Enjoy an entire day at the YMCA. We have two swimming pools, a gymnasium, a youth & family lounge which features air hockey, carpet ball, foosball, table tennis & Xbox Kinect and an enclosed infant/toddler area.



YOUTH AQUATIC LESSONS

Winter 2 Session: February 25–April 21, 2019

No Swim Lessons Spring Break • March 25–31

Registration Dates:

Y-Members & City Residents: Monday, February 4

Non-Member Participants: Wednesday, February 6

Swim Class Fees:

Y-Member: \$39

City Resident: \$47

Participant: \$57



AGES 3–5

Stage D (non-swimmer) - TADPOLE

An all-ability swimming lesson for children 3 to 4 years of age, using the same Y curriculum as the current pre-school class.

Tuesdays 6:30–7:10 pm

Thursdays 9:00–9:40 am or 6:30–7:10 pm

Stage 1 (non-swimmer) - PIKE

Pike introduces children to the pool and helps them develop safe water habits in a fun and encouraging environment. Swimmers will focus on basic paddle stroke, kicking skills, blowing bubbles in the water, front and back floats and water safety.

Mondays 5:00–5:40 pm or 5:45–6:25 pm

Tuesdays 5:00–5:40 pm or 5:45–6:25 pm

Wednesdays 5:45–6:25 pm

Thursdays 5:00–5:40 pm or 5:45–6:25 pm

Saturdays 9:45–10:25 am

Stage 2 (beginner) - EEL

Eel swimmers continue to build on the basics learned in Pike, such as kicking and progressive paddle stroke. Additionally, they will learn more about pool safety and develop their floating.

Mondays 5:00–5:40 pm or 5:45–6:25 pm

Tuesdays 5:00–5:40 pm or 5:45–6:25 pm

Wednesdays 5:45–6:25 pm

Thursdays 5:00–5:40 pm or 5:45–6:25 pm

Saturdays 9:45–10:25 am

Stage 3 (intermediate) - RAY

Ray is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in Ray will be introduced to rhythmic breathing, front and back crawl, and rescue skills.

Mondays 5:00–5:40 pm

Tuesdays 5:00–5:40 pm

Thursdays 5:00–5:40 pm or 5:45–6:25 pm

Saturdays 9:00–9:40 am

Stage 4 (advanced) - STARFISH

Starfish is an advanced level for those swimmers who are proficient in front crawl and comfortable in deeper water. In this level, students will build endurance and be introduced to more advanced strokes such as back crawl, elementary backstroke and treading water.

Mondays 6:30–7:10 pm

SWIM LESSONS FOR THE DEAF & HARD OF HEARING

This program offers a 40-minute swim class to students with hearing impairments. A communication assistant is present to assist. Regular swim class fees apply.

Thursdays 5:00–5:40 pm

AGES 6–12

Stage 1 (non-swimmer) - PRE-POLLIWOG

For school-age children who are apprehensive or fearful of water. Swimmers will learn how to adjust to the water through front and back floating skills, paddle strokes and personal safety and the use of floatation devices.

Wednesdays 5:00–5:40 pm

Stage 2 (non-swimmer/beginner) - POLLIWOG

Swimmers will learn front and back floating skills, paddle stroke on both front and back, personal safety and the use of floatation devices.

Mondays 5:45–6:25 pm or 6:30–7:10 pm

Tuesdays 6:30–7:10 pm

Wednesdays 5:45–6:25 pm or 6:30–7:10 pm

Thursdays 6:30–7:10 pm

Saturdays 9:00–9:40 am

Stage 3 (beginner) - BLUEGILL

Swimmers continue to gain confidence learning new skills of treading water and survival floating along with practicing front and back crawl skills and will be introduced to breaststroke and elementary backstroke.

Mondays 5:45–6:25 pm or 6:30–7:10 pm

Tuesdays 5:45–6:25 pm or 6:30–7:10 pm

Wednesdays 5:45–6:25 pm or 6:30–7:10 pm

Thursdays 5:45–6:25 pm or 6:30–7:10 pm

Saturdays 9:00–9:40 am

Stage 4 (intermediate) - GUPPY

Swimmers refine their skills for breaststroke and elementary backstroke while continuing to develop their front and back crawl. Rescue skills will also be introduced.

Mondays 6:30–7:10 pm

Tuesdays 6:30–7:10 pm

Wednesdays 6:30–7:10 pm

Thursdays 6:30–7:10 pm

Saturdays 9:45–10:25 am

Stage 5 (advanced) - MINNOW

Swimmers at this level are introduced to the butterfly and sidestroke.

Mondays 6:30–7:10 pm

Wednesdays 6:30–7:10 pm

Saturdays 9:45–10:25 am

Stage 6 (advanced) - FISH/FLYING FISH

An advanced level for stroke refinement and endurance while being introduced to open turns and flip turns.

Mondays 6:30–7:10 pm

Wednesdays 6:30–7:10 pm

COMMUNITY SWIM is open to ALL Marshfield and surrounding area residents. Join the fun on Fridays from 6:00–8:30 pm and on Sundays from 2:45–4:45 pm. Cost is \$2 per person if not a Y member. Free for youth 5 years of age and under.