



FALL I - 2025 PROGRAM GUIDE Spencer Family YMCA

August 18 - September 28



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING

WELCOME TO THE Y

OUR MISSION: The Spencer Family YMCA strives to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

SUMMER HOURS

through September 1, 2025

Monday	4:30a - 8:00p
Tuesday	4:30a - 8:00p
Wednesday	4:30a - 8:00p
Thursday	4:30a - 8:00p
Friday	4:30a - 7:00p
Saturday	6:00a - 2:00p
Sunday	10:00a - 2:00p
CLOSED Labor Day - September 1	

FALL/WINTER HOURS

September 2 - May, 2026

Monday	4:30a - 9:30p
Tuesday	4:30a - 9:30p
Wednesday	4:30a - 9:30p
Thursday	4:30a - 9:30p
Friday	4:30a - 8:00p
Saturday	6:00a - 6:00p
Sunday	10:00a - 6:00p

WHAT YOU CAN DO AT THE Y

...A Place for Everyone



At the Spencer Family YMCA, we want people of all ages to enjoy an active, healthy lifestyle. Use our **Program Guide** to find **FUN** activities for you and your family to enjoy at the Y!

If I Am 3 months old I CAN...

- Enjoy playtime in Child Watch while my parent/guardian is in the facility
- Enroll in childcare
- Swim with Mom, Dad or an adult guardian in the pool
- Enroll in Water Babies

If I Am 2 - 5 years old I CAN...

- Play in Child Watch while my parent/guardian is taking a adult fitness class.
- Enroll in pre-school at the Dvergsten Center
- Swim with Mom, Dad or an adult guardian in the pool
- Play sports at the Y
- Have a Y birthday party
- Take dance & gymnastics classes
- Take swimming lessons

If I Am 6 - 10 years old I CAN...

- Swim with Mom, Dad or an adult guardian in the pool
- Participate in Kids Club after school
- Hang out at the Y and play games or with friends with adult supervision
- Participate in after-school sports and wellness programs
- Play on a youth volleyball, flag football or basketball team
- Join the Tigersharks Swim Team
- Participate in Youth Sports, Gymnastics or Dance
- Have a Y birthday party
- Take swimming lessons

KEEPING YOU INFORMED



1. Visit <https://my.textcaster.com/asa/3216>
2. Enter your information
3. Choose groups you would like to receive notifications for
4. Unsubscribe at anytime

DOWNLOAD OUR APP TODAY!



1. Visit the app store or google playstore and search ReClique
2. Install the app on your phone
3. The first time you open the app you will be asked to enter the zip code 51301
4. Log-in with your member login information

OUR FACILITY

- ♦ 2 Swimming Pools
 - ♦ 25-yard lap pool
 - ♦ Therapy Pool
- ♦ 2 gymnasiums
- ♦ Handball/Racquetball court
- ♦ Cycling/TRX Studio
- ♦ Indoor track
- ♦ Cardio/Wellness Center
- ♦ Weight Training Center
- ♦ Dvergsten Childcare Center
- ♦ Outdoor Playground
- ♦ Sauna, Spa and Steam room
- ♦ Adult Locker Rooms
- ♦ Nautilus Center
- ♦ 2 Dance Studios
- ♦ Free Child Watch



If I Am a TEEN I CAN...

- Enjoy the Y without a parent or guardian.
- Work out in the Weight Room (14+)
- Play basketball or racquetball with a friend
- Enroll in Dance & Gymnastics classes
- Perform on the Studio Y Dance team
- Join the Tigersharks Swim Team
- Become a lifeguard
- Become a Y volunteer to earn service hours

If I Am an ADULT I CAN...

- Go for a swim
- Participate in any Fitness Classes
- Enjoy a parent/tot class
- Work out in the Nautilus Room, Cardio Room, & Weight Room
- Work with a Personal Trainer
- Attend Community activities and Special Events
- Play basketball on the court
- Get certified in CPR or First Aid
- Join a committee & help with fundraising
- Join an Adult League
- Play a game of racquetball or Pickleball
- Visit any other Y Nationwide for FREE

If I Am An Active older ADULT I CAN...

- Go for a swim or participate in Water Fitness classes
- Work with a Personal Trainer
- Work out in the Nautilus Room, Cardio Room, & Weight Room
- Attend Group Fitness Classes
- Join a committee or help with fundraising
- Play Pickleball with friends
- Have a snack in the Commons with friends
- Volunteer at the Y

My FAMILY CAN...

- Shoot hoops or bounce the ball in the gym
- Celebrate a family birthday or reunion
- Walk or jog together
- Enjoy swimming with friends
- Attend family friendly activities and special events
- Volunteer as a family at the Y or a special event
- Work a shift at a Nutty Bar stand at the Clay County Fair

JOIN A COMMUNITY NOT JUST A GYM



MEMBERSHIP RATES

Membership Type	Annual Full-Pay	Monthly Bank Draft *	Day Rate
Youth	\$406.00	\$36.00	\$5.00
Adult (19-62)	\$632.00	\$56.00	\$10.00
Senior (63+)	\$485.00	\$43.00	
Adult Couple	\$902.00	\$80.00	
Solo-Parent Family	\$688.00	\$61.00	
Family	\$1049.00	\$93.00	\$20.00



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



* All memberships require a 3 month minimum.

MEMBERSHIP TYPE CRITERIA:

YOUTH: Ages 2 - 18

- ♦ Children 2 years old through 3rd grade must be accompanied by an adult or attend childcare, preschool or Kids Club.
- ♦ Youth 4th grade and above may use the Y facilities independently, but they must also follow the member Code of Conduct. Violations may result in loss of facility use and/or restricted membership, at the discretion of Y Staff.

ADULT: 19+ (including college students)

SENIOR: 63+

COUPLE: Two adults (19+) living at the same residence. Must provide proof of residence for both adults.

SOLO-PARENT FAMILY: A single adult with dependents residing at the same residence.

FAMILY: Two adults with children who reside with them until they become married, graduate from college, live independently, or are no longer counted as dependents of the household.

FINANCIAL ASSISTANCE

The Y welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our **Strong Community Campaign Financial Assistance Program**, the Spencer Family YMCA provides financial assistance to youth, adults, and families based on household income.

Financial Assistance Applications are available at Member Services or on our website.

CORPORATE MEMBERSHIP

When you're happy and healthy, you're stronger - for your family, your employer and your community. That is why the Y partners with local companies to boost employee health and wellness. Corporate members receive a 10% membership discount. For more information, contact Megan Whitaker, at mwhitaker@spencerymca.org



**GOOD
HEALTH
IS GOOD
BUSINESS**

NATIONWIDE MEMBERSHIP

Whether you are visiting family, attending a business conference, or simply passing through any town in the US, your active membership with the Y allows you FREE access to any YMCA facility.

Simply check in at Member Services with a picture ID and your Y ID.

Visit our website to search for locations wherever your travels take you.



**ALWAYS WELCOME
IN EVERY
COMMUNITY**

YMCA Membership is Now Nationwide

SPENCER FAMILY YMCA STAFF



AMY KUEHLER

Childcare Director

akuehler@spencerymca.org

Favorite Season: FALL / WINTER



BEN O'CLAIR

Property Director

boclair@spencerymca.org

Favorite Season: SUMMER

FOR HEALTHY LIVING
Improving the nation's health and well-being



ERICA BUUM

Childcare Assistant Director

ebuum@spencerymca.org

Favorite Season: FALL

FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN



BRITTANY VITE

4yo Preschool Teacher

bvite@spencerymca.org

Favorite Season: FALL



FELICA DUSING

Aquatic Director

fdusing@spencerymca.org

Favorite Season: WINTER



ERIN ELLIOTT

Dance & Gymnastics Director

eelliott@spencerymca.org

Favorite Season: FALL



MADISON CARPENTER

Kids Club Coordinator

mcarpenter@spencerymca.org

Favorite Season: SPRING

SPENCER FAMILY YMCA STAFF



**WE ARE MORE
THAN JUST A GYM**



SANDY HOLCK

Swim Team Coach

tigersharks@spencerymca.org

Favorite Season: SUMMER



MARIAH SEVERSEN

Member Service Coordinator

mseversen@spencerymca.org

Favorite Season: SPRING / FALL



SAVANNA LANGNER

Youth/Wellness Coordinator

slangner@spencerymca.org

Favorite Season: SUMMER



MEGAN WHITAKER

Director of Operations

mwhitaker@spencerymca.org

Favorite Season: SUMMER



NATHAN PRENZLOW

Chief Executive Officer

nprenzlöw@spencerymca.org

Favorite Season: SUMMER



PAIGE GAEDKE

Program Director

pgaedke@spencerymca.org

Favorite Season: FALL



WENDY MCMULLEN

Business Services &
Membership Director

wmcmullen@spencerymca.org

Favorite Season: FALL

FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our
neighbors



Photo Credit: Colin Burns

BREAKDANCING WORKSHOP

\$25

Aug. 20th

6:00 – 8:00p



Join us for a chance to learn
breakdancing right here in
Spencer!

Follow our Facebook page
for updates!
Studio Y Dance &
Gymnastics

**Perfect for Beginners: No
previous experience
necessary.**

STUDIO Y

DANCE & GYMNASTICS

GYMNASTICS CLASS SCHEDULE

TUESDAY

Level 3
4:00-4:30pm

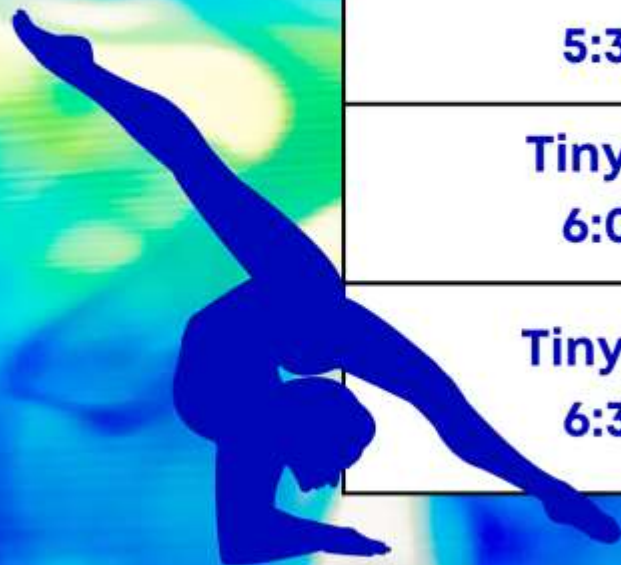
Level 4/5
4:30-5:00pm

Level 2
5:00-5:30pm

Level 1
5:30-6:00pm

Tiny Tumblers 1
6:00-6:30pm

Tiny Tumblers 2
6:30-7:00pm



EAST GYM



STUDIO Y

DANCE & GYMNASTICS

DANCE CLASS SCHEDULE

MONDAY	TUESDAYS	WEDNESDAY	THURSDAY
Pom 2 4:00-4:30pm		Creative Movement 4:00-4:30pm	
Musical Theater 2 4:30-5:00pm		Groovement 1 4:30-5:00pm	Combo 1 (Ballet/Tap) 4:30-5:15pm
Pom 1 5:00-5:30pm		Groovement 2 5:00-5:30pm	Combo 2 (Ballet/Tap) 5:15-6:00pm
Musical Theater 1 5:30-6:00pm	YDC DUO 530-6pm	Pre-Dance 1 5:30-6:00pm	Intermediate Tap 6:00-6:30pm
Baton 6:00-6:30pm	YDC SOLO 6-630pm	Pre-Dance 2 6:00-6:30pm	Beginner Lyrical 6:30-7:00pm
YDC SOLO 7-730pm		Combo 1 (Ballet/Jazz) 6:30-7:15pm	
YDC DUO 730-8pm		Modern 7:15-7:45pm	
YDC SOLO 630-7pm			

STUDIO A
(UPSTAIRS)



STUDIO Y

DANCE & GYMNASTICS

DANCE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hippity-Hop 4:00-4:30pm	Boys Only Hip-Hop 4:00-4:30pm	Combo 2 (Ballet/Jazz) 4:00-4:45pm	YDC SOLO 4:00-4:30pm	YDC TRIO 4:00-4:30pm
Hip-Hop 1 4:30-5:00pm	Combo 3 (Ballet/Jazz) 4:45-5:30pm	YDC SOLO 4:45-5:15pm	YDC SOLO 4:30-5:00pm	YDC SOLO 4:30-5:00pm
Hip-Hop 2 5:00-5:30pm	Combo 4 (Ballet/Jazz) 5:30-6:15pm	YDC SOLO 5:15-5:45pm	YDC SOLO 5:00-5:30pm	YDC SOLO 5:00-5:30pm
Hip-Hop 3 5:30-6:00pm	Cheer 6:15-6:45pm	YDC SOLO 5:45-6:15pm	YDC TRIO 5:30-6:15pm	
	Beginner Acro 6:45-7:30pm	YDC SOLO 6:15-6:45pm	YDC SMALL GROUP 6:15-7:15pm	
	Intermediate Acro 7:30-8:15pm	Intermediate Lyrical 6:45-7:15pm		

STUDIO B
(DOWNSTAIRS)



SPLASH INTO SWIMMING

The Y is "America's Swim Instructor" and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming.

See the graphic below to help you determine which stage your swimmer will transition to. If you need assistance determining which stage is best for your child, please contact Felica Dusing, Aquatics Director.

***Must be toilet trained to attend Stage 1.**

PRESCHOOL LESSONS - Ages 3 - 5 years

WATER ACCLIMATION(P1)	WATER MOVEMENT (P2)	WATER STAMINA (P3)
<ul style="list-style-type: none"> -Willing to get in the water with a swim instructor. -Follows directions and safety rules. -Responds to verbal cues. -Can sit on the edge of the pool and wait their turn. *Use of floatation belt. <p>Goal: Water comfort</p>	<ul style="list-style-type: none"> -Blow bubbles while voluntarily submerging under water. -Front float 3 seconds & back float 5 seconds without assistance. -Paddle stroke 10 yards without a noodle. -Fin & flutter kick on back 10 yards without a noodle. <p>Goal: Coordination</p>	<ul style="list-style-type: none"> -Jump in, back float 10 seconds, then swim to the wall. -Front float without assistance for 5 seconds. -Paddle strokes with flutter kick 15 yards without assistance. Back finning and flutter kick 15 yards without assistance. -Sitting dive. <p>Goal: Independent Swimming</p>

SCHOOL AGE LESSONS - Ages 5 - 12 years

WATER ACCLIMATION (S1)	WATER MOVEMENT (S2)	WATER STAMINA (S3)
<ul style="list-style-type: none"> -Voluntarily goes underwater. -Follows directions and safety rules. -Can sit on the edge of the pool and wait their turn. -Can control directional change and forward movement. <p>Goal: Water comfort</p>	<ul style="list-style-type: none"> -Blow bubbles while voluntarily submerging under water. -Back float unassisted for 10 seconds. -Front float unassisted for 5 seconds. -Paddle stroke 10 yards without a noodle. -Fin and kick 15 yards without a noodle. <p>Goal: Coordination</p>	<ul style="list-style-type: none"> -Jump in deep water, swim 10 yards on front, then swim 10 yards on back. -Back float 30 seconds. -Front float 10 seconds. -Front crawl 15 yards with a strong kick & rhythmic breathing. -Back fin 15 yards. -Sitting & kneeling dive. <p>Goal: Independent Swimming</p>
STROKE INTRODUCTION (S4)	STROKE DEVELOPMENT (S5)	STROKE MECHANICS (S6)
<ul style="list-style-type: none"> -Flutter kick and rhythmic breath 50 yards with a kickboard. -Front crawl 25 yards with a strong kick and rhythmic breathing. -Back crawl 25 yards, strong flutter kick -Retrieve an object in 5 feet of water. -Dive off the starting block. -Tread 1 minute. <p>Goal: Stroke Technique</p>	<ul style="list-style-type: none"> -Tread water for 3 minutes, survival float for 4 minutes. -Flutter kick and rhythmic breath 100 yards with a kickboard. -Correct technique and strong stroke for 50 yards of front crawl, back crawl & elementary back -Breaststroke 25 yards. <p>Goal: Endurance</p>	<ul style="list-style-type: none"> -Tread water for 5 minutes, survival float for 5 minutes. -Correct technique and strong stroke for 100 yards of front crawl, back crawl and elementary back. -Breaststroke 50 yards. -Butterfly and side stroke 25 yards. <p>Goal: Competitive Strokes</p>

SPLASH INTO SWIMMING

PRESCHOOL MORNING CLASSES

		POOL
STAGE: PRESCHOOL 1,2 & 3		
M/W	11:30a - 12:20p	T
T/Th	11:45a - 12:25p	T

PRESCHOOL

AFTERNOON/EVENING CLASSES

		POOL
STAGE: PRESCHOOL 1,2 & 3		
M/W	4:00 - 4:40p	T
T/Th	4:45 - 5:25p	T
T/Th	5:30 - 6:10p	T

SCHOOL AGE AFTERNOON CLASSES

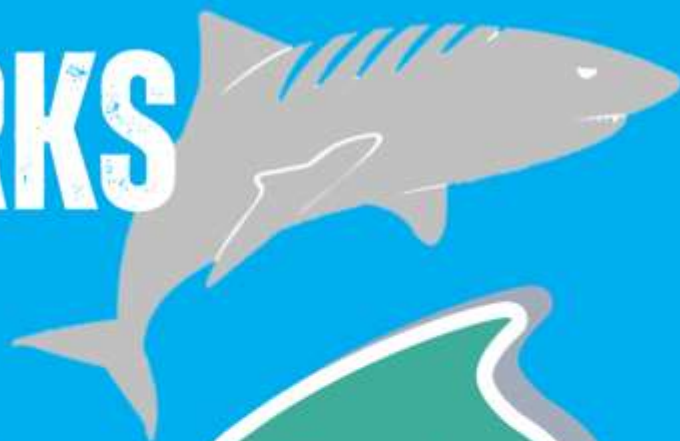
		POOL
STAGE 1 - WATER ACCLIMATION		
S1 - M/W	4:45 - 5:30p	T
S1 - T/Th	4:00 - 4:40p	T
STAGE 2 - WATER MOVEMENT		
S2 - M/W	4:45 - 5:30p	T
S2 - T/Th	4:00 - 4:40p	T
STAGE 3 - WATER STAMINA		
S3 - M/W	4:00 - 4:40p	O
S3 - T/Th	4:00 - 4:40p	O
STAGE 4 - STROKE INTRODUCTION		
S4 - M/W	4:00 - 4:40p	O
S4 - T/Th	4:00 - 4:40p	O
STAGE 5 - STROKE DEVELOPMENT		
S5 - M/W	4:00 - 4:40p	O
STAGE 6 - STROKE MECHANICS		
S6 - M/W	4:00 - 4:40p	O



All Stages: 6 Week Classes = 12 Lessons

Fees:Member | PP.....\$68 | \$136

TIGERSHARKS ROOKIE WEEK



Rookie week is for all new swimmers who are interested in joining the Spencer YMCA Tigersharks Swim Team. Swimmers will be evaluated by the coaches, who will then give you a referral to either swim team or swim lessons.

Questions? Contact Coach Sandy
tigersharks@spencerymca.org

**Thursday,
Sept. 25
6:30-7:15**

**Monday,
Sept. 22
6:30-7:15**

**Wednesday,
Sept. 24
6:30-7:15**

FREE!





BE WATER READY!

TEACHING SKILLS THAT SAVE LIVES



★ Drowning is the single leading cause of death for children ages 1–4 and the second leading cause of injury-related death for kids up to age 14.



Every year we lose the equivalent of 10 school buses full of kids to drowning (about 854 children).

88% of child drownings happen with an adult present.

60% of children who drown are within 10 feet of safety

The Y is here to help!

Through water safety lessons, your child will:

- ▶▶▶ Learn skills to stay safe
- ▶▶▶ Gain confidence in and around the water
- ▶▶▶ Have fun while learning lifesaving techniques

DROWNING IS PREVENTABLE!

More than 1 million kids take swimming lessons at Ys across the country each year.

The Y engages 9 million kids each year.

The Y is in over 10,000 neighborhoods across the country.

SAFETY AROUND WATER

★ Safety around Water at the Y helps reduce the risk of drowning and builds kids' confidence with fun activities, water safety tips, and life-saving skills.

**DROWNING IS PREVENTABLE!
LET'S BE WATER READY!**



For more information contact Felicia Dusing, Aquatics Director | fdusing@spencerymca.org

SAFETY AROUND WATER

Free swim lessons for all Spencer First & Second Graders

Drowning is the second leading cause of accidental death in children ages 1 – 14. The Safety Around Water Program in a Y-USA program that provides 1st & 2nd grade students the opportunity to learn swim basics for free!



- Children may only sign up for one session
- Must be enrolled in 1st or 2nd grade during the 2025-2026 school year
- Do not have to be members at the Y



YOUTH PROGRAMS

YOUTH BOOTCAMP

Learn exercises to improve strength, agility and coordination for developing a healthy lifestyle. Activities include: cardio, strength training and stamina building exercises.

TIME: M / W 4:00 – 4:30p

AGE / GRADE: 3rd - 5th grade

FEES: Member | PP \$47 | \$94

LOCATION: Outside / East Gym.....Max 12

LEGO CLUB

Participants build vehicles, buildings, gears and whatever leaps into their imagination! This class is a chance to offer kids a time to create, relax and have fun!

TIME: T / Th 4:00 - 4:30p

AGE / GRADE: K - 5th grade

FEES: Member | PP \$47 | \$94

LOCATION: Craft Room.....Max 10

FLAG FOOTBALL

Begin to learn the game of flag football to prepare them for the NFL Flag Football League! Students will learn basic skills and terminology.

TIME: M / W 4:30 - 5:00p

AGE / GRADE: K - 2nd grade

FEES: Member | PP \$47 | \$94

LOCATION: Outside / East Gym.....Max 10

SOCCER

Players develop basic soccer skills including dribbling, passing and shooting. Students will gain a team focused mentality and an understanding of the rules.

TIME: T / Th 4:30 - 5:00p

AGE / GRADE: K - 3rd grade

FEES: Member | PP \$47 | \$94

LOCATION: Outside / East Gym.....Max 10

TIKES FLAG FOOTBALL

Begin to learn the game of flag football! Players will learn the basic skills, rules and terminology of the game.

TIME: T / Th 11:30 - 12:00p -OR- 5:00-5:30p

AGE / GRADE: 3 - 5 years

FEES: Member | PP \$47 | \$94

LOCATION: Outside / East GymMax 8



GAME ON



ADVENTURE ALL DAY



SEPTEMBER 15TH | GREAT PLAINS ZOO | SIOUX FALLS, SD

- ◆ Come have a ROARIN' good time with the YMCA staff!
- ◆ Please bring a sack lunch
- ◆ Bus leaves Spencer at 8:30a
- ◆ Bus returns at approx. 3:30p

CHECK IN: Check in begins at 8:15a

ACTIVITY: approx. 10:30a - 1:30p

GRADES: K - 5th grade

RETURN: approx. 3:30p

FEES: \$45/Child

Pre-registration is HIGHLY recommended



YOUTH VOLLEYBALL

DATE: August 25th - October 10th

AGE / GRADE: 3rd - 6th grade

FEES:Member | PP.....\$62 | \$124

REGISTRATION FORMS available at the Y or on our website.

DEADLINE: August 17th



NFL FLAG FOOTBALL

DATE: August 25th - October 9th

AGE / GRADE: 1st - 6th grade

FEES:Member | PP...\$62 | \$124

Registration forms available at the Y or on our website.



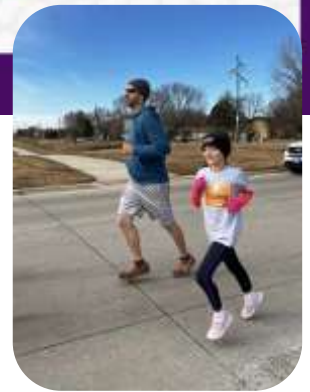
The Spencer Family YMCA partners with the National Football League (NFL), NFL Play 60, and USA Football to offer the 2024 Flag-Football program. Through this partnership each player receives a reversible NFL team jersey, a flag belt and a USA Football membership.

Coaches set practice times and notify parents. Practices occur throughout the week with games on Thursdays at the Y fields.

REGISTRATION ENDS AUGUST 17th



Girls on the Run is for **EVERY** girl.



BEGINS SEPTEMBER 8TH!

DATES/TIMES: M/TH 5:30 - 6:45p

AGE/GRADE: 3rd - 5th grade

FEES: \$150

LOCATION: Deerfield Park



Girls on the Run is an afterschool program like no other! Twice per week for 8 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th grade girls through interactive lessons and running activities. The season ends with the girls running the Thunderbridge road race on November 2!

Registration includes

- ◆ 16 lessons led by trained GOTR Coaches
- ◆ All program materials and handouts
- ◆ An official GOTR T-shirt
- ◆ A water bottle
- ◆ Registration for the GOTR 5K Celebration
- ◆ Empowering lessons to last a lifetime!

DVERGSTEN EARLY CHILDCARE CENTER

CHILDCARE

- It is our mission to provide quality child care in a way that encourages social, emotional, physical and intellectual growth, and to develop the Y values of caring, honesty, respect and responsibility.
- We are a state-licensed facility that serves children six weeks through preschool.
- Children utilize the Y's swimming pools, mini muscle room, gymnasiums, age-appropriate playgrounds, nature classroom, community garden, and even inflatables!
- We implement the "Tadpole App" which documents and reports daily activities and photos of your children right to your cell phone!
- Open door policy: Parents may visit their children in our facilities anytime they wish.
- Children who are enrolled in Y youth programs (like Dance, Swim Lessons or Youth Sports) are dressed and escorted to and from their program.



HOURS: M - F | 5:30a - 6:30p

AGES: 6 weeks through pre-school

3 & 4 YEAR OLD PRESCHOOL

Program offerings include:

- Spacious classrooms
- Wrap-around childcare
- Physical activities and games
- Kindergarten readiness program
- Daily activity in our outdoor playground and indoor gymnasiums
- Coordination with Y after school programs

Spots still
available!

3-4 YEAR OLD PRESCHOOL:

1ST DAY OF PRESCHOOL:

Thursday, August 28th at 8:30a

4-5 YEAR OLD PRESCHOOL:

1ST DAY OF PRESCHOOL

Thursday, August 28th at 8:30a

2023-24
PRE-SCHOOL CLASSES





Kids Club 2025 - 26

Before & After School Care

Kids Club provides a fun and safe environment for your school age child with before and after school planned curriculum, including outdoor play, art projects and games. In addition, the Y is a designated bus stop for all schools in Spencer. In the morning, children that attend Johnson board a bus at 8:00a and all other children will board at 7:10a. If a child attends Johnson School, a supervised walking bus from Johnson is provided by Y staff. Students who are registered in after school YMCA activities will be escorted to and from the activity by Y staff.

Hours: 5:30a - 8:00a & 3:30p - 6:30p

Grades: Kindergarten - 5th grade

Fees: Member: \$9/Day | Non-Member: \$11/Day
No School Days: Member: \$30/Day
Non-Member: \$40/Day





DONATE BLOOD



Save someone's life with
a drop of your blood!



DATE

26th

September

2025

8:00a - 2:00p

American Red Cross





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S TIME TO CELEBRATE!

BOUNCE AROUND! | 2 HOURS | \$125

You get the bounce house or gaga pit in the middle gym for 2 hours! Spend time opening gifts and enjoying cake and ice cream in the viewing area.



SWIM AROUND! | 2 HOURS | \$150

You get to spend an hour of your party in our therapy pool with the pool inflatable! Spend time opening gifts and enjoying cake and ice cream in the viewing area.

Your party package will include All-Access YMCA passes for up to 25 children! You can select from one of three party packages. All party options include a choice of 2 party rooms and a birthday t-shirt for the birthday child. All parties are welcome to bring their own food and drink. Please let us know if you need to use the kitchen.

BOUNCE & SWIM AROUND! | 3 HOURS | \$175



The best of both parties! Splash around in our therapy pool for an hour and then spend time in the middle gym with either our bounce house or gaga pit. Wrap up your party enjoying cake and ice cream in the viewing area.



\$6

Members

\$12

Program
Participants

WATER BABIES COMING FALL 2



FOR INFORMATION :

712-262-3782

fdusing@spencerymca.org





Includes after hours access to our:

Weight room - **gyms** - **cardio room** - **nautilus center** - **spa** - **sauna** - **steam room**
- **walking track** - **locker rooms**

What this means for our members...

- ♦ Workout on your time with 24 Hour Access added on to your Spencer Family YMCA membership!
- ♦ Simply enter your access code at the main entrance and you'll have access after hours.

Register in person for access...

- ♦ Stop by the Member Service Center M - F during normal business hours to complete your 24 Hour Access agreement and receive your access code.
- ♦ 24 Hour Access is an additional \$5 a month per member. Must be 18+ to enjoy 24 Hour Access.
- ♦ Corporate member? Enjoy 24 Hour Access for free!

Inquire at the Member Service Center to add 24 Hour Access to your Spencer Family YMCA membership today!

TEE OFF THE STRONG COMMUNITY CAMPAIGN - SPENCER FAMILY YMCA



SAVE THE DATE
8.15.25
4th Annual Golf Outing

▶ **11:00a Lunch & Check in**

▶ **12:00P SHOTGUN START**

▶ **Raffle Prizes & Auction Items**

TOURNAMENT INFORMATION

- ◆ Teams will be comprised of 4 golfers
- ◆ 8 inch cup, best ball format

\$750

...Event sponsor on drink cart, 6x6 recognition tile, event marketing, hole sponsor, 4 lunch tickets, 8 drink tickets.

\$500

...6x6 recognition tile, event marketing, hole sponsor, 4 lunch tickets, 8 drink tickets.

\$250

...4x4 recognition tile, event marketing, 4 lunch tickets, 4 drink tickets.



WAYS YOU CAN EASILY GIVE...



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Visit us at:

www.spencerymca.org

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PO Box 212

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Scan. Pay. Go.

Y'S SERVICE CLUB CLAY COUNTY FAIR NUTTY BAR STANDS

**VOLUNTEER! BE A PART
OF THE NUTTY BAR TRADITION**



The Spencer Family YMCA's Service Club has helped purchase equipment, finance construction and assist with YMCA projects! The majority of the funds raised for these items comes from the Nutty Bar Stands at the Clay County Fair.



YES! I WOULD LIKE TO VOLUNTEER AT A NUTTY BAR STAND!

**Receive FREE admission to the
Fair and a FREE Nutty Bar!**

Questions? Contact Paige: pgaedke@spencerymca.org

FITNESS SCHEDULE AUGUST 18 - SEPTEMBER 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a		Y FIT 45 minutes		Y FIT 45 minutes		
5:30a	Y PUMP 60 minutes	YOGA 60 minutes HIGH FITNESS 45 minutes	Y PUMP 60 minutes	YOGA 60 minutes	HIGH FITNESS 45 minutes	
5:45a		CYCLING 45 minutes		CYCLING 45 minutes		
7:00a						Y FIT 45 minutes
8:30a	Y FIT 45 minutes		YO 45 minutes	Y FIT 45 minutes		
9:00a					TAI CHI 30 minutes	Cycling
9:15a		YOGA 60 minutes		YOGA 60 minutes		East Gym
10:00a	PARKINSONS IN MOTION 60 minutes		PARKINSONS IN MOTION 60 minutes			Middle Gym
10:15		SR STRENGTH & CARDIO 60 minutes		SR STRENGTH & CARDIO 60 minutes		Studio A (upstairs)
11:00			ZUMBA GOLD 30 minutes		ZUMBA GOLD 30 minutes	Studio B (downstairs)
12:15	CORE EXPRESS 30 minutes		CORE EXPRESS 30 minutes		CORE EXPRESS 30 minutes	
1:00		PILATES 45 minutes		PILATES 45 minutes		
5:30p	CARDIO DANCE 60 minutes Y FIT 45 minutes		CARDIO DANCE 60 minutes Y FIT 45 minutes			

ADULT FITNESS CLASSES

Y FIT - This class will include a mixture of cardio and strength in a fast paced workout setting that consists of group training, circuit training, HIIT and tabata training.

Cardio Dance - An awesome dance-based total workout. Cardio and resistance.

Parkinson's in Motion - Focuses on balance, strength and cognitive components to assist people with Parkinson's. Class also includes exercises to improve gait, rigidity, handwriting skills and posture.

Cycling - Cycling is a great workout that people of all fitness levels can enjoy with the freedom to make the workout as challenging as you want. The use of a hand towel and water bottle is highly recommended.

Sr. Strength & Cardio - Implements effective, research-driven physical activity programs that are scientifically proven to improve health and performance in older adults. Incorporates a cardiovascular and strength training segment using hand & ankle weights.

Yoga - Practices the fundamentals of Hatha through stretching, strengthening and proper breathing. This invigorating practice results in improved circulation, a strong body and a calm mind.

Yo - Experience a modern twist on deep stretching in a non-stop, action packed class that will take your strength, balance & flexibility to the next level. Simple, consistent choreography & a casual setting make YO east to follow & a total blast! *Yoga mat needed

Zumba - This class combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines. Including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco and Hip Hop.

Y Pump - Pump up the volume and transform you body. You will be pumping barbells and plates to pulse pounding music for every major muscle group.

High Fitness - A zero equipment, full body workout that utilizes a combination of aerobic and anaerobic training. Alternating bouts of high-intensity movement with moderate/active recovery means you avoid plateaus and constantly challenge your body in a safe and effective way that works for YOU!

Pilates - Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

Tai Chi - Experience the serenity of Tai Chi, a centuries-old Chinese practice that combines graceful movements, deep breathing, and mindfulness to promote physical and mental well-being. In this introductory class, you will learn the 10 basic forms of the Yang style of Tai Chi.

Zumba Gold - A low impact but high energy class of adults looking for a modified Zumba class. This class introduces easy to follow Zumba choreography hat focuses on balance, range of motion and coordination.

OLSON POOL SCHEDULE AUGUST 18 - SEPTEMBER 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a	OLSON POOL OPENS @ 5:30a					
6:00a	OPEN SWIM 7:45 - 8:30a AQUACISE 8:30 - 9:30a HYDRO POWER	LAP SWIM	OPEN SWIM 7:45 - 8:30a AQUACISE 8:30 - 9:30a HYDRO POWER	LAP SWIM	OPEN SWIM 7:45 - 8:30a AQUACISE 8:30 - 9:15a AQUA ZUMBA 8:30 - 9:30a HYDRO POWER	LAP SWIM
7:00a						
8:00a						
9:00a	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM
10:00a	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM
11:00a	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM
NOON	12:00 - 1:00p ADULT LAP SWIM ONLY					
1:00p	OPEN SWIM	LAP SWIM	1:00 - 2:00p Specialty Swim OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM
2:00p						
3:00p						
4:00p	4:00 - 6:30 Swim Lessons & Swim Team				4:00 - 5:30p SWIM TEAM ONLY	
5:00p	4:00 - 6:30 Swim Lessons & Swim Team				4:00 - 5:30p SWIM TEAM ONLY	
6:30p	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM
7:00p	OLSON POOL CLOSING @ 8:00p				POOL CLOSING @ 5:30p	

AQUA FITNESS CLASSES

Aquacise - A moderate aerobic workout in shallow water that includes a strength training segment.

Aqua Zumba - Zumba dance and aqua fitness together in a challenging, water based workout that includes cardio conditioning & body toning.

Hydro Power - A deep water class that raises the heart rate and works all major muscle groups.

Aqua Joints - This class offers traditional range of motion exercises at a slower pace.

Water Walking - This is a very basic, low-impact, light intensity workout using the natural resistance of the water to strengthen the core, increase balance, coordination and flexibility.

Aqua Combo - This class uses water resistance for a total body workout focusing on cardio and strength exercises to help with overall well-being.

Aqua Yoga - Aqua yoga is a low-impact aquatic exercise, performing yoga poses in water. These poses help develop strength, static balance, and increases range of motion with little to no impact on joints, especially knees, hips, and ankles. No yoga experience is necessary.

Aqua Flow - This class incorporates elements of Barre, Yoga, Functional Training, Strength & Cardio. This energizing workout benefits anyone who may experience hip tightness, lower back and joint pain or inflammation.

THERAPY POOL SCHEDULE AUGUST 18 - SEPTEMBER 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:00a WATER WALKING	8:30 - 9:00a AQUA JOINTS	8:30 - 9:00a WATER WALKING	8:30 - 9:00a AQUA JOINTS	8:30 - 9:00a WATER WALKING
9:00 - 9:30a AQUA YOGA	9:00 - 9:30a AQUA FLOW	9:00 - 9:30a AQUA YOGA		
8:30 - 10:00 ADULT THERAPY SWIM				
11:30a - 12:10p SWIM LESSONS	11:45 - 12:25p SWIM LESSONS	11:30a - 12:10p SWIM LESSONS	11:30 - 12:25p SWIM LESSONS	
4:00 - 5:30p SWIM LESSONS	4:30 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:30 - 6:10p SWIM LESSONS	
5:30 - 6:15p AQUA COMBO		5:30 - 6:15p AQUA COMBO		

FREE CHILDCWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:00a

MONDAY - THURSDAY

5:00 - 6:30p

LOWER GYM SCHEDULE (AUG 18 - SEPT. 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a		5:00 - 5:45a Y FIT		5:00 - 5:45a Y FIT			
5:15a	5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		
6:00a							
7:00a						7:00 - 7:45a Y FIT	
8:00a	8:00 - 8:30a KIDS CLUB (NO SCHOOL DAYS)						
9:00a	8:30 - 9:15a Y FIT			8:30 - 9:15a Y FIT			
10:00a	KIDS CLUB FULL GYM 10:00 - 11:30 (NO SCHOOL DAYS)						
11:00a	YOUTH CLASS/CHILDCARE 11:30 - 12:00						
NOON							
1:00p							
2:00p							
3:00p							
4:00p	4:00 - 5:00p YOUTH CLASS	4:00 - 7:00 GYMNASTICS YOUTH CLASS Volleyball Practice	4:00 - 5:00p YOUTH CLASS	4:00 - 5:30p YOUTH CLASS			
5:30p	5:30 - 6:15p Y FIT		5:30 - 6:15p Y FIT		5:30 - 7:00p YOUTH VOLLEYBALL GAMES		
6:30p	6:30 - 7:30p Volleyball Practice		6:30 - 7:30p Volleyball Practice				
7:30p							

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

MIDDLE GYM SCHEDULE (AUG 18 - SEPT. 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a	5:30 - 6:30a Y PUMP	5:30 - 6:15a HIGH FITNESS	5:30 - 6:30a Y PUMP		5:30 - 6:15a HIGH FITNESS		
6:00a							
7:00a							
8:00a			8:30 - 9:30a YO				
9:00a							
10:00a	10:00 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO	10:00 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO			
11:00a							
NOON	12:15 - 12:45p CORE EXPRESS	12:00 - 2:00p PICKLEBALL	12:15 - 12:45p CORE EXPRESS	12:00 - 2:00p PICKLEBALL	12:15 - 12:45p CORE EXPRESS		
1:00p	1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL		
2:00p		2:00 - 4:00p CHILDCARE INCLEMENT WEATHER					
3:00p	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER		3:00 - 4:00p CHILDCARE INCLEMENT WEATHER	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER			
4:00p	4:00 - 5:30p KIDS CLUB FULL GYM						
5:30p	5:30 - 6:30p CARDIO DANCE		5:30 - 6:30p CARDIO DANCE	5:30 - 6:30p VOLLEYBALL PRACTICE 1/2 GYM OPEN			
6:30p	6:45 - 7:45p VOLLEYBALL PRACTICE 1/2 GYM OPEN	6:45 - 7:45p VOLLEYBALL PRACTICE 1/2 GYM OPEN					
7:00p							

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

BACK TO SCHOOL BACK TO YOU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUGUST NEW MEMBER SAVINGS

Join the Spencer Family YMCA in August and receive 10% off a youth or family membership!

JOIN NOW
SAVE NOW!



OUR FACILITY

- ♦ 2 SWIMMING POOLS
- ♦ 2 GYMNASIUMS
- ♦ HANDBALL/RACQUETBALL COURT
- ♦ CYCLING/TRX STUDIO
- ♦ INDOOR TRACK
- ♦ CARDIO/WELLNESS CENTER
- ♦ WEIGHT TRAINING CENTER
- ♦ DVERGSTEN CHILDCARE CENTER
- ♦ OUTDOOR PLAYGROUND
- ♦ SAUNA, SPA, STEAM ROOM
- ♦ ADULT LOCKER ROOMS
- ♦ NAUTILUS CENTER
- ♦ 2 DANCE STUDIOS
- ♦ FREE CHILD WATCH
- ♦ FREE FITNESS CLASSES
- ♦ 50% OFF PROGRAMMING

MEMBERSHIP RATES

	MONTHLY DISCOUNT RATE	ANNUAL DISCOUNT RATE
YOUTH (2-18)	\$32.40	\$365.40
SOLO PARENT	\$54.90	\$619.20
FAMILY	\$83.70	\$944.10

All membership categories and Financial Assistance recipients are eligible for this

SPENCER FAMILY YMCA

1001 11th Ave W | Spencer, Iowa 51301

P 712.262.3782

www.spencerymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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