

FALL II PROGRAM GUIDE Spencer Family YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 29 - November 9

V1



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.

FALL/WINTER HOURS

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

OLSON POOL HOURS

Monday	5:00a - 8:00p
Tuesday	5:00a - 8:00p
Wednesday	5:00a - 8:00p
Thursday	5:00a - 8:00p
Friday	5:00a - 5:30p
Saturday	8:00a - 12:00p
Sunday	12:00p - 3:00p

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 help find out what FUN activities and events you and your entire family 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 an 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 meet with friends with adult supervision
- Participate in after-school sports and wellness programs
- Play on a youth 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 Fitness Center (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 Class, including Yoga, Y Pump, Boot Camp, Aqua Zumba, and more...
- 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
- 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, like Zumba Gold, Senior Strength & Cardio, Aquacise & Aqua Joints
- 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



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* 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 with no other adult.

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

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Favorite Season: [SUMMER](#)

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



ERICA BUUM

Childcare Assistant Director

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Favorite Season: [FALL](#)

FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN



BRITTANY VITE

4yo Preschool Teacher

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Favorite Season: [FALL](#)



FELICA DUSING

Aquatic Director

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Favorite Season: [WINTER](#)



ERIN ELLIOTT

Dance & Gymnastics Director

eelliott@spencerymca.org

Favorite Season: [FALL](#)



MADISON CARPENTER

Kids Club Coordinator

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Favorite Season: [SPRING](#)

SPENCER FAMILY YMCA STAFF



**WE ARE MORE
THAN JUST A GYM**



SANDY HOLCK

Swim Team Coach

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Favorite Season: SUMMER



MARIAH SEVERSEN

Member Service Coordinator

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Favorite Season: SPRING/FALL



SAVANNA LANGNER

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Favorite Season: SUMMER



MEGAN WHITAKER

Director of Operations

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Favorite Season: SUMMER



NATHAN PRENZLOW

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Favorite Season: SUMMER



PAIGE GAEDKE

Program Director

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Favorite Season: FALL



WENDY MCMULLEN

Chief Financial Officer &

Membership Director

wmcmullen@spencerymca.org

Favorite Season: FALL

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



STUDIO Y SESSION CLASSES

~SESSION CLASSES DO NOT PARTICIPATE IN THE END OF THE YEAR RECITAL~

BEGINNER ACRO

This class will consist of progressing acrobatic techniques and tricks, such as back bends, chin stands, hoops, and partner work. Building on skills from the introductory course to intermediate. Requirements: Leotard/Dancewear of any color and barefoot.

TIME: Tuesdays 6:45 - 7:30p

AGE / GRADE: 6-18 years old

FEES:Member | PP.....\$36 | \$72

LOCATION: Studio B

INTERMEDIATE ACRO

The class will consist of progressing acrobatic techniques and tricks, such as back bends, chin stands, hoops, and partner work. Building on skills from the introductory course to intermediate. Requirements: Leotard/Dancewear of any color and barefoot.

TIME: Tuesdays 7:30 - 8:15p

AGE / GRADE: 6-18 years old

FEES:Member | PP.....\$36 | \$72

LOCATION: Studio B

MODERN DANCE CLASS

Modern dance is a theatrical form that arose as a rebellion against classical ballet's strict rules, prioritizing freedom of movement and expression. It encourages personal interpretation and emotion in dance. Classes focus on technique, improvisation, and choreography, drawing from various styles like ballet and jazz.

TIME: Wednesdays 7:15 - 7:45p

AGE / GRADE: 6 - Adults

FEES:Member | PP.....\$30.50 | \$61

LOCATION: Studio A

BOYS ONLY HIP-HOP

Introducing young beginners to the dynamic world of hip-hop dance! Focused on movement, rhythm, and flexibility, this high-energy class encourages boys to express their creativity through dance and music. Participants will dive into floor work, drills, stretches, and basic choreography tailored just for them. If class interest we will also introduce tap skills.

TIME: Tuesdays 4:00 - 4:30p

AGE / GRADE: 5 - 18 years old

FEES:Member | PP.....\$30.50 | \$61

LOCATION: Studio B

BEGINNER LYRICAL

This class blends ballet and jazz/street-jazz styles, focusing on emotional expression and musical interpretation. Students will learn to change tempo and create clean transitions while emphasizing connections and stylized movement. Storytelling and creativity are key components, alongside technical skills.

TIME: Thursdays 6:30 - 7:00p

AGE / GRADE: 6 - 18 years old

FEES:Member | PP.....\$30.50 | \$61

LOCATION: Studio A

INTERMEDIATE LYRICAL

This class blends ballet and jazz/street-jazz styles, focusing on emotional expression and musical interpretation. Students will learn to change tempo and create clean transitions while emphasizing connections and stylized movement. Storytelling and creativity are key components, alongside technical skills.

TIME: Wednesdays 6:45 - 7:15p

AGE / GRADE: 6 - 18 years old

FEES:Member | PP.....\$30.50 | \$61

LOCATION: Studio B

STUDIO Y SESSION CLASSES

~SESSION CLASSES DO NOT PARTICIPATE IN THE END OF THE YEAR RECITAL~

COMBO 1 BALLET/TAP

Provides exposure to different dance genres, helping students discover their preferences and build a strong foundation per genre. Develops versatility in movement and musicality, which can be beneficial for dancers who want to explore various styles. Each style will focus on basic techniques and combos, including warm-up, center work, and across the floor training.

TIME: Thursdays 4:30 - 5:15p

AGE / GRADE: 6+

FEES: Member | PP \$36 | \$72

LOCATION: Studio A

GROOVEMENT

This rhythm and coordination class introduces boys and girls to basic ballet concepts while fostering creativity. Dancers will enhance motor skills, engage with music, and learn foundational skills for future classes as well as basic ballet terminology. Note: Participants must be potty trained or in a pull-up.

TIME: Wednesdays 4:30 - 5:00p or 5:00 - 5:30p

AGE / GRADE: 3 - 4 years old

FEES: Member | PP \$30.50 | \$61

LOCATION: Studio A

CREATIVE MOVEMENT

Ideal for children new to a class room who are preparing for independent dance participation. Dancers will learn ballet positions, beginner terminology, and develop basic motor skills like galloping and skipping. The class also teaches life lessons such as taking turns and making friends. Note: Children must be potty trained or in a pull-up.

TIME: Wednesdays 4:00 - 4:30p

AGE / GRADE: 2 - 3 years old

FEES: Member | PP \$30.50 | \$61.00

LOCATION: Studio A

LINE DANCING

Get a fantastic workout! Perfect for all ages and absolute beginners, you'll learn fun routines to music from every genre. Boots are not required but are highly recommended to make it more fun!

TIME: Thursdays 7:30 - 8:00p

AGE / GRADE: All Ages

FEES: Member | PP \$30.50 | \$61

LOCATION: Studio B



Strength & Flexibility

Pop up Class



WHEN: OCT. 3RD 5:30 - 7:30P
OR NOV. 7TH 5:30 - 7:30P
COST: MEMBERS \$25
PROGRAM PARTICIPANT \$50
WHERE: STUDIO B
WHO: ANY AGE & ANY LEVEL

Unlock your body's potential in this 2-hour workshop designed to build functional strength and increase your range of motion. While geared towards dancers, these exercises in core stability and dynamic stretching will benefit anyone looking to move with more confidence and grace.

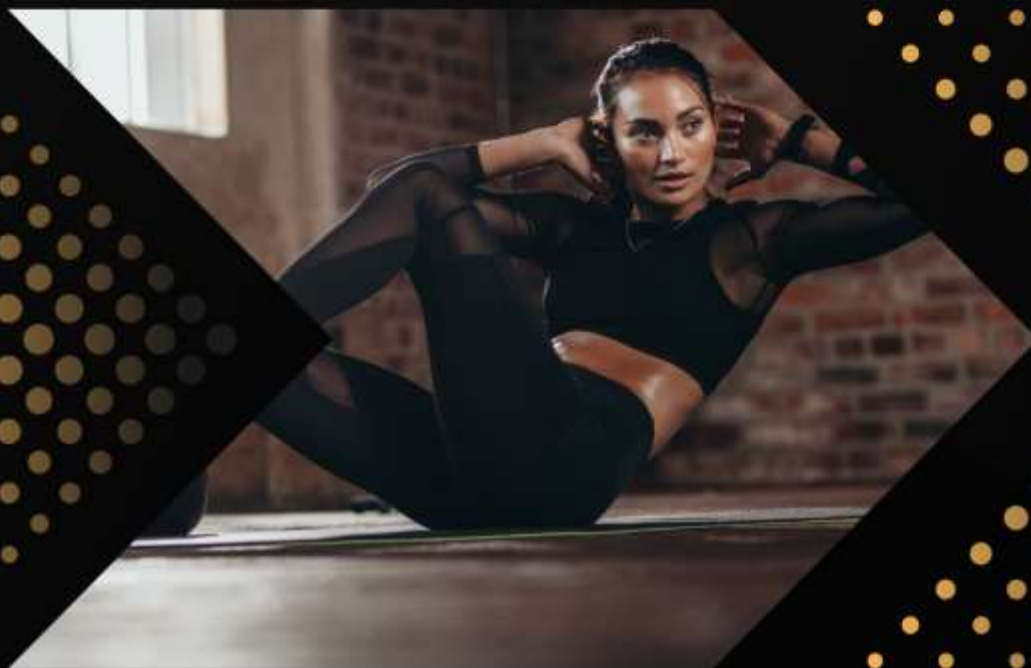
QUESTIONS? Contact Erin Elliott, Dance & Gymnastics Director | eelliott@spencerymca.org

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CORE WORKSHOP

POP UP CLASS ● ○



This intensive two-hour workshop is designed for dancers of all styles and levels who want to unlock their full potential by enhancing core strength and control. A strong and engaged core is the foundation for virtually every dance movement, from graceful turns and powerful leaps to stable balances and intricate floor work. This is open to any level. No need to be a studio dancer to participate..

When: Oct. 4th 9:15 – 11:15a or Oct. 17th 5:30 – 7:30p

Cost: Members \$25 Program Participants \$50

Where: Studio B

QUESTIONS? Contact Erin Elliott, Dance & Gymnastics Director | eelliott@spencerymca.org

BALANCE & CONTROL

POP UP CLASS



Turn your wobbles into rock-solid stability! This class focuses on the essential core work and alignment techniques needed for impeccable balance and muscular control. Gain confidence, improve your posture, and master your movement. Open to all ages and levels.

When: Oct. 24th 5:30-7:30p

Cost: \$25 members \$50 Program Participants

Where: Studio B

QUESTIONS? Contact Erin Elliott, Dance & Gymnastics Director | eelliott@spencerymca.org



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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.

QUESTIONS? Contact Paige Gaedke, Program Director | pgaedke@spencerymca.org

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

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

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

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

FREE!



SKILL AND DRILL

SWIM TEAM SKILL & DRILL - FOUR WEEKS

- ♦ **Bronze Group:** **Rookies, this is for you!** This group is for swimmers 8 and under and beginning 9/10 year olds. The main focus will be drills for all strokes, plus learning diving and beginning turns.
- ♦ **Silver Group:** This group is mainly for our 9/10's and VERY strong 8 year olds or beginning 11 and ups. This group will continue to work on all strokes, turns, starts and continue to build endurance.
- ♦ **Gold Group:** This is for swimmers 11 and up and stronger 9/10's that are proficient in all strokes and can follow workouts on their own when needed. We will refine strokes and work on endurance.

SEPTEMBER 29 - OCTOBER 22

TIME: M / W 4:00 - 4:45 Bronze K - 4th
M / W 6:30 - 7:15 Silver/Gold 3rd - 8th

AGE / GRADE: K - 8th grade

FEES: Member | PP \$46 | \$92

LOCATION: Olson Pool





2025 - 2026 TIGERSHARKS SWIM TEAM



The Tigersharks Swim Team season begins October 27, 2025. The Tigershark commitment includes weekly practices and optional participation in swim meets.

To Qualify:

- Kindergarten through 12th grade
- 8yo & younger must be able to swim 25 yards (one length of the pool) using front and back crawl without stopping
- 9yo+ must be able to swim 50 yards without stopping

SAVE THE DATES!

Mini Swim Meet
November 8 @ 8:00a

Home Swim Meets
November 23

January 24

Registration: Sept. 15th

Cost: \$267 annually | \$89 monthly

Location: Olson Pool

Practice Schedule:

	8 & Under	9 & 10	11 & Up
M	3:45-4:45	6:15-7:30	7:30-8:45
T	3:45-4:45	6:15-7:30	7:30-8:45
W	3:45-4:45	6:15-7:30	7:30-8:45
TH	3:45-4:45	6:15-7:30	7:30-8:45

Questions? Contact Sandy Holck, Swim Team Coach | tigersharks@spencerymca.org



MASTERS SWIM CLUB

FITNESS. FRIENDSHIP. FUN – ONE LAP AT A TIME

Whether you're looking to refine your strokes, build endurance, or simply enjoy swimming with others, the Spencer Y Masters Swim Club welcomes adults of all abilities. From beginners seeking extra coaching to experienced swimmers training for competition, our structured workouts, supportive, and encouraging community will help you reach your goals – in and out of the pool.

Practice: T/Th 5:30a – 6:30a | Sept. 29th – Nov. 9th
Cost: \$35 Members | \$70 Program Participants

Questions? Contact Felica Dusing, Aquatics Director
fdusing@spencerymca.org





YOU ARE INVITED TO

FLOATS & FLOAT

You bring the pool float and we will bring the ice cream floats!

Join us for an afternoon full of floats at the Spencer Family YMCA! We'll start in the viewing area with a delicious ice cream float, then head to the Olson Pool where you can bring your own raft to drift, splash, and relax. Float solo, with friends, or make it a family float - either way, it's guaranteed fun for everyone!

Cost: Bring your own float - \$10
Need a float - \$15

SATURDAY, SEPTEMBER 20TH
12:00 - 1:30P

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. 	<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.

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. 	<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	4:45 - 5:25p	T	
T/Th	4:00 - 4:40p	T	
P3	T/Th	5:30 - 6:10p	T



SCHOOL AGE AFTERNOON CLASSES

			POOL
STAGE 1 - WATER ACCLIMATION			
S1 -	M/W	4:00 - 4:40p	T
S1 -	T/Th	4:45 - 5:25p	T
S1 -	T/Th	5:30 - 6:10p	T
STAGE 2 - WATER MOVEMENT			
S2 -	M/W	4:00 - 4:40p	T
S2 -	T/Th	4:45 - 5:25p	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

WATER BABIES

DATES:

October: 4, 18

November: 1

Saturday morning water babies is a class for children 3 months of age through Pre School and their caregivers. Classes are Saturday mornings from 10:00-10:30. This is a pay as you go program.

\$6
Members

\$12
Program
Participants

PROGRAM FEATURES:

- ✓ Water safety
- ✓ Blowing bubbles
- ✓ Entering & exiting the pool
- ✓ Front & back float
- ✓ Gross motor skills
- ✓ Drowning prevention



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 is 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





\$12

MIDDLE SCHOOL HALLOWEEN DANCE

October

17th

8:00 – 10:00p

**WEAR YOUR HALLOWEEN COSTUME
FOR A CHANCE TO WIN A PRIZE!**

ALL COSTUMES MUST BE APPROPRIATE & FOLLOW SCHOOL DRESS CODE.
NO BAGS OR BACKPACKS WILL BE ALLOWED INTO THE BUILDING.



Questions? Contact [Madison Carpenter](mailto:MadisonCarpenter@spencerymca.org) madisoncarpenter@spencerymca.org

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: East Gym.....Max 10

SORT-A-SPORT

This class includes a variety of activities, including soccer, basketball, wiffle ball, floor hockey, and football. Try a different sport each week.

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

AGE / GRADE: K - 3rd grade

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

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

CRAFTY CORNER

Participants will develop their artistic skills and expand upon their creative thinking. Students will be able to expand upon their creations each week.

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

AGE / GRADE: 2nd - 6th grade

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

LOCATION: Craft Room.....Max 10

TIKES SORT - A - SPORTS

Little Tikes! This program is for you! Try out a variety of activities, including soccer, basketball, wiffle ball and floor hockey. Each week learn something new!

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 Gym.....MAX 8



YOUTH BASKETBALL LEAGUE

DEVELOPING CHAMPIONS



- **BOYS & GIRLS TEAMS**
- **GRADE DIVISIONS: 1st & 2nd | 3rd & 4th | 5th & 6th**
- **PRACTICE BEGINS: October 20th**
- **GAMES BEGIN: November 1st | 5th/6th grade games will be played on Friday evenings other than the first week.**
- **SEASON ENDS: December 20th**
- **REGISTRATION: Forms will be available starting September 12th at the Y Member Services Center or on our website: www.spencerymca.org**
- **REGISTRATION ENDS: October 12th**

Change a child's life - **VOLUNTEER to COACH**

Remember a Coach that made a difference in your life?

Without volunteer coaches, we would not be able to offer the same quality Youth Sports Programs.

No experience necessary. The only requirement is support for the Y philosophy: sportsmanship and fun first; winning and losing come second.

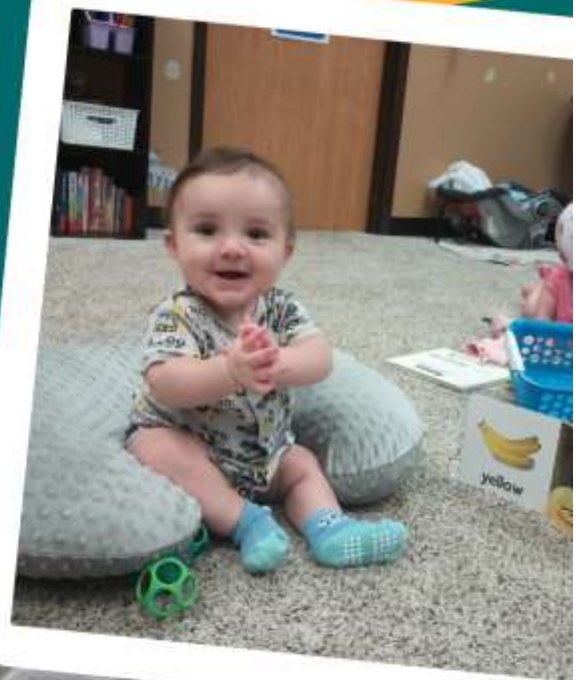


DVERGSTEN EARLY CHILDCARE CENTER

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.

Childcare

- 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 facility anytime they wish.
- Children who are enrolled in Y 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



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





COST: \$45
ADDITIONAL
CHILD: \$35
5:30-9:30P



KIDS NIGHT OUT

Halloween Party

OCT
18

Kids ages 4 - 12 years old are invited to the Y for an evening of fun for our Halloween Bash! We will start the night out swimming in the therapy pool with the pool inflatable. After swimming we will have some fun painting small pumpkins! We will wrap up the night with a snack and Halloween movie!

Creative Canvas



Everyone, ignite your creative spirit and join us for our next adult paint night! Come by yourself or bring a group of friends, either way, guaranteed laughing, creativity and a great time! A light snack will be provided, bring your own adult beverage.



Date: Oct. 10th

Time: 6:00 - 9:00p

Cost: \$35

SPENCER FAMILY YMCA

JOIN OUR

WOMEN'S VOLLEYBALL LEAGUE



BEGINS NOVEMBER
5TH!

Cost:
\$240 per
team

WHAT TO EXPECT

- Registration Open: Sept. 22nd
- Registration Ends: Oct. 19th
- Games Begin: Nov. 6th
- Time: Wednesday Nights 7:00 & 8:00p
- Max 8 Teams
- All players must be 18 years old

Questions? Contact Paige Gaedke, Program Director | pgaedke@spencerymca.org

ADULT RACQUETBALL LEAGUE

WHO: Adult members of the Spencer Family YMCA.
Must have active membership for the entire season to participate.

WHEN: League season begins November 3rd, 2025
Length of the season depends on # of participants

WHERE: Reserve your court at Member Services for a time that works for both challengers

HOW: Teams play one match per week

REGISTER: Sign-up form located outside the racquetball courts



**FREE FOR
MEMBERS**

LIVE HEALTHIER

5K ROAD RACE

RUNNERS & WALKERS

ALL AGES

AWARDS

FREE CHILDWATCH

FREE race shirt
(not guaranteed with
late entry)

THUNDERBRIDGE

SUNDAY NOVEMBER 2 2025

ROAD RACE

1:00pm
Start Time



ENTRY FEE:

\$30.00 Early Bird Registration before October 12th

\$35.00 After October 12th (limited t-shirt availability)

REGISTRATION:

- At the Y - cash, check, VISA, Mastercard, DISCOVER
- Online @ spencerymca.org

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: \$35/child

Pre-registration is HIGHLY recommended



Puppy Yoga!



Come enjoy an afternoon of yoga with the cutest workout pals around! If you would like extra puppy love after yoga be sure to sign up for the VIP option, you get 1 on 1 puppy cuddles! VIP spots are limited to 5 so sign up quick. Thank you to People for Pets for bringing out the furry friends. All proceeds go to People for Pets.



Puppies will be 7 weeks old



Date: Saturday, September 20th | 4:00 - 4:30p

Cost: \$20 or VIP option \$30

Location: YMCA Studio B

Age: 16+ Years Old

FITNESS SCHEDULE SEPTEMBER 29 - NOVEMBER 9

	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 SURGE FIT 45 minutes	Y PUMP 60 minutes	YOGA 60 minutes STEPIT STRENGTH 45 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 easy 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 your 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 that focuses on balance, range of motion and coordination.

Surge Fit - High intensity cardio mixed with high - rep strength training, set to music you know and love.

OLSON POOL SCHEDULE SEPTEMBER 29 - NOVEMBER 9

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

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 SEPTEMBER 29 - NOVEMBER 9

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 (SEPT. 29 - NOV. 9)

	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 (SEPT. 29 - NOV. 9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a	5:30 - 6:30a Y PUMP	5:30 - 6:15a SURGE FIT	5:30 - 6:30a Y PUMP	5:30 - 6:15a STEPIT STRENGTH	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		12:00 - 2:00p PICKLEBALL		12:00 - 2:00p PICKLEBALL			
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							
8:00p							

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

