



FALL III – 2025
PROGRAM GUIDE
Spencer Family YMCA
V2
November 10 – December 21



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.

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

HOLIDAY HOURS

Thanksgiving Day	Thursday	CLOSED
Christmas Eve	Wednesday	4:30a - 12:00p
Christmas Day	Thursday	CLOSED
New Years Eve	Wednesday	4:30a - 4:00p
New Years Day	Thursday	10:00a - 6:00p

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 can 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
- ♦ Racquetball Court
- ♦ TRX/Cycling 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
- ♦ 24 hr access with fee



If I Am a TEEN I CAN...

- Enjoy the Y without a parent or guardian.
- Play basketball or racquetball with a friend
- Enroll in Dance & Gymnastics classes
- Perform on the Studio Y Dance team
- Join the Tigersharks swim team
- Learn how to 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,
- Participate in adult leagues
- 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
- Get certified in CPR or First Aid
- Join a committee & help with fundraising
- Visit any other Y Nationwide for FREE
- Join an Adult League
- Play a game of Pickleball

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 (18-62)	\$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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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



* All memberships require a 3 month minimum.

MEMBERSHIP TYPE CRITERIA:

YOUTH: Ages 2 - 17

- ♦ 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: 18+ (including college students)

SENIOR: 63+

COUPLE: Two adults (18+) 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

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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



WENDY MCMULLEN

Chief Financial Officer &

Membership Director

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Favorite Season: FALL



MEGAN WHITAKER

Director of Operations

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Favorite Season: SUMMER



NATHAN PRENZLOW

Chief Executive Officer

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Favorite Season: SUMMER



PAIGE GAEDKE

Program Director

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Favorite Season: FALL



SAVANNA LANGNER

Youth/Wellness Coordinator

slangner@spencerymca.org

Favorite Season: SUMMER

FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our
neighbors



POP UP DANCE CLASSES

LEAPS & JUMPS

This workshop is designed for dancers of all ages & abilities who want to improve their jumps in a fun & supportive environment. We will explore the fundamental techniques of leaping, focusing on building a strong foundation, using your power safely, & landing with control.

DAY / TIME: November 8th 9:15-11:15a

AGE / GRADE: Any Age & Level

FEES:Member | PP.....\$25 | \$50

LOCATION: Studio B

LINE DANCING

Get ready to stomp, slide, & have a great time! Join us for two hours of fun line dancing for all skill levels. We'll guide you through popular dances set to great music. No partner or experience needed!

DAY / TIME: November 24th 5:00-7:00p

AGE / GRADE: Any Age & Level

FEES:Member | PP.....\$25 | \$50

LOCATION: Studio B

EXTENSIONS & LINES

Elevate your artistry! This class is dedicated to refining your lines & maximizing your extensions. Through a series of targeted conditioning & across the floor exercises, we will focus on building core strength, increasing flexibility & improving alignment to help create stunning, elongated shapes with control & grace.

DAY / TIME: November 25th 3:00-5:00p

AGE / GRADE: 6+

FEES:Member | PP.....\$25 | \$50

LOCATION: Studio B

BALANCE & CONTROL

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.

DAY / TIME: December 13th 9:15-11:15a

AGE / GRADE: Any Age & Level

FEES:Member | PP.....\$25 | \$50

LOCATION: Studio B

BARRE TECHNIQUE

Challenge your body & sharpen your skills in this 2 hour session. Designed to build strength, stamina, & precision, this class will push you to refine your control and perfect your form. Expect a thorough workout that enhances posture, increases stability, & polishes your artistry from the first plie` to the final battement.

DAY / TIME: December 23rd 1:00-3:00p

AGE / GRADE: 8+

FEES:Member | PP.....\$25 | \$50

LOCATION: Studio B

TURN TECHNIQUE

We will break down the essential mechanics of turning - from a powerful preparation to a controlled finish - and provide targeted drills to build your strength and coordination. Walk away with the tools and confidence to execute cleaner, more consistent rotations.

DAY / TIME: December 30th 1:00-3:00p

AGE / GRADE: 8+

FEES:Member | PP.....\$25 | \$50

LOCATION: Studio B



2025-2026 CALENDAR

UPDATED 11/1

SEPTEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Classes Begin

- Jan 5 - Classes Resume
- Mar 23 - Classes Resume

Closed

- Nov 24-28 - Thanksgiving Break
- Dec 22-Jan 4 - Winter Break
- Mar 16-20 - Spring Break
- May 25-26 - No Studio Y Classes

YMCA Sessions

- Fall 3 - Nov 10-Dec 21
- Winter 1 - Jan 5-Feb 15
- Winter 2 - Feb 16-Mar 29
- Spring - Mar 30-May 10
- Summer 1 - May 18-June 14

Pop-Up Classes

- Nov 7 - Strength & Flexibility 5:30-7:30p
- Nov 8 - Leaps & Jumps 9:15-11:15a
- Nov 24 - Line Dancing 5-7p
- Nov 25 - Extensions & Lines 3-5p
- Dec 13 - Balance & Control 9:15-11:15a
- Dec 23 - Barre Technique 1-3p
- Dec 30 - Turn Technique 1-3p
- Jan 17 - Foam Roller Work 9:15-11:15a
- Feb 7 - Isolations & Movement Quality 9:15-11:15a
- Mar 17 - Footwork 12-2p
- Mar 20 - Improv & Creative Movement Quality 1-3p

Special Events

- Nov 10-21 - Costume Measurement Weeks
- April 28 - Last Day of Gymnastics Classes

Performances

- Dec 1 - Grand Meander @ Fire Station
- April 7, 14, 21, 28 - Gymnastics Parent Viewing Classes
- May 27- Recital Pictures
- May 28 - Dress Rehearsal
- May 29 - Recital #1
- May 30 - Recital #2



2025-26 TIGERSHARKS SWIM TEAM

The Tigersharks Swim Team season begins **October 28, 2025**. The Tigershark commitment includes weekly practices and optional participation in swim meets.

To qualify:

- ◆ Kindergarten - 12th grade
- ◆ 8yo and 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

COST: \$267 annually | \$89/month (3 months)

PRACTICE: Weekly beginning October 27

LOCATION: Olson Pool

PRACTICE SCHEDULE:

	8 & under	9 & 10	11 & up
M	3:45 - 4:45p	6:15 - 7:30p	7:30 - 8:45p
T	3:45 - 4:45p	6:15 - 7:30p	7:30 - 8:45p
W	3:45 - 4:45p	6:30 - 7:30p	6:30 - 7:30p
Th	3:45 - 4:45p	6:15 - 7:30p	7:30 - 8:45p

SAVE the DATE

MINI SWIM MEET

November 8 @ 8:00a - noon

HOME SWIM MEETS

November 22 @ 9:00a - 5:00p

January 24 @ 9:00a - 5:00p



WATER BABIES

DATES:

November: 1, 15 & 22

December: 6 & 20

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



DROP IN LESSONS



ADULT SWIM LESSONS

Members
\$10

Program
Participant
\$20

Make a splash and learn the basics with our drop-in learn to swim lessons! Designed for adults who are new to swimming or looking to overcome a fear of the water. Our friendly instructors will help you build comfort and confidence in a supportive environment. No registration required - just how up and dive in!

THURSDAYS

9:15 - 10:00A

THERAPY POOL



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

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

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

PRESCHOOL AFTERNOON/EVENING CLASSES

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



SCHOOL AGE CLASSES

			POL
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	O
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



**U.S. MASTERS
SWIMMING**



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 | Nov. 10 – Dec. 21
Cost: \$35 Members | \$70 Program Participants

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





Date: Saturday, December 13, 2025

Time: 11:00a - 1:00p

Location: Therapy pool & Viewing Area

Cost/Child: \$20



Pack your swimsuits, towel and goggles; our pool is ready for you! Bring your wishlist, snap a picture with Santa in the pool and decorate sugar cookies in Santa's workshop.

Schedule

11:00 - 11:30 Decorate cookies

11:30 - 1:00 Swim with Santa & Pictures!





LIFEGUARD TRAINING

American Red Cross

In this blended learning style class, upon successfully completing the prerequisites listed below, participants will complete 7 hours of online training at their own pace prior to attending the in-person training. **All online coursework must be completed by Friday, Nov. 14th.** Participants who successfully complete all required components will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years.

- ✓ Swim 150 yards, tread water for 2 minutes, swim 50 yards.
- ✓ Retrieve a 10 pound object from a depth of 9 feet and tow it for 25 yards.
- ✓ Turn 15 years old by the last day of class.
- ✓ Please bring: swimsuit, towel, goggles, phone or computer, water, & lunch.

COST
\$215



Registration
Deadline:
November 5th



In-Person Class
Saturday, Nov. 15th 7:00AM - 5:00PM
Sunday, Nov. 16th 8:00AM - 1:00PM
Sunday, Nov. 23rd 8:00AM - 5:00PM

QUESTIONS?



fdusing@spencerymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



AMERICAN RED CROSS FIRST AID/CPR/AED

This training includes options for both full certifications and renewals. It will cover adult, child & infant CPR/First Aid/AED certifications.



Full Cert \$60



Re-Cert \$50



Nov. 19

Dec. 20



6:00p - 10:00p

8:00a - 12:00p

CONTACT US



712-262-3782



www.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 12

BASKETBALL

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

TIME: T / Th 4:00 – 4:30p

AGE / GRADE: K – 2nd grade

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

LOCATION: East Gym.....Max 10

FLOOR HOCKEY

Players learn the basics of floor hockey by shooting, passing and playing goalie. Each day starts with skill practice and ends with scrimmages.

TIME: M / W 4:30 – 5:00p

AGE / GRADE: K – 3rd grade

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

LOCATION: East Gym.....Max 10

STEM

Get involved with creating STEM-related creations throughout the session. Youth will develop team building skills and knowledge of how science, technology, engineering and math relate to health.

TIME: T / Th 4:30 – 5:00p

AGE / GRADE: 1st – 4th grade

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

LOCATION: East Gym.....Max 8



TINY SCIENTIST

Designed for 3-5 year olds, Tiny Scientist hopes to foster excitement, curiosity and interest in science. Each day will bring a new, fun and sometimes messy science experiment.

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

AGE / GRADE: 3 – 5 years old

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

LOCATION: East Gym.....MAX 8

GAME ON



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 balloon bouquet, 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



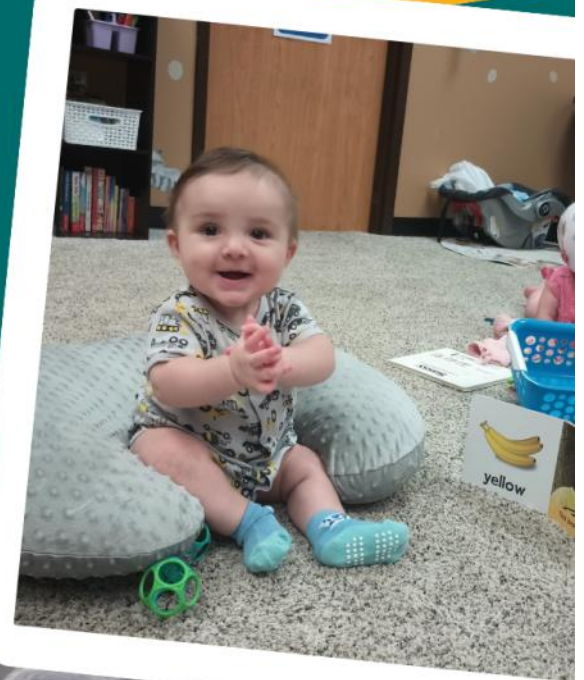
The best of both parties! Splash around in our therapy pool for an hour and then spend time in the middle gym with either our bounce house or gaga pit. Wrap up your party enjoying cake and ice cream in the viewing area.

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.
- 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. 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

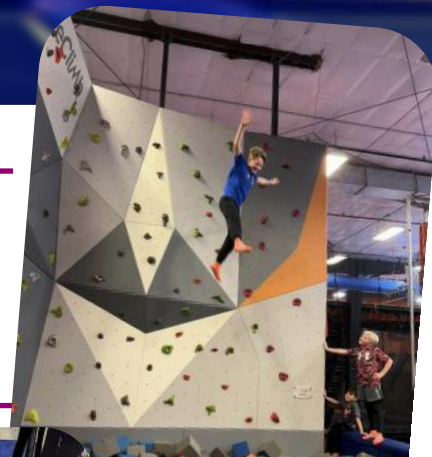


ADVENTURE ALL DAY



NOVEMBER 17TH | SKY ZONE | SIOUX FALLS

- ◆ Jump the day away with YMCA staff at Sky Zone
- ◆ Please bring Sky Zone socks if you already have them
- ◆ Please bring a sack lunch
- ◆ Bus leaves at 8:30a
- ◆ Bus returns at approx. 3:30p



CHECK IN: Check in begins at 8:15a

DEPARTURE: approx. 8:30a

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

GRADES: K - 5th grade

RETURN: approx. 3:30p

FEES: \$45/child

Pre-registration is highly recommended



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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CYBER MONDAY SALE 25% OFF MEMBERSHIP CYBER MONDAY

BLACK FRIDAY SALE 25% OFF MEMBERSHIP BLACK FRIDAY SALE 25% OFF MEMBERSHIP

SPECIAL OFFER



BLACK FRIDAY THROUGH CYBER MONDAY

25% OFF MEMBERSHIPS

ONLINE ONLY

www.spencerymca.org/memberships/

*Prices are automatically adjusted at checkout

GOBBLE TIL YOU WOBBLE



**BEAST
MODE
BEFORE
YOU
FEAST
MODE**

WHEN: Thursday, November 27th 6:30a

FEE: One kid friendly cereal – donation going to Spencer Middle School

Join Christy & Nathan to burn those calories before your big meal!

- **MUST sign up in the lower gym by Nov. 21.**

HIGH BEFORE PIE



WHEN: Thursday, November 27th 6:30a

FEE: One kid friendly cereal – donation going to Spencer Middle School

Join Rachel for HIGH Fitness to burn those calories before your pie!



KIDS DAY OUT

Santa is Coming to Town!

Kids ages 4 - 12 years old are invited to the Y for an afternoon of fun while parents get their last minute Christmas shopping wrapped up! Kids will get to swim in the Therapy Pool, create a Christmas craft, play in the gym with the bounce house and watch a Christmas movie with Hot Coco and popcorn. Kids will also get to make their own pizza for lunch!

DECEMBER

SATURDAY **20** 11:00A - 4:00P

COST: \$45 FIRST CHILD | ADDITIONAL
CHILD(REN) \$35



SELF-DEFENSE COURSE

For Health, Calm &
confidence

SUNDAYS 2:00-3:00P

COST: \$10 M | \$20 PP

AGE: 12+

Learn simple self-defense principals, tactics, and techniques for everyday life. We'll cover topics like situational awareness, emotional awareness, encounter distance, effective strikes, blocks, entries, evasions, sweeps, throws, and counter. Gain confidence and calm from knowing how to get out of a violent encounter.

MEET THE INSTRUCTOR: ARIEL GARCIA



Martial arts has been a lifelong journey, beginning in childhood and growing into a deep passion that continues today. Over the years, I have trained in a variety of disciplines, with my focus centered on three core arts: Wing Chun, Jeet Kune Do, & Kali. I pursued each of these to black belt equivalency, in time, I became an instructor, allowing me to guide junior practitioners.



Questions? Contact Paige Gaedke at pgaedke@spencerymca.org



**SCHOOL'S OUT
THE Y IS IN!**

COLLEGE PASS

Spencer Family YMCA

Available to anyone attending college and 18 + years of age.

\$50 for 1 month!

- Adult Locker Room
- Sauna, Steam Room, and Spa
- Cardio Theater
- Free Weight Room
- Free Land and Aqua Fitness classes
- Free Nationwide membership
- 8 lane Competitive Pool & Therapy Pool
- Two Gymnasiums



LOWER GYM SCHEDULE (NOV. 10 - DEC 21)

	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						6:30 – 7:15a Y FIT	
7:00a							
8:00a	8:00 – 8:30a KIDS CLUB (NO SCHOOL DAYS)					8:00 – 12:00p Basketball Games Full Gym	
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	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 – 8:30p Basketball Practice 1/2 Gym Open	5:30 – 7:30p Basketball Games Full Gym		
6:30p	6:30 – 8:30p Basketball Practice Full Gym	7:00 – 9:00p Women’s Volleyball League Full Gym					
7:30p							
							SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

MIDDLE GYM SCHEDULE (NOV. 10 - DEC 21)

	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			8:00 - 12:00p Basketball Games Full Gym	
9:00a	9:00 - 9:30a PRESCHOOL	9:45 - 10:15a PRESCHOOL		9:45 - 10:15a PRESCHOOL	9:00 - 9:30a PRESCHOOL		
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							
1:00p		12:00 - 2:00p PICKLEBALL		12:00 - 2:00p PICKLEBALL			
2:00p	1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL		
3:00p	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER	2:00 - 4:00p CHILDCARE 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 - 8:30p BASKETBALL PRACTICE FULL GYM	5:30 - 6:30p CARDIO DANCE	5:30 - 8:30p BASKETBALL PRACTICE FULL GYM	5:30 - 7:30p BASKETBALL GAMES FULL GYM		
6:30p	6:45 - 8:45p BASKETBALL PRACTICE 1/2 GYM OPEN						
7:00p							
8:00p							
							SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

FITNESS SCHEDULE NOVEMBER 10 - DECEMBER 21

	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		
6:30a						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	CYCLING 45 minutes	CARDIO DANCE 60 minutes Y FIT 45 minutes	CYCLING 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 - Functional and isolated weight training using dumbbells & body weight, with a few short cardio bursts for a fun, challenging, full-body workout!

OLSON POOL SCHEDULE NOVEMBER 10 - DECEMBER 22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:00a	OLSON POOL OPENS @ 5:00a									
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	LAP SWIM				
10:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM			
11:00a										
NOON	12:00 - 1:00p ADULT LAP SWIM ONLY						POOL OPENS @ 12:00p			
1:00p	OPEN SWIM	OPEN SWIM	1:00 - 2:00p Specialty Swim	OPEN SWIM	OPEN SWIM	LAP SWIM				
2:00p			OPEN SWIM				OPEN SWIM	OPEN SWIM	POOL CLOSES @ 12:00p	OPEN SWIM
3:00p										
4:00p	3:45 - 8:00 Swim Lessons & Swim Team Lap Swim 6:30-8:00		3:45 - 7:30p Swim Lessons & Swim team Lap Swim 6:30-8:00		4:00 - 5:30p SWIM TEAM ONLY	POOL CLOSES @ 5:30p	POOL CLOSES @ 3:00p			
5:00p										
6:30p										
7:00p										
	OLSON POOL CLOSES @ 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 NOVEMBER 10 - DECEMBER 21

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

4:30 - 7:00p

SATURDAY

Starting in Nov

8:00 - 11:30

SPENCER FAMILY YMCA

1001 11th Ave W | Spencer, Iowa 51301

P 712.262.3782

www.spencerymca.org



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