

SPENCER FAMILY YMCA

1001 11th Ave W | Spencer, Iowa 51301

P 712.262.3782

www.spencerymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER I – 2026 (v1) PROGRAM GUIDE

Spencer Family YMCA

January 5 – February 15

DECEMBER 22 MEMBER REGISTRATION BEGINS

DECEMBER 29 PROGRAM PARTICIPANT REGISTRATION BEGINS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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		
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

WINTER I SESSION: JANUARY 5 - FEBRUARY 15

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 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	LAP SWIM	POOL OPENS @ 8:00a
7:00a							
8:00a							
9:00a	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	OPEN SWIM LAP SWIM
10:00a							
11:00a							
NOON	12:00 - 1:00p ADULT LAP SWIM ONLY						POOL OPENS @ 12:00p
1:00p							
2:00p							
3:00p	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	POOL CLOSES @ 12:00p
4:00p							
5:00p							
6:30p	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		3:45 - 8:00 Swim Lessons & Swim Team Lap Swim 6:30-8:00		POOL CLOSES @ 3:00p
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	4:30 - 6:10p	4:00 - 5:30p	4:30 - 6:10p	
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

8:00 - 11:30a

FITNESS SCHEDULE DECEMBER 22 - FEBRUARY 15

	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	Y PUMP 60 minutes	YOGA 60 minutes	HIGH FITNESS 45 minutes	
		SURGE FIT 45 minutes		STEPIT STRENGTH 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
9:30a		YOGA 60 minutes		YOGA 60 minutes		East Gym
10:00a	PARKINSONS IN MOTION 60 minutes		PARKINSONS IN MOTION 60 minutes			Middle Gym
10:30		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	CYCLING 45 minutes	CARDIO DANCE 60 minutes	CYCLING 45 minutes		
	Y FIT 45 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.

Surge Fit - Functional and isolated weight training using dumbbells & body weight, with a few short cardio bursts for a fun, challenging, full-body workout!

SPENCER FAMILY YMCA

Follow us on



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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
- ♦ 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

- 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

- 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
- 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

REGISTRATION BEGINS DECEMBER 22 (MEMBERS) AND DECEMBER 29 (PROGRAM PARTICIPANTS)

JOIN A COMMUNITY NOT JUST A GYM



MEMBERSHIP RATES

Membership Type	Annual Full-Pay	Monthly	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

* All memberships require a 3 month minimum.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

24 Hour access
\$5/member.
Must be 18+

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

LOWER GYM SCHEDULE (DEC 21 - FEB 15)

	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)						
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 - 5:00p YOUTH CLASS	4:00 - 5:30p YOUTH CLASS			
5:30p	5:30 - 6:15p Y FIT		5:30 - 6:15p Y FIT				
6:30p	6:30 - 8:30p Basketball Practice Full Gym			5:30 - 8:30p Basketball Practice 1/2 Gym Open			
7:30p					5:30 - 7:30p Basketball Games Full Gym		
SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.							

MIDDLE GYM SCHEDULE (DEC 21 - FEB 15)

	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 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				
6:30p		5:30 – 8:30p BASKETBALL PRACTICE FULL GYM		5:30 – 8:30p BASKETBALL PRACTICE FULL GYM	5:30 – 7:30p BASKETBALL GAMES FULL GYM		
7:00p	6:45 – 8:45p BASKETBALL PRACTICE 1/2 GYM OPEN					SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.	
8:00p							



17.5% off
when you
join in
January!

THE *Feel Good* Again PLACE

Join the Y in January and you will receive 17.5% off your membership.

At the Spencer Family YMCA, you'll find connection and the motivation to keep moving forward. From fitness and family programs, to swim lessons and open gym, the Y has you covered.

- 24 hour access with fee
- Early registration & half off program costs
- Fully equipped facility

Offer valid for any membership type. Must not have had an active membership in the last 12 months. Limited to one offer per membership. Offer expires [1/31/26].

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
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Favorite Season: [FALL / WINTER](#)



BEN O'CLAIR
Property Director
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Favorite Season: [SUMMER](#)

FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD
AND TEEN



BRITTANY VITE
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Favorite Season: [FALL](#)



ERIN ELLIOTT
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Favorite Season: [FALL](#)

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



ERICA BUUM
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Favorite Season: [FALL](#)



FELICA DUSING
Aquatic Director
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Favorite Season: [WINTER](#)



MADISON CARPENTER
Kids Club Coordinator
mcarpenter@spencerymca.org
Favorite Season: [SPRING](#)



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.

SELF-DEFENSE COURSE

For Health, Calm &
confidence

SUNDAYS 2:00-3:00P

COST: \$10 M | \$20 PP

AGE: 12+

DATES: JAN. 11, 18, 25

FEB. 1, 8, 15

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

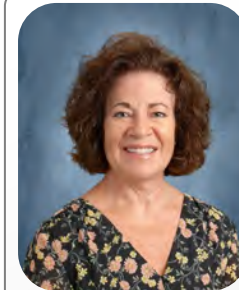


Martial arts has been a lifelong journey, beginning in childhood and growing into a deep passion that continues today. Over the years, I have trained in a variety of disciplines, with my focus centered on three core arts: Wing Chun, Jeet Kune Do, & Kali. I pursued each of these to black belt equivalency,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

Questions? Contact Paige Gaedke at pgaedke@spencerymca.org



SPENCER FAMILY YMCA STAFF



MEGAN WHITAKER

Director of Operations
mwhitaker@spencerymca.org
Favorite Season: [SUMMER](#)



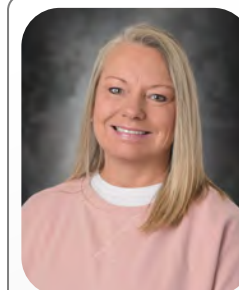
SANDY HOLCK

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Favorite Season: [SUMMER](#)



NATHAN PRENZLOW

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Favorite Season: [SUMMER](#)



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Favorite Season: [FALL](#)



PAIGE GAEDKE

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Favorite Season: [FALL](#)



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Favorite Season: [SUMMER](#)



RILEY ABRAHAMSON

Member Service Coordinator
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Favorite Season: [FALL](#)

FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors



Visit our website at www.spencerymca.org



BARRE TECHNIQUE WORKSHOP

December 23rd 1-3pm

Spencer YMCA - Studio B

Cost: Members \$25 - Program Participant \$50

Build strength, flexibility, and balance through precise, low-impact movements inspired by ballet, pilates, and yoga. This class focuses on posture, alignment, and core engagement to improve overall technique and body awareness — perfect for dancers and non-dancers alike!

Register at spencerymca.org or call 712-262-3782

eelliott@spencerymca.org
Erin Elliott, Studio Y Director

DVERGSTEN EARLY CHILDCARE CENTER WE HAVE OPENINGS!

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, 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 youth programs (like dance, swim lessons or youth sports) are dressed and escorted to and from their program by YMCA staff.



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

AGES: 6 weeks through pre-school

KIDS CLUB

**PLAY TOGETHER
LEARN TOGETHER
WE HAVE
OPENINGS!**

HOW TO REGISTER

ALL students who plan to attend Kids Club **MUST** register prior to arriving the first day. Registrations can be obtained from the Member Service Center.

HOURS: M - F | 5:30a - 8:00a & 3:30p - 6:30p

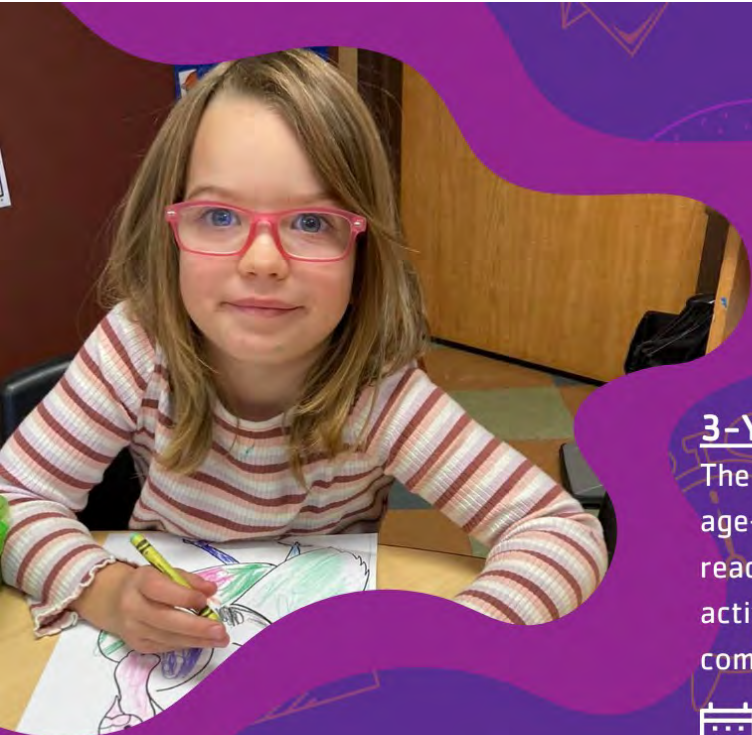
GRADES: K - 5th

FEES: M...\$9/day | NM...\$11/day

No School Days M...\$30 | NM...\$40



QUESTIONS? Contact Amy Kuehler, Childcare Director | akuehler@spencerymca.org



PRE-SCHOOL PROGRAMS

2026 - 27 | Ages 3 - 5 years old

3-Year-Old Preschool

The Y's dedicated and nurturing staff implements age-appropriate curriculum to help preschool children reach their full potential. The Y provides developmental activities that promote fine and gross motor skills, communication skills, and structured play.

 : Monday - Friday

 : 8:30a - 11:30a

Registration opens


January 5th, current pre-school & daycare families

January 6th, open to the public

4-Year-Old Preschool

The Y collaborates with community partners Sacred Heart, First English Lutheran and Spencer Public Schools, to offer high quality and affordable 4-year-old preschool programs. Each school receives funding from the Iowa Quality Preschool Program, offering consistent, research-based educational opportunities to early learners.

 : Monday - Friday

 : 8:30a - 3:15p

QUESTIONS? Contact Amy Kuehler, Childcare Director
akuehler@spencerymca.org | 712.262.3789



STUDIO Y
DANCE & GYMNASTICS

TURN TECHNIQUE

DANCE WORKSHOP



DEC. 30, 2025
1-3 PM

SIGN UP TODAY!!



Level up your turns!
This workshop focuses on spotting, balance, core control, and clean rotations. Learn proper prep, technique, and progressions to improve single, double, and multiple turns. Perfect for dancers wanting stronger, more confident turns in any genre.

For more information:
EElliott@spencerymca.org
712-262-3782

Spencer YMCA-Studio B
Cost: Members \$25
Program Participant \$50



FOAM ROLLING WORKSHOP

This hour long Foam Roller Workshop, **"Roll & Release"** teaches self-myofascial release (SMR) to target muscle knots, reduce soreness, improve flexibility, and boost circulation using rollers for deep tissue massage, incorporating yoga stretches and guided techniques for full-body recovery and body awareness.

Who Should Attend: Anyone experiencing muscle tightness, post-workout soreness, stiffness, or looking to improve flexibility and movement quality.

Requirements: Must be 10 years of age or older. Must bring your own foam roller. Does not have to be a Studio Y student.



Led by
experienced
instructor

Ally Porath
Certified
Occupational
Therapy Assistant

January 17th, 2026
10:15-11:15 am
Studio B

Members \$20 - Program Participant \$40
Register at spencerymca.org or call 712-262-3782



DONATE BLOOD



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



DATE

23rd

January

2026

8:00a - 2:00p

American Red Cross



Member Wellness

21-Day Habit Challenge!



Kick off the New Year with intention & momentum. From Jan. 12-Feb. 1, you'll commit to 1-3 small, meaningful habits that support your health, happiness, or personal growth.

**Get Fit, Get Strong,
Get Healthy.**

Start Date : January 12, 2026

End Date : February 1, 2026

Whether it's moving more, hydrating better, practicing gratitude, or setting aside time for self-care, this challenge is all about consistency, not perfection. By focusing on just a few minutes each day, you'll build discipline, boost confidence, and create a habit that sticks well beyond the 21 days. Sign up and track your progress at the Member Service Center.

Questions? Contact Savanna Langner,
Wellness Coordinator slangner@spencerymca.org

**FREE OF
CHARGE**



JANUARY 24

7:00-9:00P

BOOTS ON THE GROUND



OPEN LINE DANCE EVENING

Come out and join us for some fun-filled line dancing led by Erin Elliott. No experience needed - just bring your dancing boots, your smile, a positive attitude, and your best Hip Bump or Grapevine! Light snacks will be provided.



\$5/person • 18+ • Middle Gym
• Bring your own beverage!

Spencer Family YMCA



This workshop breaks down essential isolation skills, teaching you to activate and move individual body parts with clarity and control. Strengthen your coordination, refine your lines, and bring greater intention to every movement.

ISOLATION & MOVEMENT WORKSHOP

FROM 9:15 AM - 11:15 PM
STUDIO B - SPENCER YMCA

Cost: Members \$25 - Program Participant \$50

Register at spencerymca.org or call 712-262-3782

**FEB 07
2026**

CUPID SPLASH! PARTY IN A PINK POOL!



Date: **Saturday, February 14, 2026**

Time: 11:00a - 1:00p

Location: Therapy pool & Viewing Area

Cost/Child: \$20

Join us for our Cupid Splash - an afternoon of crafts, snacks & memories. Kids will create Valentine's cards & friendship bracelets, snap a photo at our Valentine photo booth, then jump into our pink-tinted therapy pool for floating prizes and Valentine vibes!

Schedule

11:00 - 11:45 **Craft & Snack**

11:45 - 1:00 **Swim & games in therapy pool**



VALENTINES
CRAFTS!

SWEET
TREATS!



REGISTER
TODAY!



PHOTO
BOOTH!

FLOATING
PRIZES!

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

YOUTH LOCK – IN



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Youth in 3rd, 4th and 5th grade can join us at the Spencer Family YMCA for our annual youth lock-in! Participate in an evening of fun activities including swimming, movies, games, and more! Snacks provided.

ACTIVITIES FOR THE EVENING

- ♦ BINGO
 - ♦ BLACK LIGHT DODGEBALL
 - ♦ POOL INFLATABLE/SWIMMING
 - ♦ MOVIE LOUNGE
- ♦ KARAOKE
 - ♦ GAGA PIT
 - ♦ BOARD/CARD GAMES
 - ♦ HUMAN SIZE YATZEE & MORE

EVENT BEGINS

DROP OFF STARTS:

DOORS LOCK AT:

EVENT CONCLUDES:

PICK UP BETWEEN:

COST:

FEBRUARY 7

7:30p

8:00p

FEBRUARY 8

5:30a – 6:00a

\$70 / PERSON

*Facility will be closed to 24 hour access



2025-2026 CALENDAR

UPDATED 12/1

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

- 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

Special Events

- April 28 - Last Day of Gymnastics Classes

Pop-Up Classes

- 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

Performances

- 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

Fees Due

- Jan 1 - Recital Costume Deposits Due
- April 1 - Recital Fee Due



SPENCER FAMILY YMCA

MOVIE NIGHT

1-10-26
At 5:00pm

ENTRY
FEE:
\$5/PERSON



Featured Film: **TBD**

Fee includes: Snack pack - popcorn,
water & 1 candy

Join us for a movie night in the middle gym! Come
in your pajamas or comfy clothes, bring a blanket
or your favorite comfy chair.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT TEENS ORIENTATION

Participants will gain the tools needed to exercise safely and effectively by learning weight room etiquette and rules, weightlifting safety, and how to structure a workout. Participants will also learn how to use equipment in the cardio, nautilus, and free weight gyms. This class is open to all members 12-17 years old. Completion of a knowledge test at the end of class grants access to fitness areas to members 12-13 years old with direct parental supervision. Please bring notetaking materials and dress in appropriate gym attire. You only need to attend one class.

🕒 2:00 - 4:00p

📅 January 2nd

📍 Board Room

Can't make it to class? Contact Savanna Langner to set
up an appointment.

slangner@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

SORT - A - SPORT

This class includes a variety of activities featuring a different sport each week. Participants will have the chance to play floor hockey, dodgeball, soccer and more!

TIME: M / W 4:30 – 5:00p

AGE / GRADE: K – 4th grade

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

LOCATION: East Gym.....Max 10



KIDS IN THE KITCHEN

Kids will learn to make healthy after-school snacks by themselves while exploring their creative side. At the end of the class kids will get to take home their own cookbook!

TIME: T / Th 4:00 – 4:30p

AGE / GRADE: 2nd – 5th grade

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

LOCATION: Kitchen.....Max 8

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 4:30 – 5:00p

AGE / GRADE: K – 2nd grade

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

LOCATION: East Gym.....Max 10

TIKES BASKETBALL

Players develop basic basketball skills including dribbling, passing and shooting. Students will gain an understanding of rules & regulations.

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

AGE / GRADE: 3 – 5 years

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

LOCATION: East Gym.....MAX 8

GAME ON

Masters Swim Club!

**FITNESS. FRIENDSHIP.
FUN – ONE LAP AT
A TIME.**

What is Masters Swim Club?

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.

Sign up today!

Practice: T/Th 5:30-6:30a

Dates: Jan. 6 – Feb. 12

Cost: \$35 M | \$70 PP



2025-26 TIGERSHARKS SWIM TEAM

HOME SWIM MEETS

HOME SWIM MEET

Saturday, January 24 @ 8:00a - 5:00p

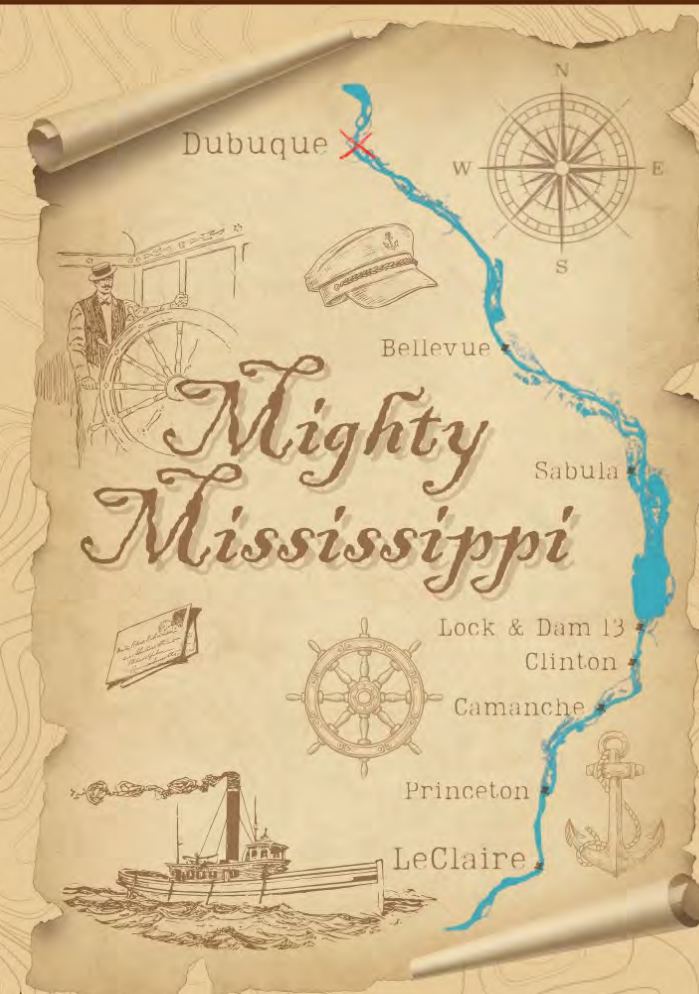


PRACTICE SCHEDULE

	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



Swim the Mighty Mississippi



- **Get ready to set sail and Swim the Mighty Mississippi!**
 - From January 1st to December 31st, challenge yourself to complete 100 miles (3,520 laps) at your own pace—any stroke, any style!
- **Track your progress!**
 - Each lap brings you closer to iconic landmarks along the river, from LeClaire to Dubuque. Watch your boat sail along our Mississippi River Map.
- **Celebrate your journey!**
 - All registered participants will receive an official 2026 "Riverboat Captain" sticker.



WINTER ESCAPE

Cabin Fever? Time to float it out!

Grab your favorite floatie (we'll have a limited supply of loaner floats available!) and bring your crew to the Spencer Family YMCA for a warm, splashy escape from the winter blues! Enjoy cozy pool vibes, big laughs, and a mid-winter break that feels exactly like summer! All ages are welcome!

Sunday Jan. 18

3:00 - 4:00p

FREE!



WATER BABIES

DATES:

December: 6 & 20

January: 10, 24

February: 7

\$6
Members

\$12
Program
Participants

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.

PROGRAM FEATURES:

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



DROP IN LESSONS



Members
\$10

Program
Participant
\$20

ADULT SWIM LESSONS

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!

9:15 - 10:00A

THURSDAYS

THERAPY POOL

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

SPENCER FAMILY YMCA

SWIM LESSON SELECTOR

**PRESCHOOL
STAGE 1**

Water Acclimation

Ages: 3 - 5 years

A gentle beginner class that helps young swimmers build confidence, comfort, and early water acclimation without a parent.

Participants must be able to:

- Sit on the edge and wait their turn
- Work with an instructor in the water without a parent nearby
- Respond to simple verbal cues
- Comfortably place face in or near the water and blow bubbles

**PRESCHOOL
STAGE 2**

Water Movement

Ages: 3 - 5 years

Swimmers build confidence as they begin moving more independently with supported floats, kicks, and basic swimming skills.

Participants must be able to:

- Blow bubbles/do bobs independently
- Front or back float briefly with assistance
- Paddle-stroke 5-10 yards
- Flutter kick on back for 5-10 yards

**PRESCHOOL
STAGE 3**

Water Stamina

Ages: 3 - 5 years

Swimmers improve independence, build on floating, kicking, and basic stroke skills while practicing confidence in deeper water.

Participants must be able to:

- Jump into the water independently
- Bob independently
- Float briefly with or without support
- Paddle-stroke 10-15 yards
- Flutter kick on back for 10-15 yards

**SCHOOL AGE
STAGE 1**

Water Acclimation

Ages: 5 - 12 years

A beginner-level class that helps school-age swimmers build comfort in the water while learning basic water safety skills.

Participants must be able to:

- Enter the water safely
- Sit patiently and wait their turn
- Follow directions and pool safety rules
- Respond to verbal cues and demonstrate comfort in the water

**SCHOOL AGE
STAGE 2**

Water Movement

Ages: 5 - 12 years

Swimmers develop confidence, basic swimming skills, independent floating, kicking, and movement in the water.

Participants must be able to:

- Jump in and swim back to the wall
- Bob independently
- Float on front and back independently
- Paddle-stroke 10 yards
- Flutter kick on back for 10 yards
- Perform a sitting dive

**SCHOOL AGE
STAGE 3**

Water Stamina

Ages: 5 - 12 years

Swimmers build endurance and confidence while refining basic strokes, floating, and safe entry and exit skills.

Participants must be able to:

- Swim and float independently
- Paddle-stroke 15 yards with rhythmic breathing
- Flutter kick and fin on their back for 15 yards
- Perform a kneeling dive

**SCHOOL AGE
STAGE 4**

Stroke Development

Ages: 5 - 12 years

Swimmers learn proper stroke technique and begin developing the power and endurance needed for longer, more efficient swimming.

Participants must be able to:

- Front crawl 25 yards
- Back crawl 25 yards
- Flutter kick 50 yards with rhythmic breathing using a kickboard
- Tread water for 1 minute
- Perform a standing dive

**SCHOOL AGE
STAGE 5**

Stroke Mechanics

Ages: 5 - 12 years

Swimmers refine technique, build advanced endurance, and develop proficiency in all major strokes and safety skills.

Participants must be able to:

- Tread water for several minutes
- Perform a prolonged survival float
- Show strong technique for 50-100 yards during front crawl, back crawl, and elementary backstroke
- Breaststroke 25 yards



SWIMMING LESSONS

PRESCHOOL MORNING CLASSES

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

PRESCHOOL

AFTERNOON/EVENING CLASSES

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

SCHOOL AGE CLASSES

STAGE 1 - WATER ACCLIMATION			Pool
S1 -	M/W	4:45 - 5:25p	T
S1 -	T/Th	4:00 - 4:00p	T
S1 -	T/Th	5:25 - 6:10p	T
STAGE 2 - WATER MOVEMENT			Pool
S2 -	M/W	4:45 - 5:25p	T
S2 -	T/Th	4:00 - 4:40p	T
S2 -	T/Th	5:25 - 6:10p	T
STAGE 3 - WATER STAMINA			Pool
S3 -	M/W	4:00 - 4:40p	O
S3 -	T/Th	4:00 - 4:40p	O
STAGE 4 - STROKE INTRODUCTION			Pool
S4 -	M/W	4:00 - 4:40p	O
S4 -	T/Th	4:00 - 4:40p	O
STAGE 5 - STROKE DEVELOPMENT			Pool
S5 -	M/W	4:00 - 4:40p	O
S5 -	T/Th	4:00 - 4:40p	O

Swim Lesson Pricing: All classes are 6 weeks long = 12 lessons

Member: \$68 Program Participant: \$136

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