



WINTER II - 2026 (v1)

PROGRAM GUIDE

Spencer Family YMCA

February 16 - March 29

FEBRUARY 2 MEMBER REGISTRATION

FEBRUARY 9 PROGRAM PARTICIPANT REGISTRATION



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.

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	12:00a - 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 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

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** 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
- 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
- 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

* 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 (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.



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 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
Dream Job: **BROADWAY STAR**



BEN O'CLAIR
Property Director
boclair@spencerymca.org
Dream Job: **FIREFIGHTER**

FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD
AND TEEN



BRITTANY VITE
4yo Preschool Teacher
bvite@spencerymca.org
Dream Job: **ASTRONAUT**



ERIN ELLIOTT
Dance & Gymnastics Director
eelliott@spencerymca.org
Dream Job: **ROCKETTE**

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



ERICA BUUM
Childcare Assistant Director
ebuum@spencerymca.org
Dream Job: **ARCHITECT**



FELICA DUSING
Aquatic Director
fdusing@spencerymca.org
Dream Job: **MARINE BIOLOGIST**



MADISON CARPENTER
Kids Club Coordinator
mcarpenter@spencerymca.org
Dream Job: **VETERINARIAN**

SPENCER FAMILY YMCA STAFF



MEGAN WHITAKER

Director of Operations

mwhitaker@spencerymca.org

Dream Job: ZOOLOGICAL VETERINARIAN

FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our
neighbors



NATHAN PRENZLOW

Chief Executive Officer

nprenzlow@spencerymca.org

Dream Job: SPORTS PODCASTER



SANDY HOLCK

Swim Team Coach

tigersharks@spencerymca.org

Dream Job: PUBLISHER



PAIGE GAEDKE

Program Director

pgaedke@spencerymca.org

Dream Job: MARINE BIOLOGIST



SAVANNA LANGNER

Youth/Wellness Coordinator

slangner@spencerymca.org

Dream Job: REALITY TV STAR



RILEY ABRAHAMSON

Member Service Coordinator

rabrahamson@spencerymca.org

Dream Job: MARINE ANIMAL
TRAINER



WENDY McMULLEN

Chief Financial Officer &
Membership Director

wmcmullen@spencerymca.org

Dream Job: ZOOKEEPER



FOOTWORK WORKSHOP

MARCH 17TH – 2026
12-1 PM 

SPENCER YMCA – STUDIO B

Members \$20
Program Participant \$40

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

**Open to all levels – come dance, express, and connect!
Quick feet, clean lines, strong control. This footwork workshop
will push dancers to improve speed, coordination, & musicality.**



712-262-3782

eelliott@spencerymca.org

spencerymca.org

MARCH 14

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



Feel the Music!

New Spring Recital Show Dates

🎵 May 20th - Dress Rehearsal for Act 1

🎵 May 21st - Dress Rehearsal for Act 2

★ May 22nd - Recital #1 - 6:30pm

★ May 23rd - Recital #2 - 10:30am



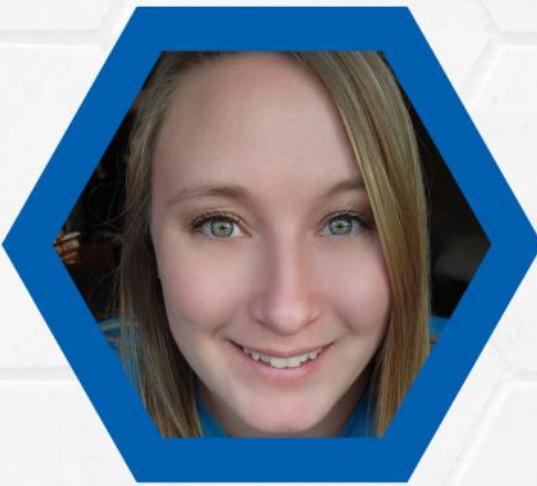
Picture Day - March 31st - 5 to 8:30pm





ADULT INSTRUCTIONAL 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 build comfort and confidence in a supportive environment.



PROGRAM INFORMATION:

 Thursdays

 9:15 - 10:00a

 Therapy Pool

 Members: \$10

Program Participant: \$20

No registration required - just show up and dive in!

Lessons are taught by **Felica Dusing**, who has been teaching lessons for over 20 years! She is also a Lifeguard & water safety instructor.

Questions? Contact Felica at fdusing@spencerymca.org

CUPID SPLASH!

PARTY IN A PINK POOL!



Date: Saturday, February 14, 2026

Time: 11:00a - 1:00p

Location: Therapy pool & Viewing Area

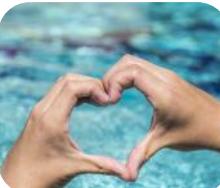
Cost/Child: \$20

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!



VALENTINES
CRAFTS!

SWEET
TREATS!



REGISTER
TODAY!



PHOTO
BOOTH!

FLOATING
PRIZES!

Schedule

11:00 - 11:45 Craft &
Snack

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



\$12
Program
Participants

WATER BABIES



Dates:

February: 7 & 21

March: 7 & 28

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, games & songs
- ★ Entering & exiting the pool
- ★ Front & back float
- ★ Gross motor skills



FOR INFORMATION :

712-262-3782

fdusing@spencerymca.org

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 1, 2, & 3	Day	Time	Pool
P1, P2, P3	M/W	11:45a - 12: 25p	T
P1, P2, P3	T/Th	11:45a - 12: 25p	T

Preschool Evening Classes			
Stage 1, 2, & 3	Day	Time	Pool
P1, P2, P3	M/W	4:00 - 4:40p	T
P1, P2, P3	T/Th	4:45 - 5:25p	T
P1, P2, P3	T/Th	5:30 - 6:10p	T

School Age Classes			
Stage 1 - Water Acclimation	Day	Time	Pool
S1	M/W	4:45 - 5:25p	T
S1	T/Th	4:00 - 4:40p	T
Stage 2 - Water Movement	Day	Time	Pool
S2	M/W	4:45 - 5:25p	T
S2	T/Th	4:00 - 4:40p	T
Stage 3 - Water Stamina	Day	Time	Pool
S3	M/W	4:00 - 4:40p	O
S3	T/Th	4:00 - 4:40p	O
Stage 4 - Stroke Introduction	Day	Time	Pool
S4	M/W	4:00 - 4:40p	O
S4	T/Th	4:00 - 4:40p	O
Stage 5 - Stroke Development	Day	Time	Pool
S5	M/W	4:00 - 4:40	O
S5	T/Th	4:00 - 4:40	O

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

Member: \$68 Program Participant: \$136

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: Feb. 16 – Mar. 26

Cost: \$35 M | \$70 PP





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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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, Mar. 13th.** 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



Pre-Requisite:

March 2nd

4:00-5:30p

Contact Felica if this time doesn't work.



In-Person Class

Saturday, Mar. 14th 8:00AM - 4:00PM

Sunday, Mar. 15th 10:00AM - 5:00PM

Monday, Mar. 16th 8:00AM - 4:00PM

QUESTIONS?



fdusing@spencerymca.org



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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.

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

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 4:00 - 4:30p

AGE / GRADE: 1st - 4th grade

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

LOCATION: Craft Room.....Max 8

YOUTH STRENGTH & CONDITIONING

Get your athlete ready with some strength and conditioning training, not only for the upcoming season, but also, because healthy muscles act as "armor" to help them support and protect the body against injuries.

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

AGE / GRADE: 6th - 8th grade

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

LOCATION: East Gym.....Max 10

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: M / W 11:45-12:15p

AGE / GRADE: 3 - 5 years

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

LOCATION: East Gym.....MAX 8

TIKES BASKETBALL

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

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

AGE / GRADE: 3 - 5 years

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

LOCATION: East Gym.....MAX 8

GAME ON



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: Member...\$9/day

Non-Member...\$11/day

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





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 open

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



YOUTH LOCK - IN



FOR YOUTH DEVELOPMENT®
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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 **FEBRUARY 7**

DROP OFF STARTS: **7:30p**

DOORS LOCK AT: **8:00p**

EVENT CONCLUDES: **FEBRUARY 8**

PICK UP BETWEEN: **5:30a - 6:00a**

COST: **\$70 / PERSON**

***Facility will be closed to 24 hour access**

**REGISTRATION
DEADLINE:
February 5**

ADVENTURE ALL DAY



FEB 16TH | TILT STUDIO | SIOUX CITY, IA

- ◆ Fun at full blast! Mini golf, laser tag, arcade games and more!
- ◆ Please do not send kids with extra money
- ◆ Pizza will be provided for lunch
- ◆ Bus returns at approx. 3:00p



CHECK IN: Check in begins at 8:30a

DEPARTURE: approx. 8:45a

ACTIVITY: approx. 11:00a - 1:00p

GRADES: K - 5th grade

RETURN: approx. 3:00p

FEES: \$45

Pre-registration is highly recommended



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPENCER
FAMILY YMCA

LETS GLOW CRAZY!

MIDDLE SCHOOL DANCE

FEBRUARY 20TH

8:00 - 10:00P

\$12 AT THE DOOR





KIDS NIGHT OUT

5:30 - 9:30PM

FEB. 21ST

**COST: \$45
ADDITIONAL CHILD \$35**

Kids ages 4 - 12 years old are invited to the Y for an evening of fun while you enjoy an evening out!

This month we are having a glow party! We will start the night out with a glow in the dark pool party. Afterwards we will head to the gym for blacklight dodgeball. We will end our night with a snack and movie.

MOTHER-SON NERF WARS

SATURDAY, MARCH 21st | 6:00 – 7:00 / 7:00 – 8:00
A night of friendly competition between Mothers & Sons!

DATE: Saturday, March 21st

Cost: \$25 per Mother-Son team

\$15 each additional child

AGES: K – 2nd & 3rd – 6th

TIME SLOTS: 6:00 – 7:00 K – 2nd Grade

7:00 – 8:00 3rd – 6th Grade

BRING YOUR OWN
NERF GUN!



Nerf guns will be provided if needed. Once the NERF WARS are over get ready to dodge, duck, dip, dive & dodge in a game of Mother vs. Son blacklight dodgeball!

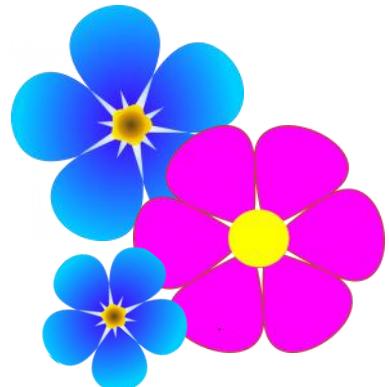
SPRING FLING

FATHER DAUGHTER DANCE

Saturday, April 11th

6:00-8:00pm

SPENCER FAMILY YMCA



Enjoy an evening of fun with your daughter, grand-daughter, niece or other favorite girl at the Spencer Family YMCA's semi-casual father-daughter dance! Activities include a bouncy house and dance music. Snacks and drinks will be provided.

Register at the YMCA or by calling 712.262.3782.

Ages: 3 yrs of age - 5th grade

\$50.00 Couple

\$25.00 Additional Child/Guest



SPENCER STRONG 5K



We're back to run along the river!



April 25, 2026

7:30 am | Check - In

8:00 am | 5K Run/Walk

9:00 am | 1K Kid's Run (10 & under)

Start/Finish: West Leach Park

Out and back race on the Little Sioux River Trail.



ENTRY FEE:

5K Run/Walk: \$30.00 (Shirt deadline March 29th)

1K Kid's Run: \$5 (Shirt deadline March 29th)

REGISTRATION:

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

LOWER GYM SCHEDULE (FEB 16 - MAR 29)

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						7:00 - 7:45a 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	12:15 - 12:45p STRONG START		12:15 - 12:45p STRONG START			
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						
7:30p						

SCHEDULES SUBJECT TO CHANGE
WITHOUT NOTICE.

MIDDLE GYM SCHEDULE (FEB 16 - MAR 29)

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 HIGH FITNESS	
6:00a						
7:00a						
8:00a						
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	1:00 - 3:00p PICKLEBALL	12:00 - 2:00p PICKLEBALL		12:00 - 2:00p PICKLEBALL	1:00 - 3:00p PICKLEBALL	
2:00p						
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						
7:00p						
8:00p						

SCHEDULES SUBJECT TO CHANGE
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FITNESS SCHEDULE FEBRUARY 16 - MARCH 29

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
5:45a		SURGE FIT 45 minutes		CYCLING 45 minutes	CYCLING 45 minutes
6:30a					Y FIT 45 minutes
8:30a	Y FIT 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
12:15	CORE EXPRESS 30 minutes	STRONG START 30 minutes	CORE EXPRESS 30 minutes	STRONG START 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	Studio B (downstairs)
	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.

Strong Start - A total - body strength class focused on building strength, supporting bone health, and improving balance. Utilizing bodyweight exercises, resistance bands, and dumbbells, this class is perfect for beginners looking for a technique-focused approach to resistance training in a supportive environment.

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 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!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y for **YOUTH DEVELOPMENT**: nurturing the potential of every child and teen • The Y for **HEALTHY LIVING**: improving the nation's health and well-being • The Y for **SOCIAL RESPONSIBILITY**: giving back and providing support to our neighbors • The Spencer Family YMCA is a non-profit, charitable organization • Financial Assistance is available for those who qualify.

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