



**SPRING - 2026 (v1)
PROGRAM GUIDE**
Spencer Family YMCA

March 30 - May 10

MARCH 16 MEMBER REGISTRATION BEGINS

MARCH 23 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.

FACILITY HOURS

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

OLSON POOL HOURS

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

WHAT YOU CAN DO AT THE Y

...A Place for Everyone



At the Spencer Family YMCA, we want people of all ages to enjoy an active, healthy lifestyle. Use our Program Guide to help find out what FUN activities and events you and your entire family 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 volleyball, basketball, or flag football 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 Daxko Core
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
- ◆ Spa, Sauna and Steam Room
- ◆ Adult Locker Rooms
- ◆ 2 Dance Studios
- ◆ Nautilus Center
- ◆ 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
- 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
- Join an Adult League
- Play a game of Pickleball
- Visit any other Y Nationwide for FREE

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

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

My **FAMILY** CAN...

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



2-Adult Household



1-Adult Household



Senior Couple

THERE'S A "Y" IN EVERY FAMILY

MEMBERSHIP RATES

Membership Type	Annual Membership	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

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 assistance to youth, adults and families based on individual needs and circumstances. Financial Assistance Applications are available at Member Services or on our website.

BENEFITS OF MEMBERSHIP

When you are part of the Spencer Family YMCA, you are a member of a community that's committed every day to helping you and your family through programs that focus on **YOUTH DEVELOPMENT, HEALTHY LIVING & SOCIAL RESPONSIBILITY.**

Every day we offer:

- FREE Group Fitness Classes for all fitness levels
- FREE Child Watch (drop in childcare while the parent/guardian attends a class)
- FREE Equipment Orientation
- FREE Nationwide Membership
- Adult Locker Room
- Sauna, Steam Room & Spa
- Adult Lap Swim and Open Swim times
- Adult & Youth Leagues
- Reduced Program Fees (up to 50%)
- Advanced registration for programs

- ◆ **Strong Community Campaign Financial Assistance Awards (FAA)** reduce membership and program fees; FAAs do not eliminate them.
- ◆ All Strong Community Campaign FAAs will be granted for 12 months.
- ◆ All individuals and families must reapply annually, with updated documentation.

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 rate discount. For more information, contact Megan Whitaker at mwhitaker@spencerymca.org



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



ERICA BUUM
Childcare Assistant Director
ebuun@spencerymca.org
Dream Job: [ARCHITECT](#)

FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN



BRITTANY VITE
4yo Preschool Teacher
bvite@spencerymca.org
Dream Job: [ASTRONAUT](#)



FELICA DUSING
Aquatic Director
fdusing@spencerymca.org
Dream Job: [MARINE BIOLOGIST](#)



ERIN ELLIOTT
Dance & Gymnastics Director
eelliott@spencerymca.org
Dream Job: [ROCKETTE](#)



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
wcmullen@spencerymca.org
Dream Job: ZOOKEEPER



2025-2026 CALENDAR

UPDATED 2/25

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		19	20
21	22	23	24	25	26	27
28						

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

- Mar 23 - Classes Resume

Closed

- Mar 16-20 - Spring Break
- May 18-19 - No Studio Y Classes

YMCA Sessions

- Spring - Mar 30-May 10
- Summer 1 - May 18-June 14

Special Events

- Mar 31 - Dance Classes Picture Day
- April 28 - Last Day of Gymnastics Classes

Pop-Up Classes

- Mar 7 - Line Dancing Event 7-9pm
- Mar 17 - Footwork 12-1p
- Mar 20 - Improv & Creative Movement Quality 1-2p
- April 4 - Line Dancing Event 7-9pm

Performances

- April 7, 14, 21, 28 - Gymnastics Parent Viewing Classes
- May 20 - Dress Rehearsal Act #1
- May 21 - Dress Rehearsal Act #2
- May 22 - Recital #1 6:30pm
- May 23 - Recital #2 10:30am

Fees Due

- April 1 - Recital Fee Due



RECITAL TICKETS AVAILABLE



**FEEL
THE
MUSIC**



STUDIO Y
DANCE & GYMNASTICS

MAY 22ND AT 6:30PM & MAY 23RD AT 10:30AM

**MUSIC
MUSIC**

**PRE-SALE: \$13
AT THE DOOR: \$15
CHILDREN 5 & UNDER ARE FREE**

**STARTING
MAY 01
2026**

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



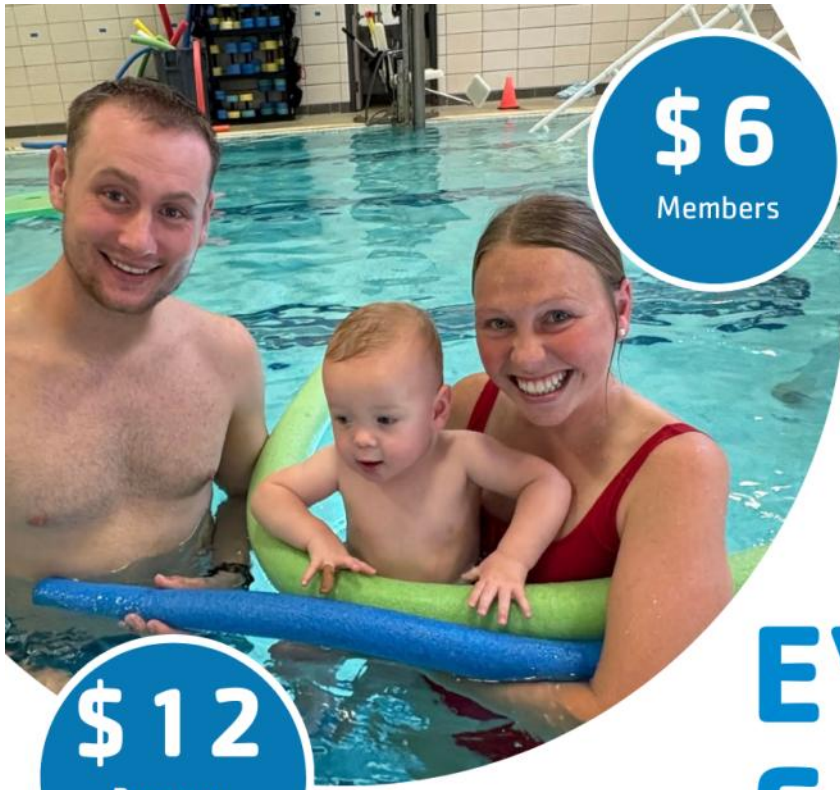
SWIMMING LESSONS

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

School Age Classes			
Stage 1 - Water Acclimation	Day	Time	Pool
S1	M/W	4:00 - 4:40p	T
S1	T/Th	4:45 - 5:25p	T
Stage 2 - Water Movement	Day	Time	Pool
S2	M/W	4:00 - 4:40p	T
S2	T/Th	4:45 - 5:25p	T
Stage 3 - Water Stamina	Day	Time	Pool
S3	M/W	4:00 - 4:40p	0
S3	T/Th	4:00 - 4:40p	0
Stage 4 - Stroke Introduction	Day	Time	Pool
S4	M/W	4:00 - 4:40p	0
S4	T/Th	4:00 - 4:40p	0
Stage 5 - Stroke Development	Day	Time	Pool
S5	M/W	4:00 - 4:40	0
S5	T/Th	4:00 - 4:40	0

Swim Lesson Pricing: All classes are 6 weeks long = 12 lessons
 Member: \$68 Program Participant: \$136



\$6

Members

WATER BABIES



\$12

Program
Participants

EVERY SATURDAY!

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

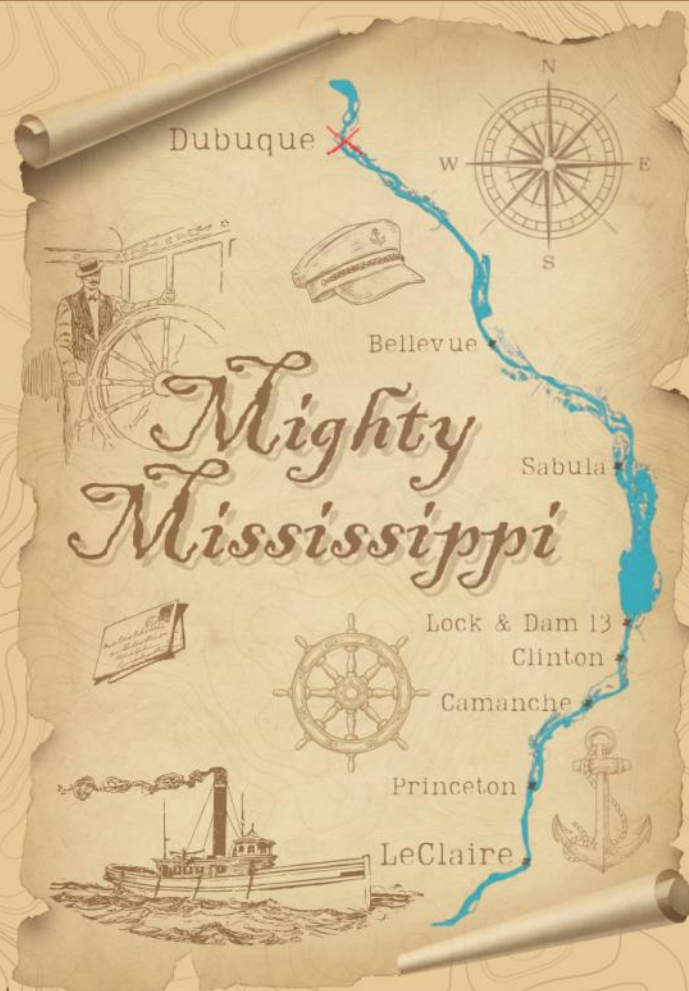


FOR INFORMATION :

712-262-3782

fdusing@spencerymca.org

Swim 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.

SPENCER FAMILY YMCA





AMERICAN RED CROSS LIFEGUARD SPRING TRAININGS 2026

FULL CERTIFICATION

In this blended learning class, after completing the prerequisites, participants must complete 7 hours of online training before attending all in-person sessions. Those who successfully complete all requirements will receive an American Red Cross Lifeguard/First Aid/CPR/AED certification valid for 2 years.

Must be 15 years of age.

\$215

APRIL

Registration Deadline: April 13th

Must attend prerequisite testing, complete online learning and attend all in-person classes.

Prerequisite Testing: Monday, April 13th 4:00-5:30p

In-Person Training: Saturday, April 18th 8:00a-4:00p
Saturday, April 25th 8:00a-4:00p
Sunday, April 26th 8:00a-3:00p

MAY

Registration Deadline: April 30th

Must attend prerequisite testing, complete online learning and attend all in-person classes.

Prerequisite Testing: Thursday, April 30th 4:00-5:30p

In-Person Training: Saturday, May 9th 8:00a-4:00p
Saturday, May 16th 8:00a-4:00p
Sunday, May 17th 8:00a-3:00p

RECERTIFICATION

This blended learning recertification course is for lifeguards who hold a current certification or are within 30 days of expiration.

Participants must complete the required online training before attending the in-person sessions. Successful completion earns an

American Red Cross Lifeguard/First Aid/CPR/AED recertification valid for 2 years.

\$75

APRIL

Registration Deadline: April 2nd

Must complete online learning and attend both in-person classes.

In-Person Training: Saturday, April 11th 8:00a-1:00p
Sunday, April 12th 8:00a-1:00p

MAY

Registration Deadline: May 21st

Must complete online learning and attend both in-person classes.

In-Person Training: Friday, May 29th 8:00a-1:00p
Saturday, May 30th 8:00a-1:00p

QUESTIONS?



fdusing@spencerymca.org

EASTER EGG SPLASH

SPENCER FAMILY YMCA

Date: Saturday March 28th

Time: 11:00a - 1:00p

Location: Therapy Pool & Viewing Area

Cost/Child: \$20

REGISTER
TODAY

• **PRIZES** •
(CANDY & SWIM LESSONS)

THERAPY POOL:
EASTER EGG
HUNT

HOP INTO
THE POOL!!

VIEWING AREA:
DECORATE AN
EASTER EGG!

the
YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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: Mar. 31 - May 7

Cost: \$35 M | \$70 PP





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



9:30 - 10:00a



Therapy Pool



Members: \$5

Program Participant: \$10

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

YOUTH PROGRAMS

MONDAY / WEDNESDAY CLASSES

YOUTH BOOTCAMP

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

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

AGE / GRADE: 3rd - 5th grade

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

LOCATION: East Gym.....Max 10

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

TIKES SORT-A-SPORT

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

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

AGE / GRADE: 3 - 5 years

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

LOCATION: East Gym.....MAX 8

TUESDAY / THURSDAY CLASSES

FLOOR HOCKEY

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

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

AGE / GRADE: K - 3rd grade

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

LOCATION: T - Middle Gym Th - East Gym Max 10

FLAG FOOTBALL

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

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

AGE / GRADE: K - 3rd grade

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

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

TIKES SORT-A-SPORT

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

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

AGE / GRADE: 3 - 5 years

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

LOCATION: East Gym.....MAX 8



GAME ON



175^{YEAR}
ANNIVERSARY



HEALTHY KIDS DAY[®]

Free To The Public! 10:00a-12:00p

Inflatables, Crafts, Dance, Swimming,
Blacklight Dodgeball and more!



NATIONAL
SPONSORS



APRIL 25

Spencer Family YMCA

712-262-3782

spencerymca.org

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 22nd

Cost: \$25 per Mother-Son team
\$15 each additional child

AGES: K - 2nd & 3rd - 6th

TIME SLOTS: 6:00 - 7:00p K - 2nd Grade
7:00 - 8:00p 3rd - 6th Grade

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 blackout dodgeball!

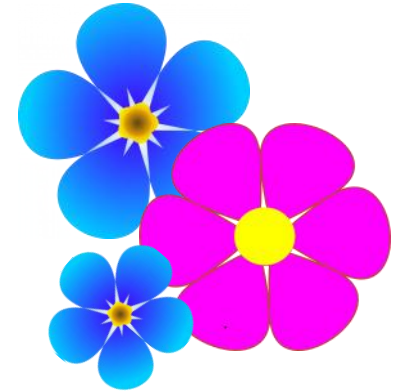
**BRING YOUR OWN
NERF GUN!**



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: 3yrs of age - 5th grade

\$50.00 Couple
\$25.00 Additional Child/Guest



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!

Spots fill quickly. Call today so you don't miss out!

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

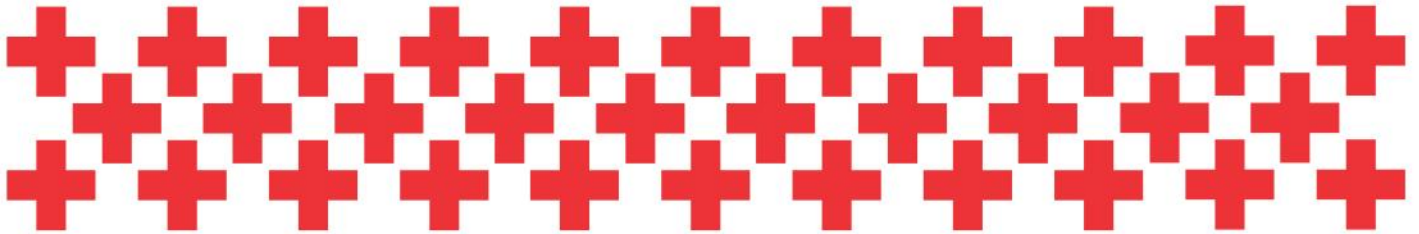
 : 8:30a - 3:15p

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



American Red Cross

Give blood. Help save lives.



Blood Drive **Spencer Family YMCA** Middle Gym

Friday, March 27, 2026
8:00 a.m. to 2:00 p.m.

Please call the YMCA at (712) 262-3782
or visit RedCrossBlood.org and enter: SpencerYMCA to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Scan to be directed to
RapidPass®



Give in March for a \$15 Gift Card by email & successful donations get A1C testing! rcblood.org/March



Scan to schedule
an appointment.



START SUMMER WITH A SPLASH!

Spencer Family Aquatic Center opens Monday, June 1st!



\$70 Individual



\$150 Family
up to 5 members
\$20 any additional



\$7 Day Pass



Aquatic Center passes may be purchased online at spencerymca.org/programs or at the Member Service Center.



APRIL 4



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

SPENCER STRONG 5K



We're back to run along the river!

April 25, 2026

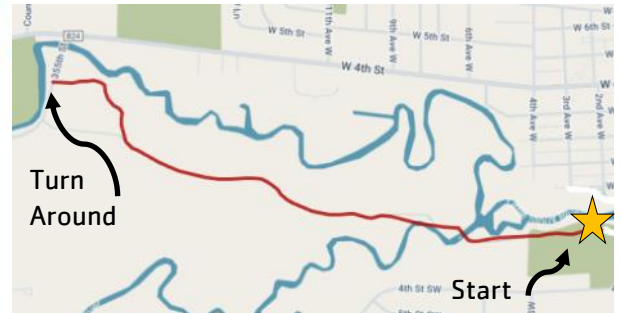
7:30 am | Check - In

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




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.

 4:00 - 5:30p

 April 24th

 Board Room

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

slangner@spencerymca.org

LOWER GYM SCHEDULE (MAR 30 - MAY 10)

	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 - 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	5:45-6:45 Volleyball Practice	5:30 - 6:15p Y FIT	5:45 - 6:45p Volleyball Practice	5:15 - 7:00p Volleyball Games		
6:30p							
7:30p	7:30 - 8:30p Volleyball Practice						

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

MIDDLE GYM SCHEDULE (MAR 30 - MAY 10)

	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	10:30 - 11:30a SR STRENGTH & CARDIO	10:00 - 11:00a PARKINSONS IN MOTION	10:30 - 11:30a SR STRENGTH & CARDIO			
11:00a							
NOON							
1:00p	1:00 - 3:00P PICKLEBALL						
2:00p	3:00 - 4:00P CHILDCARE INCLEMENT WEATHER						
3:00p	4:00 - 5:30P KIDS CLUB FULL GYM						
4:00p							
5:30p	5:30 - 6:30p CARDIO DANCE	5:30 - 6:30p VOLLEYBALL PRACTICE	5:30 - 6:30p CARDIO DANCE	5:30 - 6:30p VOLLEYBALL PRACTICE			
6:30p							
7:00p	6:45 - 7:45P VOLLEYBALL PRACTICE	7:30 - 8:30P VOLLEYBALL PRACTICE	6:45 - 8:45P PICKLEBALL				
8:00p							

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

FITNESS SCHEDULE MARCH 30 – MAY 10

	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	HIGH FITNESS 45 minutes	
5:45a		CYCLING 45 minutes		CYCLING 45 minutes		
7:00a						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	Studio B (downstairs)
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 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 - A versatile, low-impact aerobic exercise that improves cardiovascular fitness, builds lower-body strength and strengthens the core.

Sr. Strength & Cardio - Implements research-driven physical activity programs that 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 beginner friendly total body strength class focused on building strength, supporting bone health, and improving balance. Utilizing bodyweight exercises, resistance bands, and dumbbells.

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!

Core Express - This 30 minute Core Express class will be using a variety of exercises emphasizing the core muscles. Benefits include increased strength, stamina, posture, coordination and control of your body.

Stept Strength - Cardio-based Stept routines alongside Stept Strength tracks utilizing dumbbells. Expect effective and easy-to-follow routines that are designed to make every class feel like a party!

OLSON POOL SCHEDULE MARCH 30 – MAY 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a	OLSON POOL OPENS @ 5:00a						
6:00a	5:30 – 6:15a AQUA COMBO		5:30 – 6:15a AQUA COMBO		5:30 – 6:15a AQUA COMBO		
7:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL OPENS @ 8:00a	
8:00a	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		
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		
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						
1:00p			1:00 – 2:00p Specialty Swim				POOL OPENS @ 12:00p
2:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL CLOSING @ 12:00p
3:00p							
4:00p	Swim Lessons 4:00 – 5:30	Swim Lessons 4:00 – 6:00	Swim Lessons 4:00 – 5:30	Swim Lessons 4:00 – 6:00			POOL CLOSING @ 3:00p
5:00p							
6:00p	5:30 – 6:15a AQUA COMBO		5:30 – 6:15a AQUA COMBO				
7:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM			POOL CLOSING @ 5:30p
	OLSON POOL CLOSING @ 8:00p						

AQUA FITNESS CLASSES

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

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

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

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

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

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

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

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

THERAPY POOL SCHEDULE MARCH 30 – MAY 10

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	9:00 – 9:30a AQUA FLOW	
8:30 – 10:00 ADULT THERAPY SWIM				
	11:45 – 12:25p SWIM LESSONS		11:45 – 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	

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks – 3rd grade

MONDAY – FRIDAY

8:20 – 10:00a

MONDAY – THURSDAY

4:30 – 7:00p



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.

SPENCER FAMILY YMCA | 1001 11th Ave W | Spencer, Iowa 51301

p 712.262.3782 | www.spencerymca.org