



SUMMER I May 18 – June 14

SUMMER II June 15 – July 12

SUMMER III July 13 – Aug 9

PROGRAM GUIDE v1

Spencer Family YMCA

Summer 1 Registration Begins:

MEMBERS: MAY 4

PROGRAM PARTICIPANTS: MAY 11



**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.

SUMMER HOURS

Begin May, 17

Monday	4:30a - 8:00p
Tuesday	4:30a - 8:00p
Wednesday	4:30a - 8:00p
Thursday	4:30a - 8:00p
Friday	4:30a - 7:00p
Saturday	6:00a - 2:00p
Sunday	10:00a - 2:00p

Closed Monday May 25th

OLSON POOL HOURS

Monday	5:30a - 7:00p
Tuesday	5:30a - 7:00p
Wednesday	5:30a - 7:00p
Thursday	5:30a - 7:00p
Friday	5:30a - 5:00p
Saturday	8:00a - 12:00p
Sunday	Closed

WHAT YOU CAN DO AT THE Y

...A Place for Everyone



At the Spencer Family YMCA, we want people of all ages to enjoy an active, healthy lifestyle. Use our Program Guide to help find out what FUN activities and events you and your entire family enjoy at the Y!

- If I Am 3 months old I CAN...**
- Enjoy playtime in Child Watch while my parent/guardian is in the facility
 - Enroll in childcare
 - Swim with Mom, Dad or an adult guardian in the pool
 - Enroll in Water Babies

- If I Am 2 - 5 years old I CAN...**
- Play in Child Watch while my parent/guardian is taking an adult fitness class
 - Enroll in pre-school at the Dvergsten Center
 - Swim with Mom, Dad or an adult guardian in the pool
 - Play sports at the Y
 - Have a Y birthday party
 - Take dance & gymnastics classes
 - Take swimming lessons

- If I Am 6 - 10 years old I CAN...**
- Swim with Mom, Dad or an adult guardian in the pool
 - Participate in Kids Club after school
 - Hang out at the Y and play games or meet with friends with adult supervision
 - Participate in after-school sports and wellness programs
 - Play on a youth 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 competitive pool
 - ◇ Therapy Pool
- ◆ 2 gymnasiums
- ◆ Handball / Racquetball court
- ◆ Cycling / TRX Studio
- ◆ Pickleball courts
- ◆ Indoor track
- ◆ Cardio/Wellness Center
- ◆ Weight Training Center
- ◆ Dvergsten Childcare center
- ◆ Outdoor playground
- ◆ Spa, sauna and steam room
- ◆ 2 Dance Studios
- ◆ Nautilus Center
- ◆ Free Child Watch



If I Am a TEEN I CAN...

- Enjoy the Y without a parent or guardian.
- Work out in the Fitness Center (14+)
- Play basketball or racquetball with a friend
- Enroll in Dance & Gymnastics classes
- Perform on the Studio Y Dance team
- Join the Tigersharks swim team
- 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 racquetball or 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

*All memberships require a 3 month minimum.

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
Favorite Summer Activity:
SOFTBALL



BEN O'CLAIR
Property Director
boclair@spencerymca.org
Favorite Summer Activity:
FISHING

FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD
AND TEEN



BRITTANY VITE
4yo Preschool Teacher
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Favorite Summer Activity:
BOATING



ERIN ELLIOTT
Dance & Gymnastics Director
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Favorite Summer Activity:
BIKE RIDING WITH FAMILY

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



ERICA BUUM
Childcare Assistant Director
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Favorite Summer Activity:
KAYAKING WITH FRIENDS & FAMILY



FELICA DUSING
Aquatic Director
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Favorite Summer Activity:
GARDENING & TIME WITH FAMILY



MADISON CARPENTER
Kids Club Coordinator
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Favorite Summer Activity:
FISHING & WATER PARKS

SPENCER FAMILY YMCA STAFF



MEGAN WHITAKER

Director of Operations
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Favorite Summer Activity:
AQUA FITNESS AT SFAC

FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors



NATHAN PRENZLOW

Chief Executive Officer
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Favorite Summer Activity:
GOLFING



SANDY HOLCK

Swim Team Coach
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Favorite Summer Activity:
RIDING BIKES WITH GRANDKIDS



PAIGE GAEDKE

Program Director
pgaedke@spencerymca.org

Favorite Summer Activity:
KAYAKING WITH FRIENDS



SAVANNA LANGNER

Youth/Wellness Coordinator
slangner@spencerymca.org

Favorite Summer Activity:
SPENDING TIME OUTSIDE



RILEY ABRAHAMSON

Member Service Coordinator
rabrahamson@spencerymca.org

Favorite Summer Activity:
GOLFING



WENDY MCMULLEN

Chief Financial Officer &
Membership Director
wcmullen@spencerymca.org

Favorite Summer Activity:
RELAXING ON THE PATIO WITH MY DOG

YOUTH PROGRAMS – SUMMER 1: MAY 18 – JUNE 12

MAY 18 – MAY 22 | 4:00 – 4:30 | 3rd – 5th Grade | 4:30 – 5:00 | 6th – 8th Grade

YOUTH BOOTCAMP | FEES...MEMBER | PP...\$22/\$44

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

Max.....15 kids

MAY 26 – May 29 | 4:00 – 4:30 | 1st – 3rd Grade

SUPER SPY ACADEMY | FEES...MEMBER | PP...\$22 | \$44

Calling all secret agents! Young spies-in-training will solve puzzles, build gadgets, decode secret messages, and sneak through obstacle course to complete daring missions. Each day is packed with fun STEM challenges and more!

Max.....10 kids

JUNE 1 – JUNE 5 | 4:30 – 5:30 | 3rd – 6th Grade

BASKETBALL | FEES...MEMBER | PP...\$44/\$88

This class will be led by freshman boys basketball coach Randy Barrick! 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.

JUNE 8 – JUNE 12 | 4:00 – 4:30 | K – 3rd Grade

CRAFTY CORNER | FEES...MEMBER | PP...\$22 | \$44

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

Max.....10 kids



YOUTH PROGRAMS – SUMMER 2: JUNE 15 – JULY 12

OUTDOOR EXPLORATION

Get moving, thinking, & discovering the wonders of the outdoors, through engaging activities like yard games, nature scavenger hunts & hands on science experiments!

TIME: M / W 3:00 – 3:30p

AGE / GRADE: K – 3rd grade

FEES: Member | PP\$34 | \$68

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

SOCCER

Players develop basic soccer skills including dribbling, passing and shooting. Students will gain a team focused mentality along with understanding of soccer rules.

TIME: M / W 3:30 – 4:00p

AGE / GRADE: K – 2nd grade

FEES: Member | PP.....\$34 | \$68

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

SORT-A-SPORT

This class includes a variety of activities, including soccer, basketball, wiffle ball, floor hockey and football.

TIME: T / TH 3:00 – 3:30p

AGE / GRADE: 1st – 4th grade

FEES: Member | PP\$34 | \$68

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

LEGO CLUB

Participants will build vehicles, buildings, gears and whatever leaps into their imagination!

TIME: T / Th 3:30 – 4:00p

AGE / GRADE: K – 5th grade

FEES: Member | PP \$34 | \$68

LOCATION: Craft Room.....Max 10

TIKES SORT – A – SPORTS

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

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

AGE / GRADE: 3 – 5 years

FEES:Member | PP.....\$34 | \$68

LOCATION: Outside / East GymMax 8



YOUTH PROGRAMS – SUMMER 3: JULY 13 – AUG 9

KIDS IN THE KITCHEN

Kids learn to make healthy after-school snacks by themselves while exploring their creative side. Kids will also learn kitchen safety and go home with their own cookbook!

TIME: M / W 3:00 - 3:30p

AGE / GRADE: 1st - 5th grade

FEES:Member | PP\$32 | \$64

LOCATION: Kitchen MAX 10

FLAG FOOTBALL

Learn the game of flag football to prepare for our NFL Flag Football league in the Fall! Participants will begin each class learning basic skills and terminology and then finish the class with a scrimmage.

TIME: M / W 3:30 - 4:00p

AGE / GRADE: K - 2nd grade

FEES:Member | PP\$32 | \$64

LOCATION: Outside | East GymMax 10

CRAFTY CORNER

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

TIME: T / TH 3:00 - 3:30p

AGE / GRADE: 1st - 3rd grade

FEES:Member | PP\$32 | \$64

LOCATION: Craft RoomMax 10

SORT-A-SPORT

This class includes a variety of activities, including soccer, basketball, wiffle ball, floor hockey and football.

TIME: T / TH 3:30 - 4:00p

AGE / GRADE: 1st - 4th grade

FEES:Member | PP\$34 | \$68

LOCATION: Outside | East GymMax 10

TIKES BASKETBALL

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

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

AGE / GRADE: 3 - 5 years

FEES:Member | PP\$32 | \$64

LOCATION: East GymMAX 8



GAME ON



YOUTH STRENGTH & CONDITIONING TRAINING

The primary function of the body muscles is to contract and to move body parts. Only muscles can cause movement, so the stronger the muscles and the more forceful the contractions, the faster the young athlete will sprint, higher he/she will jump, further he/she will throw, ect. Get your athlete ready with some strength and conditioning training, not only to prepare them for the upcoming season, but also, because healthy muscles act as "armor" to help them support and protect the body against sports injury. Class is taught by Paige Gaedke & Savanna Langner.

*Join the class they will enter in the 26-27 school year.

Time: M/W 9:30 - 10:00 | 3rd - 5th Grade

Time: M/W 10:15 - 10:45 | 6th - 8th Grade

Fees: Member \$56 | Program Participant \$112

Location: East Gym

Class is offered during Summer 2 & 3



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	M/W	10:00 - 10:40a	T
P1, P2, P3	T/Th	10:45 - 11:25a	T

School Age Morning Classes			
Stage 1	Day	Time	Pool
S1	M/W	10:45 - 11:25a	T
S1	T/Th	10:00 - 10:40a	T
Stage 2	Day	Time	Pool
S2	M/W	10:45 - 11:25a	T
S2	T/Th	10:00 - 10:40a	T
Stage 3	Day	Time	Pool
S3	M/W	10:45 - 11:25a	O
S3	T/Th	10:00 - 10:40a	O
Stage 4	Day	Time	Pool
S4	M/W	10:45 - 11:25a	O
S4	T/Th	10:00 - 10:40a	O
Stage 5	Day	Time	Pool
S5	M/W	10:45 - 11:25a	O
S5	T/Th	10:00 - 10:40a	O

Preschool Evening Classes			
Stage 1, 2, & 3	Day	Time	Pool
P1, P2, P3	M/W	4:15 - 4:55p	T
P1, P2, P3	T/Th	3:30 - 4:10p	T
P1, P2, P3	T/Th	5:00 - 5:40p	T

School Age Evening Classes			
Stage 1	Day	Time	Pool
S1	M/W	3:30 - 4:10p	T
S1	T/Th	4:15 - 4:55p	T
Stage 2	Day	Time	Pool
S2	M/W	3:30 - 4:10p	T
S2	T/Th	4:15 - 4:55p	T
Stage 3	Day	Time	Pool
S3	M/W	4:15 - 4:55p	O
S3	T/Th	5:00 - 5:40p	O
Stage 4	Day	Time	Pool
S4	M/W	4:15 - 4:55p	O
S4	T/Th	5:00 - 5:40p	O
Stage 5	Day	Time	Pool
S5	M/W	4:15 - 4:55p	O



****Swim Lessons are only offered during Summer 2 & Summer 3****
Classes are 4 weeks long = 8 lessons
 Member: \$50 Program Participant: \$100



WATER SAFETY TIPS the YMCA

Ready, Set, Swim! Stay safe and have a blast this summer with these quick water safety reminders from the Spencer Family YMCA.



Always choose a properly fitting lifejacket—snug, secure, and the right size. A correct fit keeps it in place and prevents it from riding up over the face or head in the water.



Actively supervise children in and around water at all times. Encourage swimming near a lifeguard stand. Remember: phones down, eyes up



When children are on a boat, they should always wear a properly fitted, Coast Guard–approved lifejacket. A secure fit helps ensure it stays in place and provides the protection needed in case of an emergency.



Protect yourself from sunburn and heatstroke by wearing a hat, sunglasses, and sunscreen with SPF 15 or higher. Reapply sunscreen often—especially after swimming or sweating.



Never let children swim alone; always designate swimming buddies before visiting a pool or beach



Stay hydrated by drinking water regularly throughout the day, especially when you're active or in the sun. Don't wait until you feel thirsty—keep water close and drink often to help prevent dehydration and heat-related illness.

Your swimsuit color matters...

Choose bright, high-visibility colors like neon pink, orange, yellow, or green. Avoid colors that blend in with the water—like light blue, white, or gray.



TIGERSHARKS SWIMMING STRONGER

TIGERSHARKS SUMMER SWIM TEAM



June 2 - July 3

Summer swim team will be offered one 5 week session. Swimmers will need to sign up for a practice time based on ability and strength. Group options are below.

Gold Group: This is for swimmers 11 and up and stronger 9/10's that are proficient in all strokes and can follow workouts on their own when needed. We will refine strokes and work on endurance.

Silver Group: This group is mainly for our 9/10's and VERY strong 8 year olds or beginning 11 and ups. This group will continue to work on all strokes, turns, starts, and continue to build endurance.

Bronze Group: This group is for our 8 and unders and beginning 9/10 year olds. The main focus will be drills for all strokes, plus learning diving and beginning turns.

Practice Times

Tuesday, Thursday & Fridays

GOLD/SILVER: 9:00 - 10:00a

BRONZE/SILVER: 10:00 - 11:00a

Location:T/Th Aquatic Center
Friday YMCA

June 2 - June 12 all at YMCA

FEES:Member | PP
\$115 | \$230



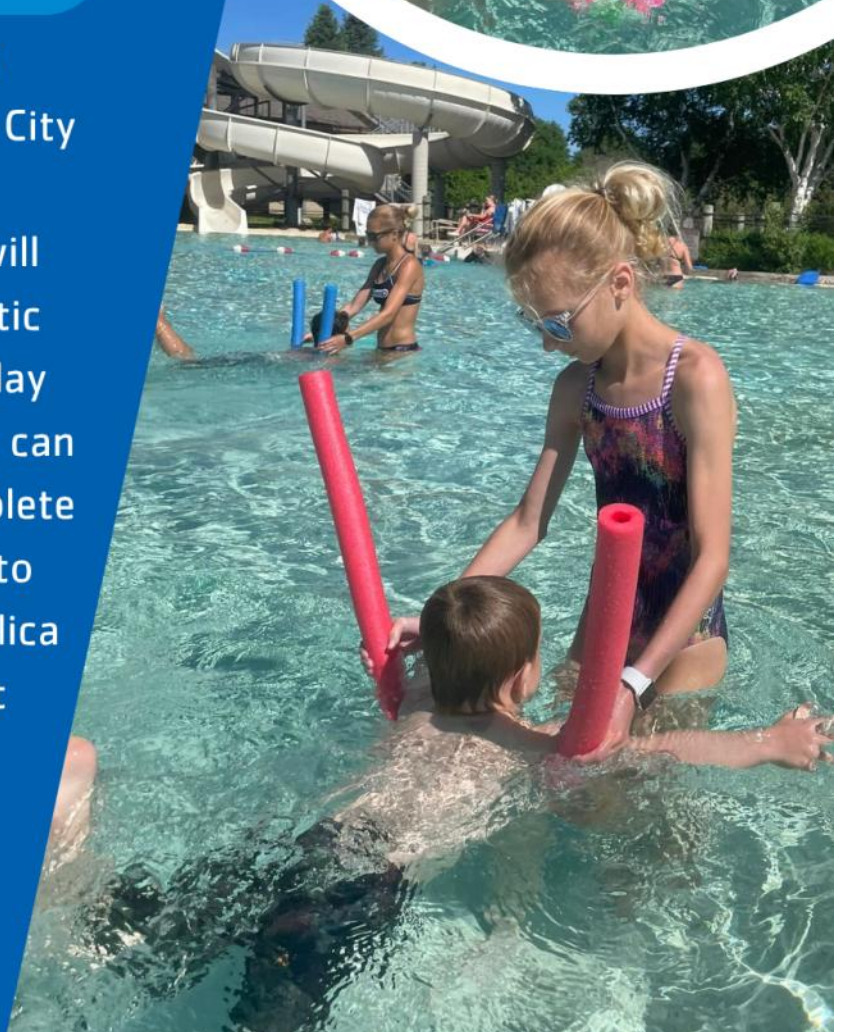
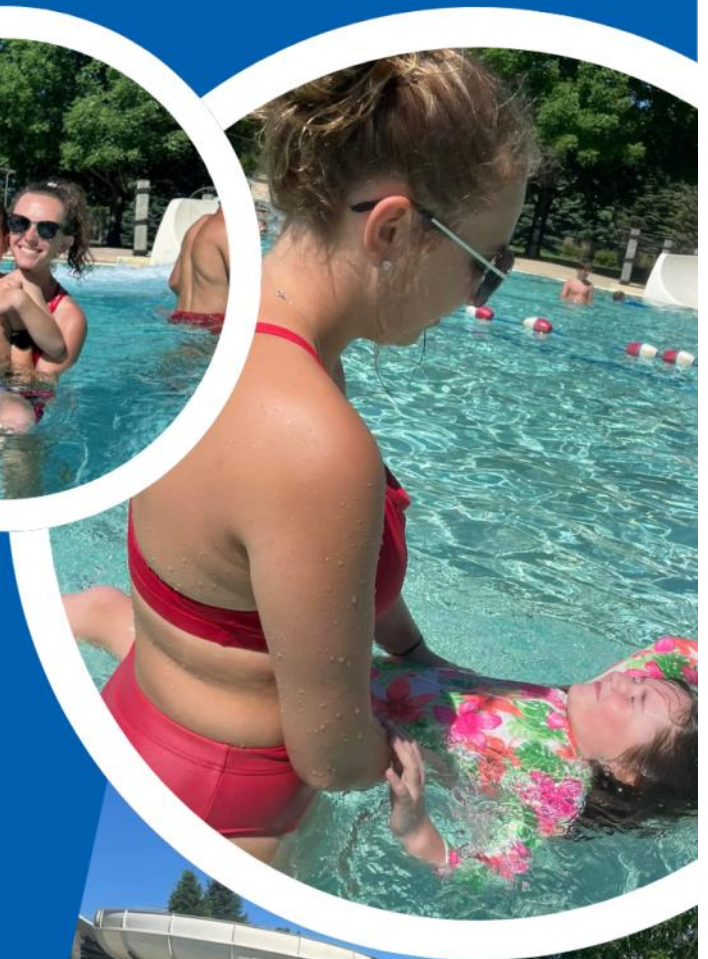


Begin to Swim

FREE SWIMMING LESSONS

Sponsored by the Hoepfner Trust

Begin to swim lessons are provided through a partnership between the City of Spencer and the Spencer Family YMCA. Lessons for ages 5 and up will be held at the Spencer Family Aquatic Center from Monday, June 1st - Friday June 12th 2026. Registration forms can be found at the YMCA. Please complete one form for each child and return to the YMCA by May 29th. Contact Felica Dusing if you have any questions at fdusing@spencerymca.org or 262-3782.





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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S TIME TO CELEBRATE!

BOUNCE AROUND! | 2 HOURS | \$125

You get the bounce house or gaga pit in the middle gym for 2 hours! Spend time opening gifts and enjoying cake and ice cream in the viewing area.



SWIM AROUND! | 2 HOURS | \$150

You get to spend an hour of your party in our therapy pool with the pool inflatable! Spend time opening gifts and enjoying cake and ice cream in the viewing area.

Your party package will include All-Access YMCA passes for up to 25 children! You can select from one of three party packages. All party options include a balloon bouquet, choice of 2 party rooms and a birthday t-shirt for the birthday child. All parties are welcome to bring their own food and drink. Please let us know if you need to use the kitchen.

BOUNCE & SWIM AROUND! | 3 HOURS | \$175

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



BEGINNER SALSA

Find your rhythm. This clinic introduces dancers to the vibrant world of Latin dance. We focus on the fundamental "1-2-3" timing, core rhythmic awareness, and "shines" (solo footwork patterns). It's an incredible way to build coordination and have some fun!

DATES: June 8 - 10

AGE / TIME: 6 - 8yrs 1:00 - 1:30
9 - 11yrs 1:30 - 2:00
12+yrs 2:00 - 2:30

FEES: 30 min classes...Member...\$30 | PP...\$60

LOCATION: Studio B.....Max 8



PRIVATE & SEMI-PRIVATE COACHING

Personalized attention to detail. If you are looking for a more open and focused training environment, our private coaching is the perfect fit. Whether you prefer to learn alone or want to bring along one to three of your close friends for a comfortable semi-private session, we provide a supportive space to reach your specific goals.

Styles:

- Hip-Hop
- Ballet
- Jazz
- Technique
- Acro
- Lyrical
- Flexibility



Pricing: \$90 Members package of 4 30 minute sessions.
Maximum of 4 students per session.

Scheduling: Contact Erin Elliott for more details and to book your sessions.



These private and semi-private lessons are designed to provide:

- Personalized feedback and correction to help improve your technique and execution
- Guidance on how to incorporate new skills into your daily practice
- Increased confidence and self-awareness as a dancer

Whether you're a beginner or an experienced dancer, these private lessons are the perfect opportunity to take your dancing to the next level.



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

STUDIO Y CLASSES | SUMMER 2 | JUNE 15 - JULY 12

BALLET & LYRICAL FUSION

Graceful technique meets emotional storytelling. This clinic bridges the gap between the disciplined structure of Ballet and the expressive, fluid nature of Lyrical dance. Students will work on foundational placement at the barre and then transition to center-floor combinations that focus on breath, extension, and performing with heart.

DATES: June 15 - 17

AGE / TIME: 4 - 5yrs 1:00 - 1:30

6 - 8yrs 1:30 - 2:00

9 - 11yrs 2:00 - 2:45

12+yrs 2:45 - 3:30

FEES: 30 min classes...Member...\$30 | PP...\$60

45 min classes...Member...\$45 | PP...\$90

LOCATION: Studio B.....Max 8

ACROBATIC ARTS CLINIC

Strength, flexibility, and certified safety progressions. Led by our Acrobatic Arts certified director, this morning clinic focuses on the "Five Divisions" of Acro: Flexibility, Strength, Balancing, Limbering, and Tumbling. We emphasize safety and proper muscle engagement to ensure every trick is built on a solid foundation.

DATES: June 22 - 24

AGE / TIME: 2 - 3yrs 9:00 - 9:30

4 - 5yrs 9:30 - 10:00

6 - 10yrs 10:00 - 10:45

12+yrs 2:45 - 3:30

FEES: 30 min classes...Member...\$30 | PP...\$60

45 min classes...Member...\$45 | PP...\$90

LOCATION: Studio B.....Max 8

TAP & JAZZ SPARK

Sharp lines, syncopated beats, and high energy, Dancers will split their time between the rhythmic precision of Tap and the high-energy, "big movement" style of Jazz. We focus on isolation, musicality, and learning fun choreography that keeps everyone moving.

DATES: June 29 - July 1

AGE / TIME: 4 - 5yrs 1:00 - 1:30

6 - 8yrs 1:30 - 2:00

9 - 11yrs 2:00 - 2:45

12+yrs 2:45 - 3:30

FEES: 30 min classes...Member...\$30 | PP...\$60

45 min classes...Member...\$45 | PP...\$90

LOCATION: Studio B.....Max 8



ADULT BEGINNER SALSA

Social dancing. This class is for adults who want to learn to dance in a fun Latin style. No partner or prior experience required - just a desire to move!

DATES: Thursdays June 18 - July 9

AGE: 18+

TIME: 4:00 - 4:45

FEES:Member | PP.....\$50 | \$100

LOCATION: Studio B.....Max 8

ADULT BEGINNER BALLET

Grace and strength. Rediscover (or discover for the first time!) the joy of ballet. This class focuses on posture, flexibility, and foundational movements in a relaxed, supportive environment.

DATES: Fridays June 19 - July 10

AGE: 18+

TIME: 10:00 - 10:45

FEES:Member | PP.....\$50 | \$100

LOCATION: Studio B.....Max 8

STUDIO Y CLASSES | SUMMER 3 | JULY 13 - AUG 9

ACROBATIC ARTS CLINIC

Strength, flexibility, and certified safety progressions. Led by our Acrobatic Arts certified director, this morning clinic focuses on the "Five Divisions" of Acro: Flexibility, Strength, Balancing, Limbering, and Tumbling. We emphasize safety and proper muscle engagement to ensure every trick is built on a solid foundation.

DATES: July 13 - 15

AGE / TIME: 2 - 3yrs 9:00 - 9:30

4 - 5yrs 9:30 - 10:00

6 - 10yrs 10:00 - 10:45

12+yrs 2:45 - 3:30

FEES: 30 min classes...Member...\$30 | PP...\$60

45 min classes...Member...\$45 | PP...\$90

LOCATION: Studio B.....Max 8

BEGINNER SALSA

Find your rhythm. This clinic introduces dancers to the vibrant world of Latin dance. We focus on the fundamental "1-2-3" timing, core rhythmic awareness, and "shines" (solo footwork patterns). It's an incredible way to build coordination and have some fun!

DATES: July 20 - 22

AGE / TIME: 6 - 8yrs 1:00 - 1:30

9 - 11yrs 1:30 - 2:00

12+yrs 2:00 - 2:30

FEES: 30 min classes...Member...\$30 | PP...\$60

LOCATION: Studio B.....Max 8

BALLET & LYRICAL FUSION

Graceful technique meets emotional storytelling. This clinic bridges the gap between the disciplined structure of Ballet and the expressive, fluid nature of Lyrical dance. Students will work on foundational placement at the barre and then transition to center-floor combinations that focus on breath, extension, and performing with heart.

DATES: July 27 - 29

AGE / TIME: 4 - 5yrs 1:00 - 1:30

6 - 8yrs 1:30 - 2:00

9 - 11yrs 2:00 - 2:45

12+yrs 2:45 - 3:30

FEES: 30 min classes...Member...\$30 | PP...\$60

45 min classes...Member...\$45 | PP...\$90

LOCATION: Studio B.....Max 8

TAP & JAZZ SPARK

Sharp lines, syncopated beats, and high energy, Dancers will split their time between the rhythmic precision of Tap and the high-energy, "big movement" style of Jazz. We focus on isolation, musicality, and learning fun choreography that keeps everyone moving.

DATES: Aug 3 - 5

AGE / TIME: 4 - 5yrs 1:00 - 1:30

6 - 8yrs 1:30 - 2:00

9 - 11yrs 2:00 - 2:45

12+yrs 2:45 - 3:30

FEES: 30 min classes...Member...\$30 | PP...\$60

45 min classes...Member...\$45 | PP...\$90

LOCATION: Studio B.....Max 8

ADULT BEGINNER SALSA

Social dancing. This class is for adults who want to learn to dance in a fun Latin style. No partner or prior experience required - just a desire to move!

DATES: Thursdays July 16 - Aug. 6

AGE: 18+

TIME: 4:00 - 4:45

FEES:Member | PP.....\$50 | \$100

LOCATION: Studio B.....Max 8

ADULT BEGINNER BALLET

Grace and strength. Rediscover (or discover for the first time!) the joy of ballet. This class focuses on posture, flexibility, and foundational movements in a relaxed, supportive environment.

DATES: Fridays July 17 - Aug. 7

AGE: 18+

TIME: 10:00 - 10:45

FEES:Member | PP.....\$50 | \$100

LOCATION: Studio B.....Max 8



MIDDLE SCHOOL DANCE

ALOHA SUMMER!

Break out your Hawaiian gear and head to the Y for our Luau themed middle school dance.

*All outfits must be appropriate and follow school dress code.

*No backpacks will be allowed in the building

Music, Dancing, Games,
Prizes & Luau Style Fun



SPENCER FAMILY YMCA



\$12

**MAY
22**

**8:00 PM
10:00 PM**



KIDS NIGHT OUT

SPRING

INTO SUMMER!

- Swimming
- Bounce House & Games
- Crafts, Snacks & a Movie

23 May | 5:30-9:30 p.m.

**Cost: \$45 First Child
\$35 Additional Child(ren)**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER KIDS CLUB

This summer program provides a fun and safe environment for your school age child with a daily planned curriculum including outdoor play, art projects, gym games, swimming and table games!



Dates

**JUNE 1 –
AUG 18**

Member
Price

\$30/DAY

Non-Member
Price

\$40/DAY

Theme Weeks!

All About Me
Friendship
Rainbow
Disney
America
Beach

Mad Scientist
Under The Sea
Glow Crazy
Camping
Back To School

Field Trip Day Pricing: Member \$35 | Non-Member \$45

More Information Amy Kuehler at akuehler@spencerymca.org



START SUMMER WITH A SPLASH!

Spencer Family Aquatic Center opens Monday, June 1st!
Open Daily 12:00p - 7:00p



\$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.





WHISKER WALK

Join the Spencer Family YMCA & People for Pets for the 16th annual Whisker Walk! Take a fun 1K loop around East Leach Park with your furry friends and support a great cause—100% of proceeds benefit People for Pets. All pets must be on a leash.



16 MAY, 2026 | 10:00 AM | \$20
East Leach Park, Spencer IA

Thank you to our sponsors:



**\$20
per
dog**



doggie dip



**Sunday, August 9
5:00 - 7:00p**



Spencer Family Aquatic Center

**Let your furry friends make a splash
before the pool closes for the season!**

All proceeds benefit People For Pets

CALLING ALL COLLEGE STUDENTS!

HOME FROM COLLEGE FOR THE SUMMER?

STAY FIT OR START A NEW FITNESS ROUTINE BY JOINING NOW!

Available for purchase May 1st - August 1st

Available to all college students, just show us your college ID the



\$55/month! includes...

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- **Adult Locker Room**
- **Sauna, Steam Room and Spa**
- **Cardio Room**
- **Free Weight Room with multiple wall mount rigs and platforms**
- **Free Land and Aqua Fitness Classes**
- **Free Nationwide Membership**
- **8 Lane Competitive Pool & Therapy Pool**
- **Two Gymnasiums**



LOWER GYM SCHEDULE (MAY 18 - AUG 9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a		5:00 - 5:45a Y FIT		5:00 - 5:45a Y FIT			
5:15a	5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		
6:00a							
7:00a	6:15 - 8:30a Training	5:45 - 10:00a Training	6:15 - 8:30a Training	5:45 - 10:00a Training	6:15 - 8:30a Training	7:00 - 7:45a Y FIT	
8:00a		Kids Club 8:15 - 9:30a		Kids Club 8:15 - 9:30a			
9:00a	8:30 - 9:15a Y FIT		8:30 - 9:15a Y FIT		8:30 - 9:15a Y FIT		
10:00a	9:30 - 10:45a Youth Class		9:30 - 10:45a Youth Class				
11:00a	KIDS CLUB 10:45 - 11:30 CHILDCARE	KIDS CLUB 10:00 - 12:00	KIDS CLUB 10:45 - 11:30 CHILDCARE	KIDS CLUB 10:00 - 12:00	KIDS CLUB 10:45 - 11:30 CHILDCARE		
NOON	11:30 - 12:00 KIDS CLUB		11:30 - 12:00 KIDS CLUB		11:30 - 12:00 KIDS CLUB		
1:00p	12:45 - 1:30	12:15 - 12:45p STRONG START	12:45 - 1:30	12:15 - 12:45p STRONG START	12:45 - 1:30		
2:00p							
3:00p	3:00 - 4:00p Youth Class						
4:00p	4:00 - 5:00p Training 1/2 Gym		4:00 - 5:00p Training 1/2 Gym				
5:30p	5:30 - 6:15p Y FIT		5:30 - 6:15p Y FIT		6:00 - 7:00p SELF DEFENSE		
6:30p		6:00 - 7:00p SELF DEFENSE		6:00 - 7:00p SELF DEFENSE			
7:30p							

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

MIDDLE GYM SCHEDULE (MAY 18 - AUG 9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a	5:30 - 6:30a Y PUMP	5:30 - 6:15a SURGE FIT	5:30 - 6:30a Y PUMP		5:30 - 6:15a HIGH FITNESS		
6:00a							
7:00a							
8:00a	8:00 - 9:30A KIDS CLUB	8:30 - 9:15a Steplt Strength	8:00 - 9:30A KIDS CLUB	8:30 - 9:15a Steplt Strength	8:00 - 9:30A KIDS CLUB		
9:00a							
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 CARDIO DANCE				
6:30p		6:30 - 8:00P PICKLEBALL		6:30 - 8:00P PICKLEBALL			
7:00p							
8:00p							

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

FITNESS SCHEDULE MAY 18 - AUG 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a		Y FIT 45 minutes		Y FIT 45 minutes		
5:30a	Y PUMP 60 minutes	YOGA 60 minutes SURGE FIT 45 minutes	Y PUMP 60 minutes	YOGA 60 minutes	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		Y FIT 45 minutes	
9:00a		StepIt Strength 45 minutes		StepIt Strength 45 minutes	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		CARDIO DANCE 60 minutes Y FIT 45 minutes			

ADULT FITNESS CLASSES

Y FIT - This class will include a mixture of cardio and strength in a fast paced workout setting that consists of group training, circuit training, HIIT and tabata training.

Cardio Dance - An awesome dance-based total workout. Cardio and resistance.

Parkinson's in Motion - Focuses on balance, strength and cognitive components to assist people with Parkinson's. Class also includes exercises to improve gait, rigidity, handwriting skills and posture.

Cycling - 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.

StepIt Strength - Cardio-based StepIt routines alongside StepIt 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 MAY 18 – AUGUST 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a	OLSON POOL OPENS @ 5:30a					
6:00a	5:30 – 6:15p AQUA COMBO	OPEN SWIM 5:30 – 7:45	5:30 – 6:15p AQUA COMBO	OPEN SWIM 5:30 – 7:45	5:30 – 6:15p AQUA COMBO	POOL OPENS @ 8:00a
7:00a	OPEN SWIM 6:15 – 7:45		OPEN SWIM 6:15 – 7:45	OPEN SWIM 6:15 – 7:45	OPEN SWIM 6:15 – 7:45	
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	LAP SWIM
9:00a	OPEN SWIM 8:30 – 10:00	OPEN SWIM 8:30 – 10:00	OPEN SWIM 8:30 – 10:00	OPEN SWIM 8:30 – 10:00	9:00 – 11:00a Swim Team	
	10:00 – 11:30p Swim Lessons (Begin June 15)					LAP SWIM
11:30a					OPEN SWIM 8:00 – 12:00	
NOON	12:00 – 1:00p LAP SWIM ONLY					
1:00p	1:15 – 3:15p Kids Club Swim, Open Swim & Lap Swim				OPEN SWIM 1:00 – 5:00	LAP SWIM
3:30p	3:30 – 5:40p Swim Lessons (Begin June 15) Lap Swim					POOL CLOSURES @ 12:00p
6:00p	5:30 – 6:15p AQUA COMBO	OPEN SWIM 5:45 – 7:00	5:30 – 6:15p AQUA COMBO	OPEN SWIM 5:45 – 7:00	POOL CLOSURES @ 5:00p	
7:00p	OPEN SWIM 6:15 – 7:00		OPEN SWIM 6:15 – 7:00			
	OLSON POOL CLOSURES @ 7:00p					

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 MAY 18 – AUG 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 – 9:00a WATER WALKING	8:30 – 9:00a AQUA JOINTS	8:30 – 9:00a WATER WALKING	8:30 – 9:00a AQUA JOINTS	8:30 – 9:00a WATER WALKING
9:00 – 9:30a AQUA YOGA	9:00 – 9:30a AQUA FLOW	9:00 – 9:30a AQUA YOGA	9:00 – 9:30a AQUA FLOW	
8:30 – 10:00 ADULT THERAPY SWIM				
10:00 – 11:25p SWIM LESSONS				
4:00 – 5:40p SWIM LESSONS				

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks – 3rd grade

MONDAY – FRIDAY

8:20 – 10:00a

MONDAY – THURSDAY

5:00 – 6:30p



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

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