



FALL I - 2026 PROGRAM GUIDE Spencer Family YMCA

August 24 - October 4



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING

WELCOME TO THE Y

OUR MISSION: The Spencer Family YMCA strives to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

SUMMER HOURS

through September 6, 2026

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 Labor Day - September 7	

FALL/WINTER HOURS

September 7 - May 17, 2027

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

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 find **FUN** activities for you and your family to 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 a 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 with friends with adult supervision
- Participate in after-school sports and wellness programs
- Play on a youth volleyball, flag football or basketball team
- Join the Tigersharks Swim Team
- Participate in Youth Sports, Gymnastics or Dance
- Have a Y birthday party
- Take swimming lessons

KEEPING YOU INFORMED



1. Visit <https://my.textcaster.com/asa/3216>
2. Enter your information
3. Choose groups you would like to receive notifications for
4. Unsubscribe at anytime

DOWNLOAD OUR APP TODAY!



1. Visit the app store or google playstore and search 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
- ♦ Cycling/TRX 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



If I Am a TEEN I CAN...

- Enjoy the Y without a parent or guardian.
- Work out in the Weight Room (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
- 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 Classes
- 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
- Play basketball on the court
- 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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



* All memberships require a 3 month minimum.

MEMBERSHIP TYPE CRITERIA:

YOUTH: Ages 2 - 17

- ♦ Children 2 years old through 3rd grade must be accompanied by an adult or attend childcare, preschool or Kids Club.
- ♦ Youth 4th grade and above may use the Y facilities independently, but they must also follow the member Code of Conduct. Violations may result in loss of facility use and/or restricted membership, at the discretion of Y Staff.

ADULT: 18+ (including college students)

SENIOR: 63+

COUPLE: Two adults (18+) living at the same residence. Must provide proof of residence for both adults.

SOLO-PARENT FAMILY: A single adult with dependents residing at the same residence.

FAMILY: Two adults with children who reside with them until they become married, graduate from college, live independently, or are no longer counted as dependents of the household.

FINANCIAL ASSISTANCE

The Y welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our **Strong Community Campaign Financial Assistance Program**, the Spencer Family YMCA provides financial assistance to youth, adults, and families based on household income.

Financial Assistance Applications are available at Member Services or on our website.

CORPORATE MEMBERSHIP

When you're happy and healthy, you're stronger - for your family, your employer and your community. That is why the Y partners with local companies to boost employee health and wellness. Corporate members receive a 10% membership discount. For more information, contact Megan Whitaker, at mwhitaker@spencerymca.org



**GOOD
HEALTH
IS GOOD
BUSINESS**

NATIONWIDE MEMBERSHIP

Whether you are visiting family, attending a business conference, or simply passing through any town in the US, your active membership with the Y allows you FREE access to any YMCA facility.

Simply check in at Member Services with a picture ID and your Y ID.

Visit our website to search for locations wherever your travels take you.



**ALWAYS WELCOME
IN EVERY
COMMUNITY**

YMCA Membership is Now Nationwide

SPENCER FAMILY YMCA STAFF



AMY KUEHLER

Childcare Director

akuehler@spencerymca.org

Favorite Season: FALL/WINTER



BEN O'CLAIR

Property Director

boclair@spencerymca.org

Favorite Season: SUMMER

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



ERICA BUUM

Childcare Assistant Director

ebuum@spencerymca.org

Favorite Season: FALL

FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD
AND TEEN



BRITTANY VITE

4yo Preschool Teacher

bvite@spencerymca.org

Favorite Season: FALL



ERIN ELLIOTT

Dance & Gymnastics Director

eelliott@spencerymca.org

Favorite Season: FALL



MADISON CARPENTER

Kids Club Coordinator

mcarpenter@spencerymca.org

Favorite Season: SPRING

SPENCER FAMILY YMCA STAFF



MEGAN WHITAKER

Director of Operations
mwhitaker@spencerymca.org
Favorite Season: SUMMER

FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors



NATHAN PRENZLOW

Chief Executive Officer
nprenzlou@spencerymca.org
Favorite Season: SUMMER



SANDY HOLCK

Swim Team Coach
tigersharks@spencerymca.org
Favorite Season: SUMMER



PAIGE GAEDKE

Program Director
pgaedke@spencerymca.org
Favorite Season: FALL



SAVANNA LANGNER

Youth/Wellness Coordinator
slangner@spencerymca.org
Favorite Season: SUMMER



RILEY ABRAHAMSON

Member Service Coordinator
rabrahamson@spencerymca.org
Favorite Season: FALL



WENDY MCMULLEN

Chief Financial Officer & Membership Director
wcmullen@spencerymca.org
Favorite Season: FALL

2026-2027



STUDIO Y

DANCE & GYMNASTICS

REGISTRATION

SPOTS ARE LIMITED!

OPEN ONLINE!!

NOT SURE? ASK ABOUT
OUR FREE TRIAL CLASS!

WWW.SPENCERYMCA.ORG

STUDIO Y DANCE SCHEDULE

STUDIO A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:00-5:00PM	Tap 1 (1 st - 2nd Grade) 4-4:30pm		Creative Movement (2-3 years old) 4-4:30pm	
	Tap 2 (3rd - 4th Grade) 4:30-5pm	Lyrical 4 (7th - 8th grade) 4:45-5:15pm	Groovement (3-4 yrs old) 4:45-5:15pm	Pom 1 (1 st - 2 nd grade) 4:30-5pm
5:00-6:00PM	Tap 4 (8 th - 12 th grade) 5-5:30pm	Lyrical 2 (3rd - 4th grade) 5:15-5:45pm		Pom 2 (3rd - 4 th grade) 5-5:30pm
	Tap 3 (5th - 7th grade) 5:30-6pm	Lyrical 5 (9th - 12th grade) 5:45-6:15pm	Pre-Dance (4-5 yrs old) 5:30-6pm	Pom 3 (5th - 6th grade) 5:30-6pm
6:00-7:00PM	Acro 1 (1 st - 2nd Grade) 6:15-6:45pm	Lyrical 3 (5th - 6th grade) 6:15-6:45pm	Session Class of Mommy & Me 6-6:30pm	Pom 4 (7th - 8th grade) 6-6:30pm
		Lyrical 1 (1 st - 2 nd grade) 6:45-7:15pm	Baton (3rd - 12th Grade) 6:45-7:15pm	Pom 5 (9th-12 th grade) 6:30-7pm
7:00-8:00PM	Acro 2 (3rd -4th Grade) 7:15-7:45pm		Musical Theater 1 (3rd - 6th Grade) 7:15-7:45pm	
	Acro 3 (5th - 7th Grade) 7:45-8:15pm		Musical Theater 2 (7th - 12th Grade) 7:45-8:15pm	
8:00-9:00PM	Acro 4 (8th - 12th Grade) 8:15-8:45pm			

STUDIO Y DANCE SCHEDULE

STUDIO B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00-5:00PM	YDC Duo 4-4:30pm	Ballet/Jazz 2 (3rd - 4 th grade) 4:15-5:15pm	Hippity-Hop (4-5 yrs old) 4-4:30pm	YDC Solo 4-4:45pm	YDC Solo 4-4:45pm
	Hip-Hop 1 (1st-2nd grade) 4:30-5pm		Ballet/Jazz 1 (1st - 2nd grade) 4:45-5:45pm		
5:00-6:00PM	Hip-Hop 2 (3rd-4th grade) 5-5:30pm			Ballet/Jazz 3 (5 th - 7 th grade) 5:15-6:15pm	YDC Solo 4:45-5:30pm
	Hip-Hop 4 (8th-12th grade) 5:45-6:15pm		YDC Small Group 5:45-6:30pm		
6:00-7:00PM	Hip-Hop 3 (5th - 7th grade) 6:15-6:45pm	Ballet/Jazz 4 (8th-12 th grade) 6:15-7:15pm		YDC Duo 5:30-6pm	
	Cheer 1 (1st - 4th grade) 6:45-7:15pm		YDC Solo 6:30-7:15pm		YDC Solo 6-6:45pm
7:00-8:00PM	Cheer 2 (5th-7th grade) 7:15-7:45pm	YDC Duo 7:15-7:45pm			
				YDC Duo 6:45-7:15pm	

STUDIO Y GYMNASTICS SCHEDULE

STUDIO SEASON CLASSES

AUGUST 30TH - APRIL 25TH

GYMNASTICS DOES
NOT PARTICIPATE IN
THE SPRING RECITAL

GYMNASTICS
OPTIONAL SHOWCASE
APRIL 25TH AT 5PM

CLASS TUITION PER MONTH
\$33 M/ \$66 PP

EAST GYM	SUNDAY
4:15-4:45PM	Tiny Tumblers (3-4 years old)
4:45-5:15PM	Level 1 (4-6 years old)
5:15-5:45PM	Level 2
5:45-6:15PM	Level 3
6:15-6:45PM	Level 4 & 5

LEVEL PLACEMENT REQUIREMENTS

Level 2 - 7 years and up, or younger if they have a cartwheel and strong bridge

Level 3 - must have backbend and up and front limber

Level 4 - must have front and back walkovers

Level 5 - must have back handspring

STUDIO Y DANCE CLASSES

6 Week Session Class - MOMMY & ME

For 2 year olds and more timid 3 year olds!
Parent/Guardian will assist their child through
the classes as needed to build confidence in
dance skills and class environment.

WEDNESDAYS

6-6:30PM

**NOTE: GUARDIAN PRESENCE IS REQUIRED.
NO EXPERIENCE REQUIRED.**

STUDIO A - 30 MINS - \$50 M/\$100 PP PER 6 WEEK SESSION

FALL 1

AUG 24 - OCT 4



STUDIO Y DANCE CLASSES

6 WEEK CLASS SESSION ADULT BEGINNER BALLET



This class is tailored for adults who are new to ballet and eager to explore the graceful art form. Participants will learn fundamental ballet techniques, focusing on posture, balance, and basic movements. The supportive and encouraging environment will help attendees build confidence and improve their physical fitness while enjoying the beauty and discipline of ballet. Whether you're looking to try something new or rekindle a past passion, this class offers a welcoming space for all beginners.

NOTE: NO EXPERIENCE REQUIRED.

**45 MINS - \$50 M/\$100 PP
PER 6 WEEK SESSION**

FALL 1 AUG 24 - OCT 4

**FRIDAYS 10-10:45AM
STUDIO B**



2026-2027 CALENDAR

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

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

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

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

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

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

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

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

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

CLASSES BEGIN

- Aug 30 - Gymnastics 1st Day
- Aug 31 - Dance 1st Day
- Nov 30 - Dance Classes Resume
- Dec 6 - Gymnastics Classes Resume
- Jan 3 - Gymnastics Classes Resume
- Jan 4 - Dance Classes Resume
- Mar 22 - Dance Classes Resume
- Apr 4 - Gymnastics Classes Resume

NO CLASSES

- Sept 6-7 - Labor Day Weekend
- Nov 23-29 - Thanksgiving Break
- Dec 20-Jan 2 - Holiday Break
- Mar 15-21 - Spring Break
- Mar 28 - Easter
- May 10-12 - Recital Week - No Classes

SPECIAL EVENTS

- Oct 12-16 - Bring-A-Friend Week
- Oct 26-30 - Wear Halloween Costumes to Class
- Nov 2-6 - Costume Measurement Week
- Apr 2 - Dance Picture Day
- Apr 18 - Last Day of Gymnastics
- May 13 - Dress Rehearsal #1
- May 14 - Dress Rehearsal #2

PERFORMANCES

- Dec 7 - Grand Meander - (No classes)
- Apr 25 - Gymnastics Optional Showcase
- May 15 - Recital #1 @ 2pm
- May 16 - Recital #2 @ 2pm

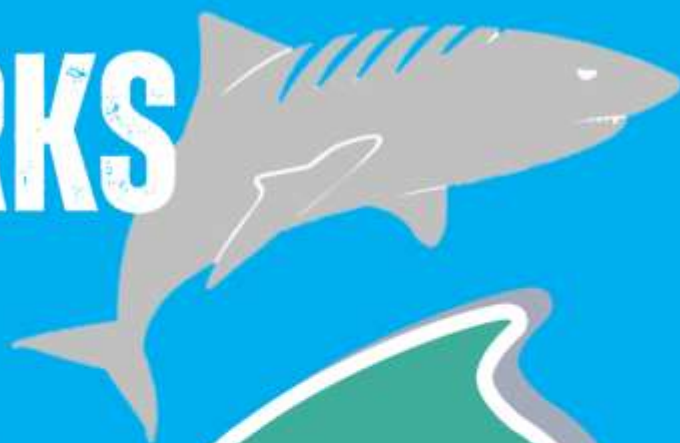
YMCA SESSIONS

- Fall 1 - Aug 24 - Oct 4
- Fall 2 - Oct 5 - Nov 15
- Fall 3 - Nov 16 - Dec 27
- Winter 1 - Jan 4 - Feb 14
- Winter 2 - Feb 15 - Mar 28
- Spring - Mar 29 - May 9

FEES DUE

- April 1 - \$45 Recital fee
◦ (dance students only)

TIGERSHARKS ROOKIE WEEK



Rookie week is for all new swimmers who are interested in joining the Spencer YMCA Tigersharks Swim Team. Swimmers will be evaluated by the coaches, who will then give you a referral to either swim team or swim lessons.

Questions? Contact Coach Sandy
tigersharks@spencerymca.org

**Thursday,
Oct. 4
6:30-7:15**

**Monday,
Sept. 28
6:30-7:15**

**Tuesday,
Sept. 29
6:30-7:15**

FREE!



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	11:30a - 12:20p	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 - 5:30p	T
S1	T/Th	4:00 - 4:40p	T
Stage 2 - Water Movement	Day	Time	Pool
S2	M/W	4:45 - 5:30p	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

Classes are 6 weeks long = 12 lessons

Member: \$68 Program Participant: \$136

Questions? Contact Sawyer Sand, Aquatics Director | ssand@spencerymca.org | 712-262-3782



BE WATER READY!

TEACHING SKILLS THAT SAVE LIVES



★ Drowning is the single leading cause of death for children ages 1–4 and the second leading cause of injury-related death for kids up to age 14.



Every year we lose the equivalent of 10 school buses full of kids to drowning (about 854 children).

88% of child drownings happen with an adult present.

60% of children who drown are within 10 feet of safety

The Y is here to help!

Through water safety lessons, your child will:

- ▶▶▶ Learn skills to stay safe
- ▶▶▶ Gain confidence in and around the water
- ▶▶▶ Have fun while learning lifesaving techniques

DROWNING IS PREVENTABLE!

More than 1 million kids take swimming lessons at Ys across the country each year.

The Y engages 9 million kids each year.

The Y is in over 10,000 neighborhoods across the country.

SAFETY AROUND WATER

Safety around Water at the Y helps ★
★ reduce the risk of drowning and builds kids' confidence with fun activities, water safety tips, and life-saving skills. ★

DROWNING IS PREVENTABLE
LET'S BE WATER READY!



SAFETY AROUND WATER

Free swim lessons for all Spencer First & Second Graders

Drowning is the second leading cause of accidental death in children ages 1 - 14. The Safety Around Water Program is a Y-USA program that provides 1st & 2nd grade students the opportunity to learn swim basics for free!



- Children may only sign up for one session
- Must be enrolled in 1st or 2nd grade during the 2026-2027 school year
- Do not have to be members at the Y



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: Outside / East Gym.....Max 12

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

AGE / GRADE: K - 2nd grade

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

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



GAME ON

LEGO CLUB

Participants build vehicles, buildings, gears and whatever leaps into their imagination! This class is a chance to offer kids a time to create, relax and have fun!

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

AGE / GRADE: K - 5th grade

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

LOCATION: Craft Room.....Max 10

SOCCER

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

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

AGE / GRADE: K - 3rd grade

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

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

TIKES SOCCER

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

TIME: M/W 11:45 - 12:15p -OR- T/Th 5:00-5:30p

AGE / GRADE: 3 - 5 years

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

LOCATION: Outside / East GymMax 8





SPENCER FAMILY YMCA
FALL SPIRIT SQUAD

CHEERLEADING PROGRAM



The YMCA's Cheerleading program coincides with our Flag Football season. Children grades 1st - 6th are welcome to participate! Every child will learn cheerleading motions, sideline cheers, halftime routines, kicks and jumps. Registration includes a shirt and pom-poms to be kept at the end of the season.

MEMBERS

\$50

NON-MEMBERS

\$100

WEDNESDAYS 5:00-5:45P

Questions? Contact Savanna Langner Youth Coordinator | slangner@spencerymca.org | 712-262-3782

YOUTH VOLLEYBALL

DATE: August 24th - October 9th

AGE / GRADE: 3rd - 6th grade

FEES:Member | PP.....\$62 | \$124

REGISTRATION FORMS available at the Y or on our website.

DEADLINE: August 16th



NFL FLAG FOOTBALL

DATE: August 24th - October 8th

AGE / GRADE: 1st - 6th grade

FEES:Member | PP ...\$62 | \$124

REGISTRATION FORMS AVAILABLE AT THE Y OR ON OUR WEBSITE.



The Spencer Family YMCA partners with the National Football League (NFL), NFL Play 60, and USA Football to offer the 2024 Flag-Football program. Through this partnership each player receives a reversible NFL team jersey, a flag belt and a USA Football membership.

Coaches set practice times and notify parents. Practices occur throughout the week with games on Thursdays at the Y fields.

REGISTRATION ENDS AUGUST 16th



DVERGSTEN EARLY CHILDCARE CENTER

It is our mission to provide quality child care in a way that encourages social, emotional, physical and intellectual growth, and to develop the Y values of caring, honesty, respect and responsibility.

Childcare

- We are a state licensed facility that serves children six weeks through preschool.
- Children utilize the Y's swimming pools, mini muscle room, gymnasiums, age-appropriate playgrounds, nature classroom, community garden, and even inflatables!
- We implement the "Tadpole App" which documents and reports daily activities and photos of your children right to your cell phone.
- Children who are enrolled in Y programs (like Dance, Swim Lessons or Youth Sports) are dressed and escorted to and from their programs.



Hours: M-F 5:30a – 6:30p

Ages: 6 weeks through pre-school

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



Kids Club 2026-27



Before & After School Care

Kids Club provides a fun and safe environment for your school age child with before and after school planned curriculum, including outdoor play, art projects and games. In addition, the Y is a designated bus stop for all schools in Spencer. In the morning, children that attend Johnson board a bus at 8:00a and all other children will board at 7:10a. Students who are registered in after school YMCA activities will be escorted to and from the activity by YMCA staff.

Hours: 5:30a - 8:00a & 3:30p - 6:30p

Grades: Kinderkids - 5th grade

Fees: Member: \$9/Day | Non-Member: \$11/Day
No School Days: Member: \$30/Day
Non-Member: \$40/Day



Questions? Contact Amy Kuehler, Childcare Director | akuehler@spencerymca.org | 712-262-3789

Girls on the Run is for **EVERY** girl.



**BEGINS
SEPTEMBER 7TH!**

DATES/TIMES: M/TH 5:30 - 6:45p

AGE/GRADE: 3rd - 5th grade

FEES: \$150

LOCATION: Deerfield Park



Girls on the Run is an afterschool program like no other! Twice per week for 8 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th grade girls through interactive lessons and running activities. The season ends with the girls running the Thunderbridge road race on November 1!

Registration includes

- ♦ 16 lessons led by trained GOTR Coaches
- ♦ All program materials and handouts
- ♦ An official GOTR T-shirt
- ♦ A water bottle
- ♦ Registration for the GOTR 5K Celebration
- ♦ Empowering lessons to last a lifetime!



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 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.



\$6

Members

\$12

Program
Participants

WATER BABIES



**EVERY
SATURDAY!
BEGINS AUG 29**

Saturday morning water babies is a class for children 3 months of age through Preschool and their caregivers. Classes are Saturday mornings from 9:30-10:00. 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



the





HELP FILL THE NEED

Donate blood!



**American
Red Cross**

Spencer Family YMCA

Friday, September 25th

8:00a – 2:00p

Spencer Family YMCA

1001 11th Ave West

For an appointment, please visit RedCrossBlood.org

Or call 1-800-RED CROSS (1-800-733-2767).



Includes after hours access to our:

Weight room - **gyms** - **cardio room** - **nautilus center** - **spa** - **sauna** - **steam room**
- **walking track** - **locker rooms**

What this means for our members...

- ♦ Workout on your time with 24 Hour Access added on to your Spencer Family YMCA membership!
- ♦ Simply enter your access code at the main entrance and you'll have access after hours.

Register in person for access...

- ♦ Stop by the Member Service Center M - F during normal business hours to complete your 24 Hour Access agreement and receive your access code.
- ♦ 24 Hour Access is an additional \$5 a month per member. Must be 18+ to enjoy 24 Hour Access.
- ♦ Corporate member? Enjoy 24 Hour Access for free!

Inquire at the Member Service Center to add 24 Hour Access to your Spencer Family YMCA membership today!

Y'S SERVICE CLUB CLAY COUNTY FAIR NUTTY BAR STANDS

**VOLUNTEER! BE A PART
OF THE NUTTY BAR TRADITION**



The Spencer Family YMCA's Service Club has helped purchase equipment, finance construction and assist with YMCA projects! The majority of the funds raised for these items comes from the Nutty Bar Stands at the Clay County Fair.



YES! I WOULD LIKE TO VOLUNTEER AT A NUTTY BAR STAND!

**Receive FREE admission to the
Fair and a FREE Nutty Bar!**

Questions? Contact Paige: pgaedke@spencerymca.org

FITNESS SCHEDULE AUGUST 24 - OCTOBER 4

	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 HIGH FITNESS 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	STEPIT STRENGTH 45 minutes		
9:00a		STEPIT STRENGTH 45 minutes		STEPIT STRENGTH 45 minutes	TAI CHI 30 minutes	Cycling
9:15a		YOGA 60 minutes		YOGA 60 minutes		East Gym
10:00a	PARKINSONS IN MOTION 60 minutes		PARKINSONS IN MOTION 60 minutes			Middle Gym
10:15		FOREVER WELL STRENGTH & CARDIO 60 minutes		FOREVER WELL STRENGTH & CARDIO 60 minutes		Studio A (upstairs)
11:00	ZUMBA GOLD 30 minutes		ZUMBA GOLD 30 minutes			Studio B (downstairs)
12:15	CORE EXPRESS 30 minutes		CORE EXPRESS 30 minutes		CORE EXPRESS 30 minutes	
1:00		PILATES 45 minutes		PILATES 45 minutes		
5:30p	CARDIO DANCE 60 minutes Y FIT 45 minutes		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 - 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.

ForeverWell 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.

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.

OLSON POOL SCHEDULE AUGUST 24 - OCTOBER 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a	OLSON POOL OPENS @ 5:00a					
6:00a	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	POOL OPENS @ 8:00a
7:00a						
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	LAP SWIM
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	
11:00a						OPEN SWIM
NOON	12:00 - 1:00p ADULT LAP SWIM ONLY					
1:00p	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	1:00 - 2:00p Specialty Swim	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	POOL CLOSING @ 12:00p
2:00p			OPEN SWIM			
3:00p						
4:00p	4:00 - 6:30 Swim Lessons & Swim Team				4:00 - 5:30p SWIM TEAM ONLY	POOL CLOSING @ 5:30p
5:00p						
6:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
7:00p	OLSON POOL CLOSING @ 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 AUGUST 18 - SEPTEMBER 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:00a WATER WALKING	8:30 - 9:00a AQUA JOINTS	8:30 - 9:00a WATER WALKING	8:30 - 9:00a AQUA JOINTS	8:30 - 9:00a WATER WALKING
9:00 - 9:30a AQUA YOGA	9:00 - 9:30a AQUA FLOW	9:00 - 9:30a AQUA YOGA		
8:30 - 10:00 ADULT THERAPY SWIM				
11:30a - 12:10p SWIM LESSONS	11:45 - 12:25p SWIM LESSONS	11:30a - 12:10p SWIM LESSONS	11:30 - 12:25p SWIM LESSONS	
4:00 - 5:30p SWIM LESSONS	4:30 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:30 - 6:10p SWIM LESSONS	
5:30 - 6:15p AQUA COMBO		5:30 - 6:15p AQUA COMBO		

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:00a

MONDAY - THURSDAY

5:00 - 6:30p

LOWER GYM SCHEDULE (AUG 18 - SEPT. 28)

	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						7:00 - 7:45a Y FIT	
8:00a	8:00 - 8:30a KIDS CLUB (NO SCHOOL DAYS)						
9:00a	8:30 - 9:15a Y FIT		8:30 - 9:15a Y FIT				
10:00a	KIDS CLUB FULL GYM 10:00 - 11:30 (NO SCHOOL DAYS)						
11:00a	YOUTH CLASS/CHILDCARE 11:30 - 12:00						
NOON							
1:00p							
2:00p							
3:00p							
4:00p	4:00 - 5:00p YOUTH CLASS	4:00 - 5:30 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				4:00 - 7:00p GYMNASTICS
6:30p							
7:30p							
SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.							

MIDDLE GYM SCHEDULE (AUG 18 - SEPT. 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a	5:30 - 6:30a Y PUMP	5:30 - 6:15a HIGH FITNESS	5:30 - 6:30a Y PUMP		5:30 - 6:15a HIGH FITNESS		
6:00a							
7:00a							
8:00a							
9:00a		8:45 - 9:30a STEPIT STRENGTH		8:45 - 9:30a STEPIT STRENGTH			
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	12:15 - 12:45p CORE EXPRESS		12:15 - 12:45p CORE EXPRESS		12:15 - 12:45p CORE EXPRESS		
1:00p		12:00 - 2:00p PICKLEBALL		12:00 - 2:00p PICKLEBALL			
2:00p	1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL		
3:00p	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER	2:00 - 4:00p CHILDCARE INCLEMENT WEATHER	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER			
4:00p	4:00 - 5:30p KIDS CLUB FULL GYM						
5:30p	5:30 - 6:30p CARDIO DANCE		5:30 - 6:30p CARDIO DANCE				
6:30p							
7:00p							
SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.							

8:00p

30

BACK TO SCHOOL BACK TO YOU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUGUST NEW MEMBER SAVINGS

Join the Spencer Family YMCA in August and receive 10% off a youth or family membership!

JOIN NOW
SAVE NOW!



OUR FACILITY

- ◆ 2 SWIMMING POOLS
- ◆ 2 GYMNASIUMS
- ◆ HANDBALL/RACQUETBALL COURT
- ◆ CYCLING/TRX STUDIO
- ◆ INDOOR TRACK
- ◆ CARDIO/Wellness CENTER
- ◆ WEIGHT TRAINING CENTER
- ◆ DVERGSTEN CHILDCARE CENTER
- ◆ OUTDOOR PLAYGROUND
- ◆ SAUNA, SPA, STEAM ROOM
- ◆ ADULT LOCKER ROOMS
- ◆ NAUTILUS CENTER
- ◆ 2 DANCE STUDIOS
- ◆ FREE CHILD WATCH
- ◆ FREE FITNESS CLASSES
- ◆ 50% OFF PROGRAMMING

MEMBERSHIP RATES

	MONTHLY DISCOUNT RATE	ANNUAL DISCOUNT RATE
YOUTH (2-18).....	\$32.40	\$365.40
SOLO PARENT	\$54.90	\$619.20
FAMILY	\$83.70	\$944.10

All membership categories and Financial Assistance recipients are eligible for this

SPENCER FAMILY YMCA

1001 11th Ave W | Spencer, Iowa 51301

P 712.262.3782

www.spencerymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

