

# FALL III – 2026 PROGRAM GUIDE

## Spencer Family YMCA

**November 16 – December 27**

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# WELCOME TO THE Y

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

## FALL/WINTER HOURS

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

## OLSON POOL HOURS

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

## CHILD WATCH HOURS

| | |
|---|---|
| Monday - Friday | 8:20a - 10:00a |
| Monday - Thursday | 4:30p - 7:00p |
| Saturday | 8:00a - 12:00p |

Ages 6 weeks - 3rd grade

## HOLIDAY HOURS

| | | |
|---|---|---|
| Thanksgiving Day | Thursday | CLOSED |
| Christmas Eve | Thursday | 4:30a - 12:00p |
| Christmas Day | Friday | CLOSED |
| New Years Eve | Thursday | 4:30a - 4:00p |
| New Years Day | Friday | 10:00a - 6:00p |



FALL III SESSION: NOVEMBER 16 - DECEMBER 27

**SPENCER FAMILY YMCA** Follow us on

1001 11th Ave W | Spencer, Iowa 51301 | P 712.262.3782 | www.spencerymca.org

## KEEPING YOU INFORMED!

textCaster

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 your zip code 51301
4. Login with your member login information

## OUR FACILITY

- 2Swimming Pools
  - 25-yard Lap Pool
  - Therapy Pool
- 2 Gymnasiums
- Racquetball Court
- TRX/Cycling Studio
- Indoor track
- Cardio/Wellness Center
- Weight Training Center
- Dvergsten Childcare Center
- Outdoor Playground
- Sauna, Spa and Steam Room
- Adult Locker Rooms
- Nautilus Center
- 2 Dance Studios
- Free Child Watch
- 24 hr access with fee



# NO PLACE LIKE THIS PLACE. JOIN TODAY!

# 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 (19-62) | $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 |

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* 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 with no other adult.

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

## FINANCIALASSISTANCE

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 M EMBERSHIP

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 a10% membership 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.**



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



## MADISON CARPENTER

Kids Club Coordinator
mcarpenter@spencerymca.org
Favorite Season: Spring




## BEN O'CLAIR

Property Director
boclair@spencerymca.org
Favorite Season: Summer

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## BRITTANY VITE

4 yo Preschool Teacher
bvite@spencerymca.org
Favorite Season: Fall



## MEGAN WHITAKER

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



## ERICA BUUM

Childcare Assistant Director
ebuum@spencerymca.org
Favorite Season: Fall

# SPENCER FAMILY YMCA STAFF



## NATHAN PRENZLOW

Chief Executive Officer
nprenzlow@spencerymca.org
Favorite Season: Summer



## PAIGE GAEDKE

Program Director
pgaedke@spencerymca.org
Favorite Season: Fall



## RILEY ABRAHAMSON

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



## SANDY HOLCK

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



## SAVANNA LANGNER

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



## SAWYER SAND

Aquatics Director
ssand@spencerymca.org
Favorite Season: Winter



## WENDY MCMULLEN

Chief Financial Officer
wmcmullen@spencerymca.org
Favorite Season: Fall

# STUDIO Y DANCE SCHEDULE

| STUDIO A | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|---|
| 4:00-5:00PM | Tap 1<br>Kathryn<br>4:00-4:30pm | | Creative Movement<br>Stacie<br>4:00-4:30pm | |
| | Tap 2<br>Kathryn<br>4:30-5:00pm | Lyrical 4<br>Gracie<br>4:45-5:15pm | Groovement<br>Stacie<br>4:45-5:15pm | Pom 1<br>Zarah<br>4:30-5:00pm |
| 5:00-6:00PM | Tap 4<br>Kathryn<br>5:00-5:30pm | | | Pom 2<br>Zarah<br>5:00-5:30pm |
| | Tap 3<br>Kathryn<br>5:30-6:00pm | | Pre-Dance<br>Stacie & Holly<br>5:30-6pm | Pom 3<br>Zarah<br>5:30-6:00pm |
| 6:00-7:00P | Acro 1<br>Riley<br>6:15-6:45pm | Lyrical 3<br>Gracie<br>6:15-6:45pm | Session Class of Mommy & Me<br>Stacie<br>6:00-6:30pm | |
| | | Lyrical 1<br>Gracie<br>6:45-7:15pm | Baton<br>Monroe<br>6:45-7:15pm | |
| 7:00-8:15P | Acro 2<br>Riley<br>7:15-7:45pm | | Musical Theater 1<br>Monroe<br>7:15-7:45pm | |
| | | | Musical Theater 2<br>Monroe<br>7:45-8:15pm | |

| STUDIO B | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 4:00-5:00PM | | | Hippity-Hop<br>Savanna<br>4-4:30pm | | |
| | Hip-Hop 1<br>Savanna<br>4:30-5pm | | Ballet/Jazz 1<br>Savanna<br>4:45-5:45pm | | |
| 5:00-6:00PM | Hip-Hop 2<br>Savanna<br>5-5:30pm | Ballet/Jazz 2<br>Cheye<br>5:45-6:45pm | | | |
| | Hip-Hop 4<br>Savanna<br>5:45-6:15pm | | | | |
| 6:00-7:00PM | Hip-Hop 3<br>Savanna<br>6:15-6:45pm | Ballet/Jazz 3<br>Cheye<br>6:45-7:45pm | | | |
| | Cheer 1 & 2<br>Elissa<br>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 6:00-6:30PM

NOTE: GUARDIAN PRESENCE IS REQUIRED.
NO EXPERIENCE REQUIRED.

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

FALL 3 NOV 16 - DEC 27



# VIRAL DANCE TRENDS

*Love learning the latest dance trends? In this fun, high-energy class, dancers will learn popular dances inspired by social media, viral videos, and today's favorite hits! Students will build rhythm, coordination, and confidence while learning trending moves, creating their own combinations, and dancing with friends in a fun, supportive environment. No prior dance experience necessary - just bring your energy and love of dance.*

| | |
|---|---|
| *4th - 12th grade* | *4:30 - 5:15p* |
| *M: $35 \| PP: $70* | *Studio B \| Thursdays* |

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# STREET JAZZ

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GET READY TO MOVE, GROOVE, AND BRING YOUR STYLE TO THE DANCE FLOOR! STREET JAZZ COMBINES THE ENERGY AND ATTITUDE OF HIP-HOP WITH THE TECHNIQUE AND PRECISION OF JAZZ DANCE. DANCERS WILL LEARN FUN, UPBEAT CHOREOGRAPHY SET TO POPULAR MUSIC WHILE DEVELOPING RHYTHM, COORDINATION, FLEXIBILITY, AND PERFORMANCE SKILLS. THIS CLASS IS PERFECT FOR DANCERS WHO LOVE HIGH-ENERGY MOVEMNET, EXPRESSIVE CHOREOGRAPHY, AND SHOWING OFF THEIR PERSONALITY. NO PRIOR DANCE EXPERIENCE IS NECESSARY.



**4TH - 8TH GRADE | 5:15-6:00P | THURSDAYS | STUDIO B**

**$35 MEMBERS | $70 PROGRAM PARTICIPANTS**

# GRAND MEANDER

## SPENCER FIRE STATION

# SAVE THE DATE



DECEMBER
2026

7



5:00PM



## 2026 – 2027 TIGERSHARKS

# SWIM TEAM

The Tigersharks Swim Team season begins October 26, 2026. The Tigershark commitment includes weekly practices and optional participation in swim meets.

To Qualify:

- Kindergarten through 12th grade
- 8yo & younger must be able to swim 25 yards (one length of the pool) using front and back crawl without stopping
- 9yo+ must be able to swim 50 yards without stopping

**Registration: Sept. 21st**

**Cost: $273 annually | $91 monthly**

**Location: Olson Pool**

**Practice Schedule:**

| | 8 & Under | 9 & 10 | 11 & Up |
|---|---|---|---|
| M | 3:45-4:45 | 6:15-7:30 | 7:30-8:45 |
| T | 3:45-4:45 | 6:15-7:30 | 7:30-8:45 |
| W | 3:45-4:45 | 6:15-7:30 | 7:30-8:45 |
| TH | 3:45-4:45 | 6:15-7:30 | 7:30-8:45 |

## SAVE THE DATES!

Mini Swim Meet
November 6 @ 5:30p

Home Swim Meets
November 21
January 16
February 14

Questions? Contact Sandy Holck, Swim Team Coach | tigersharks@spencerymca.org



$6 Members

$12 Program Participants

# WATER BABIES

# EVERY SATURDAY!

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

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# SWIM LESSON SELECTOR

## PRESCHOOL STAGE 1
### Water Acclimation
Ages: 3 - 5 years

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

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

## PRESCHOOL STAGE 2
### Water Movement
Ages: 3 - 5 years

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

Participants must be able to:
- Blow bubbles/do bobs independently
- Front or back float briefly with assistance
- Paddle-stroke 5–10 yards
- Flutter kick on back for 5–10 yards

## PRESCHOOL STAGE 3
### Water Stamina
Ages: 3 - 5 years

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

Participants must be able to:
- Jump into the water independently
- Bob independently
- Float briefly with or without support
- Paddle-stroke 10–15 yards
- Flutter kick on back for 10–15 yards

## SCHOOL AGE STAGE 1
### Water Acclimation
Ages: 5 - 12 years

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

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

## SCHOOL AGE STAGE 2
### Water Movement
Ages: 5 - 12 years

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

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

## SCHOOL AGE STAGE 3
### Water Stamina
Ages: 5 - 12 years

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

Participants must be able to:
- Swim and float independently
- Paddle-stroke 15 yards with rhythmic breathing
- Flutter kick and fin on their back for 15 yards
- Perform a kneeling dive

## SCHOOL AGE STAGE 4
### Stroke Development
Ages: 5 - 12 years

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

Participants must be able to:
- Front crawl 25 yards
- Back crawl 25 yards
- Flutter kick 50 yards with rhythmic breathing using a kickboard
- Tread water for 1 minute
- Perform a standing dive

## SCHOOL AGE STAGE 5
### Stroke Mechanics
Ages: 5 - 12 years

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

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



# SWIMMING LESSONS

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

| Preschool Evening Classes | | | |
|---|---|---|---|
| Stage 1, 2, & 3 | Day | Time | Pool |
| P1, P2, P3 | M/W | 4:45 - 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 |
| S1 | T/Th | 5:30 - 6:10 | T |
| Stage 2 - Water Movement | Day | Time | Pool |
| S2 | M/W | 4:00 - 4:40p | T |
| S2 | T/Th | 4:45 - 5:25p | O |
| 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 |
| Stage 6 - Stroke Mechanics | M/W | 4:00 - 4:40p | O |
| S6 | M/W | 4:00 - 4:40p | 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




Date: **Saturday, December 19**
Time: 11:00a - 1:00p
Location: Therapy pool & Viewing Area
Cost/Child: $20

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**Pack your swimsuits, towel and goggles; our pool is ready for you! Bring your wishlist, snap a picture with Santa in the pool and decorate sugar cookies in Santa's workshop.**

## Schedule

11:00 - 11:30 Decorate cookies

11:30 - 1:00 Swim with Santa & Pictures!




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

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# LIFEGUARD TRAINING




## American Red Cross

In this blended learning style class, upon successfully completing the prerequisites listed below, participants will complete 7 hours of online training at their own pace prior to attending the in-person training. All online coursework must be completed by Thursday, Dec. 18th. Participants who successfully complete all required components will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years.

**COST**
**$215**

- Swim 150 yards, tread water for 2 minutes, swim 50 yards.
- Retrieve a 10 pound object from a depth of 9 feet and tow it for 25 yards.
- Turn 15 years old by the last day of class.
- Please bring: swimsuit, towel, goggles, phone or computer, water, & lunch.

**Pre-Requisite:**

Dec. 11th 5:30p
Dec. 12th 11:00a

**In-Person Class**

Friday, Dec. 18th 5:00PM - 9:00PM
Saturday, Dec. 19th 8:00AM - 6:00PM
Sunday, Dec. 20th 8:00AM - 6:00PM

**QUESTIONS?**

Contact Aquatics Director
ssand@spencerymca.org

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# AMERICAN RED CROSS

## FIRST AID/CPR/AED

This training includes options for both full certifications and renewals. It will cover adult, child & infant CPR/First Aid/AED certifications.

Full Cert $60

Re-Cert $50

Nov. 18

530p -9:00p

## CONTACT US

712-262-3782

www.spencerymca.org



# YOUTH PROGRAMS

## YOUTH BOOTCAMP

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

TIME: M / W 4:00 – 4:30p
AGE / GRADE: 3rd - 6th grade
FEES: ..... Member | PP ..... $47 | $94
LOCATION: East Gym.....Max 12

## BASKETBALL

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

**TIME**:T/Th 4:00 - 4:30p
**AGE / GRADE**: K - 2nd grade
**FEES**:..... Member | PP .....$47 | $94
**LOCATION**:East Gym.....Max 10

## STEM

Get involved with creating STEM-related creations thoughout the session. Youth will develop team building skills and knowledge of how science, technology, engineering, and math relate to health.

**TIME**:M / W4:30 - 5:00p
**AGE / GRADE**:K - 3rd grade
**FEES**:..... Member | PP ..... $47 | $94
**LOCATION**:East Gym.....Max 10

## SORT-A-SPORT

This class includes a variety of activities, including soccer, basketball, wiffle ball, floor hockey, and football. Try a different sport each week to see what your favorite is!

**TIME**:T / Th4:30 - 5:00p
**AGE / GRADE**: 1st - 4th grade
**FEES**:..... Member | PP ..... $47 | $94
**LOCATION**:East Gym.....Max 8





## TIKES BASKETBALL

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

TIME: T / Th 11:30a-12:00p -OR- 5:00-5:30p
AGE / GRADE: 3 - 5 years old
FEES: ..... Member | PP .....$47 | $94
LOCATION: East Gym.....MAX 8

**GAME ON**



QUESTIONS? Contact Paige Gaedke, ProgramDirector|pgaedke@spencerymca.org

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# 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.

# DVERGSTEN EARLY CHILDCARE CENTER







**It is our mission to provide quality child care in a way the 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, 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 4yo Preschool

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




# Kids Club 2026-27

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## 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

CYBER MONDAY SALE 25% OFF MEMBERSHIP CYBER MONDAY

BLACK FRIDAY SALE 25% OFF MEMBERSHIP BLACK FRIDAY SALE 25% OFF MEMBERSHIP

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SPECIAL OFFER

# BLACK FRIDAY THROUGH CYBER MONDAY

# 25% OFF MEMBERSHIPS

ONLINE ONLY

**www.spencerymca.org/memberships/**

*Prices are automatically adjusted at checkout

New Members only. Must not have had an active membership in the last 12 months.

# GOBBLE TIL YOU WOBBLE

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## BEAST MODE BEFORE YOU FEAST MODE

**WHEN:** Thursday, November 26th 6:30a

**FEE:** One kid friendly cereal - donation going to Spencer Middle School.

MUST sign up in the lower gym by Nov. 23.

# HIGH BEFORE PIE

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**WHEN:** Thursday, November 26th 6:30a

**FEE:** One kid friendly cereal - donation going to Spencer Middle School.

Join Rachel for HIGH Fitness to burn those calories before your pie!

# MOVIE NIGHT

## FEATURED FILM:
**We Bought a Zoo**

**START AT 5:30PM**

**SATURDAY, NOVEMBER, 14**

**ENTRY $5/PERSON**

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SPENCER FAMILY YMCA

# EAST GYM SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 5:00A | 5:15-6:15 OPEN BASKETBALL | 5:00-5:45 Y FIT | 5:15-6:15 OPEN BASKETBALL | 5:00-5:45 Y FIT | 5:15-6:15 OPEN BASKEBTALL | | |
| 6:00A | | | | | | 6:30-7:15 Y FIT | |
| 7:00A | | | | | | | |
| 8:00A | 8:00-8:30 KIDS CLUB (NO SCHOOL DAYS) | | | | | 8:00A-12:00P BASKETBALL GAMES | |
| 9:00A | | | | | | | |
| 10:00A | KIDS CLUB 10:00-11:30 (NO SCHOOL DAYS) | | | | | | |
| 11:00A | YOUTH CLASS/CHILDCARE 11:30-12:00 | | | | | | |
| 12:00P | | 12:15-12:45 STRONG START | | 12:15-12:45 STRONG START | | | |
| 1:000 | | | | | | | |
| 2:00P | | | | | | | |
| 3:00P | | | | | | | |
| 4:00P | 4:00-5:00 YOUTH CLASS | 4:00-5:30 YOUTH CLASS | 4:00-5:00 YOUTH CLASS | 4:00-5:00 YOUTH CLASS | | | 4:00-7:00 GYMNASTICS |
| 5:00P | 5:30-6:15 Y FIT | 5:30-7:30 BASKETBALL ½ OPEN | 5:30-6:15 Y FIT | 5:30-8:30 BASKETBALL ½ OPEN | 5:15-7:15 BASKETBALL GAMES | | |
| 6:00P | 6:45-7:45 BASKETBALL | | | | | | |
| 7:00P | | | | | | | |
| 8:00P | | 7:30-8:30 BASKETBALL ½ OPEN | | | | | |

**SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE**

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# MIDDLE GYM SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 5:00A | 5:30-6:30 Y PUMP | 5:30-6:15 HIGH FITNSS | 5:30-6:30 Y PUMP | | 5:30-6:15 HIGH FITNESS | | |
| 6:00A | | | | | | | |
| 7:00A | | | | | | | |
| 8:00A | | 8:45-9:30 STEPIT STRENGTH | 8:30-9:15 YO | 8:45-9:30 STEPIT STRENGTH | 8:15-10:15 PICKLEBALL | 8:00A-12:00P BASKETBALL GAMES | |
| 9:00A | | | | | | | |
| 10:00A | 10:00-11:00 PARKINSONS IN MOTION | 10:30-11:30 FOREVERWELL STRENGTH & CARDIO | 10:00-11:00 PARKINSONS IN MOTION | 10:30-11:30 FOREVERWELL STRENGTH & CARDIO | | | |
| 11:00A | | | | | | | |
| 12:00P | | | | | | | |
| 1:000 | 1:00-3:00 PICKLEBALL | | | | | | |
| 2:00P | | | | | | | |
| 3:00P | 3:00-4:00 CHILDCARE (INCLEMENT WEATHER) | | | | | | |
| 4:00P | 4:00-5:30 KIDS CLUB | | | | | | |
| 5:00P | 5:30-6:30 CARDIO DANCE | 5:30-7:30 BASKETBALL | 5:30-6:30 CARDIO DANCE | 5:30-7:30 BASKETBALL | 5:15-7:15 BASKETBALL GAMES | | |
| 6:00P | 6:45-7:45 BASKETBALL ½ OPEN | | | | | | |
| 7:00P | | | | | | | |
| 8:00P | | | | | | | |

**SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE**

the YMCA

# FITNESS Schedule

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 5:00A | | Y FIT | | Y FIT | | |
| 5:30A | Y PUMP | YOGA | Y PUMP | YOGA | | |
| | | HIGH FITNESS | | | HIGH FITNESS | |
| 5:45 | | CYCLING | | CYCLING | | |
| 6:20A | | | | | | Y FIT |
| 8:30A | | | YO | | | |
| 8:45A | | STEPIT STRENGTH | | STEPIT STRENGTH | | |
| 9:00A | | | | | TAI CHI | |
| 9:30A | | YOGA | | YOGA | | |
| 10:00A | PARKINSONS IN MOTION | | PARKINSONS IN MOTION | | | |
| 10:30A | | FOREVERWELL STRENGTH & CARDIO | | FOREVERWELL STRENGTH & CARDIO | | |
| 12:15P | CORE EXPRESS | STRONG START | CORE EXPRESS | STRONG START | CORE EXPRESS | |
| 1:00P | | PILATES | | PILATES | | |
| 5:30P | Y FIT | CYCLING | Y FIT | CYCLING | | |
| | CARDIO DANCE | | CARDIO DANCE | | | |

CYCLING STUDIO

MIDDLE GYM

EAST GYM

STUDIO A UPSTAIRS

STUDIO B DOWNSTAIRS

# OLSON POOL SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 5:00A | POOL OPENS 5:00A | | | | | POOL OPENS 8:00A | POOL OPENS 12:00P |
| 6:00A | 6:00-6:45 AQUA COMBO | OPEN SWIM | 6:00-6:45 AQUA COMBO | OPEN SWIM | 6:00-6:45 AQUA COMBO | | |
| 7:45A | 7:45-8:30 AQUACISE | 7:45-8:30 AQUACISE | 7:45-8:30 AQUACISE | 7:45-8:30 AQUACISE | 7:45-8:30 AQUACISE | | |
| 8:00A | | | | | | | |
| 8:30A | 8:30-9:30 HYDRO POWER | 8:30-9:15 AQUA ZUMBA | 8:30-9:30 HYDRO POWER | 8:30-9:15 AQUA ZUMBA | 8:30-9:30 HYDRO POWER | OPEN SWIM | |
| 9:30A | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | | |
| 10:00A | | | | | | | |
| 11:00A | | | | | | | |
| 12:00P | ADULT LAP SWIM ONLY | | | | | POOL CLOSES 12:00P | OPEN SWIM |
| 1:00P | OPEN SWIM | OPEN SWIM | 1:00-2:00 SPECIALTY SWIM | OPEN SWIM | OPEN SWIM | | |
| 2:00P | | | OPEN SWIM | | | | |
| 3:00P | | | | | | | POOL CLOSES 3:00P |
| 4:00P | 4:00-6:30 SWIM LESSONS & SWIM TEAM<br>1 LAP LANE AVAILABLE | | | | 4:00-5:30 SWIM TEAM | | |
| 5:00P | | | | | | | |
| 6:30P | | | | | POOL CLOSES 5:30P | | |
| 7:00P | | | | | | | |
| 8:00P | POOL CLOSES AT 8:00P | | | | | | |

## THERAPY POOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 8:30-9:00 WATER WALKING | 8:30-9:00 AQUA JOINTS | 8:30-9:00 WATER WALKING | 8:30-9:00 AQUA JOINTS | 8:30-9:00 WATER WALKING |
| 9:00-9:30 AQUA YOGA | 9:00-9:30 AQUA FLOW | 9:00-9:30 AQUA YOGA | 9:00-9:30 AQUA FLOW | 9:00-9:30 AQUA BARRE |
| 11:30A-12:10P SWIM LESSONS | 11:45A-12:25P SWIM LESSONS | 11:30A-12:10P SWIM LESSONS | 11:30A-12:25P SWIM LESSONS | |
| 4:00-5:30 SWIM LESSONS | 4:30-6:10 SWIM LESSONS | 4:00-5:30 SWIM LESSOSN | 4:30-6:10 SWIM LESSONS | |
| 5:30-6:15 AQUA COMBO | | 5:30-6:15 AQUA COMBO | | |

## SPENCER FAMILY YMCA

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