

# LOCATIONS & HOURS

## MARSHFIELD CENTER

410 West McMillan Street, Marshfield, WI 54449  
715.387.4900

### REGULAR FACILITY HOURS:

Monday-Friday 5am - 8pm  
Saturday 7am - 4pm  
Sunday 8am - 4pm

### SUMMER FACILITY HOURS:

Monday-Thursday 5am - 8pm  
Friday 5am - 7pm  
Saturday 7am - 1pm  
Sunday 8am - 1pm

## NEILLSVILLE CENTER

N3708 River Avenue, Suite C, Neillsville, WI 54456  
715.743.2065

24/7 Facility Access. Business hours vary - call for inquiries.



# 24 HOUR ACCESS

EXCLUSIVE TO MARSHFIELD  
CLINIC HEALTH SYSTEM  
YMCA MEMBERS AT BOTH  
OF OUR MARSHFIELD AND  
NEILLSVILLE CENTERS.

## YMCA CHILD DEVELOPMENT CENTER on McMillan

Located in the Everett & Dolores Roehl Youth Center  
410 West McMillan Street, Marshfield, WI 54449  
715.996.1832

Monday-Friday 6:00 am - 6:00 pm

## YMCA CHILD DEVELOPMENT CENTER on Pine

601 North Pine Avenue, Marshfield, WI 54449  
715.387.7555

Monday-Friday 5:30 am - 6:30 pm

Check our Mobile App, Website, Facebook, or Instagram page for additional schedules and holiday hours.

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## SOCIAL RESPONSIBILITY

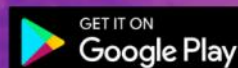
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# STAY CONNECTED NO MATTER WHERE YOU ARE.

## Download the Y Mobile App

Scan the  
code to  
download  
App.



Stay up-to-date with the latest announcements and facility hours, find and reserve your spot in group exercise classes, and create workouts.

# the TEAM

## MANAGEMENT

### President & Chief Executive Officer

John Nystrom • [jnystrom@mfldymca.org](mailto:jnystrom@mfldymca.org)

### Vice President of Mission Advancement

Rochelle Hill • [rhill@mfldymca.org](mailto:rhill@mfldymca.org)

### Vice President of Finance

Marcie Amar • [mamar@mfldymca.org](mailto:mamar@mfldymca.org)

### Aquatics Director

Aaron Heiss • [aheiss@mfldymca.org](mailto:aheiss@mfldymca.org)

### Assistant Aquatics Director

Jade Hollatz • [jhollatz@mfldymca.org](mailto:jhollatz@mfldymca.org)

### Child Care Business Manager

Jenni Bock • [jbock@mfldymca.org](mailto:jbock@mfldymca.org)

### Child Development Center Program Director

Nadia King • [nking@mfldymca.org](mailto:nking@mfldymca.org)

### Child Development Center Program Director

Melissa Stansky • [mstansky@mfldymca.org](mailto:mstansky@mfldymca.org)

### Child Development Center Kiddie Kaboose & Education Director

Angela Steevens • [asteevens@mfldymca.org](mailto:asteevens@mfldymca.org)

### Facilities Director

Dale Aue • [daue@mfldymca.org](mailto:daue@mfldymca.org)

### Healthy Living Director

Matt Stuefen • [mstuefen@mfldymca.org](mailto:mstuefen@mfldymca.org)

### Human Resources Generalist

Mitch McNaughton • [mmcnaughton@mfldymca.org](mailto:mmcnaughton@mfldymca.org)

### Membership Coordinators

Kendra Ferreyra • [kferreyra@mfldymca.org](mailto:kferreyra@mfldymca.org)

Matt Joiner • [mjoiner@mfldymca.org](mailto:mjoiner@mfldymca.org)

### School Age Program Director

Caitlin Gregorich • [cgregorich@mfldymca.org](mailto:cgregorich@mfldymca.org)

### Site Director - Neillsville Center

Dianna Walter • [dwalter@mfldymca.org](mailto:dwalter@mfldymca.org)

### Youth & Family Director

Amanda Blaskowski • [ablaskowski@mfldymca.org](mailto:ablaskowski@mfldymca.org)

## BOARD OF DIRECTORS

### Chief Volunteer Officer

Megan Hintz

### Vice Chief Volunteer Officer

Curt Kracht

### Treasurer

Bill Sennholz

### Secretary

Andy Keogh

### Immediate Past Chair

Jay Shrader

Anthony Andrews, Jr.

Ryan Christianson

Matt Colby

Amy Dean-Wojcik

Madalyn Field

Pat Gall

Karen Hocking

Ernest James

John Paape

Christopher "Kit" Ruesch

Jeni Schoenherr

Julie Simek

Cheri Trulen

# LIVING OUR CAUSE

## Our Cause

To strengthen communities through Youth Development, Healthy Living and Social Responsibility. Every day, we work side-by-side with our neighbors to make sure everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.

## Our Mission

The mission of the YMCA is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

## Our Values

Caring, Honesty, Respect, Responsibility.

## Our Impact Statement

To be known as the community organization that fulfills the health and well-being needs of people and improves the quality of life in the communities we serve.

**We are committed to making the Y a place of inclusion, where all are welcome.**

We know that when we work as one, we move people and communities forward. That's why we are committed to providing support to our neighbors and opportunities for kids, adults, and families to give, join in, or advocate in the name of stronger communities.

**John Nystrom, President & CEO**

**The Y. For a better us.**

# MEMBERSHIP CATEGORIES & RATES

We strongly believe in making our facilities and programs accessible to all. Funds raised from the YMCA Annual Campaign provide assistance to those who wish to participate, regardless of ability to pay. If our fees are a concern, please ask about our Financial Assistance Program.

## MARSHFIELD CLINIC HEALTH SYSTEM YMCA MARSHFIELD CENTER MEMBERSHIPS

MEMBERSHIP TYPE	MONTHLY RATE	JOINING FEE
<b>YOUTH</b> Ages 17 & under	\$30.00	\$10.00
<b>COLLEGE STUDENT</b> Full-time student (12 or more credits)	\$42.25	\$10.00
<b>ADULT</b> Ages 18 and older	\$57.75	\$25.00
<b>FAMILY</b> Two adults residing at the same address and their dependent children through age 17 and/or dependent children 18-26 who are current full-time college students	\$79.50	\$50.00
<b>SINGLE PARENT FAMILY</b> One adult and his or her dependent children through age 17 and/or dependent children 18-26 who are current full-time college students	\$62.00	\$30.00
<b>SENIOR ADULT</b> One adult 62 years of age or older	\$52.50	\$25.00
<b>SENIOR COUPLE</b> Two adults 62 years of age or older	\$72.25	\$30.00
<b>ADD-ON OPTION</b> 24/7 Healthy Living Center, Track, Strength Training Center, and Fieldhouse Access. Per adult 18 years of age or older	\$25.00 one time fee \$10.00 replacement cost	

## MARSHFIELD CLINIC HEALTH SYSTEM YMCA NEILLSVILLE CENTER MEMBERSHIPS

MEMBERSHIP TYPE	MONTHLY RATE	JOINING FEE
<b>YOUTH</b> Ages 17 & under	N/A	N/A
<b>COLLEGE STUDENT</b> Full-time student (12 or more credits)	\$42.25	\$10.00
<b>ADULT</b> Ages 18 and older	\$43.25	\$25.00
<b>FAMILY</b> Two adults residing at the same address and their dependent children ages 13-17 and/or dependent children 18-26 who are current full-time college students	\$74.25	\$50.00
<b>SINGLE PARENT FAMILY</b> One adult and his or her dependent children ages 13-17 and/or dependent children 18-26 who are current full-time college students	\$54.75	\$30.00
<b>SENIOR ADULT</b> One adult 62 years of age or older	\$39.25	\$25.00
<b>SENIOR COUPLE</b> Two adults 62 years of age or older	\$68.00	\$30.00
<b>MEMBERSHIP KEY FOB REPLACEMENT COST</b>	\$10.00	

### HOME BRANCH

Please inform our Membership staff what you will be calling your "Home Branch" before you select your membership category. Your home branch is likely the branch that is closest to you and you intend to visit at least 51% of the time.

### JOINING FEE

Our joining fee is a non-refundable, one-time entry fee that is charged to new YMCA memberships or memberships that have lapsed more than one year.

### MEMBERSHIP CANCELLATIONS OR CHANGES

- All membership fees are non-refundable and non-transferable.
- Cancellation of membership paid via bank draft or credit card requires notice by the 12th day of the month.
- Cancellation or change of membership paid via payroll deduction requires a 30-day notification.
- Cancellations are accepted by phone or email but preferred in-person.
- If membership lapses and is reinstated within one year of initial join date, a \$10 processing fee will be required.

### PAYMENT OPTIONS

- Pay dues by automatic monthly deduction (transferred on the 15th of every month).
- Pay monthly, quarterly, semi-annual or annual dues with cash, check or credit card.
- Some employers allow YMCA membership dues to be paid via payroll deduction. Please check with your employer.

# MEMBERSHIP BENEFITS

- An atmosphere centered on family values.
- State-of-the-Art Healthy Living Centers.
- Aquatic Center, Strength Training Center, Gymnasiums, Indoor Track, Cycling Studio, and Youth & Family Lounge (Marshfield Center only).
- FREE Group Exercise Classes.
- Equipment orientation, fitness testing, wellness consultation, and exercise instruction.
- Member Lounge with coffee station.
- Priority registration and reduced fees for programs and swim lessons.
- Access to personal training.
- Senior adult programs and activities; we are a SilverSneakers location.
- FREE Child Watch for ages 6 weeks to 5 years (Marshfield Center only & 1.5 hours per day).
- FREE WiFi.
- Men’s and Women’s Locker Rooms with sauna (Marshfield Center only).
- Individual/Family/Special Needs Changing Rooms with private amenities.
- Community-building activities like volunteering and family-friendly events.
- Access to YMCA’s nationwide. The Y’s Nationwide Membership enables you to visit participating Y’s in the U.S. through membership at this YMCA. To find a participating Y anywhere in the country, visit [www.ymca.net](http://www.ymca.net). This benefit excludes those on insurance memberships.

### Expectations of all Members

- Accept directions from Y staff
- Show courtesy and respect for others while at the Y
- Do not use offensive/hurtful language anywhere within the Y
- Take care of the facility and equipment
- Abide by the guidelines in our Member Handbook

# FACILITY ACCESS GUIDELINES

## Marshfield Center

- Youth under the age of 12 must have direct adult supervision at all times who is 18 years or older, unless participating in a supervised program.
- Youth 12 years and older may be unaccompanied but need to check in at the Welcome Center with a membership card.

## Neillsville Center

- ONLY YMCA adult and family members, 13 years of age and older, have access to this YMCA.
- Youth, ages 13-17, must be accompanied by their parent/guardian on the family membership.

### Day Pass Fees

The community is welcome to visit the Y by purchasing a day pass. Each guest, over 16 years of age, must present a valid photo ID per visit.

Child (ages 5 & under)	FREE
Individual	\$ 10.00
Family	\$ 25.00

# APPAREL GUIDELINES

To create a welcoming and healthy environment for all.

- Dress for the activity.
- Wear something that makes you feel comfortable.
- Be mindful that these are shared spaces.
- Clothing with offensive language or pictures is prohibited. The YMCA reserves the right to define inappropriate/offensive attire.
- Non-marking, closed-toe shoes and/or socks must be worn in all wellness areas.
- Please be courteous to others by observing proper regular hygiene and limiting the use of scented sprays.



# SOMETHING FOR EVERYONE

## ACTIVE OLDER ADULT

Health and wellness programs designed for adults 60+. Classes incorporate low impact or chair-based exercises and focus on the social aspect of being part of a community.



## ADAPTIVE & INCLUSIVE

Program opportunities for youth and adults with diverse abilities. Beyond Barriers aquatics, social events, fitness and sports all focused around participant goals.



## PICKLEBALL

An increasingly popular sport that will guarantee a great workout while offering a very social and competitive game for players of all ability levels.



## AQUATICS/SWIM TEAM

Beginner to competitive level swim lessons designed for swimmers 6 months to adult. Programs are designed to help kids and adults feel safe and confident in the water.



## CHILD CARE

Full-time licensed Child Care Centers for children 6 weeks to 5 years old. Classrooms use a play-based curriculum where children learn and grow through fun, active play.



## CHILD WATCH

In-house child care for up to 1.5 hours per day that provides a fun and safe environment while parents enjoy use of the facility.



## COMMUNITY EVENTS

Join your friends and neighbors at one of our fun events throughout the year. All event proceeds benefit the Y Annual Campaign.



## GROUP EXERCISE - LAND & WATER

Classes for all levels and all interests. From low impact exercise to high intensity interval training classes, to water exercise and yoga, you'll find a group class that's fun, supportive and keeps you moving.



## MEMBER ENGAGEMENT

Here to support you with your health and wellness goals by connecting you with other members and staff, providing information on membership and program enrollment.



## ROEHL FIELDHOUSE

A 3-court, air conditioned fieldhouse with upper track. Enjoy basketball, volleyball, pickleball, and more.



## SCHOOL AGE CHILD CARE

These programs provide a safe, comfortable environment for children ages 5-12 after school, on non-school days, and during the summer.



## WELLNESS CENTER

Inclusive Healthy Living Center and Strength Training Center that focuses on helping members reach their unique health and wellness goals. State-of-the-art equipment, wellness coaches, and personal trainers to help you along your journey.



## YOUTH & FAMILY LOUNGE

A great place for family time or to hang with your friends. Includes games and areas for homework.



## TAE KWON DO

Learn this traditional Korean martial art in an encouraging, family-friendly environment. This program improves self-confidence and self-discipline while developing cardiovascular fitness, strength, and flexibility.



# A Place for Everyone

## WHAT CAN YOU DO AT THE YMCA?



The Marshfield Clinic Health System YMCA strives to meet community needs through organized programs. The Y's programs promote good health, strong families, confident kids, solid communities and a better world.

	<p><b>If I am A BABY OR TODDLER I CAN...</b> MARSHFIELD Y ONLY</p>	<ul style="list-style-type: none"> <li>Learn to swim with a parent or guardian</li> <li>Play in Child Watch while my parents work out</li> </ul>	<ul style="list-style-type: none"> <li>Play water games with mom, dad or an adult guardian in the small pool</li> <li>Learn and discover in the YMCA Child Care Centers</li> </ul>	<ul style="list-style-type: none"> <li>Have my birthday party here</li> </ul> <p><b>AND MORE...</b></p>
	<p><b>If I am 2 - 4 YEARS OLD I CAN...</b> MARSHFIELD Y ONLY</p>	<ul style="list-style-type: none"> <li>Learn to swim in a group or take private lessons</li> <li>Play in Child Watch while my parents work out</li> </ul>	<ul style="list-style-type: none"> <li>Play water games with mom, dad or an adult guardian in the large pool</li> <li>Play in the gymnasium with an adult guardian</li> <li>Learn and experiment in the YMCA Child Care Centers</li> </ul>	<ul style="list-style-type: none"> <li>Have my birthday party here</li> </ul> <p><b>AND MORE...</b></p>
	<p><b>If I am 5 - 12 YEARS OLD I CAN...</b> MARSHFIELD Y ONLY</p>	<ul style="list-style-type: none"> <li>Learn to swim like a fish</li> <li>Participate in Tae Kwon Do with an adult guardian</li> <li>Join the YMCA Tiger Sharks Swim Team</li> <li>Have my birthday party here</li> </ul>	<ul style="list-style-type: none"> <li>Attend Vacation at the Y when school is cancelled</li> <li>Play in the small and large pools and gymnasiums with an adult guardian</li> <li>Hang out with family or friends in the Youth &amp; Family Lounge</li> </ul>	<ul style="list-style-type: none"> <li>Move with games and swim, play sports and do arts and crafts at Summer Day camp</li> <li>Play with friends at the Y's Afterschool Care</li> </ul> <p><b>AND MORE...</b></p>
	<p><b>If I am A TWEEN OR TEEN I CAN...</b></p>	<ul style="list-style-type: none"> <li>Learn to swim or take water exercise classes (Marshfield Y)</li> <li>Play a variety of sports in the Roehl Fieldhouse (Marshfield Y)</li> <li>Join the YMCA Tiger Sharks Swim Team (Marshfield Y)</li> <li>Apply to work at the YMCA if I am 15 years of age or older</li> </ul>	<ul style="list-style-type: none"> <li>Participate in a Healthy Living Center and/or Strength Training Orientation to get the most out of my workout</li> <li>Swim in the small and large pools (Marshfield Y)</li> <li>Participate in Tae Kwon Do classes (Marshfield Y)</li> </ul>	<ul style="list-style-type: none"> <li>Participate in Group Exercise Classes</li> <li>Hang out with family or friends in the Youth &amp; Family Lounge (Marshfield Y)</li> </ul> <p><b>AND MORE...</b></p>
	<p><b>If I am AN ADULT I CAN...</b></p>	<ul style="list-style-type: none"> <li>Play sports such as basketball, volleyball and pickleball (Marshfield Y)</li> <li>Get active in Group Exercise and Water Exercise classes</li> <li>Apply to work at the YMCA</li> <li>Swim in both the small and large pools or use the whirlpool or sauna (Marshfield Y)</li> </ul>	<ul style="list-style-type: none"> <li>Learn to swim in a group, or take private lessons (Marshfield Y)</li> <li>Sign up for a Healthy Living Center or Strength Training Orientation</li> <li>Volunteer for Y programs or help with fundraising</li> <li>Sign up for Personal Training</li> <li>Participate in Tae Kwon Do classes (Marshfield Y)</li> </ul>	<ul style="list-style-type: none"> <li>Access the Y's 24/7 Healthy Living Center &amp; Strength Training Center</li> <li>Improve health with friendly competition by participating in wellness challenges</li> <li>Access YMCA's nationwide</li> </ul> <p><b>AND MORE...</b></p>
	<p><b>If I am AN ACTIVE OLDER ADULT I CAN...</b></p>	<ul style="list-style-type: none"> <li>Join the increasingly popular sport, Pickleball (Marshfield Y)</li> <li>Take your run or walk on the indoor track (Marshfield Y)</li> <li>Stay active in low impact Group Exercise classes including Yoga and Chair Zumba</li> <li>Access YMCA's nationwide</li> <li>Enjoy coffee and camaraderie in the Member Lounge</li> </ul>	<ul style="list-style-type: none"> <li>Learn to swim in a group, or take private lessons (Marshfield Y)</li> <li>Relax in the locker room sauna or whirlpool (Marshfield Y)</li> <li>Swim in both the small and large pools and participate in a Senior Water Exercise class (Marshfield Y)</li> <li>Sign up for a Healthy Living Center or Strength Training Orientation</li> <li>Apply to work at the YMCA</li> </ul>	<ul style="list-style-type: none"> <li>Access the Y's 24/7 Healthy Living Center &amp; Strength Training Center</li> <li>Improve health with friendly competition by participating in wellness challenges</li> <li>Volunteer for Y programs or help with fundraising</li> </ul> <p><b>AND MORE...</b></p>
	<p><b>My FAMILY CAN...</b></p>	<ul style="list-style-type: none"> <li>Learn to swim or take water exercise classes (Marshfield Y)</li> <li>Play a variety of sports in the Roehl Fieldhouse (Marshfield Y)</li> <li>Sign up for a FREE Healthy Living Center Orientation</li> <li>Participate in Tae Kwon Do classes (Marshfield Y)</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy the private amenities of the Family &amp; Special Needs Locker Room (Marshfield Y)</li> <li>Play a game of Marco Polo in our small pool (Marshfield Y)</li> <li>Celebrate a birthday</li> <li>Walk or jog together on the indoor track (Marshfield Y)</li> </ul>	<ul style="list-style-type: none"> <li>Challenge each other to a game of ping pong or air hockey in the Youth &amp; Family Lounge</li> <li>Volunteer as a family at the Y or a fundraising event</li> <li>Access YMCA's nationwide</li> </ul> <p><b>AND MORE...</b></p>

# REGISTRATION & COMMUNICATION

## 3 EASY WAYS TO REGISTER!

### 1 CALL.

**MARSHFIELD CENTER: 715.387.4900**  
**NEILLSVILLE CENTER: 715.743.2065**

Our Membership Engagement staff will be happy to answer any questions you have or sign you up for all programs.

### 2 COME IN.

**MARSHFIELD CENTER: 410 West McMillan Street**  
**Marshfield, WI 54449**  
**NEILLSVILLE CENTER: N3708 River Ave, Suite C**  
**Neillsville, WI 54456**

Our Membership Engagement staff will be there to assist you during business hours. See page 1.

### 3 CLICK.

**COMING SOON...**Access to register for certain programs online and through our mobile app.

## I DIDN'T KNOW THAT!

Communication at the Marshfield Clinic Health System YMCA is paramount. From time to time, we may have changes and updates to share with you. Below are the tools we use to disseminate this information. Please be sure to check them.



**DOWNLOAD OUR MOBILE APP** at:  
[mfldymca.org/app](http://mfldymca.org/app)



**FOLLOW US ON FACEBOOK** at:  
[mfldymca](https://www.facebook.com/mfldymca)



**FOLLOW US ON INSTAGRAM** at:  
[mfldymca](https://www.instagram.com/mfldymca)



**WEBSITE:** [mfldymca.org](http://mfldymca.org)  
 The home page of our website will list important changes and pool, gym, and group exercise schedules.



**NEWSLETTER:** If your email is on file, we will send a quarterly newsletter with important updates.



**INTERNAL TV MONITORS:** View the TV monitors located throughout our YMCA facilities.



**SIGNAGE:** Flyers are posted in certain areas of our facilities.



# OF YOUTH DEVELOPMENT

## HELPING ALL CHILDREN ACHIEVE THEIR FULL POTENTIAL

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills, and relationships that lead to positive behavior, better health, and education accomplishments.





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# AQUATICS

## SWIM LESSONS, INFANT/CHILD/ADULT

MARSHFIELD  
CENTER  
ONLY

### GROUP SWIM LESSONS

We offer progressive swim classes for infants, children, teenagers, and adults. Choose from weekday, evening, and weekend classes all year long. Morning classes are also available dependent upon season.



### PRIVATE & SEMI PRIVATE SWIM LESSONS

Our experienced swim instructors can help you overcome apprehension, improve technique, or assist in developing a plan for endurance swimming.

Lessons are 30 minutes and scheduled by appointment.

### THERE ARE THREE GENERAL CATEGORIES OF YMCA SWIM LESSONS:



**Swim Starters** develops water enrichment and aquatic readiness in children ages 6 months to 5 years. This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.



**Swim Basics** develops personal water safety and basic swimming skills in students of all ages. Swimmers develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.



**Swim Strokes** introduces and refines stroke technique in older students. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

Did you know we offer swim lessons for children and adults with special needs and with hearing impairments? See our website for more information.



The Marshfield YMCA Swim Team focuses on the long-term development of successful competitive swimmers, providing stroke instruction and age-appropriate training to allow swimmers to progress to their highest potential. Our coaching staff is certified, experienced and professional; you can rest assured that your swimmers are safe and receiving sound instruction to improve their swimming. MYST swimmers learn self-discipline, commitment, delayed gratification, goal-setting, friendly competition, and teamwork. For more information, contact Aaron Heiss at [ahaiss@mfldymca.org](mailto:ahaiss@mfldymca.org)

# GUIDE TO SWIM LESSON PLACEMENT

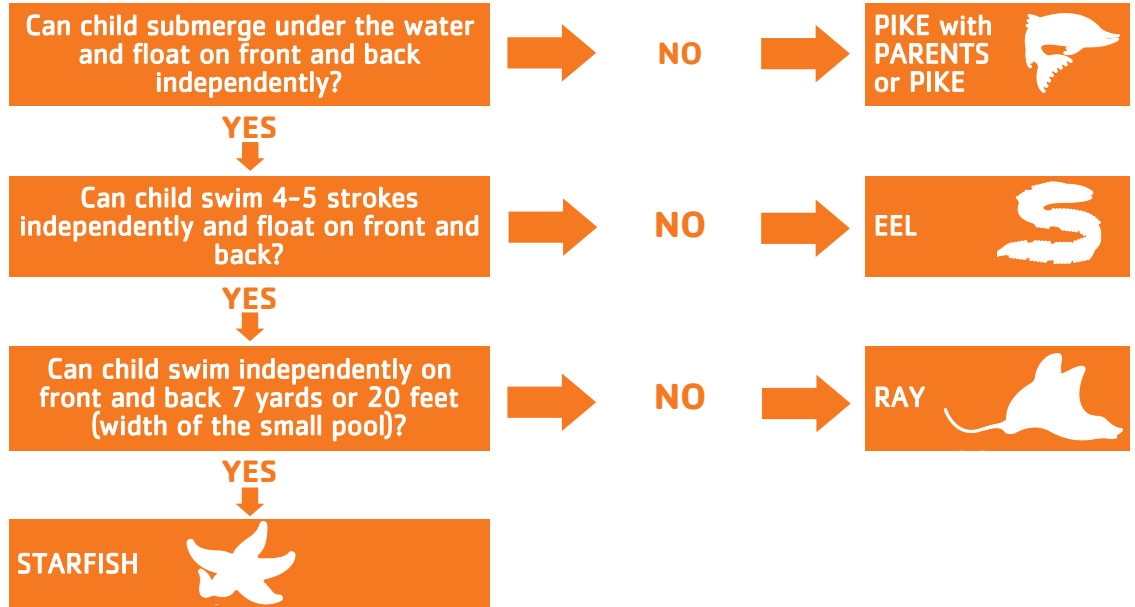
MARSHFIELD  
CENTER  
ONLY

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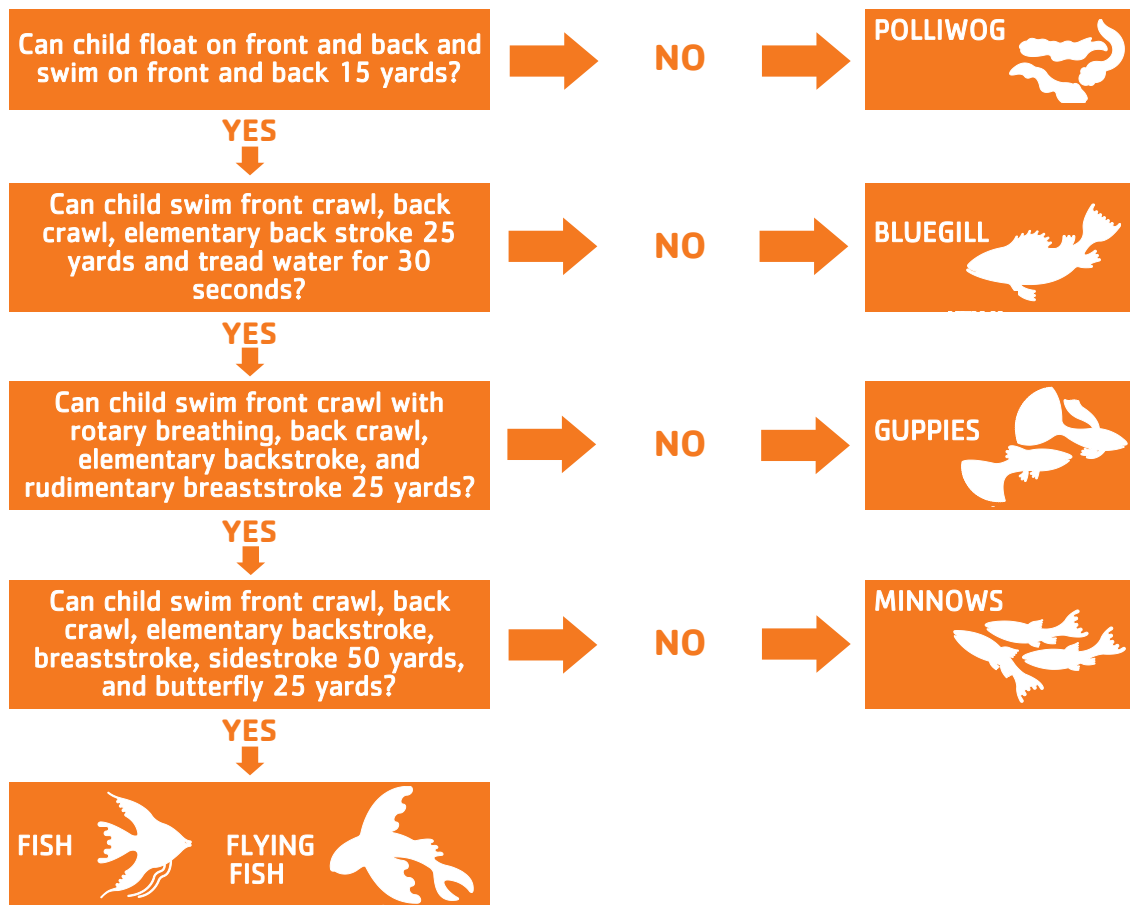
Not sure where to place your child in swim lessons? Answer all questions in order based on your child's age. Do not skip any questions.

All swimmers will be evaluated on the first day of each session, at which time instructors may move individuals to a more appropriate level.

## AGE OF CHILD: 3-5 YEARS



## AGE OF CHILD: 6-12 YEARS



# CHILD CARE

## FULL-DAY CHILD CARE



When you entrust your child to the Y, we strive to fulfill our promise to make each day an opportunity for your child to learn, grow and thrive. We aim to make our facilities a “home away from home”, where your child feels confident and secure to learn new things and discover his/her potential.

The Marshfield Clinic Health System YMCA is the area’s largest non-profit child care provider serving over 300 children in our all-day child care, as well as after school programs. We are attuned to the budgets and busy schedules of single parent and dual-career families. A variety of program options are offered so you may work secure in knowing that your child is being cared for and educated in a safe, constructive and stimulating environment.

### FULL-DAY CHILD CARE OPTIONS

<p><b>CHILD DEVELOPMENT CENTER ON McMILLAN</b> Ages 6 weeks - 4K Afterschool Care K-6</p>	<p><b>Hours of Operation:</b> Monday - Friday 6:00 am - 6:00 pm Hours subject to change</p>	<p>The YMCA has always focused on meeting the social, emotional and academic needs of our young learners so they can grow into the changemakers of tomorrow - and today is no different. Y Child Care fosters early sensory stimulation for the youngest age children, as well as, supporting growth and learning through independent exploration while being guided by nurturing adults. Y Child Care provides developmentally appropriate experiences in a self-initiated, hands-on discovery environment that allows children to explore, examine, manipulate and discover while thinking independently and solving problems. We offer an additional option for parents who need care before or after the Y’s 4K program that provides children a stress-free transition in a fun and engaging environment. We prepare and provide a well-balanced breakfast and lunch on a daily basis. Children are also served a mid-afternoon and evening snack.</p>
<p><b>CHILD DEVELOPMENT CENTER ON PINE</b> Ages 6 weeks - 4K Before &amp; Afterschool Care K-6</p>	<p><b>Hours of Operation:</b> Monday - Friday 5:30 am - 6:30 pm Hours subject to change</p>	<p>Kiddie Kaboose meets the unique and often demanding needs of young parents as they pursue their educational goals and enter the workforce. In addition to providing quality child care, Kiddie Kaboose parents are offered additional education and support through the Nurturing Parenting Program, in group or one-on-one sessions.</p>
<p><b>KIDDIE KABOOSE CHILD CARE ON PINE</b> Ages 6 weeks - 5 years</p>	<p><b>Hours of Operation:</b> Monday - Friday 5:30 am - 6:30 pm Hours subject to change</p>	<p>Kiddie Kaboose meets the unique and often demanding needs of young parents as they pursue their educational goals and enter the workforce. In addition to providing quality child care, Kiddie Kaboose parents are offered additional education and support through the Nurturing Parenting Program, in group or one-on-one sessions.</p>

# CHILD CARE

## SCHOOL AGE CHILD CARE



### SCHOOL AGE CHILD CARE OPTIONS

<p><b>PRYME TIME AFTERSCHOOL CARE</b> Grades K - 6</p> <p>Grant Elementary Lincoln Elementary Stratford at Zion Lutheran Church Washington Elementary YMCA Child Development Center on Pine</p>	<p><b>Hours of Operation:</b> <b>Monday - Friday</b> <b>Immediately After School - 6:00 pm</b> Hours subject to change</p>	<p>Pryme Time Afterschool Care offers character development, fitness, nutrition, and academic support in a safe, nurturing environment. Caring staff ensure every school day ends with a smile. Children stay at their designated school or have the option to be bused or transported to a site at the cost of the parents. Children will receive a healthy snack, homework assistance, and guidance from Y staff trained and certified in group activities and socialization skills.</p>
<p><b>VACATION AT THE Y ON McMILLAN (School's Out Care)</b> Grades K - 6</p>	<p><b>Hours of Operation:</b> <b>Monday - Friday</b> <b>6:45 am - 6:00 pm</b> Hours subject to change</p>	<p>What, no school today? Kids love a day off from school, but those days pose challenges for families who have other responsibilities. The Y's full day Vacation at the Y program allows parents and caregivers to maintain previous commitments, like work or school, on both planned and unexpected days off of school (in accordance with the Marshfield School District) while knowing their children will be in a safe, nurturing and exciting environment. Children have opportunities to engage in enrichment activities including: arts &amp; crafts, being active, and playing games.</p>
<p><b>SUMMER DAY CAMP</b> Ages 5 - 12 *after completion of 4K</p> <p>More information on the following page</p>	<p><b>Hours of Operation:</b> <b>Monday - Friday</b> <b>6:00 am - 6:00 pm</b> Hours subject to change</p>	<p>We believe camp is a transformational experience. Led by experienced staff, the Y's full day Healthy Kids Summer Day Camp give kids the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting friendships and memories. With the Y's commitment to helping every child learn to be safe around water activities.</p>



# CHILD CARE SUMMER DAY CAMP

Youth need ongoing enrichment opportunities during the summer to learn, grow and reach their full potential. Our Healthy Kids Day Camp is built on offering new experiences each week, creating a new adventure every day. With our planned weekly themes, activities, and enthusiastic staff we help build the foundation for these opportunities.

Our Healthy Kids Day Camps energetic staff and structured programs provide a perfect backdrop of fun, friendship, activities and healthy play that encourages children to develop in their own unique way and fosters a desire for learning that they'll carry into the coming school year.

To help deliver on the Y's commitment to nurture the potential of every child, day camp programs now more intentionally foster achievement, relationships, and belonging. Achievement, relationships, and belonging are essential dimensions of well-being that the Y can cultivate through day camp:

**CREATIVE ARTS** | Campers can express their creative side through arts and crafts, music, and literacy.

**OUTDOOR ACTIVITIES** | Each week campers will go on walks to nearby parks, work in our community gardens, and enjoy the day outside. Campers also take field trips.

**SPORTS** | Campers will have many places to play and the sky is the limit. From traditional ball sports, field games, and court games.

**STEM** | Each week campers will participate in activities that challenge them to reach their new heights in their academics.



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# CHILD CARE

## HOURLY CHILD CARE



### CHILD WATCH

Want to squeeze in a workout but need child care? Child Watch is a service for Y members that allows you to pursue your own health and well-being, knowing that your children are safe, secure and cared for in a positive environment. We offer Child Watch as a FREE service to our Y members for up to 1.5 hours per child per day. Online reservations are required.

**AGES:** 6 weeks - 5 years

**HOURS OF OPERATION:** Monday - Friday  
8:00 am - 11:00 am  
Hours subject to change

**LOCATION:** Marshfield Clinic Health System YMCA  
Marshfield Center

**FEE:** FREE

# CHILD EDUCATION

## MARSHFIELD CLINIC HEALTH SYSTEM YMCA 4K PROGRAM

The Y believes all kids deserve the opportunity to discover who they are and what they can achieve. In our 4K program, hundreds of youth are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. In partnership with the Unified Marshfield School District, the Y offers the program at no charge.

**SCHOOL DAYS:** Tuesday - Friday (or in conjunction with the district calendar)

**TIMES:** 7:45 - 10:50 am  
11:40 am - 2:45 pm

**LOCATIONS:** Marshfield Clinic Health System YMCA Child Development Center on McMillan  
Marshfield Clinic Health System YMCA Child Development Center on Pine

**FEE:** FREE

This program provides:

- A play-based environment.
- Activities designed to meet the developmental levels of students.
- A nurturing environment that allows students opportunities for choice and activities that enhance creativity and individual skill development.
- Numerous opportunities for parents to get involved.
- Community collaboration and outreach.
- A quality curriculum based on Wisconsin Early Learning Standards and is aligned with Marshfield District Kindergarten competencies.

**Contact the Marshfield School District at 715.387.1101 to register for this 4K program.**



# TEENS & TWEENS

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## FITNESS

A lifetime of healthy habits can start with fitness at the Y! Your teen/tween will gain confidence that comes from participating in a group setting that focuses on improving strength, endurance, agility, flexibility, and cardio using various equipment or your own body strength. Our fitness programs are free but require a reservation. More information can be found on our website at [www.mfldymca.org](http://www.mfldymca.org).

### AGES: 6 & Up

- Tae Kwon Do

### AGES: 13 & Up

- Group Exercise Classes
- Teen Strength & Conditioning Classes



## WELLNESS

Our wellness programs are a great way to introduce teens and tweens to proper exercise techniques, using our strength training and cardiovascular equipment. These programs are free and highly recommended for Y members to use our Healthy Living Center and Strength Training Center. Schedule an appointment at the Welcome Center.

### AGES: 13 & Up

- Healthy Living Center Orientation
- Teen Strength Training Center Orientation

Looking for a place in the Y to hang with your friends or family? Visit our **YOUTH & FAMILY LOUNGE** featuring ping pong, foosball, air hockey and carpetball tables. The lounge also has tables and chairs for homework, reading or board games. A great place for family time. **FREE** for members.



# EMPOWERING FAMILIES TO LIVE HEALTHIER LIVES WITH FUN!



## BIRTHDAY PARTIES

Celebrate your birthday with food, cake, and gifts in our Multi-Generational Community Room. Decorations and supplies are not provided by the YMCA. You can have use of the small and large pools, gymnasiums, and the Youth & Family Lounge. Reservations must be made in advance and only weekend parties are available. Other days and times may be available upon request. Contact the YMCA for more information at 715.387.4900.

## FACILITY RENTALS

Looking for indoor space for an upcoming event? The Y offers rental options within our Marshfield facility, subject to availability. Rental options include the Multi-Generational Community Room with tables and chairs available for up to 40 people, or an area in the Small Gym. Reservations must be made in advance. Alcohol is prohibited at the YMCA. Contact the Y for more information at 715.387.4900.

## YOUTH AND FAMILY LOUNGE

Are you looking for a place to hang with your family or friends? Our Youth & Family Lounge features ping pong, foosball, air hockey and carpetball table. The lounge also has tables and chairs for homework, reading or board games. A great place for family time. FREE for members.

**Be sure to visit our website, follow us on Facebook and Instagram and download our mobile app for family friendly annual events and YMCA happenings.**



# FOR HEALTHY LIVING

## IMPROVING THE NATION'S HEALTH AND WELL-BEING

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.



# WELLNESS CENTER

## GAIN CONFIDENCE WITH A WELLNESS CENTER ORIENTATION

**We understand that exercise equipment can be overwhelming.**

As a member, you have access to two different orientations to help you get started on a safe and efficient exercise program. We strongly recommend that all current and new members take advantage of this FREE service. If you have already taken one of the orientations but you need a little refresher, please stop and ask our friendly YMCA Member Engagement staff to help you sign up.

Marshfield Center Healthy Living Center



Marshfield Center Strength Training Center



## HOW TO BE SUCCESSFUL IN THE WELLNESS CENTER

### Respect the Equipment.

Please do not drop weights on the floor.



### Talking on a mobile phone

is not allowed. If you need to take a call, please step outside the Wellness Center.



### Please place all bags, coats, and extra shoes in a locker.

This will help keep the floors safe and clear for others.



# HEALTH & WELLNESS

## FIND A HAPPIER, HEALTHIER YOU

### YOUR MEMBERSHIP INCLUDES

#### HEALTHY LIVING CENTER ORIENTATION

We understand that your first time on the fitness floor might be a little confusing, maybe even a little intimidating. To help you navigate through the equipment, we encourage all new (or current) members to participate in a Healthy Living Center Orientation. Led by a qualified Wellness Coach, this orientation will introduce you to our cardio and selectorize strength equipment, teaching you about equipment set up, proper form and technique, and safety. This is a one time appointment for up to one hour. Contact Member Engagement staff to schedule an appointment. FREE to Y Members. For a more personalized equipment/workout program, please inquire about Personal Training.

#### STRENGTH TRAINING CENTER ORIENTATION (Marshfield Y)

Strength Training Orientations are designed to introduce members to the variety of equipment available in the Strength Training Center at the Marshfield Center. It will cover a basic overview of the equipment including functionality and purpose, strength training guidelines, equipment set up and proper form and technique. Strength Training Center orientations are by appointment only. Contact Member Engagement staff to schedule an appointment. FREE to Y Members. For a more personalized equipment/workout program, please inquire about Personal Training.

#### SMART START

Specifically designed for beginner exercisers who are looking for guidance to create lifelong habits. This progressive program involves meeting with a Wellness Coach 2-4 times and covers goal setting, workout design, and tips on committing to a new healthy lifestyle. Contact Member Engagement staff to schedule an appointment. FREE to Y Members.

### ADD ONS TO YOUR MEMBERSHIP

#### PERSONAL TRAINING

Gain the confidence you need to achieve and exceed your health and fitness goals with the guidance and support of our nationally certified personal trainers. Our trainers are here to coach, motivate, and inspire you to reach your goals and achieve the results you have always wanted.

##### What A Personal Trainer Can Do For You:

- Define your personal goals
- Develop a customized fitness plan
- Improve your self confidence
- Improve your well-being and reduce stress
- Increase your energy, mobility, and strength
- Provide motivation and accountability
- Take your fitness to the next level
- Achieve results!

Contact Member Engagement staff to inquire about how to get started with a certified personal trainer.





# GROUP EXERCISE



## AT THE Y, WE OFFER GROUP EXERCISE CLASSES FOR ALL LEVELS AND ALL INTERESTS.

From low-impact exercise to high intensity interval training classes, stretching and strength training, to indoor cycling and yoga, you'll find a group class that's fun, supportive and keeps you moving. Classes run on a monthly schedule and may vary month to month. Visit us at [www.mfldymca.org](http://www.mfldymca.org) for complete schedules and class descriptions. Be sure to download the Marshfield YMCA mobile app to view schedules and changes in 'real-time' and reserve your spot in class as all classes will be first-come, first-serve. Classes have a maximum capacity due to safety.

### GROUP EXERCISE PROGRAMS:

#### CARDIO

Cardio classes include offerings such as 30/30, Cycling, and Zumba. These classes are primarily focused on cardiovascular endurance, high calorie burns and vigorous movements.

#### CARDIO & STRENGTH

Cardio & Strength classes include offerings such as Cardio & Conditioning, Cycling/HiIT Combo, Kickboxing, and MX4 Interval Training. These classes encompass weighted and body-weight exercises to gain muscle mass, while achieving cardiovascular endurance and target all muscle groups by engaging in dynamic and isometric movements.

#### STRENGTH

Strength classes include offerings such as Strong You and Sculpt & Stretch. Most strength based group exercise classes will use dumbbells, bars or tubing to create resistance, though body-weight classes are also effective and challenging. The objective is to overload the muscles for growth and/or muscular endurance.

#### MIND-BODY

Mind-Body group exercise classes include offerings such as Yoga and Yoga Fusion. While small tools such as stretching straps, yoga blocks, or rings can be used, many mind-body classes need no equipment other than a mat and focus on breathing, stretching, strength and a mind-body connection between movement, breath and stress-relief.

#### FOREVERWELL

Support for a healthy aging lifestyle is becoming an increasing need - good nutrition, physical activity and social interaction, all for a better us. ForeverWell is an ever-expanding set of Y programs and activities designed exclusively for seniors provided by a dedicated and trained ForeverWell Team. ForeverWell classes include offerings such as SilverSneakers Classic, Active Adults, Chair Yoga, and Chair Zumba.

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App.



STAY ON TRACK WITH OUR MOBILE APP!

# DOWNLOAD TODAY!



SEARCH: MARSHFIELD YMCA

## BENEFITS OF GROUP EXERCISE

Why is exercising in a group setting sometimes more beneficial than exercising alone?

### 1. PROFESSIONAL GUIDANCE

All you need to do is show up. You can trust the certified instructor is prepared to give you an awesome workout so there is no guesswork for you to do. You also have the benefit of having a trained professional to watch your form to help prevent injuries.

### 2. ACCOUNTABILITY & SOCIAL SUPPORT

When you participate in a group setting, you also get a chance to build community and get to know the people you are working out with. This extra social support encourages you to attend a class regularly and hold you accountable when you debate about skipping that day - **YOU WILL BE MISSED!**

### 3. MOTIVATION & INSPIRATION

Attending a class can help shake up your routine when you get stuck in a rut of doing the same exercises again and again. You get the opportunity to try out new exercises that the instructor has programmed in a fun and different way.

## FREE LAND & WATER EXERCISE CLASSES FOR MEMBERS

We offer classes at convenient times to meet all needs - early morning, morning, afternoon, and evenings!





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# ADULT AQUATICS

SWIM LESSONS, GROUP EXERCISE

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## GROUP SWIM LESSONS

We offer progressive swim classes for infants, children, teenagers, and adults. Choose from weekday, evening, and weekend classes all year long. Morning classes are also available dependent upon season.



More information can be found on our website, [www.mfldymca.org](http://www.mfldymca.org) or by contacting the Y at 715.387.4900

## PRIVATE & SEMI PRIVATE SWIM LESSONS

Our experienced swim instructors can help you overcome apprehension, improve technique, or assist in developing a plan for endurance swimming.

Lessons are 30 minutes and scheduled by appointment.

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# FREE WATER EXERCISE CLASSES

## HEALTHY LIVING

We have a variety of water exercise classes for all ages and all levels. Classes in the water use the resistance and buoyancy of the water to improve cardiovascular fitness, strength, and flexibility. Classes run on a monthly schedule and may vary month to month. Visit us at [www.mfldymca.org](http://www.mfldymca.org) for complete schedules and class descriptions. Be sure to download the Marshfield YMCA mobile app to view schedules and changes in 'real-time' and reserve your spot in class as all classes will be first-come, first-serve. Classes have a maximum capacity due to safety.

We are the only community organization in the Marshfield area that offers year round pool access with a 25-yard, 6 lane indoor pool and a teaching/therapy pool.

In addition to indoor pools, we have a whirlpool spa and designated locker rooms with dry sauna for you to enjoy. You can drop into our large pool for lap swim, or our small pool for family swim or recreational swim.

### CURRENT CLASS OFFERINGS

Arthritis Aquatic Exercise  
Senior Water Exercise  
Water Exercise  
Aqua Zumba



# PICKLEBALL AT THE Y

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## Discover the Excitement of Pickleball at the YMCA!

Looking for an engaging and accessible racquet sport? Look no further than Pickleball. This dynamic sport seamlessly combines elements from tennis, badminton, and table tennis, making it a breeze to pick up and enjoy.

### Why Pickleball?

- **Easy to Learn:** Pickleball is renowned for its quick learning curve. If you've ever played a racquet sport before, you'll find yourself right at home on the pickleball court.
- **Fast-Paced:** Get ready for an exhilarating experience. Pickleball offers a fast-paced game that keeps your heart racing and your adrenaline pumping.
- **Low-Impact:** Worried about the toll on your body? Don't be! Pickleball is a low-impact sport, making it ideal for players of all fitness levels.
- **Court Size:** Our Pickleball courts are designed to fit into half or even a third of a standard tennis court, allowing for more intense rallies and exciting gameplay.
- **Doubles Standards:** Doubles games are the norm in Pickleball, which means you'll spend less time running and more time strategizing with your partner.



Once you step onto the Pickleball court, you'll quickly discover why it's such a popular choice among YMCA members. Join us today and experience the excitement of Pickleball firsthand.

More information can be found on our website, [www.mfldymca.org](http://www.mfldymca.org) or by contacting the Y at 715.387.4900.



**DOWNLOAD OUR MOBILE APP  
FOR SCHEDULES, ANNOUNCEMENTS  
AND MORE!**



# FOR SOCIAL RESPONSIBILITY

## WHO WE ARE. WHAT WE DO.

The Marshfield Area YMCA, Inc. is a 501c3 nonprofit charitable organization. We are committed to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility within our community. We ensure that every individual has access to the essentials needed to learn, grow, and thrive. Everything the Y does is in service of making us - as individuals and a community - better.

### WE ARE A CATALYST FOR CHANGE

We develop youth, work to prevent chronic disease, build a healthier community and encourage social responsibility.

### WE ARE DEVELOPING THE NEXT GENERATION OF LEADERS

We promote fun activities that build athletic, social, interpersonal and leadership skills.

### WE ARE COMMUNITY CENTERED

For more than 38 years, we have been listening and responding to our community's needs.

### WE GIVE KIDS OPPORTUNITY

Through community partnerships, we provide innovative programs so kids can discover who they are and what they can achieve.

### WE EMPOWER PEOPLE

We provide the tools for everyone, regardless of age or income to have a balanced spirit, mind and body.

### WE ARE CLOSING THE ACHIEVEMENT GAP

We provide knowledge and character development to help young people reach their full potential.

### WE BRING PEOPLE TOGETHER

We connect people of all ages and backgrounds, from all walks of life to meet community needs.

### WE ARE ADDRESSING MAJOR HEALTH ISSUES

We work closely with local health partners to provide community based solutions to chronic health issues.

## HOW WE DO IT.

We provide programs that build healthy spirit, mind, and body for all. We promote our core values of responsibility, respect, honesty and caring in all that we do. Through donor supported financial assistance, we make sure our programs and services are available to all in our community.

## HOW YOU CAN HELP.

As a nonprofit, we rely on the generosity of people like you to support our programs and services. When you donate to the YMCA, you can be sure that 100% of your donation stays right here in our community, helping to enhance the lives of your friends and neighbors. Please consider supporting one of our annual events or giving a gift to the Y.



**DONATE ONLINE**  
[mfldymca.org/give](http://mfldymca.org/give)

**VISIT THE Y IN PERSON OR MAIL IN A DONATION**

Marshfield YMCA  
 410 W McMillan St  
 Marshfield, WI 54449

Neillsville YMCA  
 N3708 River Ave, Ste C  
 Neillsville, WI 54456



## BY THE NUMBERS

**\$50** ensures a child can look forward to attending YMCA Summer Day Camp each summer, where they can learn who they are and what they can achieve.

**\$100** can help save the lives of three children, while building self-esteem and confidence through ten weeks of swim lessons.

**\$250** gives three teens access to our YMCA where they can develop character and self-confidence and grow into resilient adults.

**\$500** offers one senior adult a free membership so they are able to have a better quality of life.

**\$1,000** provides two families the opportunity to belong at the Y, giving them a safe, fun and healthy environment to learn, grow and thrive.

## OVER 1,500 LIVES ENHANCED

Over 1,500 kids, adults, and seniors received donor supported financial assistance in 2023. Without your support, this wouldn't be possible.



Download a copy of our Annual Report to learn more about the YMCA's outreach efforts, and how we are working toward a better tomorrow for all.

[www.mfldymca.org/about\\_us/annual\\_report](http://www.mfldymca.org/about_us/annual_report)



# HERITAGE CLUB

YMCA's Heritage Club is a special group of individuals who have chosen to remember the YMCA with a planned gift through their estate or by making an outright gift to the YMCA's endowment.

## PRESERVE THE Y'S FUTURE

People have many reasons why they give. Some people want to make a difference in their neighborhood, they have compassion for those less fortunate, or maybe they are hoping for a change in the future. For these reasons and more, we encourage you to consider joining our Heritage Club.

Go to our Endowment page on our website to learn more: [mfldymca.org/give/planned\\_giving](http://mfldymca.org/give/planned_giving).

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# GET INVOLVED

## Give your experience and time to make a difference

Volunteering is more than just sharing your time and passion, it's about satisfaction of knowing you are helping people become stronger, giving back to your community, and gaining valuable work experience that will enhance your career opportunities.

Learn how you can get involved at [www.mfldymca.org/give/volunteer](http://www.mfldymca.org/give/volunteer).

