



# AQUATICS

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## WINTER SWIM LESSONS

JANUARY 5 - MARCH 14, 2026

### REGISTRATION DATES:

Y-Members: Monday, December 8

Non-Members: Monday, December 15

## PRE-SCHOOL SWIM LESSONS

Ages 3-5

### Stage 1 (non-swimmer) - PIKE

Pike introduces children to the pool and helps them develop safe water habits in a fun and encouraging environment. Swimmers will focus on basic paddle stroke, kicking skills, blowing bubbles in the water, front and back floats, and water safety.

Tuesdays/Thursdays 5:45-6:25 pm  
Mondays/Wednesdays 6:30-7:10 pm

### Stage 2 (beginner) - EEL

Eel is designed for children who are well adjusted to the water. Swimmers will continue to build on the basics learned in Pike, such as kicking and progressive paddle stroke. They will also learn more about pool safety and develop their floating.

Wednesdays 5:45-6:25 pm  
Tuesdays/Wednesdays 6:30-7:10 pm

### Stage 3 (intermediate) - RAY

Ray is intended to allow children a chance to begin developing endurance as well as improving stroke skills. Swimmers will be introduced to rhythmic breathing, front and back crawl, and rescue skills.

Mondays 5:45-6:25 pm

### Stage 4 (advanced) - STARFISH

Starfish is an advanced level for swimmers who are proficient in front crawl and comfortable in deeper water. Children will build endurance and be introduced to more advanced strokes such as back crawl, elementary backstroke and treading water.

Mondays 5:45-6:25 pm

# FITNESS

Contact: Matt Stuefen | Healthy Living Director  
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## WELLNESS ORIENTATIONS

Ages 13 & Up

### Healthy Living Center Orientations

This program helps teens learn how to use appropriate cardio and selectorize strength equipment, and understand the fundamentals of developing cardiovascular strength for personal fitness. A Wellness Coach will provide the knowledge and skills to the participant to exercise on their own in the Healthy Living Center. This program is FREE and highly recommended for Y-Member youth ages 13+ to use the Healthy Living Center. Please schedule an appointment at the Welcome Center.

### Strength Training Center Orientations

This program helps teens learn, understand and practice the fundamentals of developing muscular strength for personal fitness. A Wellness Coach will provide the knowledge and skills to the participant to exercise on their own in the Strength Training Center. This program is FREE and highly recommended for Y-Member youth ages 13+ to use the Strength Training Center. Please schedule an appointment at the Welcome Center.

## TAE KWON DO

Ages 6 & Up (families encouraged)

Learn the traditional Korean martial art of Tae Kwon Do in an encouraging, non-intimidating, and family-friendly environment. This program improves self-confidence and self-discipline while developing cardiovascular fitness, strength, and flexibility.

International Tae Kwon Do Federation Certified belt level testing is an ongoing part of the program (no contact sparring). This program is run by Steve Greunke, a highly trained, martial arts instructor who has been instructing at the Y for 30+ years.

Mondays 5:30-6:45 pm

January 5 - February 23

### REGISTRATION CLOSED

Y-Member: \$0 • Non-Member: \$120

Limit: 20 participants

## SCHOOL AGE SWIM LESSONS

Ages 6-12

### Stage 2 (non-swimmer/beginner) - POLLIWOG

Poliwog helps school-age children adjust to the water. Swimmers will learn front and back floating skills, paddle stroke on both front and back, personal safety and the use of floatation devices.

Mondays/Wednesdays 5:45-6:25 pm  
Mondays/Wednesdays 6:30-7:10 pm

### Stage 3 (beginner) - BLUEGILL

Swimmers continue to gain confidence in their abilities by practicing paddle stroke skills, floating and rotary breathing without the aid of floatation devices. Children will begin practicing front and back crawl skills and will be introduced to breaststroke and elementary backstroke.

Mondays/Tuesdays 5:45-6:25 pm  
Mondays 6:30-7:10 pm

### Stage 4 (intermediate) - GUPPY

Swimmers in Guppy begin to refine their skills for breaststroke and elementary backstroke while continuing to develop their front and back crawl.

Mondays 5:45-6:25 pm

### Stage 5 (advanced) - MINNOW

Swimmers in Minnow continue to work on improving their swimming stroke of front crawl, back crawl, breaststroke and elementary backstroke while increasing endurance and technique. Swimmers will be introduced to the butterfly and sidestroke in this level.

Mondays 6:30-7:10 pm

### Stage 6 (advanced) - FISH/FLYING FISH

Fish/Flying Fish is an advanced level for swimmers to work on stroke refinement and endurance. They will also be introduced to open turns and flip turns with the advancement of butterfly.

Mondays 6:30-7:10 pm