

## YOUTH PROGRAMS

Contact: Caitlin Gregorich  
School Age Program Director  
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### CHILD WATCH

**Ages 6 weeks - 5 years**

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 1.5 hours per child per day and **RESERVATIONS ARE REQUIRED**. To register, simply go to our website, navigate to the Youth & Family page, select 'Child Watch', and follow the provided link.

**Monday-Friday 8:00-11:00 am**

### AFTERSCHOOL CARE

**Youth in grades K-6**

Prime Time Afterschool Care provides a variety of daily activities focusing on character development, physical fitness, proper nutrition and academic support.

Registration for participants for the 2025-2026 Afterschool Care program must be done in person at the Marshfield Clinic Health System YMCA-Marshfield Center on the designated dates and times:

#### RETURNING FAMILIES

Tuesday, July 15  
7:00 am

#### NEW FAMILIES

Wednesday, July 16  
7:00 am



## FINANCIAL ASSISTANCE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. With funds raised through the Annual Campaign, the Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Stop at the Welcome Center to pick up an application or visit us online [www.mflmca.org](http://www.mflmca.org).

### MARSHFIELD CLINIC HEALTH SYSTEM YMCA

410 West McMillan Street  
Marshfield, WI 54449  
P: 715.387.4900  
[www.mflmca.org](http://www.mflmca.org)



### YMCA SUMMER HOURS

May 27-August 31

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

### YMCA NORMAL FACILITY HOURS

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROW LEARN EXPLORE



**MARSHFIELD CLINIC  
HEALTH SYSTEM YMCA**

**Youth & Teen  
Programs**

**JUNE 2025**

# AQUATICS

Contact: Jade Hollatz | Assistant Aquatics Director  
715.996.1818 | [jhollatz@mflidymca.org](mailto:jhollatz@mflidymca.org)

## SUMMER SWIM LESSONS

JUNE 9 - AUGUST 22, 2025

### REGISTRATION DATES:

Y-Members: Monday, May 12

Non-Members: Monday, May 19

## 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.

<b>Mondays/Tuesdays/Thursdays</b>	<b>9:15-9:55 am</b>
<b>Mondays/Thursdays</b>	<b>10:00-10:40 am</b>
<b>Tuesdays</b>	<b>10:45-11:25 am</b>
<b>Thursdays</b>	<b>5:00-5:40 pm</b>
<b>Mondays/Tuesdays</b>	<b>5:45-6:25 pm</b>
<b>Mondays/Wednesdays</b>	<b>6:30-7:10 pm</b>

#### 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.

<b>Mondays/Thursdays</b>	<b>9:15-9:55 am</b>
<b>Mondays</b>	<b>10:00-10:40 am</b>
<b>Tuesdays/Wednesdays/Thursdays</b>	<b>5:45-6:25 pm</b>
<b>Tuesdays/Thursdays</b>	<b>6:30-7:10 pm</b>

#### 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.

<b>Tuesdays</b>	<b>9:15-9:55 am</b>
<b>Mondays</b>	<b>5:45-6:25 pm</b>
<b>Wednesdays/Thursdays</b>	<b>6:30-7:10 pm</b>

#### 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.

<b>Thursdays</b>	<b>9:15-9:55 am</b>
<b>Mondays/Tuesdays</b>	<b>6:30-7:10 pm</b>

## SCHOOL AGE SWIM LESSONS

### Ages 6-12

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

Polliwog 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.

<b>Wednesdays</b>	<b>9:15-9:55 am</b>
<b>Tuesdays/Wednesdays/Thursdays</b>	<b>10:00-10:40 am</b>
<b>Tuesdays</b>	<b>10:45-11:25 am</b>
<b>Mondays/Tuesdays/Wednesdays/Thursdays</b>	<b>5:45-6:25 pm</b>
<b>Mondays/Wednesdays</b>	<b>6:30-7:10 pm</b>

#### 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.

<b>Wednesdays</b>	<b>9:15-9:55 am</b>
<b>Wednesdays</b>	<b>10:00-10:40 am</b>
<b>Mondays/Wednesdays</b>	<b>5:45-6:25 pm</b>
<b>Tuesdays</b>	<b>6:30-7:10 pm</b>

#### 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.

<b>Tuesdays</b>	<b>10:00-10:40 am</b>
<b>Thursdays</b>	<b>5:45-6:25 pm</b>
<b>Tuesdays</b>	<b>6:30-7:10 pm</b>

#### 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.

<b>Thursdays</b>	<b>10:00-10:40 am</b>
<b>Mondays/Wednesdays/Thursdays</b>	<b>6:30-7:10 pm</b>

#### 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.

<b>Thursdays</b>	<b>10:00-10:40 am</b>
<b>Mondays/Wednesdays</b>	<b>6:30-7:10 pm</b>

# FITNESS

Contact: Matt Stuefen | Healthy Living Director  
715.996.1831 | [mstuefen@mflidymca.org](mailto:mstuefen@mflidymca.org)

## 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**

July 7 - August 18

**Registration Required and Opens on June 23:**

Y-Member: \$0 • Y Non-Member: \$120

Limit: 20 participants