

CHILD CARE

CHILD WATCH

Ages 13 & Over

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

CONTACT: Amanda Blaskowski
Child Development Center Site Director
715.387.9538
ablaskowski@mfldymca.org



AFTERSCHOOL CARE

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. Available immediately after school until 6 PM, weekdays only, at the following locations:

Grant Elementary Nasonville Elementary
Lincoln Elementary Washington Elementary
Stratford at Zion Lutheran Church
YMCA Child Development Center on Pine

2024-2025 REGISTRATION

Registration for participants can only be done in person at the Marshfield Clinic Health System YMCA Welcome Center on the designated dates and times.

FOR YOUTH IN GRADES K-6
JULY 16 7:00 AM Returning Families
JULY 17 7:00 AM New Families

CONTACT: Caitlin Gregorich
Sports & Youth Engagement Program Director
715.996.1810
cgregorich@mfldymca.org

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.mfldymca.org.

MARSHFIELD CLINIC HEALTH SYSTEM YMCA

410 West McMillan Street
Marshfield, WI 54449
P: 715.387.4900
www.mfldymca.org



SUMMER FACILITY HOURS:

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROW LEARN EXPLORE



MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Youth & Teen PROGRAMS SUMMER

2024

AQUATICS

SUMMER AM SWIM LESSONS

JUNE 10 – AUGUST 8, 2024
NO SWIM LESSONS JULY 1-4, 2024



REGISTRATION DATES:

Y-Members & City Residents: Monday, May 6
Non-Member Participants: Wednesday, May 8

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.

Mondays/Wednesdays/Thursdays 9:15-9:55 am

Stage 2 (beginner) – EEL

Eel is designed for children who are well-adjusted to the water. Eel 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.

Mondays/Wednesdays 9:15-9:55 am

Stage 3 (intermediate) – RAY

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

Tuesdays 9:15-9:55 am

Stage 4 (advanced) – STARFISH

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

Thursdays 9:15-9:55 am

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.

Mondays/Tuesdays/ 10:00-10:40 am
Wednesdays/Thursdays 10:00-10:40 am

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/Wednesdays 10:00-10:40 am

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.

Tuesdays 10:00-10:40 am

Stage 5 (advanced) – MINNOW

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


Thursdays 10:00-10:40 am

Stage 6 (advanced) – FISH/FLYING FISH

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.

Thursdays 10:00-10:40 am

CONTACT: Aaron Heiss | Aquatics Director

 715.996.1817
aheiss@mflidyca.org

FITNESS

TEEN FOUNDATIONS OF STRENGTH & CONDITIONING

This small group class for teens (ages 13-16) focuses on strength training and cardiovascular conditioning. Limited to 8 participants, each 45-minute session is led by the Y's Healthy Living Director and emphasizes improving strength, endurance, agility, and cardio using various equipment. (Beginning in July.)

Mondays/Wednesdays 3:00-3:45 pm

WELLNESS ORIENTATIONS

AGES 13 & OVER


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.

CONTACT: Matt Stuefen | Healthy Living Director

 715.996.1831
mstuefen@mflidyca.org


TAE KWON DO

Kids ages 6 & up enhance their fitness, self-confidence, self discipline, cardiovascular health, strength, and flexibility.

Mondays • June 17 - August 19 5:30-6:45 pm

Y-Member: \$70 • Y Non-Member: \$100

CONTACT: Caitlin Gregorich | Sports & Youth Engagement Program Director

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